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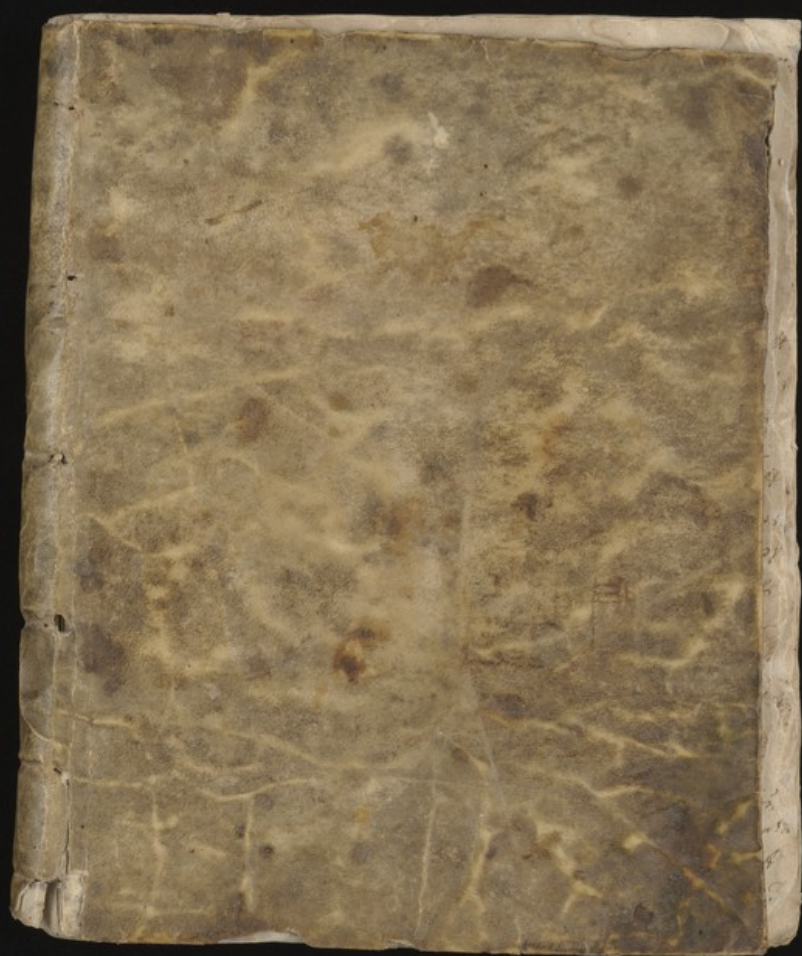
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A Booke of Receipts

*Spae not, nor spend for much, see that your case
spare not to spend, and easily spend for your
spends for much, may want and
spends less, and spend to spend again.*

Ann

Take your Gooseberries when ripe crush them
Well & to every Quart of Berries put 3 Quarts
of Water & in well Boiled Scurd & is quite
Cold again let them stand twenty four Hours
then strain them through a Sieve & after
let them run through a Glasse & then put
to Every Gallon of this Liquor the Pound of
Brown Sugar stirring it very well before
you bottell it. When it is fine Bottle it

Drinkem

To make a breath for a sick body

Take y^e Neck end of a Neck of Blutton, and a case
putt y^e in a pipken, and wth it is round, putt in
an handfull of wood sorrell, a few prunes, or
currans, and a quarter of a pound of Loysens of
y^e same strūd, a blade of chace and strūd
of Romaine, and wth it is well cryed putt in
a little salt and vinegar.

To make a Cordiall Salopp for
one in a feaver.

Take white wine and suchens water, Burry
water, Cowslipp water, and wood sorrell water
halfe a pint of every one of thaim, then putt
to these waters 2 ounces of Syrop of lemon,
two ounces of Syrop of violets, 1/2 Syrop
of Selliwren and Syrop of wood sorrell of
each 2 ounces, mingle all these together
give two spoonfull at the same time, but
see to one that eyes in, lett the cold be taken
away and shee may be safe.

A breath for a looseness

Take prunes and shera them in fine wth water
with cinnamon and make it p^{er}warding wth water
with sugar, when they be almost durt, or
in leather

In a good quantity of Sanders, that the
Syrup may be thick, and lett the party
take it, and if the looseness become to
a flux it will stay it if it be used often.

To strew prunes

Take one lunc and a halfe of semina-
le lunc of sweet ffennell seeds, halfe
an lunc of Rubarb, thied boye these in
a quart of dill two or 3 Walnes, when it
is cold straine it, and putt to it halfe a
pound of Damask prunes, cover them close
and strew them on a gentle fire till they
be soft, take a dozen of them, and two
spoonfulls of q^d syrropp halfe an houre
before meate.

To make Welsh wine

Take a quantity of blowes, and the like
quantity of Wind thorne Berries lay q^m
in steep in water, till it come to the
colour you would have it on, then draw
it from q^d feage and putt honey to it
to take of q^d sharpness and see keepe
it for your use.

To make Steponium

Take Quins of the same stone them,

Take such herbes as you make Meath of
q^d in faire wat or with sugar, binnamon
Nutmeg and clove, straine it some lemon
best to it vpp and corke it close, you may
drinck it att a weeke 10, but it will keepe
three or ffoure.

Dout. Burgesses Receipt against
q^d Blague

Take 3 pintes of Muscadine or Malome, putt
thereto of Rue and Sage each line handfull,
boyle all these together till one pint be
consumed, q^d straine out the herbes, putt to
it of Nutmeg one quarter of an lunc, asmuca
Ginger and halfe so much long pepper hats
then putt in a quarter of a pint of hott
Angellic water, one lunc of Alkethridate
3 pennerth of London Uracle, stopp it
close and see keepe it for your use (if she
infected) take two spoonfulls and sweate off
it, if not halfe a spoonfull euery morning
and fast after it in heere.

To preserve a child from convulsion
fits or falling sickness during tⁿate

Take Corall and pum. it to small dust, and
putt it into q^d first food a child takes, whether

Take p^d in a morning and evening
these in an earthen pott opposed a charstⁿ
dill and carlin

To make Hippocrie

Take a peck of white wine, and a quart of sack, a pound of hard sugar, drop upon y^e sugar 4 or 5 Drops of Chymicall Oyle of Annimon, if you putt your sugar into y^e wine and bruse itt well till your sugar bee all melted, if you will you may putt in a drop of Oyle of Ginger or Nutmegs.

To make a Diett Drinck.

Take six Gallons of Ale, a peck of Scuniquas halfe a peck of Watercresses and truckbine 4 lunces of Beany 2 rubarb, 4 Squorie, 2 of Amiseeds, 2 of Nutmegs, eight lunces of Beberries, bruse these spices and putt y^e into a Bag, you must bruse your herbes and straine y^e Juice of them into Ale when you putt it to your Gist, then putt in y^e Bag of spices, and if you putt some of your herbes in another bag to y^e same y^e drincke it will doe well.

☞ The Juice of Violets cold will colour clew, if warme itt will bee Greene.

4
A comfortable Cordiall for a woman with the child.

Take 9 or 10 spoonfulls of Symp of Gelliflowers and putt in 4 or 5 drops of Oyle of Annimon. Let her take one spoonfull wth her foodd herselfe faint. itt will help her.

A perfect Drinck for one in a fever

Take a quart of Rospett Drinck, and putt in as many Surrag Blossoms as you canne hold in your two fingers and thumb, and as much hartshorne as you canne hold in a saucer boyle them together and lett y^e party drinck of itt.

To make liquorice Balls

Take a pound of the Ruder of English liquorice finely scard, and putt into a pint of Greene Celstote well clarified, a pint of Risop water, and a pint of Lead Rose water, in a pipkin well glazed, stir itt well and stopp itt close, and lett itt stand two daies, y^e sett y^e Rophin on the fire, and lett itt boyle softly, and when itt hath boyled halfe an houre, putt to itt a pint of Rosemerry water, with an ounce of gum

Dragen, dissolved in it. (put your Gum into
the Rosemary water y^e day before you boyle
it. y^e it may bee well dissolved) then putt it
into a Basin, set it upon a chafin dish
of Charcole, and lett it boyle till it bee
indifferent thick, y^e stir into it a pound
of fine beafe sugar, beaten to powder.
y^e boyle it till it be stiff. y^e when it
is almost cold, you may rub it upp in balls
betwene your fingers, about the Signes
of the mege. w^{ch} you must lay a broad oppon
a sheet of white paper till they are
dry, and we keepe them for your use.

It will require in all at least five houres
boyleing. If your talis beid in the winter,
or in the coldest weather (as they are apt to bee)
set them within view of the fire, but not
too neare, lest they grow too hard.
You may make it into lepinges
if you will.

To cure Convulsion fitts M^o Double

Take a good handfull of Redd Hoxe gloves leaves
and asmuch of Polli podium of y^e last. Boyle
these in a quart of spring water till halfe
bee consumed. Then sweeten it to your tast
either with white sugar Candy or double
refined sugar. To a man or woman give 2
good spoonfulls first in y^e morning, and last
at the night till you have taken a pound
you are to give to a child but one spoonfull
at a time in the same manner.

The Hoxe gloves leaves must bee gotten
when Venus raigues, y^e polli podium
must bee gotten in Saturne raigues, w^{ch}
are thire proper planets, or else
they will doe little good.

To cure y^e Chinchoffe Ditt^o Double

Take parsley rootes, and Fenill rootes, the
pith taken forth of each one lunce, liquoric
one lunce sliced, Nettle seeds brused halfe an
lunce, Lepid^o prunella powdered two lunces
Dranis, boyle y^e in two quarts of white wine
untill one quart bee wasted, Straine it, and
sweeten it with Brwnne Candy.

To cure Convulsion fitts M^o Lesser
Take two little spoonfulls of Wexice, two
spoonfulls of Syll of Damask Roses, and one

Nutmeg, and beat it to powder or grate
it, and mix these together warme y^m.
and anoynt y^e stomach therewith. y^e.
at y^e same time apply it to the pitt
of y^e stomach a piece of Damask rose
cake cutt in y^e forme of a heart as broad
as your hand. Lett y^e cake be throughly
warmd, and putt y^e forenamed ingredients
uppon y^e cake, and bind it well on y^e place
afrenamed till it comes off. If one doe
it not, apply it againe, it may bee
used to sig persons as well as children.

To wash a sore.

Take 20 Graines of Mercury sublimat
putt it into a quart of spring water.
After it hath stood a day mixed together
use it at pleasure.

To cure loosenesse in little
children.

Take lake leaves a pretty quantity, and
boyle y^e in lew milk, and sett y^e child
over it, and every time you use it lett
it be warme for to drinck.

Take milke from y^e cow, and mix with it
as much plantane water and red rose

water as y^e milke is, boyle y^e booke at hor,
sweeten it with loaf sugar and give it the
child to drinck warme. Spriad methedate
in leather and lay it to his stomach.

For y^e Jaunges.

Take of Cysop and red sage of each one
handfull, of salladine and y^e Inner barke
of Barberris of each a good handfull, infuse y^e
barke in a quart of good Ale, leasse the herbes
and strain y^e into y^e Ale, take of y^e Greenest
of Goose dung one handfull and straine it in
grate a small Nutmeg into y^e liquor, straine it
and bake a 4th part all once in y^e morning
y^e like quantity at fower a clock in the
afternoone, y^e like next day, if the party be
in yeares, y^e Muskadine must bee given instead
of Ale, and of earthwormes cleansed, dried &
pendred, and putt into y^e liquor a handfull.
see straine it.

To preserve the sight

Take y^e Greabi Bone of a goose ring y^e all
y^e quills growe to and breake it and take out
y^e marrow, w^{ch} you have a good quantity beat
it well to a fine lymment, pansomt the
edges of your eyes with it w^{ch} you goe to bed

and wash it of in y^e morning with your
water as soon as it is made

To make sweete water

Take hysop pull y^e tops of lavender
some basil and some Bay leaves and
costmary, some tops of sweete Marjoram
a little modlin, a little rose mery, and a
few cloves brused, steep y^e all in white
wine or sweete wort of Ale or in Rose
water y^e hath lost its smell putt in
two pennyworth of Damask powder, lett
these things steep all night y^e still it.

For a scald head

Take y^e water with a brith tree will elid
in March 2 pound, read onions and the
heads of leeks of each one handfull lett
y^e be first brused y^e boyled in water to
y^e consumption of one halfe, wash herwith
y^e head

A plaster for y^e Gout.

Take as much Scallit as will cover y^e offind
place, sprad it over with yest of the
strongest Ale and to every hand breadth

of y^e plaster apply y^e whites of two eggs
and y^e quantity of an Acorne of Allom
finely powdered, beate y^e together till you
perceive it to urd, y^e sprad it over y^e yest
and draw y^e sharlett side over chafing dish
of coales y^e is covered with a pewter dish and
apply it

A drench to cleanse childrens blood
if they are subject to heats.

Take ffumitory two handfulls, Scabios, violet
leaves, each a handfull, Sonna an lunce & halfe
Anniseeds halfe an lunce, liquorice halfe an
lunce, bruse y^e seeds and liquorice, stop thence
up in an earthen pitecher close with a quart
of wley, sett it in a kettle of boyling
water 4 hours, when tis cold streyne it
gently, stop it up in bottles.

An excellent purge for children

Take Sonna one lunce and halfe Polipode
sliced - one lunce Raysons stoned two
lunces, Bryany rootes sliced, Anniseeds brused
each halfe an lunce, Manks Sugar & roote
one lunce. Stop these close up with ffive
pints of water in an earthen pott. Let it

stand 4 houres in a helle of Boiling water
wth cold streyne itt, and stop itt upp for use
give y^e each morning a draught after two
houres give breath

For griping in y^e Gutts.

Take of hares dung dried and seased of Anula-
campana, and of Ginger the alike, mixe, give
of this powder halfe a spoonfull in burke
or mule wine, or for want thereof in warme
Ale or pisse & drinck in y^e beginning of the
beginning itt.

A Drinck for the spleene.

Take asmuch Dung of a stoned horse as you
canne hold lett y^e both your hands putt
itt in a quart of strong Ale, stir itt well
together y^e there be noe lumps see lett
itt stand all night, and y^e morning straine
itt, and with y^e drinck make a pisse &
y^e drinck will be very cleare for all the
blacknesse stays in y^e bod, drincke asmuch
therof as you canne in y^e morning and
exercise upp^{er} itt.

A Distilled water for y^e spleene.

Take stoned horse Dung enough to distill itt

a time moysten itt with white wine to y^e thick
of a pudding, adding to every stillfull of London
broade 2 ounce mingled with y^e rest, lett itt be
distilled by a Gentle fire, and take a draught
therof in y^e morning.

A plaister to drawe out a thorne
or Venome.

Take halfe a pint of sweete wort, take an ounce
of blacke spe, an ounce of Venice Turpentine, lay
y^e wort till itt be thick, y^e mix y^e other things
into itt, and sett itt over a Cole fire, stir itt well
and when itt is all dissolved, putt itt into a p^{er}itt, by
itt upp close and wth your use itt, lay itt on hand
and warme itt, and lay itt to y^e place, when y^e
thorne or Venome is drawne out, lay a plaister
of sheellett to itt.

A good salve.

Take a pint of bullet lye, and 2 penninworth of
Bricarmenick grind itt to powder and sift itt,
sett itt together over a leasure fire, lett
itt boyle very slowly about halfe an houre, y^e
take y^e liquore of a good crab of stone pitch
beaten to powder, putt itt into y^e other, and
lett itt boyle about halfe a quarter of an houre.

Then p[er]se all into a p[er]me pot of cold water
lye your hands and worke it very well betwixt
your hands, pulling it like past as tough as it
will worke, if you le it, and keepe it for -
your use.

An Ointment for a sore Mouth

Take a handfull of Yewes, as much head
Sage, knock it and straine it, putt it to
halfe a pound of Honey, and a little peece
of Allom scrape a little burned Aleister
in it, boyle it together one houre with
a coole fire, when you use it you must
warne it on a saucer, and with a feather
lay it on your Gums

A water for a sore Mouth in a
flaver or at any other time

Take halfe a pound of currans boyle
it in 3 pintes of water till halfe be
consumed, you must boyle a little of Allom &
sprig of Rosemary in it, if you putt all into a
pitcher dish, laying a cloth in your dish
first, soe lett it stand till it be cold, if you
straine it out, if you drinck a little of.

