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the Receipts in this Booke 77080

- A Rare Balsom for the Palsy - 1  
A water for istick consumption or ague - 2  
A Poultis for a sore Breast - 3  
A Balsom the ordinary way - 4  
A water to wash any sore or hot eyes - 5  
A very good Rescit for y<sup>e</sup> falling sicknes - 6  
A rich cordiall water of y<sup>e</sup> countess  
of Rutlands - 7  
A salve for all manner of sores - 8  
A Jelly for a consumption - 9  
To Collex Bees the Best way - 10  
How to Make Hipocris - 11  
To Preserve oranges w<sup>th</sup> y<sup>e</sup> pulp in - 12  
To Preserve oranges another way - 13  
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A water for sore eyes - 15  
A water for a sore mouth or y<sup>e</sup> seuer - 16  
To Make Almond Milke to wash - 17



Bridgett Barber  
October the 20<sup>th</sup> 1663

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for y<sup>e</sup> green sickness or fits  
mis milks yelow sake most excellent  
an excellent sear cloth for old pams or aches  
a reserpt for a scall head  
a water for a fistulae mis milks  
etc other mis got away  
of purg to dry up humours  
for a heat or paine in y<sup>e</sup> head  
it perfume to burne

A Rare Balsom For y<sup>e</sup> palsy 2

Take 2 lb of very strong spirit of sake  
in ffusel in it one pound of imperitory  
sarsaparilla: and castoreum of them each  
halfe an ounce bruse all this a lillle  
Add to a hand full of ordinary Laban  
dor flowers Rose mary and sage flowers  
one hand full: steepe these ingredients  
in an outhen pitcher: it is well sealed in  
ye inside: stopp it with a cloth: and bladder  
very close: and keepe it in a chimney for  
now: what the day is a constant fyre kept  
if it may be allways Worms: For ye space  
of fower days and nights: soling ye pot  
often one worme ombers: shall ye pot  
twice outthrive of day all ye while: then  
take 9 drams of Camphier dissolved  
in halfe a pint of y<sup>e</sup> strong spirit  
of wine: when ye time is expired of  
on ffusel: put ye pot in a close seller  
to settel ye spirit: and when ye foall  
ye pitcher well cooled then open it  
and stir into it ye dissolved Camphier  
and spirit of wine then pefe it  
2. or 3 times through an hippotris  
Bag: and keepe it in glasse very close  
stopper: this balsum is also good to be used  
toward ye spirit: two. or. three. quarts if it will vapo  
al away: if it turn new ye head: rub it in till  
it is dry put sum of it in a spoon

This Balsom must be always  
close stoped and kept in a lock  
place. and seldom opened take for  
your daily use in little glasses when  
you use it. it must be at night and  
in y<sup>e</sup> Morning Rubbing it well  
unto y<sup>e</sup> place & forthwith. / R.

Take two or three large Bales of stone horse  
dung of a horse if it is sound and take  
down: squeeze them into flower or quail  
of white wine or strong ale: if this  
be not sufficient to make it as thick  
as pantaque batter take as much more  
as will rather put to it fenel seed and  
parsley seed of each 2 ounces and  
pound of ~~China~~ Treacle butchers broom  
live wort polli podium roots of each 2  
handfuls the al y herbs bruise y<sup>e</sup> seed  
slit y<sup>e</sup> roots mingled al y<sup>e</sup> this together  
or: with powder of ginger grossly  
beaten put all this together into an  
ordinary still and distill it very low  
ly give of this with furew of y<sup>e</sup> gold  
flowers or sugar or what you please

James Freckle



A Poultice for a sore Breast  
A sheep head an foot wool and all shil  
it and filling clutty w<sup>th</sup> brans; set it  
on in a pot boyle it well untill y<sup>e</sup>  
bones com out, then take a good  
hand full of halli hanks bands: as  
Many violet and as many Malloes  
then lay them up in a cleath and  
let them boyle with y<sup>e</sup> sheeps head  
then sum of ell y<sup>e</sup> fat and sum of  
the liquor y<sup>e</sup> head and foot was boyled  
in and put it in a skillet a bout a qua  
then take out the herbs and pour them  
in an wooden dish and put them in  
y<sup>e</sup> liquor. then put in sum of insed  
flower rose flower a litle saffron  
and soe boyle them, to gether to a  
poultice then put in oyle of lillies  
oyle of roses oyle of linsed oyle  
of oil  
then spread y<sup>e</sup> poultice on a cleath  
and lay it warme to y<sup>e</sup> breast: tuesday  
an to heal y<sup>e</sup> poultice put in sum of y<sup>e</sup>  
breath

### A Balsom

Take of Venice Turpentine one pound  
oyle of olives three points yellow wax  
halfe a pound one ounce of Naturall  
balsom one ounce of oyle of St Johns wort  
one ounce of Red feeders. Finely pow  
dered: six spoonfulls of Sacke put y<sup>e</sup>  
wax and melt it: one y<sup>e</sup> fyre and then  
for fyre it take fyre: take it of and put  
y<sup>e</sup> Turpentine to it. Having first lay  
the Turpentine in a malle rose  
water. All y<sup>e</sup> Turpentine looketh like  
Having all y<sup>e</sup> gold y<sup>e</sup> salt oyle and  
Sacke. put all y<sup>e</sup> oyle to them, and  
let them one y<sup>e</sup> fyre, and stir them let  
they begin to boyle. if the fyre be slow  
the if y<sup>e</sup> fyre be slow it wil boyle  
spedyly. then suffer it the dole for a  
right or more: until y<sup>e</sup> water an wine  
be sunk to y<sup>e</sup> bottom then make sum  
holes in y<sup>e</sup> stuff: that y<sup>e</sup> water may  
run out of it: and pour y<sup>e</sup> water ther  
from if it hath beny don soe it one y<sup>e</sup>  
fyre againe: putting to it the naturall  
balsom. and y<sup>e</sup> oyle of St Johns wort  
any when it is melted put y<sup>e</sup> sanders  
to it. and stir it well if it may incorpa  
rate it and when it first begin to  
boyle: then take it of. and stir it for  
howe or more till it be grown thick  
or quill dole then wil last 30: or 40  
y<sup>e</sup> dayes



Take: twooth all green wounds being  
Molled and powdered in y<sup>e</sup> wound, and  
a litle Lint dipped in som of it and laid  
upon y<sup>e</sup> wound: it stoneth any bleeding  
of y<sup>e</sup> nose: or any other parts: if they  
stop ther nostrils with sum of it or powder  
it in y<sup>e</sup> wound: it cures any fistula or  
ould Ulcer it cures any inward blow  
in y<sup>e</sup> kidneys: or any parts of y<sup>e</sup> body  
or any weaknes in y<sup>e</sup> backe: being drab  
as Miltch or asponfull: in six spoonfulls  
of hot carter. Morning and Evening  
for a Month to gather. it cures all  
Bruisings inwardly or outwardly  
by Molling of it and Anointing the  
place: inwardly by drinking or be-  
fore in forme. it cures the paine  
of the head by Anointing the temples  
with som of it. it is good to preferre  
one from y<sup>e</sup> plague: and small pox: if y<sup>e</sup>  
anoint y<sup>e</sup> nostrils therewith it helps all  
ould likes or odd pates y<sup>e</sup> ould swell-  
ings and for the Kings Cwell if y<sup>e</sup> they  
Moll it and Anoint y<sup>e</sup> place with it: it  
cures all burns or stabs with fyre  
water or gun powder: if y<sup>e</sup> you Moll  
the Bottom and Anoint y<sup>e</sup> burn with it  
it: And dip a white paper in y<sup>e</sup> ball  
sum And lay it upon the burne

5  
Take: an ounce of Camphir finely beaten  
then fower ounces white Copper vis beat  
on or y<sup>e</sup> other this powder is to be: Calcin-  
ed: after this Manner: take a litle blew  
pot: and put the powder into it. but before  
you put y<sup>e</sup> Camphir into it then put the  
pot one fyre Embers: stop the pot close  
with Double paper and sawdow on the  
top of it with a stone in it. to keep it  
close to y<sup>e</sup> pot: let it stand one the Embers:  
let it defoule: and when it is defouled  
let it Remaine one the Embers: but  
let them not be fresh as the first:  
it must: it must stand let it be sum  
a stone then take it out of the pot:  
and beat it small the Camphir will be  
at y<sup>e</sup> bottom of y<sup>e</sup> pot then put to it  
fower ounces of beat Almond finely  
beaten and sorted into paves then  
Moll to gather this powder must be  
stop close and use it after this Manner  
Take Wine quart of Water put it  
over the fyre let it boyle then put the  
halfe of the powder in a balon then  
put y<sup>e</sup> water stirring it to gather: and  
when it is almost doud put it in a  
glass and the will cure any sore  
with applying it And it is good for  
sore eyes being hot:



A very Good  
 Receipt for the taking  
 of the Sickness  
 Take flower ounces of dead man  
 skull flower ounces Mistletoe of the  
 oaks flower ounces of Red Swallow  
 flower ounces single penny Root flower  
 ounces of Wood Betony let all this be  
 beaten into fine powder and mixed  
 to gether it is to be taken Morning  
 and Evening five or six in a  
 spoon full of poppet ale during  
 the fits And after the fits begin  
 to leave them then against every  
 shaking of the Mops and full for  
 2 or 3 days you must give but as  
 much as will lay upon A six pence  
 in A spoon and swallowing it down  
 taking poppet in 4 spoons with  
 it and A little more poppet ale after  
 that And let them have two  
 hours after it

A Most Rich Cordial Water  
 of the Countess of Rutland  
 Take a pint of the best Aquavita Cinna-  
 mon gently beaten two ounces of primrose  
 flowers and Rosemary flower Candied  
 of Etna ounces borrago flowers Clous-  
 gill flowers of oth one hand full: Red  
 poppy flowers one hand full and half  
 put all this to gether into a glass close  
 stopp'd up if not y<sup>e</sup> least byr May on  
 for into it for the space of three  
 days at least strain y<sup>e</sup> spirit from  
 y<sup>e</sup> ingredients And it is to it A quarter  
 of A pint of damaske Rose Water  
 pour a loafe sugar half a pound  
 if you please you may take 4 grains  
 of Ambergreece Musk 2 grains: Don't  
 forgettion of Allorms and dram saffron  
 A strapp put them all in a litle sizen  
 of bag And hang in the glass



Take two pounds Andifower ounces  
of oyle of Olive of yd best. of good Red  
Lead one pound white Lead one pound  
well beaten to dust twelve ounces  
of spanish soap and incorporate  
all this together very well in and lye  
in pot: well stirred before you put them  
to boyle and when they are well in  
to evaporated. that if soap & smother  
wards put it upon a small fyre of  
coals continuing the fyre for the  
space of An hower and halfe: still  
stirring it with an Iron ball one yd  
and of astike then make yd fyre  
somewhat bigger until yd smoke be  
turned into Gray color. but you  
must not cease stirring til yd matter  
be turned into yd color of oyle or  
sum what darker: then drop of it up  
on a wooden trowther and if it stinks  
not to yd finger it is enough then  
Make it up in Rowles.

This is useful for All manner  
of Soars

7  
A Jelly for Consump<sup>ion</sup>  
If Cough is not too out pull him and make  
him fit for boylsing draw him blood  
and quarter him then take 4 pint  
of Clarred wine: and halfe pint of  
Red rose water: one ounce of Curral  
and flower ounces sugar Candy:  
fine or six dates: the pith taken out and  
three quarters of a pound of Raisins  
of the son stoned one quarter and sum  
what more of large make two Nutmegs  
sliced put all this together into a stoned  
pot if it is not too broad mouthed and stop  
it close with a Cork and cover it over  
with past: if not ayre come to it very close  
then set it into a pot with water with  
hay at yd bottom: and then boyle it two  
or three howers keeping the pot very  
close stoped: when it is boyled then let  
it run through an hipotris bag and  
take two or three spoonfull a day



to follow Beef, coven Greer  
 Take a flanke of Beef Water it  
 in pump water 3 or 4 days: shifting  
 the water Morning and Evening take  
 of the skin but let it hang fast at one  
 end: then bone it and skese it up and  
 downe And season it with salt pepper  
 Cloves Mace and Nutmegs: stirring  
 to distillation. take a hand full of  
 sage Millit lime sweet Margerum.  
 winter favory and Rosemary: Chop  
 all the herbs to gether small and strow  
 them in between the staves. then  
 Rout it like a collar of Beame and  
 put it skin about it and lay it up  
 with tape then put it up in end  
 further pot with a pint of Clarret  
 wine and a hand full of salt and  
 lay up the pot Cloes with a paper and  
 set it into a oven with houe houe  
 Brod and bake it untill it is very tender  
 and take it out of the liquor while  
 it is hot.

