

## **Stanhope, Philip: volume 1**

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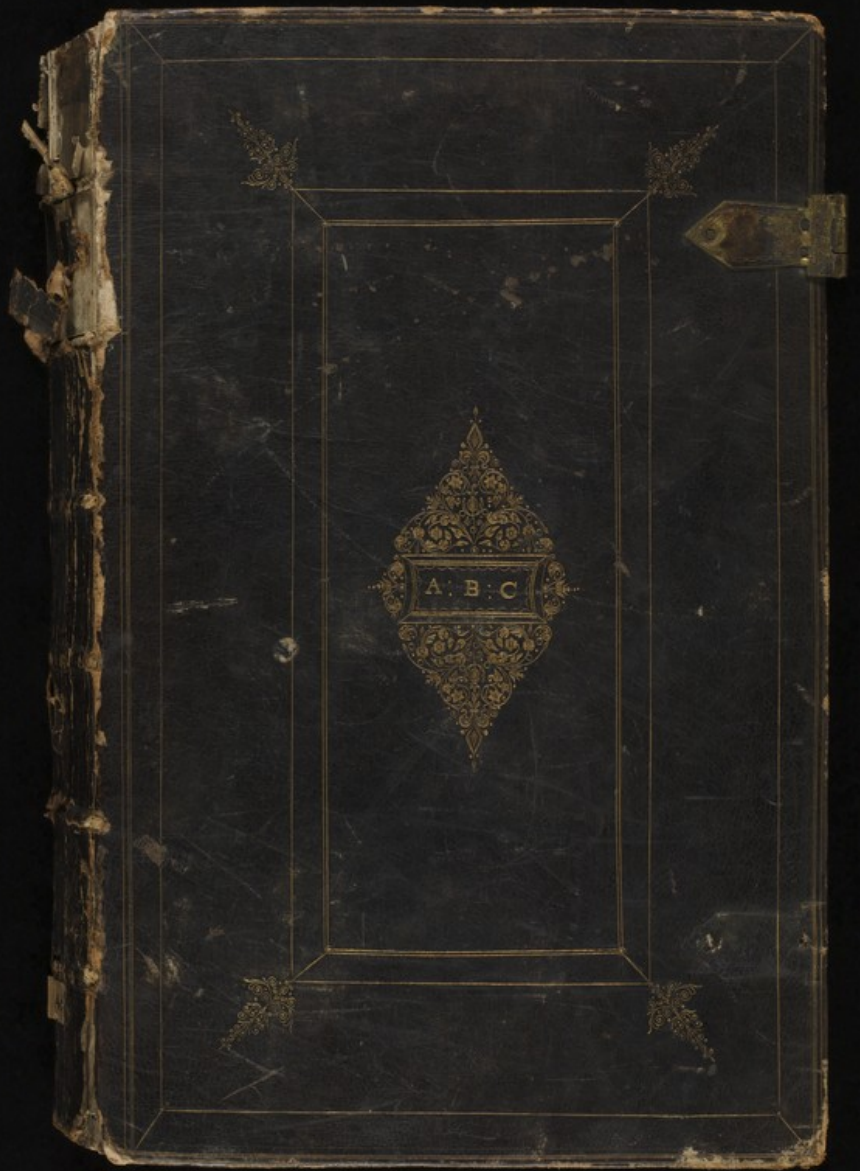
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~~356~~  
421

*Very curious  
& unique*

STANHOPE (Philip) 1<sup>st</sup> Earl of Chesterfield  
[1584 - 1656]

A Booke of severall receipts  
[A-C]

[c. 1635]

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E 2. My own child Arthur Stanhope!

G. 7<sup>v</sup>. Col. John Cromwell

G 12<sup>v</sup> My daughter Dorey

A 2 Sister BODEN

A 3 K. Chesterfield

A 4 My own Ferdinand's wife

B 1 My brother George HASTINGS.

B 8 My cousin Washington

B 11. BANCROFT. Bishop. of Oxfrd.

C 2 My sister MOUNTNORRIS



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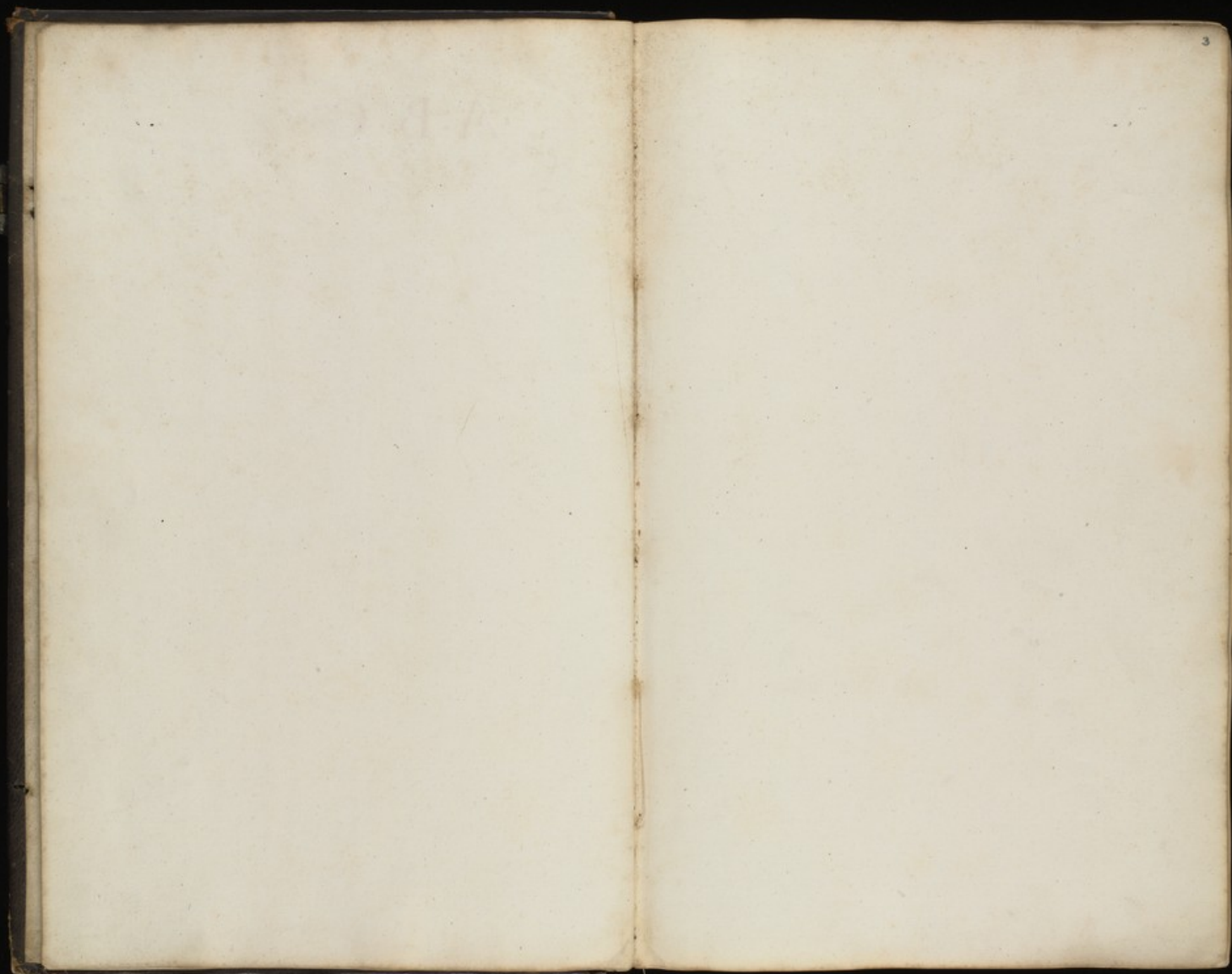
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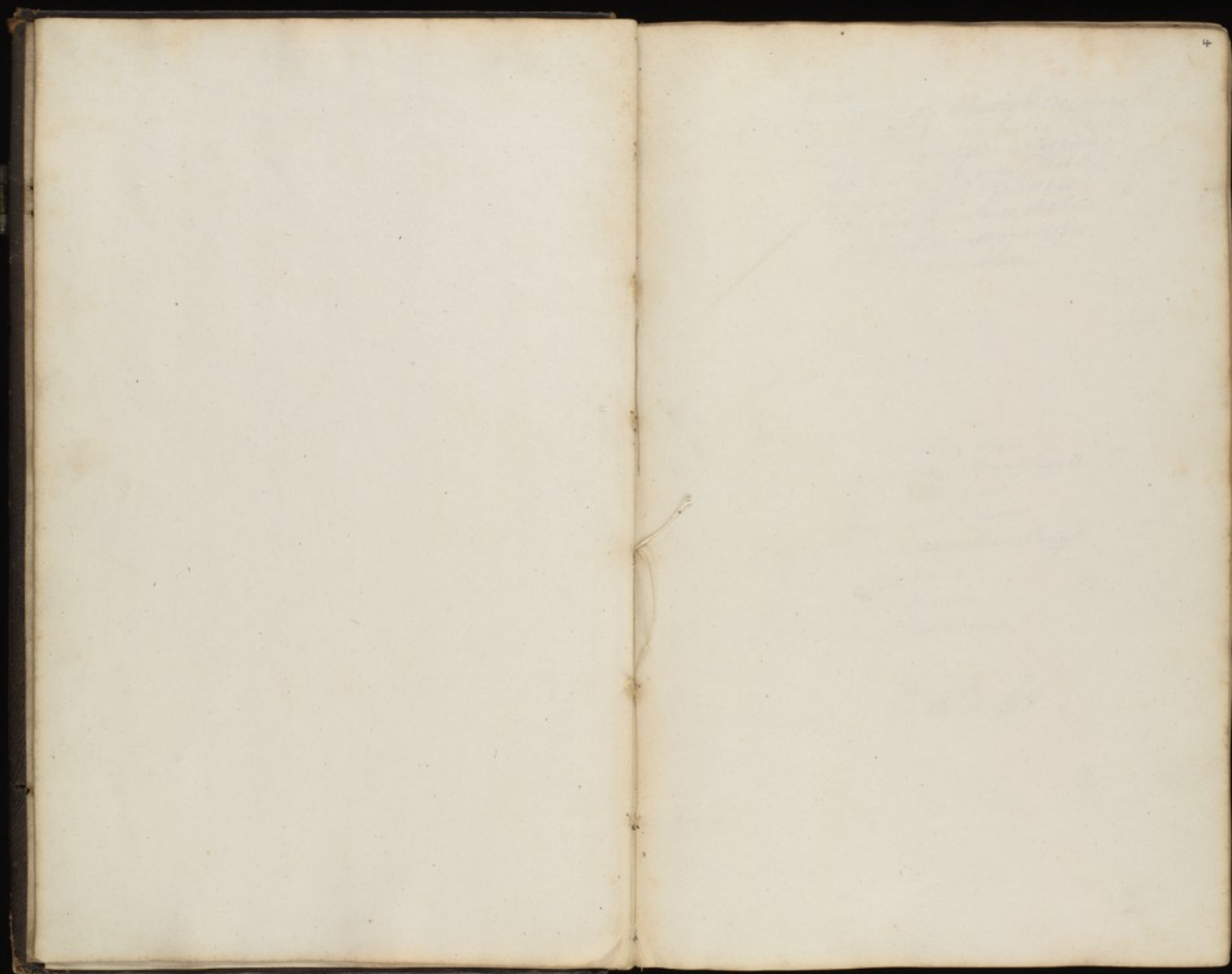
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2.  
A:B:C







5  
*The Booke of Seuerall receipts  
 for severall Infirmities both in Men and  
 Women, and most of them either tryed by  
 my selfe or my wife, or my Mother,  
 or approoved by such persons as I  
 dare give credit unto, that have  
 knowne the experiment of it  
 themselves*

*A dragme is eight penny weight  
 A scruple is two penny half penny weight  
 Eight dragmes make one ounce  
 And three scruples make a dragme  
 Twenty scruples make one ounce  
 A dragme is sixty grains  
 A scruple is twenty grains  
 Four dragmes is half an ounce*

8      ℥      24      6  
*Arsimoniam. Silver. Steele. Gold.*

A

A Water good for the quartaine ague, or any disease  
in the stomacke, taking it before the feue come, and  
the best time to cutt it is in May. M<sup>r</sup> Mathias.