For y^e Morpheus.

Take a pint of Distilled Vinegar lay it in 2
new laid eggs whole, 3 yellow Dock roots picked
and sliced, 2 spoonfulls of y^e flower of Brimstone
lett it stand 3 daies, if with y^e cloth rub the
place 3 or 4 times a day in a weeke, it will heale

To make water to comfort y^e heart.

Take a handfull of young Cardus, a handfull of
spice mint, as much of wormeword, as much of
egremundy, a handfull of Mary gold flower,
3 pennyworth of English Saffron, mingle these
together, putt y^e into cold still, sprinckle it
with halfe a pint of sack, still it softly and
drinck it morning and evening

To make pippin Wine

Take 30 pippins faire and good so John Apples
scipe y^e cleane and quarter them, putt them
into a pippin with 5 quartes of water, boyle it
to 2000 pinte, if you force it through a strainer,
if you take of loose sugar 4 ounce, y^e Juice of three
Lemons, stir it well and lett it stand all night
if you straine and lett it.

To make pippin Salep

Take 2 quartes of Water 10 pippins cored and
quartered, boyle y^e till one halfe be consumed

Then straine it, putt in ʒ. Juice of lemon or
two, when it is cold putt in sugar to your
liking, see bottle it, either of these is
good cooling drink for a fever

To make the water of hildans

Take a quart of Aqua vite, and putt into it
a handfull of Nutmeg and ginger, two ounce
of Anniseeds bruised, halfe a spoonfull of
raisins of ʒ. sunn stoned, blades of Mace
4 or 5. two sticks of liquorice brused 3 or 4
figgs stith through, fine sugar, ʒ. ounce, ʒ.
putt you putt ʒ. in must hold 3 pints at least
shake it well severall times 3 or 4 daies -
ʒ. lett it settle, after awhile you may drinke
of it.

To make cinnamon water

Take 4 Gallons of sack, putt therein two
pound of cinnamon bruised a little, putt in
a pint of Juice of pippins, a peck of the sides
of Damask roses well picked, a pound of
Sarrages flowers, a quarter of a pound of
Astermerry flowers, two pound of Raisins of
ʒ. sunn stoned, lett it stand close covered 24
hours, ʒ. sett ʒ. simtick over ʒ. fire, and

10
Distill it, sett a Gallon glasse under it, and putt
to make Anysed water

Take 4 Gallons of wine see, putt into it two
pound of Anniseeds bruised, 3 quarters of a pound
of liquorice with in small peeces, putt all in your
pott on ʒ. fire, sett on your simbeck, stop it close
lett it still with a pretty good fire, but be sure to
keepe ʒ. simbeck cold, sett a Gallon glasse under
it, putt in a pound of sugar finely beaten
when it is cold glasse it.

To make Wormewood water

Take a pound and halfe of Wormewood, halfe a
pound of peach leaves, a good handfull of Mother
time, as much pellitory of ʒ. Male, pennyroyall
to a frage alike, anniseeds halfe a pound, liquorice
halfe a pound, as much Hornell seeds, halfe a
quarter of a pound of Grennell seeds, bruse all
these and putt ʒ. in a Gallon and halfe of sack,
Distill it in a sim tick, if you putt in a pound of
raisins of ʒ. sunn stoned it will be better.

To make Cammay water

Take ʒ. Cammay seeds 6 ounces of Red Brandy
two quart, lay your seeds to steepe in it over night
and in ʒ. mornning still it in a cold still, as the
water distills putt into your Bottell Muske and

* in ʒ. a pound of sugar cany beaten fine: lett it distill upon ʒ. when your glasse
is full stopp it close, ne ʒ. lett it cold you may take ʒ. putt in ʒ. of
your 3. stith see the strepp 2. ʒ. longer you keep ʒ. ʒ. ʒ. ʒ.

Amber Grece in a cloth and leafe beagar
beaten, then when itt is cold, mixe itt with
y^e half part of red rose water, we keepe
itt for your use

To make Cherry water.

Take of white wine 4 quarts, of Roshme
rosemary of each 2 handfulls, of cherries ten
pound stoned, of Sinnamon 4 bunches, broken
in peeces, 2 bunches of Nutmegs sliced, infuse
all these together 24 hours, y^e still y^e
in a cold still y^e is for two stills fulls.

To make Aquaviva Citia

Take calien, galinall, cardimon seeds, clove
ginger, Nutmeg, mace of each one dram, all
beaten to powder, salme, spear-mint both
of each one dram, the flowers of mellelt
courlopps, rosemary, burrage bagles, Mary-
golds of each one dram all dried, take of y^e
Juice of sallandine one pint, of white wine
3 pints, and of strong Angelic water one
pint, putt all these things to infuse one
night, y^e putt y^e into your still, cover y^e
Dose, parte your still, still y^e with a coole
fire, put in y^e bottles, Muske and Amber grece
in a Bag, sweeten itt with beagar Candy to
your liking.

To make imperiall water

Take hyssop, time, sweete Marjeron, Mary
gold flower, pellitory of y^e wall, camomile,
Angelica, Dragon, cardus benedictus, me, sage,
balm, mint, mugwort, auins, pimpornelly
tormentar, scabius, iacmunda, Bottony,
pennyroyall, wormwood, elder seeds, fetter-
few of each of y^e 2 one handfull, and of
rosemary two, bruse all these and putt y^e
into a stone pott, three shies of Allcompane
rotes, y^e putt in soe much white wine as will
cover y^e and lett y^e steep together 24
houres, see still y^e in a rose still.

For y^e Rheuma

Take hart tung, liver wort, ground Iroy,
Bottony, scabius, of each one handfull and an
helfe, bruse y^e in new wort, from 2 Gallons
to two Gallons, straine y^e drink from the
houres, and sett y^e drink to cooler.

A snake water for y^e same.

Take a pint of snails, earth wormes, 4 or
handfull, Widdie six hundred, Bottony flowers
Rosemary flower a handfull, steape them in
3 quarts of white wine, and a quart of water

To take the Juice of ground Iory. scabious
speedwell, agrimony. of each a quarter
of a pint, distill them in a glass still affor
two daies standing together.

To make a salve for ulcers
sore or gaeathering.

Take a pint of Sallet Oyle. and halfe a
pound of red lead, seaway halfe a quarter
of a pound of red very small, mix them very
well in a cleane shelle. sett it on a cleare
fire to boyle but leasurely, till it will
drawe. y^e putt in one lunce of parma with
boyle it a little more see post A.

For Convulsion fits

Take 2 lunces of single piony roots, make
it cleane, slice it very thin. boyle it in a
quart of spring water. y^e stands upon y^e
sunne rising till it come to a pint, &
straine it and divide in 3 parts drinck
it 3 mornings together, fast one houre
after it, and if it doe for a woman putt
in halfe an lunce of Double piony roots.

For wormes in young children
as they grow in signe you.

Take y^e pareing of stord herse roots and

12
Dry y^m by y^e fire and beate them in a Mortar
and seere it through a peece of linnen or
tiffany, and take as much of this as will lye
upon a three pence, and putt it in a
spoon full of cleare posset Ale or Beere
and take this 3 mornings together and
fast an houre after it.

The Wart is y^e nocery substance within the
inside of y^e legg mit below y^e knee.

A plaster for y^e Richetts

Take Diapalma 10 Drams, Red rose vinegar
one lunce, Sassa Mahacca 2 Drams, Balsom de
Torus 2 Drams, Implastr Resar halfe an lunce
Cypus Turpentine halfe an lunce, Bolls -
Amorick 2 Drams, Oliberind 2 Drams, Red
rose leaves powdered 2 Drams, Oyle Mastick
halfe an lunce. These things putt
altogether and boyled to y^e consistence of
a plaster. And see spread on fine leather
and putt on y^e back. And it is good for Naos
ulcers.

To make y^e Barm of Hindertons
milk water.

Take a Gallon of New Milk, take six hand fulls
of Barm, six hand fulls of Minc. three - -

Handfulls of Cardus, choppe them small, lay y^m in the Milk over night, and distill y^m in y^e Morning in a rose Still, sweeten it with sugar Candy, when it is cold.

For a Brest that Gatheres
Take of Linseed, Hemigraceh, and pansie seeds of each a spoonfull, powder them well and mix them with white bread, a double quantity, white lilly roots halfe an inch well boyled in Milk, to y^e consistancy of a and in conclusion add three Graines of saffron, mix them well and apply it to the part afflicted morning and evening.

To make aqua Mordabilis

Take 3 pintes of white wine, one pint of Aqua vita, one pint of Juice of Celendine one Dram of Cardamine, a drachm of Melilot flowers cubers a Drachon of Galingal Nutmeg, Mace, ginger and cloves of each a Drachm mingle all these together over night, the next morning distill them a Stilling in a Limbeck Glass.

For the Vermes.

13

Take Blossoms of Broom, and the Blossoms of Rosemary and white meale, and rid sage pennyroyall, and brise y^m and straine y^m, and put two quills of y^e Juice to two gills of Amised water, and six Drames of Methridate, and two Drames of Treacle, lay these together and brise y^m together, y^m put to it a Dram of Sugar, and two lunces of the Syrop of Celystos, and two lunces of the Syrop of Squorie and take it very often, then get two lunces of y^e Syrop of Marden hair and one Dram of Amised water, one dram of Treacle, one dram of Salted Oyle, one dram of Vermesed, one dram of Hemmitch, two Drames of Beene well powdered, and one dram of Squorie powder, mix these together and take it y^m morning fasting.

A Remedy for a Stirk.

Take halfe an handfull of Camomile, y^e like quantity of wormwood kept small, and lay y^m both with some wine vinegar in a frying pannel with some hums of brown leavened bread to thicken it, straine some powder of Nutmeg over all, and ad herunto a spoonfull of Aqua vita, before you take it out of y^e frying pannel, and y^m put altogether into a linen Bag, and apply

It is y^e Mithra, and as it is written see follow
It, and renew y^e heate againe of the said
ingredients. An Oylment to annoynt the
face with y^e hath y^e small pox
w^{ch} they come downe.

Take an ounce of the Oyle of sweete Mincks
a quarter of an ounce of Virgin Wax, and
halfe a quarter of Comphourd, melt all
this together, and use it as above said.

For a Bruise or swelling

Take Retherwood and chop it, and laye it in
Spring water, and put into itt ome of white
Bread, to thicken it like a pulvoro, and w^{ch}
it is dryed take a lump of fresh Butter, &
put into it.

To make Cherry Brandy.

Take 12 quartes of Brandy about 15 of
black cherries, wash and bruse y^e cherries
with your hands, keepe out about 3 or 4
quartes of the Brandy, and presse the rest
uppon the cherries, y^e take these 3 or 4
quartes you kept out, and put to itt a good
deale of all sorts of spice (except Ginger),
boyle the Brandy and spice very well, y^e pour
it heate uppon a pretty many of Clove Pills stam

and cover it very close, let it stand till it be
cold, and y^e pour it altogether into your
Brandy and cherries, let it stand a weeke
or 10 daies stirring it every day, y^e strain
it out and sweeten it to your tast, see bottell
it. If you please you may distill y^e ingredients
it makes a pretty water.

A Receipt for the Rickets

Take Gosse greave purified, with equall
quantity of Oyle of Capon, and Oylment of
Althas, mix all together, rubbing the places
well with a soft hand morning and evening,
and take fasting Symp of Hystering, Symp
Dyquantum unperand bynell behan ganes of
each an ounce mix y^e well, take one spoonfull
fasting, see long as you annoynt. you
must conceynt y^e wrists of the arms y^e
breast, y^e neck, y^e small of y^e back, the
knees and the Anckles.

A Receipt against the Jaundis
or any moode weaknesse of the
Stomack liver or heart Consumption
or Rickets.

Take a pecke Leek of Garden snails, and
wash y^e in a Bowle of Beere, and put y^e out
into a greete dipping pann of Iron, and set
them to a hot fire of Charcolis, and keep

them stirring upp and down. and with y^e
one end of your dripping paim lower y^e y^e
other. y^e the liquor may runne from them,
and as it comes from them, let it out, &
as soon as the liquor ceaseth to come they
are tryed enough. y^e put y^e into a stone
morter and bruse shells and all. y^e take
a quart of Earth Wormes, scove y^e with
water and salt, and wash y^e very cleane, &
beate y^e in a mortar, y^e must you make y^e
pott very cleane, & you w^{ch} you must sett y^e
finbeck, y^e take a good handfull of
Angelico, and lay it on the Bottom, &
two handfulls of Salerdine and lay it
on y^e topp of that, y^e put in a quart of
returning fletwen, of Squirony & Citterny
of each two handfulls, Beansfete, red rock
rots, y^e bark of a Barberry tree, and wood
borell of each a good handfull and a halfe
of Row halfe a handfull, of Hemmyrich &
Turmeric of each one ounce, of Safran
well dryed and beaten to powder the weight
of six pence. When all these are put into
your pott, y^e put in your wormes & beate, &
poure in 2 Gallons of the strongest Ale you
cann gett, and the cover your pott very close,

15
and let it stand in y^e place where you meane
to distill it 24 hours. y^e in the morning
if you putt fire under it, you must open the
top of your pott, and putt in 3 lances of cleane
brised and big lances of hearth horse shand,
but stir not your pott at all, but presse y^e
downe, y^e set on your finbeck and lute it
very close, y^e put your fire under it and
drave it gently, and if you will you may
kepe some of y^e strongest by it selfe, or let
it run all alike, if your Ale be very good
it will make 4 or 5 quartes, when this
water is made strong, then one still must
be stilled full of Ale, and put in the spirits
of that to make up 2 gallons. This
is especially comen w^{ch} the Ale is not
strong enough. If you find the things
to thick in y^e finbeck, you may put in a
quart or 2 more of Ale.

A Remedy against breaking out
especially in Children.

Take whey and putt it into a glass that will
conteyne a pottle, y^e putt the glass into boiling
water, and the milky substance will fall to
y^e Bottom, putt into it one quarter of an ounce
of Sugar, six lances of the best Symp of
Domas & Rexes, and hang halfe an ounce of

sonis in a litle bag in it, let the party
drinck it about mornning and 4 o'clock in
y^e evening. Six Spoonfulls at a time, and if
it purge not y^e a greater quantity.

For a cough

Take a handfull of Mallon roots, and the
pith thereof, take also a Nutmeg
pricked full of holes. the Juice of liquorie
scraped and brused, and the Juice of Anyon
cleane drest and a litle powdered. a few
Leisens of y^e same y^e stones taken out.
then take a quart of Ale make a posset
thereof, and the said being taken away
boyle y^e before ingredients in y^e posset
untill the Leisens be tender, y^e Straine
all y^e posset drink from the ingredients
and drinck thereof, wither warme or cold
as you please.

To make a Greene Lye

Take red sage and rose each a quart, y^e
Younge Bay leaves and rosemary each
2 pint. Cuttin y^e small pick y^e and
wash y^e. leate y^e well in a morrow, y^e -
take 3 pound of Shep sheat hott from
y^e Shep mine in small, and leate it -

with these hearts, y^e put all into a faine
troule, with a pecke of the best Ale, working
all together, put it then into an earthen
pott well stopp'd for eight daies, y^e seeth
it in a faine pott with a soft fire, y^e
put into it 4 bunies of byle spike being
so then straine it through a faine Cloath
into a faine Gallie pott. stop it close with
paraiment and leather above y^e paraiment
It must be made in May. It is good againe
all pernis.