How to Make Hippocris  
 2. ounces and halfe of sinamon  
 halfe an ounce of gingeer  
 halfe an ounce of Nutmegs  
 halfe an ounce of Cloves and or seed  
 halfe an ounce of Orris  
 quarter of an ounce long pepper  
 quarter ounce of grains  
 quarter ounce of Cloves  
 three Quarts of salt  
 three quarts of white wine  
 Sugar to your taste  
 halfe a graine of Musk  
 halfe a graine of Ambrogroes  
 for it has Laine in steep  
 day or two put in 2 quarts of  
 Mitho mix them to gether And ryme  
 them through and Hippocris bag  
 till it runs cleer.



1  
Cosen freres recipe it is y<sup>e</sup> best way  
How to preserve Orvings  
Take your best bar matoes or wing-  
ht. small orvings: the thickest & ringer  
are the best. boyle them in a pot  
of water: keeping something  
upon them that may allways keep  
them under water: let them boyle till  
they are tender: But not too breake  
then pare them as thin as it is possible  
then lay them in water: shifting your  
water often: let you thinke the butter  
is out of the peele: then take them  
out and make little holes with a pen  
knife: take the starker grooves: And  
put the Curnals out with a stick in  
but none of the Meats if you can  
help it: Take the way of Dublin refine  
sugar And Make a syrrop with it: And  
let it be as thick as you can: And put  
in two your Orvings: boyleing hot: And  
when they be out & cold: And 9 days  
take out your orvings: and boyle  
up your syrrop soe: And let them drye  
you must never boyle the orvings  
with the syrrop: for then they will be  
soufe. And if you will hande it fully with  
them which will be much better  
take John Apple and pare them: But  
not pare them: but quarter them and  
boyle them in water: as long as you  
can with out breacking them: then  
poore them through a cloth: then take  
that liquar and put Dublin refine

2  
Sugar And Boyle it two or three  
But the quantity must be accord-  
ing to your discretion: then put  
every orring in a glass boile  
softe soe: And your jelly upon it  
as much as will cover it: And the other  
syrrop you may use for other  
things: or els put more orvings  
to it

To preserve oranges another  
way  
Take 12 of y<sup>e</sup> fairest & best colored  
oranges you can get: cut little holes at y<sup>e</sup>  
stems & cut y<sup>m</sup> grate of y<sup>e</sup> outward  
ribe w<sup>th</sup> a grater y<sup>n</sup> lay y<sup>m</sup> in spring  
water 2 days shift it often: And boyle  
y<sup>m</sup> in y<sup>e</sup> water must be pretty hot before  
you put y<sup>m</sup> in let y<sup>m</sup> boyle very fast close  
covered when the water looks yellow shift  
y<sup>m</sup> into another skilet of boyling water: then  
shift y<sup>m</sup> till they be very tender y<sup>n</sup> take y<sup>m</sup>  
up & weigh y<sup>m</sup> & to every pound of oranges  
take 4 lb and half of loaf sugar & to every



pound of suger i pint of water put y<sup>e</sup>  
suger & water into a skillett & chafe  
it with of eggs & when it is very cleer  
scume & straine it into a skillett and  
lett it boyle very fast for a quarter of an  
houer y<sup>n</sup> put in y<sup>e</sup> oranges & let y<sup>n</sup> boyle  
half an houre close covered & if you have  
4 pound of suger you may if you please  
put in a pint of white wine ready wrom  
ed lett it boyle a quarter of a houre long  
er y<sup>n</sup> poure on y<sup>m</sup> i pint of pipper  
liquor & soe lett them boyle very fast  
till they be nere enough put in the iuyce  
of a lemon & boyle it another quarter  
of an houre y<sup>n</sup> take y<sup>m</sup> up & put y<sup>m</sup> in  
severall glases you must have half a pound  
of suger more to cast in as y<sup>e</sup> oranges boyle

To make Balsom Luantellus way 10  
Take a pound of cleane venice turpentine  
wash it 3 times in half a pint of red rose  
water till it be very white y<sup>n</sup> take 3 pints  
of y<sup>e</sup> best salet oyle can be gotten and  
half a pound of y<sup>e</sup> best liquifiable storax  
which you must wash in a pint of red  
rosewater & plantaine water half a pint  
of each y<sup>n</sup> mingle all together & beat y<sup>m</sup>  
very well y<sup>n</sup> put y<sup>m</sup> on a charcole fire  
in a bason with half a pound of new bees  
waxe cut in small peeces & let y<sup>m</sup> boyle  
a little y<sup>n</sup> adde to it of bayleaves rosmery  
same time & S<sup>t</sup> Johns wort of each one  
handfull cut y<sup>m</sup> before you put y<sup>m</sup> in lett  
it boyle gently constantly stirring it with a  
wooden spatula y<sup>n</sup> take it of the fire &  
lett it coole & when it is cold cast of the  
water wch is good for y<sup>e</sup> itch or any scabs  
then put it on the fire agen & lett it boyle  
a little y<sup>n</sup> straine it through a good strunge



cloth squeezing it hard cast away y<sup>e</sup> hooke  
ye sett it on y<sup>e</sup> fire agen & adde to it  
ye powders following of y<sup>e</sup> best mumiā  
in fine powder 4 ounces red sanders &  
y<sup>e</sup> best dragons blood both finely powdered  
of each 2 ounces sift ye powders very  
fine before you put them in which you must  
put in by little & little stirring it continually  
by on the fire & let them boyle a little  
while then take it of & straine it  
twice through a linnen cloth to take  
away y<sup>e</sup> powders y<sup>e</sup> being done set it on  
fire agen adding to it of y<sup>e</sup> best naturall  
balsome & spermacite of each 2 ounces  
oyle of S<sup>t</sup> Johns wort one ounce y<sup>e</sup> take  
of y<sup>e</sup> fire continually stirring till it be  
cold soe put it in pots for use  
by ye sanders by a moderate fire y<sup>e</sup> oyle  
must be very good & soe must the naturall  
balsom or else all will be strong & offensive  
both in smell & taste =

x A water of excellent vertue to  
bring againe the sight of y<sup>e</sup> eyes to  
them y<sup>e</sup> hath lost it or is weakened  
by sickness or accident =

Take 3 drams of tutia in fine powder  
& as much of alle opaticum in powder  
2 drams of fine suger 6 ounces of rose  
water 6 ounces of good white wine y<sup>e</sup> is not  
sover mixe all these together & put it  
in a cleare glasse well stoped sett it in  
the sun a month together the this water  
& put certaine drops into the eyes morning  
& evening & it is an approved cure =  
it was made in y<sup>e</sup> yeare 1430 by the  
best physicians in Italy & cured perfectly  
the emperour of constantinople of his  
eye sight =

x An excellent molish water  
for the scier mis chole  
Take of bramble hongsuckle buds red sage  
red corant tops of each one handfull elder buds  
half a handfull scumey grass a pottle bruse



them & boyle ym in 2 quarts of white  
wine vinegar till they be soft then  
resolue the quantity of a large walnut  
of alume & strame is wash the mouth  
in the morning with it a little warmed  
& it will cure it of the scurey or any  
sorenes in it & preserve the teeth

To Make almond milke <sup>the faire</sup>  
Take a pint of barley water a pint of  
wt wine a pint of Lemnary water half  
a pound of bitter almonds blanchd beate  
ym very fine w<sup>th</sup> some of each liquor to  
keep ym from oyling ym put it into a pip-  
kin with all y<sup>e</sup> liquors & half an ounce of  
creame of tart<sup>r</sup> finely beaten & let it stand  
on y<sup>e</sup> fire 4 hours ready to boyle but not  
boyle at all ym take y<sup>e</sup> whites of 14 eggs &  
beat ym 2 hours till they come to an oyle  
ym let ym stand till y<sup>e</sup> almond milke is quite  
cold ym take of y<sup>e</sup> froth & put in y<sup>e</sup> oyle in  
to the milke & shake ym soundly together &  
put it in into botts for use

for y<sup>e</sup> greene sicknes or fits proceeding from  
obstruction  
Take Steele prepared 2 ounces aniseeds 2 ounces  
nutmegs 2 drams cloves 2 drams saffron on brans  
powder all these & mingle ym together w<sup>th</sup> as  
much fine suger as y<sup>e</sup> powders

Take as much as will lye on a shilling every  
morning & drink as soon as you have taken it  
5 or 6 spoonfulls of sack here exercise for an  
houre after especially with y<sup>e</sup> arms you may  
take it also at 4 of y<sup>e</sup> clock in y<sup>e</sup> afternoon

mis milke yelow saffron or flower  
of oyatment

Take rosin & Burgony pitch of each half a  
pound virgins waxe & frankincense of each  
quarter of a pound deare suet a quarter of a p.  
mastick one ounce camphire 2 drams beat small  
put it in a fire to melt & powder those y<sup>e</sup>  
are to be powdered & put in with a pottle of y<sup>e</sup>  
some w<sup>ch</sup> is y<sup>e</sup> comon way but you may make it  
with half a pint & it will be as good  
let it boyle till y<sup>e</sup> half pint be consumed ym  
take it of y<sup>e</sup> fire & let it stand till it is like blood  
warne for hote will spoyle it ym put in a quarter  
of a pound of turpentine stirring it till it is quite cold  
ym make it up in small ronds & wrap it in a lops  
filme of bladder the vertus



the verone of this salve  
it is good for old wounds it is cleansing and  
heals burns or scaldings it ingendeth more flesh  
in a week or other in a month it suffereth no  
corruption to breed: it is good for ye spleen  
milt with oyle of nutmegs or oyle of mace &  
a little amberpiece akomting ye side with oyle  
of capers for a week back lay it to ye reins for  
ye lungs & stuffing of ye chest anoint ye left  
breast wth oyle of mace & apply ye plaster

An elefant seare cloth for all old  
paines & aches

Take of ye best sallet oyle a quart put it in a  
6 pint skillet wth 4 ounces of rede lead & 4 of  
white lead well seared stire it wth in ye oyle  
ye sett is on a soft fire stirring constantly till  
it turne brown ye put in one ounce & half of bees  
wax stired when it is melted put in 6 Loms  
of spermacity ye let it boyle a quarter of an hour  
ye have ready some peces of old holland or  
lincron half a yard long & as wide put it in  
ye skillet & thoroughly wet it ye take it up wth  
ye spoon & draine it well & 2 standing by wth  
dry cloth put ye wet on into it & roule it to & fro  
ye hang it up on a line of packthread & put the  
dry cloth into the skillet to dry it as ye other

thus doe till all the salve be done keeping it  
upon ye fire wch must be of wood coals when ye  
clothes are hung upon ye line stretch ye out be  
for they be cold & let ye hang 5 days in a  
coole room ye roule ye up & keep ye for use

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### A Rescript for a scall head

Take a pint of ye first mixing of wort & put  
in as much greas made as will make it thick as  
for a hasty healing set it on ye fire & dissolve  
apound of pitch as when it is well incorporated  
put it into a pail of water & roule it up for  
use:

spread a plaster as big as ye  
sore & ye cut ye into peces as big as 5 shillings  
& lay on one because it is easier to be taken  
off ye in a hole one let it lye on a week &  
when you take it off have ready warme water  
& sope & rubb ye hands well with sope ye wash  
ye head very well & dry it & lay on ye plaster  
cut as ye first which doe till it is well  
you will think att ye 2<sup>d</sup> dressing it is ye worst  
by ye looks but it is a sign it is the sooner like  
to be healed - if ye Scall be thick anoint it  
with hogs greese & gett of as much of ye seare  
as you can defer you lay on ye plaster 2



Take a quart of vinegar 2 pennyworth of mer-  
cury an ounce of white coppes a little  
bay salt and a little alum sett it on y<sup>e</sup>  
fire till y<sup>e</sup> things is melted y<sup>e</sup> put in a  
quart of a pound of honey & when it is de-  
solued put it up in a bottle for use =

It cureth all fistulas washing & swimming  
ym & all foule sores y<sup>e</sup> need drying in man  
or horses

an other m<sup>o</sup> goodward

Take a quart of spring water y<sup>e</sup> new  
upon a thille & y<sup>e</sup> put to y<sup>e</sup> east y<sup>e</sup> into  
to 3 pennyworth of mercury stir it often  
& put it into a bottle for use =  
It has cured fistulas y<sup>e</sup> not other thing  
w<sup>o</sup>d

of pig to dry up humours

Take of shafperrill & saxafrag wood of each  
2 ounces wood of life a quarter of a pound  
ounce of pimperins a pe of raisons stoned half  
a pound of figs boyle all in 6 quarts of water  
till it is consumed y<sup>e</sup> fowle is hot  
on y<sup>e</sup> ounce of seena conceit to close 24 hours  
drink half a pint in y<sup>e</sup> morning till all is out  
you may see a bad any where it is y<sup>e</sup> best way  
for any many humours or any y<sup>e</sup> home sores

for any heat or paine in y<sup>e</sup> head or distention  
coming for want of sleep or grief

