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**Contributors**

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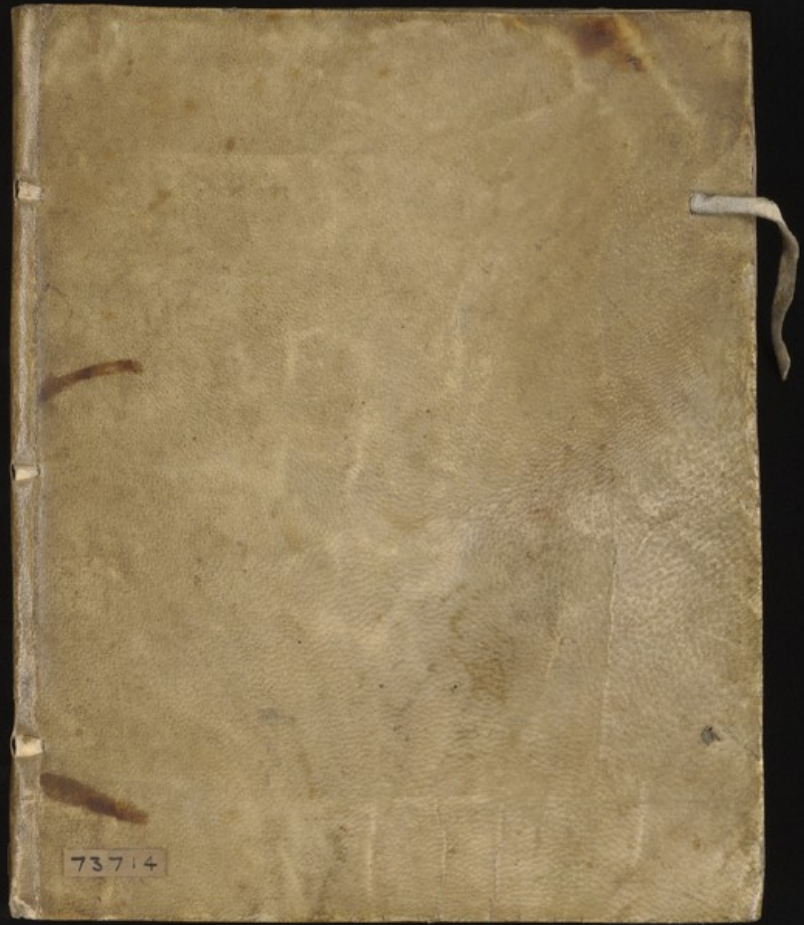
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SOLD BY  
GEO. A. POYNTER,  
THE BRUSH-HARD ACCESSORY,  
25, CROSS ST., READING

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M<sup>rs</sup> Jane Parker  
her Booke  
:1651:  
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193 MS. Recipe and Physic Book, comprising Recipes "to make usquebaugh" "a medisen yt ye Lord maier had from ye queen . . . for ye plague," etc., written at both ends, 136 pp., inscribed "Mrs. Jane Parker, her Booke, 1651," sm. 4to, vellum, and a similar "Booke of Receipts," 40 pp., unbound (2)

SOLE BY  
GEO. A. FOTNER,  
THE REDDEN-HARD BOOKSHOP,  
22, CROSS ST., READING.

73714

M<sup>rs</sup> Jane Parker  
her Booke  
:1651:

11<sup>is</sup> strickons oyntment good for all aches  
in the bones all manner of bruises and all sores.

Take of Lavender when it is full grown and headed  
but not blowne ready to blow <sup>good</sup> a handfull of <sup>not to say</sup> the heads  
of young tops of rosmary wood being real sage of  
each of this when they are ripe the same quantity  
and let them come to ~~red~~ wet then choppe them very  
small as you can: and take a pound of butter unadulterated  
or salted but well beaten from the butter milke and  
mingle it <sup>with</sup> the herbs so close and then put it into a  
vessel you and cover it with a round trencher fit to  
the pan and then cover it over with course past of  
ye strength you not out and let it stand all night in  
ye pan and the next morning bake it in an oven ~~with~~  
with six penny bread and while it is hot straine it  
~~through~~ through a course cloath into a pot or pan  
and keep it for your use it will keepe 2 or 3 year  
but cover it not till it is cold

this oyntment must be made in y<sup>e</sup> later end of June

to make a perfume

take halfe an ounce of lignum <sup>alga</sup> ~~alga~~ 3 ounces  
of juniper. 1. ounce of lignum <sup>no. 1</sup> ~~alga~~ 3. ounces of  
benjamin. beat at to fine powder ~~and~~ sech them and  
workes it up with gum dragon dissolved in red rose  
water. 2. grains of muske 12. grains of siest and 6.  
grains of Ambon greece. y<sup>e</sup> which put to a pint of <sup>strong</sup> ~~of~~  
composita strage them up very close set them in y<sup>e</sup> sun for  
sum for 3 months shake y<sup>e</sup> glasse often and when you use  
it put it into a perfumeing pan with a little rosewater.

to make a sweet bagg.

take 2. ounces bushells of damaske roses 1. pound and  
halfe of ~~orange~~ orange 6. ounces of <sup>3. ounces</sup> siest of callamint  
aromaticke, halfe an ounce, of muske 4. ounces of  
benjamin 2. ounces, of storax, oilbrame, of cinet  
of cloves 2. ounces, sweet margerom dried

to make a sweet water

take a ycke of damaske rose leaves walnute leaves  
bay leaves tops of rosmary tops of sweet bryer sweet  
margirom just made in much time, take y<sup>e</sup> <sup>top</sup> ~~top~~ number  
baked yinks single well gilliflowers of each of these in a propor  
tionable matter a little angelico cloves and mace and nut  
meggs, bruied juniper berries bruied, shred y<sup>e</sup> herbs  
y<sup>e</sup> ~~of~~ they then mingle altogether strage it in sacke and stop  
y<sup>e</sup> bott close and ~~burne~~ burne it 4. hours and then  
distill it streaw some ~~with~~ damaske powder on it or  
what other sweet powder y<sup>e</sup> desire when you put  
it first into y<sup>e</sup> still y<sup>e</sup> still close, and after y<sup>e</sup> water is  
distilled there hange a little muske and amber greece in a  
fine cloath in y<sup>e</sup> water, and drye y<sup>e</sup> cake in y<sup>e</sup> sun  
when it is drye sew it in a lawn bagg and lay it among  
cloath, but you put in y<sup>e</sup> muske ~~put in y<sup>e</sup>~~ <sup>put in y<sup>e</sup></sup> glasse of water  
into y<sup>e</sup> still as you doe other waters

to make v/quebaugh

take a gallon of ~~agave~~ aguacita and halfe a pound  
of licorish well crased and sliced thin, on yond and  
halfe of veasons of y<sup>e</sup> June stoned, a quarter of a pound  
of uneseeds well bruised, bruis your licorish also,  
halfe a pound of dates stoned and cut in peeces, 2 ounces  
of sinamon, halfe an ounce of large mace, halfe an  
ounce of cloves, one ounce of nutmeggs cut in peeces,  
6: graines of muske & four graines of amber grece,  
put your aguacita in a great balled Glasse or an earthen  
pott with all these compounds, then take one pint of  
rose water, one pound of sugar candely beaten fine  
put it into your rose water and let it dissolve before  
you put it into y<sup>e</sup> aguacita, then mingle all these  
together, let them stand nine days, y<sup>e</sup> glasse being  
close stoped but stire them every day, then let them  
run through a linnen bagge into y<sup>e</sup> Glasse you keep  
it in

to make hippocras

take one gallon of sack to a gallon of white wine halfe  
an ounce of nutmeggs a few coriander seeds, 3: yonds  
of sugar, 3: ounces of sinamon bruised, one ounce of  
ginger, a good syringe of rosmery a linnen sliced pecke  
and all y<sup>e</sup> seeds taken out, one quart of milke, brise not  
your seeds to small for fear of syking of collic, infuse  
y<sup>e</sup> Syces in some of y<sup>e</sup> wine all a night in an earthen  
pott or vases, then pour in y<sup>e</sup> rest of y<sup>e</sup> wine and  
stir in y<sup>e</sup> milke, so run it through a linnen bagge  
and when it hath run a litle pour it into y<sup>e</sup> Bagge  
again, 2: or 3: times, it wilbe y<sup>e</sup> cleaver, and if you  
would have it red, collic it with red wine

93 to make a sack roset without milke or bread  
take a quart of ~~sack~~ sack and a pint of ~~sack~~ sack  
mingle them together and let them ~~be~~ on a chafin dish  
of coales cover it and let it boyle and when it boyles  
put in 20 eggs whites and all but they must be beaten  
till they have thine and then stand upon a stake and  
hold your hande high pouring them into y<sup>e</sup> licor  
while it is on y<sup>e</sup> fire <sup>boiling</sup> stirring it all y<sup>e</sup>  
while you pour in y<sup>e</sup> eggs then let it stand a litle on  
the fire after y<sup>e</sup> eggs are in but it must be kept stoped  
that it cund not. ~~It will doe it if it stand long~~  
it wilbe bright, stire sinamon and sugar mingled together

to make a cake

take a pecke of flower & 2 pound of covrance and 4  
nutmeggs, an ounce of ginger, a quarter of an ounce  
of cinamon, cloves and mace a quarter of an ounce  
of each, 12 eggs, a pound of suger, an ~~the~~ quart of yeste  
put it into a white gossed drinke, take a quart of cream  
let it boyle up well when it is halfe cold turne it  
with sacke breake y<sup>e</sup> curds with y<sup>e</sup> gossed drinke  
yt y<sup>e</sup> curd may dringle with y<sup>e</sup> drinke, and put  
3 pound of butter into it, let it stand a litle to rise  
with y<sup>e</sup> yeste befor you put in y<sup>e</sup> butter, put 6 or 7  
poundfulls of rose water into y<sup>e</sup> gossed drinke, it must  
not be scalding hott and so knead it together, make it  
very firm, let it lye but halfe an hour befor you put  
it into y<sup>e</sup> oven, it must be very hott y<sup>e</sup> oven and  
let it stand but an hour and halfe,

to make a curd pudding (197)

take with curds and eggs and a little flower and  
season it with suger and nutmeggs, then lye it in  
a cloth and boyle it with butter, when it is  
boyled take rose water and suger and butter and  
mixes for y<sup>e</sup> sauce.

to make white broth with a cagon

take a marrow bone and cleave it long wayes and take  
out y<sup>e</sup> marrow, and lay it in water, then boyle y<sup>e</sup> bones and  
a cagon together, then take a pint of white  
wine or a pint of sacke and a quart of y<sup>e</sup> liquor and  
y<sup>e</sup> marrow, long mace cinamon and quarters of nutmeggs  
and boyle them in a gillien together, then take y<sup>e</sup> yokes of  
14 eggs beaten and strayne them and put them into y<sup>e</sup>  
gillien, ~~then~~ take out y<sup>e</sup> marrow first, shive it till it boyle  
apace then put in y<sup>e</sup> marrow againe with dates and  
suger then let it boyle till it is reasonable thicke  
then lay y<sup>e</sup> cagon in the dish and pour on y<sup>e</sup> broth  
and garnish y<sup>e</sup> dish with yrones and covants boyled  
if you please or without, but lay y<sup>e</sup> marrow dates and  
suger on y<sup>e</sup> top with sweet meats, put a litle salt  
in y<sup>e</sup> boyling of y<sup>e</sup> cagon.

to make a Lumber pie

Shred some veale or Lamb male and season it with a litle pepper and salt mingle it with eggs and make it up into litle round bottles, then make a guiding stuffe with cream eggs and grated bread a few covrance, and season it with nutmeg and sugar and fill y<sup>e</sup> bellies of Larkes with it and to bake it into a pie, with cheynuts dates marrow y<sup>e</sup> yolkes of hard eggs large mace and sweet bohr, taking some in y<sup>e</sup> bottom and some on y<sup>e</sup> top, when it is baked pour into it white wine bohr and sugar melted and stirred together and set it into y<sup>e</sup> oven againe a litle while,

to make a pie of a roasted capon

your capon being roasted and cold skine and shred it small with marrow and hard eggs, and season it with rose water nutmeg verivice and sugar and a litle salt, some covrance and quartered dates, some large mace ~~if you please~~ and whole cinamon ~~some~~ and bake it in y<sup>e</sup> same manner as pullitt or a rabbit which will oute as well as a capon,

to make litle pasties

Shred y<sup>e</sup> Kidney of Lamb or veale fat and all very small and put it into a dish on a chafing dish of coales and stir in y<sup>e</sup> yolks of 2 or 3 eggs and a few covrance and season it with a litle cinamon nutmeg rose water and sugar and a litle salt, then frye them in yuffe past. in litle pasties,

to make litle pasties of pigeons

Shred pigeons very small, then put to them twice as much marrow choise it a litle but not too small, then put to it a litle cinamon rose water sugar and a few covrance, and make them up in litle pasties and frye them with bohr,

to make pasties of pigeons another way

Slice ~~aptes~~ appells thin, and boyle them in water and sugar with a stick of cinamon, and when they are enough put in a litle rose water and a litle bohr if you please, and a graine of muske a litle amber greene, when it is cold make it up in litle pasties with yuffe past frye them with bohr and serve on sugar,

to stew gizzins

when your gizzins are paired cut in halves  
and covered, put them into a stewing pan or  
dish, stick a clove on y<sup>e</sup> toppe of every one of  
them, put to them sticks of Cinamon sliced  
ginger, <sup>and sugar</sup> and oring pills cut in little pieces long ~~ways~~  
and thine but first boyle them in 3. or 4 waters  
to take away y<sup>e</sup> Bitternes, then put y<sup>e</sup> oring pills  
to them and stew them on a soft fire, when they  
are enough put them forth into a dish and poure  
y<sup>e</sup> Sirroge <sup>and</sup> Sirroge pills on y<sup>e</sup> toppe of them, then  
beat rose water sugar and booke together and poure  
it on them, and cast on sugar and Cinamon mingled  
together.

to bake a Lams head and yerkinauce in a pie  
to eat like the umbles of a deer

take a Lams head and yerkinauce and parboyle it a littell  
and then Chopp it small as you doe for minst pieces with a pound  
of beefe <sup>and</sup> a pound of Corrance a few sweet herbs season  
it with pepper and salt and so bake it when it comes  
out of y<sup>e</sup> oven you may put a littell sack with a littell  
suger and a littell booke and warme it and put it in  
to the pie,

to make a potato pie

boyle your potatoes allmost tender, then grate them  
and lay them in your past, with chofnuts or  
scovits boyled tender, y<sup>e</sup> yokes of hard eggs, dates and  
marrow season them with a littell beaten Cinamon  
and sugar, lay large mace on y<sup>e</sup> toppe of them, <sup>put</sup>  
some slices of booke in the bottom of y<sup>e</sup> pie and on y<sup>e</sup>  
toppe of it, and when it is baked sicore it with white  
wine, rose water booke and sugar, set it in y<sup>e</sup> oven  
again for a while, in y<sup>e</sup> same maner you may  
bake carrots or parsneps, it will require but littell  
baking.

39 cated to bake egge pies X very good ea 39

take a dozen of ~~hard~~ eggs boyled hard, choppe them  
small, a pound of <sup>sweet</sup> bread small, season it with  
~~the~~ sugar rose water urince and sacke corrance  
nutmige Cinamon yonger cloves and mace and so  
bake it in a pie together,

### to make cheescakes

take y<sup>e</sup> strokings of your cows as soone as they  
are milked, put a <sup>quart</sup> of cold water to coole it  
then put in your runnet, and cover it close, when it  
is come whey it cleane, and grinde your curds in  
a boule, then let some Creame over y<sup>e</sup> fire and skive  
in a litle flower, and when it is scalding hott  
take it up and season it with rose water nutmuge  
suger and a litle salte, and skive in a piece of butter  
and so mingle it with your curds, put in  
some curance, fill your coffins with bran so  
bake them, when they are enough turne y<sup>e</sup>  
bran out of them, fill them with y<sup>e</sup> curde  
and let them into y<sup>e</sup> oven againe, for a litle  
while, till they are colled, some put in eggs  
others say they cake dry with y<sup>e</sup> eggs, and handle be  
sure your crust stay not for y<sup>e</sup> oven, for y<sup>t</sup> will  
make it tough, you may put in amber Greece  
and mycke, if you please, and if you please  
you may put in Caraway seed in stead of  
curance,

### an other way to make a cake

take halfe a pecke of flower and to it a pound and  
halfe of butter, and rubb it into the flower dry, then  
put to it a pint of Ale yeast, 3. nutmugs, halfe an ounce  
of sinamon, a quarter of an ounce of mace, halfe an  
a pint of rose water, or graine and halfe of mycke,  
then take a pint of Creame and when it boyles let  
it coole a litle then put in the yokes of 6. eggs beaten  
then take halfe a pint of sicke and put it into a  
bason and set it on a chafing dish of coales, and  
put to it the whites of your eggs well beaten, and  
three quarters of a pound of sugar, and when it is  
hott put in your Creame and let it turne a litle as  
as you doe for a pisset, doe not mingle your cake till  
a quarter of an houer befor the oven be hott, and  
when it is mingled put in 4. pound of curance  
well washed and dried, then let it stand and rise  
befor the fire a litle but make not the dough to stife  
for fear of making it heauy, and so make it up into  
a cake an houer and straife will bake it,

To make a Calves head pie

take Calves or sheeps heads and parboyle them a litle  
and when they be cold lay them in your past  
and take sheeps shewet and beat it very well with  
a rolling pin and lay it in with some butter in y<sup>e</sup>  
bottom and on y<sup>e</sup> top of your pie, season it with  
peper salt and Sausage, lay in some bay leaves  
with your meate and when it is baked take  
white wine or Sacke butter and rose water melt it  
together and put it into your pie and set it in  
to y<sup>e</sup> oven againe a litle while and so serve it,  
you may make this pie in the fashion of a red  
deer pie, if you please to eat cold

To make a custard entree

take a quart of cream, straine 8 eggs into a  
dish beat them well, grate a nutmeg and put to  
them, then put in y<sup>e</sup> cream and a litle salt  
and almost a yonle of sugar, bake y<sup>e</sup> crust a  
litle first, and then fill it in y<sup>e</sup> oven set not y<sup>e</sup>  
oven be to hott

To make a tute of butter and eggs entree

take a yonle of good sweet butter melte it, then  
take a quarter of a hundred of eggs, beat them very  
well then put them into y<sup>e</sup> butter it being but warme,  
and so beat them well together, then draine them  
through a fine strainer, season it with halfe a yonle  
of sugar or somewhat more, a litle salt, then set your  
Coffin of past into y<sup>e</sup> oven and when it is dry, fill  
it in y<sup>e</sup> oven, take heed you doe not over bake it  
nor heat your oven to hott a litle time will bake it  
strew sugar on it and so serve it.