The Sympedrinche as it is prepared
in y^e Herpetelle

Take six Gallons of Emra water, in w^{ch}
dissolve six pound of vnsleeked Symp. as
it hath binne Subling. Stir y^e together
and let y^e stand still y^e 2^d and 3^d
day let y^e stand likewise and y^e stir y^e, and
after settlement scum off the top and
throw it away. At y^e end of y^e 3^d day, y^e
water will be cleare, scum it, and throw
it gently through a flanel, into a faine
Vessel, y^e to each Gallon of it may be
added two bunies of saffron shied, 2 bunies
halfe of Anniseeds, 2 bunies of Bruid
liquorie, Strned raisens 2 pound, (sums)

halfe a pound, lett it stand 2 or 3 daies.
till the liquor receive a pretty deepe -
Muskadine flower, if you putt it into a Stone
or earthen Bottle well corked, and it
will keepe well. The dose is a
large draught at any time fasting
two houres after cheifly morning
and after-noon. It may be used
for common Drinck, to be drunck with
warne or cold. Infuse about
2 drams of Sena over night in halfe
a pint of still and drinck it, & will
purge gently, being drunck next
morning.

Dr. B. Brookes Receipt
against the Scurvy.

Take six Gallons of wort of small Ale,
put into it as soon as it begins to worke
in 4. lb. of a quart of 4. lb. of the
two sorts of Scurvy grasse, water cress
and brooklime, if moreover in a
of them cleave putt on luncie and a halfe
of signed Nepentid as much Sarra, &
an ounce of Sassafras, 4 handfull of sterr
leaves cutt small and bruised in a Mortar
with a pound of Raisons Stoned, 4 luncie

of the Rote of Alecampane 2 luncie of
figuorne & Nutmegs, One handfull of
Ditory; hearts trings, and Licorick each
two handfull, one small handfull or lesse
of 4. lb. of dryed wormewood, putt all these
in a Bag to hang in the drink, with halfe
a pound of rasped time, and 4 luncie of
filed Iron or Steele free from rust, these
must be hung in two little Bags by
themselves. The drink must be some
5. or 6 daies old before it be ready to drinck
and drinck noe other whilst it lasteth.
4. lb. must be kept soluble by some
gentle Shisick once in 5. or 6 daies, before
the bag be made to binke with a cleane
Stone to be putt into the corner of it.
You may ad two luncie of Horse radish
cleane washed and shield, you may drinck
some 3 pintes a day, with a carefull spare
of it whilst you are drincking.

Another Medicine against the Scurvy
approved by 4. lb. King Physicians

Take one handfull of Cameracis, one
handfull of watercress, one handfull of
brocklime, and one handfull of sea and
sand Scurvy grasse, an handfull of sterr
with two sprigs of wormewood, chop & mix

all these very well, y^e put to them one
quart of the best white wine, lett them
stand halfe an houre together, And
y^e in a Strainer or clea^r Straine itt
cleare forth, and soe putt it into a bottle
You may take in a morning 9 or 8
Spoonfulls of itt. Take not long after of
3 or 4 houres, And in the afternoon
about 3 or 4 of the clock as much. You
must sweeten itt with Sugar or you
drinke itt. And to every glass one Spoonfull
of y^e Juice of limg. It must be repeat
3 times over if Quatien bee, or more.
You must have a care to use a carefull

Observation upon
the Suckles.

If they are very weake y^e give them
Snails water, if they be very hott, give
y^e cold Snails water night & morning
to some children 4. 5 or 6 Spoonfulls
according to their age.
If they bee not hott y^e give them hott
Snails water that is killed in a hutch
and mingle the first second and third
together untill itt be of a moderate
temper. y^e putt double of the small to

18
the Strong of this water, y^e give y^e a
Spoonfull or two according to the age of
y^e Child, and as much ordinary use as of y^e
water, and soe give itt twelve daies in the
morning fasting, and lett y^e fast one
houre. If y^e Child be a yeare old or and
y^e one good Spoonfull, if 2 or 3 yeares y^e
two indiffernt Spoonfulls, and after
they have taken itt twelve daies stay
as long, y^e give itt againe if need bee.
This is good for children y^e have a Consumption
or Spicket, many have y^e togeather.
The sort of Spicket are medicinig to
a Consumption, If you find itt heade y^e
too much, y^e putt in a little Symp of violet
or wood towrell, if they have the hotnesse
y^e wood towrell is best.
If children bee swett much, Snails water
of y^e Simbeck is very good. And itt is
good to make use of for y^e of the febrile
water, called y^e small plague water all
night, and sometimes Sassen powder all
night, such Cordiall is very good for
Children y^e are very weake
If itt heate the Child too much, y^e give
itt Snails water made with Mithem a
Cold still, the Receipt wherof next follow

To make ye Cold snails
water

Take one Gallon of New milke of a
Red Cowe, about an hundred of grate
shell snails, was h^d y^m cleane, and
Crack y^m and throw away the shells, a
pint of greate earth wormes, slit all
along and cleane washed, buye these
wormes and snails in the milke above
halfe an houre, y^e poure y^m into an
Iron may Still, and putt to them of
Hartunge. Ale horse, Conslips of
Jerusalem, and Colts foote of each an
handfull. If speare mint two handfull
cut y^e herbs with a knife y^t they may
lye well in a Still, distill them with
a pretty hott fire, and now and then
take of the top of y^e Still, and stir
it to the Bottom, let y^e water drop
on ~~the~~ ^{white} sugar (andie beaten, 2 lunces
to a quart, & in Still will make a bout
two quartes of water, and tis best to
mingle both together, y^e first mingy
with y^e last herbes. You may give the
child first and last a good draught of a
about eight or nine Spoonfulls.

The Cure for the Rickets 19

First it is best to purge them, and if you
find they be stopped with flegme and
short breath, y^e let the purge be a
Syrup of Roses made with Agarick giving
the quantity according to the age of the
Child. An Apothecary will tell you much
if you tell him the age and strength of
of the Child. But if the Child
be not stopped with flegme, then Syrup
of Succory made with Rhubarb is the best
to purge it. A good Apothecary will
informe you according to the age and
strength of your child. It is best to
purge y^e Child twice before you give it
y^e powder or drinck or use the Expectorant.
Alsoe it is best to have y^e Child lye close
in both cases across the barre w^h goes
from the head. I meane y^e w^h Joynes to
y^e head, let it close w^h the signe is to close
y^e hear^t. The Drinck for the Rickets
Take Colts foote, Conslips of Jerusalem
Succory, speedwell, Sansike, Hisop, pennyroyal
and maiden haire of each halfe a handfull

of Anniseeds a spoonfull and an halfe
bruised. figgs sliced a dozen. raysons stoned
foure ounces. boyle all these in 3 quartes
of faire water in a pipkin covered two
houres. y^e put in of liverwort and
hearts tongue of each a little handfull
cleane washed and bruised. If liquorie
scraped and bruised an ounce and an
halfe. boyle this with the other halfe
an houre. straine it and sweeten it
with honey or sugar. give y^e powder
(to child) for the Rickets about a mudd
as will lye on three pence, in a spoonfull
of this and a draught after it. and in
y^e afternoone and last all night a
draught all warme but noe powder.
but in y^e morning, you may make
y^e Syrop this way.

The powder for the Rickets
and how to give it.

Take the Rootes of ffox ferns, called
y^e Rickets wort. gather the Rootes in
february. and take all the cloves of y^e
Rootes and scrape y^e cloves very cleane

20
and save only those that are greene in y^e
middle and round, and dry y^e gently after
brad till they will beate to powder. then
seare y^e through a fine haire sieve. y^e
put to this being a pound, 3 ounces of the
powder of liquorie, and one ounce of y^e
powder of Anniseeds mingle it well and
keepe it for your use. If you
cannot gett y^e water command tis to be y^e
the fire seare. How this powder is to be
given you may see in the Receipt of the
Drinck above said.

A Good Drinck for the Rickets

Take Samarische, y^e Inner barke of a
young Ash not twenty yeares old, Rimming
Sanicle, spedwell, Sundry. Lets for the, Shion,
Castlips of Jerusalem, Maiden haire.
Comfrey and Ceterache, cotton of peach tree
handfulls, boyle these in 3 Gallons of middell
Ale wort an houre and an halfe, and bruse
y^e Ash barke and boyle it an houre before
y^e other be putt in that. soe it may run
an houre by lying in y^e herbes. Straine
it and make it up ffive Gallons add the
leest, and worke it as other drinck and

The Rootes
should be
boyled with
y^e barke

turne it, as soon as it is burned put to
it q^{ty} Juice of Scurvygrasse 4 handfulls,
two handfulls of water or fyes, a handfull
and an halfe of hieerwort, as much
heartstoung well picked and bruised
and put into a boulder bag and a stone
to make it brack, and bring it in y^e
drinck. att 5 daies l^{td} l^{td} the child
drinck it att all times if you canne.
You must put into it two handfulls of
Rismund royall rootes, or Rismund fearne
rootes, called foxfearne or male fearne,
and two handfulls of Succory rootes.

The Dyntm^t for the Rickets
Take of the Rootes of Stroyfearne a
pound. of Camanile, ale nose, worme
wood, red sage, red fennell, red mint,
chives, bricke hme, Scurvygrasse, of
each a good handfull, when they be
cleane picked from the stems, of rose
and feather fern, called white wort, of
each halfe a handfull, pound all these
and boyle y^m in six pound of unwashed
Butter, put in halfe a pint of Muscadom
and halfe an ounce of Mace bruised,

21
lett it boyle very well neare two houres,
and y^e straine it and keepe it close
covered. With some of this Dyntm^t
anoynt y^e Childs inos, ribs and chest every
night for the first weeke, afterwards
night and morning if it be very narrow
if not then night. You must take care
you doe not rub it hard on the ribs, for
feare of making it growe in more, but
you must rub it gently hard on y^e Chest
and spread it open with stroking your
hands first one way then another. You
must anoynt it as high as the Throat, and
as lowe as the bones joe in the Chest, also
you must make a greate double cloath
like a fesse cloath, and cutt off all the
Corners, and att y^e tipped end some two
bapes to tye it about the neck, and the
other two ends to meete about the middle
of y^e back, this cloath must not be
changed as long as you anoynt it, but
take it off to warme. Likewise y^e
hand wrists, y^e small of y^e back, y^e bendings
of y^e knees, and ankles, must be anoynted

at first every night for a fortnight
afterwards every other night, putt in
double cloathes. y^e small of the back
must be rubb'd upwards, but not quite
soe high as y^e shoulder blades, you
must anoynt it as you see need a month
at least, not in the frost nor in the
very hott weather if you canne avoid
it, putt cloathes where you anoynt.

A Receipt to strengthen the
Cholick back and the y^e hath
y^e Rickets.

Take a pebble of greene shell mailes &
putt y^e into a thin Canvas bag, of linnen
Canvas, then shake y^e a good while, y^e
hang y^e up, and putt an earthen dish
under them, y^e take y^e with drops from
y^e and therewith being warmed
anoynt the Child all nights, from y^e
very soole unto the hedle, all the
back bone and neck and all the back
parts, hands and feete. Doe it a good
while all a time, and for a fortnight
together. You must make fust
every other day, and warme noe more

22
then you shall use all one night, likewise
I doe find y^e a plaster of y^e white lead
salve doth much good for to strengthen
theire backs, and I doe use to putt one
Dunce of paracelsus unto two lunces of
y^e white lead plaster. This plaster
is made only of white lead, ind lead,
Cistle soape. I meane Spanish type &
Sallet oyle. Alsoe I doe use for to
bath theire knees, legs and Ancles with
the following

Take Calves feete wash y^e very cleane &
breake y^e to peeces, putt y^e into a pott with
as much water as ordinary, y^e putt them
foure lunces of shadowed hearts home, boyle
it softly untill it comes unto a strong
Jelly, which you may know by taking
some up in a spoon, and lettinq it stand
to be cold, if it be a Jelly strong enough
straine it, and at night take some y^e
heat it, and therewith bath the child's
knees, legs and Ancles a good while, & then
let it dry in and lay y^e in these beads,
let y^e be warmed. You must putt in

a Dozen spoonfulls of Muske to a
pint of y^e liquor. When you use it. &
a pint will serve two night.

† Black Jaundis.

Take wheate straw and lay it abroad upon
a faire floare in a close house. and put
in Geese and watch wth they dung. and
take it whole upp with a knife. scrape
of y^e white that is about y^e Dung till
you have a good quantity thereof y^e.
dry it in an oven and make powder
thereof. and drinke thereof morning
and evening in Ale warmed. and y^e will
cure both y^e Black and Yellow Jaundis

Another for y^e Jaundis

Take y^e hearts Am. tree. Cottony. musquet
of each of them an handfull. of Sandalwood
half a handfull. and 3 or 4 Oak roots
cleane washed and scraped and stamp
all these together in a mortar. till
they be indifferent small. y^e take
spikenard. Turmeric. galbanguy of each
of y^e like quantity and stamp y^e likewise
in a mortar. y^e put y^e hearts in a
cleane cloth by themselves. and the

23
spices by themselves. and dry y^e fast with
a string and hang y^e in a Gallon or two
of good Ale wth it is new and ready to be
drunk. and after 3 or 4 daies drinke every
morning next your heart a good draught
thereof. and drinke or eat nothing two
or three houres after. and soe doe likewise
when you goe to bed.

Another for the same

Take the Gall of a Haven and dry it.
and grate it into powder a quantity in
a spoon. and temper it with beere or
Ale together. and drinke it fasting in
y^e morning.

To make Lye of Swallows
good against a Stitch.

Take a Dozen of young Swallows. with
feathers. and all the bottom of y^e nest. when
you canne shake it out of it. y^e take a good
handfull of mother of time. a good handfull
of y^e red leaves of Strawberrie. and Rose
leaves a handfull. Camomile a handfull.
put y^e altogether in a Mortar and pound
y^e. till such time as you see them to be
all as one. But see that you have as much

in herbs to the value of the swollen
bee, take Butter made in May, and take
a linnen cloth and qeather y^e Dow in
a May morning, wring the water into
a Bason y^e wash your Butter, and
beate it in till it be as white as
snow, y^e putt it into a pott, and let
it boyle softly halfe an houre, y^e
set y^e pott in a horse dung hill, nine
daies and nights, y^e boyle it againe
another halfe houre, and y^e straine
it and keepe it in a pott

An Excellent Bath for an
old swelling

Take y^e Ashes of Beane Straw, and y^e
ashes of luke wood of both alike
quantity and make a strong lye, then
straine it from y^e Ashes and sett it
on y^e fire againe, and put in a good
quantity of Elder leaves, of primony
Camomile Chop^d Lavender, Marjole
leaves of each halfe so much boyle
all these in the lye till the herbs
be soft, y^e bath y^e greend place wth
it morning and evening as hott as
you canne suffer, let then be so
much of the bath as will cover the

place aggrieved, then Anoynt it with this
Anoyntment to expell any
humor, y^e hath had long in y^e
Joints or for swelling of any
part.

Take a pound of Beares Grease, a good
handfull of Lavender, Rosemary, and
Camomile, strow and pound them make
y^e take a pretty sallet dish full of fresh
herb dung, and knock the Beares Grease
and dung together in a mortar, then
boyle y^e with y^e herbes very well, y^e
straine it, anoynt y^e place aggrieved
with it, and put some of this oylment
upon a white paper and lay upon
it.

For the Spleen

Take a quarter of a pint of Hartbauge
water, two spoonfulls of Symp^l of
Clove Gilliflowers, halfe a spoonfull
of the best Alkermis, six drops of the
Spirite of Sulpher, let y^e Child take a
large spoonfull in y^e morning, fasting
two houres after it, and the like
last thing going to bed, Doe this
daies together, then rest a day or
and see you till y^e quantity a cover

bee spent. when you pour out the
water & shake y^e bottle very well
the whole quantity is not usually
given above twice, but if the child
bee weak. & sicke. It may
bee at y^e first It may make the
child sick and vomit. but goe on wth
it. for when y^e stomach is a little
used to it. it will not doe soe.

A cordiall water against the
plauge, small pox, Measills, It is
good for y^e removal of a venemous
matter from y^e heart or stomach
of a turke. or in passions of y^e
mother, generally good to
restore spirits in fits of Conuulsions
and in all cold causes whatsoever.

