760

BULKELEY (Elizabeth)

A booke of heerbes and receipts

(Dated) 1627

A Book of Reckon & Receipts
1622

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Elizabeth Bulkley

Sage is hot in the beginnige of the third degree
it eate adionynge noe litle astriction or bindinge
it is singular good for the eyes & braine quickneth
the senses & memory, strengtheneth the sinewes
& stoureth healthe to those that have the paulsie upon
a moyst cause taketh away the shakinge or trembling
of the members, & bringe out into the nostrills
it draweth the mind flegme out of the head.
It is also commended against the spittinge of blood,
the coughe & paines of the sides, & bytinge of
serpents. The juice of sage drunke with honie
is good for those that spitt & vomite blood, & stopeth
the flux that of mirtmonth, expelleth wind
driveth the dropsie, helpeth the palsie, strengtheneth
the sinewes, & purgeth blood.
The leaves sodden in water, with woodbine
leaves, plantayne & rosemary & some allom & some
white vine maketh an excellent water to
washe the secrett parte of man or woman, &
for the canker or other sore nosse in the mouth
especially if you boile into it a farye bright shinge
sea coale, sycoale bringe browne or stabled
bettelinge spittnard quinance & fennel seede is
exceedinge wholesome, the leaves of red sage
put into a wooden dish, wherein is put very
quicke coales with some ashes in the bottome, &
a little vinegar sprinkled upon it, lyinge upon
the coales, & so wrapped in a lynnen cloth, &
holden very hott unto the side of those that
that are troubled with a grievous ache, &
helpeth greatly the extremytie of the [illegible]
the poldavashe

The temperature of mint

Mint is hott & dry in the third degree, it is some what bitter & harsh, the smell of it doth stirre upp the mynde & lust to a great desire of meate.

The vertues of mint

Mint is marvellous wholesome for the stomacke, it staydth the hickot, parbraking, vomitinge & scowringe in the choleriche passion, if it be taken with the juice of a sower pomegarnett, it stopeth the rastinge upp of blood, being geven with water & vinegar, the same being applied to the head, or to the temples doth take away the headache, it is good for watery eyes, & all manner of of breakinge out in the head, & against the inflymations of the fundament, it hurteth not for chilldrens sore heade, being applied with salt it helpeth the bytinge of maddoge, it will not suffer mylke to sowre or curdle in the stomacke, hard on mynte taken in meate or drinke warmeth & strengthen the stomacke, & dryeth upp all superfluous humours, & raiseth good digestion, mint mingled with the meale of parched barlye ron shumeth humours & hard swellinge.

The water of mynte is of like operation, in dyverse medicines, it cureth the thrednge & gryping paynes of the belly & bowells, it appeasethe heade ache, it staydth vomyt & vomitinge, it is singuler good against the stone & gravell in the kidneyes, & against the strangury being boyled in wine & drunke, it is the stinge of wasps & bees.

Pellitory of the wall (as Fallen saythe) hathe force to strengthen & ease the mye routs & moysture.
The portes.

Pellitory of the wall boyled & the decoction of it drunken, helpethe sure as are troubled with an olde rowghe, the gravell & stone; & is good against the difficultie of makinge water, & stoppinge of the same, not onely inwardly, but also outwardly applied upon the region of the bladder, in manner of a fomentation or warme bathinge, with spunge or double clothe or sure like.
Dioscorides saythe that the juice tempered with ceruse or white lead, maketh a good ointment against St. Antonies fire & the shingles. & mixed with the rootes of Alkanna or with melt goats tallow, it helpethe the gouts of the feete, which Plinie also affirmethe in his 22. booke 17. chapter. it is applied saythe he, to the paines of the feete with Goats suett & wax of Cypruse: wherein stoode ofsweete of Cypruse there must be putt the roote of Alkanna.
Dioscorides addeth, that the juice hereof is a remedy for olde rowghes, & taketh away the swellinge of the almonde in the throate if it be used in the gerguarisme or otherwise applied: it mitigate also the paines in the eares being poured in with oyle of roses mixed there with.
It is affirmed that if the juice of the juice be drunke, it provoketh vrine out of hand.
The leaves tempered with oyle of sweete almonde in manner of a pultes & laid to the paines, doth it is a remedy for them that be troubled with the stone & that can hardly make water

The Temperature of Wilde Tyme /

Wilde tyme is hot & dryg in the third degree: it is of thynne & subtill partes, cutting, & mure bytyngs.

The vertues /

It bringeth downe the desired sickness, prouoketh urine, applied in bathes & fomentations it prouoketh sweate: being boyled in wine, it helpeth the Argue, it easeth the strangurie, it stayeth the hicket, it breaketh the stones in the bladder, it helpeth the Litargie, frensie, & madnes, & stayeth the vomiting of blood, Wilde tyme boyled in wine & drunke, is good against the wambling & gripinge of the bellie, ruptures, vomissions, & inflamations of the liver. it helpeth against the bytinge of any venomous beast, either taken in drinke, or outwardly applied.

Ficius writeth, that Ser pillum infused well in vinegar, & then sodden & mingled with rose water, is a right singular remedye to cure him that have had a longe Phrensie or litargie. Galen prescribeth one dramme the iuice to be ginen in vinegar, against the vomiting of blood & helpeth sure as are greaued with the spleene.

The garden tyme / the nature of it /

This tyme is hot & dryg in the third degree.

The vertues /

Tyme boyled in water & gome & drunken, is good against the rouge & shortnes of the breate, it prouoketh urine, expelleth the sorrowes or after birth, & the dead childe, & dissoluethe clotted or congealed blood in the bodye.

The same drunke with honyey or salt, purgeth flegme, & boylid in meade or mede or honey, cleanseth the brest, liver, & matrix, & killeth wormes. Made into powder & taken in the waight of three drachmes with meade or honey honeyed called oxymell, & a little salt, purgeth by stole tuge & clammie flegme, carpe the choleric humours, & all corruption of blood.
The same taken in like sorte, is good against the pleuratica, the payne in the side & brest, against the cramp in the side & bolle, & is profitable for such as are fearfull, melancholike, & troubled in mynde.
It is good to begin to those that have the falling sicknesse to smell onto.
Epithymum, after Galen, is of more effectuall operation in Physicke then hym, be myd gott, & dryed in the third degree, more mightily cleanseth, heateth, drymeth, & openeth then Eustata, have right good effect to eradicate melancholie, or any other humour in the spleene or other disease, growing by occasion of the spleene. It helpeth the longe continued paines of the head, & besides its singular effect about splenetiall matters; it helpeth the leprey, or any disease of melancholie, or hypothondriacs; all quarten agues, & sure like tertians proceeding from the spleene.
Dioscorides saith, Epithymum drunke with honey water, pulleth downe by sonye flegme, called pituita

Pituita, and melancholie.

Of his natiue proprie it reloueth them which be melancholie, or poudred, swollen in the face & other vlcers, if you poume Epithymum & take the fine powder therof in the quantitie of 4. scruples in the liquor wherin the apothecaries call passum, or rof dymell & salte, wherin takete away all flatuous humours & bentosities.

The temperature & vertues of Hyssope.

A decoction of Hyssope made rof figs, & gargled in the mouth & throte ripeneth & breaketh the tumors & impostumes of the mouth & throate, & easeth the difficultie of swallowing, comming by reuth rheumes.

The same made rof figs, water, honie, & rue, & drunken, helpeth the inflamation of the lungs, the olde cough, & shortnes of breate, & the obstructions of the breast. or stopping of the brest

The sirupe or iuice of Hissope taken with the sirupe of sinedyer, purgeth by stool tough & clammy flegme, & driueth forth woormes, if it be eaten rof with figs.

The distilled water drunke, is good for these diseases before named, but not rof the cat speede, & force.

The temperature & vertues of Hedge Hyssope

Hedge Hyssope is hott & dry of temperature.

The vertues.

Who so taketh but one scruple of Gratiola bruysed, shall proove evidently his effectuall operation & vertue, in purging mightily, & that in greate abundance, watrisse, grosse, & slimye humors. Conradus Gesnerus experimented this, & found it to be true, & so did I my selfe & many others.