Take galengale, clove, cubbe, ginger, cardamome, mace, nutmeggs  
of each one dragm, in very fine powder, take for much of the juise of  
reclantini as will suffe. Then all with together, then cutt them into a  
drinke of aqua vite, and three pintes of good white wine. It is to be  
all night in a glass or earthen vessel, next morning distill it with  
an gentle fire. Take all that will runne and mingle it together to  
make it all of a strength, in cholerike salve one spoonfull of it is  
fasting once a week, in winter two spoonfull, this water is of  
a force to victual, it dissolveth the bones without griefe, if the  
lungs be gettred, or consumed or withered, it helps and comforts  
them. It suffices put the blood to putrefie, but the same maye be  
it multiplies, for as hee should not neede to be so bloudie, but  
not the heart so be burnt, Nor yet the lancholy nor the  
to be left about nature, it is good. Rhume much profit  
the stomacke maras lancholy, it preserues youth in it own  
effort, ingenderes a good colour, comforts the aduised and  
memories, destroyeth the Passions of the body, and preserues  
the. If the same water be given to one that is near death  
one spoonfull reviveth him, of all waters there is none better  
then this, nor more durable.

Aqua mirabilis the first

Take three quart of white wine, one quart of aqua vite, one  
pinte of the juise of reclantini, one great handfull of Matelot  
flowers small flowers, cubbe, galengale, grain, nutmeggs,  
clove, ginger, mace, of each the weight of twelve ounces, cinnamon the  
weight of two shillings, bruise all these spices small, then cutt all  
them in the bottom of a glass still, and let them stand in the  
fusion, one whole night, next day distill it with a gentle fire, in balance  
draw one drinke of the juice one drinke of the strength then draw  
two drinke more together, it is good for Consumption, the strength  
is a true good cordiall, but because aqua vite is so strong in the  
taste to some, fine and dainty cordiall, it is better to take the same  
quantity of rich spirit of claret, and so draw out the aqua vite, so  
is no taste cordiall and true.

To make aqua mirabilis the second way

Cardamum one dragm, cubbe one dragm, galengale, a dragm,  
matelot one dragm, nutmeggs one dragm, clove a dragm,  
ginger a dragm, mace a dragm, all these spices beaten small  
let infused over night in three quart of white wine, one comb



The best making of aqua composita the first day  
Take three gallons and a pint of strong ale of liquorish  
a quart of a pound, anniseeds three quarters of a pound  
of a sugar on: ounce of nutmegs, cloves, and mace of each  
an ounce, three pound full of spence & first all bruised &  
set distilling

Hot, or both;  
To make to cure anyague or jaeger M<sup>rs</sup> Waters,  
Take a pint of fumitory water, & boile two Oranges and a  
good Lemons, cut in tender, & being the juice strain forth of  
them, through a straine linnen cloth into a glass vial, or other  
vial, and put it into the fumitory water, the Juice is to  
be with a quarter of a pound of fine white sugar, and let the







[illegible]

the patient's judgment  
I Plaster for an Aque taught me by my Sonne.  
Twelve hands wise, seldom or never failing  
Take a piece of Rhenish leather the figure of a child's thimble, and  
run it round, then spread it all over with Quacklin Oint upon the  
round side of the leather & supine it round the legs with a waiver of  
Rhenish, that it may be fast & secure on, then spread upon the back  
-ward, about a Spoonfull of Venice Turpentine then lay it upon  
the Patient two hours before the feet rot, and then it is lay on  
-tis it falls off of it self, the patient must fast five hours  
after it is layd on.



**A Medicine to lay to the writher, & approue for the Ague**  
Take of the best tobacco, rubb for as to take in a pipe, but instead, then run a figge through the midst & roast it here, then let it be dryed in the tobacco, and for take up as much as to use, and for lay it to both the writher, and let it not be removed in foure or five dayes, to one persone figge.

**Another to lay to the Writher M<sup>r</sup> Brenc**  
Take one handfull of red melle, as much bay salt, as much colicell, boyle all in priue till it be so thick to spread like a plaister, and for lay it to both writher.

**Another to lay to the Writher for an Ague**  
Spread Caruontine Oyon bathin, & apply it to both writher

**Another to lay to the Writher for the Ague**  
Take breany rooter and one worme worth of English salt, and boyle them well together, & for apply them to the writher

**A safe drinke for the Ague**  
Take two good handfulls of violet leaves, to a quart of red wine drinke, and boyle them a while, whole together, and in the beginning of the cold drinke of it warme for use as one. To take with some good wine, as much as they will in the hot fit without downe.

**Another Plaster for the Writher**  
Take turpentine and wash them and stampe them till they will spread like a colas, then lay some saffron upon them and for apply it.

**Another safe drinke for an Ague**  
Take vicia seed, and the herb dandelion, boyle first powder of it, & some vicia seed in water, and for drinke it here in the cold fit, and then lay them stude to spread if they can applying the figge and the tobacco to the writher.

**Another to take in the cold fit**  
Take Reddus seed and boase it with fine and then sift it through a linnen, and afore the cold fit come, take so much as will lay on a grease with a little sugar three morning together.

**Another for an Ague**  
Take one handfull of rosemary leaves, and shred them small, take half a handfull of rue, and shred it small, boyle them very well in new milk, with that milk make a cosset with Ale, and drinke that cosset drinke as how as you can, use when the cold fit begins, and as often after as you need drinke, drinke the same not heating it more, for if you can to chaste, and drinke no other drinke during the fit.

**A good medicine for an Ague to apply to the writher**  
Take one good handfull of smallag, and beat it very fine, then take a proper handfull of bay salt, & a good large handfull of potters earth, & clean from pydons, and beat these both very well together with the smallag, then take two ounces of Venice turpentine, & beat it very well with the rest of the things, then one hour before the fit come, spread as much upon a linnen cloth as to cover the inside of the writher, and for lay it on till the time of the next fit, & then an hour before if the fit come lay it on as before, and thus in three times if it come might to take the Ague away, sometimes sooner, but in case it do not, then apply it five times.

**Doctor Burges his receipt for the water called aqua Maria**  
Take Canary Jack half a pint, ofsted or damme R. rosbuck, a quart of a water, and of fine sugar one pound, boyle them to a linnen, then take two pint of aqua salt, & beat it, which you may buy cheaply at the 3. Sellers in London, mixe them well together, making them then salt of white melle, & Ambergris, & of each eight or nine grains, & steepen fifteen grains, of citrine or pale sand, run in small sieve, & two dragma, or at least one dragma, & a half, and put all these four last named into a Persian baggy tied up, and hang it in your liquor now and then stirring it with your fingers, that the liquor may have all the power out of them.

**An Ointment for Aches**  
Take rue, and sage three handfulls, bay leaves and worme woods, of each one handfull, & a half, theophrastus fine clean pink, the weight of all the herbs, oil olive one pint, & a half, all your herbs and leaves must be beaten very small altogether, and for beat them hand, with water, the part of powder dayes, and then boyle it with a linnen sieve, always stirring it till the herbs begin to parch, then strain it and use it.

For Ach or Quatica.

Gather in the Summer a good quantity of the roots of wild-  
tongues, and beat them very well, and mixe them with wine or  
grape, & beat them very well together in a Mortar, untill they  
come both into one body and keep it for your use, if it be for  
a woman anointe the place two hours, binding this ointment  
open it, if it be for a man four hours, then wraue the party  
in a cloth, and then let him get into a bath, and being  
well bathed, put a good deal of oyle to a little wine, anointe  
the place, wash there with, and after the place is cleane,  
the face powdered away, rub it with warm oyle, it giveth  
suppleness probatum.

To make the true triallure of Amber.

You must take your rectified spirit of wine, so you may  
always have ready, & with little trouble from the distillers,  
then you can make it your self, to a quart thereof you must  
take one dragme of the white Ambergris, which you must  
grind on a stone small with three or four graines of fine musk  
grind on a stone small with three or four graines of fine musk  
then pour it into the spirit of wine, stirring it up with  
your hand, that it take no dirt, which you must let stand in warm  
water, for as it may become cloudy, so in the space of a  
month, in which time the spirit of wine will give the full  
strength, power, & vertue of the Amber, and in four dayes  
more, then if it were distilled to distill them together  
you may if you please make up of your water of rose  
still in stead of a balneo, filling it with sand, or after  
making a fine double end with small water.

To make Aqua.

Take graine of the salt of goat's rue, quater in rosin also as  
the sea is remaining at home or there taking with the  
Aqua.

To make aqua berocaria or the bezar water  
very cordiall

Take the leaves and roots of standing well washed, three  
handfulls and a half, of red one handfull, of Cordium, that is  
water germander two handfulls, of dill any of roots of fennel  
handfulls, of each one handfull, a half of the roots of dill,  
& Angelica, of each three dragmes, of Cydon will, of lemon  
will, of each two dragmes & a half, of the flowers of rose  
will, of flowers and roots, of each two dragmes, of Cinnamon &

well moisten, and press it well on the fire till it runn out, till it be  
as thick as melle, then take one gallon of water in a faire vessel, &  
a linnen cloth for a strainer, and filter it over the water, and so strain  
it through, then let it rest, and take oyle of May butter, and drubbe it  
on your back, that it stick not to your hand, & so make it up into  
pretty rolls, & so read it for, as you have occasion to use it.

To cure for an ach & Rhe. proved by the Lord North  
and how to use it

Take two handfulls of romemill, a bunch of greene sage, a bunch of  
santoline wood, a bunch of rosmery wood, some leaves of laurel, two  
handfulls of red rose leaves, put all these into a gallon of chaste oyle  
these must stand under a clove threewe, & be stirred twice  
morning, & after nine dayes boile them open untill two hours, and  
strain them still, and when they have boild one hour, put in a  
quantity of aqua romosha, and when it hath boild two hours  
strain it through a cloth, and when it is cold, put it up into a  
glasse, all these herbs must be gathered in May when the dew is  
not open, then the romemill sage, and santoline wood must be  
an equal weight, the herbs must be all cut small before they be  
put into the oyle, you must have half a pint of aqua romosha  
and by a little, & a little, put in a quart of an hour, whilst it is  
boiling it must be put into it, the red leaves of laurel must  
be cut, & cut, before they be put into the rest. This oyle must  
beo shaped in with a warme hand, either before the fire, or in a  
little warme water, when you use it.

Aperic and poultice for any sore on an ague or it & Rhe.

Take one handfull of Monard, one handfull of ribwort, one hand-  
full of wild Malwort, one handfull of holy hock leaves, one hand-  
full of charn, smothering nettles, and a handfull of red sage, boile  
them in new milke, the herbs being first shred, untill they be well  
bened, then thicken it with great omdonall well beaten, and so lay  
it as a poultice to the sore, if you see one paine to be by on a night,  
and a day otherwise but a night.

A Remedy for an ach & Rhe.

Take one quart of cream, & a good shill of fresh marie shodder, small,  
boile this to an ointment, strain it out and spread it for your use.

Another for the same & Rhe.

Boile spruce wood to a salve, spread it on leather and, let it lay  
on the place affected as long as you please.



and cut it into little small glasses.  
For all aches, sores, or bruisés, an approved  
medicne devised by one Dr. Watts a German  
Take a good quantity of French Chalk-stone, boile them in broken  
tubes or ale, Gallies, bruisés, and ale, xous shored in a good quantity  
of bone grasse, and a wine of Sallow oil. Boile those head then  
in a Copper bottom with a soft fire the space of twelve hours  
or as you shall thinke good then take of the uppermost thereof  
for that is most excellent, and boore it cleane in a small gally  
or in a quart of water, or in a glass, and annoint the bruis or ach with  
this ointment, as how, as you can, and you shall finde great  
ease, after you have taken away the outward pain, you must thinke  
this cure through a binner cloth, which is not so good, as the  
other, yet is very good, and necessary.

This is quite good for game, & golden in the skin. & again the wind in  
 the Horns is so violent, that it is not possible to go to work, it is so  
 great, that it is not possible to go to work, it is so great, that it is not  
 possible to go to work, it is so great, that it is not possible to go to work,



To make these cakes another way

You must take one pound of sugar and break it and sear it, and dig  
into it in sundry places of the sugar twenty or thirty drops of oil  
then cut the whole a good spoonfull of quindragon distilled in rosewater  
and burn all well together and work it in your hands untill it comes to  
be a little cake, then break it into quarters as big as beans, and roll  
them round and set them on a plate, then let them in the sun, or  
by a fire untill they be drye, for out them up and keep them for  
your use.

Mr. Holland his direction for an opening ale to  
drinke in the morning by as meals if you please

Crush in a Mortar one doct of Jewes grapes and two handfulls of  
wormwood, and press a half radish root into thinn: then put all  
this into a net or bagg, into a vessel of ten or twelve gallons of ale: as  
soon as it is brewed, & let it worke, when it is brewed and drinke  
of it as you desire.