To make an artichoke pie X

take artichokes and boye them till they be tender  
then take away all y<sup>e</sup> leaves and y<sup>e</sup> chokes from them  
then take y<sup>e</sup> bottoms out: season them with Sinnamon and  
a litle ginger, and sugar, and y<sup>e</sup>rinkell a litle vinegar  
on them, then put them into y<sup>e</sup> pie with butter under  
them and on y<sup>e</sup> top, and marrow and dais, if you  
like not this seasoning you may season it with peper  
and salt, y<sup>e</sup> ~~but~~ artichokes must be cold before you  
put them into your pie

an other way to make a poffet

take a pinte of Ale and halfe a pinte of sacke  
a nutmeg grated, 3 quarters of a pound of suger  
put it into a bason so set it on a chafing dish of  
coales, and let it stand till it is very hott, and  
y<sup>e</sup> suger well melted, then take new milke, a  
bout y<sup>e</sup> quantity of 3 pintes, and y<sup>e</sup> crume of  
a manchete grated, put y<sup>e</sup> bread so grated into y<sup>e</sup>  
~~milke~~ milke, beat 6 eggs, take but halfe y<sup>e</sup> whites,  
after y<sup>e</sup> milke and bread hath boyled awhile  
put in your eggs let them boyle as it will againe  
then take it off y<sup>e</sup> fire and let it coole a while  
befor you put it into y<sup>e</sup> drinke, and when you  
put it into y<sup>e</sup> drinke stir it a litte y<sup>e</sup> milke and  
drinke together, and then cover it and let it stand  
a while upon y<sup>e</sup> coals but be sure it boyle not,  
then strewe all beaten Cinamon and suger together  
upon y<sup>e</sup> top, and so serve it, be carefull when you  
minge your milke and that y<sup>e</sup> milke be yette  
coole and y<sup>e</sup> drinke very hott it will make it  
tender and curre to y<sup>e</sup> botome,

ea 239 to make a florantine of Almond past

take halfe a pound of Almond past to a quart of  
creame, and y<sup>e</sup> whites of 8 eggs, boyle y<sup>e</sup> creame  
and when it is boyled, beat your eggs and put them  
into y<sup>e</sup> creame, turne it all to a curde then whey  
it and put to it y<sup>e</sup> same of weight of Almond past  
stir it together, ~~turne~~ it with y<sup>e</sup> juce of stringy very  
green feason it with suger and bake it in a  
florintine of paffe past y<sup>e</sup> almond past is to be had  
at y<sup>e</sup> apothecaries

to make paffe past a very fine

take a quart of flower, and beat an egge white  
and yoke together, put it to y<sup>e</sup> flower, and make  
up y<sup>e</sup> past with cold water very stiffe, and then  
beat it with a rousing pin till it become white  
limber, then roule it out and take a pound of boher and  
spred it on y<sup>e</sup> past shew flower between y<sup>e</sup> boher  
and y<sup>e</sup> past when you ~~spread~~ spread it, with y<sup>e</sup>  
boher you ~~must~~ must breake y<sup>e</sup> boher in y<sup>e</sup>es and  
at 3. or 4. times spreading y<sup>e</sup> boher will be all worked  
into y<sup>e</sup> past, but you must dubbell y<sup>e</sup> past  
after you have spread on y<sup>e</sup> boher and shew on y<sup>e</sup>  
flower and roule it out every time you spread it

To make a goosbery custard ca 100

Take goosberys scabbe them very tender, then  
break them very well with a sponge, strayne  
them through a linnen Cloath, to a quart of tube. 5. or 6.  
eggs whts and yolks, first set it upon a chafing dish  
of coals then stire in y<sup>e</sup> eggs very well, add ther to  
halfe a pint of thicke cream, a litell peece of fresh  
butter, a litell rose water and suger as much as will  
sweeten it, let it boyle a litell allow up stirring it  
when it is enough put it forth into another dish  
with sippets, strew a litell suger on it, and sinamon  
with it if you please, you may make y<sup>e</sup> same dish  
with coddings as well as goosberys, you may make  
goosbery cream or coddling cream thus, ~~only leaue out y<sup>e</sup> butter and~~ <sup>sinamon</sup>  
an other way to make a cake.

Take one pecke of flour, 3 pound of butter, halfe a  
pound of suger, 4 pound of corrance, y<sup>e</sup> yolks of  
a 11 or 12 eggs, and skadine and rose water of each  
halfe a pint, dates and muske comfost of each an  
ounce, halfe an ounce of nutmeggs, sinamon, Clove  
and mace and caraway seeds y<sup>e</sup> like (on pint of  
new ale yeast

To make a calves foot pie

Take 4 or 5 calves feet shred them small, then  
take a pound of corrance, halfe a pound of suger  
a few sliced dates, a pound of butter, a litell rose water  
and the marrow of one marrow bone and so bake it

To make yeacods with weale

mince your weale fine, and put to it y<sup>e</sup> yolks of 3  
eggs, suger and a few corrance, minced dates, sinamon  
and ginger mingle it well together and put them into  
some fine past mayd up like yeacods, and frye  
them with butter.

To make neats tongues pies minced

Take 2 neats tongues and halfe boyle them, when  
they be cold pare them and mince them very small,  
take 6 pound of beete suet and mince it by it selfe  
then put them together and choppe them, then put to  
ther to season them 2 nutmeggs, 2 pound of  
corrance or pound of reasons of y<sup>e</sup> son, halfe a  
quarter of a pound of suger, a litell rose water an  
egg well or to mince it small, ~~and a few corrance~~  
dates, and a litell cring or lemond grill beated to  
powder, and so fill your pies with this being well  
mingled together and so bake them.

To make the countess of Rutlands chocoakes  
take chese curles that are mayd of creame let them  
be very tender, put to them 6. eggs, and a litle creame  
a litle mace or a litle nutmugge, some suger a litle  
grated bread, beat it all with a yone, along well, till  
it be allmost like creamie, then make your past as  
followeth, take halfe a pound of suger, 4. eggs, and  
a litle nutmugge, halfe a pound of butter equallity  
of flower and so make it in to past, you must put  
only y<sup>e</sup> yolks of y<sup>e</sup> eggs and but on white, into y<sup>e</sup>  
crust, then make them up like cardes and edge y<sup>e</sup>  
sides a litle up, or you may make them y<sup>e</sup> ordern  
way, y<sup>e</sup> oven not be to hott, serve 10. or 12. of y<sup>e</sup> litle  
on in adish,

To make a quince pie

Take your quinces after they are yared and cored  
and put them in a pot and put a pint of water, halfe  
a pound of suger with cloves and sinamon, past y<sup>e</sup>  
pot close, bake them with household bread and when  
they are cold put y<sup>e</sup> quinces and Lior into your  
pie, with some more suger and spice and so bake it  
you may stew them this way in a skillet, but  
wimons don this way are best

To make buttered Loaves

12.  
take a quart of fine flower, 3. Spoonfulls of yeast that  
is new, a quarter of a pound of butter, breake y<sup>e</sup> butter  
into y<sup>e</sup> flower till you cannot see it, grate a nutmugge  
into it, and make it up with new milke and let it  
lye a while to rise, put in a litle suger when you  
put y<sup>e</sup> rest into y<sup>e</sup> flower, and make it up into 8.  
Loaves, and bake them in a baking yon. when they  
are enough, cut off y<sup>e</sup> tops, put in y<sup>e</sup> butter rose water  
and suger as much as you can get into them, put  
on y<sup>e</sup> toyes againe and so serve them in

To bake a paste of a brest of weale in y<sup>e</sup> fashion  
Take a brest of weale Joynit it well and breake y<sup>e</sup>  
bones, then boyle it a litle, searou it with pepper salt  
and nutmugge, then take sweet herbs shred them fine  
3. or 4. eggs. a few boyled Corrance, so beat them well  
together, then smilde it over y<sup>e</sup> brest of weale, and  
put it into a past with good store of butter, and  
when it is baked enough, pour into it a litle urince  
with a litle nutmugge and suger, and so serve it,

to make layd turtes

to make y<sup>e</sup> blacke turte <sup>mallico</sup>

take a pound of prunes, and a pound of raisons, 6:  
from waters yared and sliced, put them into a skillett  
and fill it with water, boyle it on a soft fire cover  
it and shire it often for fear of burning, when it is  
boyled to ~~the~~ mash rub you pulpe through a strainer  
and when it is strained set it on coals, put in suger,  
and rose water a little, and make it hott with ginger  
shire it well together and when your tart is raised up  
with an edge harden it in y<sup>e</sup> oven and when ~~it is~~  
hardened enough take ~~it~~ out and fill ~~it~~ and let  
it not goe any more into y<sup>e</sup> oven, but eat it soe

to make the white turte layde

take halfe a pint of cream, 4. or 5. whites of eggs  
take out y<sup>e</sup> redells, and beate them very well with  
a little cold cream, and when your cream boyles take  
it off y<sup>e</sup> fire, and put in y<sup>e</sup> eggs shire them together  
and set it on a quicke fire till boyle it thicker all  
ways stirring it then put it forth and shire it till it is  
cold and so fill your tart as before season it with suger  
and rose water

to make a yellow turte

you must put y<sup>e</sup> yolks of y<sup>e</sup> eggs into y<sup>e</sup> cream  
and not y<sup>e</sup> whites and season it with suger and rose  
water a little ginger if you please and boyle it as before  
in y<sup>e</sup> other

to make the red turte layde

take hippes of sweet bryer and put out the seeds  
and boyle them with a little water, when they  
are very tender straine them or rub them through  
a strainer and set them on coals and sweeten with  
suger and so fill your tart after y<sup>e</sup> crust is baked

for any pie that should have marrow in them  
to prevent the consuming of the marrow

bake not y<sup>e</sup> marrow in y<sup>e</sup> pie but stew it with white  
wine and suger and a little molon broth, if they be  
sinnamon in your pie, then put sinnamon into y<sup>e</sup>  
stewing other ways it will taste to white for other  
things, this is a good way to keepe y<sup>e</sup> marrow from too  
much melting for y<sup>e</sup> marrow will consume to much  
in baking and you may stew it thus and put it in  
to your pie when it is baked

to make a tart of curdes

take under curds and shunke them in a mortar with 10.  
yokes of eggs, put a dish of bates to them, straine them and  
put a good deale of suger to them and a little saffron, raise  
your tart and fill it with y<sup>e</sup> curds bake it to halfe a quarter  
of an hour then take it forth and put bates on it with  
a feather and cast suger on it, and so serve it,

to make a chicking pie

take small chickings and season them with pepper  
and salt but not too hott of y<sup>e</sup> pepper, a litle sinamon  
beaton, large mace and dates and marrons  
quarter of dates, and lay your mace dates and  
~~marrons~~ sugar and grapes or gobberys on y<sup>e</sup>  
tope of y<sup>e</sup> chickings and lay y<sup>e</sup> bohr some on y<sup>e</sup>  
tope and some in y<sup>e</sup> botom of y<sup>e</sup> pie, you may  
put in reasons or corrauce if you please, and when  
y<sup>e</sup> pie is baked put in ~~an~~<sup>and</sup> a candle mayd of white  
wine a litle muton broth a litle sugar and stew y<sup>e</sup>  
marrow in this Licor and when it is enough take  
it out for fear of breaking, then put in y<sup>e</sup> yolks of  
2<sup>or</sup> 3<sup>or</sup> 4<sup>or</sup> eggs will beate and make a candle of it and when y<sup>e</sup>  
pie is baked lay in y<sup>e</sup> marrow as whole as you can  
and put in y<sup>e</sup> candle, and strew sugar on y<sup>e</sup> tope  
you may make a calves foot pie thus only  
take out y<sup>e</sup> bones and cut them and leave out y<sup>e</sup>  
berys and make a candle as aforesayd

to make a muton yasty to eat like venison

14  
take a large brest of muton or a shoulder bone it  
then brate it with a routing pin an hour then take  
a goringer full of claret wine and halfe as much  
beefe blood and poure it on y<sup>e</sup> muton. so let it lye  
to days to ~~soke~~ soke, then season it with pepper  
and salt very well and make it up in a yasty  
put a pound of bohr into y<sup>e</sup> crust and 4<sup>or</sup> 5<sup>or</sup>  
pound in y<sup>e</sup> pie, and so bake it, it will aske 4<sup>or</sup>  
5<sup>or</sup> hours baking.

to bake an Beles pie

after they are flaxd cut them about y<sup>e</sup> length  
of your finger, season them with pepper salt  
and gayer, put them in to y<sup>e</sup> pie with a good  
dredge of bohr, some reasons of y<sup>e</sup> son, and an  
~~ingon~~ inyon must small close it and so bake it.

to make a Dorke yashp

take halfe a pecke of flower 3: or 4: pound of  
bater: 3: or 4: eggs: a litle Salte mix altogether and  
rub it till you cannot discern the bater from y<sup>e</sup> flower  
then knead it up with a litle water route it out  
and spread some fat on it shred small, then take a  
Legg of porke and take of the skin cut it like  
venison and season it with yeger and Salte Clouts  
and mace and sticke on y<sup>e</sup> toppe of it whole Clouts  
and make it up, and when it gos into y<sup>e</sup> oven pour  
in near a quart of water, and so bake it.

ca. 100 an other way to make a gooseberry Custurd  
take gooseberys picke them and boyle them in as much  
water as will cover them with a good quantity of cutt  
ginger when they are boyled to make thick, then take  
them from y<sup>e</sup> fire and put in y<sup>e</sup> yolks of 6: eggs  
beaten with w<sup>at</sup>er. with as much suger as will sweeten  
them, then set them on y<sup>e</sup> fire a quare and keepe them  
stirring till they simmer a litle then pour them out  
into a dish with figgs while it is hott, and so serve it

15  
to make a cheese cake

take 2: quartts of cream and when it boyle grate a few  
yong Loafe and put into it a pound of corraunce, 10: eggs  
take out halfe or more of y<sup>e</sup> whites, skin them and break  
them very well together with a litle cold cream take  
on or two nut muggs cut them in quarters & all these things  
boyle together but let y<sup>e</sup> eggs but just boyle up, keepe it  
allways stirring for fear of burning to Catter it hath boyled  
a while take it of y<sup>e</sup> fire season it with a litle Salte suger  
as much as will sweeten it 2: Spoonfull of rose water on or  
two Spoonfulls of Sacke if you please, and a quarter of a pint  
of white wine to civille it stire all these things untill  
they are well mixt, then pour it into a stone vessel that  
is not very deere and let it stand untill y<sup>e</sup> next day  
which will be better then to make it the same day, take out  
y<sup>e</sup> quartered nutmugg out of y<sup>e</sup> cream before you put it  
y<sup>e</sup> stuff into y<sup>e</sup> grate

to make y<sup>e</sup> crust for y<sup>e</sup> cheese cake  
take a quantity of water boyle it and let it stand untill  
it is cold, then take a quantity of flower 3: quarters or a  
pound of bater worke in y<sup>e</sup> bater cold then make your  
past with y<sup>e</sup> water which you boyled as stiffe as you can

to make staffing turtles

Take Reddish peregins yare coar and cut them in peeces  
into water boyle them in as much as will cover them  
with a good quantity of suger and a little <sup>water</sup> sinamon, ~~and~~  
boyle them to a past, when it is enough take a little  
Scutchingale and bray it with suger and Amber  
greece, and lay it a soaking in rose water till it  
be dissolved then put to it a shell more rose water  
and put it into y<sup>e</sup> pepers that is boyled being taken  
of y<sup>e</sup> five mix them well together, and put in y<sup>e</sup>  
juice of almond to quicken y<sup>e</sup> colour then rubbe  
out y<sup>e</sup> past so thin as you may see y<sup>e</sup> colour of y<sup>e</sup>  
apples through it, cut y<sup>e</sup> past round to y<sup>e</sup> shape of a  
paster put y<sup>e</sup> apples ~~into~~ on it and cover it with as much  
more past like a florantine, very thine, this will be  
very ~~red~~ red, then take y<sup>e</sup> like past of appells againe  
but put in no scutchingale nor sinamon, these will be white,  
and for green colle y<sup>e</sup> apples in y<sup>e</sup> are green in white wine  
preele them, straine them and boyle it with suger to a  
past put in no Juice of Lemon in neither white nor  
green make them as y<sup>e</sup> rest with very thine  
past, bake them but let them stand in y<sup>e</sup> oven but while  
y<sup>e</sup> crust is enough, when you serve them up, lay them  
four ~~four~~ square on upon another on a plate but lay y<sup>e</sup>  
severall collis by themselves as upon another.

to make a rice custards

Lay y<sup>e</sup> rice in strege in scalding water to take away  
y<sup>e</sup> ~~the~~ saltnes out then put it to as much milke as will  
boyle it tender, halfe a pound of rice will <sup>make</sup> a good deale,  
put in suger cloves mace and ~~fin~~ a good quantity  
when y<sup>e</sup> rice is very tender put in a sponger full of  
creme, ~~and~~ boyle it ~~and~~ a white and then put in y<sup>e</sup>  
yolks of 6 eggs, beaten with rose water let it boyle  
but away libell after y<sup>e</sup> eggs are in allways stirring  
it for fear of burning, then put it out into custard  
cups or whit dishes and strike one y<sup>e</sup> toppe of it  
Carrawage comfits, or libell peeces of preserved good  
sugar Jitteron cutt, or y<sup>e</sup> libell blades of rosmary

to make a tart of strabery

picke your straberys and fill y<sup>e</sup> tart, let it be but  
shallow, put to them suger sinamon and a libell ginger  
and a libell red wine, mingle it together and cast it on  
y<sup>e</sup> straberys, cover it with a cover cut in lozings on  
y<sup>e</sup> toppe, and bake it a quarter of an hour, and when  
you take it out cast a libell suger on it and so serve it,  
you may put some beaten sinamon with y<sup>e</sup> suger  
which you put on it after it is baked if you please

To make affortine

Take Anch Amours and beat them with a little rose water  
very small, Shred y<sup>e</sup> Kidney of veale fat and lean  
very fine and put to it a little Sacke cream and  
yolks of eggs, corraice, sinamon, suger, nutmuge  
and mace, a little grated bread and a little salt, Sweet  
margerome time peneriall and winter Jaucory choise  
them very fine a little quantity of them, mix all  
thes things together bake it in a dish between  
two sheets of y<sup>e</sup> past, or you may put them in  
past like pastys and fry them with butter,

To make a tart of cream.