Gratiola boyled, & the decoctio drunke or eaten with any kinde of meate, in manner of a sallad, opennethe the bellye, & causeth notable loosenes, & to stoore freely, & by that meanes purgeth grosse fleygmes, & cholerike humors.

Gratiola, of Hedge Hyssope boyled in wine & given to drinke, helpeth fevers of ye cat sorte sodes, & is most excellent in dropsies, & sure like disease proceedinge of cold & watery causes.

The extraction given with the powder of Dinamom & a litle of the juice of Calaminto prevaileth against tertian & quotidian fevers, sett downe for most certaine by the learned Joachimus Camerarius.

Of Lauander spike, his temperature,

Lauander is hot & dryg, & that in the third degree, & is of a tenuis substance, consisting of many airie & spirituall parts. Therefore it is good to be ymployed any way against the diseases of the head, & especially those wch are hard & dry originall or bodyminge not of a abundance of humors, but rather of a qualitie onely.

The Vertues.

The distilled water of Lauander sweet onto or the temples and forehead bathed therwith, is a refreshinge to them that have the dataldrye, a light Migram, & to them that have the fallinge sicknes, & that hath to some mure. But wyen there is abundance of humors, especially mixed wth blood, it is not then to be used safely, neithr is the composition to be taken, wch is made of distilled wine: in which sure kinde of herbes, flowers, or seeds, & certayne spices are infused or stepped, though most men do rashly & all adventure ynto them wthout makinge any difference at all. For by usinge sure hot things that fill & stuffe the head, bote the disease is made greater & the sicke also brought into danger, especially for letting of blood, or purginge hand not yond before. This mure by way of admonition, because diuers wyfes diuers rash & vnderbeate Apothecaries, & other foolish women, do by & by ynto sure compositions, & others of the like kinde, not onely to those that have the Apoplexie, but also to those

that

that cannot sleepe, & hath also an ague,
to whom they can nothinge worse, seeinge
those thinge do seem much hurte, & oftentimes
bringe death it selfe.

The flowers of lauander picked from the
knappes, handed the blew cold, & not the husks,
mixed with diamom, nutmegs, & clouds made
into powder, & given to drinke in the distilled
water thereof, doth helpe the paintinge &
passion of the harte, prevaileth against gid-
dinesse, turninge or swimminge of the braine
& mouble subiect to the palsey.

Conserue made of the flowers with sugar, pro-
fitete much against the disease afore said
is the quantitie of a beane be taken thrise
in the morninge fastinge.

It profitete much that hand the palsie, is
there be washed with the distilled water of the
flowers, or anointed with the oyle made of
the flowers & oyle olive, in such maneer
as oyle of roses, which shall be expressed
in the treatise of roses.

The temperature of Fromell.

The seede of Fromell is hott & dry in the second degree: The Vertues

The seede of Fromell pound, & drunke in wyte wine, breaketh, dissolveth & dryveth forth the stone & provoketh bryne & especially breaketh the stone in the bladder.

The vertues of dodder.

Dodder removeth the stoppinge of the lyver melt or sholdne, it disburthendeth the primel of flegmatiche, rholoriche, corrupte & superfluous humors poketh the brine yeuth, & in a moane openeth kidneis, maketh the yellow iaundise wyne, ardioynned wth the stoppinge of the lyver & yaulde, it a remedie against, corrupt & longe tertiens, quartians also, & profyte agaiust in Infante & yonge children, Abmesud sayth in Serapio; wee also learnedth, the nature of dodder is to purge rholer by the stole, & that more effectuall is it yaue sworme wordioynned wth it. but too much vsinge of it, is hurtfull to the stomacke: yett Auicen writeth that it doth not hurt it, but strengthendeth a weake or feeble stomacke: wyte opinion allso we do better allow of. Epithimum, or the dodder wee in yrowdeth upon thyme, is better & dry, in the dodder that yrowsth upon plays that is to sayd duen in the third

degree

As Gorden saith: It helpeth all the infirmities of the
milte: it is a remedie against obstructions &
& hard wemes swellinge: it taketh away
olde & dead aches, the fallinge sicknesse, mad
nesse that cometh of melancholie, & especially
that wch proceedeth from the
it is good for those that have the stone
disease, & such as be troubled wt contagious
ulcers, the leprosie, & the rabie dogge.
It purgeth downewarde blacke & melan-
cholike humours, as Aetius, Actuarius, &
Mesues write; & as Galen & Dioscorides
noteth: that like wise purgeth by stool
wch is growethe upon Cicorie & Trabius,
but more weakely, as Actuarius saith.
Cuscuta, or dodder that growethe upon flaxe
boyled in water or wine drunke, openeth
the stoppinge of the liver, the bladder, the
gauls, the mylt the kidneies & veines,
purgeth both by stoole & urine the blacke
humours.
It is good against the ague that hath continu
alone tyme, & against the iaundise, I
meane that dodder especially that growethe
upon brambles.
Epiurtita, or dodder growinge upon nettles,
is a most singular & effectuall medicine to
expel stone, & to loose the obstructions of the
body, & is good ministred in the rest yeare to
have good surtesse against any maladies!

The temperature of Cowslips.

The Cowslips & primroses are in temperature dry, & altho or nothing hott.

The Cowslips are commended against the pain of the joints, called the gouts, & Darkness of the sinews, seeing it the pallsies the decoction of the roots ~~are~~ is thought to be profitable given against the stone in the kidneys & bladder & the iaire of the bowels for members that are loose & out of sight or inward sores that are hurts cut or broken.

A dram & a halfe of the powder of the dried roote of field primrose gathered in Autumne, given to drinke in ale or wine, purgeth by vomite very forcibly, but safely watrishe humours, reacher & flegme, in sure manner as Azarum doth experimented by a learned & skillfull Apothecarie of Colchester, mr Thomas Burkstone, & singular in the knowledge of simples. Aronsterus made of the flowers of Cowslips & sugar preserves wonderfully against the palsie, ronnulsions, cramps, & all the diseases of the sinewes.

Cowslips or Paigles do greatly resume & stop the belly, in the time of a great lasse or bloodie flixe, if the decoction hereof be drunke warme.

A practitioner in london, who was famous for

for varmyge the frensh, the leaves & flowers
of primerose, boyle them a litle in fountaine
water, & in some rose & bottome waters, adding
thereto sugar, vetyver, salte, & butter, wheir be
nye stramed do drinke thereof first & last.
the roots of primrose stamped & stramed,
the iuyce shifted into the nose with a quill
or sure, like, purgeth the brayne, & qualifieth
the yame of the migraine.
An ionguent made wth the iuyce of Consyll,
& oyle of Emmodes, taketh all scaldinge or bur-
ninge wth fyer, water or otherwise.
The flowers of primerose sodden some yer
& applied, do heale the kinge evill, healeth
also the almonde of the throte & mula, is
is yer varyarisse the yelle of the dorrtion
thereof.
The leaves & flowers of primerose boylde
in wine & drunke, is good ayaynst all dis-
eases, of the breste & lungs, & draweth forth
& drawyth forth of the flesh any thorne
or splinter, or bone bayde therein

The temperature of butter burned

Butter burned is hott & dryd in the second degree, & of thim lob the bowels,

The roote of butter stampeid with ale, & given to drinke in pestilent & burning feauers, mightily coolete & abatete the heat therof.

The roote dryed & beaten to powder & drunke in wine, is a soueraigne medicine against the plague & pestilent feauers, because it prouoketh sweate, & driueth from the heart all venome & ill heat, killeth wormes, & is great force against the suffocation of the mother.

The same cureth all naught in filthie vlcers if the powder be strawed there in.

The same killeth wormes in the belly, prouoketh vrine, & bringeth downe the monethly termes.

The temperature of rosemary

Rosemary is hot & dry in the second degree & also of an astringent or binding qualitie, as being compounded of diverse elements, & taking more of the mixture of the earthly substance. The vertues.