A very good medicine for an ague fallen into the  
teyes or other place of the bodie

Take a wine of rose milke, in the gutter of two new laid eggs, and  
boate them well together, then draw threem kinson cleaved double,  
and lay down the scale where the ague is, as fast as they digmish  
the waxen take them off, and lay on fresh till the heat be abate, this  
heat done according to Dr. Wisden.

An approved Remedy for the Ague in old or young

Take two good handfulls of dry leavis, bruis them and distill them  
in good ale from a quart to a wine steame it and then take a good  
spoonfull of galins and a little sugar and drinke it an hour  
before the fit come, and go to bed warme, and if you cannot  
sweat take three bladder and fill them with hot water and lay  
the mouth of the bladder, and under each arm out one, and at  
the foot the other, and when her hath slept two hours and sweate  
if her cannot longer endure take warm: cloaths and drye him  
and put on drye cloaths, and if it be a quartaine Ague drinke  
with the bus leavis long pepper, and pound, and graine, and a  
little honey.

A decoction for a quartaine Ague

Take of thine herbs, harts tongue, fumitorie, Yflow, marfly, sage,  
oregane, borage, lewis, and ranuncull of each a handfull, of the  
roots of fennell, carfly, fennell, liquorish, wormwood, of the oak

of oak a small deal of anniseeds fennell fennell and fennell  
of each a spoonfull, half an ounce of washing of the sunne the  
herbs taken out, and two or three damascus gerunds, wash all the  
and sooth them in a quart of cleare running water till it come  
to a quart, then cut the whole half an ounce of good oile, and  
then let it sooth a little more, and after straine it very strongly, &  
give the patient to drinke first & last with a little sugar, warm  
just as the patient beeth for his use, and at the last  
let there be ten or twelve hours betwixt the receipt of the  
drinke, in the evening of the fix alexandria is the heart  
alexandria.

A special oile for an ach

Take wall flowers, & when you have plucked the flowers from the  
stalks, put the flowers into the glass salt it oile you can get  
in a glass, & put it in the sunne and when it hath stood four  
or five daies, straine the oile from the flowers, & put fresh  
flowers into the oile & let it in the sunne five or six daies  
then straine out the flowers, and put in fresh againe, and let  
it stand in the sunne a month or five weeks, and let them  
know it till you have taught to use it.

A perfect drinke to be given in an Ague or feaver

both cooling and comfortable, Doctor Diggley  
Take a quart of milke, when it boileth put into it something  
more than three spoons of white wine take of the wort, then put  
into the drinke the juise of three Oranges, & one lemon, sweeten  
it to your liking, if you give it in a glass put in the juise of three  
Oranges and two lemons.

A Medicine for an ach

Take an old faw gander, & pluck him, & dry him, but wash him  
not, then take a quart of cleare smalt, and a pint of brown sugar  
& put them all in the ganders belly, & roast him as long as he  
will drive, and pour it into a pot. Probatur.

To take away the burning heat of any Ague or  
feaver in the body

Boile Potons in beere or Ale, and drinke the liquor in the  
hot fit, gather the hearts upon the summer day before June  
the first, or round then best for use.



To make a ointment to cure aches in the body taught by Doctor Franke to the Lady Corrad of Borne

Take waxe, saffron, worme-wood, and rosemary, of each of them two good great handfulls, and first bruise them together, then throw in three quints of Malmsey, let the wine be boiled away drie, then put to the residue three pintes of white oyle and beate quickely of each a drinke, as much of Beate take oyle. Nutmeggs, Mace, cloves, and pepper of each of these halfe an ounce. Cutt off the top of the waxe, then having it stand for halfe an houre, being in a fire, and ready to boile, then take it off, and put it after till the next morning, then the next morning put it to the fire as before, and let it be ready to steeke as before, but doe not put you there: it is all the while it is in the fire, and after you take it from the fire, let it be cold, and is this ointment good for all aches in the body, and the next morning let it be cold for halfe an houre, being well, being in a fire, and ready to boile, then take it from the fire, and strain it in a linnen cloth (that is found what the oyle is) very hard, then strain it with a little more, and so you have it up for your use.

An excellent ointment for all aches and lameness approved by Mother Sibilla

Take laurel, feather, few great Basil, Rosemary, and smallage, first from the stalks, and wash them in a linnen cloth, then take May butter, and beat it in the mortar, then let it stand and beate two or three dayes, then strain it forth and let it stand till it be cold, then take it up and mix it with a little beate of grease and yfe it.

To cure a burning ague

Take a peny worth of anniseeds, as much liquorish, as much of - fennel seeds, the herb of dill seeds, ventose, a halfe peny worth, - raisone of the sunne, a peny worth the flower of spring lallion from - shon, a handfull of Slupe, beate all these, and take three quints of - white wine, and beate these all in it till it be halfe waste, then strain it, and give to the patient six spoonfulls in the morning, and as much at night till he hath drunk all.

For an ague sore or swelling that cometh of it selfe, proceed by the following

Take a wound of yellow waxe, and two ounces of beate of grease, and beate an ounce of rosemary, beate all these, and strain them, let they be more washed together, then take two spoonfulls of the - camphire, water, and put into a linnen cloth to be cold.

Milk made by Doctor Blacksmith

Take of the root of wifine, gramme, asparagus, & luncy, of each - three dragms, beate them with half a handfull of the house of mallow - water, and beate quickely a handfull, then beate the house of mallow - water all these in three quints of faire water, beate it up, then take the weight of a French crown of each of the great reds, beate them with a few almonds, and white rose water, and sugar, and so make a linnen milk.

An ointment for all kind of aches to be made in May

Take sage, beate, & rose, of each one pound, worme-wood, and bay leafe, of each halfe a pound, beate them in the house of mallow water, and beate quickely a handfull, then beate the house of mallow water all these in three quints of faire water, beate it up, then take the weight of a French crown of each of the great reds, beate them with a few almonds, and white rose water, and sugar, and so make a linnen milk.

For an ague

Take a good handfull of smallage, one spoonfull of bay lall, one spoonfull of fennel, beate them together, and add to them one spoonfull of white wine, beate them in the house of mallow water, and beate quickely a handfull, then beate the house of mallow water all these in three quints of faire water, beate it up, then take the weight of a French crown of each of the great reds, beate them with a few almonds, and white rose water, and sugar, and so make a linnen milk.

Another for the same

Take a spoonfull of the seed of Angelica, beate it to powder, and put it into a spoonfull of white wine, beate it up, then beate the house of mallow water all these in three quints of faire water, beate it up, then take the weight of a French crown of each of the great reds, beate them with a few almonds, and white rose water, and sugar, and so make a linnen milk.

For a Quartaine Ague

Take a bottle of strong ale, two handfulls of yewes, beate them, beate them till it come to a quart, then strain it, and put to the liquor two spoonfulls of fennel seeds, and one spoonfull of beate of camphire, and let it be cold, a little more, let the patient







A Pleasant and excellent Aqua vite, water cordiall,  
and corroborative and much approved.

Take galengale, Calice, ginger, Nutmeggs, Clove, Cinamon of Indes one  
an ounce, fresh sage four ounces, water that it distill: distill them out  
of wine and good wine ten ounces, put them all together and let them  
stand for in a close vessel till three days, then distill the same  
and knowe that that it distill in a clean and close vessel, who  
should drink for a week full of this water a day, it will restore  
their bodies inwardly, & keep them from many diseases, and  
bring them to old age. It is said that Dr. Jablonius distilled so  
Charles the Emperours of this water and lived an hundred and  
fourty years. George A. made this water.

For the Aqua given me by Dr. Barthelemy

Take nine parts of yarrowe and gather it, and cut them in quarters &  
put them in a sarrasin bagg, and hang them above the quartier  
work, that they may be open the mouth of his stomach, and that  
it is shown to me a month, and this is a wonderful cure for the Aqua.

The Duke of Saxony his water for an Apoplexie.

Take fifty roundish one wound & a half; lavender half a pound  
lynden flower, caryow seeds and roots, of each two ounces, primrose  
Aristolochia large, of each an ounce, mistletoe of an oak two ounces  
bony, rubies, of each one ounce; After, white pepper of each  
half an ounce, and cut these all together and let them stand  
in infusion one whole month in two pounds of Rhenish wine  
then distill it in balneo Maria.

Another for the same purpose.

Take of Rosemary, bony, of each half an ounce, flowers of  
Marigolds, Stachades of Arabia, honey, of each of bony, of primrose  
of lavender of each one ounce, seeds of Mustard of yarrow of each  
one ounce, of fennell and Mountain willow of each one ounce, of put  
to wall, of Juniper berries, of each half an ounce, a dore roots in  
water, Aquila which is the onion, Cinamon, gallengale, Calice,  
flower, Nutmeggs, of each two dragmes, saffron one pound, mistletoe  
of the oak half an ounce, mace one dragma, Spices, Diambrs,  
Diamochum dulcis of each half an ounce, conserve of a cardus half  
an ounce, Mustard eight ounces, let these be crushed and  
infused for three days, and then distilled.

See aqua vite to make

Take the best Cinamon six ounces, ginger, gallengale of each half an  
ounce, anniseeds two ounces, cloves, cardamoms, mace, of each half an  
ounce, and sanders two ounces, best sugar three pounds, spirit of wine  
eight gallons, infuse them for three days, then strain them & let it  
be kept for your use.

A Balsome to cure an Apoplexy

Take oil of nutmeggs by weight four, two ounces, Ambergrise & mace  
of each two dragmes, & a half; best muske one dragma and a half;  
oil of lavender of Marigolds of each half a dragma, of amber one  
dragma, of Cinamon half a dragma, of cloves half a dragma, mix them  
together.

Aqua vite made with Citrons rorie cordiall

Take the best spirit of double holus ground, in which is put: for two, dore  
Citrons run in water, let them be distilled in a glass limbeck in  
balneo maria, then sweeten it with the Syllip of rose.

The true spirit of white Amber.

Take white Amber one pound, in which is put: enough to make it into a  
paste, of which make little round balls, and distill them in a still  
and thus you shall have an excellent spirit, which is a very great  
remedy in the plague, or Apoplexie. The Dore is put on leave a drop  
in white wine or Muscadine.

Chatum potabile or potable gold, a dore great cordiall

Take first the Magistery of Soter as much as you please, and mixe  
with it an equal quantity of spirit of sack, & then distill them in  
a retort, of which make little round balls, then strain more gold  
with the Magistery of Soter. cut them in digestion in a vessel  
close stopp'd, until the gold be dissolved, and become of the colour  
of a ruby, then let them be distilled in a glass limbeck in  
balneo Maria.

Doctor Hartman his tracture of double dore for all obstructions of the  
Spleene, & quartaine Agues & such like. The dose is one dragma in  
Spleene, or Tamariske water.

The filings of white eight ounces, pour upon them ten ounces of the  
best wine, white wine, vinegar one ounce, put it upon a fire gentle fire  
and strain it, then add of the salt, then pour of the liquor into a glass  
close stopp'd, then put more wine & vinegar as before to the salt, do this four  
times, lastly put all your liquor in the vessels being added  
to them to the first, and bottle all to be kept for your use, and this  
is an excellent medicine as about wicker.





















that shew it to be enough, then strain it through a linnen cloth wringing  
it with hand, for use it in galls, warts, and sores, it is good also and  
against the greivous warts there with.

To make aqua florum, water of flowers.

Take ten gallons of strong sweet spirit of wine, & put it into a pott or  
mashed pot or other vessel, then take the best flowers  
following in their seasons, & being clean with put them to the spirit in  
your pott, clove, rose, woodbine, best gilliflowers of all three sorts, damask  
and myrtle, roses, sweet briar flowers, cleave gilliflowers, bellum vernal  
gelsamum, chiron, orange flowers or gilliflowers, hills flowers, garden bonen  
violet, henn flowers, lavender, Marjoram, Camomile, poppilsie, daisy flowers  
of each eight ounces, being garnish with all your flowers as above said,  
when you would distill them add to them Alewife has wounds, pained  
fading the wounds, bruise the flowers, and it will be by bruise all the flowers  
as above said them into great pieces of cloth, for their more ready working  
distill them into the strongest rectified spirit, then add to the distilled water  
red roses, cleave gilliflowers, and violet flowers of each one ounce, and  
after twelve daies infusion it may be drawn off, then dulcify it  
with ten pounds of white sugar, & being finished may be drawn strong  
off.