Take cream and aunciently grated small, halfe a dish  
of butter, then take 24. eggs beat y<sup>e</sup> yolks with a little  
cream and strayn them, then set it on a soft fire till  
it be thick, then raise your tart as thin as you can  
and not too leigh fill it with y<sup>e</sup> cream, and cover it  
but cut y<sup>e</sup> cover on y<sup>e</sup> top in Lozings, and let it  
bake a quarter of an hower, strew suger on it and  
so serve it,

To make a tart of Spinage ca<sup>d</sup> (198)

Take 2. or 3. handfulls of Spinage pickt from y<sup>e</sup> stalks  
boyle it and drayne y<sup>e</sup> water from it in a strainer, then  
choise it with y<sup>e</sup> backe of a knife, beat y<sup>e</sup> yolks of 8  
or 10. eggs put it to y<sup>e</sup> Spinage, and strayne them to  
gether Season it with sinamon and ginger and fill y<sup>e</sup>  
tart but first dry y<sup>e</sup> coffin in y<sup>e</sup> oven before you  
fill your tart and fill it in y<sup>e</sup> oven bake it a little  
and strew on suger and so serve it,

To make a tart of rice ca<sup>d</sup> (199)

First boyle y<sup>e</sup> rice then ~~put~~ pour it into a  
cullendar Season it with sinamon suger nutmuge yesser  
and ginger put to it y<sup>e</sup> yolks of 3. or 4. eggs ~~with~~  
y<sup>e</sup> piece of an orange fill y<sup>e</sup> tart, close it and bake it  
then seraye on suger and so serve it,

To make a tart of medlors

Take medlors y<sup>e</sup> be rotten and ~~put~~ change them and set  
them on a chafin dish of coals put to them y<sup>e</sup> yolks of 3. or 4.  
eggs Season it with sinamon and ginger and suger let it  
boyle well make your coffin dry it in y<sup>e</sup> oven then lay it  
into y<sup>e</sup> coffin seraye on suger and so serve it, it must  
not be baked any more then to harden y<sup>e</sup> crust raise it not to  
high

to make a tarte of higes  
cut y<sup>e</sup> higes take out all y<sup>e</sup> seeds, then wash  
them and season them with Cinamon ginger  
and suger, close it, bake it and strew on suger

to bake a carise or ~~to~~ breame  
scald and draw it, and season it with cloves  
and mace and salte, then put small reasons and  
prunes about y<sup>e</sup> carise and bove, let it bake  
2: houers

to bake woodcocks  
y<sup>e</sup> boyle and truss them round with y<sup>e</sup> feet and  
all, and put them into y<sup>e</sup> pit, lay sand sliced  
thine about y<sup>e</sup> woodcocks, and season them with  
peper and salte, put in a good deale of bove and  
bake them an hour and halfe,

to bake a soule of fresh salmon  
season it with ginger and salte good store  
of bove and bake it 2 houers, if you please you  
may cut small reasons and sug about it and  
under it as you like it,

<sup>evered 190</sup>  
to ~~be~~ <sup>make</sup> a baked yuling after the Italian maner  
take of y<sup>e</sup> crust of a manchet cut it in square  
pieces like dice put to it halfe a pound of beete root  
minced, make reasons of y<sup>e</sup> foue stoned, some minced  
claves, a little cloves and mace, and some suger and  
some marrow, rose water and eggs and some cream  
mingle them together and put it into a dish, an  
hour will bake it,

to make a rice pudding to bake or boyle  
boyle halfe a pound of rice in milk, halfe a pound  
of just minst, small a quarter of a pound of coriander,  
~~some~~ nutmegg cloves and mace, suger rose  
water and a little salte, y<sup>e</sup> yolks of 10. eggs, a  
young souer grate, mingle all well together, and  
use it there as you will,

to make a codling tarte  
codle y<sup>e</sup> appells, mill and cut y<sup>e</sup> yasse from y<sup>e</sup> cores, and  
put as much of that yasse into some cream as  
will make it thicke, put in a little ginger cinamon  
and suger and rose water, then bake it,

To make a white <sup>custard</sup> pudd,

take a yottell of cream boyle it, then slice a  
manchet thine ~~into~~ into it and let it scald,  
then beat 6. eggs with 3. Spoonfulls of rose  
water, then break y<sup>e</sup> breade in y<sup>e</sup> cream as  
small as may be, and then put in y<sup>e</sup> eggs with  
a littell sugar, sliced dates, some mace and a  
few corraunce and so bake it.

To make fine cakes

take a yond of sugar halfe a yond of Almonds  
blanchd, and beaten small, and in y<sup>e</sup> beating <sup>put</sup> in  
now and then a Spoonfull or 2 of rose water for fear  
they turne to oyle, then strayne them with rose  
water and take as much flower as sugar, a  
yond of fresh boer, sinamon ginger <sup>and</sup> nutmegg  
at your discretion, so make them up into cakes  
and bake them a littell.

To make Almond breale

19  
blanch a yond of Almonds beat them very fine in  
a stone mortar, putting rose water now and then to  
keepe them from coysling, then take a yond of fine  
beaten sugar, a handfull of grated bread seered,  
put it into a dish with y<sup>e</sup> beaten Almonds, stire  
them well together, and set them on a chafing dish  
of coales, and let it boyle till it be as stiffe as past,  
stiring them, then rouse them out as thin as you  
can, and set them in some place where y<sup>e</sup> aire of  
y<sup>e</sup> fire may come to them, if you will haue  
them red, you must take an ounce of sinamon  
and an ounce of ginger and beat them very  
fine, and mould your past in it, when you  
haue roused y<sup>e</sup> cakes thin you must print them

To make 3. dozen of cakes

take halfe a yond of sugar, a yottell of flower  
halfe a yond of boer or boer, warme it on y<sup>e</sup>  
fire with a littell rose water, 7. yolks of eggs, halfe  
an ounce of sinamon, a good quantity of Sower and  
mace, a littell cream, mingle all this together, make  
y<sup>e</sup> past not to stife, so make them into littell thin  
cakes and bake them.

To make a made dish of Sweet breads  
Boyle or rost your Sweet breads, mince them, and  
put into it a few yarboyled corranee, a minced  
clake, y<sup>e</sup> yokes of 2 eggs, a litell grated bread,  
Season it with a litell pepper salt, nutmugg and  
Sugar, wring in y<sup>e</sup> Juice of an oring or lemon  
and put it betwene 2 sheets of puff past,  
or any other good past, and either bake it or  
frye it whether you please

To make a made dish of Shropps tongues  
Boyle them tender, slice them in thin slices,  
Season them with sinamon ginger and a litell pepper,  
put them into a coffin of fine past with butter and  
a few Sweet herbs chopped fine, bake it, then take  
a litell nutmugg, mince, butter, Sugar, and y<sup>e</sup>  
yolke of an egge, a spoonfull of Jacke, y<sup>e</sup> Juice of a  
Lemon, boyle all this together on a chafing dish of  
coales, and put it into y<sup>e</sup> pie, that you have when  
you have put in y<sup>e</sup> pie, that it may run about  
y<sup>e</sup> pie, and serve it

To make affortine of a rabbit or the wing of a <sup>capon</sup> 20  
mince rather of this with Sweet herbs, y<sup>e</sup> <sup>or y</sup> yolkes  
~~of 2 hard eggs~~ Kidney of weale, a few yarboyled  
corranee, Calake or to mince, a piece of preserved  
oring or lemon minced, Season it with ginger  
sinamon nutmugg and Sugar, then take yolkes of  
to eggs, a spoonfull of creame, some grated bread,  
and marrow cut in short peeces, bake this in a  
dish betwene 2 sheets of puff past, put a litell rose  
water to it, then bake it

a made dish of rabbits livers, X  
yarboyle 3. or 4. livers, and choppe them fine,  
with Sweet herbs, and y<sup>e</sup> yolkes of 2. hard eggs,  
Season it with sinamon ginger or nutmugg and  
pepper, a few yarboyled corranee, a litell minced  
butter, and so make them in litell pasties and  
frye them or bake them,  
To make a pie without fish or flesh, X  
take green beets, picke out y<sup>e</sup> middle strings, choppe  
them small with 2. or 3. well relished appals, Season  
it with pepper salt and ginger, a good handfull of veasons  
of y<sup>e</sup> Ion, fill your pie with y<sup>e</sup> same, put some butter in, bake it  
and then cut it up, and put in y<sup>e</sup> Juice of an oring  
and Sugar and so serve it

a quartered tart of pigeons

quarter them and stow them with claret wine  
and suger, very tender, but take heed they brooke  
not in y<sup>e</sup> steaming, when they are cold lay  
them in sheets of yuff past with whole  
Sinamon, 2. or 3. bruised clous, a litell sliced  
yenger, a litell of an out sid of an oring cut thine  
a bit of boter, about y<sup>e</sup> bynes of an egge, good  
stor of suger, syrrible in a litell ros water,  
then close y<sup>e</sup> tart and bake it, and see it with  
alittle ros water or oring flower water cast on  
with a feather when it is baked and suger  
strowed on as fast as can be and set it in  
y<sup>e</sup> oven againe to harden y<sup>e</sup> suger,

to make a gooseberry tart

picke them and put them in to good past, with  
alittle green ginger sliced, put in good stor of  
suger, some ros water, close it and so bake it,

21  
to make a cherry tart

bruis a pound of cherries and strayn them and  
boyle y<sup>e</sup> ~~liquor~~ <sup>syrup</sup> with suger, then take of stones  
out of 2. pound more and put them in a coffin  
pour on y<sup>e</sup> sirop but let it be cold, close it and  
bake it and see it and so serve it

to make an oyster pie with corranee

Take Licor of y<sup>e</sup> largest oyster you can get  
season them with pepper and ginseng a minced  
onion, put them into a coffin put some corranee  
a good peece of boter, then pour in y<sup>e</sup> licor close  
it when it is baked cut it up, and put in  
alittle vinegar and melted boter, shake it well  
together and set it into y<sup>e</sup> oven alittle while  
and so serve it,

to make a made dish of cockles or muskels  
parboyle them and take out y<sup>e</sup> meat wash them  
cleane in y<sup>e</sup> water they were boyled in and alittle  
white wine, mince them small put to them y<sup>e</sup> yolke  
of 2. or 3. eggs, season them with pepper fatte and  
alittle nutmeg, put in y<sup>e</sup> juce of an oring, put it  
between 2. sheets of yuff past, when it is baked see  
it you may also fry it if you please made in pasties

to bake a calves chaldren

parboyle it & it coole, picke out y<sup>e</sup> kernells  
and cut it in small peeces, season it with  
peper salte and nutmegg, put in a few sweet  
herbs chopt small, a quantity of boley sprinkle  
it with veruice or uiniger, and bake it when  
it is enough, put in a candle made with nutmegg  
uiniger boley suger y<sup>e</sup> yolke of 2 eggs, a  
spoonfull of sacke y<sup>e</sup> Juice of an oring, and  
shake it well together and so serue it.

a delicate cheuett

parboyle a peeces of a legg of veale, when it is  
c~~old~~ cold mince it with beefe iust and marrow  
and a cuppell of warden, minced fine, a few  
parboyled corraue, 6. daks minced, a peice of  
a y<sup>e</sup> reserved minced, let y<sup>e</sup> marrow be cut in square  
peeces, season all this with peper salte nutmegg  
and suger, then put it into y<sup>e</sup> coffin, sprinkle it  
with red water so close your pi, and bake it,

22  
to bake a weals tongue to be eaten hott

boyle it tender and fill of y<sup>e</sup> skin, take y<sup>e</sup>  
flsh out at y<sup>e</sup> butt end, mince it small with  
beefe iust, ~~and~~ and marrow, season it with  
peper salte and nutmegg, a few parboyled corraue  
a minced date, y<sup>e</sup> yolke of 2 eggs, a spoonfull of  
creame worke all this together, with a little  
powder of a dryed oring seed, sprinkle a little  
veruice put in some suger, then ~~then~~ thrust it  
in againe as hard as you can crame it, bake it in  
a dish in y<sup>e</sup> oven, bast it with boley that it may  
not cate dry on y<sup>e</sup> outside, and for sauce take  
uiniger and boley nutmegg and suger and y<sup>e</sup> Juice  
of a Lemon, put not y<sup>e</sup> sacke to it till you serue  
it to y<sup>e</sup> table

to bake the umbles of a deare  
take 10 small umbles 2. y<sup>e</sup> onul and a halfe of iust  
if they be great then take 3. y<sup>e</sup> onul of iust, and 2  
y<sup>e</sup> onul of corraue, 2. y<sup>e</sup> onul worth of sweet herbs  
chopt small, very nigh halfe an ounce of peper,  
twice as much salte, or nutmegg beaten, mingle  
thes together, and put them in y<sup>e</sup> pies, you may cut  
y<sup>e</sup> umbles in peeces and bake them with peper and salt  
only and so bake them

to make a puffnell tart ca 2111

take a littell flower and a littell suger mix  
them together, then take yolks of 2 eggs,  
and a littell water, and make your yeast, then  
raise your tart, and put it in y<sup>e</sup> oven to  
dry it, then take whites of 12 eggs,  
and beat them in a faire charger with  
a stick, till they froth up over y<sup>e</sup> charger,  
then fill y<sup>e</sup> tart, and cast suger upon  
it presently otherwise it will stoupe for y<sup>e</sup>  
froth will fall, let it stande a quarter of  
an hour in y<sup>e</sup> oven, then take it out and  
cast suger upon it, take heed your oven  
be not slacke,

to make a tryfull X ca 28

take a quart of cream, make it scalding hott,  
then season it with nutmegg and suger and  
rose water, pour it out into your dish and  
stir in 2 spoonfulls of rince, cover it close,  
and set it by till it come like aches, which  
will be in y<sup>e</sup> space of halfe an houer, be sure  
to doe it so y<sup>t</sup> you may taste it as soon as it is  
don, els it will burne to cooke, and curdle,  
~~you may put in some wild curds,~~  
with claret wine or sacke rats very well  
sweetened with suger,

to make bakes creame X ca 29  
take a springer full of french bakes, and boyle it  
in severall waters, then dreane it in a cullinder, take a  
quart of cream, and when it boyle put in a nutmegg  
cut in quarters, and a littell card mace, then take  
y<sup>e</sup> yolks of 2 eggs and beat it with 2 or 3 spoonfulls  
of rose water, when y<sup>e</sup> creame is ready to boyle  
put in your bakes, then boyle them altogether  
a quarter of an houer, then put in y<sup>e</sup> yolks of eggs  
rose water and a quarter of a pound of suger boyle  
it leasurly after y<sup>e</sup> eggs be in, then grate it into a  
dish, and stire it till it be like warme,

To make a rice dish, ca (201)

Lay your rice in water all night to take a way y<sup>e</sup> saltnes of it, then take it as cleane from from y<sup>e</sup> water as you can, boyle it in a Littell milke, till it is tender, then take it as dry from y<sup>e</sup> milke as you can, and take a Littell cream and 2. or 3. eggs, y<sup>e</sup> yolks only beaten together with nutmeg, sugar and w<sup>o</sup> water, put to it a very Littell cream because it must be as thick as gooding stoffe then put it into a dish, set it over a chafin dish of coales, put a peece of boter into y<sup>e</sup> bottom of y<sup>e</sup> dish, stir it till it be y<sup>e</sup>erly dry, then put a peece of more boter into y<sup>e</sup> dish, and make it smolt on y<sup>e</sup> top, when it is enough, strow sinamon and sugar on it, you may do it with nothing but boter after it is boyled with milke and strow on sinamon and sugar on it and so serve it,

To make mamangg. cream, ca (202)

Take cream a quartell, whites of eggs halfe a hundred, sugar 2, yolke, beat your eggs and set all this on the fire stirring them till they <sup>begin to</sup> boyle, then take it off y<sup>e</sup> fire, pour it into some cleather ~~with~~ you, let it stand untill it be ~~cold~~ cold, then straine it againe once or twice, through a fine strainer, with some w<sup>o</sup> water, then dish it up, and cast some <sup>algi rubi</sup> bitters upon it,

To stew a yudging between to dishes ca (203)

Take yolks of 3. eggs, and y<sup>e</sup> white of one (6.) spoonfulls of cream, nutmeg, cloves and mace a Littell, a quarter of a pound of white fact minced small, a quarter of a pound of Corvance, a Littell grated bread, and a Littell w<sup>o</sup> water, mingle it together, then take acale of water, cut it like <sup>branches</sup> in four square peeces, lay 3. spoonfulls of y<sup>e</sup> boter upon one side of it, and roule it up, mix it with a sweet and ~~the~~ it up ends with a thread, you may use 3. or four of these in a dish, then take halfe a pint of strong mutton broth, and 6. spoonfulls of vinegar, 3. or 4. blades of mace, one ounce of sugar, make this broth to boyle upon a chafin dish of coales, then put in your yudings, colour it with another dish, turne them over, and after that hour, for fear of burning, then put them in another dish, and strow y<sup>e</sup> broth on them, <sup>as in the</sup> ~~as in the~~

to make a lye proffett.

take a quart of milke, take 5. eggs, y<sup>e</sup> whites  
of but 3 of them, let y<sup>e</sup> milke boyle and let it  
be almost cold againe, before you put in y<sup>e</sup> eggs,  
beat y<sup>e</sup> eggs very well, with halfe a pint of  
Jacke, sweeten it with suger, then put it in  
to y<sup>e</sup> milke, and let it over y<sup>e</sup> fire againe till  
it begins to curdle, then put it into a bason,  
set it with embers round about it, but not under  
y<sup>e</sup> botom of it, so let it stand till it is walled,  
like a custard shive it with a sponne, then take it  
off and strew Cinamon and suger mixt together  
on y<sup>e</sup> top and serve it.

to make a haggis yuding.

seeth a calves chaldren when it is cold, chop it  
small, with sheepes suet, parsley, kine, mangelion  
willet leaves, ~~ginger~~ <sup>ginger</sup> ~~all~~ <sup>of each a</sup>  
handfull, and chop them ~~all~~ <sup>altogether</sup> small  
then put in creame grated bread ~~egg~~ <sup>corran</sup>  
cloves and mace suger and pepper and rose  
water and daffs and so mingle them together  
and put ~~them~~ <sup>them</sup> in a cloth and boyle it,

to make Jaffeiges

take porke and cut it very small, put to it as  
much of y<sup>e</sup> hoggs leafe shread it so small that  
you can hardly see y<sup>e</sup> lean from y<sup>e</sup> fat, then  
take a good quantity of sage finke shread and  
mingle it with it, season it with pepper and salt  
and so fill y<sup>e</sup> skins, and hang them up in y<sup>e</sup>  
chimney to dry

to make Jacke creame ca 99

take a pint of creame and 8 <sup>but</sup> eggs 2. of <sup>volles</sup> ~~eggs~~  
and beat it very well, and boyle <sup>the</sup> creame and  
eggs together, shive it all y<sup>e</sup> while on wayes, and  
then ~~and then~~ put in a quarter of a pint of Jacke  
and still shive it on wayes, let it but just boyle,  
lay your mace a litle while in rosewater, then  
take it out and put in y<sup>e</sup> rosewater and sweeten  
it with suger.