Rosemary is a wen against all fluxes of blood it is also good especially the flowers herb for all infirmities of the head & brain, procuring of a rout & moyst rayse; for they drie the brain, quicken the senses, & memory, & strengthen the sinews & lobes. Dyrapio witnesseth, that rosemary is admirable against the stuffing of the head, that commeth through colds of the brain, is a garland herb to be put about the head.

Dioscorides teacheth, that it cureth him that hath the yellow iaundice, if it be boyled in water & drunke before dydrink, & that after the taking thereof the patient must bathe himselfe & drinke wine. The distilled water of the flowers of rosemary being drunke at morning & evening first & last, taketh away the stench of the mouth & breath, & maketh it sweet, if there be added thereto the stoned or infused four certayne dayes, cloves, Mace, Cinamon, & a little amber. Also rosemarie comforteth the brain the memory, the inwards sinews, & restoreth speech to them that are possessed wth adumbe paulsie, & sweetnesse. The ronsewed made of the

the flowers & sugar, or any other way confected
wth sugar, being taken every day fasting.
Rosemary is of subtill parts, is good for the route
the mind wth stayeth from the brayne, drieth
away windines, provoketh sleep, & openeth
the stoppinge of the liver & milt. The mid bone
wth rose mary, & taken of women troubled w[th]
the mother, or the wytes, it helpeth the me
the rather if the fast 3. or 4. howers after.
The flowers made up into plates wth sugar in
the manner of sugar rosat & eaten, it comfor
teth the part & maketh it merry, quickneth the
spirite, & maketh le[?] more lively.
The oyle of Rosemary chymically drawne,
comforteth the route, weake & feeble brayne
in most wonderfull manner.
The rose of Marrha bee to put it in hyrd drinke
the fonde to make them chymle drunke, &
also do put it into the stye & pressed among
clothes, to preserve them from moths or
other vermine.

The temperature of Hart tonge

It is of a binding & drying faculties

The vertues.

This common hart tonge is commended against the lasse & bloudie flixe: Dioscorides teacheth that being drunke in wine it is a remedie against the bytinge of serpents.

It doth open the pores & stopping of the stomake & liver, & all other grieffes procedinge of oppilations or stoppinge wheat powder.

The temperature, of dawes foote, or dramas bill,

Dawes foote is cooling & somewhat drie wth some astriction or bindinge, hauinge power to solder or joyne together.

The vertues.

It is sodenly sovereigne, to be good for vrodene & bloddinge wounds, & assuageth inflammations or hot swellings.

The herbe & roote drowed, beaten into most fine powder, & taken halfe a spoonefull fastinge, & the like quantitie to bedwards in redd wine, or ould claret, for the space of one & twentie dayes together, cureth miraculously ruptures or burstinge, as my selfe have often proved, wherby I have gotten crowns & credit: if the rupture be in ayde vsone, it shalbe needfull to add therto the powder of a cock

Swallow (those without yolks) dropped in an oven, in number nine, which fortified the herb in such sort, that it wonder farre altho[ugh] the rupture be great & of long continuance: it likewise cureth muche those that are wounded into the body, & the decoction of the herbe made in wine, provideth muche in healing inward wounde, as my selfe have likewise proved. f.

The nature of Adders toong.

Adders toong is drie in the third degree.

The vertues.

The leaues of Adders toong stamped in a stone morter, & boyled in oyle olive vnto the consumption of the juice, & vntill the herbe be dryed & parched, then strayned, will yeelde a most excellent greene oyle or rather a Balsame for green wounds, comparable vnto oyle of Saint Iohns wort, is it not farre surpasse it by many degrees: whose beautie is sure, that very mann Artiste hand thought the same to bee mixed with sordidness.

The temperature of Formentill, or Setfoile,

The roote of Formentill doth mightilie dryge & heat in the third degree, & is of thin parts: it hath in it verie little heate, & is of abinding qualitie / The vertues

Formentill is not onlie of like vertue with Cinkfoile, but also of greater efficacie. it is mure to be used against pestilent diseases: for it strongly resisteth putrefaction & preserveth, the leaves & roots boiled in wine, or the iuice thereof drunken & poured out beneath from the parte, do pellet poison, & preserveth the body in time of pestilence from the infection thereof, & all other infectious diseases. the roote dryed & made into powder & drunke in wine, hath the same vertue, the same powder taken as afore saide, or in the water of a smiths forge, or rather the water wherin hath stood a bedon often quenched for purpose, doth stay the lasse & bloodflixe, yea although the patient hand adioyned unto his strouming & agrevous fever. It stoppeth the spitting of bloode, pissing of bloode, & all other issues of bloode, as well in men as women. The decoction of the leaves & roote, or the iuice thereof drunke, is excellent for all wounds both outward & inward, it also openeth, & healeth the stoppings of the liver & lunge & purgeth the spleene. & the roote beaten into powder, tempered or kneaded with the white of an egge, staieth the defluxion of poinctes & is good against the plague & malanchole

A Soveraigne medicine for the payne & bursting in the head and sinews the pharigde

Take one clove of garlike, pill it prick 3. or 4. holes in the middest, & dip it well in fine English honey, & put it into yo[ur] yard, & put a little black wool after, & lay it upon yo[ur] other side dry night & morr, & let it continue in yo[ur] yard for the space of 3 or 4 dayes, & it will expulse the humors & pell the payne & restore the pharigde

An excellent medicine for a continuall headache

Take Bottony water, & take a cloth to wee on 4. double & cut 3. fingers broad, put the cloth well in the said Bottony water & lay it to yo[ur] fore head and let the cloth bee well round rounds about the head, & tye it fast & when the cloth is dryed well put it again & in 3. or 4. tymes this doing it will help

A nother for payne in the head

Take a red rose cake, cut it in length & breadth of the fore head, & put it in rose water & vinegar of like quantity boyled together & lay it to yo[ur] fore head as hott as you may suffer it & the payne shall cease

A clin in Englyshe yarlike or the
poore mans Treakle it is verie
sharpe, hote & dry in the fourthe degree
it doulcorateth the skyn by rausing
of blysters
yarlicke killeth wormes in the belly & drysteth
the fourthe, the milke also wherin it hath
bene sodden is good to yong children with
good sucke against wormes, also it taketh
awaie the morphewe, tetters or ringwormes
rabbed thade in children handras & scurfe
tempered with honie & the pte anointed therwith
dest with figge leves & vnnyon it is laid on
against the biting of the mouse called in
Englishe a Shrewe

The white garden lily is hot & dry
of a subtile substance, but the root
is dry in the first degree & hot in
the second

The roots stamped with honey & lowate
synoweth together that be rut in sunder
it consumeth or wasteth away the vlcers
of the head called Argoos & hykrist
all scurvinds of the bred & face
Also the water thereof distilled & drunke
taketh the feddis & dasis delyverance &
doyeldeth the stondyng & after burden
in most feddis manor

The roots of red lylie stamped with honey
maketh wounded synowes & membres out
of joint it taketh away the morphew
& deformytie of the face, & taketh away
wrinkles. The roote boiled in wyne
taketh wounds of the feet with in fow
dayes to fall away with removing the
medyne till it have wrought the
effecte The same being drunke with
honied water dryveth out by stoyle
vnprofittable blood

water lylie wth yellow flowrd stoppte
laske, the overflowing of bld wth romte
wand by drawnd or otherwise & is good
for them that have the bloodie flux. But
water lylie wth white the rootte flowrd
is of greater vertu in so mych as it stayte
the rootte but both this & the other that hate
the black roote and drynke in wyne
they hate also a stowmy qualitie therfore
they both clense wond the mortifyed & be
also good ayenst the pillinge wond of the
hand of the head, ayenst the mortifyed
they are stepped in water & for the pillinge
wond of the hand in Tarro but for the
thinge that is fitter wth hate the black
roote & for the other that wth hate the
white roote

moone wort or madwort is bread
like to gorlecrowd but rougher & more
full of wrikles about the flowrede it
bearth a flowre leaning to blowe it is
geven to such as are wrayed by the
byting of a mad dog wch hedrby and
therfor called it is of the hemisphere
moonely dry digestive & somthing stowrethe
wch all, for the taste it halthe round
the morphew/ & sowe burnyng