Take of Rosemary tops one pound, Sp-
row. Red Sage, Red pimpinell, wormwood.
Dragon, Standme, ffetherfew, Mugwort,
Horsman's le, yegromy, Angelica, Bugles,
Daulms, Burnet, calidus, Marigold flower
and leaves, Bettonie, Sorrell, y^e flowers
of red poppie, Heartease, of each
these herbs and flowers, halfe a pound
of Anula Campana somewhat lesse y^e
halfe a pound, the herbs must bee

25
picked very cleane, then weighed & strowed
with a chopping knife, and the roots scraped
and sliced, putts these Anniseeds, Coriander,
Cambray, and sweet fennell seeds, of each
two ounces, bruised. Steep all these herbs
Rootes and Indies in a Buttery pott in a pottle
of sack, and a Gallon of white wine six
daies and six nights, stirring them every
day, y^e Still y^e wine, roots and herbs, and
seeds altogether, Still y^e in an ordinary
Still, or a Limbeck. It will make two or
three Still fulls, close y^e Joynets of your
still, with a part of Rye meale, wine
Skegar, whites of eggs, & Solahmonia
the first running of every Stillfull will be
strong, y^e second smaller, y^e last very
small. If y^e first you may give to a man
or woman one or two spoonfulls, the
second twice as much y^e smallest. being
for children whereof you may give
a spoonfull safely to an infant. This
water for comfort is usually given cold
warmed with sugar, or sugar Candy, or
you may take it cold. It may fittingly
mild with any Sulphur when there is any

infectious matter feared, But neither
this nor any strong water should be us-
ed, but when y^e party hath neede
of such helpe, It will bee stilled in a
linbeck It will bee a kind of strong
water, and much better then in a
still.

A Receipt for y^e paine
of the head.

Gumoli banamd, Mastiche, Sincient,
cloves, Nutmegs, double piony roots,
Armadid roses. Take of each of these
a pennyworth, pound all these & mix
y^e together, put y^e into a flaxen
Bag about halfe a quart of a yard
square. The open of y^e head must
bee shaved or the hair cut very neare
The Bag must bee quilted and bound
on y^e head.

A Receipt for sore or weak eye

Take a little quantity of Luca bellus
Balsom, melt soe much as please in
a spoone, take warme w^h you goe to
bed, put with a feather into y^e corner
of the eye as much as a big pins head

26
and see in the morning till you find
amendment.

D^r. Stephens water:

Take Cinnamon, Ginger, Galengal, cloves
Nutmeg, granes, Anniseed, fennel, Carraway
seeds, each a dram, tym c. wild thyme, mint,
sage pennyroyall, pellitory, rosemary, -
red rose flowers, chamomel bngamem -
lavender each a handfull. Gascon wine
six quartts. Infuse all for twelve houres,
distill y^e in a cold still with a pretty strong
fire. Take 3 pintts of the first
running for the string.

Take y^e ingredients and y^e juices and mix
y^e in a large cold still, and put to them
six quartts of Milke and of white wine,
and distill y^e in a cold still, and last reme-
together, distill y^e care fully & avoid
burning. Let y^e bee macerated 12
houres before distilling.

The Irish cold surfeite water

Take Mint and jannuar ten drachms of
flowe handfulls, comen wormewood 4

handfulls. Distill y^m with a Gallon
of milke or 5th. You may drinke
a large beere glass at a time. sweetned
if you please with a little fine sugar

Mallows Lellitory Mercuri. each
six handfulls. Brocke lime water or
violett leaves. each 4 handfulls. camemel
3 handfulls. One large handfull of Bay
leaves or rosemary. Lad 4 Gallons
of milke to y^e quart. y^e sufficeth
to fill y^e tub with water, and let it
bee just with warme w^{ter}. It goes in
putting in cold or warme water, y^e kee
may see it her or make too
violently, and stay in it halfe an
houre.

To make a succatellus dentit
or Balsum.

Take Venice turpentine one pound. Oyle
of Olive 3 pints, six spoonfulls of sack
yellow wax halfe a pound, halfe an
ounce of Naturall Balsome. One ounce
of y^e Oyle of S^t. Johns wort. of red
Sanders powdered one ounce, cut the wax
and melted over y^e fire, take it of y^e

27
put y^e turpentine to it. having washed
it thrice in Damask rose water and having
your Oyle with y^e sack, put alsoe the
Oyle with y^m and set y^m all over the fire
and stir y^m till it beginn to boyle, for
if it boyle too much it will runne over
speedily, y^e suffer it to coole for a night
or more vntill y^e water and wine bee
sunke to the bottom, y^e make a hole
in y^e stop that the water may come
out of it, with being done set it over y^e
fire againe, put to it y^e Balsom and y^e
Oyle of S^t. Johns wort, and when it is well
melted y^e put y^e Sanders to it and stir
it well y^e they may incorporate, and wth
it first beginneth to boyle, take it of
and stir it from some two houres till
it bee growne thick, y^e keepe it for
your use To make limy water

Take two quartes of the best Malligoe sack
as much good Brandy, two dozen of white
Civill limyes pared to the white, and y^e
yellow paring steeped in y^e Brandy for
two daies, put into y^e pot with the limy
six pennyworth of Safron, and a good

hand full of rosemary flowers greene
or dryed, put altogether into a Cold
still, and draw it with a very gentle
fire, and keepe y^e head of still cool
~~with~~ continually applying wet cloth
uppon y^e topp, You may draw three
quarts putting 3 quarters of a pound
of sugar into y^e bottles you draw it
in, for it must bee all mixt together.
If you would have it better then
Ordinary you must grind in y^e sugar
four or five leaves of leave gold.
and 5 or 6 graines of Amber greese

To make sugar of Roses

Take a pound of good loafe sugar, purre
it and scarce it, put it into a pynning
shell, and as much juice of Red roses
and for want of juice take red rose water
as much as will dissolve your sugar, w^{ch}
it is well dissolved set it on a chareck
or cleare fire, stirring till it beginne
to boyle, y^e put in so it halfe an ounce
of powder of Lewis, stir it well uppon
the fire till it bee well mingled, purre
it out uppon any plate, draw it over

28
with some of your sugar, and powder of
roses, let it runne into a be, and before
its cold you may cut it like lozenges, or
if you make a greater quantity you
may put it in a frame and make it
like a sugar loafe

To make juise of Roses.

Take Red Rose leaves and purre them
well in a Marble mortar, put them
in a strainer, and if you have an
Apothecaries presse, presse out the
Juice, or else straine it out, of this
Juice you must take, if it bee in Rose
time y^e you cannot get it to dissolve
your sugar.

To make Linder of Roses.

Take of y^e best red Rose Budds, the
white cut away, As for conserve the
pure red leaves put in a glasse or vice
in y^e hottest time of y^e day in the hottest
place y^e sunne comes in, following y^e
sunne as it shifts from one place to
another, y^e the heate may drye them
speedily y^e they loose not colour, they

them in paper bags, in a dry place
for your use all y^e yeare, w^{ch} you sh^{al}
y^e take y^e to powder in a brasse -
morder and seare it. an ounce of -
this powder will make two pound of
sugar into sugar of Roses.
Sugar of Roses is held to be good for
all y^e are in Consumptions or for -
Ch: Dren, It is given in oyls milke,
of the sweetnesse of brast milke, in
new milke from y^e Cow, y^e milke ~
milked upon y^e sugar of Roses, and
a sprig or two of Rosemary put in a
silver tankard and drunk hott. Dr.
John Bomyer had a quart of wheate
and a quart of new milke from y^e
Cow, they led up and poured into a tin hood
upon a hand full of new gott rosemary
or a hand full of spere mint, and
sweetned with sugar of Roses, this
mint was for vomiting, y^e Rosemary
for a cold, for a horse to drinke the milke
and water made hott, instead of
being leing with lead, of Steele pound
upon streem, and sweetned with
sugar of Roses

29
D^o. Needhams Milk Water

Take of y^e leaves of Agimony, Botries,
Gerket, Maiden haire sea bus, Rose so tis,
pauli, Betony, each for be, each a hand full
y^e flowers of the poppeis, Turrage,
and Buglos, each halfe an hand full
mailed with honser twenty six, of
wines or calen blood each halfe a
pound, new milke six quart, lett y^e
all be distild in a rose still, sweetned
with sugar of Roses, and drunke as
after at y^e party canne.

For a Seare throat.

Take three pint of new milke from the
Cow, a quart of y^e powder of Camans clove
washed and milled, one hand full of the
green leaves of Callop times cleane
washed and druncked from the water,
three. Lewis ears, boyle y^e all in milke
very leasurly till full one pint be
washed. Straine y^e out and lett her
drinke one draught w^{ch} she goes to
bed, keeping the nest close covered, and
then take one mouth full when first
she awake though it be ne to keane

How to make Clove Gilliflowen
Water.

Take either white Amurced water or
sack w^{ch} you please, a quart. but sack
will not keepe soe long, y^e take ffewe
hundred clove Gilliflowers. w^{ch} must
be gathered in the heate of y^e summe
pluck y^e Husk from y^e and w^{ch} is a
paire of sixen w^{ch} of y^e white
from y^e very cleane. put them
into your water and halfe a pound
of y^e purest leafe sugar beaten to
powder. these being put into a bottle
with a long necke let them infuse
in y^e sunne a fortnight. shaking
and stirring it every five daies with
a white stick. If you are in hast
for your water you must put in
y^e greater quantity of flowers. w^{ch}
it is of a high colour. straine y^e
forth. y^e wash y^e bottle put in y^e
water dissolve in it a graine of
Muske or Amber greene. y^e take it
cleare make two little bags of
siffany. tye y^e straight up and set

30
a third hang y^e in a bottle, soe stopp
it close upp. and keepe it for your use,
w^{ch} y^e flowers are infusing, they must
be stopp close from aire or it will
loose strength.

to make Symp of Violets

Take fresh Violet flowers one pound
spring water boyling hott. two pound
stop y^e up close in a sex new glazed
earthen pot for y^e space of a night.
let y^e pot stand in water y^e is indifferant
hott. y^e straine it by pressing in two
pound of y^e liquor strained dissolve four
pound of white sugar by the heate
of a bath. and taking of the summe
make it into a Symp without boyling
according to Art.

Symp of Damask Roses.

Take Spring water boyling hott four
pound of Damask Rose leaves first li-
gathered as many as the water will
conteyne. digest in a vessel close stopp
12 houres. y^e presse y^e out. and put in
fresh Rose leaves as many as before. y^e

liquor being warmd anew, repeat
this againe 3 or 4 times encreasing
y^e quantity of y^e liquor as the liquor
increaseth, w^{ch} will bee almost a 3^d
part every time, w^{ch} being y^e formed
Take of this liquor six parts, white
sugar foure parts, and soe boyle it
till it come to y^e consistance of a
syrop.

According to your quantities
you may proportion your roses and
sugar, and soe y^e violets. If you
use y^e violets in a marble mortar
before you pour y^e water upon y^m
y^e tincture will bee higher.

To make Lilly flower Sack

Take two quartes of sack and put into
it 300 and 20 clove Lilly flowers cut of
y^e whites and put in a pound and
halfe of sugar, and set it in a glass
in the sunne and let it stand thirtie
daies.

To make Syrop of
Clove Lilly flower.

Take y^e best Clove Lilly flowers cut
y^e whites from y^m to every pound.

31
of Lilly flower ad a pound and halfe
of sugar, put y^m into an earthen pitecher
laying a lay of the one y^e of the other
y^e put a quarter of a pint of Bugloss
water to y^m, and stop y^e pitecher close
and put it in a kettle of water till
y^e strength is well out, y^e straine y^m
very hard through a strainer, next
day let it boyle over y^e fire to take
y^e scume of, y^e using a little lemon
Juice into it, but in y^e boyleing add
soe much sugar as may condeyale y^e
lemon else it will not keepe all the
yeare, if you please n^o you boyle
it thirtie halfe a dozen cloves, and
put in y^e pitecher, if you keepe y^e
flowers of Sallets doe not straine
y^m hard, only let y^e Juice runne
through a thin strainer, and whilist
y^e flowers are warme put to y^m some
sugar and white wine vinegar.

A Receipt against the sudden
fleame or any kind of inflame
in y^e eyes.

Take y^e newst layd egge you can
get, brake it and put the white

into a cleane plate, y^e take a long
peece of Allome made smooth on one
side, and rub y^e white of the egge
with y^e Allome round about, the
dish till bee as white as snow, y^e
take itt and lay itt upon the
inside of your lid, and bind itt
on with a fine cloth all night
and doe this two or three nights
and the inflammation will be gone
If you beate the whites of eggs
with a peece of Allome in a pott
and lay that on a burne or scald
and itt will take up y^e fire.

To make Blast Salve

Smalitch Bumequis, Sotherwood, Alkeal
wey broad leaves, Ribblaw, a little mint
and time s^t. Iohnswort, motherwort
a little wormewood, Que. Savin.
featherfewe, Lavender, Emansile
Alcock, Sage, and hy top, Horclauder
wash these herbes and bruse them
and put y^e into fresh Butter in a
pott well glazed, close your pott

with coare past, set itt into an oven
gently heated, let itt stand till the
oven bee almost cold, Straine out y^e her-
beres and put y^e Butter into the
pott againe and y^e put in the like
herbes into y^e pott againe as before
close it and set itt into y^e oven as
before, put herbes three or thrie
times into itt as may bee very green, and
y^e last time you doe it lay itt on
a gentle fire, till y^e herbes bee
black and hard, y^e Straine it and
keepe it for your use.

M^o Mackerels Cock Breath

Take a Red cock which under a yeare
old, pluck it cleare, open it and dry it,
take of the Head, quarter it, cut of the
Legs put only y^e quarters into an earthen
pott with two wine quartes of spring
water, twelve corne of white peper, a
Blade of Mace, set noe salt, cover it
with coare past, set it in an oven, and
take it with Brown Bread, when it is
something cold, strain it and remove
fat

that, take halfe a pint in a morning
in bed fasting 2 howres, take as much
last at night going to bed. Against
the stone make more 2 or 3 times

Gooseberry wine

So every 3 pound of Goose berries take a
quart of water, dissolve one pound of
sugar in it, let your goose berries bee
full ripe. Bruise y^m in a Mortar,
put y^m to your water and sugar,
let y^m infuse 24 howres. stirring y^m
pridy often. let it run through a fine
pape & not, put it into your Vessel
let it stand close stopd 15 or 20 daies.
Bottle it. putting into each Bottle a
good lump of sugar. It will bee ready
to drink in few daies

Cherie wine.

Take 12 Cleare or twelve pound of
Cherie & Gallons of water, being first
boyled, and cold. y^m pick your Cherie
cleane from the stalks. Bruise y^m &
put them into the Steane pot with
the water & them with 3 pound of
hemp sugar, stir them well, and
let it stand 20 or 30 howres. let it

run through a fine, put it into a pot
with a spigot, put to it a pound of
Malligoe Raisins. cruised, let it stand
close stopd 2 weeke. y^m Bottle it as your
other wine.

To Pickle Chickens.

Take litle but fat ones, lase y^m very neatly
and breake not the skin, turne the wing side
out, and lard it with fine long bits of fat Bacon
and y^m turne the night side againe, too y^m of
the back, and put y^m into Boiling water, let
y^m be just damp up to thaire. Take thape, y^m
take y^m out, let y^m run, wipe them and stuff
y^m with these things. Take a litle milt
Savoury, Time and Soft Margerum. Strip an
Thread small, Anchoves well washed and laid
in water halfe an howre, bre cut y^m in round
bits as big as your finger end, Mix these
well together, and grate a good deale of
Peppercorn, a litle Mace, a very litle Pepper
and a litle salt, Mix all together, stuff your
chickens but not too full lest they burst,
You may take 3 Anchoves to two chickens
let not many herbes, as they are finely season
lay y^m into the lard, or shalbet you intend to
Lickle y^m in, with thaire breast upwards
put in a small White Wine, and white wine
Vinegar

(of equall quantity) as will cover them over
lay a cover on the top, and let y^e boyle
very softly near a quarter of an hower, set
them by till they are cold, strain of all
the fat, wipe your fowls very cleane, put
y^e into a close pot, and pour the liquor
over them, tye a leather on it, keepe
y^e cleane. They shoulde lye a weeke or
more in Lickle before you use them
they must see soved both Vinegar

To make Meath

Take 3 Gallons of Water, and 3 pint of
Wine, let it boyle leisurely keep it with
stirring, and scum it as long as any arise,
put in a little handfull of fennel or bruce,
and a handfull of fennel seed let it boyle
an hower, y^e set it by in a pot, or
pan-pots, w^h it is cold let it run through
a sieve or cleath, put it into a Lott pot,
a five or sixe Gallons, and put a little Beanne
or it, and at two or three daies bottle it,
It will see ready to drinck in 3 weekes
time

M. ⁸⁸ Dutchions Receipts.

For a paine in the Ear.