~~white~~  
to make hoggs pudings

take of flower and grated bread a like quantity,  
eggs, corrance, nutmeggs, Clous and mace,  
and a peece of y<sup>e</sup> lights of y<sup>e</sup> hoggs, parboyle it  
and when it is cold thred it with y<sup>e</sup> like quantity  
of vealons of y<sup>e</sup> son stoned, so small that you  
cannot deferue y<sup>e</sup> on from y<sup>e</sup> other, so make  
it up with cream and rospwater put in a litle  
salte, as much amber grece as you please,  
you may make vice pudings thus  
the best way is to wet y<sup>e</sup> pudings with  
nothing but rospwater and eggs and put to  
y<sup>e</sup> pudings a good quantity of beefe suet  
thred very fine

26  
to make a florintine with peppens  
or any kinde of fruit what so ever

roule out your past very thin as broad as your  
dish, lay it close to your dish and fill it with  
pears peppens or any kinde of ystones or chyns  
or gooseberys, put suger to it and cover them  
with an other sheet of past and cut y<sup>e</sup> past  
on y<sup>e</sup> edge of y<sup>e</sup> dish in jaggs or scollops,  
and bake it, y<sup>e</sup> past is best for this things,

to make rasbery cream

boyle a quart of cream, then take a quart of rasberys  
set them in a pot of water to shew but let water  
come into them, then pour out y<sup>e</sup> cleare from  
them and strayne out y<sup>e</sup> pulpe, when it is  
cold and y<sup>e</sup> cream is cold, ~~also~~ all to put  
them together and put to them as much <sup>bread</sup> grated  
as will make them of a reasonable thickness, sift  
it fine, and mix them together that y<sup>e</sup> bread  
be not seen season it with rospwater and  
suger and so serve it.

To make styrone.

to 10. gallons of Spring water, put into  
14. pound of reasons of y<sup>e</sup> Jon and 6. ounces  
of coriander seed, both pounded, also 3. Lemons  
cut and pounded. so let it stand 4. days,  
or 9. if y<sup>e</sup> weather be coole, then strain, and  
boyle it, but that it may not yurge to much  
boyle an ounce of cloves and nutmeggs in  
water, being first beaten, and so add them  
befor steeping,

To make medea, <sup>of each alike, or</sup>  
take a handfull of ~~fine~~ <sup>of each alike, or</sup> margerom, yonivall, and  
halfe of blood wort, Anise seed, coriander seed, of  
each halfe a pynne, on pound of reasons of y<sup>e</sup> Jon  
to each gallon ~~of~~ they must be beaten together with  
a pound of sugar, and steep in Spring water for a day  
or two, and then strained through a cotten bagg, y<sup>e</sup>  
bagg being first thickned with a pynne of milke.

27  
to make good minced yies

take a yegg of moton or a yegg of wate, put to it  
4. pound of Iust, yarboyle y<sup>e</sup> meat and mince it  
small with y<sup>e</sup> Iust after it is cold, put to it 6.  
pynnes (hob) small, 3. small nutmeggs, 2.  
vaces of ginger, sinamon a small quantity,  
of pepper a lvs, mace on pynfull, a tub cloves  
briny yells or Lemons beaten to small <sup>powder</sup>  
a good pynfull, halfe a pynne of rosewater, 6.  
pynfulls of white wine vinegar, 3. pynfulls  
of caraway seed beaten, 2. pound and halfe of  
reasons of y<sup>e</sup> Jon, 2. pound and halfe of coriander,  
a quarther of a pound of sugar, 6. dakes minced, a  
good handfull of marrow, mingle all this together  
and then fill your yies.

to make an Annon puding  
(95) take cheescumbe very well whoyed then brake  
it very small, and put to it a little salt, sliced  
nutmegg and suger, and a little flower to  
stiffen it, and y<sup>e</sup> yolks 13 eggs, a handfull of  
blancht Annon, beaten small, and in y<sup>e</sup> beaking  
of them put in now and then a little rosewater  
to keepe them from drying, then mix all well  
together and put it into poringers, and bake  
them, when they are enough take a good deale  
of melted butter, rosewater and suger, and put  
them in a dish 3. or 4. of them, with y<sup>e</sup> melted  
butter, you must make them up in round bales  
and put them into poringers and so bake them

another way to make puff past  
with y<sup>e</sup> flower Conly with eggs, and roulv in  
a great deale of butter roule it very often, but brake  
it not at all, you may make a firmine of this with  
rice after it is boyled and cold, or meat shred fine  
with sweet and Corraner spices rosewater suger and  
eggs and reason's shred,

28  
to make saggages another way  
take y<sup>e</sup> bellies of yorke and some of y<sup>e</sup> leafe and shred  
them together fine, then take sage grasses and to 213 of  
rosmary, clove and mace, with minge pepper and salt  
shred y<sup>e</sup> herbs and beat y<sup>e</sup> spices, then take cream  
and white bread sliced thin and boyle them together  
till a stone will stand up right in it then breake in  
a good many eggs and mingle all well together,  
and so fill y<sup>e</sup> shins

To make saggages of mutton without skins,  
~~take the inside of a loafe of mutton fat and lean,~~  
take y<sup>e</sup> inside of a loafe of mutton fat and lean,  
and a good quantity of sage, shred it altogether very fine  
then put ground bread, clove and mace pepper and salt and  
4. or 5. eggs not beaten, 6. or 8. Spoonfulls of thicke  
creame 4. or 5. Spoonfulls of sack, then mixe them  
well together and roule them in ground bread like saggages  
fry them with butter, serve them in with mustard put  
in a good quantity of juet that they may not cake  
dry, and fry them as soon as they are done,

X To boyle cream after the Spanish fashion

Let y<sup>e</sup> cream boyle with Lary mace, sliced mince  
thicken it with rice, beaten to powder and seered  
through a fine sieve, let it boyle till it be thicker like  
a custard, then take out y<sup>e</sup> spices, and put in a  
Littell salte, weaken it with sugar, and rosewater,  
put it into a dish and stir it w<sup>th</sup> till it be cold,  
and then serve it, you ~~may~~ put in y<sup>e</sup> yolles of  
2 or 3 eggs, if you please,

X To pickle quinces, but the other way is best  
take your quinces and core them, and shred  
some of them very small, boyle them w<sup>th</sup> y<sup>e</sup> cores  
in faire water, then put in your quinces, scald them,  
then take them out, and when they are cold put  
them up in this pickle, put a Littell salte into it  
and so keepe it,

X To pickle cowcumber after the  
Dutch manner and the best way,  
take y<sup>e</sup> smallest cowcubers you can get, and when  
they are new gathered put them into a plater and strew  
a good handfull of salte upon them, stir them w<sup>th</sup> y<sup>e</sup> salte  
and then put them in a tubbe and all into a cullender and  
let it over a dish or hole all night y<sup>e</sup> next day take y<sup>e</sup> cow  
cubers so prepared pour y<sup>e</sup> salte and put them in a pot or  
skillett (see a layer of cowcubers and a layer of cloes

and mace and whole pepper ~~are~~ in beaten and  
so a layer of cowcubers and a layer of spices.  
till you have filled your pot, then fill up y<sup>e</sup>  
pot with whit wine vinegar and lett it  
close covered this will keepe and not on of  
them will perishe.

To make a sweet water

take cyprus Gallicant cloes beniamin stores of all  
thes one ounce, of orris 2 ounces, beat them all to  
powder, take a pecke of roses, a handfull of myrrour  
and basell, half a handfull of madden, a good handfull  
of Lavender, a few bay Leaves, and a few small  
nut Leaves, and one handfull of rosemary, put all this  
into an earthen pot, and put to them a pint of rose  
water, a quart of faire water, and stire them well  
together, and let it stand on day and night, and then  
begin to still it with a soft fire, put not to much in  
of still at once, and when it is stilled hang on or too  
3 grains of muske in it and let it stand in y<sup>e</sup> sun  
a while

to make cowslips Jallets ✕

pick your cowslips and cut of y<sup>e</sup> whites ~~close~~  
close to y<sup>e</sup> flowers then put them in a galley  
pott with white wine vinegar y<sup>e</sup> best you  
can get sweeten it with suger very well, and  
presse them down y<sup>e</sup> pott very close <sup>them</sup> cover  
close and you may keepe them all y<sup>e</sup> year.

to stew oysters with herbs, ✕

put y<sup>e</sup> oysters into a pizken on by onto a wood  
grained, but non of ther Licor put to them a  
very ~~a~~ quantity of vericee, a littell wine  
vineger, and a bundoll of sweet herbs, a whole  
onion a littell whole pepper, and large mace, and  
as they boyle keepe them scummed, and when they  
are boyled enough, take forth y<sup>e</sup> herbs and y<sup>e</sup>  
onion, and put in some fresh boter cut in thin  
slices, and shake y<sup>e</sup> pizken round till it becom thicke  
serve it with J. J. J.

another way to stew oysters ✕

30  
take y<sup>e</sup> oysters with some of ther Licor and  
a quantity of white wine large mace whole  
pepper a small quantity set them stew together  
till they are enough and then put sweet boter  
cut in thin slices and shake y<sup>e</sup> pizken round  
till it is thicke then put it in a dish with J. J. J.

To make a swome, Goose, or piggs pulting,  
steepe oatmeall in cream or milke all night,  
then straine in as much blood as will Coler if  
put to it shred sweet ~~meats~~, eggs and sweet  
herbs, but most of y<sup>e</sup> virginall, strise them from  
ther stalks and shred them very small, season  
it with salts, cloves and mace, and boyle it  
in a bagg, or bake it in a pan boter y<sup>e</sup> best you  
well that it may stige forth, in y<sup>e</sup> same maner  
you make sheeps pultings, and put it into guts  
pricke them as they rise in boyling so  
they will breake

21. <sup>and</sup> to make a Loafe yuding - good

cut of y<sup>e</sup> top of y<sup>e</sup> Loafe so as you may close it againe, then hollow y<sup>e</sup> Loafe as much as you can for breaking, then grate y<sup>e</sup> bread, and put it in some creame, beating holt, with eggs very well beaten, season it with rosewater nutmegge and suger, a litle salt, you may put some marrow and covrance of y<sup>e</sup> Loafe, then put it into y<sup>e</sup> Loafe againe, stopp it with y<sup>e</sup> cover you cut of it, then tie it up close in a Cloath and boyle it with beefe,

to make white hoggs yudings

take some creame and grated bread, just shred very small, put in a litle salt, nutmegge cloves and mace, suger and rosewater and so fill y<sup>e</sup> guts being sewed very clean, and as they rise in boyling prick them least they breake put in some covrance, ~~and eggs~~ and some Amber grece, keep them boyling all the while till they are enough,

31  
to make a quaking yuding X entered

take to a pint of creame 6. eggs, very well beaten and as much grated bread as will make it as thicke as batter, season it with suger rosewater and a litle salt, with a litle mace shred in all 3. or 4. cloves beate, wet y<sup>e</sup> bagg in milke, and strow it with flower and when y<sup>e</sup> water boyle put it in to boyle an hower will boyle it, you may make them in 3. litle yudings each when they are boyled put them in a dish on leaning against y<sup>e</sup> other, up right, and put melted butter suger and rosewater to them or in stead of rosewater you may put in verriace if you like it,

to show a chies chalthren

when it is boyled shred it as for mince pies, and put it into a pidgeon with assint of creame a quantity of covrance, and nutmegge grated, with a litle salt, so stew it, and when it is enough sum of all y<sup>e</sup> take very cleary and season it with suger rosewater and verriace, and so serve it, ~~this is the best~~

To stew broker of Calves feet,  
when they are boyled tender, take out y<sup>e</sup> long  
bones and slice them in halves, put them into a  
pizken, with as much faire water as will  
cover them, put to them a good many of currants  
a bundle of sweet herbs <sup>and salt and pepper if you please</sup> season them with  
suger and rovine, or y<sup>e</sup> Juice of a lemon, so  
serue it with y<sup>e</sup> broth, you may stow a neck  
for foot in this maner and it cuts well,

To boyle a breast of mutton  
boyle it in water and salt, then take of some of y<sup>e</sup>  
licor, and put to it a bundle of sweet herbs but most  
of parsley, long mace, boyle them together with some  
layers <sup>and together</sup> a long them in a pizken, then take out y<sup>e</sup>  
bundle of herbs shred it small, and put it into y<sup>e</sup>  
licor, with a good peice of boke, and a little rovine  
or vineger, put some sippets in your dish pour on  
y<sup>e</sup> sauce, lay on your mutton som of y<sup>e</sup> layers  
and herbs, and together set aboves with y<sup>e</sup> dish cut of  
y<sup>e</sup> tops and lay them between y<sup>e</sup> oflices you may  
put in a little white wine to y<sup>e</sup> licor in y<sup>e</sup> stowing,

To stew a neck or Loque of mutton  
take and cut it in peeces, and put it into a pizken  
with as much water as will cover it, when it hath  
scummed clean, and put to it a little pepper and  
salt, some sweet herbs shred small, a little whole  
mace, and some vineger stew them together, and  
when it is enough put sippets in y<sup>e</sup> dish and serue  
it with some of y<sup>e</sup> licor and y<sup>e</sup> herbs upon it,  
if you please you may cut an onion in halfe  
and stow with it but take it out as aince after it  
hath stowed a while for fear it be too strong of it.

The best way to pickell quinces,  
boyle y<sup>e</sup> yarings and coars and some crabb  
quinces together, till y<sup>e</sup> water be very strong,  
when it is cold, put in your quinces, in several  
lots, as many as you will use at once, cover them  
close, this way they will keep best,

to pickle barbery

gather y<sup>e</sup> barbery when they are very dry  
pick out y<sup>e</sup> fairest bunches, and put them  
into a pott, or bawell, then pick y<sup>e</sup> small barbery  
from y<sup>e</sup> stalkes, and boyle them in water and  
salte, till it be very strong, then straine it and  
put in some red wine, and when it is cold  
put in y<sup>e</sup> barbery, cover them well with  
Licor and so keepe them covered,

to pickle browne buds

make vinegar and salte strong enough to bear an  
egge, then put your browne buds into a pott or  
wooden cessel, and put y<sup>e</sup> Licor to them, strew  
some salte on them and after 2. or 3. days, stire  
them about with a small stick, once in 6. or 7.  
days, till winter that you use them,

to pickle browne buds another way,

put a layer of buds and a layer of salte and so  
a layer of buds and then salte, and when you  
have put them all in, fill them up with white  
wine vinegar, let them stand so covered 3. days  
if y<sup>e</sup> vinegar be Junke fill it up againe and cover it  
close, and stir them not, they will keepe very greene

to stew collyflowers or a cabbage,

boyle y<sup>e</sup> collyflowers or cabbage till it is almost  
tender, enough, shift it in boiling once or twice,  
then cut y<sup>e</sup> cabbage in pieces but not y<sup>e</sup> collyflowers  
drear it well from y<sup>e</sup> water, then put it  
into a pott with butter and a little vinegar and  
a good deale of beaten ginger, and large mace,  
some like white wine in stead of vinegar, so stew  
it a pretty while, shake or stire it about to keepe  
it from burning, put it forth into a dish and so  
serve it to ye table,

to rost a legg of veale with leard

powder y<sup>e</sup> legg of veale over night and lard it  
with butter and rost it is very good, you may  
use a shoulder of veale but you must not powder  
it, a calves head boyled and after broyled and  
scorched is very good,

very good to roast a shoulder of veale stuffed  
with herbs, or a fillet of veale,  
take sweet herbs shred small, beefe just shred  
small, and Jones grated nutmegg with ye  
yolks of 2 eggs, mingle all these together  
and stuffe your legs or shoulder very well  
and then roast it, put booke and vineger to it  
for y<sup>e</sup> sauce.

to roast a shoulder of mutton with oysters  
take a quart of oysters and wash them clean, then  
take a pint of white wine and put to y<sup>e</sup> oysters.  
put them into an earthen pishen, covering them  
close, then set them over a soft fire and as soone  
as they boyle take them off, then take some of y<sup>e</sup>  
oyster ~~shell~~ and stuffe y<sup>e</sup> shoulder of mutton, with it,  
it, then take parsey boyled green, and capers, shred  
them together with y<sup>e</sup> rest of y<sup>e</sup> oysters,  
set them stow a little while together, then take it off  
and put in a little booke and a very little pepper, so  
put it to upon y<sup>e</sup> shoulder of mutton in y<sup>e</sup> dish, and  
capers and stines and Jampher on y<sup>e</sup> booke of  
y<sup>e</sup> mutton.

34  
to boyle a braine and to souce it  
when your braine is killed scrape it and cut it in  
pieces, wash it 3. days, skiff it and scrape it every  
day, into fresh water, morning and evening, but  
let it lye in cold water, and when it is very white  
route it up into Colters very hard and close, sew it  
up in cloaths, or tye them up with cords ~~in~~ tye  
put them in a great Kittell and boyle them till you can  
thrust a straw through them for tendernes, if they begin  
to crake take them out and boyle them againe y<sup>e</sup>  
next day, scum it all y<sup>e</sup> while it boyles, when it is boyled  
enough scum it very well and put in two gallons  
of milke, so let it stand till y<sup>e</sup> next morning, then take  
it forth of y<sup>e</sup> Kittell and rize it out of the cloaths and  
kneade them hard and put them into this soucing drinke  
water and salt boyled and when it is cold put it to y<sup>e</sup>  
braine braune, this soucing drinke is best for all  
manner of souce, but it must be skiffed once in 30 or  
60. days, you may choose whether you will put milke in  
to y<sup>e</sup> water or let it stand in water all night, but may  
take it up when it is boyled and let it be all night till  
it is cold and next morning put it into y<sup>e</sup> soucing  
drinke if y<sup>e</sup> strings be sticke tye them againe,

56 altered. To make second porrages very fine

take a pinte of y<sup>e</sup> best milke or creame, y<sup>e</sup> yolkes of 2. dozen of eggs strayne them through a fine strayner, putt them into a skillett, season it with rose water nutmegg and suger, and a litell ginger, and 2. Spoonfulls of Tacke, a peice of butter as big as an walnutt, then set it on a soft fire and keepe it stirring till it boyle, then take it of and set it in a pan of cold water to coole a litell, then strewe on a litell sinamon, and some carway cumfitts, upon it and so serve it,

— X — To keepe clowd Gelliflowers for sallets

take white wine vinegar and warme it hot, then take your gelliflowers and Clippe of y<sup>e</sup> whites of them, putt them into a galley yolk, putt between every handfull of flowers a handfull of suger, then putt in y<sup>e</sup> vinegar, and be sure you stir them once a weeke or more,