Take 6 quarts of poset drinke & when you go  
to bed drinke as much as you can & as fast till  
you bring it up so doe 3 times on after another  
yet will wash y<sup>e</sup> stomach from all cholours &  
steme is best y<sup>e</sup> most humours of all humours  
if you are hard to vomit put a fender in y<sup>e</sup>  
throat in y<sup>e</sup> first draught put in about 4 fingers  
of an egge of biter or oyle =

Then next night have an ounce of elepho  
china pill & take of it 2 small pills soe doe  
till all is taken out if it worke 2 abay it is  
enough if not you must take more y<sup>e</sup> bring y<sup>e</sup>  
about any where with it  
It has helped those y<sup>e</sup> has bin kept darke in  
their beds & bin disturbed in their head for a  
month together using exercise & cheerefull company  
why it y<sup>e</sup> best to vomit if it be in snare

of persure to burne

Take half an ounce of balaian & steep it in  
Rosh water w<sup>th</sup> half an ounce of burnsk rose buds  
ye beat ym together & put in a grain of musk & a  
of civet & a drame of double refined suger when it  
is fel a conserve make it up in faire cakes & lay a  
little rose leafe on each side & sende ym & when it  
is dry keep ym to burne



To make aqua mirabilis Lady Long  
Take of cardemum cubib gallinjal  
melale flowers nutmeg clove mace  
ginger sinomon of each half an ounce  
all these being bruised must be infus-  
ed on night in 2 quarts of sack 2 of ro-  
some & on quart of rance Brandy  
but before you put in y<sup>e</sup> ingredients you  
must lay at y<sup>e</sup> bottom of y<sup>e</sup> jar with one  
handfull of dried spearmint one of  
celvadine & one of balme rubed  
betwixt y<sup>e</sup> hands & mixed w<sup>th</sup> together  
& put y<sup>e</sup> jar in keep all night & pass y<sup>e</sup>  
with close up & with it w<sup>th</sup> a thick  
frier keeping y<sup>e</sup> top of y<sup>e</sup> jar cool w<sup>th</sup>  
a wet cloth 2

To make Black Cherry Brandy

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Take 2 gallons of y<sup>e</sup> best Brandy & put  
it into a glass or pot well sealed y<sup>e</sup> jar in  
six pound of black cherries full ripe & a pound  
of sugar poure of a y<sup>e</sup> at a time & keep y<sup>e</sup>  
rest in y<sup>e</sup> pot & if you spend it out before y<sup>e</sup>  
yeare is out fill it up againe  
put in half an ounce of cloves & cinomox  
bruised

Cherry Brandy w<sup>th</sup> fornicams way  
to every quart of brandy put 2 lb  
of black cherries let it stand a month y<sup>e</sup>  
pore it off & bottle is up

ye to y<sup>e</sup> cherries put in some Ale & worm  
wood Sage Balm & Angelico & strit it off  
in a Limbeck w<sup>ch</sup> will make a very good  
water

to every gallon of brandy put in half a  
pound of Loof sugar when you bottle it up



The mead Drink of s<sup>t</sup> John  
botanists

Take five gallons of water a pound  
of reasens sliced half a pound of cor-  
=vants Bruised an ounce of liquorish  
3 ounces of Kingoe roots uncarbied  
a quarter of an ounce of corader seeds  
an ounce of china. 2 handfulls of  
coker foot 2 sprigs of rosmary three  
pints of honey and half Boyle this  
to four gallons & when it is cold  
work it up & when it is a week old  
bottle it up 2

A water for any old stick ach or  
wind

Take as many balls of stone horse  
dung as will fill y<sup>e</sup> bottom of the still  
ye put in an ounce of nutmegs as much of  
ginger 2 ounces of London Treacle ye  
fill up the still with y<sup>e</sup> Lees of strong  
Beer or Ale or wine & drink of ys when  
you are in pain with wind-ach or stick it is  
most admirable good beyond any other water

Popy water for a water

Take a gallon of w<sup>t</sup> aniseed water or brandy  
put into it a pound a half of reasens of y<sup>e</sup> corn  
steined 1 ounce of cinnamon Boke in peeces one  
ounce of cloves whole one ounce of aniseeds 2  
ounces of liquorish scraped a slice 4 nutmegs let  
all these steep 4 days & when it is twice a day a  
keep it close stoped in a earthen pot Ye put  
in 2 handfulls of red pepper dyed 2 or 3 days  
before 4 sprigs of aniseeds & as much of balm  
d. speermint & sweet margerone let ye steep 3  
days more ye put in a pint of damask rose water  
kub a pound of white refined sugar let it stand  
a day more ye draine it off & it is thus thicke  
through a Gely bag & put in half a pint of popy  
water - Then put in 2 quarts of ale & y<sup>e</sup>  
grounds aling a few fresh Herbs & with that  
ye make a very good water for y<sup>e</sup> pain of the  
stomach -

for the worms

Take y<sup>e</sup> quantity of 2 walnuts of conserve of roses  
a small nut of benesordum a q<sup>t</sup> of an ounce of w<sup>t</sup>  
seed beaten single it & detinde it into 3 parts &  
give one part at each night going to bed when it is done  
give a draught of ale where the nut has bin steeped  
for 2 mornings together &



my brothers green salve

Take half a pound of rosin half a pound of pea  
rosin half a pound of wax a pound of mutton  
suet a quarter of a pound of oil of pomegranate half a  
pound of cold cream ye Juice of betony veron  
& primpernell of each half a pint set it on a  
soft fire to boyle for a quarter of an houre ye  
take it off & straine it to set it on ye fire  
again with a pint of malaga sack & 3 ounces  
of ye best salet oyle let it boyle a very little  
ye poure it into a flint bottomed pott till it is  
cold it will keep a dozen years good it draweth  
out splinters or any scurvie & keeps it from  
festering you must dress it but once away it is  
good for felens whiteloes or any thing that needs  
knowing =

To kill ye canker in ye nose

Take red sage <sup>which quick silver</sup> & quick silver in ye size &  
when it is thoroughly kill make it into a plaster  
with oyle of bayes & lay it to ye nose.

To ease ye small pox if fallen

Cruse a hand full of tares & boyle in good drink  
for ye wind  
by hands in an oven after bread is baked put as  
much of ye powder of ym as will lye on a 6 pence in  
beer & drink it 3 or 4 times

China broth for consumptions weak stomach  
to strengthen & comfort

China cut in slices or once sarsaparilla cut  
in slices half an ounce infuse this in a quart of  
water in a pipkin close covered on embers one  
night in ye morning set it to boyle softly till one  
pint is consumed ye put in a good bundle of henn  
3 or 4 spoonfulls of barley if has bin boyled a little  
a handful of dried reasens a peece of marsh mall  
one root a little colts foot mallow have spotted thins  
wort on life possession a spoonfull of hartshorn bones  
a blade of mace let all boyle softly till it is come  
to about 3 pints neck straine & fine to drinke half  
a pint in the morning & at 4 a clock in ye after  
noon still keeping more ready when this is done

to keep ye throat red in ye small pox

Take sorbs & lay ym in a fine rage as broad as a fin  
ger & lay ye cloth over & brule ym in it & lay it to ye  
throat every 4 houre



To make Cowslip wine

Take 3 gallons of water put to  
it 6 pound of sugar yn boyle it toge-  
ther half an hour keeping it clean  
scummed yn sett it to coole as you doe  
root & when it is cold take a large  
spoonfull of yeast & beat it well  
w<sup>th</sup> 3 ounces of Aleop of citrons  
yn poure it into y<sup>e</sup> liquor & brew  
it well together yn gett a peck of  
cowslip flowers cutt from y<sup>e</sup> botoms  
& infuse ym in y<sup>e</sup> liquor & yeast &  
lett ym work together 3 days covering  
ym w<sup>th</sup> a cloth yn seraine it & put  
it into a vessel & lett it sett 3 weeks  
or a month before you bottle it 2

Chief salutis Lady S. Johns  
good for colicks dropsys pallsys or any  
cold diseases

Take of eliacampane roots  
liquorick sliced coriander seeds Anis-  
seeds sennae orientall, guaiacum wood  
bruised caraway seeds kutbur & marna  
of each of these 2 ounces raisons of  
y<sup>e</sup> sun stoned i pound

put all these into 3 quarts of aqua  
vita lett the things lye in it a month  
but you may use it in 4 days give 5 or  
6 Spoonfulls to a man or woman & if it be  
for the colick add 20 drops of liquor  
zabdanam but it may be without it  
is a present remedy for the colick it is  
good for children for y<sup>e</sup> worms & flegm

2 an approved medison for y<sup>e</sup> stone  
Take gett made into very fine powder  
of y<sup>e</sup> gner skins of pigeons gizzards powde-  
ed of each an ounce of Amber half an  
ounce in fine powder mix these together  
and give in the extremity of y<sup>e</sup> fist a small  
spoonfull in a glasse of wine & cke 2



A dyet drink for gouts Rheumatisms  
& ~~scorbutic~~ scurvy in the legs 19

Take of y<sup>e</sup> leaves of winter cress 5  
handfulls of water cress 2 handfulls  
of germander & sea wormwood of each  
one handfull & half of mint one hand  
full of y<sup>e</sup> shavings of sassafras wood &  
ounces horse radish roots 3 ounces orange  
pill dyed 2 ounces bruised & mixed with  
the hearts small: wash & slice y<sup>e</sup> roots  
y<sup>n</sup> mix all & hang y<sup>m</sup> in a canvas bag in  
six gallons of ale or Beere if y<sup>e</sup> used  
hills but 3 gallons use but half the quan  
tity 2

a plaster for y<sup>e</sup> eyes

An exelent sirup for a consump-  
tion

Lady weller

Take a pint of red rose water & a  
great handfull of red rose leaves dry-  
ed in the sun a little handfull of Spur  
mint & as much of young hyssop shred  
& put y<sup>m</sup> with the rose leaves into the  
rose water in an earthen pitcher  
close stopp'd & sett it into a Kettle  
of water & lett it boyle 5 or 6  
hours y<sup>n</sup> straine out the liquor &  
put to it a pound of suger boyle it to  
a sirup & keep it for use  
Take 2 spoonfulls of y<sup>s</sup> sirup and  
put it into a glass & mix a pint of  
milk into it & drink it fasting in  
the morning & att 4 of y<sup>e</sup> clock in  
the afternoon this sirup has re-  
covered severall yt has bin given  
over by the Docters 2

A method for the cure of y<sup>e</sup> gandise  
aproued

Lady wilkinson

The purge to be taken for 3<sup>20</sup>  
mornings together

Half an ounce of knurb shield thine  
as much firmirick made into powder  
Saffron 20 grains dried before y<sup>e</sup> fire  
soe as not to scorch & rubed into pow-  
der grisee these into a pint of strong  
water close stoped 12 hours y<sup>n</sup>  
streine it out & to y<sup>e</sup> liquor adde  
3 ounces of sirup of damask roses  
then diuile y<sup>t</sup> liquor in to 3 parts &  
& take one part each morning after  
wards y<sup>s</sup> following medicine every  
morning

Take 3 new laid eggs the shells on  
& carefully take off the thine skine y<sup>t</sup>  
clenes to the shell y<sup>n</sup> lay the shells be-  
fore y<sup>e</sup> fire till they are dry enough  
to beat to powder which must be as  
fine & possibly you can to y<sup>t</sup> powder adde  
a drame of saffron dried before y<sup>e</sup> fire  
soe as not to scorch y<sup>n</sup> rubed into pow-  
der & a whole nutmeg grated to these



alide as much as the whole quantity of  
the rest of white suger candy in fine  
powder mingle it well together

Take as much of y<sup>e</sup> powder as will  
lye upon a shilling every morning  
in a quarter of a pint of white wine

\* The Gulpe for shortnes of  
Breath

Lady with

Take of Ellicampane roots flower  
de lis roots of each 2 ounces  
colts foot maiden hair horehound  
scabius calimint of each one hand  
full liquorish scraped on ounce  
Aniseeds on ounce Raisons stoned  
a quarter of a pound 4 figgs slide  
fenegreek seeds on ounce boyle  
these in 5 quartes of water & swe  
ten it with honey as you like and  
drinke a quarter of a pintt at a  
time 2

mis painnads stones cyntment for 21  
a blum & to heal it

Take a pound of Barrow ~~a pound of~~ hogs  
shit 2 of the inward green bark of elder  
on 1 of green primross leaves & green  
sage of each half a handfull Stamp  
ym well together & put ym to y<sup>e</sup> fire  
& stamp y<sup>e</sup> with ym boyl ym softly 3  
quarters of an hour & ym strain it out  
when you use it anoint y<sup>e</sup> burne 3  
times a day for 2 days together ym  
mix some white lend with it &  
spread it on primrose leaves twice  
a day & y<sup>e</sup> will heale it this cure will  
over a score or mark 2