[illegible]

Garden lupyne boiled & after
stamped in fair water till such time
as it doth altogether loose his natural
bitterness & lastly being steeped for a
~~reasonable~~ reasonable quantity of Salt
it is eaten for pickle, the lupyne is of
an hard & darkish substance wherof
it is of a hard digestion yet being
not ~~perfitly~~ comforted in the veines
Fugendrake a blood royal called
~~verde~~, or ~~Fano~~. but when it hath
lost all his bitterness by dressing or
dressing of it as aforesaid it is lyke to
such things as are without sobstance
yet is preferred by the taste

The decoction thereof inwardly taken
worketh wonders & lykewise if it be
sudden bruised & used as a bate it is a
~~sudden against~~ the morphew
sore heade the small yorke wylds stabs
gangrenes & venemous bites
the root boiled in water & drunke
profitable wine

For a poultisse

Take milke fine oatemeale wilde mallowes the yongest a good quantitie all goose a reasonable quantity, ~~[illegible]~~ yrunsell as much red sage as much fine hisop a reasonable quantity smallage as much lemorte the yongest ~~[illegible]~~ a good quantity not so much as ose the mallowes but more then ose any thinge else all these herbs must be shread as small as may bee then put the into the milke and let them boile

A Sowayne medicyne for any
sorrs arse, brust or swellinge,
or wrythe whatsoever

Take 1 lb of Sage 1 lb of rue half a pound of
wormwood & half a pound of bay leves
then take iij lb of Shepes Suet all of the
kidneis cleane from the skin & mynced
verie small then take yoe bay leves & seed
& stampe them verie small by them selves,
beat all the other herbes together, that don
mynyle all together & beat all ayayne in
a morter till they shut be not seene then
take all & wye yoe hand breake it into a
new erthen pot, then dow take a pottell of
oile olife & powre it into yoe pot mingle
all wye yoe hand, then stop the pott close
wyne of ten daies, then dow take a fresh brasse
pan or pott & therin boilt all over a soft fyre
the space of one howre or more stirring
it well till no fyre appere, then take half
an elne of elene new lynen cloth & bestrewe
two wringe out all the ointment sowe & sene
into a clene vessell, if it be greene & clere
then it is perfite & good otherwise it muste
boilt longer, then put it into your erthen pot
ayayne, & therin keepe it, the better it is if it be
made in maye, or betwene the two St Marie
daies, pbat

A Spryng drinke to clense the lyver

Take of strawberis leves, violet leves, borone
fenill & borage of eche a handfull and ounce of
licrise & ond ounce of dryed sode scrape &
slyce the licrise & put all into two quarte of
springe water & let them boile viii of the fonteine
half the water be wasted wche shedinge the lemy
it is sod in must be kepte as close as may bee
then put into it one ounce of sene & then take it
of the fire & after you have taken it of the fire
for it must not sode after the sene is in but
it must stande about eight howres & then strayn
it into some or then ~~pot~~ pan or basen & after
it is strayned put into it an ounce of Sirrop of
roses stir it together & in the morninge it must
be taken fastinge to the quantity of half a pynt
& before you take heated it blood warme put
into it as much of puleri sancti as will lye
upon 3d or a grote more or lesse as the ptides
bodie is stronge or weake for one time it will
worke wch out poyndes and after it is drunke
they must not take any thing of three howres
& then sume then broth & about an howre after
they may drinke but must take nothinge but flesh
meat roysle they take it wch they should doe
for three daies together

for trembling of the harte

Take half a pynt of red rose water
a quarter of a pynt of red rose vynegar
a few yellow or white Saunders or bole
boile them a litle betwene two dyshes &
every morneyng apply them to your harte
luke warme with a dubble cloth after wyndes
wrung out your cloth well for wettyng your
clothes then lay upon your harte
a syne leaf of tree

A medicyne for the colike
& the stone

Take the kernelles of cherie stones promell
seed Anyes seed fyve seed licorise the
roote of philipendula beat all these together
into fyne powder & as good a quantyte of
Sugar as all these ryse unto, beat the Sugar
& them together, Take the quantyte of half
a spoonfull of this powder for one reteite
& drinke it either with fryen water or
white wyne

A sudayne ylster for the stone
make your dyrectyn ~~[illegible]~~ of cooling herbes
either in milke or broth

Diacatholicon 2	℥i	Syrup violarum	℥ij
Electr de baccis lauri 2	℥ss	Sutran rub.	℥ij
Ol. Anethi	℥ss	misce fiat turma	
Scorpionis ana			

when you have made your decoction then mix
that in the ij boyes ferste, then powder the
Ginger & put it in & when your are redie
to use it put in the orles in the bladder
& the Syrop in the glasse boter &
so use it

Take Sarasapirella iij ounces Senna ij ounces
Anaiatu y ounces liquorist ij ounces Anise
seed ij ounces, Carmodartiles half an
ounce ~~dow the~~ Anaiatu and ounce &
Saxafrage two ounce & a half
Slit the Sarasapirella & put the
Saxafrage in thirds & bruse well
the Cortes Anaiatu & put the liquorist
in small peces then put all into viij quartes
of water & boile it till it come to the
half then strayne it through a fend
linen cloth & let the patient drinke
it ten a quart ~~at a time~~ a day

A restorative broth to bring them that
~~are weake feeble to their perfect health~~
~~restored~~

Take iij ~~qtes~~ of Fennyng water iij quarters
of an ounce of Cynna Roote then shredd yt
into a pipkyn & cover it close set it on the
fyre at night & so it boile before you leave
it at viij of the Clocke then let it stand
all night till vij of the clocke in the morning
upon hote Embers then put into yt a small
~~derkyn~~ clove ~~washed~~ & taldes & washed
the lyme out of, half a handfull of rosis
of the sun cleane washed & stonds viij or
vj. damas prunes Borrage Buglasse Eurori
dis & violett leves of ~~p~~ dryed a small quantitie
& one flake of mace boile all these together
till they come to a pynt, strayne it through
a Colender & put it up into a pot devide
the quantitie into iij ~~qtes~~ & drink one draught
in the morning at vij a clocke another
draught at iiij in the after noone & so
it doth dayes a fortnight you must make it
in a redynes that you do not want it in
these Howres during that fortnight

A medicyne for the playne

To omytte the sundrie remedies of this disease the Christ whereof grode from our grand dame Eave, use this for an approved remedie, Take dwyce water a quarte water a pynt Fyve berries half a handfull Bruised, boile these together yeathe a pt quarter of an houre & when you take it from the fire dissolve therin as much treacle as a nut & a little Sugar also put therto iij spoonfull of white wyne vinegar as soone as the patient doth complayne & nature being yet stronge give him fasting one good draught therof warme & let him keepe his bed & sweat ye houres or lesse as the strength of the patient will bere. In this sweating give him more & then dilutyed & into every draught put ij or iij spoonfull of the said detortion when he risethe give him soe broth not made over stronge neither make more spyce & be verie carefull to keepe him from the aire, this detortion then used will either force out the sore or elles if the patient sweat thereunto will cure him with out any sore & if you find he be not greatly dasted with eight houres after his sweat in the next daie use the like order

The kynge medicyne for the playne

Take a handfull of Sage alias red Sage a handfull of Rirtue, a handfull of red &c

bramble leaves & a handfull of Elder leaves
& stampe them altogether & strayne them in
a faire lynen cloth with a quart of white
wyne & a quantitie of vinegar & a quantity
of good white ginger mynglde these together
& drinke this medicyne a spoonfull doyle
daie in the daies together, the first spoonfull
ye shalbe safe 24. and after the xij spoonfull
ye shalbe safe for the whole year by the grace
of God, But if it fortune that one bee
sicken with the plague before the Eaddrombe
this medicine then take those aforesaids with a
spoonfull of bottony water & a spoonfull of
Scabious water & a quantity of fyne treacle
& put them together and take them to drinke
it & it will put out all the venome & if it
fortune yt the botches do appear take a hand
full of red Sage the leaves of red bramble
the leaves of Elder & mustard seed & beat them
altogether & make a plaster thereof & laid it
to the sore & it will drawe out all the
venome & the pie shalbe whole by the
helpe of God