To make white Leach of Atmons en 132

take 3. ounces of Yngglaste, cut in small peeces, and lay it in water over night, y<sup>e</sup> next morning boyle it in a quart of water, till it be halfe consumed with a litell Lany more, then strayne it and set it a cooling, then take a pottle of milke and halfe a pound of Atmons blancht and beaten fine, and strayne them with y<sup>e</sup> milke, putt in 2. nutmugges, grated, an ounce of ginger, cleane pared and sliced, or some what more if it be not hott enough of y<sup>e</sup> ginger, putt in a branch of rosmary, when they have boyled boyled halfe an hower, putt in y<sup>e</sup> yngglaste you boyled before, and seth them with a little suger as will make it very ~~pleasant~~ sweet, with a litell rose water, when you take it from y<sup>e</sup> fire, runne it through a cloth, and putt it into a deep dish, let it stand till it be colde, then cut it and make dishes for your services, or you may melt it againe and putt it into China dishes, and serve it in after dinner a mony of Gelles,

to pickle Sanguin

take halfe water and halfe white wine vinegar  
and a little salt, put y<sup>e</sup> fairest bunches of Sanguin  
into it, be ~~sure~~ sure of Licor enough to cover it  
then boyle it in a brasse yolk well stoped <sup>with</sup> a cover  
of yack, let it boyle but a little, then take it of  
and let it stand close covered all night, and in  
y<sup>e</sup> morning, take it out and put it into a stone  
yolk, and put y<sup>e</sup> same Licor into it and presse it  
downe, lay a white paper upon it and presse  
it close downe, and keepe it covered,

to keepe Grapes all the year

take y<sup>e</sup> full vine grapes, and put y<sup>e</sup> stalks of y<sup>e</sup> bunches  
into y<sup>e</sup> y<sup>e</sup>ns, make a hole in y<sup>e</sup> y<sup>e</sup>ns, just fitt for y<sup>e</sup>  
stalks, so close it up with y<sup>e</sup> y<sup>e</sup>ns as came out of y<sup>e</sup> hole,  
and lay them on by on in a box with fresh sande,  
under and over them, but y<sup>e</sup> sande must be as small  
as may be then naye downe y<sup>e</sup> box, you must lay  
but on lyle of sand for fear of bruising them, so you  
may serve them at cristmast,

to make Almonbater ex. 35

take a yolkell of faire running water, set it over y<sup>e</sup>  
fire, and put in a handfull of blew violetts leaves  
let it boyle, then straign out y<sup>e</sup> water, take a pounde  
of sweet Almons, and blanch them in cold water  
then y<sup>e</sup>nde them in a marble mortar  
and as you y<sup>e</sup>nde them put into it y<sup>e</sup> aforesaid  
violet water, being cold, straigne it out still y<sup>e</sup>  
milke from y<sup>e</sup> Gualze of y<sup>e</sup> Almons, when you  
have all y<sup>e</sup> substance from them, set this milke  
over a cleare fire keepe it from y<sup>e</sup> dust, and  
when it boyles wring in y<sup>e</sup> juce of a lemon  
and be sure to keepe forth y<sup>e</sup> kernells, or els burne  
it with sack, take of all y<sup>e</sup> curde, put it into  
a cloath hang it up, that all y<sup>e</sup> whey runne  
from it, then sweeten it with rosewater  
and suger,

to make Snow *entree*

Take halfe a pint of Creame, and 3. or 4. Spoonfulls of roswater, and season them very well with good suger, and with a Cow, make it froth, set on stand by you, you and take it of with a spone, take a greene Loafe and pare of y<sup>e</sup> crust bottom and top and sides, and lay it to whole in y<sup>e</sup> bottom of y<sup>e</sup> dish, and sticke a branch of rosmary in y<sup>e</sup> middle of y<sup>e</sup> bread, and then lay on your Snow, and so serve it in,

to make white broth with a cagon  
take a cagon and boyle it in fair water, and when it is boyled take out some of y<sup>e</sup> broth, take halfe a pint of white wine and some marrow, boyle them together in a pipkin, or between 2. dishes, a quarter of an hour, then take y<sup>e</sup> yolks of 3. eggs, and 2. Spoonfulls of creame, sweeten it to your taste, stire it well on y<sup>e</sup> fire that it cuvle not, put in y<sup>e</sup> cagon, and garnish it out, lay y<sup>e</sup> marrow on y<sup>e</sup> cagon and garnish it out with Suckets, and sweet meats, serve it with Sippets,

to dry meats longes the time is at  
athlanteide and at throftide

take them and lay them in cold water 12. houers, then take them out and let them dreame a day, make a strong brine for them with bay salt, let them lye 9. or 6. days in it, then hang them a great way from y<sup>e</sup> fire, and so by degrees nearer y<sup>e</sup> fire, but let it be about a wake before you let it come near y<sup>e</sup> fire, to make raspe wine,

take red raspberries, and picke them, take on pinte of them, and bruse them very well, then put them to one quart of y<sup>e</sup> best white wine, let them stande together, on snow, being close stoppt, then take a glass of a pound of Loafe suger, beaten small, put it into some earthen vessel and straine y<sup>e</sup> wine and rasps into it, then put it into stone bottells, stopp them close and by y<sup>e</sup> Corkes, and set it in a coole place, and it will be ready to drinke in a fortnight, or 3. weekes, be sure that all y<sup>e</sup> vessels you use about it be rather earth or ston,

word (93) an other way to make the quaking  
juding

take a pint and halfe of cream and boyle  
it with mace, ginger and nutmegg, quartered,  
put to it 8. eggs, with 4. of y<sup>e</sup> whites, beaten,  
and a few Almonds, blanched and beaten with  
and strayned, in with y<sup>e</sup> cream, and a litell  
ros water; put y<sup>e</sup> ros water into y<sup>e</sup> Almonds in  
y<sup>e</sup> beating for fear of oyling, put some suger  
and a spoonfull of flower, then take a thicke  
napkin, wet it with milke and strew on some  
flower on it ty<sup>e</sup> up y<sup>e</sup> juding into it,  
boyle it with beefe or mutton ~~or~~ take y<sup>e</sup> juices  
all out of y<sup>e</sup> cream, when it is boyled before  
you mixe it,

to boyle teale or wigions

halfe rost them, then take them off y<sup>e</sup> fire and race them  
downe y<sup>e</sup> brests with a knife and strike halfe a dozen  
clous in they brests, put them into a pypen with a saddle  
full or to of mutton broth, a litell white wine and a  
bundle of sweet herbs, season it with pepper, verinece  
and a litell boley, and thicke it with a tost of manchot  
you serve it garnish it with barberries on y<sup>e</sup> side  
of y<sup>e</sup> dish,

to boyle a rabbit

38  
take a rabbit slice him unto y<sup>e</sup> middle then strike him  
with his heeles over his head and put him into a  
pypen with a litell strong broth, <sup>mutton</sup> whole mace a good  
handfull of sweet herbs as (lice, Springe, parsley time  
and Jauncy) season it with verinece, pepper, and suger  
thicken it with a tost steeped in y<sup>e</sup> same broth, garnish  
it with barberries.

to stew pigions

take y<sup>e</sup> pigions and slice them downe y<sup>e</sup> backs and  
lay them in a pypen dish with a litell water,  
and parsley, time, jauncy, so let them boyle together  
till they are almost enough, then take some bacon  
and cut it in very thine slices, put it into warme  
water, let it stand a while, and then put the bacon  
into y<sup>e</sup> pigions, lay sippits in y<sup>e</sup> dish, with boley  
and verinece or vinegar, and so serve up y<sup>e</sup> pigions  
lay barberries, on them and cover y<sup>e</sup> pigions with  
y<sup>e</sup> bacon, herbs, and barberries.

To stew a rump of beefe with Sacke or  
other wine.

Take a rump of beefe and halfe boyle it, then  
take it out and wash it like a shoulder of mutton  
all over, and put it in a litle pepper, and whole  
mace, into y<sup>e</sup> pot you stowe it in and a litle  
water, time and Savory alike quantity, then put  
in a pint of Sacke, and some eagers, when it is  
stewed enough, serve it up with Sippets, this may  
be don with white wine or white wine vinegar  
and eat as well.

To make hodge podge

Take y<sup>e</sup> thin part of y<sup>e</sup> brisket of beefe cut it in  
square peeces, y<sup>e</sup> breadth of an hande put it  
into a pot with water and a good deale of parsley  
and a litle time, winter Savory, a good many of  
onions sliced, turneps, parsnips, carrots, yered  
and put in whole, set them a boiling before in y<sup>e</sup>  
morning, boyle them till y<sup>e</sup> meate and roots be all  
to peeces, and in y<sup>e</sup> boiling put in a litle pepper and  
Sacke, then serve it on Sippets,

To Sowe a pigge

39  
Take a large pigge, being scalded, and cut of his  
head, and stike him through y<sup>e</sup> middle take out his  
bones, and Colter him like brace, wrap him  
up in fine Cloathes, and boyle him in water and  
Sacke, then take a quart of his owne broth, a  
quantity of white wine, boyle it together, and let  
it stande till it be cold, and then put in your  
pigge, when you serve it in lay fenell on it, and  
sende in vinegar in Savory, as with sturgeon. sende  
y<sup>e</sup> head first for it will keepe best.

To harch a shoulder of mutton with oysters

Take a shoulder of mutton when it is green roasted  
and cut all y<sup>e</sup> meate from y<sup>e</sup> bone, put it into a  
dish, with some water y<sup>t</sup> an onion hath ben  
steeped in, some pepper some oysters and a litle  
white wine, boyle thes all together well, then put  
in a litle butter, boyle y<sup>e</sup> bone you cut y<sup>e</sup> meate  
from, and lay it in y<sup>e</sup> dish, and cover it with y<sup>e</sup>  
meate and oysters.

to rost a brest of moton with oysters  
take a brest of moton and stuffe y<sup>e</sup> skinny end full  
of great oysters, then rost it, when it is enough  
dreyg it with bread and time, if you will, then  
have ready for y<sup>e</sup> sauce, some great oysters stewed  
with their owne Licor with a littell vinegar and pepper  
and boke, then lay y<sup>e</sup> brest of moton in a dish and  
y<sup>e</sup> stewed oysters on it, and under it, with y<sup>e</sup> sauce  
and some thine slices of Lemon over it, mingled  
with y<sup>e</sup> oysters, if you please you may put in  
white wine in steede of y<sup>e</sup> vinegar.

to boyle a carpe or pike if you please  
take a carpe if it be large cut him in 3. pecis take  
out his gills, but scale him not, and boyle him in halfe  
water and halfe white wine with halfe a pint of  
vineger a bundell of sweet herbs an onion cut in  
halfe a nutmeg cut in quarters and a good handfull  
of salt, when this Licor boyles a peece put in your  
carpe either cut or whole, and let it boyle as fast  
as you can till it swimmes and then it is enough,  
get a good quantity of boke and beat it in y<sup>e</sup> molting  
till it be very thicke de Johne 22 or 23 anchovy  
in a quantity of white wine, strayne it and put it to  
y<sup>e</sup> molting boke, and beat them together, ~~put it to~~ your  
carpe & lay it in y<sup>e</sup> dish and put in some white  
mace in y<sup>e</sup> boylings lay it on y<sup>e</sup> carpe with  
herbs & onions

40  
to boyle a pike another way  
take him when it is alive and slice it downe y<sup>e</sup> backe  
and quite through, put y<sup>e</sup> taile in y<sup>e</sup> mouth but  
slit not y<sup>e</sup> taile, and put it into a cloth and boyle  
it in water and salt and vinegar, put some  
whole mace in y<sup>e</sup> cloth with y<sup>e</sup> pike, let y<sup>e</sup>  
water boyle before you put it in and when it  
swims it is enough, and for sauce take a good  
quantity of boke melted and beaten thicke,  
with some mace beaten to powder and put to  
it and so pour it on and lay on y<sup>e</sup> whole  
mace you boyled with y<sup>e</sup> carpe, you must  
put in a littell vinegar in y<sup>e</sup> boke, in y<sup>e</sup> molting.

to stew a calves chaldron,  
when it is boyled cut it in pecis as bige as you <sup>can</sup> ~~may~~ in  
y<sup>e</sup> table then put it into a pott with as much water  
as will cover it, and some onions yilled; and 3.  
or 4. apples, pared and quartered, with some mace  
a littell salt, and a bundell of sweet herbs, stew it on  
a soft fire, till y<sup>e</sup> onions are tender, then it is  
enough, serve it to y<sup>e</sup> table in y<sup>e</sup> same broth,  
scame of some of y<sup>e</sup> salt, but take forth y<sup>e</sup> herbs,  
and lay on y<sup>e</sup> onions, Apples and mace on y<sup>e</sup>  
chaldron,

To make Cheesecakes my Lady Manchester way  
Take 4 or 5 quartes of milke and make curds of it  
with a little runing then presse them ~~with~~ about  
four houers but not hard then grate a peny loafe  
boyle halfe of it in a pint of Creame till it be as  
thicke as a hashy puding then let it coole in a  
dish grate all nutmegge as much sinamon  
then take a pound of Curraunce pike and washe  
them and dry them in a cloath breake the  
curds very well and smalle them tonyer it  
with the rest of your things adding a pint  
of Creame to the rest of the breade. ten  
yolkes of eggs and three quarters of a pound  
of suger Stemyer all very small and so put  
it into crust and bake them.

my Lady Manchester's receipt for a cake  
Take halfe a bushell of fine flower and fifteen  
pounds of Corraunce three pounds of vealons washed  
and dried in a cloath ten pounds and halfe of suger  
or ounce of ~~nutmegs~~ nutmegs or ounce of mace  
halfe an ounce of Cloves dry all thes together and  
beat them very small take ten pounds of dates  
shred and soue them mixe all thes ~~and~~ in the  
flower then take five pintes of creame boyle  
it and three pounds of butter put into the cream  
and let it stand till it be melted on pint of  
sacke or dozen of eggs and to or three of the  
whites beat them very well with the sacke  
take on quart of good Ale yest mixe all thes  
together and make it into a past then let it  
stande by the fire one hower heat the oven  
very hott and befor you set it into the  
oven let the chorching heat be over let it  
stande in the oven tow houers then take it  
out and wash it over with rosewater and  
cast on suger and then set it into the oven  
againe till it be dry

To make methyling X

take your honey Combes and put them in a sine  
that the honey may runne from them then put a  
sufficient quantity of water to the combs and  
wash them with your hands very well then  
strayne them very harde and put the lioure  
in a pance and boyle it very fast with  
continuall stirring of it and let it be as cold  
as beere or ale befor it is tuned up and  
as you doe do that so proportionably put  
brame to it and so let it worke in the  
vessel all night and the next day tune it  
up and hange these pieces in it Cinamon  
Cloues nutmegs and mace of each a  
small quantity after the tuning stope it  
with a cork lightly as it leaues working  
you may know by the hissing so stope  
it closser

42  
77 ex 707 To make a duck ynding very good  
take a dish and rub a little butter on it and take  
a manchot and slice it as thine as possibly you  
can laye it rounde the dishe then laye a layer  
of marrow or fresh butter and then a layer of dates  
or sweet meats and soe doe till y<sup>e</sup> dish be full then  
take a pint of Creame and boyle it with mace  
and Sugar to your tast and when it is almost  
cold put into it y<sup>e</sup> yolkes of 4 egges and put it to  
the rest of the things and soe bake it

To make a white yote cetero (91)

take a pint of Creame boyle it put to it y<sup>e</sup> yolkes of 8 egges stirring  
them with y<sup>e</sup> Creame well ouer y<sup>e</sup> fire but let not the creame  
boyle after you have put in y<sup>e</sup> egges and beate an nutmeg  
small and put it into y<sup>e</sup> Creame and season it with Sugar to your  
tast and take a quarter of a pounde of Almonds beaten small  
with rose water and put in also some thinne slices of  
breade and lay them in a dish and yove out y<sup>e</sup> creame  
and all y<sup>e</sup> rest of on y<sup>e</sup> sizzites and thicke some reason of y<sup>e</sup>  
soe stoned on y<sup>e</sup> creame and so put it into y<sup>e</sup> oven  
being mildly hott and when it is baked to your liking  
shred Sugar on it

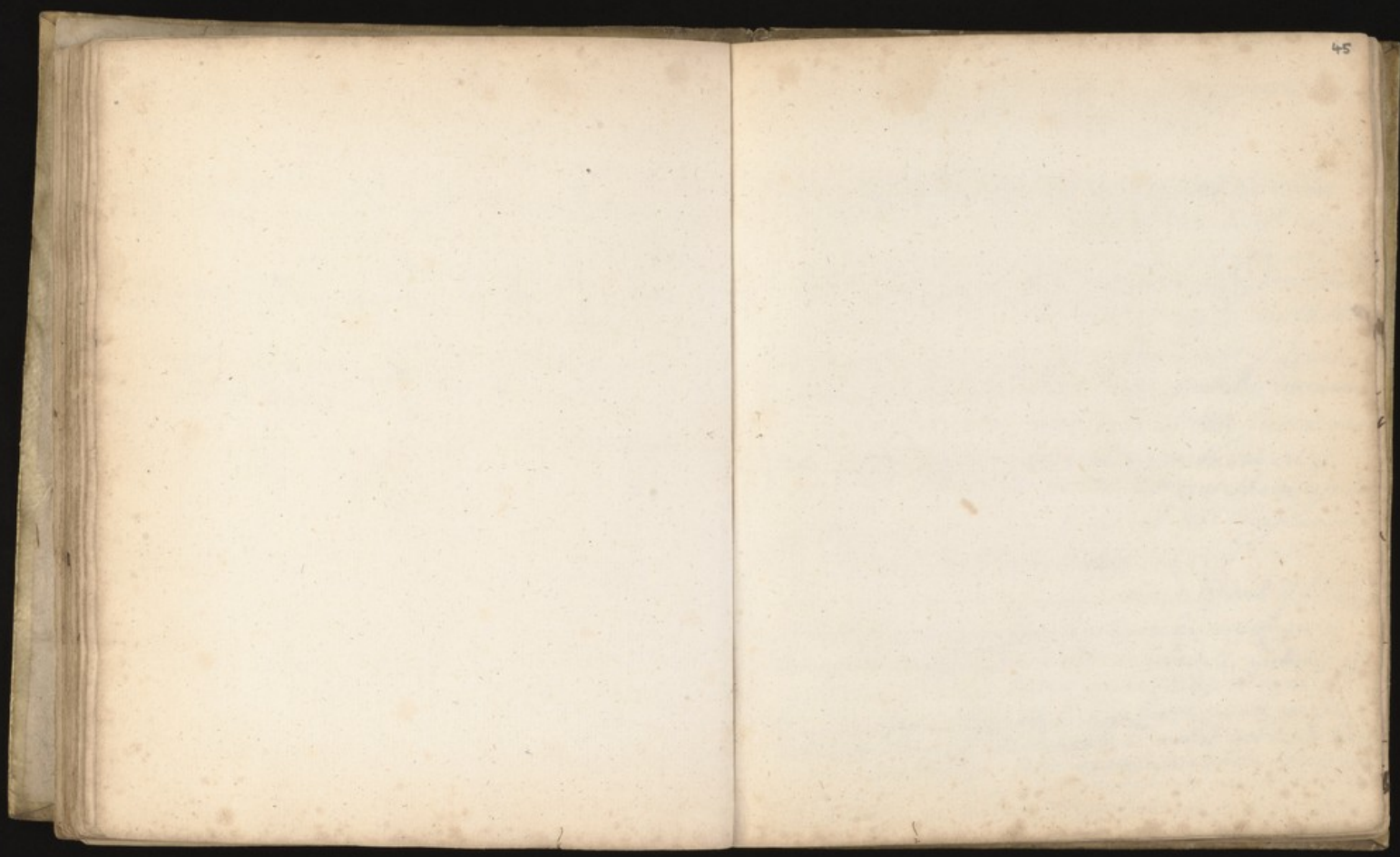
To make Clouted Creame

Take morning milke put it on ye fire and scith it  
up and grut it into a bowl and with a scimming dish  
take of ye froth then take a quart of thicke cream  
and yowre rounds about it stirring it together then  
cover it with a warme boule let it stande covered  
2: houers then take of ye boule if it be hott if not  
let it stande and let it stande 3: dayes and when  
you serue it forth cutt it with a knife and lay  
it on a dish with sugar

To Colter beefe

take the duble randle of beefe and take out the  
bones steepe it in white wine forty eight houers  
take three Cloues of garlike and steepe with it  
then take out the garlike then season the beefe  
well with pepper and salte and a little Cloues  
and nutmeges then roule up the beefe like  
brawne and binde it a boule and put it into  
an earthen pott with the fire and bake it well  
then take it out and let it stande till it be colde

The first thing I did  
 was to go to the  
 bank and get some  
 money out of the  
 machine. I had to  
 wait a while for  
 the machine to  
 work. I was  
 very nervous  
 about it. I  
 had never used  
 one before. I  
 was afraid it  
 would not work.  
 I was afraid I  
 would not have  
 enough money.  
 I was afraid I  
 would not be  
 able to get it.  
 I was afraid I  
 would not be  
 able to get it.  
 I was afraid I  
 would not be  
 able to get it.