To cure S<sup>t</sup> Anthony's fire

Take an ounce of oyle of red roses as  
much white of a new laid egg beaten well  
as much white wine vinegar beat it well  
and as you use it wanne it and anoint it  
with a feather once in 3 or 4 hours 2



his colds resort to cure the jaundice

Take a quart of white wine and as much  
safron as turnerick finely powdered as  
with tye on a shilling of each, tye it up in a  
fine raze as boyle is in the wine a little  
ye pour it out & when it is almost cold  
word ye sage in it squeezing out all the  
vertue out of it yn put it into a bottle  
Then take 4 ounces of conserve of  
Barbens as much safron & turnerick  
of each as with tye on a shilling finely  
powdered & sifted mingle them together  
Then take it as followeth when you go  
to bed take a quarter of a pint of wine  
and after your first sleep lay or short  
take a little sweet mead spoon full of  
ye conserve, soe continue taking of  
it til it is done, this has cured many  
when no other medixon wold if this doe you  
good you may know by your spittle & skyn  
will be yellow as safron & your stomack not  
soe laden nor subject to vomit if you are  
not quite well with ye first you may renew it  
again

The opening Drinke for ye Rickets

Take maydenhair : Aniseeds  
Liquorish. Rasens of ye ma stoned  
figs sliced . Jews ears: soe  
much of each as you will have it in  
streight & boyle it in a quart of spring  
water til half a pint is consumed yn  
streine it out: & drinck of it in ye morn-  
ing fasting & at evening

The Thistloe Drinck which has  
cured when nothing else would m<sup>e</sup> kay

Take of wormwood Egremony sage soft-  
heale sanicle cheruill Ancens y<sup>e</sup> 3 plantains  
maypoore daisies with ye roots white bottle water  
Botony Salerine &  
boyle these in white wine or put ye iijce of them  
into white wine & sweeten it with english honey drink  
4 or 5 spoonfulls in ye morning & at 10 a clock & at 4  
in ye afternoon: if y<sup>e</sup> body be foule purge gently  
if there be holes in y<sup>e</sup> body put in it a Salerine ball  
& lay a plaster of gutte made of strong Beere dyed  
from a pint to 3 or 4 spoonfulls 3



A receipt to dry up the humors  
in sore eyes if haue bin of a continuance  
Take a pound of y<sup>e</sup> chips or dust of  
Lignume vitae <sup>being leuidal into</sup>  
3 parts. take one part & steep it in a  
gallon of water all night: next day set  
the chips or dust therein one y<sup>e</sup> fire in  
a tin or earthen pot when a boile half  
is boyled away fish it up to a gallon  
again & let it boyle til one quart  
is consumed away y<sup>n</sup> take it off from  
y<sup>e</sup> fire & when it is settled & cold  
poure of y<sup>e</sup> liquor from the chips &  
bottle it up: drinke halfe a pint 3 times  
a day sweetened with sugar of Elder  
berys) this is good for the scurvy  
or Dropsy or any moist humors  
This cured my cousin Knights son if for  
many years he could not see to read  
when he was a youth: but now can  
see very well only in a small point use  
a seeing glasse lest he should strain y<sup>n</sup>

To cure the gonnie in wale

Take a dram of sulpher boyle it in a  
pint of skimed milk til it be boyled half  
away drinke in in morning fasting for 3 morn  
ings together & doe not eat in an hour after  
my sister parkers way

Take a quart of milk & boyle in it a peece of  
Burr dock root cleane scraped the quantity  
of a long carrot let it boyle to a pint y<sup>n</sup>  
drinke it fasting & eat nothing til dinner doe  
this 3 mornings together & if you doe not find  
the gonnie to beate use it 3 mornings more  
this has cured when no other medicine would

sugar of quinces a great cordial for ge  
heart & excellent good for a consumption if  
has a loosnes with it w<sup>ch</sup> may also be quinch  
to a woman in childbed or with child & gonies  
Take 3 pound of quince seeds cinamon half  
an ounce cloves & saffron each 2 grains fig  
nam aloes in fine powder one ounce & half  
Beniamin half an ounce beat these all together  
into a lump & put it into a glasse still & poure  
to it seven pints of sack y<sup>n</sup> destill it til you  
reserve a pint then take of the head of



the still & let it which is in the body of it  
stand till it is cold then straine it once  
or twice & put to it 4 or 5 pound of white  
suger & make a thick syrup when it is boyl  
ed almost enough put in y<sup>e</sup> water it was  
distilled & give it a boyle or 2 you may  
distill it in a still still if you have not a  
glasse one &

Dr Gardens reserix for an ulcer  
or sore in the stomach

Take ground grey samole & galeas wort of  
each a handfull boyle it in a quart of spring  
water & a quart of wine till it is nere half  
consumed y<sup>e</sup> straine it out & sweeten it w<sup>th</sup>  
honey & drink 7 spoonfulls in y<sup>e</sup> morning fasting  
& at 4 a clock & at going to bed.

July Others reserix

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To Make hollow biskitt

take a 11 eggs & 5 whites beat them  
a quarter of an hour then put in a 11  
Sponges of rose water stirring them  
well together then straine it to take  
out y<sup>e</sup> skins & breedles, then put in a pound  
of Rose sugar finely beaten & seared then  
beat your eggs & sugar with a pease of  
a whisk or a spone one way an hour untill  
it looks as white as snow & grows  
very thick, then strow in a few Coryanders  
or Carraway seedes which you please &  
3 quarters of a pound of flower well dryed  
& seared you must last strow in y<sup>e</sup> flower  
in stire it well a moneth y<sup>e</sup> sugar & eggs  
when when you are ready to put them into



y<sup>e</sup> oven, then butter your plates or  
tin panes with unsalted butter & when  
you have droped them on y<sup>e</sup> plates take  
some finger in a drying box & strow on  
y<sup>e</sup> tops of them then set them into  
y<sup>e</sup> oven & let them be just bathered  
then take them out & lay them upon  
sheetes of paper in a dish & set them  
again into y<sup>e</sup> oven when y<sup>e</sup> is cooler  
to harden, then ship them,

25  
To Make eggs pps  
take 16 eggs being boyled y<sup>e</sup> day  
before, then take y<sup>e</sup> white of y<sup>e</sup> eggs  
in salt & a pound more, shreed them very  
fine asunder then shreed them together  
& season it with a little salt some finger  
& a spoonful of sinamon, 3 quarters of a  
pound of Currance well pickt & plump't bake  
it in puffe paste in patty pans

To Preserve cleere Plums

Take a pound of suger beaten a quarter  
of a pint of water boyle & scume it  
yn put in a pound of plums let them  
stand on a soft fire to scald till ye  
skins peele of ym yn peele ym & put  
them into sugar let ym stand till they  
be cold yn set ym on ye fire againe  
& boyle softly an houre & yn pretty  
quick scum them & put ym into yor  
glases next day 2

~~Barly water for a hectine~~

Barly water for a hectine

Take a quart of a pound of french  
Barly boyle it a litle yn pour yt water  
away & put 2 quarts of water & boyle  
it till it comes to one yn put in a quart  
of milk & sweeten it w<sup>th</sup> fine suger it is  
as good as otes milk  
the Barly must be first boyle in the  
water to take of the durt of ye Barly

To Make foran Cheeses

take three quarts of stookings & as  
much runing as will run yt when it is  
done take your foran mounts two mounts y<sup>e</sup>  
first time & lay y<sup>e</sup> on two sticks to drye  
a tray & with a floting dish lay in your  
Curd whole from breaking & let it whay  
leasurly & as y<sup>e</sup> whay runs from yt close  
yt with your fingers & shape yt in y<sup>e</sup> fashion  
of a brick bat & when y<sup>e</sup> whey is cleare run  
from yt lay over y<sup>e</sup> mounts & by yt with a  
rack thred cloth. they soe tell right, but  
turn yt four time y<sup>e</sup> day & change y<sup>e</sup> mounts  
as often & salt your Cheeses y<sup>e</sup> night shift  
yt twice y<sup>e</sup> next day soe doe tell they begin  
to Cabo & y<sup>e</sup> once a day leave your mounts



with Cold water & salt, It will be  
ready in ten days, this proportion  
makes two

### To draw Graney

take some slices of y<sup>e</sup> buttock of y<sup>e</sup>  
beefe hack them wety well with y<sup>e</sup>  
back of a knife then put them into  
a frying pan, fry them first with a  
little fresh butter Just unto brown  
them then put in a pint of water a  
bunch of sweet herbs an ~~an~~ Onion  
a little whole peper 2 or 3 Anchovies  
Soe let It stee leisurely upon y<sup>e</sup> fire  
till halfe y<sup>e</sup> liquor be spent away then  
kip out y<sup>e</sup> meat between two stretchers

from y<sup>e</sup> liquor, then let It dry for  
your use

27

### Red marmelot of quinces

Take quinces a peare & quarter ym  
a to every pound of ym take a pound of  
loof sugar y<sup>n</sup> take more quinces a peare &  
beat ym in a mortar very fine straine  
ym throu a thine cloth into an earthen  
pott cover it close & lett it stand six  
hours y<sup>n</sup> take half a pint of y<sup>e</sup> clearest  
to every pound of sugar lett it boyle &  
scume it y<sup>n</sup> put in y<sup>e</sup> quinces & cover  
ym & lett it simmer till it turn red, y<sup>n</sup>  
lett it boyle till it come clear from y<sup>e</sup>  
pan as fast as you will y<sup>n</sup> put it into  
deep glasses



To make Elder wine Lady June  
Take 20 pound of malice raisins pick  
& put ym clean ym saved ym hem small &  
put ym into 5 gallons of fair water & let ym  
stand ten days stirring ym 3 or 4 times a  
day ym presse ym out throu a harric bag &  
have ready 3 quarts of nysce of Elderbarys  
ym must set ym berryes in a pot in a kelle of  
water & when ym nysce with ym pour it out  
but not squeeze ym at all for if it made it  
not tust wch ym nysce must be cold befor it  
is put in ym put it into a neseh & let it stand  
six or eight weeks till it is cleare ym bottle  
it up & you may drink of it in 2 months but  
it is best about midsummer wrap an old  
blanket about the vessell to keep it from  
ye least ayre 2

To make conserve of kid roses the 22  
Best way  
Take a pound of kid roses clipe of the white  
end & sift away ye seeds ym put ym into a  
pot & pour on 3 quarts of boyling water let  
it stand 12 hours ym boyle ym thinner w<sup>th</sup> six  
pound of suger till it is as thick as honey  
ym put in the roses if were strained & let  
ym boyle a litle ym put it up in pots -  
It is an electer thing for a cough or consump-  
tion much better ym it is made raw

To make the rosy water good for ear  
fitts & to bring of any thing it cures the  
Stomack if presently taken after ye colick  
Take a gallon of the best aquaviv or Brandy  
put into it a pound & half of raisins of y<sup>e</sup> sun  
dried 1 ounce of cinomon broke in pieces one  
ounce of cloves whole 1 ounce of Aniseeds  
whole 2 ounces of liquorish scraped &  
slic & nutmegs slic lett all these steep 4  
days stirring it twice a day put it into a steele  
glass or earthen pot well sealed keep it close  
covered y<sup>t</sup> noe ayre gett in then add to it



2 handfulls of red poppyes dyed first 2  
or 3 days on a table & sprigs of anislice  
& as much Calm & sheermint as both  
Let ym steep 3 days longer yn strain it  
thru a gely bag as long as it will run but not  
squeere it y<sup>e</sup> put to it a pint of damask rose  
water wherein a pound of soft sugar has  
bin dissolved 24 hours and half a pint of  
poyey water when it is mingled bottle it  
up Then put to that is in y<sup>e</sup> gely bag 2  
quarts of ale & a fresh sprig of anislice  
& of the other herbes & steepe it in a cold  
steeke & it is an excellent water for y<sup>e</sup> stomach  
& much 2 put in also 2 handfulls of wormwood  
which make y<sup>e</sup> water pleasant & wholesome =