Take fow and boyl it in Sallet Oyle, straine
it out w^h it will boyl ed, and drop it into the
Ear, stoping the Ear close with black
wool.

To make a Carrot Puding.

Take a Stale two penny loafe of white bread,
grate it, and halfe ounce Carrot sawe and grate
y^e 4. y^e mix y^e will together, when you have
might it will put to y^e right yolke and floure
whites of 3gs will broken, steame it with fow
water, sugar, salt and grated Nutmeg, mingle
all these will together with creame as
you doe ano ther puding, and stir into it
halfe a pound of melted Buter. bake it in
a Dish.

A Stale wine.

Take 2 lunces of Steele. put it in a
pot. squeeze on it the juic of Lemon.
and let it stand close covered twelve
hours. y^e stir it and squeeze on a
another Lemon. let it stand the
same time. and y^e squeeze on a
third. w^{ch} y^e has stood 12 hours squeeze
stir it and pour on a quart of
white wine. let it stand one month.
y^e take a small glass morning & after
noone. untill you have drinck it all.
keep your body open whilst you
take it. Use Moderate exercise and
purge after.

Eluxior Salatis

Aniseeds. Equonice. Thiampane quicum
carduam Briander lignum vicia of each
2 lunces. slice the Equonice & Thiampane
and steep all in spring water lower.
Daries y^e distill it off. y^e take three

or 20 x quarts of weak Aquivite and put the
water to the Aquivite. then put all into
a Jarq. y^e put to it 2 lunces of the best
Senna. and we draw it of as you use it.
Take 3 spoonfuls at night and y^e next
morning for man or woman. But
for a Child according to its strength.

For the Gout.

Take Pitch and Resin the quantity of
a Horse egg. Turpentine one pennyworty
Sole Alomack 2 pennyworty. Sanguis or resin
Draconis six pennyworty. melt all these
together. spread it upon Leather.

De pEsone Grapes.

Take y^e fairest Grapes before they be
too ripe. pull of their stalks and stone
y^e. to 3 quarters of Grapes a quarter
of a pound of Juice of Grapes and a

pound of fine sugar finely beaten put
the Grapes into the sugar ansore as
they are stoned. y^e put in the juice
being newly made and set y^e on the
fire. When the sugar is melted let
them boyle as fast as they can be
scum them well, and w^h they be
clear they are enough

To preserve Greene Apples.

Take y^e Best Reddings and when
they are scalded enough to pill, pill
y^e very well, and put y^e in as much
of y^e same liquor y^e they were scalded
in as will cover y^e, sweeten it with
sugar as sweet as a draught of Beer.
cover y^e close and let y^e stand in a
scallit upon hot Embers till they
looke greene, and w^h they are well
greined, take y^e out and weigh y^e,
and take their weight in sugar
make therof a Syrop not too thick.

If the Apples be cold before the Syrop
be ready, let y^e Syrop be cold too, y^e
set y^e in the fire and let y^e boyle
gently, y^e take y^e of, and put them
into a pot, and let y^e stand covered
with a cleath untill y^e next day, then
set y^e on the fire for 2 or 3 daies
together till you thinke they are
tender, and y^e Syrop well thickned, &
then boyle y^e up.

To Preserve Greene Apricocke.

Take y^e Apricocke w^h the stones are
hard within y^e pare y^e thin p.
y^e in the same, and put y^e in cold
water, y^e set y^e on the fire, and let
y^e stand till y^e water is scalding hot,
y^e take y^e out, and let y^e stand till
they are almost cold. Doe this two
or 3 times till they looke greene, &
are tender, y^e lay them in a dish,

Straw fine sugar on y^m. You must put
a pound of sugar to a pound of Aprich.
after a little boyling they will stone
as you stone y^m put y^m into y^e Syrop
again, when they are cleare take
y^m out and boyle y^e sugar as high
as you thinke fit and pour the y^m,
to make y^e Syrop take a quarter
of a pint of water y^e the Aprichs
were scalded in, melt y^e sugar in
it, and put in the Aprichs.

To Candy all sorts of flowers.

To a quart of flowers, a quarter of
a pound of sugar, make thereof a
Candy, and when y^e Candy is ready
put in y^e flowers, put y^m in a brode
paler dish, and set y^m on a chafin
dish of coales, keep y^m stirring with
the back of a spoone, till you see
y^m clodder together, y^m rub them

37
gently betwene your hands till the sugar
comes all away from y^m, and they are
crisp.

To Preserve Raisins

Take of the fairest Raisins, to halfe
a pound of Raisins, halfe a pound of
the juise of Raisins, and a pound of
fine sugar finely beaten set y^m upon
y^e fire, so the sugar is all melted
y^m then boyle pretty fast till the
Raisins looke cleare and tender &
the sugar Jellie, and y^m they are
enough, as y^e steam rises take it off,
and the loose sides boyle y^m as fast as
you canne.

M^{rs} Monsons Receipt for the Kings
Evill

Take Orachilon plaister two ounces

Of Camomile flowers in fine powder
two Drams of Goats dung dried and
beaten fine one Dram Sulpher: Minni
halfe a Dram of Beemall mixtix.
asmuch as will make rite a plaister.
Admiring a little Burgundie pitch.
to make it stick. spread it in leather
and lay it on y^e swelling.

A Drink for the Kings Evil

Take Mugwort and Egermony mallice
and heart of Asine of each a good
handful y^e wash them cleane and
wring y^m in a cloth y^e bruse them
small and put y^m into two quartes
of strong Ale or beere, let them
stand 24 hours. Then straine y^m
through a cloth, and put it into
a close Bottle, and drinke a good
draught fasting, and asmuch at
night for a Month, both at the
spring and at the fall.

For the Stone.

Take Hips, Hair, slow Ash heys with the
ends in y^m philipendula roots, of each
of them one handfull dry all these very
well and then beat them very fine,
till stones and all will goe through a
very fine searce. y^e take so much as
will lye upon a big penne, and put it into
two or 3 spoonfulls of white wine take it
and drinke 2 or 3 spoonfulls or more after
wee doe 3 mornings together before
y^e full of the mornie and fast an
hour or two after and walk upon it
if you canne.

To make Urine Cakes.

Take y^e Rills of the Urine boyle y^m
in 3 waters till y^e Urine be quite
out, y^e take y^m and scrape y^m cleane, &
take them weight in double refined
sugar: shred y^m very small, boyle the

sugar to a Candy height. y^e put them
in and let y^e stand upon a little fire
till they looke cleare, but burne it
doe not boyle. y^e take y^e linges, pick
the meate out with a Bodkin in litta
strings, take y^e weight of that in
sugar and boyle it to dry sugar
again. y^e put the Juice to it and
let it stand a litta upon the fire
y^e mix y^e fryeather, and let it
stand a while upon y^e fire
till as it doe not boyle. y^e put to
glases and wt y^e in a three bill.
they are dry enough to turn you
may if you please boyle a litta
Amber Green & mustard y^e sugar

Crust for tarts.

Take a quart of y^e finest flower
a quartir of a pint of cream, a
quartir and halfe a pound of butter
y^e yolke of two Eggs and halfe a handfull

of sugar. make this into Last. ³⁹ Put it out
them. we make y^e tarts of it.

To salt Butter for winter

When y^e are gone to the after Math then
begin to salt Butter to keepe all winter,
when your Butter is churned, let it be
well gathered in the Churne. then take
it out and beat y^e Butter milke well
out of it wash it in severall waters, beat
y^e water well out of it, and salt it as
for the market and so let it stand
all night. y^e take a reasonable
quantity of water and make a strong
Brine as will beare an egg, let that
stand all night, next morning take
the cleare of the Brine out of it, and
wash your Butter in it twice or thrice
y^e beat y^e Brine out of it, put it and
put some cleare brine on the top of
it, and be sure to keepe it covered with
Brine, keepe it close covered from wind.

How to Celor Braine

Open your Braine is cut out in flem
lay it in water & daies shifting y^e -
water every day. y^e before you rowle
it dip it in a shell of of scalding
water. y^e dry it with a cloth, and
season it with a handfull of salt
in the inside. Roll it up extreme
hard and lap it with tape. boyle
it till it is so tender. y^e you may
thrust a straw through it keepe
it a fortnight in Reasone home.
y^e make y^e sauce drinck of water
Braine and salt tryed together.
it is cold put in your Braine
and keep it for your use

For an Ache

Take Camomile and mallows of
each an handfull. flower of
melelet Camomile each 2 pugils

Camomile an ounce. cut your herbs and
bruis your seeds, and tryt them in a
sufficient quantity of water till the
herbs are tender, and towards the later
end of the Decoction ad 8 or 10 lnyons.
according to their bignesse and to
make it into the forme of a pulvisse
amuch barley flower or wheat bran
as is sufficient and apply it to the
part pained as hot as you can endure
and find comfortable

To make Past of Quercus

Take your Quercus and the wright in
sugar finely broken. bruis them all
together set y^e on the fire & stir y^e
till they are scalding hot. not letting y^e
boyle y^e take y^e of and seum them in
a pot and let y^e stand till the next
day. & lay them in what fashion you
please

To make Syrop of Violet, (or Lys
or Gillyflower.

Clip all the whitest from y^e flowers &
take a good quart of clept flower. a
pound of sugar. make a Syrop of y^e
sugar not too thick but y^e flower
very small. when y^e Syrop is ready
put in the flowers. let it boyle a
pinty while y^e straine it out. and
when it is cold put it up. if you
would have your Syrop pretty thick
put but twenty spoonfull of water
to halfe a pound of sugar.

To make Syrop of Oranges
or Lemons.

Take a pint of Juice a pound and a
halfe of Sugar. y^e sugar being
finely beaten mingle y^e together
let it stand in a thing close covered.

Stir it now and then. and w^h the sugar
is melted. put it up in Bottles.

To make red Marmalade of Quinces

Boyle parings and cores. and little quinces
cut in peeces. and make a strong decoction
pare, quarters and core your quinces. and
put in as much of the decoction as will
cover y^e and halfe their weight in sugar
at first. w^h y^e appear the first and let y^e
boyle a little while. then let them stand
in hot Embers close covered in a scald till
the quinces look thorough red. y^e put in
the other halfe weight of sugar. allowing
some sugar for the decoction. y^e let it
boyle very fast. keeping it stirring till y^e
marmalade grow pretty thick. y^e some cleare
from y^e panne. and take it up and put
it in potts.

To make past of Quinies.

Take of the finest Quinies when they are new gathered, boyle them, and when they are tender take them up and pare y^m and take a pound of papp, a pound of fine sugar, beat it very small, and make thereof a Candy, & when the Candy is ready put in the pulpe and give it a beat, but not let it not boyle y^m put it into a pott, and let it stand till the next day, and y^m lay it in what forme you please.

To make Syrop of Cetsfoote

Take a great quantity of Cetsfoote flowers and some of the roots, let y^m roots be well washed, put y^m and the flowers into the kettle or shell, & put to them as much spring water as

will wet y^m, let y^m boyle till you thinke y^e virtue of y^m is well out y^e Steam is out, and set it all night to settle, y^m take y^e clearest, and to a quart of liquor a pound of loafe sugar, and a pint of the best honey boyle y^m together, till it be a pretty thick Syrop, y^e Syrop heals the Lungs and it is good for y^e y^e are in a Consumption it must be made in March when the Cetsfoote flowers are, for it flowers before it hath leaves, y^e Syrop is very good for a cough or cold.

To make a Remedium

Take a Conch Cauld cut off y^e Belly and put it into cleane spring water, and w^{ash} it thoroughly cold, dry it with a cleane cloth, y^m put it in other spring water, & stuffing it nine daies morning & night wiping it cleane every time, and to every pound of caule, take halfe an ounce of Mercury well killed, and a quarter of a pound of Bitter Almonds and 2 Lilly roots

and 2 March Mallone. Lett. 4th lay
the caule in a white Basin. 4th water
w^{ch} comes from 4th Mercury throw on
it. let it stand all night, scrape the
roots well, and let 4th lye in a little
May dew or Birch water, and likewise
4th Almonds by themselves are steeped
till 4th Almonds be blanch'd. 4th next
day pour 4th water from 4th caule, and
beat 4th caule very well. 4th beat 4th
roots and Almonds by themselves and
4th beat 4th altogether with a smete
smed Lemon 4th mix being cut off, then
put 4th altogether in a pipkin, with
a good piece of Camphire. stop 4th pipkin
with past close and let it boyle in a
pot of water 3 or 4 hours, and as the
water boyles away fill it up againe.
and to every ounce of caule you must
put an ounce of Sparmailly and half
an ounce of lye of Beem and a little
virginis nax, and beat it with Beem
flower water.

The midwife Pile.

Take Sutorium powdered and Mechorate
of each a scruple. Asa fetida halfe a scruple
brock of Merreke a Dram. Saffron six grains
lyle of Amber two drops, with 4th compound
lyrop of Magwort as much as will suffice
to make a Masse of pills. 4th dose is a Dram
at a time in white wine. perfect drink
or more Ale. 4th patient to lye warme &
quiet as long as shee can after it. D^r Millers

The will salve.

Take Plaster of Diacilon magnum (Sanguines
of musilgeatus plaster of each one ounce.
If the Stone properly called thunder Bolt
& Drums. The plaster you may have by
these names at an Apotheclaris. 4th Stone
at an Druggster. pound 4th Stone & sift
it fine, and melt 4th Salow. see put in the
pottor and stir it over 4th soft fier. halfe
and lower. 4th stir it of 4th fire till it is

cold enough to Quill or make it up. the
paister cures the paines. four Brasts -
bruses and strains *the Roppe*

To swallow water

Take 40 or 50 walles when they bee
nady to fly. bruse y^m in a mortar, feston
and all. ad to them 2 bunces of Histrium
beaten into powder. 3 pintes of strong
white wine vinegar mix all these together
till y^m in an ordinary still. You may
draw off very good water, more may bee
drawne but it will bee weaker. Give
2 or 3 spoonfulls at a time wetened
with sugar

The Vertues.

This good for y^e passion of y^e heart, the fits
of y^e Mother, Consumption, Dead palsy
india trauding fits, Apopley, Letargy,
or any other impedim^t proceeding from

the head. Its good for those that are distracted
for y^e memory, and in feavers. It must bee
made in Midsummer, w^{ch} walles are in their
prime.

To Purge Greene Walnuts.

Take the Nuts before the shells bee hard, boyle
y^m in 5 or 6 waters, letting the water boyle
every time before you put them in, w^{ch} they
are very tender scrape off the skin or peare
y^m very thin, to a pound of Nuts 2 pound and
a quarter of sugar, put in the nuts when
they boyle and boyle y^m a good while, set them
by and boyle y^m againe y^e next day, see
for 2 or 3 daies till y^e tympe bee thick
2 or 3 of these taken in a morning will
purge, if you would have the nuts to
comfort the stomach, and to bee taken
at any time, let us you boyle them in
another faire water after they bee parid
and doe y^m with loaf sugar, put into every
nut a little bit of a clove, as to those
that purge as the other.

To make Spirit of Iron.

Take one Ounce and a halfe or 2 grate
Lemons pare y^m soe thick y^t you may
have some of y^e white meat with the
ind. y^e cut y^m in small peeces, and stope
y^m in a quart of sack, and keepe it in
a very close stopt Bottle 2 or 3 daies -
y^e put all in an ordinary still closid round
with a past, and keep the still head abov
coale with wet cloath, and as soe heat
lay on fresh coale over in the glasse y^e
receives the water you must put a quart
of a pound of white sugar Candy, or
white treafe, sugar beaten very fine, shake
y^e glasse about now and then till all be
distilled.