46  
to preserve pippens or Lordings green,  
or quinces or white grapes.

take one pound of sugar to one quart of water  
and set it on y<sup>e</sup> fire, then put ther to y<sup>e</sup> white  
of an egge well beaten and let it boyle and then  
take of y<sup>e</sup> scum, then pare your pippens thin,  
Lay them in fair water, take y<sup>e</sup> apples with their  
weight of sugar, and put them into y<sup>e</sup> liquor  
afore said, and let them boyle gently uncovered  
you must observe that halfe of this sugar must  
be kept out and strowed upon them in y<sup>e</sup>  
boyling, when they are enough put them up in  
gallie jacks but cover them not till they are cold.

to make Almon cakes

take a pound of sugar finely beaten, a pound of Almons  
blanched and very thin sliced, one ounce of gum  
Dragon steeped on night or aday, 2 whites of  
eggs, beate to froth, and y<sup>e</sup> gum being strained  
foamper them altogether, Lay them upon wafers  
and bake them in a soft oven it must not be to hott  
as for mancherth Lay them on paper, when your oven  
is all most hott then mingle your stuffe put in what seed  
you please, Lay it in rounde goblets on your wafers,

to make Jely of harts horne

take 4 ounces of harts horne 2 pints  
of water and one pint of white wine.  
a little whole Sinnamon on one pennyworth  
of Saffron if you like that better: and  
the Juice of a Lemon  
boyle them together till it is halfe  
Consumed ~~in~~ near upon: and then  
strayn it and sweeten it with halfe  
a quarter of Loafe Sugar, and so eat it  
you may make as much more Jely  
with the same harts horne and boyle  
it over againe with more wine and  
water: but you must let the harts horne  
soake over night in the wine and water  
both the first and second boyling.

47  
to make <sup>past</sup> of Myricokes or Pearle Plumes

take faire yellow Myricokes or yare plumes if be  
white stone and boyle them on a chafingdiske of  
Coales very tender then strayne them and dry  
y<sup>e</sup> pulve on a dish then take as much sugar as y<sup>e</sup>  
pulve doth weigh and boyle it to a candy till  
right with as much rose water as will dissolve it  
then put in your pulve in y<sup>e</sup> sugar hott and joe  
Let it boyle together with stirring fashioning of it  
like halfe Myricokes upon a shite of Glasse then put  
them in a stove or oven and the next day turne  
them and close to halve together and when they be  
through dry they will looke as cleare as amber  
and if you please to put in the stones they will  
looke dyed Plumes

to make past of oranges or Lemons  
take oranges well Coloured and boyle them tender in water  
shifting them 6: or 7: times in the boyling put into y<sup>e</sup>  
last water a handfull of Salte then beat them in a wooden  
boule with a wooden pestill and strayne them through  
a peece of Cullion canvas and take y<sup>e</sup> weight of them in  
sugar and ~~some~~ some what more then boyle and dry  
and fashion them as before

to make past of tender plumes

take any tender plumes and put them in an earthen  
pott and put it into a brase pott of sething water  
and when they are desolved strayne all the thime  
from them <sup>great</sup> till all the Licor to make quidina  
then strayne the plumes through a cannes and  
take as much suger as they doe weigh and put  
to it as much water as will melt it and boyle it  
to a canly height and boyle your plumes well  
upon a chafing dish and put them hot together  
you boyle them stirring them then lay them on  
a sie plate and fashon it as befor put some  
pulve of sylbes among your plumes or els ~~it~~  
they will be tough

to make quince cakes

take quinces and boyle them very tender take ~~them~~ <sup>them</sup> and  
pare them and serape them into the core then strayne  
it through a sieve or cannes and to a pounde of quince  
put a pounde of suger and boyle them but very little  
then take it up and laye it upon a plate and you  
make it into what fashon you please and dry it  
leasurly

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to make conferve of <sup>any of</sup> these fruites

when you have boyled them as aforesaid your past  
and ready to put it on plates put it up in Gally  
pottes and never dry it and this is all the difference  
betwene conferve and past and you may  
doe any fruites as quinces yeas oranges or Lemons

M<sup>r</sup> Mosleys Panatum

take of fresh hoggs feet 3 pounde fresh sheepe feet 9 ounces  
yume water <sup>and</sup> pared and cutt on pounde 9 ounces of  
clamaske rose water 6 ounces of the rootes of orise florintine  
grossly bruised 6 dramms boyle them in balneo marie  
till the Ayres be soft then strayne it but presse it not  
and keepe it for your use washing it with fresh  
rose water and adding 12 drops of oyle of rodiom  
to ~~each~~ each pounde of your oyntment

to make conferve of any fruites or berries  
dissolve your plumes as you did to make the past  
and strayne the licore plumes and all and to every  
pounde take as much suger and boyle it till it be  
stiffe

To preserve quinces ~~red~~

take quinces yare and core them then take as much suger as they weigh and put to every pounde of suger a quart of water and put your suger water and quinces altogether and boyle them very leasurly close covered and never turne them to keepe them from spotting so that they may be so tender you may put a rush through them then boyle the fyroye till it will butter upon the sides of a dish then put them up together

To preserve plumes when they be ripe

take as much suger as they doe weigh and put ~~not~~ to them so much water as you did to the quinces for they will yeald ~~like~~ Licore of them Jelues nor boyle them not altogether so leasurly as you doe the other if you doe the fyroye will turne red and when you have boyled them putt them up

To make yeast wiall

take marmalate befor it be cold then mold it up in Jerced suger untill it come to perfect yeast then print it and so dry it

The best way to keepe quinces whole and greene all the yeare

take some of your worst crabbe quinces and cutt them into small peices and boyle them in a sufficient quantity of faire water untill it become a stronge tincture of the quince then put into it when it is cold your best and fairest quinces as they come of the tree so many as the licore will cover for so farv as they lye uncovered they will not keepe then cover them close

To dry any fruit without suger ex 98

take yeares or pipings and lay them in in eather yeme on by on bake them but let them not breake then lay them on sine bottoms and so dry them in an oven with a drying heat and every day torne them till they be dry

to boyle Sugar to a candy height  
boyle Sugar till it draw like a thread between  
your finger and your thumb

to preserve Gooseberries

take y<sup>e</sup> best Gooseberries you can get let them not  
be too ripe and to every pounce of Gooseberries take 2  
pounces of sugar and dissolve a pounce of it in water  
and set it on the fire to boyle and when it boyles up put in  
your Gooseberries and keepe them on the fire with  
an easie heate till you see them tender then take  
them off the fire and let them stande till they be  
cold in the pan and then put them in your glass or  
Glasse and so let them stande a day and a night and  
then dreayne the Sirupe from them and in y<sup>e</sup> Sirupe  
put the rest of y<sup>e</sup> sugar and put it to y<sup>e</sup> fire to  
boyle and when the Sirupe is boyled up put in  
your Gooseberries and let them boyle a while till  
you see y<sup>e</sup> Gooseberries be cleave then take them off  
y<sup>e</sup> fire and let them stande in the pan till they  
be all most cold and so put them up

to dry Cherries

take a pounce of ~~sugar~~ sugar and make a Sirupe then  
weigh a pounce of Cherries and boyle them with it  
they be tender then take them from y<sup>e</sup> fire and let  
them stande 3. days in y<sup>e</sup> Sirupe then take them out  
and lay them out by one on a sicke and put them  
on a Deane sicke every day till they be dry before  
they be boyled put out the stones

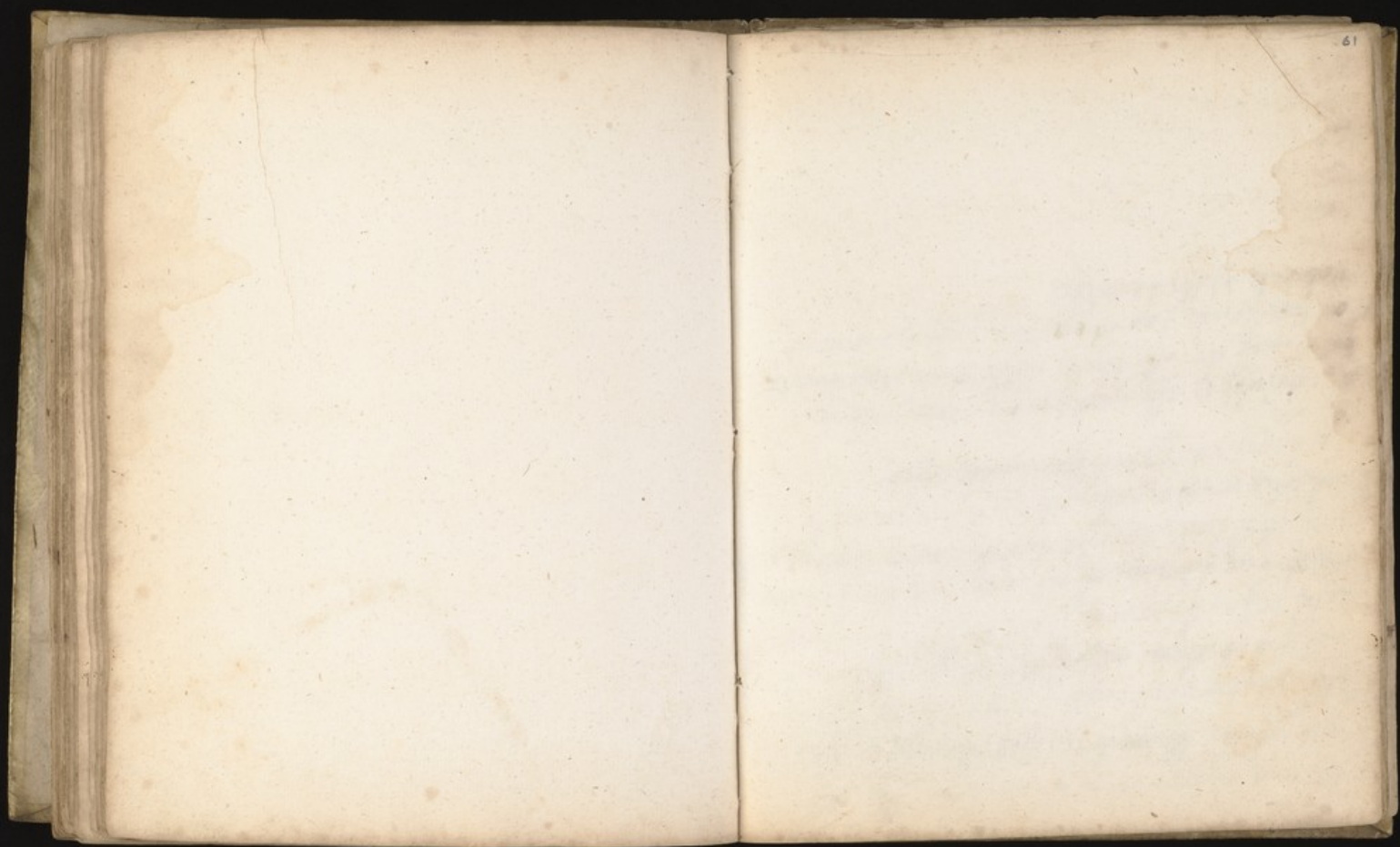
to preserve oranges

take oranges y<sup>e</sup> be without spots and cut them in halves  
and take out y<sup>e</sup> meat save them as thin as you can  
steepe them in faire running water 3. days and shift  
them 3. times a day and take one pounce and a halfe  
of oranges and 30. pints of stronge brine y<sup>t</sup> will barre an  
egge set it on y<sup>e</sup> fire and when it is ready to boyle put  
in y<sup>e</sup> oranges and let them boyle 2. or 3. whiles then  
have fresh water ready in an other Skillet and set it  
on y<sup>e</sup> fire and when it begins to boyle take them out  
of y<sup>e</sup> brine and put them into it to let them boyle till y<sup>e</sup>  
water be Colored then shift them in 4. waters more  
after the same maner then take them out of the last water  
and crape off y<sup>e</sup> skin y<sup>t</sup> is on y<sup>e</sup> inside of them and to a pounce  
of oranges put a pounce and a quarter of sugar boyling it as

follo with take on pint of faire water and put  
to your suger and when y<sup>e</sup> suger is dissolved and  
ready to boyle put in y<sup>e</sup> oranges and when they are  
boyled y<sup>e</sup> they are cleave and tender put in y<sup>e</sup>  
rind of y<sup>e</sup> oranges picking out y<sup>e</sup> kernells  
Let them boyle 2. or 3. houres then take them  
of the fire and put them up.

Folio's 51r to 61v are blank





manns Chirsh then shew your Juger on  
 the plates the bread of a six pence you  
 must let them also sell they be through  
 cold before they are piced of the lozenges  
 are shew for men or women but for a child  
 you must take les of every thing as is afore  
 said this must be followed a whole year the  
~~lozenges receyved for the drink~~  
 this drink is also good for the yveer sicke  
 you may drink three days once in a month  
 of this drink for the green sicke but must  
 not take of the lozenges

Take about halfe so much and drinke halfe so much  
 from take of the best piony root cut three pieces  
 three of each. Use them up in a suffery bag  
 poked full of holes hang it as near the  
 patients harte as you can  
 The Lozenges for the falling sicknes  
 Take a pound hand sugar beat it very fine then  
 take of Synces Candy, seeds and Cardamon seeds  
 of each a pound full drinck them all and put them in  
 to the sugar of blake pepper white pepper and  
 longer pepper of each a dramme and halfe a pound  
 full of the other sort of sugar the quantity of halfe  
 a vaze of wine grated and as much of the best sort  
 of piony roots grated as will lye upon a hilling and as  
 much of the yokes claw then drake a pound full of  
 the same of for yasal and take a quantity of muske  
 and hie it in a pound lawne bag and lay it to the sugar  
 in a few hours then take that they are not enough  
 sugar with it if you think that be not enough  
 you may take a little more then sift on a chuffin  
 dish of case and boyle it to the height of

for an ophracie  
 Take the radish roots of a wale deer shew  
 small and boyled in barrowes grate to a fleshy  
 and drye the gunt grained  
 a quantity for the falling sicknes removed  
 Take a quart of the best piony 3 pound of single  
 piony roots the case is much the other sort wash them  
 and the root washed then the other sort wash them  
 and dry them then wash them very cleane then  
 powder them very small then take 2 granes of  
 muske and hie it in a little cleane cloth of them will  
 be gather in a cankin pot and let them stand  
 for five days for a candle for a man or a  
 woman of piony roots then straine it through  
 it very hard then you will drinke it halfe  
 the bozell you may take a quarter of a pint  
 in the morning fasting and as much at night  
 weight the next thing you take after it must  
 be one of your Lozenges but a chuffin must

A general drinke against a collic  
 Take an ounce of french barley and boyle it in several  
 waters till it be clensed then put it into three pintes  
 of faire water and add to it of liquor trewe penyng  
 and small cotts foot betony and rymaspe of each  
 a handfull of licores sliced in ounce of venjous of  
 the soustred and fidge small cut of each a hand  
 full a pint or two sliced boyle this till a hand  
 full be washed and having strayed it  
 sweeten it with a quarter of pounde of brow  
 sugar candy take three or four times a day  
 at a time about ten and four of the cloake  
 to give a hoys for a collic  
 A little warme  
 Take hors pice of pimpernell beaten tympuride in penment  
 The same beaten brown sugar candy a ounce affron on  
 ricinowall salt of tart a penyng or two to make a quarter  
 of a pounde to be made in a penyng or two mixed  
 In all give it in a penyng of melle or styrne he if you  
 want of gill melle

To make mustards  
 Take a pint of the best mustard seede and lay it very  
 well to dry in the sun or in an oven after break in  
 is drawne and being drawed cleane from head it to a  
 powder in a mortar very well drawed through  
 a lawne sieve then put it into a gallynoff must for  
 as much white wine may be as will wet it so  
 Let it stand and it will grow thicker and taste  
 and be very good for halfe a year  
 for a great cough or collic  
 Take a quarter of a pint of syre water a penyng all of  
 the power of brimston or brimston beaten very  
 fine a penyng full of brown sugar candy put all in  
 a gallynoff to dryer and when you have enough make  
 the gallynoff and drinke a gallynoff thereof

an excellent receipt for the scurvy  
 Take scurvy grosse water cresses: wounwood  
 honey and white wine vinegar a litle to make  
 it tart, boyle them together in running water  
 and drinke of it in the morning fasting and  
 at four of the clocke in the after  
 warme it: and wash the mouth often with it  
 drinke this a month or six weeks together  
 and then the diet drinke  
 this diet drinke is to be taken at wales  
 and all other times  
 Take of regions of the sun cut and stoned a pound  
 and a quarter: whose curvey grosse leaves  
 handfulls owners of orate roots cut into fine  
 pieces. Assafoetida ounces. honey the same  
 in a vessel of glass. and gallons of melle set  
 the stoppe it close and after a weeke drinke it  
 sooner if the weather be hot. you may drinke it in  
 water if you please if you drinke it waxes not  
 enough into the next on ounce of sea and  
 halfe an ounce of Rubarb with a handfull of  
 wales  
 w head brare cut the wales in very thin  
 slices