A plaster for itches or paines to knights  
Take an ounce of Barasclous 2 ounces of <sup>29</sup>  
Diminon 3 ounces of Alindalua take a new  
earthen pan & put ym in & melt ym over y<sup>e</sup> fire  
keeping ym stirring til they are thoroughly melted  
yn mix in a little peece of fresh butter & spread  
it on sheeps leather & prick it full of holes  
& yn lay it on =

For a dropsy 38

Take a pint & half of milk boyle in it a hand  
full of y<sup>e</sup> pier mid of Elder till it comes to half  
a pint w<sup>th</sup> a dram of cream of Tartre yn strain  
it thru a fine linen cloath drink it p<sup>er</sup>cy mane  
three mornings together: yn rest 3 yn 3 again  
till you have taken it nine mornings together  
eat not in 2 or 3 hours after it this will  
give one stoole a day  
this dyet drink must be drunk after you have  
den y<sup>e</sup> other Take of red sage columbin  
maiden hair of each a handfull of Alexander  
2 handfulls boyle these in 4 gallons of wort  
& now hops drink it all a week old & not other  
drink



Time Drink for a Dropsy m<sup>r</sup> Hott  
pour six quarts of water upon a pound  
& half of unsalted lime when it is de-  
= solved stir it & let it stand 6 hours  
yn run it throw flannel into a glazed  
vessel upon y<sup>e</sup> ingredients w<sup>ch</sup> are of  
shavings of china roots quacum each  
on ounce of sasafrise & liquorish on  
ounce & half aniseeds & Coriander seeds  
of each an ounce raisins 4 ounces a  
little handful of sage =  
after it has stood 40 hours pour it off  
clean & put it into bottles & take of it  
3 quartiles of a pint in a day morning  
noon & evening =

A rare glisten for worms  
Take a pint of milk & when it boyls up  
put in a little sack & make it a clere whey  
yn put in half an ounce of wormseed boyl  
it gently yn put in a spoonfull of Croon  
Ruger & straine it & yn put in about a pint  
of fresh butter give y<sup>e</sup> glisten it with long  
way y<sup>e</sup> worms or the stime y<sup>t</sup> breeds them

A water for fits cosen frere

30

Take cinnamon natmegi caraway seeds  
Rocket seeds of each an ounce dead mans  
scall in powder 4 ounces juniper berry 2  
ounces Bay berry one ounce castorium one  
ounce Litiney of creosote on ounces: lavender  
flowers sage w<sup>th</sup> ye flowers Rue Salix Ros  
mary of each 2 handfulls: mithridate one  
ounce shread & bruse all these together  
& steep yn in a gallon of y<sup>e</sup> best white  
wine 2 days close covered string it  
twice a day still it in a limbeck closed w<sup>th</sup>  
rpe past reserve y<sup>e</sup> water a pint at a time  
keep y<sup>e</sup> string by it self & mingle it with  
black cherry water when you use it mingle  
y<sup>e</sup> second & third sort together  
give a child a spoonfull when you fear a fit  
or when it hath one, but give it not so often  
for if you doe it will not doe soe much good  
but at ye full & change of ye moone a little  
spoonfull for yn it is most likely to have a  
fit this hath cured one y<sup>t</sup> had 200  
fits in one day & is a proud ly general dr  
docter paget & dr Bates



To preserve walnuts this way

Take of ye largest walnuts after midsummer  
a run a bodkin thru ym both ways & put ym  
into water to keep y<sup>e</sup> colour as you do ym ym

Take walnuts about midsummer & cut of  
the ends y<sup>e</sup> boyle ym in 2 waters but the  
firmer must not be out to much nor they to  
tender y<sup>e</sup> to every pound of nuts put a pound  
of Brown suger & half a pinte of water  
boyle y<sup>e</sup> suger & scume it cleane & when it is  
almost cold put in y<sup>e</sup> nuts rip ym by & cut  
ym in y<sup>e</sup> sides w<sup>th</sup> a pen knife to y<sup>e</sup> middle &  
stick half a clove in each of ym ym boyle ym  
a lile & boyle the sugar to a thicknes & pour  
over ym then at any time it grows thin boyle  
it againe & pour on ym

Take 2 at night when you are to sleepe or be  
for the taking of phystel it is balsam against  
infection consumption or weakness &

my sis Parkers cure for a rupture 31

Take a boar pidge of 15 or 20 days old &  
take out ye man w<sup>th</sup> y<sup>e</sup> white gutt y<sup>e</sup> belly  
to it & put it in a linn bagg & soe put it  
upon y<sup>e</sup> rupture w<sup>ch</sup> must be made fast with  
a truss upon y<sup>e</sup> rupture 24 hours y<sup>e</sup> patient  
all y<sup>e</sup> while lying upon his back w<sup>th</sup> his heels  
higher y<sup>e</sup> his head when y<sup>e</sup> is done y<sup>e</sup> following  
plaster must be put on - which must be  
worn 3 weeks &

Take 2 drams of quintessence of Balsum  
half an ounce of quintessence of turpentine half  
a testoon worth of gincence y<sup>e</sup> is found in chur-  
ches beaten to powder half a testoon worth  
of solda de hoven: a lile nye flower half  
an ounce of quintessence of amber half a tes-  
toons worth of honey 3 octonies of stato de  
gallico beaten to powder: an ounce of powder  
of affise ma. an ounce of cyperess apples beaten  
to powder: a lile oyle of perone all y<sup>e</sup> mixt  
together in a past & put it in a lile linn  
bagg w<sup>th</sup> a truss upon the rupture &



Sal volatile oley for vapours palsy  
seem malignant feavours small pox Lethargy  
metally sickness procures good appetit take  
20 drops in Chard beat wine or water

for a burn sis Hartley

Take an ounce of lethbridge of gold aquamar  
of a pint of oyle a quart of a pint of onion beat  
all these bed together & so doe 2 or 3 days  
together y<sup>e</sup> when you use it spread it upon a piece  
of white paper & there ye burn twice a day

Take ye powder of Hierapiera a scruple  
mix it w<sup>th</sup> honey & roole it up in pill take y<sup>e</sup> when  
you goe to bed next day you may goe abroad for it  
will not work till ye day after & y<sup>e</sup> gently drink  
a draught of posie heat turning  
it is excellent for visions quies w<sup>th</sup> fume y<sup>e</sup> mouth  
of y<sup>e</sup> stomach and from fume affect y<sup>e</sup> braine as  
when they see things abed between sleeping & wak  
ing it gently purges y<sup>e</sup> wombe & is good to give  
women of the Childbed

Laurel water for the palsy &  
for colones of y<sup>e</sup> 3 mens & cramps 32

Take a gallon of the best Brandy w<sup>th</sup>  
put to it a large peck of Laurender y<sup>e</sup>  
is pickled from ye stalks & dried a  
little: devid it into 3 parts & put one  
part into ye brandy & let it steep 3 or  
4 days y<sup>e</sup> still it in a limbeck take  
it whilst it was cleere: for when it runs  
whise y<sup>e</sup> is of little use y<sup>e</sup> let it stand  
3 or 4 days more steep w<sup>th</sup> another  
part of ye Laurender & y<sup>e</sup> still it again  
soe doe y<sup>e</sup> 3<sup>d</sup> time only in y<sup>e</sup> to last  
you must put a little Bay salt  
at the last Hiking you will not have  
above 2 quarts good of a gallon for  
it loses m<sup>uch</sup> energy stilling &  
when you use it mix y<sup>e</sup> affected part w<sup>th</sup>  
it but not by y<sup>e</sup> fire it may be used at  
any time of y<sup>e</sup> day & is good also to  
shew to eas humany matter



to make y<sup>e</sup> red powder cosme Scot 33

Take Betony dragons pimpernel scabious  
Tormentil Scordium cardus red sage hie  
romwood of each 5 ounces shred ym small  
& put ym into 3 pints of y<sup>e</sup> best red wine in an  
earthen pot close covered let it infuse 24  
hours at first sett it in a Kettle of warme water  
for 4 hours next day straine it out & have  
ready a pound of hole ellmanick made into  
very fine powder in an earthen dish wet it with  
y<sup>e</sup> wine to y<sup>e</sup> thickness of a whicpott y<sup>e</sup> set it  
in y<sup>e</sup> sun & stir it often & as it thickens  
put in more of y<sup>e</sup> wine & when y<sup>e</sup> en put in  
y<sup>e</sup> last put in also one ounce of Diascordium  
or ounce of mithridat half an ounce of el-  
kerns gnyce an ounce of turmeric in fine  
powder an ounce of saffron in fine powder a  
quarter of an ounce of orientall Bezor mix  
it well & keep it stirred for y<sup>e</sup> more part till  
it is dry enough to make into balls wch must  
be of y<sup>e</sup> bigness of a small walnut or nutmeg  
given to a man or woman half a doze the



the virtues of both these powders

to a man or woman give half a dram  
to children accordingly as their age is  
it is excellent in febrile small pox  
measels plague or any pestilential  
diseases as also surfit great colics  
dropsy or itynes it was given by my  
cousin scot to 4 score people in the  
city where the hies & but 2 dyed of  
ye small pox & those 2 tooke it to late

the Red powder coven Treas way 1690

Take kne celinden Angilico  
cardus Balin peltory  
tormentid wormwood Agnimony  
cretaw Dragonis Betoney  
ditander Scabious Scordium  
dandelion pimpernell bistwort  
Sentry Clow gilliflowers Bony flowers  
Cugles flowers shreed all but ye flowers  
small & infuse ym in 3 pint of w<sup>e</sup> wine  
24 hours ther must be 3 handfulls of  
each y<sup>e</sup> again it is cut into a w<sup>e</sup>l mouthed  
glass y<sup>e</sup> take Venice trekle nuttird at  
discretion of each one ounce confection  
of Alkermis a g<sup>r</sup> of or ounce saffron a  
12 penny weight let each of ym be tyed up in  
a generall vage & hung in the liquor & set in  
ye sun for generall days stopping ye glass  
wth a cork often squeeze ye vages w<sup>e</sup>l yet finger  
y<sup>e</sup> take out ye vages & have redy a pound of  
y<sup>e</sup> best Bolus armanack in fine powder clevid  
it into 3 parts & put it into 3 broad sweet  
meat glases & put to it as much of ye liquor  
as will make it like Butter & set it in the



sun as hot as you can & stire it often  
if it may grow dry y<sup>e</sup> add more of y<sup>e</sup>  
Liquor Sol doe till all y<sup>e</sup> Liquor is done  
when it is soe dry y<sup>e</sup> you may powder it  
take musk & ambergreese of each 3  
grains & tye ym in a sage & hang ym in  
half a pint of rosewater till it be perfumed  
y<sup>e</sup> desolve half an ounce of gum Dragon  
in y<sup>e</sup> y<sup>e</sup> scarce y<sup>e</sup> powder into it & make  
it up into small balls of y<sup>e</sup> bignes of a small  
walnut & dry ym carefully the dose is  
from a scruple to half a dram

\* Clary water for a weak back

Take a gallon of maligoe sack put  
to it 2 pound of clary 20 new laid  
eggs half a pound of raisons of y<sup>e</sup> sun  
Stoned an ounce of dates a pintish of  
eringo roots if you can get ym deshid  
there in a cold still w<sup>th</sup> a soft fire  
take of y<sup>e</sup> water morning & at bed time  
this & y<sup>e</sup> powder for y<sup>e</sup> white is a rare  
shipe for y<sup>e</sup> weaknes 2

An Elefant pill for those y<sup>t</sup> make black  
water & fix a heat or ulcers in  
y<sup>e</sup> Kidneys & to cleare y<sup>e</sup> veins 35

Take an ounce of turpentine of Rio & half an  
ounce of powder of roots or hoglice mix it together  
& make ym up into pills w<sup>th</sup> powder of lignist &  
when the illnes is upon you take 2 pills at  
night & 3 in y<sup>e</sup> morning till y<sup>e</sup> quantity is out &  
if you disdenger returne again take y<sup>e</sup> same quantity  
This has cured senetah when nothing else w<sup>th</sup>

for a brise or cut or deep wound to  
keep it from gangrening & to dry up any  
humours to heale

Take a pint of narts Brandy & put in half an  
ounce of camphire keep y<sup>e</sup> & if any brise or cut  
you relieves wash it w<sup>th</sup> it & it will cease it to  
heale quickly the next soe keep it cure horses also  
& the farcy in y<sup>e</sup> 2



The Lady Algers water good for  
ferious small pox meazels faintnes &  
to comfort ye spirits & to drive out  
any infection good against y<sup>e</sup> plague