A Speciall medicine to preserve health

If wisho, fast & praie then take a quart of
rose water or Rosmarie & put in two handfulls
of faith in the blood of Christe write as mirrie
hope & charitie as you can get & put it into
a vessell of a clene conscience then boile it
one the fire of love so longe till you see by
the eie of faite the blake fome of the love of
the world shrinke in your stomarke then
stoure it of clene into the spoone of faithfull
prayers, when that is done, put in the powder of
patience & take the Cloth of Christe mortenie
& straine all together in his cup, then drinke it
burning hote not the hart & cover the head
warme to the as many close of a medicment of life
as god shall strenghe in the to bere that the ore
maiste wrathe out all the poison of covetousnes
pride wrechedome adulterie & furie fighting lying
glottonie drunkenes into the sure life & when the
foolest the selfe altred from the fornamed virtes
take the powder of saidtrodell & put it upon the
tonge but drinke thrid as mirrie do well daylie
then take the oile of good worke & anoint therewith
the eare dide dardes & hart that they may be redie
& nimble to minister unto the poore members of
Christe when that is done, then in godes name
rise from syn willingli take up Christe crosse
boldlie, stand to it manfullie bere it patiently
lie & rest thankfully & then shalt thou lyve ever
lastinglie & come to Eden safelie unto whence
thou hast been ~~as~~ lord speedilie Amen

There are six thinges wch are spetially to be noted in preserveinge, the first is to knowe when to clarifie your suger, secondly to knowe when your suger is ~~ma~~ thin ~~ma full~~ sirruppe, thirdly to knowe when it is ma full sirruppe, fourthly to knowe when it is boiled to a manus scriptus height, fifthly to knowe when it is boyled to a tandie height, and lastly to knowe when it is boyled to a crastinge height, and then to knowe what heights to take your sirruppe for every severall fruite, wch these six receits next following will direct you, both howe to knowe the boyling of your suger for preserving, candinge, or makinge of drie paste, of any fruitts what soever, for the meaninge of your clarified suger, wch is herein sett doune, is that, if you meane to preserve your fruitts wch powdred suger, then you must clarify it with the white of an eyge, to take away the drosse from it, but if you preserve wch hard sugs you need not to clarify it, but disolve it into faire water, and so boyle it into his height as you please

The first receite how to clarifie yo suge

Take a pinte of faire water, and beate the white of an eg in it till there rise a froth upon the top of it, then put a pound of suger into it, and let it boile till there rise a scum upon the top of yo wate & suger, then when the scum is hard take it of with a spoone, and straine your sirrup through a cloth, and then your suger is clarified

You neede not to clarifie any of your suger but your powder suger, but your powder suger being clarified will make a clearer sirrupe then your hard suger will and make the preserve to keepe his couler the better all the yeare, if you will clarifie your suger the white of one eg will serve as well to clarifie three pound of suger as one

The second receite whent to knowe your suger is in a thin scrupe

When your suger is first clarified it will looke some thinge thirke coulered, then sett it to boyle, and as it boileth you shall se a white sum arise uppon the top of your sirrup, and as the white skum doth arise take it of with a silver spoone and kepe it boilenge till there arise not skum at all upon your suger, and then it is boiled fitinge for to preserve any hard fruites, at the first puttinge into any the sirrup, as orenges, lemons peare suttrants greene walnuts, pearts and such like of surkets wch is of a dric sub stance, as the receits will direct you for every severall fruite home to take the right of the serup when you put in your fruite into preserve them, and so you may use them at your pleasure

The third receite howe to knowe when your Suger is boyled to a full sirrupp

After your sugar is boiled to a thin sirrup ~~you must~~ you must Lett it boile till it looke yellow roulered as the roulers should beare, and then it is fittinge to put any liquid fruites into preserved as you shall finde in the in the receits what fruits will serve to put into the sirrup when it is boiled to this height, and so in preservinge observe but these six receites and you cannot err amisse

The ffourth receipte howe to knowe your sirrup is boiled to a manus Christis height

When your Suger is in a full sirrup let it boile till it doth draw betwixt your fingers like ashes and then it is a manus Christ height

The ffifth receite howe to knowe when your Sugar is at a randie height

When your Suger is at a manus Christy height let it boile untill it rope betweene your fingers like bird lime and then it is at a randie height

The sixt receite howe to knowe when your Suger is at a Casting height

When your suger is Boiled to a Candie height keep it stirringe over the fire with a stike, and now and then swinge the stike from you, and the suger will flie from your stike like a ffeather and then it is att a rastinge height and so vse it as you please

Verrite home to make diet bread other waies called prime bisskett

Take eight eggs both whites and yolkes and beate them in a wooden boule for the space of a quarter of an hower then put to them a pound of suger and beate them a quarter of an hower longer then put them a pound of fine flower and halfe an ounce of annisedes, beate these well togeather a while your oven is a heatinge and when your oven is hott as for manchent put your bread into the oven and lett it stand in an hower, then take forth, and when you have oracion to vse it cut it in slices, and serve it in your oven againe and so vse it at your pleasure

If you will have your bread baked in plates, then bake it with a smaller heate and so keepe it for your vse

Heere how to make markaroneb ~~bisskett~~

Take a pound a halfe of almondb and blanch them and beate them very small with rose water then put to them a pound of suger and the yolkes of foure eggs and beate them togeather a quarter of an hower while your oven ib a heatinge and when your oven ib hott ab for mannchant lay yo markaroene upon papers like little bakes then put them into your oven and bake them, and when they are baked sett them to coole, then put them into your oven againe and drie them and so keepe them for youse

Heere how to make Napleb bisskett

Take six eggeb and beate them in a wooden boule a quarter of an hower then put to them a pound of suger and beate them together a quarter of an hower longer then put to them halfe a pound of fine flower and three gramed of muske beate these together whilst your oven ib a heatinge, and when your oven ib ab hott ab for maunchant put your bred into little roffmb of tinne, and bake it and when it ib baked sett it to coole, and then put it into your oven againe and drie it, and so keepe for yo use

you must make your oven hotter for this bred then for your dict bred for it will rise sodenly, and if your oven be not quicke, the risinge of your bread will breake when it baketh and yo bred will be lisk

A receite howe to make Cosquilliands

To take halfe a pound of fine flower the yelkes of ffoure eggs two ounces of sweete butter two ounces of suger make these into a paste with halfe a pinte of milke and knead it verie well and that will serve for your outward paste.

And for your inner paste take sixe ounces of almonds and blanch them and wash them verie cleane then put to them a quarter of a pound of sugar and beate them together till it is in a paste and if you see your paste oylie put a little rose water to it and it will take the oylines from it then put as much rosset into it as will make it red and the yelke of an egge and beate it together a quarter of an howe then roule out your white paste with it your outward paste and wrappe your red paste into it and so make it into knots and bake them for your use

A receite howe to make almon cakes

To take a pound of almonds and blanch them and beate them very ~~small~~ well and small with rose water then clarifie a pound of suger and boile it to a candie height and then put your pounde of suger and almonds together while your oven is a heateinge then sett your cakes upon papers and strewe a little suger upon them and bake them then sett them into your ouen againe and drie them and so keepe them ffor your use.