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 Take a very fath peice of beete powdered and boyled  
 very well then take a good quantity of y<sup>e</sup> best  
 brook shagwe it and put it in a linnen cloth  
 of red rose water and beat them well together  
 and wale and wale y<sup>e</sup> good begins to stink  
 any way them 2. or 3. times a day with it until  
 they be cleane gone of and when y<sup>e</sup> party is well  
 put them in a breake of leane powder beete  
 and mingle it with white wine and so wash  
 y<sup>e</sup> face therewith and it shall bring it to a good  
 nes as it was before and by noe means keepe y<sup>e</sup>  
 bread or head the best  
 Take a good quantity of y<sup>e</sup> best  
 shall not be scarce

for a yen and web in y<sup>e</sup> eyes  
an ayrowed methen

take a poull of hony and poull of whet  
lugur candy and beat it to fine powder and a  
poull of red rose water boyle all this together  
and scume it away at a litle into y<sup>e</sup> eye at once

to make y<sup>e</sup> face faire

take betony flowers and sooth them in white  
wine with which wash your face if you drinke  
it it will make you have a sweet breath

for head in y<sup>e</sup> face

take marigold leaues bruise them and put them  
into crente and boyle them till they be very  
thick then put them in a cloath and hang it up  
and y<sup>e</sup> face will run from it like an oyle which  
I use and y<sup>e</sup> face in a y<sup>e</sup> and keep it all y<sup>e</sup> year

for head and scurf in y<sup>e</sup> face

take a y<sup>e</sup> of cream as face as can be scummed  
and take a good handfull of camomille wash pickle  
and shred it very small then give it to cream  
and let it boyle very softly till it come to an oyle  
and never stire it after the putting in of y<sup>e</sup> herbs but  
scume it cleane after you see it come to an oyle  
on y<sup>e</sup> boyle then let it boyle some how softer then  
straine it throu a fine linnen cloath and a nayve  
ye face ther with

a very precious worder for y<sup>e</sup> eyes

take small ear funnel rue eyrimony betony scabious  
sage y<sup>e</sup> impernial still this together with a litle wine  
of a childe and s<sup>e</sup> grains of frankensence and drage  
ye water every night into y<sup>e</sup> eyes and they shall  
have sight God willing

for on y<sup>e</sup> is thicke of hearing

take a garden dasic roche and make fine Hurf and  
laye downe y<sup>e</sup> worder side of your head and drage 3  
or 4 drops into y<sup>e</sup> ear but am this doe 7 or 8 days  
as you see cause

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 To make a kinde for all manner of fevers  
 and for impostumes or for what manner  
 of sickness is in mans body.  
 Take reynard, hyssop, violet, veruain, herb stein  
 red, plantain, sage, fennel, fennel, fennel  
 and wash the herbs cleane and put them into a mortar  
 and bruse them a litle then put them into an  
 earthen gill as was neuer used and put them to  
 a gallon of white wine and so let it stand  
 all night by the fire of being close covered and only  
 now and then shake them till they come to 2 quarts  
 and let it rune throo a cleane sieve from you  
 it into a cleane vessel and cover it with lye  
 Take use this drinke first and last 3. days together  
 at evening half and at morning cold every day  
 and night half and they shall be whole  
 by the grace of god  
 for sore eyes  
 Take culivaine and fishill and dreye into y<sup>e</sup> eyes  
 3. or four times a day.

for an ague  
 Take a good quantity of nettell, dopes or when you  
 cannot coupe by them take y<sup>e</sup> roch and strange them  
 and strain them and take as much inwardly as you  
 think good and put them together and make it  
 like to a wine and drinke of a litle before your bed  
 till comes a good draught this shall be proved  
 in y<sup>e</sup> eye  
 Take an eye and rest it very hard then with it a litle  
 in y<sup>e</sup> water and take out the yolk and fill it with honey  
 and add the alburne burnt then shagrie if in a cold very  
 small shell and all and dreye y<sup>e</sup> water y<sup>e</sup> comes from it  
 your eye.  
 An especiall water for a yere and word or any thing  
 growing in y<sup>e</sup> eye or y<sup>e</sup> yere in them.  
 Take culivaine and fishill and dreye it in a cleane  
 glass by the sides and put it in a yere of y<sup>e</sup>  
 other for dreye and y<sup>e</sup> as much copiers into y<sup>e</sup> glass as  
 shall suff and when you have cause to use it put a  
 of it into y<sup>e</sup> eye morning and evening and evening  
 in may.

for y<sup>e</sup> plague or an ague  
a rare water

take a gill of white wine and ~~the~~ these herbs following  
dragons red sage wormwood veruena mugwort  
gingerwell rue agrimony coltsfoot of each a  
handfull of rosmary 2 handfulls a lisse of chirentian  
roots sliced very thyn and wash y<sup>e</sup> herbs and dry  
them and brise them and put them into y<sup>e</sup> wine  
at houers and put them into a new caldren  
y<sup>e</sup> close covered and shue them sometimes then  
crush out y<sup>e</sup> herbs and still them by theungles  
for y<sup>e</sup> water is for y<sup>e</sup> plague that shill y<sup>e</sup> wine by  
it y<sup>e</sup> water for y<sup>e</sup> ague taken when you  
put y<sup>e</sup> wine into y<sup>e</sup> still take 2. poundfulls of  
graines of muscadagon and take 6. poundfulls  
of at a hunc blood warme wher y<sup>e</sup> still could  
and an houre after take a lisse y<sup>e</sup> of drinke

for y<sup>e</sup> ringles in y<sup>e</sup> face

take a handfull of y<sup>e</sup> same leaves a handfull of walowes  
or brashly haffe a handfull of y<sup>e</sup> same field as much shrews  
leaves ther must be this quantity when they are picked  
cleane then take a gill of wine with the foam y<sup>e</sup> cover  
and put it into a still with y<sup>e</sup> same herbs untill it have  
droyed a quart then let it rume no more you may  
keape it all y<sup>e</sup> year for your use in ague the best  
time to still it is in may  
for a flux  
take y<sup>e</sup> powder of red roses and dry them in an oven  
after bread is drawn and strege them in red wine  
and cast y<sup>e</sup> said powder upon a hot next with  
suger in a non and mingle and so eat it  
for on that y<sup>e</sup> it dr blood  
take y<sup>e</sup> Juice of betony and dronger it with goats  
milk and let y<sup>e</sup> party drinke 2. or 3. times a day

for a plague sore  
 take y<sup>e</sup> yolke of an egge and hyperichine herb and flower  
 of each as much in quantity as y<sup>e</sup> yolke of an egge 6  
 floures of saffron beat thes and mingle them w<sup>th</sup> to  
 gether and make them into a salve without fire and  
 this will cleave y<sup>e</sup> sore  
 to breake y<sup>e</sup> sore  
 add to it half a lye roote red and halfe an ounce  
 roshal as much boyle as a water and mingle and  
 remove it once in 24 hours  
 how to let on blood that a plague sore  
 if a plague sore begin to ache and shott under y<sup>e</sup> arrie  
 open a name on y<sup>e</sup> same side near to it breake y<sup>e</sup> liver  
 name if it ache in y<sup>e</sup> necke then open a name in y<sup>e</sup> same  
 side for y<sup>e</sup> head y<sup>e</sup> weene y<sup>e</sup> head name and if it ache in  
 y<sup>e</sup> vine or the thigh then open a great name in y<sup>e</sup> side  
 on y<sup>e</sup> same side  
 a greivous sore for y<sup>e</sup> plague  
 take wine and y<sup>e</sup> kernel of a walnut and buy salt  
 and put it into a figg and make it in a morning fasting

9  
 a weaken y<sup>e</sup> Lord nader had many  
 queen which is a most precious medicine  
 for y<sup>e</sup> plague and much y<sup>e</sup> proved  
 take a handful of sage elder leaves red vranble  
 leaves stamye and shrome then together through a  
 cloth with a quart of white wine then take a  
 quantity of white wine unger and mingle  
 together and drinke thereof in a morning a  
 pound full of sage together and y<sup>e</sup> shalle whole  
 a month allye excellent medicines for y<sup>e</sup> plague  
 there is none more worthy and available then  
 this and when y<sup>e</sup> sore doth apeare then take  
 a corde chym in a quill and let y<sup>e</sup> runge  
 to y<sup>e</sup> sore and let it gage and labour for life  
 and here and se take another and so a shalle  
 draue out until y<sup>e</sup> last chedun with time  
 when y<sup>e</sup> venum is out and y<sup>e</sup> sore as y<sup>e</sup> sore  
 and y<sup>e</sup> party will recover

a most precious ointment called  
 Hoie unguentum  
 take rosin and grev rosen ha of each half a  
 pound new wax and frendling of each a  
 quarter of a pound of washcke on ounce  
 hart's just a quarter of a pound campher 2  
 drames, these are to be melted and made in  
 a fine powder and cooled in a fine  
 and boyle them over a fire and strain them  
 through a course cloath into a yoffe of  
 white wine with all these mixed together  
 then let it boyle till y<sup>e</sup> wine be almost consumed  
 and then let it coole y<sup>e</sup> it be no hotter than blood  
 warme then put into it a quarter of a pound  
 of turpentine ever stirring it till it be through  
 cold but be sure it be no hotter than blood  
 when y<sup>e</sup> wax is melting turpentine for it  
 be to soft if want all and make it as in  
 rosin and keere it for your use for it  
 is y<sup>e</sup> best and precious salve y<sup>e</sup> can be had

The virtues of y<sup>e</sup> salt ointment  
 called Hoie unguentum  
 it cureth all wounds new or old if it is new  
 it cures and healeth flesh more in a  
 then others doe in a wound it is useful  
 conyent to be in a wound or ill place  
 ring either it is good for y<sup>e</sup> head ach or  
 ringing in y<sup>e</sup> braine and for all achs in y<sup>e</sup>  
 head and for all impostumes in y<sup>e</sup> head or  
 body or swelling in y<sup>e</sup> eares, pockes in y<sup>e</sup> face  
 or swelling of the face out of a thorne or broken  
 bone this very good for any thing y<sup>e</sup> is in a  
 wound it is good for y<sup>e</sup> biting of venomous  
 beasts if healeth matter of bestes it is good  
 for a cancer it draweth out all matter of  
 others out of y<sup>e</sup> liver or spleen the  
 it draweth out all matter of bestes  
 it healeth y<sup>e</sup> emoroids and is a good  
 leucocoria for gouty achs and y<sup>e</sup> fistul  
 pockes it is good for boyls in y<sup>e</sup> members

to make a phlegm  
 take three ready quantity of chaste wite  
 mingle y<sup>e</sup> same well with a spoonfull of sherry  
 water and so put in y<sup>e</sup> sherry water till  
 you have put in a quartre of aynt then put  
 ther into a quartre of aynt of sordill water  
 and as much burnest water on ounce of  
 syngie of witts as much as water of lemon  
 or syron) more these waters are all for  
 hot diseases if you will make a phlegm for  
 cold diseases you must put in red witts as  
 have made - evenges in yore and witts for  
 y<sup>e</sup> is for cold diseases if it be for an y<sup>e</sup> is in a  
 hot disease it must be witts but if it be for  
 cold disease it must be witts and let  
 y<sup>e</sup> the phlegm take a spoonfull of aynt  
 freshing 2. hours and then give him more  
 but if the phlegm have a cold stomach you may  
 put in a spoonfull of balme water or some other  
 sherry water

to make avarables  
 take gallingall cloves cubbs wate nutmegs ginger  
 mastic of cardimony 3. drams of gume of alliac  
 aynt mingle it together with y<sup>e</sup> ad fure heat  
 being in powder and with a quartre of aynt  
 and 3. pintes of good white wine then put this in  
 a shell of glasse and let it stande all night in y<sup>e</sup>  
 morning with a quartre of fine as can be this water  
 dispices all quintactions of y<sup>e</sup> long without any  
 greivances and also it healeth y<sup>e</sup> long if y<sup>e</sup>  
 greivance and y<sup>e</sup> strength not y<sup>e</sup> blood to y<sup>e</sup> but  
 increased y<sup>e</sup> same so y<sup>e</sup> shall not need to be lit  
 blood and y<sup>e</sup> thus wate y<sup>e</sup> strength not y<sup>e</sup> heart to be very  
 small and y<sup>e</sup> it doth excell y<sup>e</sup> same wate y<sup>e</sup> and y<sup>e</sup>  
 y<sup>e</sup> strength y<sup>e</sup> stomache if y<sup>e</sup> strength y<sup>e</sup> in his  
 owne estate and makes a good color if y<sup>e</sup> strength  
 y<sup>e</sup> and wate y<sup>e</sup> and y<sup>e</sup> strength y<sup>e</sup> in y<sup>e</sup>  
 and for in wate y<sup>e</sup> strength y<sup>e</sup> wate

Gasconne powder

Take 2 ounces of crabs eyes 2 ounces of y<sup>e</sup> blacke  
fige of claus for this is the nature of the work  
Take an ounce of y<sup>e</sup> powder of y<sup>e</sup> fige and one ounce of  
y<sup>e</sup> powder of red corall on ounce of y<sup>e</sup> powder  
of harts horne on ounce of powder of white  
amber mixe it well make it up in bales with  
sely of kents horne where in you must infuse a little  
of y<sup>e</sup> powder of gold in it and keepe it for  
your use after they are fully concocted and made  
Let them stande 3. or 4. dayes in y<sup>e</sup> sun till they  
be thoroughly dry then keepe them in a vosome  
Take this in a fine condisally  
this powder is good to prevent y<sup>e</sup> small poxe to  
receiveth those y<sup>e</sup> falling into a contagious humour  
taken in time it provokes a sweat from all  
degrees of infection it continues on in health and  
conscience of another here of at 80 years hold his  
health and complexion exceeding well is a graine  
of this powder in a quart of cold drinke or  
of this drinke is sufficient for y<sup>e</sup> extreme of sickness  
or it works without any violence to nature and is good  
for y<sup>e</sup> plague and may be given to a child

an approved medicine for a cough

take halfe a pint of layse water 4 ounces of  
brewers sugar candar 4 figs sliced in small peeces  
as you will of muskeds powder halfe a nutmeg  
beat y<sup>e</sup> nut dres in y<sup>e</sup> hysore water and in a close pot  
let them infuse in a skillet of utring water and  
straine by a fine to keepe it hot but not to boyle them  
strongly draw and make a y<sup>e</sup> full filter of any  
substant cold and at night or any time when y<sup>e</sup>  
cough comes upon you and you may take the  
figs and veagons they are good for y<sup>e</sup> stone

an approved medicine for y<sup>e</sup> stone

by y<sup>e</sup> lady richmond  
take y<sup>e</sup> yellow of y<sup>e</sup> wall and brewe flowers  
and still them and drinke of it fasting when  
you feele y<sup>e</sup> paine and when you be whole  
drinke of it some three 3. dayes together



to make y<sup>e</sup> best pomatum  
 take halfe a pounde of Lambes taffrey kidney of  
 whitest you can get take all y<sup>e</sup> skene cleane away  
 from it when cutt it small and wash it in so many  
 waters y<sup>e</sup> water will come away cleane then  
 beate it in a cleane mortar then put it in a laye botte  
 and put halfe a pint of Amasbe royl water and  
 halfe a pint or a little more of cleare water then take  
 3 poundes y<sup>e</sup> y<sup>e</sup> and covered and quartered from  
 shake in y<sup>e</sup> ayres a quarter of an ounce of cloves and  
 so put them into y<sup>e</sup> water with 3. ounces of muske  
 then take halfe an ounce of y<sup>e</sup> best best storax and  
 halfe an ounce of bingiamen and put them in y<sup>e</sup>  
 G. S. and y<sup>e</sup> ayre in a y<sup>e</sup> of water and beate it  
 in y<sup>e</sup> ayce of 3. hours then straine it throgh a  
 cleane cloth white it is now halfe then let  
 it colde by it juste have take of y<sup>e</sup> cage and cut of y<sup>e</sup>  
 till it be y<sup>e</sup> bottom then take halfe an ounce of  
 oyle of tartre and kaffe an ounce of oyle of ben  
 and droye it a month y<sup>e</sup> taff into y<sup>e</sup> mortar and  
 beat it in newe together then make it up in  
 boxes for your use

an excellent yring He to dens and  
 purge the body in y<sup>e</sup> yring  
 take 4 gallons of new Ale newly cleved a  
 pecke of curring y<sup>e</sup> stalkes pick out then  
 strange and straine out y<sup>e</sup> face and put into  
 y<sup>e</sup> ale yellow Rodee Roots on handfull sevir and  
 licid and y<sup>e</sup> pith taken out a good handfull of the  
 herbs following cormony bithony scabious and water  
 Cresses bristell thes together in a stone mortar  
 then adde therunto 5. ounces of y<sup>e</sup> 2. poundes of  
 and y<sup>e</sup> roots brewed 3. vases of genger licid y<sup>e</sup> all into  
 a bagge and let it hange in y<sup>e</sup> ale. and after 3. or 4  
 daye drinke therof twice or thrice aday as you  
 finde it to worke some will drinke it at 7 a clocke in y<sup>e</sup>  
 morning and at tenninge four more and at 4. in y<sup>e</sup>  
 after above for this a layne our digestion as you shall  
 will give you leave of your stricke will beate it  
 some can drinke as much of this as others at twice  
 libe y<sup>e</sup> some will add halfe a handfull of oxymel  
 licid and brewed and put them into y<sup>e</sup> bagge  
 a month y<sup>e</sup> other things this drinke hath ben much  
 used

these in y<sup>e</sup> body of y<sup>e</sup> cooke and low up y<sup>e</sup> vent very  
 close and stue it in 4 quartes of running water and  
 it come to 3 pintes and let it be done in an earthen  
 pot being put into y<sup>e</sup> water a quart full of whole  
 admetate a handfull of uny<sup>e</sup> of hme then strain it  
 through a cloth and strangle y<sup>e</sup> cooke in a stone mortar  
 and strain hme through a strangle cloth and take  
 12. poundes in a morning fasting being warm and  
 fast 2. houres after it and as much at 4. of y<sup>e</sup> doke  
 in y<sup>e</sup> afternoon and after it

An allmonde milke for ony is weake or in a  
 consumption by Doctor Reals direction  
 boyle these things following in a new fennell rook  
 of gillyflowers wood sorrell comen sorrell &  
 gillyflowers roots burage roots wood sorrell comen  
 gillyflowers seeds of calabash  
 gillyflowers well and cowcumers seeds of calabash  
 gillyflowers boyle with a chinking and make  
 a quart of breake take a pint of this breake with an  
 ounce and halfe of allmonde blancht sweeten it  
 with suger candy and a quart full of rose water  
 make in allmonde milke and let y<sup>e</sup> patient drinke  
 a quart or a pint every morning and as much  
 but 5. of y<sup>e</sup> doke in y<sup>e</sup> afternoon

A Clensing urley  
 take of urley Clarified with gallynol and tops of  
 wilde hore 7. ounces of y<sup>e</sup> leaves of greene  
 Scumigraze 2. handfulls of henke raskin roots  
 on y<sup>e</sup> and let them be brewed and strain  
 gently and so put into y<sup>e</sup> water take 3. ounces in y<sup>e</sup>  
 morning be hme and as much 3. houres  
 after and a hand draught 2. houres before supper  
 as much if y<sup>e</sup> own strauke will beare it  
 an excellent receipt for a consumption  
 on y<sup>e</sup> is very weake by Doctor Reals direction  
 take a red cooke about a year olde salt and y<sup>e</sup> all it  
 and take out y<sup>e</sup> cuttills then put into y<sup>e</sup> belly colts foote  
 marden haire and uny<sup>e</sup> of y<sup>e</sup> hyssope of a handfull  
 4. gillyflowers roots 4. fennell roots 3. cowcumers  
 y<sup>e</sup> handfull of greene and comen roots of each  
 2. ounces and let them be steeped all night in water  
 the cooke must be shued with 4 ounces of reason of  
 the son shored 6. figgs 6. dates open hme and take  
 out y<sup>e</sup> cuttills kind of y<sup>e</sup> son a pound weight y<sup>e</sup> all