Take selendin sage Rosmary kne wome  
wood mugwort pimpernel scabious Agremony  
Balme Scordialm Seatenary cardus Betony  
Kosasolis Burnet fermented root: & Lecher  
Aneus manygolds featherfen angustico roots  
Chicampain roots gentian & adary liquorish  
of each 2 ounces snakeroot or onice gllice  
ye roots & threed ye hearts of each sort then  
must be 3 ounces of every heart put it into  
a pot well glased & pott on ym 2 quarts of  
sack & 2 quarts of white wine & let ym  
steep 48 hours ym dardil it either in a cold  
still or Limbeck mingle it altogether & put  
2 ounces of w<sup>h</sup>inged candy betwixt it & ym  
put it into bottles & corked we use to put a pint  
of sack more & draw of 4 quarts good & a pint  
of small w<sup>h</sup> we use to give mixt w<sup>h</sup> dems trouble  
to cause to sweet

dragons bray tops hily of y<sup>e</sup> valley

To stay ye course Lady Chers 36

Roast 2 new laid Eggs not to burn the  
shells ym beat ym & searce ym ym put as  
much as with ly on a new shilling into three  
spoonfulls of oken bud water: drinke it  
in the morning fasting & at night going to  
bed 3 hours after eating keep warme & lye  
much abed: if ys quantity dos not stop  
ym take it againe: you may drinke y<sup>e</sup> oke  
bud water after in y<sup>e</sup> day if you please  
letting of blood sometimes is very good &

to stay ym sister Barker

Take a pint of Old Hassel nuts put ym into a  
pint of claret y<sup>t</sup> is drawn very Red w<sup>th</sup> a pece  
of cinnamon set ym over a soft fire & let ym  
simper half an houre ym sweeten it w<sup>th</sup> loaf sugar  
drink a wine glass full morning & at night go-  
ing to bed: this quantity may doe but a quart  
never fails you may eat y<sup>e</sup> nuts if you please



For y<sup>e</sup> heart Burne - cos Holder

Take powder of corall & as much double  
refined sugar & keep it in a little box in y<sup>e</sup>  
pocket & lick of it often & it is an absolute  
cure -

To stay y<sup>e</sup> Whites. m<sup>r</sup> Latham

Take of powder of mastick or myrr pit  
three peared & dried nutmegs grated of each  
half an ounce mix ym together & give as  
much as will ly on a new shilling every morn  
ing fasting till they are red if y<sup>e</sup> quantity  
dos not take it again y<sup>e</sup> agonid =  
\*you must drink cherry water after y<sup>e</sup> taking  
of y<sup>e</sup> powder a wine glass full =



A Rare Italian plaster made by 38  
Senior Jean varano Palmer

Take oyle of olives a quart of red lead or  
pound of camphire half an ounce of badgers  
grease 2 ounces as much starch as will mix  
ye camphire wch must be press fine together  
in a mortar only ye camphire & ye starch

The way to make is

Take a new pipkin well glased yt will hold  
2 quarts put in yor oyle & set it on a gentle  
fire til it boyle yn put in ye lead & keep it  
stirring untill it begins to look black yn put in  
yor camphire & let it boyle a little while then  
take it from ye fire & put in yor badgers grease  
Keeping it constantly stirring untill it be almost  
cold yn take a bason & claub it w<sup>th</sup> butter &  
fill it w<sup>th</sup> water & yn pour in yor salve yn  
anoint yer hands w<sup>th</sup> butter & make it into rots  
it will be good 7 years if you keep it from the

The vertues of ys plaster

It is good to keep any green wound  
from festering or inflammation it will cure a  
strain or scatica any pain in ye limbs it  
cures ye goutt aches pains yt come from ill  
humours if you be troubled w<sup>th</sup> pains in ye knees  
or shin bones weaknes in ye back & for al  
most any oth<sup>r</sup> strains or pains by falls

For ye gouttis in the first

Take as much calvined Amber as will ly  
on ye point of a knife in ye morning fasting  
in white wine & eat not til noon - doe this  
til you are well & it is an infallible cure  
purging w<sup>th</sup> aloes Rosata 3 times before you  
begin to take it

a remedie to provoke urine Lady Reed <sup>39</sup>

Take a pint of white wine & put a little  
handfull of star thistle into it & boyle  
ye web together ye strain it & let the  
person drink a good draught of it at a time  
this has caused to make urine when all  
other means would not approved

For the trisling of ye guts in children

Take itches made of ashen wood & boyle  
ye in a competent quantity of water ye pur  
ing into a close stooke pan & pour the water in  
to let ye patient sit over it as hot as they can  
endure it & it will cure ye



For a cancer in ye breast  
Lady Daeres 10<sup>th</sup> she has cured above 20 people  
Take ye skinning of a stone horse horse when  
the smith pares him for shoeing dry it to powder  
& sift it very fine: take 20 grains of it & ten  
of mace finely beaten every morning in a spoonful  
of any lighter: purg gently once in 6 days w<sup>th</sup>  
mannna or any other small purg take it til ye  
knot be broak it is a certain cure aproved

Syrup of Garlic for an old cough  
and is very good for a consumption  
yt comes of cold rhumes

Take a pint of water & half a pint of wine  
Uniger 2 heads of garlick steepe boyle it til  
half is consumed & put to it half a pint of honey  
& ye boyle it til it comes to a syrup  
give one spoonful at night going to bed & to  
a child half a spoonful it often helps children  
in chine coughs

To Make Syrup of Balsum good 40  
for a houses house coughs upon ye Lungs Rinsing  
colds Exceles good for young children it has cured  
those yt have bin soe choked up yt they could not  
cry also for grown people give a tea spoonful to  
a child & as much more to ym yt are grown up give  
it at night & last thing is taken but ym may give  
it in ye day see yt they keep out of ye chole

Take an ounce of Balsum of Tolu ye best  
& newest can be got bruse it & put it into a quart  
of spring water & boyle it to a pint keep yt thicke  
close covered the Balsum will not desolve but ye good  
ness will boyle out pour it upon a quart of ripe straw  
berys let it stand a little & ye mash it til ye good  
ness is all come to close & let it stand 2 or 3  
hours ye straine it & put to it 2 pound of double  
refined suger & let it stand in day ye boyle it  
up to a thick syrup

A shorter way is to boyle ye powder & pour it on ye  
strawberys & when they are strained ye to beat ye bad  
sum fine & put it in w<sup>th</sup> ye suger & boyle it up to  
gather to a thick syrup &

For a burn a new good <sup>not at all</sup> ointment  
Take 2 pound of barrow hog's lard & ounces  
of bees wax & 2 good handfulls of the hooft  
well wiped but not wast cut small & seeth to  
gather leasurly on lowt in a new red glassed  
pippin yn stovine it & keep it in ye pippin =

If ye burn be deep put in a peece of not ye spread  
it thick on a fine cloath & lay it on  
drese it once a day this both takes out ye fire &  
heals it if any pained flesh grow in it put in a little  
burst of lime you must be sure it be barow hog's lard  
this is one of ye best ointments I ever saw for a burn  
or shott & fester for a loosnes

Take half an ounce of venice turpentine & des  
solve it in ye yolks of 2 new laid eggs when it  
is well beaten put in half a pint of milk yt has bin  
boyled & almost cold & mix it well together yn have a  
quarter of a pint of milk hotter & put in if it may be hot  
enough for a fester & yn give it



For an Ague

com Holder

Take 2 spoonfulls of sugr of clove gilly  
flowers & 40 drops of spirit of hartshorn  
& give it an hour before ye fit comes =

For convulsion fits in children an  
anxious remedy Mr Ratia

Take oyster shells & dry ym before ye fire on a  
an oven peck of y<sup>e</sup> cut shell & take y<sup>e</sup> white  
& powder is very fine give to a child as much  
as will ly on a 2 pence in a spoonfull of black  
cherry water give it for 3 or 4 days together &  
it perfectly cures =

It is very good for chest worms give as much  
as will ly on a shilling to grown persons in  
any liquor give it at new or full of y<sup>e</sup> moon  
it is a great sweetener of y<sup>e</sup> blood & you may  
make use of it in need of pearls to make cordials  
in milk water or w<sup>th</sup> etc you please

A Smoale for Rhimes in y<sup>e</sup> Eyes July 16<sup>th</sup>

Take lignum aloes Horax saxifrage bark  
amber of each one drmm cut bitorey half an  
ounce rosmary flowers or rosmari a quarter of  
an ounce tobacco a quarter of an ounce eye bright  
half an ounce mix these together & take ym  
in a jupe morning & night =

This was st frances bridgers recit who  
cured a lady yt used spectacles 30 years & after  
at 70 years old could read y<sup>e</sup> smallest print w<sup>th</sup> out  
ym = wash y<sup>e</sup> eyes in a morning w<sup>th</sup> stale strong  
beer or warm water for cold & hurtful to read eyes

Dr Jordan A peccant brim for y<sup>e</sup> lungs it  
causeth a clear voice long wind resists  
hoarse coughs asthmaes

Take ruius of y<sup>e</sup> sun stoned french barley of  
each one ounce liquorish half an ounce blatt & figs  
Jebestins & Jnbits of each 15 maiden hair hyson  
scabious costsfoot of each half a handfull dry ym  
& buyle ym in 3 pints of spring water yd on fire  
be consumed y<sup>e</sup> strain it & drinck a quarter of a pint  
every morning w<sup>th</sup> keeping any dyet



The limo water

Take a pound & half of  
the best burnt Lino stand  
and one gallon of spring water  
put ye water into broad =  
earthen pan, then put in ye  
unslaked Lino, let it stand  
twelve hours then take a lither  
fletting dish, take of the thin  
crust or skin that hath on the  
topp, take of as little of the  
water as you can, then take  
take all the cleare water, & put  
it into well glazed earthen pot,  
lined a butter pot, & into it  
put a quartre of a pound of  
Liquorish sliced, a quartre of  
a pound of Anniseeds bruised, a  
quartre of a pound of Sassa  
fras thin sliced, a quartre  
pound of mace bruised, one  
pound of currents bruised let  
stand 24 hours, let it run  
gently thro thick Jolly bag  
& then put it into Colles &  
boyle it for 2<sup>h</sup>. Take of it  
halfe a pint first in the  
morning & halfe an houre  
before dinner

And as much in the afternoon  
allway putting into it (when  
it is lither warmed 2 spoonfulls  
of Syrup of Violetts.

The vertues are as followe  
It doth here Gods blessing cure  
all dropies consumption Agues  
Nervous Canfers inward or outward  
shortness of breath. Decay of y<sup>e</sup> Liver  
Liver or Kidneys all inward infirmities  
or ulcerations. It stonnes cistern in  
Kidneys or Bladder. It dryes up  
superfluous humors & helps  
to gender & breed good blood  
It preserves nature from decay &  
doth undoubtedly alter the temper  
& habit of the body. From breeding  
malignant humors, and restores it  
to a healthy complexion, you  
may safely give it for all  
kind of Tremor. It hath  
been very effectual for curing  
the greivous sickness in young people  
If they be outward sores restore  
some of the water before you put  
in the currents wh<sup>ch</sup> doth to



Wash the seeds w<sup>th</sup> & if need  
be stirring them.