A Receite howe to make white paste Royall

Take a pound of almonds and blanch them and beate them very small with rose water then clarify a pound of suger and sett it to boyle and as it doth boile take the white of an egge and beate in a pinte of faire water till the rise a ffroth upon the top of the water then when your sirruppe is at a randie height put your pound of almonds into it and stir your almonds and your suge well together and as you doe stir them put of the ffroth that is on the top of your water into it, and keepe it in stirringe till it looke very white then sett it on the ffire againe and keepe it stirringe over the fire, till it doe come cleane from the bottom of your pann; then lay it upon papers like markaroones, but lay them not soe ~~thicke~~ hige and when they be rouke, they wilbe more hard and more pleasinge both in tast and Boulder then any of the other breads whatsoever they be, and you must take heed that you bake it not in your oven in any case but vse it when it is rouke,

A Receyte howe to make fyne Snydes Cakes

Take half a pound of fyne regal flowre half a pound of Snydes the yolkes of iij eyes iij onnce of Crosse butter make these into a paste with a quarter of a pynt of Creame, then rolle them out & cut them round with a veare Glasse then take a litle Rose water, & wett them upon the top & straye a litle Snydes upon them & set them upon papers & so bake them

A receyt how to make
red paste Royall

Take a ℔ of Almonds & blanche them & beat them
them verie ~~[illegible]~~ small with Rose water
then take a ℔ of clarified Sugar & boile it
to a Candie height, then put in yᵉ ℔ of
Almonds into it & an ounce of Synamon &
half an ounce of ginger & as much Rosse as
will colour it red, then set it over the
fire agayne & keepe it shivering till it come
from the bottom of yᵉ pan, then laid
it upon papers like markarones, but lay them
not so ~~[illegible]~~ bigge & when they are dowlie
keepe them for your use.

A receyte how to make red
letter in Synamon paste

Take half a ℔ of fyne flowre, half a ℔ of Sugar
the yolke of iiij eggs two ounce of fresh butter
two ounce of Synamon an ounce of ginger & put
as much water & hoale into it as will colour it red
make these into a paste with a quarter of a
pynt of warme water then Rolle yᵉ paste
out & make them in letters & wrap them with a
paire of wippers & set them upon papers &
bake them & keepe them for yᵉ use. If you will
not make them in letters you may pryne them in
moulde & bake it with you please

A receipte how to make
Sugar plate

Take a qter of an ounce of Cinnamon agayne & laid it
in steepe in a qter of a pynt of Rosewater for
the space of xxiiij hours then shrine yᵉ Cinna
mon agayne thronge a cloth & beat it in a morter
till it looke verie white then put a litle sugar
being finely Cersed into it & beat it together a

litle

litle wheyte, then put more Sugar into it and
beat it by degrees till it be somthing stiff, then
take it out of yor morter & worke more
Sugar into it till it is stiff & then you may
preyse it in yor moulde or use it other waies
as you please

A Receipte how to make
white mustard pue or Tod

Take two gringonds of rice nisle & beat them in a
morter verie small then when you make yor sugar
plate before it is stiff put your rice into it &
beat it together, then when it is stiff take it
forth of yor morter & worke it into a stiff
paste with more Sugar finelie sarsed, then take
it & roll it out verie thin & dut it with a
rowell in the manner of Loosinge then lay them
upon papers & set them to drye & so keepe them
for yor use If you will have yor mustard yonds Tod
put a litle rose into it & that will colour it
red, if you will have it yellow put a litle Safr
fron into rose water to steepe & collour it with
that

A Receipte how to make
a Marie payne

Take a li of Almonds blanched them & beat them verie
small then put to them half a li of Sugar & beat
them together & as you see your paste oylie
in the beating put a litle rose water into it
& beat it together & that will take the oilinds
from it & in an houres space you may beat
yor paste verie fine to use either to make a
marie payne or to do any thinge else with it
whatsoever you please

A noyder ward to make
a marye payne

Take wafers & make a bottom to yo^e marye payne
of the bigness yow will have yo^e marye payne of,
then rowle yo^e marye payne past vpon yo^e botto^
& cut it rowne with a platter then rowle it out
of that sowne paste that yo^e marye paine is of &
set an dye to yo^e marye payne with yo^e fingers
& make some fyne worke in it then take a litle
rosewater & as much Suger into it being fynly
searced as well make it somthing thicke then
wett yo^e marye payne with in with the said rose
water & suger & set it vpon paper & bake
it then shake long Synamon vpon hette in it &
dollows mustardseed with the sowe other condyte &
guild it & so serve some small confette in it
and keepe it for your ease

A Receipte how to
make a Noble kaste

Take a small quantyte of Sumdragante & lay it
in steepe in rose water till it is dissolved into follie
then strayne it through a cloth & beat the white
of an eyge together with it till it looke white
then as much Suger finelie searced into it and
beat it together till it be somthing thick then take it
forth of yo^e morter & worke it into a stiff paste
then rowle them out & make them in knotte & set
them vppon papers & bake them & so keepe them
for yo^e ease

A Receipte to make
gentle kaste

Take syx ounce of Almonds & blanche them & put
to them a q^tter of a pound of Suger & beat them
together till it be a paste & as you see your paste
oilie put a litle rosewater into it & beat it together
& that will take award the oylinesse from it, then

put &

put to yit the yolke of an eyge and as much
rosset to it as will colour it red & so take it forth
of the morter then take as much of the white
paste that yon make yor Noblets of & rowle
it out then wrap your red paste in it & make
them in knotte & set them upon papers & so bake
them & keepe them for yor vse

A receipte to make white
Quidinie of pippins

Take vii faire pippins & cut them in halfe then
boilt them in a pottle of faire water & let it boile
fro a pottle to a qte then strayne the liquor from
yor pippins & set it to boilt vpagayne & when
the liquor boylete put halfe a li of hard Sugar
in to it & let it boild verie fast vntill and the
it doth drawe betwene yor fingers like a thread
then wet yor mould & put yor Quidinie into
it & when it is could put it into boxes & keepe it

A receipte to make red
Quodime of pippins

Take a qter of yor oile water & put halfe a li of
loafe Sugar into it & boile it close covered
verie lesurlie vp a soft fyer till it looke as
red as Claret wyne then strayne it & let it
boilt verie fast vntill and till it doth drawe
betwene yor fingers like a thread then wet
yor mould & put yor Quodime into it &
when it is could take it forth of yor mould
& put it into boxes & keep it for yor vse

A receipte to make mould of
Alablaster to pryne Artificiall
fruites in

Take yor Alablaster & burne & beat it to verie
small in a morter then sifte it through a fine
searce then take yor fruite & put it halfe wait
in sande then take Sallet oile & oilt that
side of yor fruite that is out of yor sande

then set litle borde at the syde of yoⁿ frutes
to kepe the Allablaster from rennyng abroad
& then temper yoⁿ Allablaster with water
somthyng thik & cast it upon yoⁿ frutes
it wyll be hard presently then take it
forth of the sand & cast that hydes wch is in
the sand so likewise & when it is hard
you mait prynt any thyng into it what you plese

A Receyte to preserve
Cherries

Take yoⁿ Sugar & beat it small in a morter
then take yoⁿ preserving pan or posnet & rub
the bottom of it with Sugar then stone the
ries & laid them on a board upon yoⁿ Sugar
then put a litle rosewater to yoⁿ Cherries to
moysten the Sugar & then rubbe yoⁿ Cherries
over with Sugar ayayne & so laid one rowme
of Cherries upon another & as you laid them
rubbe them over with Sugar then set them to
boile & let them boile verie fast till the Syroy
doth draw betwyxt yoⁿ fingers like a smale
threde then set them to coole & keepe them for
yoⁿ use

Another Receyte to
preserve Cherries

Take 3 pyntes yoⁿ fairest Cherries from yoⁿ smallest
Cherries to preserve then take your smallest
Cherries & strayne a pint of Juice out of them &
dissolve a lb of Sugar in the said Juice &
when yoⁿ Sugar is well dissolved put a
lb & halfe of your fairest Cherries into it & let
them boile to a mans Christi height then set
them to coole & so keepe them for yoⁿ use

Another Receyte to
preserve Cherries

Take a li of clarified Sugar & boile it into a Candie & digest then put into it a li & half of your fairest Cherries & let them boile verie fast till the Syrop be boiled to a manus Christi & digest then set them to Cool & so keepe them for your use, Twall gate bym made of those herbes aboue & the last Receipte proue best both for goodnes of Colour & longe keepinge.