Lucanilles oyle or Bassone

take 3 yms of y<sup>e</sup> best sallit oyle s. or 6. s. of sulf<sup>r</sup>  
 of sacke mingle it w<sup>th</sup> together in a litle pan with  
 on yonnde of nance hyspenme of y<sup>e</sup> best w<sup>th</sup> well washed  
 twice or thrice in rose water adde therunto halfe a ymnde  
 of yelloe waxe then put them affogher into y<sup>e</sup>  
 pan and boyle them for an houre and halfe with  
 a temperate fire then put into it on ounce of y<sup>e</sup> best  
 red sanders and boyle it agayne till it come to a y<sup>e</sup>st  
 of yment

The vertues thereof

it is good to heale any wounde inward or outward  
 bnt shuld be used in y<sup>e</sup> inward wounde and being  
 applyed to y<sup>e</sup> outward wounde with fine linc amyng  
 also it is good about y<sup>e</sup> throat only ~~to be used~~ ~~to be used~~  
 name but it is good about y<sup>e</sup> throat inward and outward  
 forth also broken horse or any other thing of might  
 y<sup>e</sup> linc or y<sup>e</sup> horse so y<sup>e</sup> braine of inwardly of y<sup>e</sup>  
 hant be not troubled or y<sup>e</sup> guts or liver it will heale  
 in four or five houre anysing so y<sup>e</sup> no other thinge  
 to applyed

2. it healeth any burning or scalding bruse or cutt being  
 first anoynted with y<sup>e</sup> oyle and aplice of linc clothe  
 or linc stoppeling y<sup>e</sup> same being warmed and layd to y<sup>e</sup>  
 y<sup>e</sup> place it will heale without any scare or annoynting
3. it taketh away any graine or grete growen by reason of  
 cold or aker it y<sup>e</sup> bones or sinews first annoynting y<sup>e</sup>  
 place as above said with y<sup>e</sup> oyle and a warme cloth layd  
 upon it.
4. it healeth y<sup>e</sup> head ache by annoynting only y<sup>e</sup> temples  
 and nostrils therewith.
5. it is good for y<sup>e</sup> wicke collicke or shak in y<sup>e</sup> side applyed  
 therunto with warme clothe; morninge together  
 during a quarter of an houre
6. it is good against y<sup>e</sup> eyen and healeth a w<sup>th</sup> falling  
 y<sup>e</sup> quantity of an ounce therof in a litle sacke
7. healeth y<sup>e</sup> byhing of a made dogg or any other beast  
 y<sup>e</sup> good annoynting ~~of y<sup>e</sup> good annoynting~~ annoynting only  
 y<sup>e</sup> nostrilles and y<sup>e</sup> linc in y<sup>e</sup> morninge

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To make Symplic of Symplics or Symplics of Symplics  
 good for a cough or cold  
 take Symplics or Symplics and Symplics  
 from and beat five Symplics and Symplics  
 on y<sup>e</sup> bottom of a quater dish and then lay  
 some of y<sup>e</sup> Symplics upon y<sup>e</sup> Symplics and  
 then Symplics and Symplics and Symplics  
 so as they are of Symplics and Symplics  
 set it in a vessel or some vessel that is  
 will be a Symplic y<sup>e</sup> next morning take as you shall  
 of this when you goe to bed or ho<sup>1</sup>

A Symplic for the Symplic to open it  
 make Symplic it  
 take 2. Symplics of Symplics Symplics and  
 infuse it in white wine over night and y<sup>e</sup>  
 next morning shere it well and take it but  
 put in a little Symplic of Symplics to it  
 another Symplic to carry a way colder  
 take 6. Symplics of Symplics Symplics and  
 folloge in y<sup>e</sup> vessel together and y<sup>e</sup> next morning  
 wine or Ale when you take it in y<sup>e</sup> morning  
 must not stryge it, take heed of taking cold

A medicine for the white in the side  
 take acorn cups and Symplics in an oven and  
 or in y<sup>e</sup> Sun, and take y<sup>e</sup> powder in wine it is good  
 for y<sup>e</sup> white or other y<sup>e</sup> Symplics  
 a medicine for an impostume in y<sup>e</sup> body  
 take some hors dunge that comes from y<sup>e</sup> hors  
 which is kept at hors and y<sup>e</sup> water is grate but  
 powder, take a handfull of it as fresh as you can  
 get it, if be best frauy hors see much y<sup>e</sup> better  
 and straine it with white wine and drinke it  
 every morning

To make barley water,  
 take french barley and boyle it in 2. or 3.  
 waters till y<sup>e</sup> water doke not looke red  
 then boyle it with reasons of y<sup>e</sup> Jon stoned  
 and when it is enough, straine it out and  
 sweeten it with Symplic, and y<sup>e</sup> next in a glass  
 of water, in y<sup>e</sup> hand y<sup>e</sup> Juice of a Lemon  
 if you would have it very cooling

a medicine for the cough  
 take unaloupe root and brimsom beat them  
 very fine and seer them then mixe them with  
 honey and take of it morning and evening ʒ quantity  
 of a waflant, but if they have a rume shew  
 powder of muske and enough if and if redyck,  
 take powder of olive stons or powder of  
 cherry stons and drinke it in the and it is very good  
 to give all manner of swellings and breaks  
 horse omeate and wallows in winter and  
 white like rook for bruise and boyse it with  
 omeate and wallows, and water if is boyse  
 strike agly if holl to ʒ sore when it is broke  
 put in four howe into ʒ gaffice and dres it  
 2. or 3. times with it before you use gaffice for  
 take away ʒ wallow.

another purging she to be taken in the spring.  
 take of ʒ roots of mounds Ruberbe and red madder  
 of each half a pound, ʒena 4 ounces, ʒ some red  
 and licorise of each 2. ounces, ʒ labious and  
 Agrimony of each handfull, ʒlice ʒ roots of y  
 Ruberbe bruise ʒ some seeds and licorise, ʒ breake  
 ʒ herbs with your hands, and put them into a  
 stone pot called a sheare, with 4 gallons of strong  
 Ale to steepe 3. days, and then straine it as you  
 ordinary drinke for 3. weeks together if longer  
 you drinke it if better growing on a new choker  
 but if you put it into a wooden vessel and put all ʒ  
 ingredients in a bag this is ʒ best way. ʒ wallow  
 taken in a sheen, you must keepe agood drinke when you  
 take this medicine  
 the virtues of this medicine  
 it cureth all the diseases of the liver and  
 breaking out of ʒ white hole, it purgeth ʒ blood  
 prevailing against ʒ green sickness, and all agitations  
 or stayings, madder young madders looke fair and  
 well colour, and breake down ʒ stony ʒ seeds  
 of this madder ruberbe, must with ʒ seeds of ʒ wallow,  
 In red wine, it cureth ʒ bloody flux, and is  
 very purgative!

Mr witherings spring the good to Venus  
 the blood excellent for y green siders  
 and all other the cases whad lower  
 take 2 ounces of Jallapras 2 ounces of ~~the~~  
 Jallagerilla 4 ounces of English Scorrish  
 Cuff 4 ounces of Amseeds 4 ounces of  
 sweet fench seeds. brise y seeds 3 ounces  
 of hermodax cuff, on ounce of Sleekados,  
 50 ounces of Lemna, on ounce of turbit  
 brisel, on ounce of ruberbelitt, 2 ounces  
 of Englishmen, on ounce of Agarid. steepe  
 these in a bagg in 4 of Ale for 4 days when  
 at 5 o'clock in y morning drinke a quart  
 quant. and keepe after it, but if you will  
 wulde a broad fagy but kisse againe at 5 or 7.  
 in y morning as much at 11. and at 4. in  
 ye after noon, wemen need not take but twice  
 a day of it, at 7. in y morning and at 4  
 in ye after noon

a wine to stay vomiting and to strenghen  
 the stomack also gills to purge y head and stomack  
 take of Kiany sacke 2. quarts, peregared shade  
 2. ounces, and put them together into a great  
 glasse with a wide mouth. take of comande  
 wormwood, a like quantity, and hie a few  
 about it and so hang it in y glasse and stoye  
 ye glasse and let it stand 14 days before it be  
 drinke of every day shinn and habring y  
 glasse, only y night before you drinke of it shre  
 it not best let it scell, and then drinke of it a  
 great wine glasse in y morning fasting, and  
 before supper as much, you may somtimes  
 shiff y wormwood and put it fresh, this wine  
 will keepe ~~ye~~ severall years.  
 take gills to purge head and stomack  
 take of Allox powdered halfe an ounce, of masticke  
 a quarter of an ounce, of dryed mercury half a dramme  
 in powder, and as much of colliverte as will  
 make it up into pills, or for wound of this use take  
 three of roses or violes or wallis, take 3.  
 or 4. of this pills before you goe to bed once in 10  
 or have 8 eggs for y space of a month.

take a little worme, scald beaten, a little brimston  
beaten and serued, ad this burnt hard horn broken  
fine, and a little burnt iron, mingle all the to  
gather and let it be taken fasting, the quantity of a  
walnutte of a time.

for the corvus

take a pint, morning and evening  
then drinke of this spray, the quantity of  
herbs, for they will require most boiling  
of y<sup>e</sup> rooks, boyle before you put in y<sup>e</sup>  
drinke, let them boyle till they be soft, but  
out y<sup>e</sup> y<sup>e</sup>lke, then put all this into y<sup>e</sup> pot  
to be rook, 3 or 4 bead them and take  
each of these a small quantity of yellow  
jorell, undine (very strange) of  
it, then take of Fenwaye any mount wood  
take shall be and will make a little spray  
for y<sup>e</sup> head ache

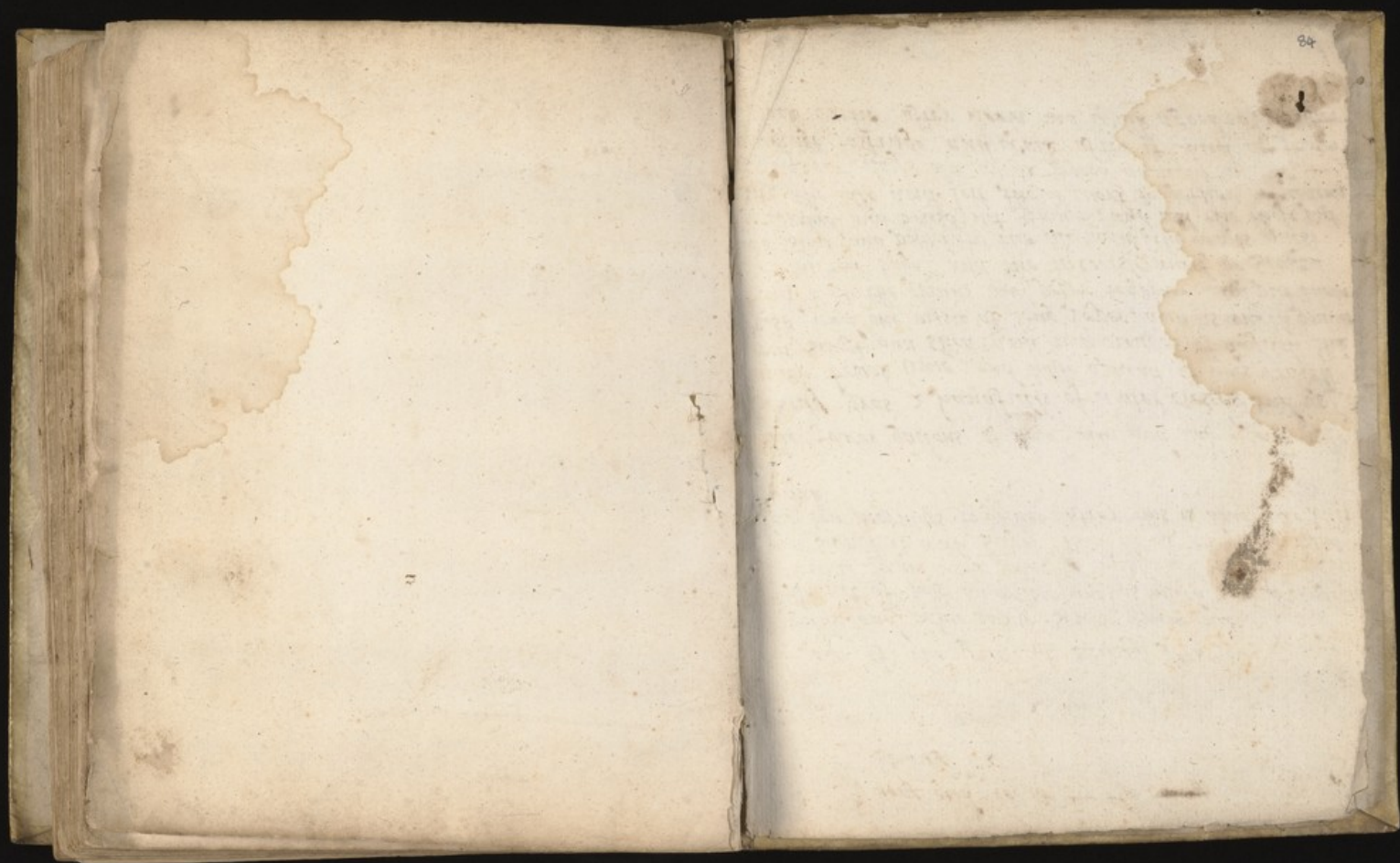
probant

for a ~~few~~ snew shynur or bruce  
take elder buds, rosigny buds, and cam anill,  
and beat them all and boyle them in cyrons  
y<sup>e</sup> year, y<sup>e</sup> elder buds must be gathered in winter  
and y<sup>e</sup> rosigny in spring, you must beat y<sup>e</sup> elder  
buds and make them through holl in y<sup>e</sup> cyrons  
greate, and keepe it till you have y<sup>e</sup> other buds  
and then boyle them altogether in y<sup>e</sup> greate  
and shynur them, and so keepe it for your  
use

to make wilde water for feavers  
take of jorell, plantane leaves, jussifide,  
woodbine, jorell, fenell, collumbrines,  
rosmery, sweet marjoram, shaberry leaves  
of each 3 handfulls, except y<sup>e</sup> rosmery of which  
only one of sicorus, of Amicquels, Coriander seeds  
Carraway seeds of each 3 ounces, of washing 2  
ounces of cloves and mace 1 ounce, steepe all  
thes in 3 gallons of water, and keepe it still in  
in a cold still,

to prevent fitts of the stone,  
 take once in a month 3. nights together an  
 ounce of oyle of sweet Almonds thus drawne  
 and drinke in the morning halfe a pint of white  
 wine with a little nutmeg, steele and suger,  
 you must put into the oylee caldar some soft suger  
 for white suger canday which you like best, when  
 you take it

but if any violent fitt doe happen take a  
 pint of soft milk or cowes milke and set it on  
 the fire and so soone as it rises up being ready  
 to boyle, put to it halfe a pint of oyle of sweet  
 Almonds, or the best oyle you can get, and drinke  
 on halfe of it, and an hour after take the other  
 halfe in a glass, this will give great ease, also it is  
 good to boyle. Jeremy in water till it looks of the  
 color of swate beere and drinke a draught of it  
 when you are in paine and sleepe after it as soon  
 as you can this is good for fitts of the stone also



If very good recruit for the Scurvy

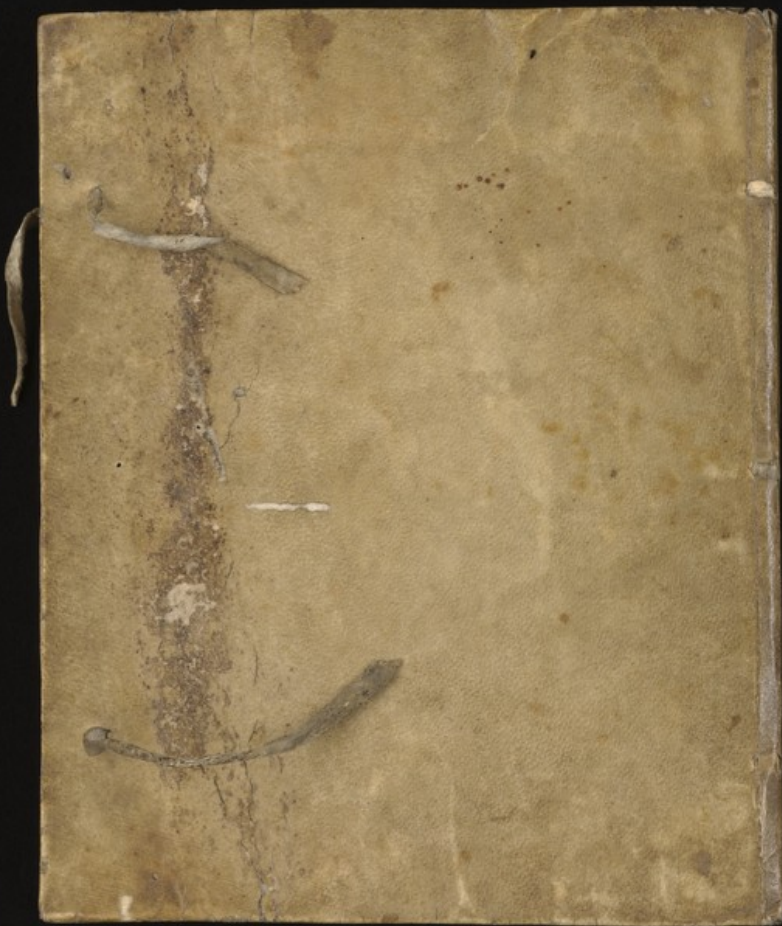
Scurvy

Take of the juce of Scurvy gras five Spune  
 fulls. and white wine seven Spune fulls. and  
 the iice of half an orange and as much Scordal ginger  
 as will lay on a six pence mingle all these together  
 and sweet it with Sugar: and drinke this quantity  
 for ten mornings together: after this is done take this  
 drink

The fouer gallons of new alle: and half apiece of  
 Scurvy gras 2 handfulls of water cresces and as  
 much brack lime: and halfe apound of hors radish  
 root scord and shid: and tow ounces of english lise  
 orish: and one ounce of long pepper. and as much grains  
 : and beat the grains and pepper together: and put them  
 into a litle bag: and the lickerish must be scordal  
 and shid and put into the ale: and the heads must  
 be washed and brusa: not stamp: and all the thog put  
 into the ale and lett them worke together: ~~in the~~  
 it is 4 or 5 days old: drinke good awright in the  
 morninge fastinge and wale after it: and at fouer  
 cloce in the after noon and wale agood wale after

M<sup>rs</sup> Jane Parker  
 her Booke

M<sup>rs</sup> Jane Parker  
 her Booke  
 Anne 1651





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