### The Lead Plaster

Take 2 pound & a quarter  
of y<sup>e</sup> best oyle olive, red  
Lead one pound, of white Lead  
one pound very well beaten  
to powder & sifted, 12 ounces  
of Spanish Soap, pour y<sup>e</sup>  
oyle into a brass pot & set it  
over the fire. Then cut the  
Soap very small & put it  
into the oyle & let it boil  
a little. Then put in the  
powder & keep it stirring  
& boiling till it be of the  
colour of white Ash. Then  
take it from the fire &  
make it into Rolls, the closer  
it is the better

A rare crowd drink Indy brockman  
in april gather oak buds hathon buds &  
bramble buds soner yt betee yr gather thes  
following herbs as they come in season

- |                  |                           |
|------------------|---------------------------|
| 1 Soltherwood    | 16 wild angilico          |
| 2 mayport        | 17 Samille                |
| 3 Agnimoney      | 18 Sweet maudline         |
| 4 Flaxtain       | 19 Bugless                |
| 5 Violet leaves  | 20 Rose wort              |
| 6 Lingfoile      | 21 mint                   |
| 7 Hensnecks      | 22 Allens                 |
| 8 banelin        | 23 Scabious               |
| 9 oxeye          | 24 Woodroffe              |
| 10 wormwood      | 25 Daisie roots & flowers |
| 11 wood betiney  | 26 leaves                 |
| 12 comfrey       | 26 Strawberry leaves      |
| 13 Ribwort       | 27 oak buds               |
| 14 self heal     | 28 hathon buds            |
| 15 spartan poppy | 29 bramble buds           |

dry all these in a shady roome turning



them every day when you use ym  
by equal proportion well mingled  
take six hand fulls put to ym 2 quarts  
of white wine & a gallon of spring water  
Boyle ym in a pipkin close covered very  
feastly till half is consumed y<sup>n</sup> strain  
out y<sup>e</sup> herbs very hard & add to y<sup>e</sup>  
Liquor one quart of pure honey & keep  
it constantly stirred till it is just boyled  
ym strain it again & when it is cold  
put it up in bottles & stop it close

### The vertues of it

give y<sup>e</sup> party in y<sup>e</sup> morning fasting 3 spoon  
fulls blood warme & as much going to bed  
if for an inward or bleeding take 10<sup>th</sup> in the  
3 first nights & small Lumps of Lucetinus  
Balsum it is good for wasted lungs

the manner of working is this 46  
10<sup>th</sup> in ten days it will take away all manner  
of pain or Swell of a wound: it cast of all  
bees or bones or splinters: the dressing or  
2 befor bones come out it will bleed very much  
it is a safe easy pleasurable water but very  
sure & bringing out out all it healeth in  
3 or 4 days be y<sup>e</sup> wound never so deep  
& dangerous

it Cureth fistulas outward or inward  
& stancheth inward bleeding & cureth  
inward Ulcers & Kings which consume  
humans sweetens the blood & helps  
decayed nature in old people y<sup>e</sup> have any  
huskew attending them -

Doctor Hatleys receipt for ye

Jandice

Take a pennyworth of safraun a 6  
penny weight of ye best castle sope sliced new  
than an ounce of aniseeds bruised a pint of  
white wine mix ym together & let ym stand  
24 hours often shaking ym strain it off and  
drink it at 3 mornings fasting =  
ping fine either w<sup>th</sup> sirup of rubarb & sirup  
of damask roses or w<sup>th</sup> pills of chloas rosacie

no symptoms resists

for a Bruiſe

Take half a pint of vinegar & mix in it as much  
wheat flower or meal as will make it of the  
thickness of a pancake & give it y<sup>e</sup> patient to  
drink by degrees & it will cleanse ym from clotted  
blood either by stoole or vomit  
take some & put it w<sup>th</sup> Brandy & ym spread  
honey over it & lay it for a plaster to the  
Bruise & it will cure it =

For a sore throat

Take a handfull of wormwood & half a  
handfull of mustard leaves beat ym fine in  
a mortar & ym stie in a spoonfull of fresh  
lard & mix it together ym spread it on a fine  
cloth & lay y<sup>e</sup> cloth over it & lay it to the  
throat when it is enow 4 hours for 4 or 5 times

Take 2 spoonfulls of honey & as much mus-  
tard as will lay on y<sup>e</sup> point of a knife & mix it  
& take a little at a time & gargle y<sup>e</sup> throat often



at the first coming of a sore throat hold sal  
puneha in ye mouth & if it be bad beat it & put  
it into rose water made is pretty strong & gargled ye  
throat  
or other gargle

Take a spoonful of iijce of Elder & a spoonful  
of honey & as much bole almehad as will fy on a  
half crown & as much saffron as will fy on a  
six pence in fine powder mixe it & fine it on  
ye point of a knife & let it ly on ye tongue & swe  
by degrees goe down ye throat. Keep it con-  
stantly taking & it will cure the throat

anore powder in catarrh

take leas when full ripe & dry ym in an oven  
ye beat ym to powder & sift ym up to every pound  
of ye powder put half a pound of salt peters in powder  
d at full of new of ye most fine as much as will  
fy on a shilling in ye morning fasting & ye the  
thing going to bed if ye child be young give less  
for ye griping of ye guts & stomack

Mr Trishors reserit to cure y<sup>e</sup> Kings Evil

apined

Take 2 quarts of running water & y<sup>e</sup> 3 part of a  
pound of Tiquina Utea shavings put it into an  
earthen pitchen & set it in an iron pot w<sup>th</sup> water  
& let it Boyle 4 hours ye straine it & when cold put  
it into a bottle let ye person drink after of a pint  
in ye morning fasting on how after it & att 4 in  
ye afternoon & ye last thing att night: if it be white  
a less quantity

But before you give y<sup>e</sup> drink you must purge ym to  
a man give an ounce of cruto: costina: to a woman  
half an ounce dissolved in poset drink & 2 hours  
after drink grewed: to a child a glass of an ounce  
or more as y<sup>e</sup> age is &

be sure to keep warm & not stie out y<sup>e</sup> next morn-  
ing after purging & ye purge take once in a month  
so renew y<sup>e</sup> drink =

if ye party holds well take it att twice a year. march  
& september: if any sores use noe Salve but twice  
a day say on haime's tony leanes & wash y<sup>e</sup> sores  
w<sup>th</sup> Elder flower water =

For Anthone's fore 8 roses  
take half a pound of Roes Land melt it & y<sup>e</sup>  
put it into a Brase water w<sup>th</sup> a glass of  
juice of grape & turnep heat it gently as  
hot as y<sup>e</sup> can hold it & keep it stirring till it is  
well incorporated y<sup>e</sup> amount y<sup>e</sup> place 2 or 3  
times a day & lay fine rags over it so doe  
till it is well

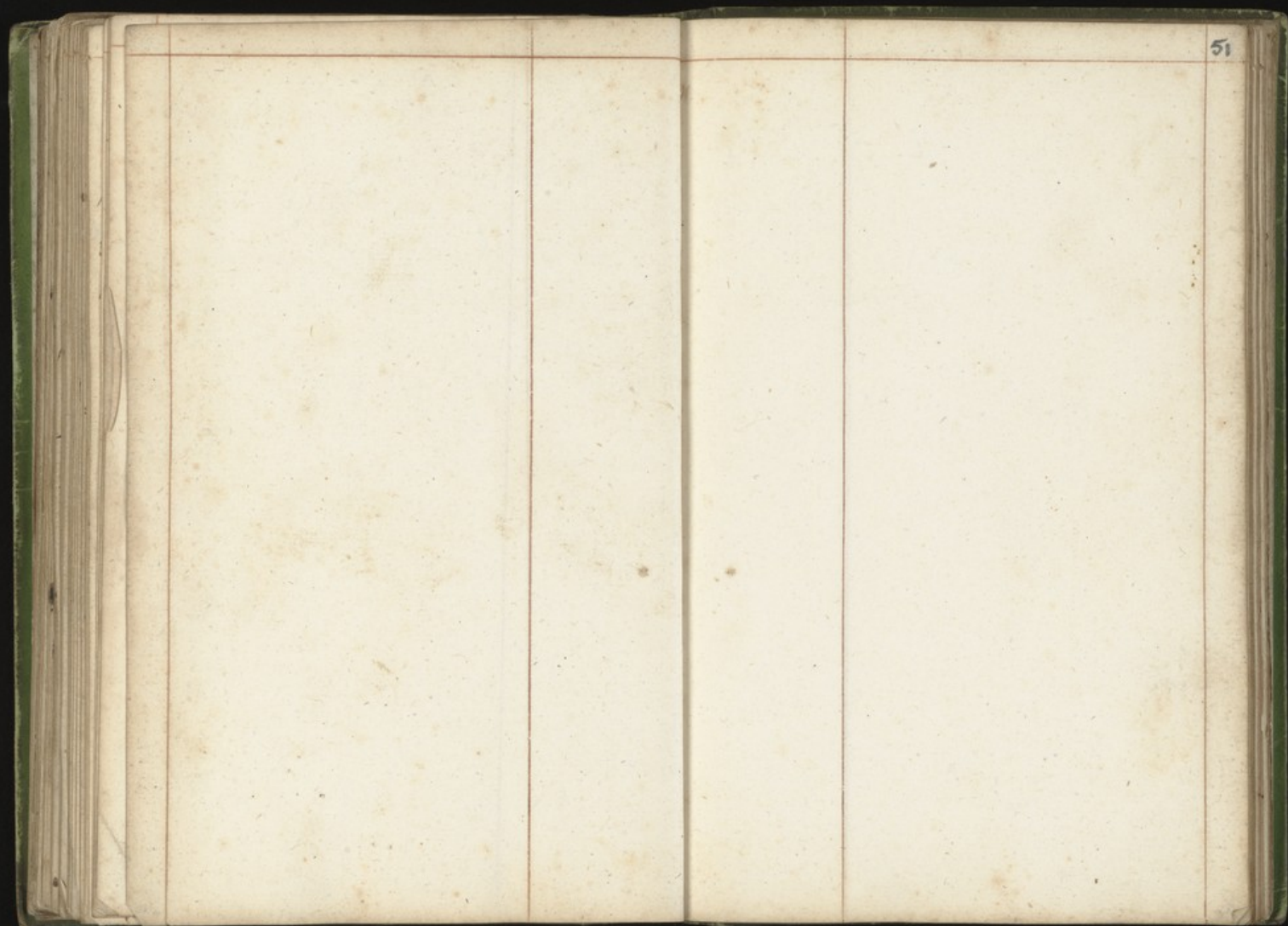
orine Marbled w<sup>th</sup> M<sup>rs</sup> M<sup>rs</sup> M<sup>rs</sup>

49

Take 2 pound of oranges & pain y<sup>e</sup> very fine  
cut y<sup>e</sup> in halves or 4<sup>th</sup> parts & pick out all y<sup>e</sup> meat  
y<sup>e</sup> Boyle y<sup>e</sup> halves in 2 or 3 times w<sup>th</sup> water till they be  
tender y<sup>e</sup> cut y<sup>e</sup> in in w<sup>th</sup> like pieces like dice  
but y<sup>e</sup> must have a pint of pipin liquor w<sup>th</sup> added  
of y<sup>e</sup> meat left in it put y<sup>e</sup> peels & a pound of half of  
of fine sugar boiled together till they be enough put  
in y<sup>e</sup> juice of y<sup>e</sup> orange when all y<sup>e</sup> seeds & skins be  
taken out y<sup>e</sup> do it all Boyle till it is well y<sup>e</sup> y<sup>e</sup> put  
it in  
I made y<sup>e</sup> water Boyle at every  
change before y<sup>e</sup> put in y<sup>e</sup> peels & y<sup>e</sup> sugar in border  
piece of y<sup>e</sup> quantity part of y<sup>e</sup> rind of y<sup>e</sup> peels



Folio's 49v to 60r are blank







Mr. John Gray - Doctor & etc.

Take two grains of oil half an ounce of mara  
 a grain of digimon seed and much of camphor  
 each mixed. put it then into a glass bottle  
 not to be used. it is a mixture of a kind of bony  
 water for it stands all night: in the morning clear  
 it off & drink it: some women after take the  
 ground.  
 as receipt of Mr. Rivot to keep  
 women from this candy  
 Take 3 pounds of powder every 3 pounds  
 of seed for 3 pounds of powder of yal find from  
 50 grains of powder in it it is called yal find  
 but for me from it some enough



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nu. 142/152

Not Horses yet no Talia go on both sides &  
 Hens only 10 pounds or 3 or 4 lbs  
 Take a 1<sup>st</sup> of 1000 paces & a 1<sup>st</sup> of 1000 paces  
 7 ounces of lead for a given of 1/2 ounce of lead  
 1/2 lb of lead cut & put in a room with little holes put all  
 together & let it dry gently for 2 hours & keep  
 it in a rooming you have it in a earthen pan &  
 it may come out a cake about 2 or 3 fingers thick  
 it will keep a good while -  
 the officers fear should for water total  
 back to break out any small business strengthen  
 well finds a good for with inflammation a good service  
 or any other parts where it has been can wear that  
 enough it is good for throat bathing then place  
 10 or 20 only  
 Take a given of 1000 paces & a given of 1000  
 find out it in a given of 1/2 lb of lead  
 given for a given of 1/2 lb of lead  
 10 or 20 only  
 10 or 20 only



For many a reason for a burn is to cure the  
 new sea bath  
 Take 1/2 pint of an egg as much as the heat  
 you together till they look as white as milk  
 with a feather a new 1/2 pint for 2 hours together  
 till they feel not warm you have ready some  
 few pieces of butter heated together & stirred a dozen  
 or three which you & direct 3 or 4 times a day  
 till it is well: it is a certain cure if you burn  
 it well for 8 or 9 =

For many a reason for a burn is to cure the  
 new sea bath  
 Take 2 pound of beef & mutton their shins together  
 2 pound of yellow <sup>safran</sup> 2 lb of roots foot only 1 lb  
 much verjuice as will colour it green put it into a  
 brass chibit & set it over the fire to boyle a pretty while  
 stirring it with a stick & verjuice when it is almost done  
 or else he had not be off yet good a colour  
 when you use it rub it in for a good hour or two  
 hence  
 For many a reason for a burn is to cure the  
 new sea bath  
 Take as many balls of stone horse dung as will  
 fill y<sup>e</sup> bottom of y<sup>e</sup> firewood or stid y<sup>e</sup> put in an  
 ounce of muske had an ounce of ginger & an ounce  
 of rosin tride y<sup>e</sup> fill up y<sup>e</sup> stid w<sup>th</sup> y<sup>e</sup> fees of  
 strong beer etc or wine & stid it w<sup>th</sup> =