A Receipte how to
dry peares,

take a small pen knife & prick your peares throngh the Cores then take a ~~little~~ bottell of small worte & sodden it with a pynt of honie then put your peares into it & let them lye in the worte a nowrke then take them forth of the worte & lait them upon the bottom of a Sieve & after you have drained your bridde put your peares into the oven & so keepe them in your oven with a small heate till they are dry & then put them into a box & they will keepe all the yere perfite & good & so use them as you please,

A Receipte to preserve
Apricockes

Take your apricocke & lave them in Bream herbes daies then when your apricocke have layne in bram herbes daies take them forth & wasse the bram from them in fair water & dry them with a fair cloth then Clarifie a li & half of Sugar & boile it to a full Sirop & put a li of Apricocke into it & let them boile verie leisurely till they are sum, thing tender, then take them from the fyre & let them stand in the same Syrop iij dayes, then

take them fourth of the same Syrop & set yo
Syrop to boile by yt self, then take the weyte
of an eyye & beat it in fair water till then
rise a frothe upon the water & as yo Syrop
boylethe put the frothe of yo eyye into it & let
it boyle till the Syrop looke verie Cleare then
Therynd it through a Clothe & set it to boile
agayne then put yo Apricocke into yo Syrop
agayne & let it boile verie leisurely till they
be verie tender then set them to cool & so
keepe them

The reson of layinge yo Apricocke in bran is to
keepen them alyke for that syde wch is most to the
son is soonest ripe & the of yo Apricocke
wch in the shade is not full ripe therfore
if you should go to preserve them as they
come from the trie that syde wch is towards
the son will breake before the other syde that
is in the shade be tender therfore the puttinge of
the Apricocke into bran doth both keepe the one
syde from perishinge & doth ripen the other
syde & so your Apricocke doth preserve in
verie place alyke

A Receipte how to preserve
Raspices

Take ywne pippins & boile them verie tender
in fair water then strayne the water from
them & dissolve a li of Sugar in the same wa
& boile it to a full Syrop then put your
Raspices into it & let them boile verie
leisurelie till your Syrop is in a thin
Jelye, then set them to cool & so keepe them

A receipte to
preserve quynces whole

Take yo Quinces & pare them & core them the
Clarifie a li of Sugar & boile it to a full
Syrop then put to your pound of Sugar
half a li of Quinces & let them boile verie

untowardness till they are so tender that you may thrust a straw through them, then set them to cool & let them stand in the Syrop till they begin to dry, then take them out of yor Syrop & boile the Syrop again by it self till it be boiled to a mam^o Christie height, then put yor Quince into yor Syrop again & let it stand to Cool & when it is cold it will be in a fair Jellie & keepe his perfect colour all the year

A Receipt to preserve Quince Rod

Take yor Quince & pare them & then core them then boile them the paringe & the cores together in faire water verie tender then take & strayne the water from them & put a qter of the said water to two pound of Sugar & let it be verie well dissolved then put to yor two pound of Sugar a lt of Quince & let them boile verie leisurlie close covered till they be verie tender & that they look verie red then set them to cool & the next day ~~at~~ powre the Syrop clean from them & boile it to a mam^o Christie height then put it to yor Quince again & when it is cold it will be in a fair Jellie & keepe it perfect colour all the year verie red & raw & so keepe them for yor use

Another Receipt to make quince Rod

Take a lt of Sugar & clarify it & boile it to a full Syrop, then put to yor pound of Sugar half a lt of Quince & so let them boile together &

let smoke close rowed till they be tender & that they look white then set them to cool & so keep them. This is a white preserve & good way to keep your Quince in a Syrop all the yeare

A receipt to make white marmalade of Quynces

Take your Quince & boile them white tender in faire water then shryne them through a Syve then take a lb & half of Quynce & dry it white well in a platter over a Chafingdish of coles then clarifie a lb of Sugar & boile it to a Candie height & put the Quynce into it & stir it well together then put it into boxes, for this marmalade you must not boile your Quynce & Sugar together for that will turne the colour of your marmalade & then it will not be white

A receipt to make red marmalade of Quynce

Take your Quynce & pare them & cut the meate from the Core then Clarifie a lb of Sugar & put a lb of Quynce into it & let it boile close rowed till it begin to be thick then keep it shrinking till it come clean from the bottome of your pan, then put it into boxes

This is the best way to make red marmalade of Quynce for it will look perfect red & clear & be full of knotte

~~A receipt to make marmalade of Quynce both white & red~~

~~Take & boile your Quynce white tender in faire water then shryne them through a syve, then take a lb & half of Quynce~~

A receipte to make Wearmalad of Quynce bolle smoke and red

Take yoⁿ Quynce & bolle them verie tender then pare them & shrynd them wrynge a syve, then Clarifye a ℔ of Sugar & put a ℔ & halfe of Quynce into it & let it bolle & keepe it stirringe fro burnyng to the bottom of yoⁿ pan & so let it boile till it come clene from the bottom of yoⁿ pan, then put it in boxes,

A receipte to make paste of Quince as they make it beyonde sea

Take yoⁿ Quynce pare them & cut them in halfes & boile them verie tender then shrynd them wrynge a syve then take a smale Quantie of peares or mallagotones & boile them verie tender in faire water lyke as you do your Quynce & shrynd them wrynge a syve then put to a ℔ of your Quynce a quarter of a ℔ of peres or malla, yotones into it & let it boile keepyng it stirringe till it come clene from the bottom of yoⁿ pan then lay it upon plates in braunches & put it into a stove or an oven & dry it & keepe it for yoⁿ vse,

A receipte to preserve Damsons,

Take a ℔ of Sugar Clarifye it & bolle it to a manus Christi height then put a ℔ of Damsons into it & let them boile

water lasinder keepinge them downe in
the Syrop with the barke of a Silver
Spoone & as the Stone of the damsons
doth rise upon the top of your Syrop take
it as clene of fro yor Syrop as you
can with your Spoone & let yor damsons
boile till they be water tender then put
them to cooll & the nexte day pour the
Syrop from yor damsons & boile it againe
to a manns Christe height & then put
it to your damsons agayne & so keepe
them for yor vse

A Receipte to make paste of Choosbirds

Take a pynt of yoosbirds & boile them
in a qte of fayre water till they be tender
then strayne the liquor from them through
a Cloth & strayne yor Choosbirds
through a fyne then clarifie a li of
Sugar & boile it to a Casinge height
& put a li of yoosbirds into it & keepe
it stirringe over the fyre till it come
cleane from the bottome of yor pan
then lay it upon plates & dry it

A Receipte to make paste of pippins

Take your pippins & put them in Ale
& boile them verie tender then strayne the
water from them through a Cloth then
clarifie a li of Sugar & boile it to a
Casinge height & put yor li of pippins
into it & keepe it stirringe over the fyre

till it rome clene from the bottom of ye pan
then lay them upon plates & dryd it
& so keepe it for ye use

The temperature of St Johns wort

St Johns wort as Gallin teacheth is hott & drie bringe of substance thinne

The vertues

St Johns wort, wth his flowers & seeds boylled and drunken abateth urine and is right good against the stone in the bladder, and stoppeth the lasse

The leaves stamped are good to be laide burninge, scaldinge and all woundes, and also for rotten & fillthie sores

The leaves, flowers & seeds stamped, and putt into a glasse wth ye oline, and sett in the gett sunne for xxtwenty days together, and then strained from the herbes, and the like quantitie of rose putt in and sunne in like manner doth make an oile of the colloure of blood wch is a most ostrious remedy for deade woundes, and yet that are geven the bodie, for sinnowes that are pricked or any woundes made wth a bendinge weapon; if an arrestonned to make a compounde oile thereof, the maker of wch yes shall verdant at my hands, because I know in the world ye is not a better, nor not naturall balsome it selfe; for I dare undertake to cure any surg wounde as absolutely in this respecte, ist not sooner and better as any man what soever shall or may wth naturall balsome

Take white wine two pinte, oyle olive three pounde, oyle of turpentine 2 pounde, the leaves, flowers & seeds of St Johns wort, of ye 2 greate handfulls gently bruised, putt them all together into a greate dble glasse and sett it in the sunne eight or tenne days, then boyle them in the same glasse per balnium Marie, that is a bottle of water, wth some straw in the bottome, wherein the glasse must stande to boyle, wth done strayne the liquor from the herbes, and doe as you did before putteinge in the like quantitie of herbes, flowers & seeds but not any more wine. Also stand you a greate sorte for the purposes aforesaide

Diostorides saithe that the seede drunke for the space of 40 days together cureth Griattica and all aches that happen in the reynes

Also Salmantyer saith, that bringe drunke wth wine it taketh away tertian & quartan agues

Of tongature and portuls of Buglosse

The roote Dioscorides mixed wth ysop, purges grosse humors and addinge thereto a little barg meale, it is a remedy against cor Antonius ~~fill~~ find

It ministr. procuta in aqua aut ipsius sitis, is the mixe be mixed wth a little aqua vite & the body rubbed therwith

The Petitions of the later tymes use the leaves flowers & roots in stead of borage, and put them bye into all kinds of medicines indifferently, wth ard of force and portues to drive away sorrowe & consumes of the minde and to comforte & strengthen the harte, the leaves of like operation wth those of borage and are used as pottgarbs for the purposes afore saide, as well Buglosse as Langedebeefe and also to keepe the belly loose

To make perfumes.