To Dry Plumbs.

Stone y^e plumbs carefully, take halfe
their weight of sugar, make a tyne past
soe thick y^t the plumbs may be covered
in it, w^{ch} it is tryed a little take it of y^e
fire put in the plumbs press them
downe with some peice of Glas or pot.

and cover y^m close, let y^m stand till they be
almost cold, if they be not thoroughly trodd
set y^m againe upon a gentle fire, y^e next
day read y^m or trye y^m as you thinke fit
let y^m stand a day or two in the tymp, y^e
lay y^m out to dry keeping them often
turned. When they be somewhat abov
halfe dry, fill y^m with meat of plumb &
close y^m very handsonly up, w^{ch} they be
dry enough dip a cloath in scalding water
and wipe every plumb till all y^e clamnes
be of, and after dip your cloath & ring it
when y^e plumbs are washed, lay them one
by one upon y^e sieve, and let y^m stand in
a warme oven 3 or 4 houres, y^e lay them
up.

To make y^e full dried Plumbs

Cut y^e Plumbs from their stones, take
halfe their weight in sugar mingle the
plumbs and sugar together, let them
boyle as fast as you will, stone y^m well at
the first, and keepe y^m always stirring for
fear they burne too, for it must boyle

a great while, till it come cleare from
y^e pamm and be very thick.

To make Almond Paste

Take a pound of Almonds lay y^m all night
in water, in the morning. Blanch them in cold
water, and by degrees pound y^m very small
in stone mortar with a little Rose water.
to keepe y^m from drying, y^m wet a pound of
Double refined sugar, and w^t. It is all melted
toyle it is a very thin Candy, y^e put in your
Almonds with the Skins of 2 or 3 Lemons &
grated and as much of y^e Juice as will thicken
it, perfume it with a little Amber grease
stir it altogether on y^e fier, but let
it not drye but only melt, y^e sugar y^e
put it into your glasse, and set it in the
stove, and w^t. It is dry of that use turne
y^m out on a sheet of glasse in what shape
you please, set y^m in againe but dry y^m
not too much, and they will be the very
white and cleare, keep y^m not too near
y^e fier.

To make Rose Gelliflower Stone

Take five Gallons of Spring Water, twelve
pound of good powdered sugar, put the
sugar into y^e water, and put the whites
of fower Eggs and it altogether, and put
it upon the fier, and when it hath tryed
awhile y^e scum it, and put it in a pint more
of water to raise up more scum, it must
toyle in all an houre, y^e take it off y^e fier
and put it into a cleare earthen pott, and
w^t. It is cold put it into 2 spoonfulls of the
best ale yeast just six bunches of tymp of
Storno, y^e take a Bushell of chipped
Gelliflower beat y^m in a mortar and put
y^m in the water where y^e sugar was
toyled in, and 3 daies after put into it three
good Lemons pills, and y^e 4 day if it have a
sufficient good sclear, straine it out and
put it into a firkin, and w^t. It hath done
working, let it be close stoped up for 10
daies, and after drawe it into Bottles, and
put in a peece of loafe sugar into every

For hanged Beefe

Take y^e thin end of Bisket or a Turbine or thin flanch, and keepe it in powder three weekes, y^e take it out of pickle, and hang it up to dry as you doe taken, but not in the smoke, at 3 weekes, and you may boyle it and when it is cold serve it opp^o or keep it drying as long after 3 weekes as you please

A Good salve for a sore Breast.

Take halfe a pound of Burginey pitch, and ffoure ounces of Bees wax, and three ounces of Frenchensence. melt them altogether and pour it into a pint of water, y^e lye your hands very well with talle^t boyle and worke it like paste in your hands, and make it up in Bole, spread it on sheps leather, & lay it on the breast. If it must be broken it will break it, and heale it without tinking

To preserve white Juices

Take faire large Quinces and core them, but not pare y^e, parboyle y^e reasonable tender in faire water. y^e take y^e up, and let y^e stand cooling, and w^h they be through cut pare y^e. And through them mixe clarified sugar as you pare them, boyle y^e till they are tender uncovered. then take y^e up and boyle y^e Syrrup a little more, w^h let it stand till it be but warme, y^e you may put them y keepe y^e all y^e yeare, a pound of sugar in an Ounce of water to every quince pound of Juices.

To make Beane flower water

You must take y^e Beane flowers when they are full blown, and gather y^e in the heate of the day, lay y^e in running water and there let y^e steep 24 houres or more till they looke black, stamp y^e in a mortar, and straine y^e into Glases

and y^e set y^e in the tunne. as long as y^e
sun is heate. You must put y^e in more
more water y^e will cover y^e y^e quantity
of flower y^e you gather at a time in
one yeare. you may make as much as
will serve for seven yeares for y^e flow
it is y^e best. Provided always that
you sun it every May and Strone it
every yeare or 4 times at night. it is
y^e best time to use it.

To Doyle fish y^e Geneva way
bread or bish is the best way
for this way.

Take as much white wine as water, and
not so much as will cover y^e fish -
season it with salt and put in a crust
of white bread an Inger or 2 blades of
Mace. w^{ch} y^e fish is scalded and well
washed and y^e liquor tryles put in
y^e fish, and now and y^e turne it, that
y^e fish may be enough on both sides.
when the fish is tryled take it up
up, and set it in a chafing dish of iron

to keepe it warme, and let y^e liquor tryle
a prity while longer, till it be prity thin
y^e put in a good piece of Butter, stir it till
it be melted, poure all upon your fish.

To make Cheese cake

Take y^e Curd of 2 Gallon of new milk.
when it is well strained put to it halfe a
pound of sweet Butter, beat y^e Curd in the
Stone Morter with the Butter, y^e put in
almost a pint of thick creame y^e yolke of
9 Eggs a quarter of a pound of sugar
3 quarters of a pound of Curans, y^e Cust.
of a two penny loafe grated a little salt y^e
all these this meate will fill 6 Cheese cakes
a quart of flower will make crust enough
for them, to w^{ch} put halfe a pound of
Butter, y^e yolke of 4 Eggs, and mingle
it up with roole water.

To make white Bread pudmige

Take y^e Bread, and cut of all the Cust. shive
y^e crust, wet it with creame, when it is
prity well washed, it will beake with

a little ~~quantity~~ spoonfull, you put in
eggs will beat in with a little rose water
to fix eggs but 2 whites, put in Currans-
sugar salt Nutmeg, or other spices
Beefe, but very small in.

To make Rice puddings

Take Rice and boyle it in new milke wash
your rice in water before you put the
milke to it, it is very tender w^{ch} it by
kille it in stieps and cool, y^e put to it a
little thick cream, and y^e yolke of
a many eggs as will colour it, being
beaten with a little rose water, season
it with a little salt, and make it good
and sweet with sugar, mince a little
large mace with a knife and strew
amongst it, mince also a pint y^e piece
of Citron and a few dates, and a good
quantity of Marrow, you may add
a little Amber Graine, mingle all
these and fill your puddings.

To make Quir puddings

Take the quir and lites of a hog, boyle

47
y^e, when the lites are tender, mince y^e
with more but y^e lites as small y^e mince
pis, y^e grate a little quantity of leaver
and a pretty quantity of Grated bread, -
season it with salt, spice sugar and
Corans just wet it with thick cream
and rosewater, y^e cream being a little
warmed and we fill them.

To make Neats tongue puddings

Take your Neats tongue and boyle it very
tender, y^e take off the skin, and when
it is cold mince it very small, y^e beat it
in a Mortar, put to it 2 good hand fulls
of grated bread 8 eggs and 4 whites, a
pint of thick cream, y^e season it with
salt, sugar, mace, nutmeg,
all fine beaten a little rose water &
corans what quantity you please, y^e put
in Marrow small cut, fill your skins
and boyle them.

To make spirit of Brandy

Take 2 quart of Brandy comest back &

a quarter of a hundred of berries, pare
them thin, and put y^e parrings y^e Candy
and sack into an earthen pott, stop it
very close, let it stand a Month in a
constant heate by some fire, but not
too hott, y^e put it into your Still or
limbeck take y^e mallet and mortar it
with loafe sugar, according to your taste
and boyle it a quarter of an houre with
that mixture all the rest, put it up in
Glasses with Musk and Amber Grece

To make spirit of Clare

Take a peck of Clare flowers and still
y^e in a cold Still, y^e take y^e water &
a peck of Clare flowers more, & still
y^e againe, y^e put to this a Bottle of sack
a peck of flowers more, and put it into
your Glass Still, let it distill upon
sugar Candy with Musk & Amber grece
if you please.

The Water against Melancholy

Take of single Skull flowers 4 hand fulls
of Primery flowers 3 hand fulls amount
of Damask Rose leaves, of Burrage and

50
Bugloffe flowers 3 hand fulls of Balm leaves
ix hand fulls of single pinck, six hand fulls of
Crislip flower, two hand fulls of lunc of
Cinnamon Grasse beaten, halfe an ounce
of Nutmeg 2 ounces of Ammeedi grasse
beaten, put all these into a Bottle of y^e
pursit sack with a penny weight of saffron
stop y^e up and let y^e stand 3 or 4 daies, see
now and y^e stirring y^e distill it with a soft
fire and put into y^e glasses two grains
of Musk and two ounces of white sugar Candy
w^{ch} all is distilled set y^e glasses into hot water
for y^e space of an houre if y^e sugar Candy
may be better incorporated, take this
3 mornings in a week fasting 2 or three
spoon fulls at a time, and at other times
above if you find your selfe heavy spiritid

To make the Turfet Water

Take 2 hand fulls of Wormwood 2 of spear mint
and fower of Cardus 2 of Balm put them
all into a Still with as much milk as will
cover y^e and let it stand a ll night, and y^e
next morning distill it with a soft fire.
It is good in any tickles of the Stomach
good in any turfet good in a fever to lay
draught

An Exellent Draught for
a consumption.

Take a Red iock 2 calues feete a pare of
Riggs peckens, a few fompsey roots. put
all this into 2 or 3 Gallons of Spring
water and let y^m boyle a little while
y^e sum y^e very well. y^e take halfe
an ounce of Cheany roots thin sliced
and a good handfull of Harts horne
being infused 24 hours before in warme
water. put it in with y^e water, in wh^{ch}
it was infused. y^e take halfe a pound
of Quions of y^e sun stoned. 16 datus
sliced. a pennyworth of Maiden haire
a little Licemore, a crust of Bread. ~
Pons lips flowers, clove gilliflowers. of each
a handfull, boyle all these untill they
come to a Gallon and a halfe of broth
and y^e straine it into an earthen vesse
Ornich every morning and after noon
halfe a pint with a spoonful of Red
moxter sweetened with double
refined sugar.

To make a cake.

51
Two pound of flower 2 pound of Butter
two quart of cream. 12 pound of Currans 3
quart of yeast. 2 pound of Hauens. Shrad
Nutmegs. one pound of Almonds beaten, 1/2
Oranges, Citron, and Lemons sliced one pound.
halfe a pint of sack. a quarter of a pint
of Rhenewater 2 pound of sugar 20 yolks of
eggs and 8 whites. make 2 pound of y^e butter
in y^e cream. mix y^e other pound in the
flower.

To make Extract of Malt.

Take two Gallons of the Strongest wort
of the first running, and boyle it till it comes
to be as thick as a conserve, and a little before
it is thick enough, put into it some white
sugar Candy finely beaten when it is boyled
to a little quantity, it must be boyled in a
lute shell. It is good to be given in
a beaver for a draught, and excellent for a
consumption. It must be taken the first
thing in a morning and last at night, about
halfe a spoonful at a time. It is good for any
cold, & to heale y^e lungs.

To make Liqueur Brandy

Shie 12 fine Lecons, take out of y^e skin.
y^e infuse it 3 daies in a Gallon of Brandy
y^e presse y^e out betwene two trunchen, ad
to your liquor 2 quarts of white wine
sweeten it to your tast with double refined
Sugars. It will keepe a quarter of an
yeare

To make Ring Biskets.

Quarter your Ringes and take out the
meate, and boyle y^e pills till they bee
tinder, shift y^e often to take away
the bitterness, y^e scrape of y^e inside
y^e is soft, and y^e outside small in a Mortar
pour a little of y^e Juice upon them
to receive y^e flour, y^e put to them 3
times y^e weight of beared sugar, mixe
y^e well together, and spread it upon
a pie plate, and as it dries cut it into
little long rolls, and dry them in a
stove.

To make Almond Cakes.

Take a pound of Almonds blanch them
y^e put to y^e a little Rosewater, but not

much for making, y^e heavy, w^h they are
beaten small, take y^e white of 3 eggs, and
one pale yolke, beat y^e exceedingly, then
put to them a pound of beared sugar, &
beate it well, y^e some put in y^e -
Almonds, and beate it all well together
y^e butter sheets of white paper, and lay
y^e cakes on y^e y^e bake y^e in a coole oven
Lesse y^e one fagot will beate it.

To make Beane Cakes

Take a quarter of a pound of Almonds, &
shie y^e thin, and put thereto a quarter
of a pound of sugar scald, and a spoonful
of wheat flower, y^e white of two eggs.
beate y^e with a little rose water, and the
flower aforesaid. w^h done put in your
shied Almonds, and stir it together, y^e
butter plates, and lay round wafer in y^e
and we lay on y^e stuff to cover them,
and noe more, y^e take y^e in an oven
as hot as for Manchester.

To make Throm long Cakes

Take one pound of sugar 3 pound of y^e fruit

Wheat flower, one Nutmeg, a small
quantity of Cinamon, y^e Sugar & the
spice must be pound and sifted & lye
we much Bitter as with good tempering
will bring it to a fine past, y^e Mould
it and rub it out in cakes, and cut it
with a Wooden Dish of y^e Dignesse ye
would have y^m, and y^e prick y^m and
take y^m.

For the Meagrim

Take a handfull of hard wormes slit y^m
and wipe y^m very dry, trye them in halfe
a pint of white wine till halfe be
consumed, y^e crush y^m out and bind the
wormes to the temples, and bath the
forehead with y^e water. It will cause
sleep and ease the paine.

To Cure, or heale a sore throat.

Take a spoonfull of Butter, let it boyle till
it be cleare skind, y^e put to it a spoonfull
of honey, and rum y^e, y^e put in halfe
a spoonfull stirring it well, then

53
put to it as much Yellow wax as a Hopsale
nut, w^{ch} that is melted put in almost a
spoonfull of Vinegar, and let it boyle a
little while, y^e take it off, and wet a cloth
and lay it all over y^e Breast, both before
it is broken and after.

To make Surfeit Water

Take a Stone Jug y^e holds a Gallon, and
a halfe, let y^e Mouth be wide, put into it
a Gallon of y^e Best Brandy, y^e take
wild poppie which some call Cockle, pick
y^e leaves cleane without either leaves or
Greene, and fill up y^e Jug with y^e flowers,
one bunch of long pepper, halfe a
spoonfull of Carduus slightly bruised 4
nutmegs, 2 saims of ginger, 2 lb. shied,
a quarter of an ounce of Mace, 30 clove
one handfull of y^e raisins of y^e sun thred
and slit as many Dates, at all these must
and put all these together in the Jug
let y^e stand steeping a day and a night, y^e
heat an oven reasonably hot as for Manchester
and wet your Jug into it, but doe not stir

It. but let it stand and stir there
till your oven be cold. Your oven
must be stoped but not your Jug, then
take it out and straine it out, and put
to it two pound of sugar Candy, and 2 or
3 Graine of Musk and Amber Green, then
it to be taken in a surfit or when any
thing troubles y^e Stomack.

For y^e Siting of a Mad Dog

Take one quart of Ale 3 bunches of treacle
six clove of Garlick to 8 spoonful of
scrapt. Ann. one handfull of Fen as
much of Red sage boyle altogether
till it come to a pint, y^e strain it
and give y^e part 4 3 spoonful at one
time. to a child 2 spoonful, to a Beast
4 spoonful.

For y^e Quibets.