Against ye engreyn in ye head or neck  
 Take of scum 3 ounces zedary cumm  
 seeds marsh mallow seed of each one ounce  
 murthering galingal calamus zedary ye lesser sage  
 aniseed of each 3 drams food styng 3 ounces make  
 ut into fine powder  
 Take as much as will lay upon a six pence area  
 youe salting every morning & night it will purge  
 your body but first more but last when it purges  
 then you may take more if ye quantity be not  
 purged three a day -  
 To dry up a sore leg the newer  
 for good  
 take a spoonfull of Elder flower  
 water & put to it 5 spoonfulls of strong  
 water & make y<sup>e</sup> dose w<sup>ch</sup> is dried a  
 day saying over it a peece of fine white  
 paper it is y<sup>e</sup> best of long continuance  
 bring you & give you y<sup>e</sup> liquor vntill drink

For a sore mouth or throat  
 Take a good long tea coat & when it is red  
 hot put it into a pint of strong water w<sup>ch</sup> 3 ounces  
 of double refined sugar set y<sup>e</sup> coat by in it till it  
 is drink out  
 It is to be used a peece of muslin & give it to  
 drink 2 spoonfulls & then 3 or 4 times a day  
 w<sup>ch</sup> is good for y<sup>e</sup> throat  
 To a child give it 10 or 12 washings 3 or 4 times a day  
 To draw the humors from the eyes  
 Take red wine the green stringy netles them =  
 Cook of each a fike & a half in all & a quart  
 of Bay salt beat y<sup>e</sup> salt till it is dry & then  
 hold it one hour & half to y<sup>e</sup> better for the eye  
 till it is dry you receive it till the humor turns  
 it is an excellent thing for sore eyes if done a  
 great while & it will draw  
 Take 14 leaves of linseed 15 of cypripate bring you  
 w<sup>ch</sup> 2 spoonfulls of salt & y<sup>e</sup> spirit it is an excellent  
 For y<sup>e</sup> mouth & throat & y<sup>e</sup> eyes









I have been told that you have given  
 over by physicians  
 and half a pint of good scurvy is  
 half a pint of double refined sugar  
 Let it boil till it is a syrup you put  
 in a good kind of red clay shal  
 and let it in a bottle in the shade  
 to let it stand till the pretty cold  
 give it to the patient  
 Take a child's spoonful & give the  
 child to drink & in another spoonful  
 wash the mouth the a fine rub about  
 a stick so in 6 months it will  
 about 15 or 20 times a day & it will  
 certainly cure it: it must be a long  
 child's spoon or a small one of an  
 ordinary spoon

An excellent salve to be used within a  
 round oler or new lads of garters resin -  
 Rose wax for venting roots foot out of sooth  
 allis quantity beat y resin in a new wax  
 put yin all together in a small boy yin  
 over a good fire till it will work yin  
 hand  
 For childrens murther to be used  
 out the ayre



The Garden Glist for the worms  
 Take twenty leaves caribwood  
 flowers cutting tops wormwood  
 of each a pugill portion root same  
 of each a dram Rhubarb half a dram  
 boyle these in 5 quarters of a pint of  
 water to half a pint strain it & add  
 to it half a spoonfull of salt & give  
 it for a glisten 2.  
 A new Receipt for the worms  
 Take a quart of rye cow milk & half  
 a pound of saler coriander well rubbed &  
 picked but not washed set it over em-  
 bers all night in a silver tankard let  
 it stand till the boye in ye morning straine  
 it throu a fine & give the child half one  
 morning & half the next doe up 4 mornings  
 at the new of the moon & 2 mornings  
 after give fiftiye of it w<sup>th</sup> milk paine  
 right a good full of honey dissolved in it to  
 drink w<sup>th</sup> cany of the lead to come  
 out this is an approved medicine

To make a green oylment for the  
 Take half a pound of bruce cut off y<sup>e</sup> chame for  
 it be washed sett it on fire in a good limbeck  
 of y<sup>e</sup> rankiest raising shewl still it in a fire  
 it be temperd w<sup>th</sup> the parsley and Rused green  
 out y<sup>e</sup> & put fresh parsley in it when you need  
 be given enough to make it out & keep it for use  
 do not cut y<sup>e</sup> parsley to small =  
 The new Receipt for the  
 cancers or thirsols if taken in time  
 Take 400 snos or hoglice one handful  
 of sage or Rused full of fine stange allys  
 together & drye up in a cleane hang y<sup>e</sup> in  
 3 quarters of Ale & witten 2 or 3 days  
 drink thereof constantly at meals morning  
 & night 2  
 for y<sup>e</sup> glandie



A rare powder to help women in  
 travail -  
 Troches of myrtle 2 scruples  
 castor & saffron each 10 grans  
 common 20 grans white chub  
 & dictamnind of each half a dram  
 The vernal quantity is 20 grans  
 It is a rare Roman loss you  
 must be sure it is her travel give  
 it in a small draught of sweet claret  
 as if she vomit is up give her another  
 dose of it -  
 To go to stande mead drink for  
 enough of ye things as a consumption  
 Take 5 gallons of water a pound of a  
 dross stone half a lb of corat an ounce  
 of sugar 3 ounces of orange roots in  
 candied a quarter of an ounce of islander  
 seeds on ounce of china 2 handfulls of  
 costus 2 pounds of Rosmarie 5 pound  
 of flag of honey boyle y<sup>e</sup> 4 gallons  
 when it is cold booke is up a m<sup>a</sup>  
 oter you may booke is up don't not

Shoop of nettles for the same coughe  
 as for a consumption two gage  
 Take of y<sup>e</sup> ruyce of red stringy nettles  
 boyle it to correct the paines & remove  
 y<sup>e</sup> to each pound give y<sup>e</sup> same quantity of good  
 honey or sugar to it & let it be pressed the  
 on y<sup>e</sup> fire but not boyle shew it & keep it for  
 use this you may take on a signish stick  
 or a child's spoonfull at a time -  
 To make mead m<sup>a</sup> hungry  
 Take a pint of honey to 5 gallons of water  
 & one pound of boginger boyle y<sup>e</sup> in together is  
 long as y<sup>e</sup> wine rises & take it clean off y<sup>e</sup>  
 before it into an earthen vessel with a toppe  
 a pint it to 3 demers shild m<sup>a</sup> & all end  
 3 or 4 demers & cover it up close and when it is  
 cold enough to work it up put to it 3 or 4 y<sup>e</sup>  
 fulls of yeast when it has stood 4 or 5 day  
 booke it up -

To make a cream cheese  
take 6 quart of milk from the  
cow & put it in a glass of cream  
make it moderately warm & put in  
as much rennet as will be proper  
to make it so the milk left is stand  
till it be thin in day or two & the  
cloth & hold it up by the corners  
till the whey be run down & put  
it into a vessel & press it very gently  
at first & a little more afterwards  
till it is not six day cloth & day  
at night take it out & rub both  
sides till it is a very fine & near  
morning turn it upside down & so  
let it be the hours in day & night  
netted & kept in once a day till  
the cheese is ready which will  
be in 3 weeks or a fortnight if  
the weather hot







3 The virgins wax should be put  
as much as you can melt in a  
plate or a shallow dish & lay  
into it & rubles that are hot  
clean board & stick in a  
little more water you must lay  
it a time & lay the wax  
old wax will stick to the  
the same

Take a quarter of a pound of butter  
it is melted & set to on the fire  
handful of muslin of the same  
roughed & is much better wax  
make it stiff for a good while &  
keep it close covered & if you  
taken it is almost cold wash it  
with or with flower water you  
the wax it & set it in a  
a longer when it is with  
the first & when they are hot  
with the finger & they will come out

To make demon cream

two handker

Take a pint of fair water & mix a pint  
of orange flower water. ye milk of a lemon  
laved in it & stand an hour & take ye  
of lemon a little ambergris & a little of  
6 eggs well beaten & quarter of a pound  
refined sugar mingle all together  
mix ye mix of ye lemon & set ye  
bowl of coats in a silver basin & let me  
flow all ye while & another time to  
pay for it in flower set to be smoking hot  
give not longer in flower is through a  
into ye dish 18 15 & is served in



Take 2 pound of sugar one pound of but  
ter half a pound of sugar a spoonfull  
of beaten cloves a little cinnamon & make  
comander or carnation seeds mix these all  
together on a chafin dish of coals till it  
be scalding hott you lett it be cold againe  
you put in much fine flower more as  
will make it into a past made it into forme  
of a fashion you please & bake you 2

To Make Ginger Bread  
Take 2 pound of sugar one pound of but  
ter half a pound of sugar a spoonfull  
of beaten cloves a little cinnamon & make  
comander or carnation seeds mix these all  
together on a chafin dish of coals till it  
be scalding hott you lett it be cold againe  
you put in much fine flower more as  
will make it into a past made it into forme  
of a fashion you please & bake you 2

1 An excellent way to keep y<sup>e</sup> face smere  
Take y<sup>e</sup> white of an egge new laid & beat  
it with y<sup>e</sup> red & the orange of ayre of bitter  
almonds new denove & an ounce of ayre of  
tartar shake them in a bottle a good fashion  
y<sup>e</sup> put it in a glass of y<sup>e</sup> wine & keep it  
shaking an hour & half longer stop it  
close & use it for face till every morning  
shaking y<sup>e</sup> bottle when you use it  
Take a quantity of a pound of better almonds  
beat them & beat y<sup>e</sup> whites small as possible  
you can y<sup>e</sup> rose water y<sup>e</sup> take half a pint  
of fresh limes till it is as y<sup>e</sup> fine y<sup>e</sup> &  
good spoonfull of y<sup>e</sup> sugar when it is boys  
in y<sup>e</sup> denove is cleane & mix in y<sup>e</sup> almonds  
& lett y<sup>e</sup> boye together with stirring it  
till it be quite till it is quite cleare y<sup>e</sup> boye  
bottom of y<sup>e</sup> pan & with it a stiff past  
when it is cold y<sup>e</sup> past is ready not to  
keep it for use







To make a color of Bees to  
 Take ten pound of white Bees to  
 is a pound in white water dry to a  
 season is not never mixtures choice  
 Brown salt patch of each an ounce  
 Common Venice of each half an ounce  
 Spoonfuls of sweet herbs a handful of  
 powder of dry leaves dried in an oven  
 half of mill will half a pint of clove  
 make it up in a frame set it by 2 or 3 days  
 before it is baked in take it to the brown  
 head a hour when it is cold take it out  
 a dry it keeping it so for use

Though virtue ston'd to thee by thy first breath,  
Altho' it at once sunk in whirls - rocks - death:

Yet our land waters (waves of passion) went;  
Our waters then about our firmament:  
Of what good nature ought not to be told,  
For they that have his virtue, think him old;  
Do not leave souls thy sacrifice refuse;  
That in thy grave I do entomb my muse:



*[Faint, illegible handwriting in the upper portion of the page, likely bleed-through from the reverse side.]*

where shall I get fresh conduis, new supplis?  
 That I with moisture might now flower mine eyes  
 Get bristled tears run trickling from mine eyes?  
 And pale look cheeks with sad pearls beautified?  
 To see pale death with dreadful looks arise;  
 And shut the little <sup>thy</sup> segments of thine eyes:  
 Because y<sup>e</sup> period of ~~the~~ <sup>thy</sup> life is come;  
 I make myself a new wake on thy tombs:  
 O soul, O circle why so quickly lose  
 Thy ends, thy first and last record up in stone?

To Make a color of beef  
 To make tea  
 To make quince wine  
 To make crany cake for women  
 To make a christened horses  
 To make ginger bread  
 To make ginger bread white  
 To make French soup  
 Savory of gummall  
 To make water for a hectiques  
 A rest for ye face  
 One for y<sup>e</sup> hands  
 To smelt the forehead  
 To make the face  
 To make for vapours and fit of y<sup>e</sup> mother  
 To make cream 1 to give a cake  
 To make home gelly  
 To make cream choco

Praise pardon us; we're so late;  
 with lazy sighs become thy fate;  
 and with an after-portion of verse,  
 and tears, we thus bedew thy page:  
 'Tis well thy life's great merits did deserve  
 and give praise too, my reed tongue could not serve  
 'Tis well we kept tears in our eyes before  
 that to fit this deep ill we might have store  
 who will give more tears? some all ye springs,  
 my groins hath need of all's native springs:



The palsy water in paper

Begin  
at  
street  
and

This only means me if my means may be  
to for for every for content to high