Take half

Take iij ounces of Benjamin & lay it in rose water fourie dayes, then beate it fine & take half a pound of Damaske rose leaves the white being put out then beate them fine in a stone morter then take Benjamin & put the roses & beate them together untill it rome to a paste then take it out & mingle it with half a quarter of an ounce of Civitt, & roule them in an ounce & a half of the best sugar finely searced, then make them in little rolls & lay a rose leaf on both sides & lay them on a board that hath not lyne to drie upon nor dried rosemary & when you will use them take of the rose leaves.

Aqua mirabilis

Take Gallingall cloves quibebs Ginger millilott Cullander mace nutmegs of eve a dram: & of the ioyce of Calamint half a pinte / And mingle all these made in powder with the same ioyce, & with a pinte of good Raquainte & a pinte of white wine put all these together in a glasse Stillitory & let it stand so all night & on the Morrowe still it with a power of the

It is to be used a spoonefull to be drunke once a weeke in the summer & twyce in the winter

The receipte to make rosasolis.

Take a pottell of rosasolis of dewy droppes
roses of the sunne. yet must they be gathered in fair
weather of the moone & clean from them not washing
the sweet roses. Then put them into a pottell of
Aqua vomposita And lett it stand in the sunne
the space of 3. days. Then straine it from
the aqua vomposita & cast the olde roses away,
Then put into the same Aquaron. as much
fresh rosasolis as before, wy halfe a pound
of white sugar candy well beaten, one pound
of dry butter beaten fine an ounce of pearle
a quarter of an ounce of good corrall beaten
to dry fine a throwne weight of ambergreece &
a dozen leaves of gould & put all these together
in a duble ballinder glasse & round it very close
that there rome noe eyre into it, And then
lett in the sun for the space of a month, or five
weeke, then take it & straine it through a
arlose, & so lett it stand till such time as
neede shall require it, And when you put
in the hard datey you must put in a dozen
of sweete roses waters, it has a speciall
of dried rosemary flowers, & as many of Burage
And when you have thus done & strained
it out put into the pott that you will keepe it
in, it stirke of the vapours of a great weight
in small peeces & little long peeces brussed
& so keepe it all the yeare well stopped
you may put a quart of aqua vomposita to the
strutte upon strained from the dry w/ a little
fine rosasolis, if you please any, and nutmeg
& a roste of white ginger brussed & lett it

Stands in the sun one Month & it will be good to sell for Common Chymists.

A Cordraigted water Intended by Doctor Stodden

Take a gallon of good Gascoyne wyne, ginger, Camill or Camell, Galingall, Cinamon, Nutmeggs, Grains, & Cloves, Anise seeds, fenelseeds, Caraway seeds, of each a pound & an ounce, take sugar, Mytutes, red Roses, Sinnobolletons of the wall Rose Mary, wild Time, Damaske Lavender, Origanum, pennyroyall, of every one a handfull

Bruise the herbs small, & bray the barke also, then put them all into the wine let it stand for 12. houres & stirring it divers times, then still it in a limbeck & keepe the first water by it selfe for it is best, keepe the second also for it is good though not so good as the first.

A Medicine for the vomett

If he cannot breake his meate and drinke give him powder of Cinamon and powder of Mastick in his drinke, and besides temper his powder with conserve of quinces, you must take half ab mucl powder of mastick ab of Cinamon and a spoonefull of this powder, to a spoonefull of conserve of quinces, well tempered together and let him take it after his meate, and after his drinke, and he must neither eate nor drinke after it in an houre or two, and this let him do every time he eats or drinks till his stomack be settled, it is approved

A medicine for the same

Take mint and wormwood but most of the wormwood, chop them and sett them over a chafingdish of coles till they be hott, then sprinkle them well with vinegar and malmesie, and in a cloth lay them to the stomacke as hott as possible ye can afford it

To make an other plaister for them that have coulde stomacke and full of winde, and wch wilbringe the stomacke into perfect order of digesture

Take a handfull of drie wormewoode, and an other of redde mint and as much of red rose leaves as much rammomell flowers, and beate all togather in a morter, and put to them a few clowes, and a little rosin grossly beaten, and mingle them all togather and put them into a bagge; and quille them, then take three spunfull of malmsey and one of vinegar and one of rose water, and sprinkle them upon the plaister, and warme it at the fire untill it be drie, and then lay it to your stomacke warme, and renewe it with the malmsie and vinegar morninge & eveninge

An other verie good one for the same

Take a faire double glasse that will containe one gallon put into it three quarts of the best malmsey ye can gett and put ther to five spunfull of the Juice of wormwood, and stoppe

Close your glasse with corke, and shake your wine and sure well, and then set it on some soft fire the fire that the heat may strike to it, a purifie it this wine will be very pleasant, and will preserve one from the dropsie, it comforteth the stomacke, and the liver, moreover take foure or five dropes of oyle of amell seeds in a glasse well a spoone full of heart or ale ever before you eate any meate, or in stead thereof eate some of a lozenge of diatrium peperium made of the iij peper and of such things as do expell windie matter out of your stomacke, and prepare digestion

A good medicine for the weakenes and rouftnes of the stomacke

Take a fine porringer and put into it viij spoonefull of aquavite, pounded of fine white suger candie beaten very fine, put in therewith iz twigs of rosemarie, and boile these upon a chafinge dish with charcole untill your suger candie agame, then speedily take up your twigs of rosemary agame, lainge them one by one upon a plate, and then cast the rest on a whole masse, on a plate, and make it in cakes or lozenges, as ye think best, it will be like clear amber, eate of this when you feele your selfe grieved, for it will give your mouth a pleasant tast

For the stoppinge of the stomacke or takinge thorow coulor / an excellent medicine

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Take fine rendred capons grease pounded, put it into a pewter ~~dish~~ pott and put thereto a good handfull of the tender leaves of rosemarie shred verie small, cover your pott close, and sett it in a pane of seethinge water, and keep the same boylinge 4 houres, then take out your pott, and when it is cooled as you may abide to put it into some shallowe glasse when it is almosse coulde put thereto almosse an ounce of fine sierced powder of cloves mace and continually stirre it with some broade thinge untill it be coulde, this is more better then the oyle of mace, for it cureth the coughe, and voydeth the stomacke of all superfluities and corruption

A medicine for the strength of the backe

Take iij or iiij ~~dompdy~~ Roots of dayes
dates ij nutmeggs sliced and mace, and
stribe of wood Synamon the brand of
a hen, half a podinger of ~~pitre~~ pyke
of an old barke boild all these together
in a qte of Ale till they be verie
soft, then bruse them small, then put
them into a qte of wt wyne and boile
them a litle then take iiij or v. yolke
of Eggs and a litle rose water and a
pere of Snydes then take the other
of from boylinge, then strayne them all
onto clene and drinke it morninge and
evenynge

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BOOKE OF HERBES AND PEREIPLES — BULKELEY 1627