To make Aqua water called aqua triphidrum

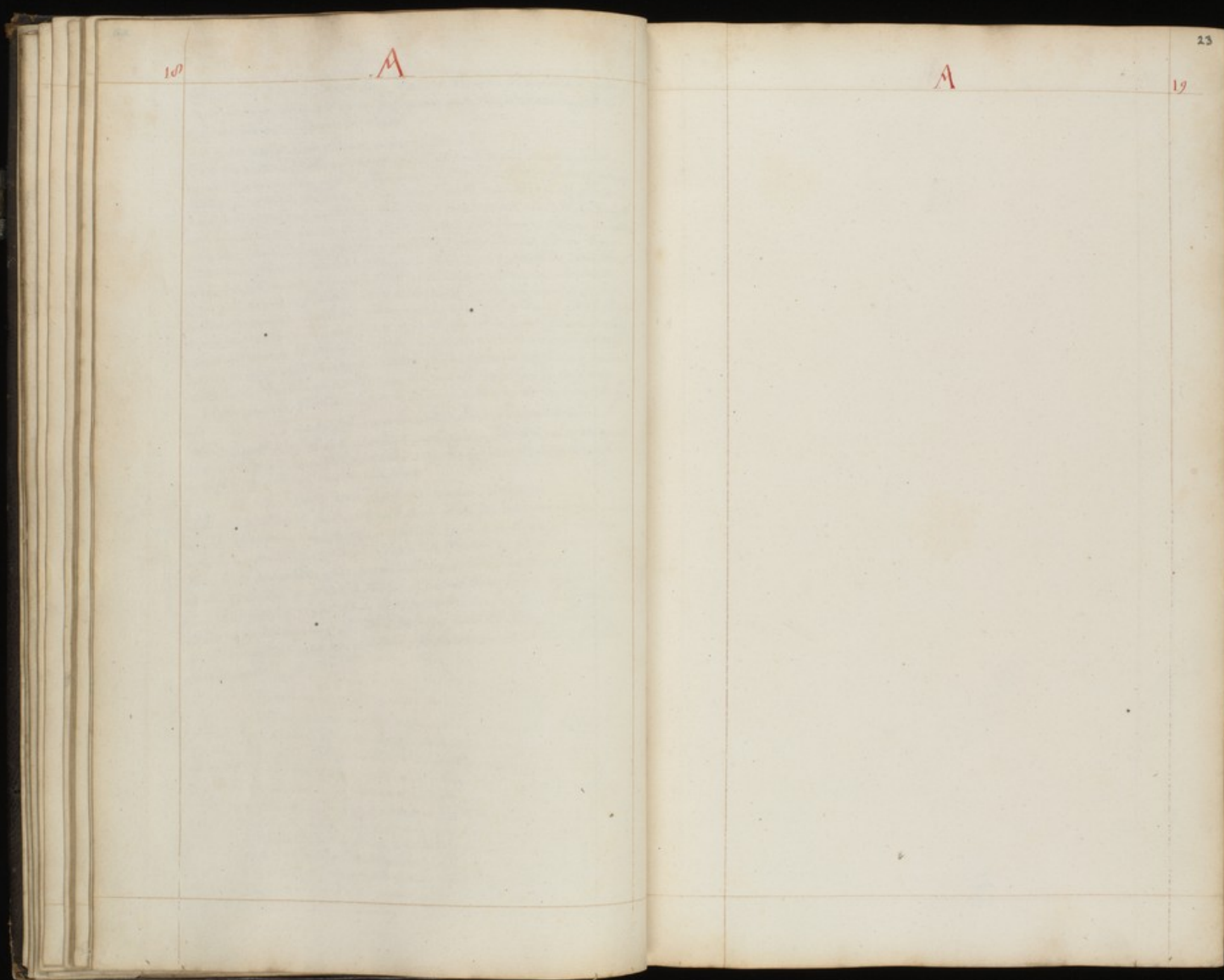
Take ten gallons of the best proof spirit of wine, of the best strong ten ounces  
of Alewife one pound, distill them into strong rectified spirit, Dulcify it  
with five pounds of white sugar.

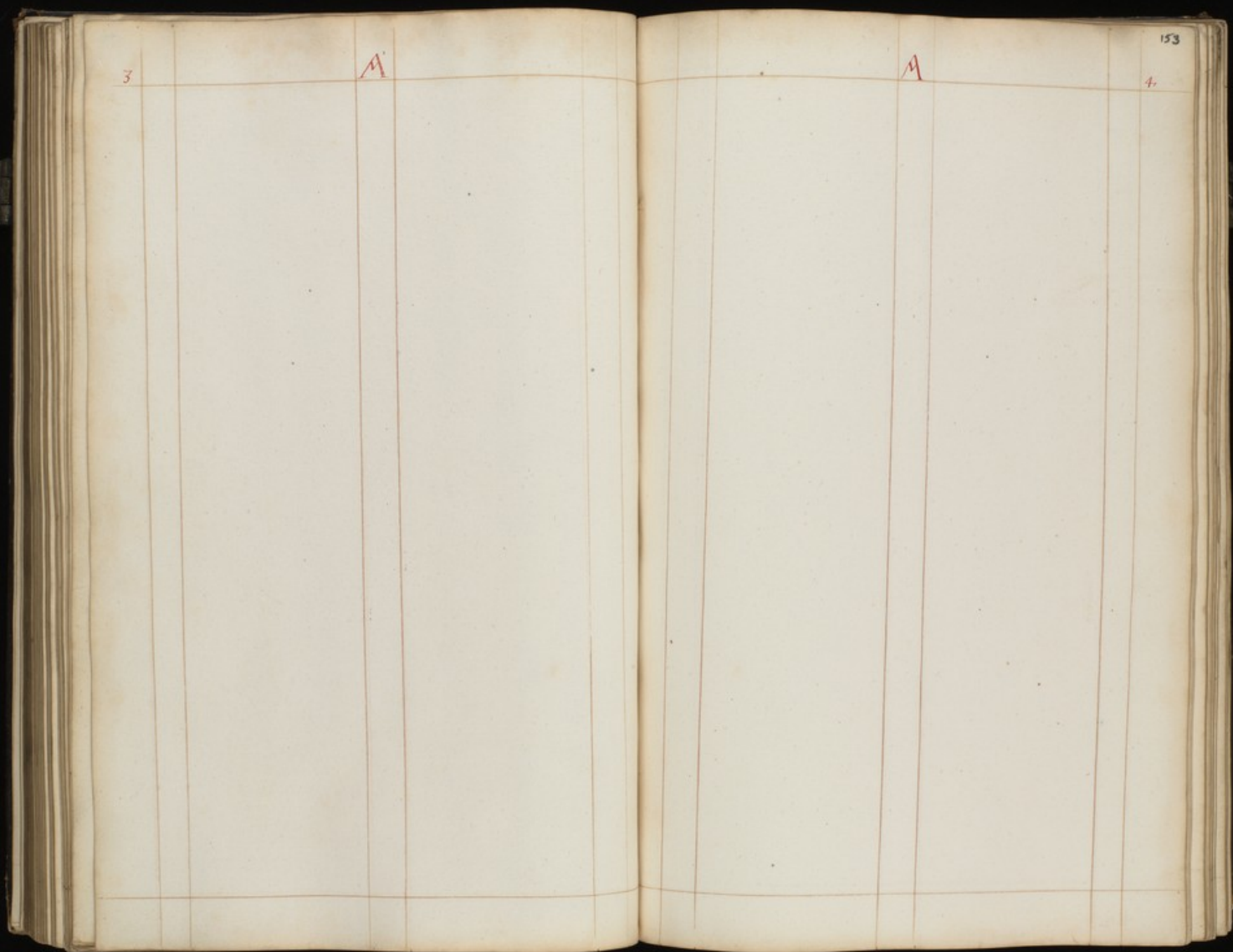
To make aqua triphidrum water of fruites

Take ten gallons of the best proof spirit of wine, Juniper berries four  
pounds, quince seedings, & poppilsie paring drye of each ten pounds, lemon  
and Citron will drye of each one pound, Put in eggs four pounds, &  
then in five or six pottles, cleave two hundred distill them into proof spirit &  
according to the, and add to the spirit rasps strawberies bruised of  
each five pounds, stirr them well together, & after ten daies being  
it may be drawn off, then dulcify it with sugar: made as  
on the receipt of aqua triphidrum, the Aqua water in the 14 folio  
of this booke.

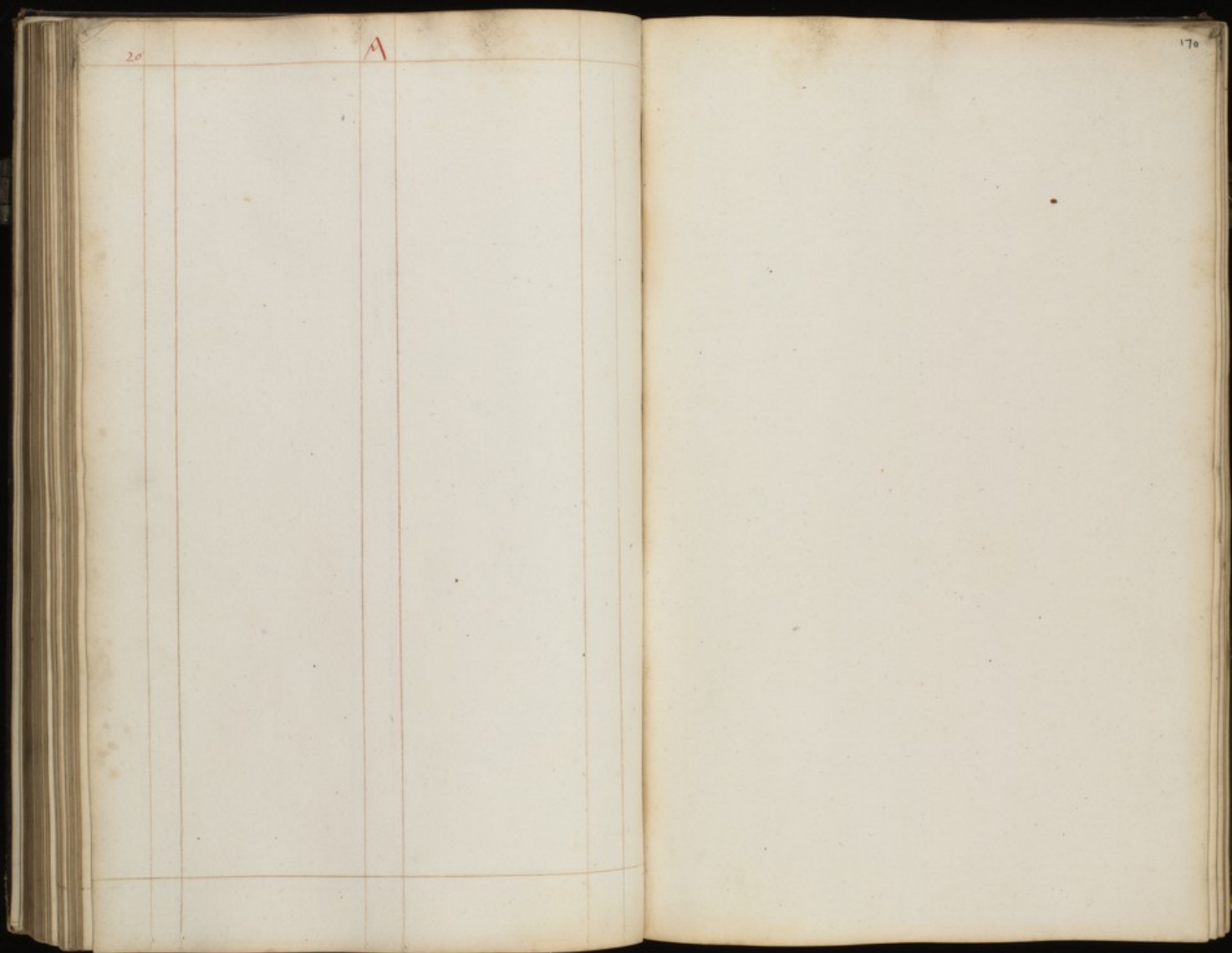
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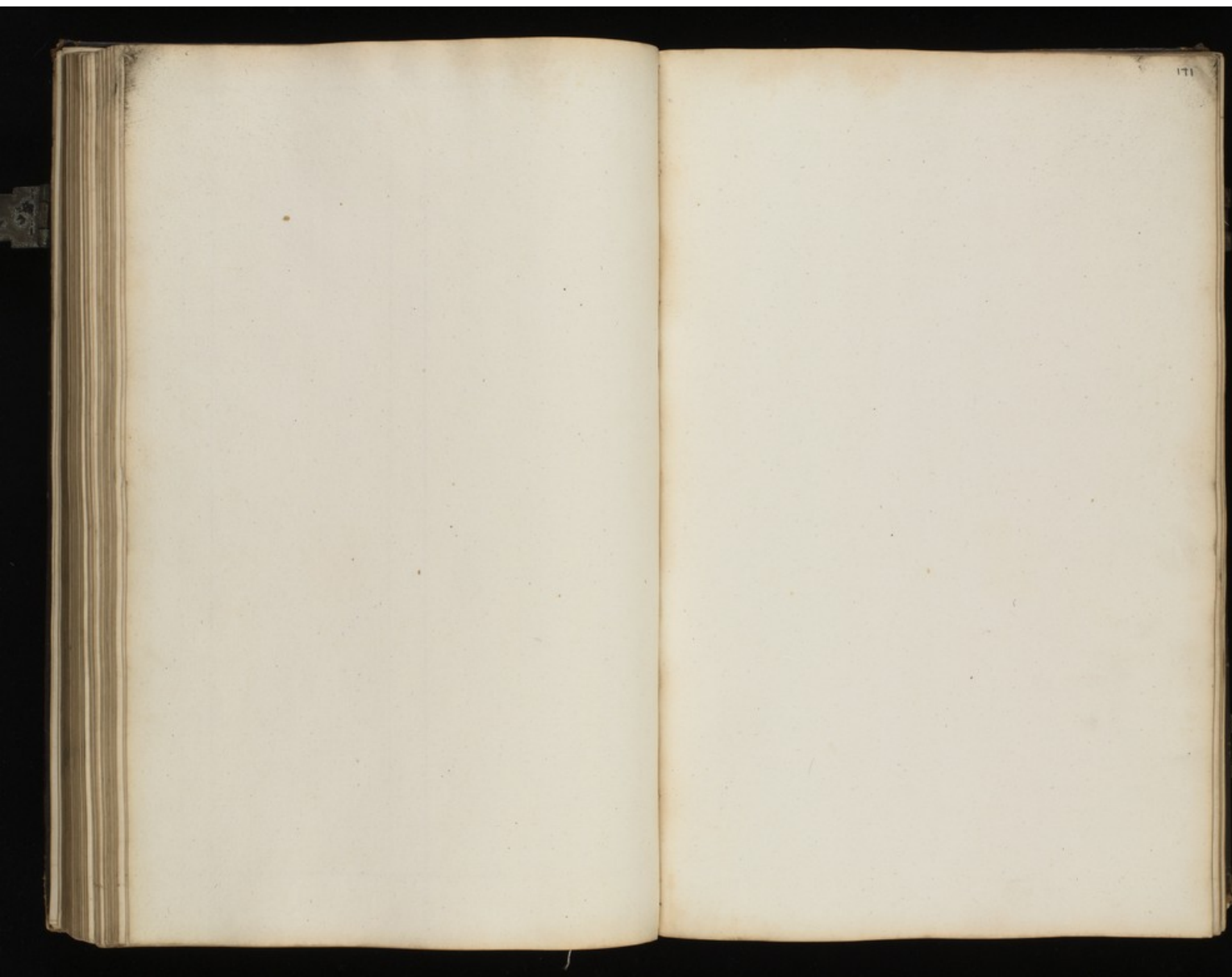