Take 3 pints of spring water, 1 handfull
of Swerwort, one handfull of Maiden
haire, and one handfull of heartstung
and 4 pennyworth of Hoefearne roobs

64
halfe a spoonful of best Henna, well bruid,
and unnick of Amised Bruid, halfe an
bunch of Squarice sliced thin, and a handfull
of y^e best blew Currans and a fig or two
sliced, put these in a pipkin, to get her,
and let it just boyle, and y^e let it stand
stirring 12 or 14 hours on Embers, y^e let it
very cool and give the child 4 or 5 spoonful
warne every morning, and let it fast
an hower after it and unnick againe.
it 4 of y^e clock in y^e afternoon.

To make y^e Kings Cakes

A pound of fine flower well dried, halfe a
pound of sugar finely beaten, a pound of
a halfe of Currans 2 a pound of Butter
washed in rosewater, rub y^e Butter in y^e
flower 4 eggs leave out 2 of the whites
beate y^e with a little Rosewater, and 4
or 8 spoonful of Orange mingle all these
together, make up your past only int
9 or 10 cakes only flat them and prick
y^e in an oven, not so hot as for Manchester
these cakes will keepe a quarter of an
Yeare.

To preserve Capions.

Take Lemons and pills of the Lime, & all
the white as you can. 4^o take 4^o string
in middle of the Lemons a pound of Lemons
apound of sugar. make a Syrop of fine
sugar, and 2^o it is hot put in your
Lemons, boyt 4^o till they be tender, mix
for 4^o pipin Jelly, to a pint of water
3 quartons of a pound of sugar, & mix
2 mi^o the Juice of a Lemon

To make Gum balls.

One pound of flower w^ol dryed 3 quart
of a pound of sugar finely beaten, half
a pound of Butter, mix 4^o Butter well
4^o flour, 6 or 7 lbs leave out 2 of 4^o
whites, beat 4^o well with 4 or 8 spoonfull
of Rosewater a few Caraway seeds mix
all these together, w^o the part is mix
strew a little flower on the table, &
make 4^o up in what fashion you
please, lay 4^o on flowerd paper, &
let your Oven not be too hot.

For a violent Cold

Take 2 quartons of spring water, boyt 2

56
it a handfull of Spanish Barley, one handfull
of rised hyssop, one handfull of Coltsfoot
a quarton of a pound of Raisins of 4^o sun.
Stoned. a quarton of a pound of Figs, halfe
an ounce of liquorice, a few drincedis, put all
these into a pipin close covered, boyt 4^o
till halfe be consumed, strain it & mix
it with Brown sugar Candy, Drink a good
draught of it morning and evening as hot
as you can endure it. If you cannot drink
use other drink but this.

4^o knots plaiter

Take a pint and a halfe of the best tallet
lyde, and a pound of white lead, and a
pound of Red lead, Nine ounces of Spanish
trape, put all these into an earthen
pipin well glazed stir 4^o with a wood en
shie, set 4^o over sm^o untill it be all
melted, 4^o make 4^o fier a little bigger,
& never leave stirring it untill it comes
to a lead colour, and drop it upon a board
and w^o it comes cleane of it is enough,
4^o pour it upon a table, and reel it up
in rubs, and it will keepe many years.

For Coughs & fits

Take a Dead Mans Skull. and beat it into powder and ʒ powder of red priany roots. and ʒ powder of red Coral of each a like quantity but most of ʒ Skull, mix all these together, and give as much as will lay upon a great 3 daies before the full of the Moone constantly. For a young Child 3 drops of Cats blood in a Spoonfull of Sweet Milk, if it be a male must be a female cat. but if a Girl a male. Black Cherry sealer Wine. without any thing else hath cured many, to drinck a quarter of a pint at a time when they find it is less to begin to be ill, taking 2 or 3 spoonfull every Day.

To make Apricock Wine

Take one pound of sugar, and 3 quartes of water, let ʒ boyle together, ʒ take of ʒ beam ʒ aniseed, ʒ put in two pound of Apricocks pared and stoned, let ʒ boyle till they be tender, ʒ take

ʒ up and runne ʒ liquor from the fire, and w^{ch} it is cold bottle it up. You may if you please let ʒ liquor have one ovalme with a syring or two of flowered Cary, when ʒ Apricocks are taken up. It gives it a flavour, ʒ Apricocks may be preserved for sweet meats if you please or dried.

To make Gooseberry Wine.

For every 3 pound of fruit a pound of sugar, and a quart of water, bruis ʒ fruit and steep it 24 hours in ʒ water, ʒ let ʒ cleare liquor run off through a haire sieve covered a fortnight or three weekes, ʒ tryle it with a syring of Rose, let it stand till it be cold, and then draw it into Bottles well corked, and stand downe at 3 Moneths end, it will be ready to drinck, during ʒ 24 hours it must be several times stird.

To make Aque Mirabile

one Gallon of Brandy, three Gallons of

the Best sack, 2 Quarts of y^e Juice of
Salandine, the Juice of Nutmegs, and one
Lunce of Mace, one Lunce of Ginger, one
Lunce of Clove, one Lunce of Galban,
one Lunce of Mill-lot flower, one Lunce
of Carduus, one Lunce of Jui-bitis. The
Water must be still with a slow fire,
and stop your still close. It must lye in
y^e steep one night before you begin
to still it.

To make sack in Lorange

Take 12 lbs put away all the whites,
and beat y^e yolks, y^e boyle a full
quart of good Rhenish, and mix it wth
the yolks of Eggs, and strain them,
y^e put to them a pound of sugar, y^e
full halfe a pint of Canary, y^e put
it on a leisure fire, stirring it untill
it be thick, y^e put it into pots or
glases and serve it.

To make Plague Water

Angelica worranore of each one pound
the impare roots, wormwood, Raza tobi

59
Rozmarie, Salandine, Carduus, Mary Gold
flaxon, horidium, Burnet, Burrage,
mint, each of these a quartir of a pound,
lay a fridge, Balm, Red sage, sea bus,
Mugwort, Impernel, Centry, Lymmerie,
Verwin, feather few, Turmounte & roth,
and leass, of each of these halfe
a pound. To be too covered in white
wine or Canary, and lye in steep 3 or
4 daies, y^e herbs shred and not washd.

To make Ekalem

To save Measures Brewing of Malt, take halfe
a measure of ripe Elderberries strip,
boyle y^e in the wort with the Hops, see
clears it and order it as other Ale, put
in whatsorte of spice you please, the
spices should be put into a Bag and
boyled, y^e tye the Bag to Hang to the
Barrell wth turned.

To make a light seed Cake.

Take 15 Eggs, leave out seven of the whites, whisk your Eggs to a Froath, and take a pound of Flour well dryd in an Oven, a pound of Sugar Sifted a pound of Butter well washd and well Squasid from the water. Beat your Butter to an Oyle with your hand, see put in the froath of your Eggs, continue it see till coming in the Butter till your Froath of the Eggs be beaten all away, then put in your Flour and Sugar lightly by a little at a time, and a few Carriway seeds, w^{ch} they are all mixed put them into your pan, and bake like in an Oven not much hotter then for an Apple Pyc, let it stand in an Houre and a halfe

N^o. 11. Good Receipts.

To make French Bread.

1 Take 4^e quantity of flower by your Quise. But for example, so much as you think will make 2 Dozen of little loaves, 3 Eggs, a pint of strong Ale Yeast, almost a quart of milke, and water, make it blood warme, and put in 4^e quantity of Walnut of Butter, mix your flower Barne and Eggs with a little salt, 4^e blend up your past with the milke but not knead it. Straw over a little flower, and set it before 4^e fire a quarter of an Houre to keave, 4^e make 4^e up quick, and prick 4^e on 4^e top, set 4^e on a warme board, and cover 4^e with a warme cloth, see let 4^e stand halfe an Houre to keave, see set 4^e in a quick Oven, and let 4^e stand halfe an Houre

To make Ric Liding.

1 Take a lb of Ric, pick it very cleane, and steep it in milke, take a lb and an halfe of Beefe best shred very fine, heate 3 or 4 Eggs, pun in some thymey and mace, a little salt, some sugar and a little rose water, heate a little good cream, and

mix y^m up, to be as thick as good Black
puddings. Boyle y^m leasurly halfe an
houre. if you would have y^m very good
put in some Almonds, beaten with
Rose water.

To Still Mint water.

Take 4 quartes of French Ley of Ale. &
put it in your Still, with foure handfulls
of Mint shred very small, past it up
close, and still it of with a very coole
fir, keepe net cleathe on y^e top of y^e
Still, or else you will spoyle it. y^e way
you may still Balsme or Treacles, and
if y^e put 2 lunces of Raife sugar in the
Bottle, and kep every bottle by
themselves.

To Still Elder berry water

Take Elder berries w^h they are full.
ripe. Strip y^m of the stalks & bruse
y^m in a Mortar: to a Gallon of
Elder berries 4 quartes of Ale Bottoms.
put y^m in your Still, and drop it on
Raife sugar.

To make wild Smonon water.

Take 2 Pence of French Barley, boyle
it in a quart of Spring water, and put

4th ann^y, and boyle y^e Barley in 3 quart
more, till a pint be wasted, take 2 Pence
of Smonon Bruse it. keepe it in this water
4 houres, and y^e Distill it of, as before.
pasting your Still, and keeping y^e first
pint by it selfe, and putting the rest in y^e
Bottle.

To make Syrop of Rets foote.

Peather your Rets foote when it is dry,
wipe both sides with a cleane cloth, then
pound y^m small, and straine out y^e Juice,
set it over y^e fire and clarify it as long as
y^e Greene seems risen, straine it through a
flamme, and to every a^l of Juice a^l of sugar
boyle y^m together and steam it, w^h it is
thick as a Syrop set it by to be cold, and
y^e Bottle it and cork it up.

To make conserve of Roses.

Take the rose Buds nip of y^e Buds as are
white, and to every o^l of Roses 3^l of loafe
sugar, beat y^e Roses very fine, and the
sugar small, when the Roses are very fine
put y^e sugar in by a little at a time, and
beat it all together, and put in a Dry
pot, but doe not paper it till y^e next
day.

To make Linnis cake.

Boyle your paminip very tender, scrape
y^m of y^e heart, mix some flower, y^e yolke
of 4 Eggs, 2 whites a grate Nutmeg a little
salt, some tock and sugar & your best
myr altogether. A must be thicker y^e
pankake Butter, put in some Butter
and mind tust, make your pan very
hot, put in a spoonful in ~~the~~ a place,
and fry y^m as doe the pankakes, lay y^m
in a hot dish to Drain, and beat fast
Butter and sugar to serve y^m in

To roast a Calfs head.

Lay toyle y^e Calfs head, take y^e one side
and cut in thin slices, with the string,
set a string with a pint of Brath, a
bunzel of sweet herbs, let it stew a
quarter of an hour, with a blade
of Mace 2 or 3 cloves, y^e put in halfe a
pint of white wine, one Anchovy, let
it stew a very little, take y^e yolke
of 2 Eggs, beat y^m with 2 or 3 spoonfulls
of white wine and amuch vinegar,
shred a little fennel pille very small,
put it in y^e hash, put a lump of Butter
in your Egg, and see poure y^e Juice
with y^e hash, & and shake y^m very

quick till y^e sauce be thick, have the
other side Broyled and Broatid of a light
Brown, lay it on your hash, with little
bits of Bacon hardned, in the frying pan
and lay it all over with slices of fennel
Balls of forc meate, and typpis of bread.

To make Consome of Alliompanum.

Take Alliompanum Roots wash y^m and scarp
y^m, and lay y^m 2 daies in spring water,
shipting y^e water 3 daies times a day, then
cut y^m in thin round slices, and toyle y^m
in a good deal of water, till they be very
tender, drane y^m from the water, and rub
y^m through a Horne sieve, to every o^t of
pulp, take a pound and a halfe of sugar,
take a pint of water, & 1 lb. and one halfe
of sugar, toyle your typpis and turn it
put in your pulp toyle and turn it, and
stir it carefully, w^t it is as thick as marmale
it is enough, for it is stiffer w^t it is cold

To make typpis of Elderbury.

Gather your Elderburis when they
are full ripe, pull y^m of the stalks, and fill
a Gallon pott, and close it up with past
and set it in a pott of Boiling water
and as you thinck y^e liquor comes from y^m

we pour it out, and put the pott in
again, when you have all the liquor,
to every pint of liquor a^t and 3 quartm
of lump sugar, boyle and turn it very
cleare, and w^t it is as thick as a tympp
set it by, and y^e next day Bottle it and
cork it.

To pott Damsons for tart.

Gather y^e Damsons very dry may y^e
and put y^e in pitchen, and close up y^e
topp with past, and set y^e in an oven
with Basted bread, But let y^e heats be
drowne before you set y^e in, set them
stand in about an houre, y^e drowne y^e
and pour out clearely all the liquor,
and to every a^t of Damsons, take a quartm
of a pound of good Browne sugar, put y^e
liquor to the sugar, boyle it to a tympp,
turn it cleare, and y^e next day pour
it to the plumbe in the pitchen, put
in tyld Butter, and tie y^e up close y^e
hups y^e in an opper Horne.

To Bottle Gos berries.

Gather y^e before they turne colour,
top y^e and taile y^e take quart bottles
cleare and dry, fill y^e up and shake y^e,
y^e see they may be full from y^e Bottom

to y^e cork, let y^e corks be very good y^e
close stopp, set y^e in a pan of cold water,
and assure the water be higher then
y^e Gos berries, let y^e stand on an indiffernt
fire, till y^e water be scalding, y^e lift it
up, and if your Gos berries be white,
they are enough, if any one Gos berry
crack or burst it will spoyle y^e whole
Bottle, let y^e stand in y^e water till it
is cold, y^e take out y^e Bottles, way or pite
y^e corks all over y^e noe Aire canne
get in, and keepe y^e in a cellar.

To make a Dutch puding

Take a pound and halfe of flower, six eggs
yolles and whites 3 spoonfulls of good Ale,
get halfe a pound of Malted Butter, six
spoonfulls of New milk Blood warme, a little
salt, Beate all these well together for
a quarter of an houre, then set it close
covered before the fire 2 houre or more,
till it heave very much, then put it
into a puding pan, Bake it in an oven
as hot as for Manchet, and w^t it is baked
enough take it out of the pan and cleave
it through the middle and pour in it

a greater deale of melted Butter and
some Rose water and sugar. see close it
again. wrap on some sugar, and see
leave it.

To Candy Angelica

Take 4^o. Youngst Stalkes, and put them
in cold water, and boyle them till they
bee tender, and y^e pill them and take
the weight, and put in too much water
as will we 4^o sugar, and y^e put in the
Angelica Stalkes, and heat them Nine
or Ten mornings till y^e Syrop is almost
dryed up. And then put it on plates and
put it in a coole Oven, turning it every
day till it bee indifern^t dry, then
put it up with paper wrapped. It
must bee heated leasurly and done in
a panter dish, and covered with another.

To make a Sancer.

Take Young Quince, Peach or Walnut
leaves, 2 or 3 handfull, and if you can
procure None of them, then take an
handfull or two of Cowslip or Spinnage
leaves, beat y^e very small, & straine
y^e. Then take Six Eggs, a pint.

of beane a handfull of grass, dried, 1/2
nutmeg salt and sugar as you like. have
ready the frying pan with some Butter &
see fry it, and w^h it is fryed throw some
sugar, and squeeze on some Juice of lemon
or lime and see serve it to the table

A Frigari of Chickins

Take 3 Chickins and flee them,
washing them cleane, and then
cut them into small parcels,
and stew them a small time
in Gravy, and then broe them
up in white wine, and yolks
of Eggs, take time and all sorts
of sweet herbs and lemon pill
and bes it of

To Collop a Leg of Mutton

Take a Leg of Mutton, and
collop it thin, and then heat
it, and fry it parbly strowe

then you take a pint of Ale
or wine with an Anchovie, and
In a Skim a quarter of hour.
shie a lemon into it, and heat
it up in a hark pan

A Ragoo of Lamb's toes

Take Lamb's toes and fry them
Brown in Butter, the Butter
bring Brown, put the Lamb
toes in to the Butter with
Sout herbs, and an Onion that
with Cloves, and then take
the quantity of a pint of
wine, water, strong Broth
or Gravy, stew them altogether
thickning them with a small
quantity of flour, if you
have Anchovie or Mustard
mix it with the rest, &
then dish it up hot

To make French Bread

Take 3 pound of flour, a pint
of New Berme, & the whites of
3 Eggs and beat the Eggs and Berme
together, and then take a
pint of new milk warming it
slight warme, mix your flour
and milke together, beating it
well with your hand, and then
set it over the fire covering
it with a linnen cloth about a
quarter of an hour, and you
mould it up as fast you can
baking it in a Hot Oven

To make Gravy

Take Butter and Boyle it in
a sauce pan till it fall, &
then take your Smoking Pipe,
and stow some flour into it

this done put an Hackvie and
Iron into it with a little
water or Wine if you have
any and some sweet herbs -
Bruise and see shaking it
together for a short time.