A Leger to alay paines & gripings in the belly  
verie safe to use. Doctor Mayerns.

Take oil of Camomile, of rose, & of sage, so much as hath a pint of  
all the three oils together, mixe them with halfe a pint of sack, or  
Mustardine which is better, and for use it was used.

For a burne with Gunpowder L. Nu.

Take singed oil, and scrape it into it, & annoint the part so it.  
For a burne L. Nu.

Take Snow, water, and salt, & oil together, verie well, & bath  
the part untill all the paine is gone, then annoint the part  
with Quince Oyle his Balsome;

A Most excellent Balsome for wounds aches or any sorethys  
and hath some admirable force upon sore breasts, upon the  
Chirurgeons have given them over, My Brother George.

Castings taught me.

Take a pint & a half of the best salt water, & put a quarter of a  
pound of yellow wax being cut small into it, then take a handfull of  
bay leaves, a handfull of thyme, a handfull of rosemary, & a handfull of  
saul, cut all these herbs small with your knife, & put them into  
the oil, and wax in a pipkin, & before you put in the herbs, mixe the  
oyle and wax on the fire to the oyle, & then let the herbs boil, & wax  
together halfe a quarter of an hour, then take storax liquida, two  
ounes, & wash it in three poundes of white wine, then take  
halfe a pound of Venice turpentine, and wash it in red wine, & straine  
both, and for put the turpentine to the storax liquida, and beat them both  
together with a little white wine, and let rest water not all out a quart  
of a pint of sack, then cut all this beate together at a gentle fire a  
quarter of an hour, that is looke green, then take it from the fire, &  
put into it one ounce of red sanders in fine powder, strain it well  
together then strain it into a basin, or any other thing that will  
hold it, and when it is cold, cut your knife or spatter to the  
bottom, & pour out all the water from it, then let it on the fire  
again, and when it is all melted, put into it one ounce of an  
ounce of dragons blood, & halfe an ounce of Gumme, being both  
in fine powder, & all boile againe a quarter of an hour, & then  
strain it, then take it from the fire, and strain it through a  
thick strainer, & let it grow cold, then being strained put it againe  
into the pipkin, & put it on the fire too low, but it must not boile  
then take it from the fire, and put into it four ounces of the oyle  
of Rappreion, & four ounces of right balsome, & then it is ready  
that it may be used, but it be almost cold, then pour it out  
into pottes and stopp it for your use.





























For any grise or turne in a mans Backe.  
Take the corne of your fire thin kind and in the fire and burne them  
in a chafin then couer the ylls of a new liddege & some gentill  
puttinge into it and so drinke it in the morning fasting, and fast one  
houer after it, and this will make you well.

For the heate of the Backe.

Take yonge plantaine leaues, pimper and swaine them, mixe the juise  
of them with woman milke, and take the best of them and mixe with  
and let it drye in of it, if it be for a man the milke of a woman  
that hath a man child, if for a woman the milke of a woman that hath  
a Mayden child.

For bleeding at the nose.

Take powder of hennie and a mustell putt mixe them together &  
put it into the nose, and the blood will stande then make a salve  
with the white of an egg, shrike, dore, turpentine, the powder of both  
arundin, & lay it to the temple of the head, and it will stay it.

To stop bleeding. L. Hu. taught her by Dr. L. Hu.

Take a leath in some vinegar, & apply it to the bottom of the  
belly, warm it, and it will stop you.

For a stinking breath proceeding from the head.

L. Hu. taught her by the L. Hu.

In the morning your vnder water, stirre morning into your feet, and wash  
and cleane it with, & this will cure you in a short time.

For a traine in the backe. L. Hu. taught her by the L. Hu.

Take raisins of the sunne stone them, and beat them in a morter to  
a pulve then couer them in a dish over the fire, and pour some oile of  
rosete to them, stirre them well together, and spread it upon leather  
and apply it warme to the backe, & it will helpe.

For any burne the L. Hu. taught her by Dr. Hu.

Take ale for a good euentide, wash it and boile it in running  
water, then take it out draine it from the water, shred it with care  
hopper, grate and boile it together, and make a pulve of it and  
apply it to the burne, shifting it twice twice daily and it will  
goodly heale it.

Another for the same L. Hu.

If the skin be not broken digge a leath in aqua vite, and apply  
it to the place.

Another for the same L. Hu.

Anointe the part with oyle of the thorne be not broken, and  
that will heale it.

Another for the same L. Hu.

Take the inner rill of stone, and lay it in running water and wash  
the burnt place with it, and it will take out the fire.

An Approved Medicine for an ague in the breast, or a

serie breath. L. Hu. given her by Dr. Harbert & tried

upon many and approved.

Take one ounce of yellow waxe, add to it two spoonfulls of  
English hony, one good spoonfull of May butter, two spoonfulls  
of oyle of damon a little yelow, mixe the hony waxe & butter first  
and then put in the oyle of yelow, stirre them well together, and  
then digge in leather with it when it is hard, turne them  
twice a day, & warm them gently when you lay them on, & when  
the paine is gone out of them digge a new.

A vorie good Plaster for a serie breath given and approved

by the L. Hu. B. L. Hu.

Take one quart of milke, & put therein one handfull of brooke  
lime, one handfull of ramonell, as much of drye hony, three  
them borin small, with two or three spoonfulls of lin seed, beat  
them all together well, and then thicken it with wheaten flour &  
boile it well after, and when you take it of from the fire, put  
in one handfull of mutton tallow, shred, beat small, & there  
it will be together, & lay it on as warme as you can suffer it,  
shifting it twice a day, & it will cure the breath.

To take away gripings and paines of the belly

L. Hu. taught her by the L. Hu.

Take a good thick leafe of wheaten bread, leafe it & spread it  
with ordonary oyle as you would butter or a tose, apply this to the  
breast as how as you can endure it, it will give you ease & ease  
for one that is blacked L. Hu. given her by the L. Hu.

For one that is blacked L. Hu. given her by the L. Hu.

Take oile of plantaine & annointe the place, three with it,  
will give you ease.

To stoppe bleeding the wound, or at the nose L. Hu.

taught her by L. Hu. Bishop of Exeter

Take a linnen cloth wash it in white wine vinegar, then drye  
it, wash it for a second time drye it againe, & make bread  
of it, spread this on a flux or wound, & it will not scantly stand  
violent bleeding, or put it up into the Nose with it, and it will  
stoppe bleeding at the Nose. The juise of the herbe pomegranate  
put up with a fine ragge into the nose, stoppe the same, & that  
for the most doth requirer or vinegar, and soe with a ragge  
or with lint.



Another for bleeding at the Nose taught me by Dr. S. Menden  
Take a spider in a corner of lawn, & put it up into your nostrill & it  
will staunch bleeding at the Nose.

Another for bleeding at the Nose taught me by Dr. S. Menden  
Take the haire of a blacke cat's point, & put it up into the nostrill  
and it will staunch bleeding.

A good bread for strengthening the backe good against  
windynesse, indigestion, chumel, weakness of stomach  
It is given her by Doctor Cullen, kept by him approved

Take the burnell of whiteche nutt, two ounces, anniseeds &  
fennel seede & fennel of each one ounce and a halfe, of coriander  
seede one ounce, & each away. Boile of each halfe an ounce, beat  
them all to fine powder, & with a sufficient quantity of good  
white flower, make two dozen of pills, of each & three of each  
continually at your next full in stead of other bread

For a bruise. L. Ha. taught by Dr. Cullen.

Make a yolk of egg & wine and a quantity of bread, apply  
it to the colic: & it will give comfort on it.

Another for a bruise. L. Ha. taught by Dr. Cullen.

Take one ounce of oil of rose, beat it with the white of an egg  
till it come to a niggard, & annoint the colic therewith, it is  
a speciall cure for it, & is very good.

Against the strangling of any bruise by reason of the  
swelling of milke in women. Dr. Cullen.

Take four or five handfulls of white mint, wash it in an  
earthen vessell, or betwixt two dishes, & apply it howe under the arme  
axill, and betwixt the two breasts.

A Balsome & the Vertues thereof. L. Ha.

Take a quarter of a pound of waxe, cut it small, & put it with a  
vine of blacke wine in an earthen vessell, melt it and then take it off the  
fire, then put to it halfe a pound of white turpentine washed in rose  
water, and a wine and a halfe of white wine, beat these together  
with a soft fire, putt it to the fire & incorporate them take it off the  
fire and let it cool thoroughly, then take the cake and melt it  
again, when it is melted putt in one ounce of the best red  
saffron, and stir it continually till it be red.

The vertues are these.

It cures greene wounds, bring me ther in a spoon & applyed to  
them.

It turns burning & scalding bring ther in annointing.

It turns outward bruise for being outwardly applyed to them.

It turns all inward bruise for being taken inward in Sack or  
posset drink. So much as the quantity of an hazell nutt

I present Remedy for any sore Drisch of  
approved L. Ha.

Take eggs yokes the best you can get, beat it small &  
put it into Sack, then warm it a little & stir it, & then the  
wound drink therof three times a day, and eat a good steake  
to the breast if it be not raw.

I present Remedy for any sore Drisch. L. Ha.

It is given her by the Lady Lillegren, and proper  
for such a sore Drisch as comes by milke.

Take a sheep's head, cleane wash it, throw away the braine  
boile it in a convenient quantity of water, till it be soft  
or five hours, then take the skinn of that breast, & beat  
it to fine powder, as will make it of the thickness of a  
mouth, which done add to it the yolke of two eggs, half a  
dragma of saffron in fine powder, and two ounces of oil of  
Camomill, spread this on a cloth, & let it dry it, & then use it  
once a day. Let it be moderately warme.

How to make blanch-mange.

Take a young raven or ruller, & take the wings, & breasts &  
all the white flesh, beat it in white wine, when it is well beat  
put it in a cleane flaine, and beat it till it be so small as  
the like shreds, then take halfe a pound of almonds, blanch  
boile them in a mortar, then pound them with some rose  
then take a pound of fine white out all that is black, & beat it  
in distill water, being pourd out it in a Napkin & hang  
it over the fire till it be as thick as a custard, & then  
let it flowe, then strain it, and take the flower, the yoke  
the first flower, the second so almonds, strained, & boile  
them in a pint of cream till it be so thick, when you thinke  
it is ready to take of the fire, put in some plaine of  
climbing rose, and some of white wine, & is best if you add



the Amber and Bruse in rose water, or Orange flower water, and sweeten it with Sugar, this help to your voice best, but put it in a dish and when it is cold take of it a little quantity is a great restora-  
-tion.

A Singular Water which is called the water of  
o Balmie, or oyle of Balmie and the Vertues of it  
St Walter Lawdigh.

Take of the best Venice Turpentine four pound of Frankincense  
of Oliban two ounce, of aloes (syrina) of Sassafras of Sabinum  
of Salsaparilla of the root of Sittania of rose hylis the best of all these  
of Salsaparilla make them all into a great powder, and put them with  
one ounce into a Limbeck of glass; but distill them in  
the Turpentine into a Limbeck of glass; but distill them in  
sand with a soft fire: the first water shall be clear as the water  
of a spring: the second water shall be yellow, & somewhat above  
of a spring: the third shall be red as good as fresh, and  
the other in the pipe: the third shall be red as good as fresh, and  
when it beginneth to be red, and thick as honey, then beginneth  
the third water, the first water is called the mother of Balmie; the  
second the oyle of Balmie; the third the refined Balmie. Some  
call it the outermost of Balmie: for it is stronger then  
Balmie; the first water burneth like a candle: the second water  
burneth like milk: if you put a drop of the third water with  
a pint of a pint into a glass of fair water, it will get down  
to the bottom without mixing with the water, and within an  
hour after it will mount to the top: a true Balmie doth, the  
first is good, the second is better, the third is best.

It hath the vertues following.

First if you wash your face with it twice or thrice a day, and  
rubbe the Neck with it, it taketh a chume descending from the  
brain, & clarifieth the sight, and if you rubbe the hinder  
part of the head with it, it comforteth the Memory, and  
sharpeneth the spirit: if you put some of it into a pipe, with  
stronge with dooiferous herbs, or spices, & let it  
stand for dayes, it will draw the vertue of the said herbs  
or spices into it, so that you may at any time by putting  
three droppe into a glass of wine, make your wine best of

the said herbs or spices, strong enough of that substance it was  
mingled, it indueth appetite, comforteth the Stomack, & driveth  
Slegme, if you take a little of it with a draught of wine, it resteth  
the spending breath, if you put a Serpent or a Toad in a cleave  
with them, it will destroy them, & it hath like vertues  
against all Venoms even as true Balmie hath, & it is like in op-  
eration to true Balmie, it comforteth all Impediments, Pleur-  
-sies, Asthma, Swellings, Rashes, Moulds, Emcers, Bruises, &c.  
and it is good against all cold humors, & is good for  
-time: if you wash your tooth with it twice or thrice being  
fast and painted it will murther the strength of them, it  
healeth also the scabs, and forthwith all the Members, it is  
soe comforting that if one dringe be put into the hand, it will  
pierce clean through without hurting the same. In swelling  
of the legges or foot, or want of the joints, if you wash the  
place with it, & bind them up with a linen cloth, it  
draweth it will cure all the coming of cold matter, or  
rotten blood. Finally it is a singular remedy for Sinners  
drawn together, if you bathe them three or four times three  
with the third water which hath the colour of blood, is of  
such vertue that if a Leprous man be there fifteen dayes  
take a Spoonfull every morning, he shall be healed, probablie  
it also cureth the growth if you take a little thereof every  
morning with a graine of wheat and a Spoonfull of herbage  
water.

The making of the water called the Mother of  
Balmie, & the Vertues of it was St. Walter Lawdigh.  
Water called the Mother of Balmie is thus compounded, of  
Turpentine two pound of Frankincense two ounce, of  
Sassafras aloes one ounce of Mastick, Clove, Gallenae, Synamon  
Nutmegs and Cinnamon, an ounce & half, Gum elemi six ounce,  
a much good aqua vite as the quantity of the aforesaid, it  
is stamped together and put them in a stillatory and  
after wine draw off with a soft fire and the water that shall  
come forth is called the Mother of Balmie.  
The use & Vertue of this mother of Balmie is as followeth











and dryeth roughish blood, if one apply tupper dipped in it the hands being full of heat and welke by reason of heat in the laste shall be cured in fifteen daies, using it it is good for little children galles between the legge. It is good for sore eyes, for they be not cauled. Upon my own experience it shew away with much paine the pringling of wasps for bees, & leaveth the part from swelling as in forme it is, <sup>use it to cure</sup>

A most rare & excellent Balsome

Take out quart of salter oile, yellow waxe halfe a pound, Turpentine a quart, of a wound, liquid & waxe the counte, oile of Hypericon halfe an ounce, of Nuttall Balsome the lib. of castor water & colantaine water, red sandring, dragon blood, Mummia - Resinaria, Bayle, Sweet Marjorome, of each one half full. Take the Turpentine & wash it in water three times, but let the last time be in rose water, take your oile & waxe & a pint & a half of faire water, boile them by themselves halfe a quart of an hour in an open vessel which is well leaded, then melt your wax by it self, and put your wax & Turpentine to the oile, take your heartbe and shred them very small with the Mummia, and crush them in the pestle and Mortar, in an earthen pott by themselves, and strain it, and then mingle all these things about named together, and then boile them all againe, for it is a feeling & when it is set, put the water from it, & melt it againe, if there bee smother in it you may strain it againe, and then put it up, you may save the water that cometh from it, for it is very vertuent to wash bris.

A Remedy to stoppe the bleeding of a wound

Take unslacked lime and scrape into it, but this Medicin is to be used but in extremitie for the heat of it will burne up the wound.

To Comfort the Braine & ease the paine in the head & eares. <sup>2.</sup> *Lib.*

Take Sage, Camomill, Sweet Marjorome, & Rosemary of each a like quantity, and dry them & then shred a Calagga among them, and cutt all into little bages, & apply them here to the eares.

For a Burne, Scalds, or Leibes.

Take halfe a pound of Sheeps Suet, and put it to a good hand full of gill running by the ground, and a smock of the inner rinde of a Beech, and a pound of Sheeps butter, boyle it until for halfe a quart of an hour, then straine it, & put to it a little Cray butter, or oile of Rose, & let it be for your use. When you see it for a burne lay on a thimble haine, & annoint it through the haine.

For such as spit Blood.

Take the Juice of Beemone & fennel, or it with good milke, but the Patient drinke it three daies and it will help him.

To Stanch Bleeding.

Take the Sproge, Jellie, or Spawne, and draine it in a faire sieve put it into a fine sieve, & squeeze it right, and bury it in the ground seven daies, then take it out and divide it into it, they must be linten, Diaper is the best, and hang them abroad, eight or ten day till they be through drye, and when you see it, either scrape some of it & put it on lint, or if the wound be shallow lay a piece of the cloth upon it, and it will stanch it.

For any mischief or Paine in the Backe.

Take a Butte horn, the necke you can get, & beat it small in a Smiths Anvil, and boile it in two quartes of water till it will be a little Jellie, then annoint the Backe with it seven daies, the first morning & evening, & ruble it well in, then cutt a flesh in it two or three double, and lay it to the Backe till it cure it.

Pills for the Backe.

Take a quart of a pint of the best Venice Turpentine, & wash it three or four times with colantaine water, and lib. coife as much with red wine water, then beat the water clear out of it, and put it on Embers till it be perie boile, but not toke, and when it is cold enough rotle it into pills.

To make Turpentine Pills.

You must take the purgative & best Venice Turpentine, you can



gum, and wash it well with colant aini water, stirring it together, and shifting the water till the Turpentine be all white, then wash it well with red rose water, & let it on embers a while, & let it be up in water.

*A Powder to cure these Pests, or take it off it selfe, for the weaknesse of the Backe.*

Take of Camphrey & Cinigo roots, of each halfe an ounce, white Saffron, white Clove all, Cinnamon of each a quarter of an ounce, Sugar Candy white two ounces, beate & powder them all very small, & use it for a while, the powder must be beaten to powder.

*For the Reines of the Backe.*

Take horse Radix, Staince, & Dipsac a fine linnen cloath in it, lay that to the reines of the backe, when it shall ease you.

*To Cure the Backe.*

Syrupus de Althea to take one spoon full in a little wine, or ale, or two spoon fulls of the decoction will beare it.

*To Strengthen the Backe.*

Take a good quantity of white Turpentine, & spread it on brown paper, and lay it under the backe on the points, but lay it on enough.

*For the weaknesse of a womans Backe.*

Take the Salve called Doctor Casars Colicifere, spread it on a leather about the breadth of two hands, & a quarter of a yard long, & put two strings to it to chinge about the body, lay the Colicifere to the backe, small of the backe, & let it cleave to the backe, let it not be moved, night nor day, till within a Month after that be brought to bed.

*To Strengthen the Backe.*

Take red rose water, & Sugar, and boile it till it be ready to stand, then put in Archangel flowers, for take it off from the fire, and drinke it into bed, rather like manet Christ, take them at any time.

*A Medicine to Cure the Backe.*

Take the white of an egge layd newly, put thereto halfe a spoon full of red rose water, stir it together, and for drinke it for three Mornings together fasting an hour after.

*To Cure and Regle the Bloud in Summer.*

Take four wine quarters of faire water, wither Springs or running water, a pound of Currants, boile them together till one quart be consumed, then add to it Beragie, Bugloss, Strawberry leaves, Stringer & shooter, violet leaves, Lingwills of each of them a great handfull, let them boile together till one quart be consumed more, then let it stand, then add a pottle of white wine to it, & boile them till another quart be consumed, then let it stand until it be cold, & straine it hard, and then drinke it in the Morning, at fower a clocke in the after noon, and at night a good draught.

*A Drink for the same in Winter.*

Take a pottle of white wine & a pound of Currants, boile them together till a quart be consumed, take two or three spoon fulls of the Currants, and drinke a spoon full or two of the wine after it in the Morning only.

*To make one have a sweete Breath.*

Take yest mary, Sage, brettice, & Cowslowd dryed & beaten to powder of each a like quantity, mixt well together, put a spoon full in Mustardine or some other drinke take this in a Morning fasting as often as you see cause.

*For a Burning or Itching.*

Take tun head one handfull, shewen weed one handfull, groundell one handfull, Sallott oile one oxenweerd, wyss groundell one handfull, fresh haggis as much as you please, one oxenweerd, fresh haggis as much as you think good, white sheale good, yest there wax as much as you think good, white hie dung a handfull or two, throwe all upon hear the small and boile all this together, & then straine them through a faire cloth, & keepe it for your use.









of (elandine, then three handfulls of red rose leaves crushed, two handfulls of bugle flowers, that grow in fine meadows and is commonly called jessie herb, half a handfull of the flowers of Ranunculus, three great handfulls of the flowers of hyssop, called St. Johns wort, and two handfulls of the flowers of steele, put to three ounce of cleare good Turpentine, let all these lay in the Sunne all the Summer, & in December warme your glass with temperate warme water, & strain it & distill it for your use. If you would make more quantity of this balme double your oyle and the rest of your herbs, brew your flowers that come out of this Balme, when you have strained them for they are an excellent coallit.

**An Excellent medicine for the drinking breath.**

whether it proceed from the liver, braine or mouth.

Take consist of Carduus, rose, & violet, of each two ounce, the water of rummin, both kinds of hysop half a pint, of rose water two pence full, of Amber grise three pence of muske two grains, your Amber grise is to be finely sifted, ground, & small in a little rose water, with a white spunge in a faire pewter dish, squeezing it three with a quicke of oyle of steele cleare it wine, take three spoonfulls first & last your Mouth being first well washed with Vinegar & Sugar & rubbed with a dry cleare, & dry, with & bath your temples & darts & hands with the same.

**An approved Medicine for a burne**

Take sallot oyle & Snow water & beat them well together, and then anoint the sore till the swelling be out of it, then take some butter that is but little salted, & drawed through wax, laye them a little together and take of the summe some cleare, & bring it stand, untill it be red, then take the rest of it & pour it over the sore upon a fine linnen cloth, & lay it all over the place, and change it once in foure or twen hours untill it be well, When the flesh as the paine is over is good to take away the skin, anointing the place provided with a膏油, and take the skin that is on the toppe of the burne, & lay it upon the burne & let it be untill you anoint it againe, & then lay it on againe, also take a pint of fine thine leaved water, & dippe it in galathea oyle and sweet water, & lay it upon the burne, & take not any cleare, but use it, & let it

be still on.