To Make Elder Wine Lick Tent

Strip ^{put y^m} in pots close covered in the
Sun After the back of bread yⁿ take
of y^e Clear Juice as to Every Gallon
of Juice take 3 Gallon of water &
12 pound of y^e best brown Sugar
boyl all to gather for half an hour
Scum it very well in y^e next day
put too it a pint of good Ale yeast
ster it 3 times a day for 4 or 5 days
yⁿ tun it & stop it close if it stands
3 quarter of a year before you
bottle it it will doo well

To make a Venison Pastie

Take out the Bones and parboyle it a little
y^e turne the fat side downe upon a Board, and
take the Rill of two depens cut in peices as
long as your finger and thrust y^e into every
hole of the Venison, take two ounces of Loper
small beater, and twice see much salt, & mix
the juice of y^e 2 depens into y^e Loper & salt
& w^h the venon Rill has laine in y^e Venison
3 houres take it out, and st^r in y^e place
of it Loper and salt and rub the rest
both sides, let it lye too till morning, y^e put
it into the Lard w^h is thus made Take
a Bush and half of flour six pound of
Butter eight Eggs, cold cream or milk,
enough to make it into a light pastie, be
as quick as you can both in making and
putting it into the Oven; where it must be
at least six houres, I used to make y^e p^rima
a Buttered Laper about it, being apt to

run abroad, and if you see your Oven colour
much lay Browne paper on it, put
water into it just as it goes into the
Oven, and then the Bones in water in
the Oven and fill up the Lastic, w^{ch}
that gravie w^{ch} it is cut of ye Oven
and the liquor will not be greasie

To make Balm Wine M^r Basils way
Take three Gallons of water, and 15 pound
and a halfe of the Best powdered Sugar,
Boyle the water and Sugar two hours,
then it will then take it off, and w^{ch} it is
cold put it in the Rebell, and put w^{ch}
2 pound and a halfe of the tops of
Balm, Bruise it a little in a Mortar,
with a pint of yeast stir it well together,
let it stand unstopped 24 hours, stirring
it once in 5 hours, Bottle it in
Hortwright, with Sugar in every Bottle

To make Ginger Bread my Mothers way

Take a pound of Malt, halfe a
pound of Browne Sugar, two Eggs, halfe
a spoonfull of Ginger and pepper, One
Nutmeg, Caraway seeds halfe an ounce,
two spoonfulls of good Ale Beerm, halfe
a pound of Malted Butter, as much fine
flour as will make it into past, Roll it
out like a party, take halfe a candid
Lemon, halfe a candid orange, a
piece of Citron, cut them all in long
shies, lay up on the past, turne up the
side and ends to keep the Sockets from
burning

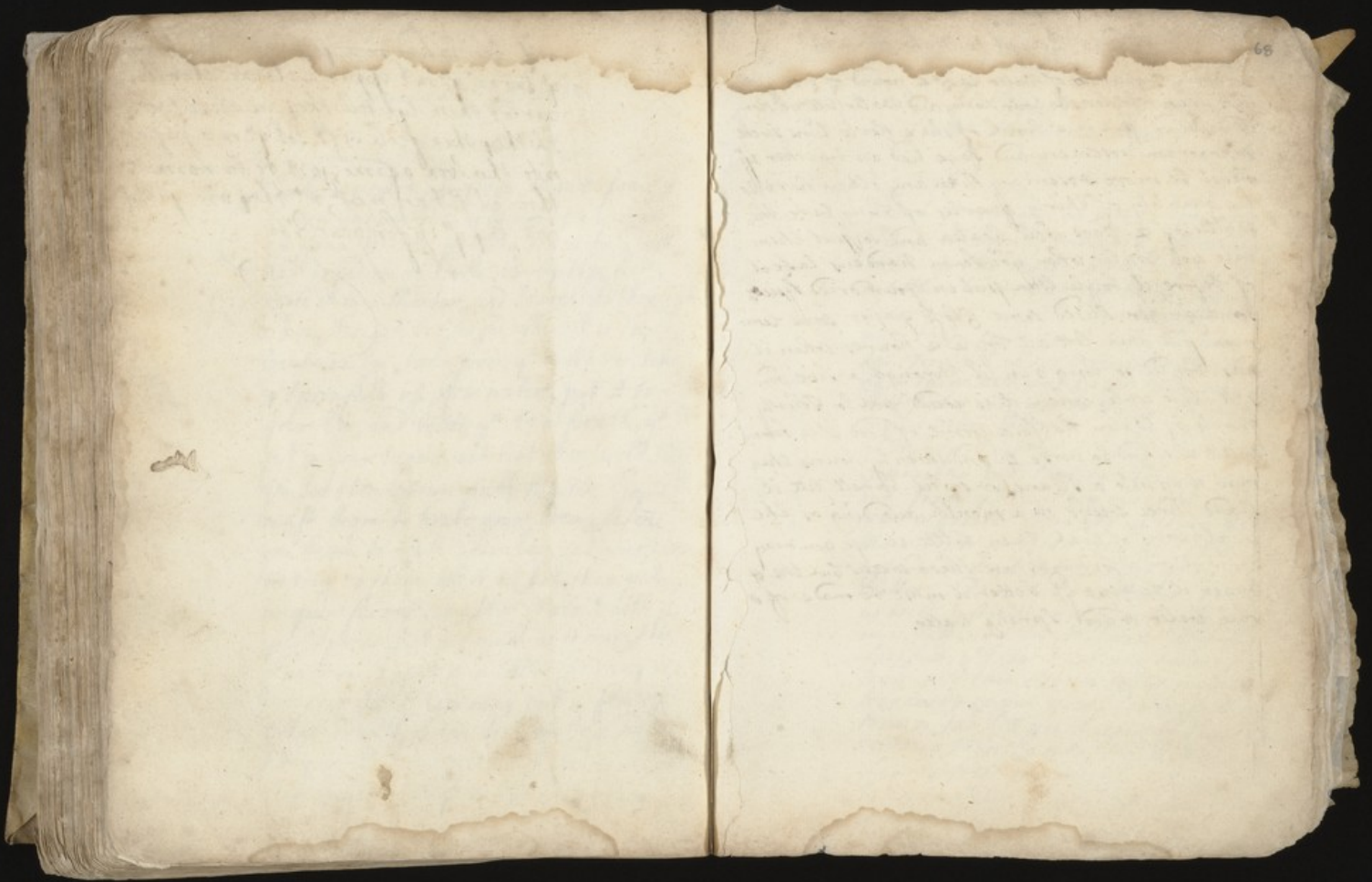
66
D^r Griffiths Receipt to drive such
back, and prevent a sore breast

Take halfe an ounce of Sperma ceti.
One ounce of White wax, Two drams of
Galbanum dissolved in a little Vinegar,
Saffron powdered one Scruple, Balsum
of Peru one dram & halfe, a little Oyle
of Elder, or Oyle of Sweete Almonds, let
it be mixed and soe made into a
Plaster

To make Biskets.

Take a pound of loafe Sugar finely
beat, and seared, & 3 quarters of a pound
of fine flower wiped downe in a dish,
and dryed in an Oven, Or by the fier,
beate it in a Morter, and seare it through
a sieve, it must bee raged after it is dryed.
beate 12 Eggs, take from y^e 8 Whites, take
9 Spoonfulls of Rose water, put it to
your Eggs, and beate y^e to a froth, y^e
put in your Sugar, and beat them well, till
you see them grow white; You
must begin to heate your Oven, before
you begin to beate your Eggs, and never cease
beating of them till it be hot, then put
in your flower, and stir it about with
your Spone, just so much as to mixe the
flower in it, put in a little Cambray or
Bearders seeds; You may put a few of
either or without one sort or two, if you please,
fill your Pan two parts full, and seare a
loafe Sugar, set y^e in the Oven, they

will bee baked in a quarter of an hour
y^e turne y^e out upon a cleane cloth,
and let them lye till they be almost cold
If they then feele soft, set y^e in a paper
into the Oven againe, just to be warme;
through but not more, if they are quite
cold lay y^e up for your Use

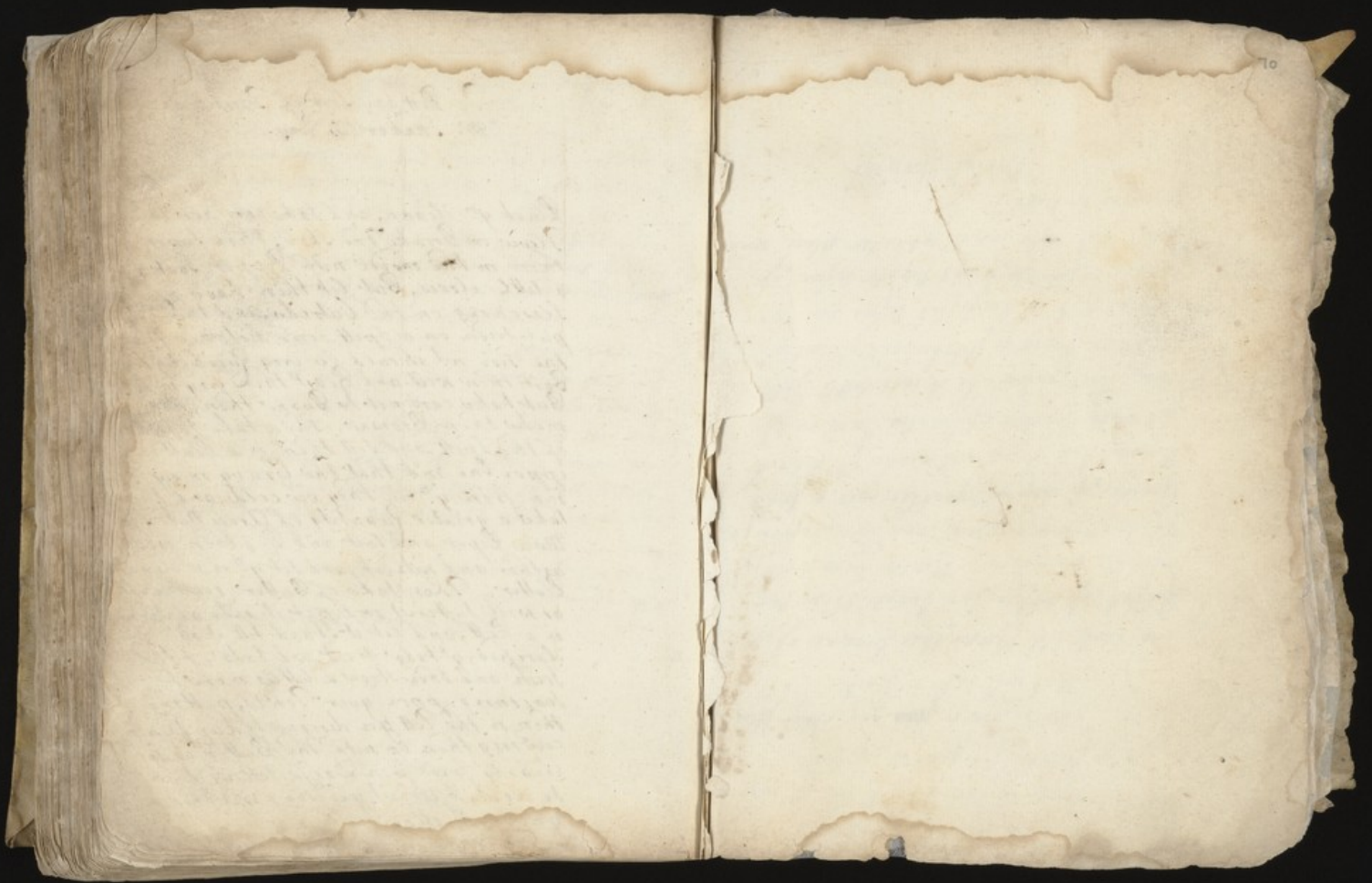


A Good Receipt to Make Meath

To every 3 quartes of Water take a pound of Honey when
it is in your baylor take your Honey and Water still y^e Honey
is distilled. put in a bunch of these herbs lime sweet
margoram rosemary and Sage tied up together y^e
must be more rosemary then any other herbs the
quantity of thirty quartes of Honey take the
whites of 2 Eggs well beaten and so put them
into your baylor when you have hardens take it
of before it boyle then put in your dried spices
some ginger sliced some clove paper. some lemon
pille then lett all boyle 2 houres when it
has boyled so long run it through a lince and
sett it to wale, when it is cold put to thirty
quarts of Water halfe a pint of good olie sabbine
so lett it stand to worke 7 and twenty houres then
run it up into a cleane or twell barrell lett it
stand three weekes or a month according as the
weather is of heat, then bottle it up you may
drink it on a fortnight or threes weekes but the longer
it be kept y^e better it must be made of a
rain water or good Spring water.

To Rett any sort of Tonic
Mr. Shakerlin way.

69
Luch y^e cleane, and take care not to
Peeve or Brake the skin, then season
them in the meade with Pepper salt &
a little clove, But let them have
seasoning on the butiro, and then
put them on a spitt some distance from
the fire not should be very quick, then
Boyl them well, and heat the very well,
But take care not to Burne them, nor
make them Browne. Then take them
off the spitt, and sett them in a cleane
opper tin and that the Gravy may
run from y^e till they be cold, and then
take a greater quantity of Clove Nutmegs
Mace Pepper and salt, and Rub them well
together and without, and set y^e in a cleane
Cloth. Then take of Butter (or macke
as will suffice) and put it into a bren
in a Pott, and let it stand till it is
drossed, y^e take it out, and take of the
skin and then strow a little more
seasoning upon your Tonic, putting
then in the Pott you desire to keep thin in
canning them up into the Butter as is
clearly freed from Dross, setting them
to cool, After w^{ch} you may use them as
you see best.



recompensed, when y^e was equal with
Sallehyll, Aquarta and Bray, Make y^e into
a gentle forme of a gentle Symply
For a Cop or ~~the~~ any other thing
that will take a Part.
Take hard red (keeps the firmness of a
Ballett, of either the same, these two
must be beaten in a Mortar very well, y^e
ad to y^e Sugar Candy the same, before y^e
Ginger, y^e may be together with a little
Macer. And if you will make y^e harder
put highly y^e same of Decaim: they to the
same Part and make it into with y^e Glycer,
like with Beere or Sticks, and y^e cut y^e
with y^e Part or each, cut before you cut
in your Glycer, 2 or 3 Mynks before, you
will cut with some y^e than in place some
grains or Mass.
Order-Grains.

Take either Guaiacum, pimento or lavender
 and put them into a Reff, and cover them
 with Mefpe of greenest paper or bake in
 Reff, and lay a brown paper or paper the
 head of the Reff; for there is such an
 Iniquity feyned the wormes and by Mefpe
 that they will become y^e white from it.
 and cleave to your Reff and in the p^{er}
 of take them from y^e pot and put them in
 water with some Mefpe of y^e cleare
 washed; and amongst that Mefpe you must
 and the yoke of an Egge y^e y^e hart
 and within five or six daies after you may see
 y^e Iniquity to buy the wormes
 in, if you have put y^e ap^{er} the
 after this.

4
 5

Proxima Venetian per dimitte
 50m

7
 2
 1

Phaedra. Henslowe
for Sir M. m. m.

M