**To make a Balme.**

Take one pint of oyle olive, and put it into a glass with a wide mouth, and add thereto the flowers of St. Johns wort, or of muske two or three handfulls, and put in the sunne the space of a month, now & then changing the flowers till the oyle be red as claret wine, and then add to it of Castile & frankincense, two ounce.

**A Medicine for a Sore Throat**

Take a handfull of Savory, a handfull of bugle, of the weeds as much yarrow, as much camphire, as much ground worme, salt the weeds and press them with cleare, but not wash them, then stamp them altogether & strain them with Ale or cleare stale beere, & let the patient drinke it first & last.

**For a Sore Throat**

Take worme wood, Mallowe, & linseed beaten and pressed them in Oyle.

**To heale a Sore Throat**

Take sallot oyle, oyle of baye, turpentine, wine & honie, & oyle them all together, & strain it, & use it.

**A Medicine for a Sore Throat**

Take wheaten flower, the yolke of two new layd eggs, honie, & fresh butter, melt and temper them well together.

**A Trade for a Sore Throat**

Take a good handfull of ruse, roots, & stamp them with wine, & strain them with a little wine, & put to it a little flower & for drinke it.

**For a Sore Throat**

Take a quantity of Castoree, a quantity of strong ale, & thyme, & yarrow, sallot oyle, & yarrow, & white wine, laye all these together, wash the sore with white wine, warm in the water as often as you desire it.

**For a Burne, scald, or inflammation**

Take four ounce of the finest white wood of St. Johns wort, & some wound of hege, & a little, and beat them exceeding well together, it doth to drinke, but any water, & some honie, & any part, it will be the inflammation of the eye, or any other part.





thasing it into the fire a quarter of an hour: four mornings together with warme cleath. It helps the head ach annoying the temples and Desires; one ounce halbe with a little salt seaward it good against scier, and against venomous biting of serpents or ants with warme milke; against the colicue annoying the bowels and Chestills before you gett forth. It cures fistulas Vltres, ringworms, or cankers, applye it for a cure, the wormes annoying the stomack or nēt it at bedd time: the colicue smelt with oyle, or mixt w<sup>th</sup> a quarter of an ounce halbe w<sup>th</sup> fruit in warm cleath, and soe continue four mornings together and soe ad after it.

For a new bruise or spraine.

Take y<sup>e</sup> y<sup>e</sup> bread and make a moultie spread it on a cleath and perfume it with aqua vite & lay it how to the bruse.

For a burning or scalding

Take an Oze stick and fraue of the outside, and take of the green rinde one handfull, and as much houseleek and round leafe th<sup>e</sup>, then cut in a pint of Sallett oyle three spoonfull of Vinegar, and as much y<sup>e</sup>nt, boile all th<sup>e</sup> together till a quarter of it be consumed add to th<sup>e</sup> colantame & draw away of each half a handfull, two ounces of y<sup>e</sup>llow wax and one ounce of sheere tallow, when you see it f<sup>ir</sup>st annoint the place with a feather, after spread it upon a white paper & apply it and soe out a cleath upon it.

To stay the bleeding of a wound.

Take in extremity y<sup>e</sup> softest lint, & fraue it into the wound, or new legge dunge & spread it on a cleath, & lay it on the wound.

For a Bruise.

Take of wine roots, & a handfull of comfrey, a handfull of y<sup>e</sup>llow roots, damp<sup>e</sup> them all together then steame out the juce and cut it in a draught of wine or ale, luke warme, and give it to the patient to drinke morning & evening two or three daies.

To make Brath for a sick person.

Boile a ribston or two or three pibber of a racke of mutton, with a few spranberrie leafe twodays, a spoonfull of redde wine, a little salt, the Juice of hase woods, and water y<sup>e</sup>llow, of each a spoonfull, and a little white ladders in a cleath, when the flesh is well boild, and the liquour is fallen to an ale wort, take it from the fire, and when it is cold take of the salt, this will serve for three times.

For any ake in a Germans Bread.

Take y<sup>e</sup>st marie boild in running water strong, hold the bread over the flame, a while while draw it warme after.

For any ake in the Bread.

Take wood rotes ground small, mixt with fish grease, and lay it cold upon the bread, soe doe till it be well.

Against the biting of a mad dogge.

Take y<sup>e</sup>llowes mat y<sup>e</sup>llow yarrow, night shade, woad, sage, and the leafe of white lilies, of each a like quantity, distill them in a cold still, give the quantitie of four spoonfull of this water mixt with halfe a spoonfull of y<sup>e</sup>llow, to man or beest that is bitten with in mind once after and it will not faile; but if it be worse if it be done twice. If you have not the water take the Juice of the beards mingled with heare, and to keep the sore from ranking, take dittany, y<sup>e</sup>llow, & y<sup>e</sup>llow, drawe them together and lay it to the sore, & soe followe.

Here followeth the description of a most excellent oile of Balsme found in the Abbey of Eham in Christchurch, oft times tryed and approved.

Take one pound of Carpenters, put it into a body of glass, & warme it at a soft and gentle fire, till it wax liquid, then put in by little and little with mixing & stirring it, of the woods of Frankincense, fine dragonis, of lignum albe, mastick, stacte, gallegall, Cynamon, mace, culike, of each one dragm, all well powdered together, gumme of a fage tree, & dragonis, likewise made in powder, and all mixed together, then mixe them all







heart, and you shall not feel any swelling of the legges, or feet, or any part of the Ioynts, if you wash or annoint the same therewith, and it will helpe it if you draw a limbeck cleath thereto, and applying it thereto, and though if you will use it it cures the legges, and cures all rednesse, and all colds, and so swelling of a cold, and of fleagme, or of contrivance, or corrupt flesh, and so on. It hath yet many other vertues here left out, and it is called the Master of Balms, because it is better then Balme in many of his effects, and if that you will know what it doth helpe, take a child in the fathers collyer of, and the gums taken away, and for that it doth well to the skin, and make as it can be as can be, and use the same at a fiftie fitt as long as you may it helpe it in your hand, then annoint the same with the same, both within and without use, for said balme helpe or shew then afterwards lay the child in the sunne for the space of two hours, suffering it a little to dry, and afterwards lay the child where you will, for it will never outgrow nor receive any corruption so long as the world shall endure, this balme further that this Balme hath eight other vertues, which are not here set downe.

Another Decie ex collect Balme.

Take of Ourontine one pound, and a halfe, gallanum - two ounces, aloes sumatrina, mastic, storax, galengale, cinnamon, Outmages rubie, of each of them one ounce, gumme of the - halfe an ounce, when all is beaten mixe them together, and distill them in a glass with a slow fire, first, and remove the first water by it selfe, then incorporate the fire more, and an oile will come of a pale yellow, remove that as long as any oile come, you must change the receiver three times, this oile hath all the vertues of true balme, for it burneth in the water and addeth milke by, and by, for if one drop of it, or more, be put in a pint of milke, it will forth with become sweet, the first liquore is called the water of balme, the second oile of balme, the third balme absolute, the first is good for all.

against running of the dew, if two drops morning & evening be put into the under part into the eye it mends the blindness; and to summe the heart, it doth morabably refraine the humours, in any part of the body, it taketh away the toothache if they be washed therewith, and killeth the vermin if there be any on them, the third liquore will suffer no vermin, it is an oile and some to vermin, and spiders, two or three drops. There of being layd upon any Venemous biting doth make it whole straight, if you draw a vint with this liquore, & put a pinne in the hole, it will drye the rather then come out, this doth short it doth all the same things that heate doth, but all things more effectually, being inward or out upon any Impheum within nine daies healeth them, and although a fistula be it never so dull, and all the rest and longer, if it be so bred of fleagme and cold humours it healeth. If a limbeck cleath be dipped in it, & layd upon the place where the greif is it draweth away the paine, and all swelling of members, it strengthneth marvellously the sinews, it is hotter then the fire or the sunne, if a man put a drop of it in his hand it groweth fruite without any greif, he can do many other things, and all by this, rising from a cold, and it healeth if it be used aright.

A Receipte to make the oile or Balme of Sulphur according to Ralendus, which is the cheife ingredient of makinge diavulphuris Ralandi. And.

Take of Sulphur alvold or sublimed, an ounce, ramphire in fine powder two poundes, oile of sweete almonds four ounces, put all these together in a long necked glass, which shall have a furnace of lead with a gentle fire of the first degree, which is a little above a naturall heat, and for let it continue for foure and twenty hours, or untill all be incorporated into one body. - And when this is done take your glass from the furnace and pour your oile into a glass viall which you will, which



place upon the same for now, and with the same degree of fire, being  
of a third part of your oil, and the rest being in a glass, left open  
for your use.

The Vertues

It cureth all sorts of wounds and murther there, it is admirable for  
all sorts of Ulcers as well old as new, it cureth burning the mouth  
and all murther in the fundament, it also cureth Cancer, chancre,  
Noli me tangere, fistular, gusset, scabbe, It is also admirable against  
all cancers in the body, and cureth all impostumes and Ulcers within  
It cures rixors, brachy, purpura, mundities, rixor, water, and  
Gout for all sorts of Impostumes. It is also admirable against all  
gout, and all contusions, It draws forth the fragments of bones and  
quicksilver from them that have been rubbed with it in the cure  
of the pox. it cureth the hardness in women's breasts, and all sorts  
of tumors, and Ulcers in the same, It cureth the biting of venomous  
beasts, it cureth the relaxation of the throat, the dysphasia and all  
Ulcers in the Mouth.

An Excellent Balsome almost like Lincathol

Balsome, but differs a little, given me by my Deed. Harris

Take of oil of olive one pound, beat Oxen half a pound of honey  
Turpentine four ounces, of Storax liquida six drams, of oil  
of sweeten half an ounce, of Gummi half an ounce, of oil  
of Cedrus one ounce, and a half, of Sanguis draconis, red water &  
plantain water, of each an ounce, of Rosemary, Sain, and  
Marjoram of each a handfull. In the making of it beat  
those of sweeten, boyle your Rosemary, Sain, & Marjoram  
in a quart of good white water to a pint, then take it off the fire  
and pour out the water from the hearth into a pott, then put the  
Sanguis draconis, the beat Oxen & Gummi into the pott, the  
Sanguis draconis & Gummi must be beaten to powder, &  
the wax into small and sett them upon a soft fire, and let  
them be so for half an hour, then put into another pott the oil  
of storax liquida, of Storax Turpentine, and the oil  
of Cedrus, & the water in which the Rosemary was boyled

and put it on the fire to boile a quart of an hour, then take it  
off the fire, to them the Balsome all together, and with a stick stirring  
them well together. Then put them all into the first pott, and  
let it be on the fire to boile again a little stirring them well, the  
more it is stirred they will not over, then strain them altogether  
through a cloth into an earthen pott, let them stand till it be  
cold, then take the water from it, and let it be in pott or glass  
for your use.

The Balsome given me by Dr. Syver for swellings  
bruised Strains, chaces in the Throat, and to ease paines  
of the gout, applyed with a tender soft care, made only  
with Rabb Veruice and to cure the piles applyed to the part  
alone to be taken inwardly for many infirmities, and then  
to use it upon severall occasions.

Take three quart of the best and purest Oyle beaten  
together in half a pint of good white water, and let it be on the  
fire, put to it four ounces of the best red Sanders, and a pound  
of white piggins waxes finely shred, and let it boile a while  
stirring of it, and straining it of there be one pint, and when it  
hath boiled a while then put in six ounces of the best Venice  
Turpentine, beaten together in a quart of a pint of plantain  
water, and if you would it in spirit it will, and if it be not thick  
enough to a good salve, be so for the Turpentine be put in, then  
boile it again a little more, (until it be well and of a good  
thick, then take it up, and let it be a little then strain it, and let it be  
gally better, rounde close with waxen and byle on the hearth  
of them, then set them at least three quarters of a yard deep in  
the earth, and cover them with earth, and let them stand for  
half a year or three quarters of a year together if you can give  
it, but you may use it if it be in a glass pott, as it is  
made, or after it hath stood in the earth but one month, but  
the standing of it in the earth will add much to the vertue of  
it, and maketh it much more to be used to any sore, and  
let it be in pott or glass in his full portu, so as it be open or

more, take thereof as much as a nutmegg in a little sweet ale or -  
 or soft drink, two or three mornings fasting, and it shal cure the  
 felicitie, bringing down the monthly course, stayes the running of  
 the paines in a short time, in like manner, if it cure any inward  
 bruise for you, it cure a fracture the better, you may also give it  
 inwardly to a child, for any of these infirmities but in a lesser quantity,  
 for taken also it is good against the colic, it cure a barne or -  
 fracture or green wound, being thrice with annointed with out any paine,  
 it cureth also for one that is burst in the forren parts, being applied  
 thereto, it also cureth a fistula being first launced open, then  
 laid to the sore.

The wonderfull oile of Salomon being most wonderful  
 and admirable things.

Take oile of Turpentine one pound, oile of Baye two ounces, mixe  
 them together, then take Galbanum gum Elemie of each two  
 ounces, gum of Myrr, Libanum, lignum albe of each two ounces,  
 make of each an ounce, Mithridate, Clove, Regalium, Sassafras, powder  
 of each two ounces, let all these be made into powder, and  
 mixe with the oile of Turpentine, and oile of Baye, then  
 let them stand for three daies, then take Galanga, clove,  
 Cinnamon, of each half an ounce, Nutmeggs, Cloves, suble  
 of each half an ounce, white Dipsamni, the greater, of each  
 of each three ounces, bruis all these and put them in a quart of  
 the best aqua vite, and mixe all of them, then put them in a  
 glass Limbeck, being well stopp'd, and open a gentle fire, and  
 continue all day, let them be distilled, & first there will come  
 of a water which is called the Salome water, then a yellow  
 liquor in the forme of an oile, which take of, this is called the  
 Mother of Salome, and afterwards a black oile which must  
 be separated by it selfe, and this is the curious Salome, the  
 all these three liquors be preserved in separate vessels, being  
 stopp'd, made up with wax, the purpose of which use of this is  
 altho, this liquor or Salome, used once or twice, upon -

the Breast and Throat, cure the yse, it also cure any wound  
 either in the foot or hand, or any sinney part only, by mention  
 of the Salome Salome of Cinnamon.

Take the best Cinnamon, the Oyle of harts case, of each four ounces  
 the Omeniake half an ounce, the Oshale the Oshale, spirit of  
 Sacke two pounds, and a half, make of all these a strong tea  
 in which you may steep your Cinnamon, for three daies, then  
 filter it, and mixe it with water, and put it into the bottom, then  
 separate it according to the manner, take two drams of the harts  
 case of Butmisse, & of the Oshale one ounce, & a half, oile of Cinnamon  
 half a drame, this you shall have the harts case of Cinnamon, and  
 thus you may prepare a Salome out of any druggs or herbs what  
 soever, in stead of the Oshale of harts case you may take Cinnamon  
 Cardam.

The Salome of life.

Take flower of Brim stone one pound, Myrr three ounces, the  
 best two ounces, Sassafras two drams, make thereof a Salome  
 according to the.

Another Salome of Cinnamon.

Take the best Cinnamon fine, pulvrised, the drams, put it into  
 a glass still, with water, and add to it two ounces of the oile of  
 sweet almonds, non drawn, let them stand in a warm place  
 till water is for four and twenty hours, then bris them in  
 Balneo Mariae for an hour space, then make an extract  
 strong, distilling it out, revive this five times over, and to the  
 last add as much virgin Oxa as will, being first well  
 washed in Cinnamon water, then bris them as before, & wash  
 it out some strong, and make it in the forme of a Crak to  
 which you must add one drame of oile of Cinnamon, & distilled  
 and thus you shall have a most excellent Salome, & excellent  
 Salome of Cinnamon.

A Diptike or Smearing Powder.

Take root of locusttree, of Myrr, Gumme tre, of each one ounce  
 of caliche and Mastick of each half an ounce, red rose all prepared  
 one drame, Treacle of Alexandall, and oile of Amber of each



one fruple.

*A Plaster or binding powder.*

Take roots of Tormentill of 23; bark of Gumme bagaranti; Gum Arabick; and Masticke of each half an ounce; red coral prepared, one dragme; Spodium, Terra sigillata, and hart's horns prepared, of each two dragmes; Sides of perle of our lane, of old stande of each one dragme; Amaraque stones, Balaustians, Nutmegge of each half a dragme; Extract of civet one dragme; Sugar one ounce; make all this into a fine powder, the rest is one dragme or four fruples.

*A Powder to stay bleeding.*

Take Corus Martis fine, powdered, five dragmes; dragee of Vitriell fine dragme; Vitriolus solutissimus half an ounce; bits of some granate, Almonds of each two dragmes; make all this into a fine powder.

*A Cataplasme for Breasts that are hardened with congested milk.*

Take beane flowers, brooke lime in powder, of each one ounce; Myrrh and saffron of each one dragme; oile of white lilly one ounce; goats milk eight ounces; soft virginer two ounces; make all these according to Art into a Cataplasme.

*Another for the same purpose.*

Take Humme of pye bread, powdered, of Althaa roots, of each two ounces; and infuse them in goats milk; and add saffron and myrrh of each one dragme in a half; oile of rose and lilly of each one ounce; and make them up into a Cataplasme.

*A Plaster for any putrefied parte or Cancer upon the Breast.*

Take oile of Mullins, of rose, Hart's fust of each two dragmes; Virginer wax two ounces; red waxe three or four ounces; Balsam of Libanum, of Sassafras, Camphire of each one dragme; Saffron of each one dragme; make all this into a plaster according to art, and apply it to the breast.

*A Plaster to heale any wound or Ulcer, upon the Breast.*

Take hony in which hath bene layed yelowaine leaves; and longay roots three ounces; drawe them two ounces; Lapis lazuli, or yelow with Viniger one ounce and a half; Libanum two dragmes; Galbanum and Ammoniacum, of each half an ounce; beane flowers two dragmes; make these into an unguent, apply it hot & it speedily and perfectly cure the wound.

*To stay bleeding at the Nose.*

Take Dragons blood juice of Hypocistis, of Alecia of each one fruple; the haire of a hare burnt half a fruple; make these up into a liniment, with the white of an egg; and with little gold digests of hat make it up to put into the Nose hole.

*An excellent water for cure and sweetning of the Urine.*

Take Sage, Hyssop, hysop roots, organ, Scholobidrium, hyssop, for dwell, of each one ounce; and a half; Sides of Althaa, of Sennell of each one dragme; and a half; roots of Urtica and Calamus aromaticus, Sides of floris, liquorish, Juniper berries of each two ounces and a half; Saffron of each two ounces; Saffron, Sides of each two ounces and a half; bark of Cydon, Pignoli, Sides of each two ounces and a half; bark of Cydon, Mace, Cinnamon, of each half an ounce; Saffron one fruple; Aqua vita three gallons; distill all these the rest is one fruple.

*A restitutive or binding plaster.*

Take roots of Tormentill of bitter Cypris, of Bistort, of gerado Comfrey, of Althaa of each one ounce; Dates Stones, Capatons yellow and chibule of each two scruples; Capose with Gallies in Troines Bark of Pomegranate, Sides of Althaa, of Balaustians, of Perslane, of plantane, of Gumme, of Sennell of each one dragme; blood Stones prepared one dragme; white and the rest of each half a dragme; Balsamum with Mummia, dragons blood, red Sanders, Hyppistis, Terra sigillata of each one dragme; Masticke, Libanum, Myrrh of each two scruples; Amber, Gumme Traquanth, Quince Stones, Sennell of each one dragme; Juice of Lemongrass, Brodiaea, of Spodium, of Terra sigillata of each one dragme; a half; Oile of Spicewood, Saffron of each half an ounce; Camphire, Saffron of each a scruple; yellow wax one ounce; Saffron one ounce; Sennell half an ounce; make all these into a plaster.



*A Defensative Plaster*

Take Diachylon Simplex one pound byle Olive halfe, a pound, byle of Camiford, of Bayes, of each one ounce, yellow wax nine ounces, powder of fenes of Florence, of Beaus flower of each three ounces liquid Storax, spermacet of each halfe an ounce, Benzoinum three dragmes, make up all this into a plaister.

*A good Drawinge plaister*

Take Lard of Goulde one pound & halfe, byle Olive one pound & halfe, Vintage eight ounces, powder of both kinds of Cristolochia, of Goates head of each one ounce, Vintage halfe a pound turpentine one ounce, byle of Bayes, three dragmes, & make all up into an Emplaister.

*A Balsome of Mans blood with the Vintages*

Take six ounces of mans blood spirit of Sacke one ounce after 3 dayes digestion of these distill them to drye digest againe in Horse dung for three months, to drye distill of the water, which is Excellent for the fallinge sickness, against the pox, it heales the lincies & cleaues the blood, heales the bloody fluxe, cures the French pocke & popley and burnings the use is from six drops to halfe a Scruple in Spirit of Sacke.

*A Bezar powder to provoke Urine.*

Take Lac Sulphuris one ounce best Zaphron halfe a dragme Minks, & vintage, of each one dragme, Sugar of Roses two ounces, byle of Angellica fower droppe, make all into a powder.

*A powder to stay Bleeding.*

Take Cristolochia rotunda Olibanum of each an ounce dragons blood one ounce, halfe Goates blood one ounce mans Skull one dragme, make all into powder.

*The greates bindinge Electuare.*

Take rootes of Tormentill, of Bistort, of Elicampane of each two ounces, of greater Camphrey one ounce and a halfe of Greater Lillies io dragmes, of Gallinga, of Accos, of Indine Sodis, of

Yucciflora of Lethio of each an ounce and halfe of Cedrine prepared, of Barbary, of Sarsell, of Gentill, of each six dragmes of Agrimony, of Organy, of Mints, of each three handfull and a halfe, Duto Stones, all sorts of Myrabolans, of each halfe an ounce Greater Lillies one handfull & halfe, piggeons & Goates dung dryed Hartshornes of each six dragmes, the round pipe of a Cocke, the harte Crista galli, of each seven dragmes Cocke-nails three ounces, pomegranate Rindes Mithle berries of each two ounces, Redd root Sodis, Acornes steeped in Vintage and dryed one ounce, Bolearmoniacke, Myrrhe, Storax Mastick Lignum. Alor, Hypocistis, Olibanum, Amber, red Sanders Concession of each halfe an ounce, Hedge Hogs flesh dryed fower ounces, Galbanum two ounces Castor four dragmes, Mammia three ounces, syplings of fene one ounce and halfe, Leadstone prepared two ounces, for singlase two ounces, a halfe, Gumme Arabick, Fragacanth, of each seven dragmes the Testicles of a Hare burnt six dragmes, the bladder of a Snake burnt one ounce, red Co. all prepared six dragmes of a Carps head burnt three ounces, Sumack Bolanthead, of one ounce, Sodis of plantane, of Sphoradiz purple of each two dragmes, of Poppy six dragmes, Costus halfe an ounce, Appropos harts handfull, Chryseum halfe an ounce, fustia two dragmes, Bledstone, Terra Sigillata, of each six dragmes, Methodate, Theriaca Andromache of each one ounce, trochists of Spodiune, of Terra Sigillata of each six dragmes, make all into an Electuare with Symples of Water Lillies as much as sufficeth. The Dose is two dragmes at a time Morninge and Eveninge.

*Trochists to be holden in the tongue to strengthen y Braine*

Take extract of lignum Alor five grains, white Amber prepared one Scruple, byle of Nutmeggs by expregation halfe a Scruple, Bonianum three grains, Muske three grains, Ambrogino five grains, fenes of Florence rootes halfe a Scruple, Confectio Almonds two Scruples best Sugar two ounces and halfe, make up all into Trochists with the mucillaga of Gumme Fragacanth extracted in Lenten Water.

*The Magistrey of Bezar Stone.*

Take as much Bezar Stone as you please, & pound upon it some spirit of Honey, and Vintage, which draw off and there



will remaine the Magistery, in like manner you may make the Magistery of Terra Sigillata.

Flowers of Brimstone sublimed with Reubarbe.  
Excellent for bleedings.

Take flowers of Brimstone two ounces, Sprouts of Reubarbe one ounce and halfe, Oyle of Cinnamon two Scruples lett all be sublimed according to arte.

Take white En or beinge of Brimstone with the virtues Take Spirit of Sacke four poundes dissolve in it as much of ffilld Salte as it will drinke up, then pover this Spirit of Sacke upon one pound of flowers of Brimstone, and digest it for eight dayes space in Balneo Maria then distill it in the Still Cucurbita, an excellent medicine for dyspnoe of the Lungs. Remember that when you have distilled off one halfe of the Spirit that you pover it on againe, and repeats this one four times - at last distill of all the moisture, then the lees that remaines in the bottom you must put into a Retort, and distill it in Sand and thus you shall have a cleare liquor, white as Milk, which cures all dyspnoe of the Lungs, as the restifick of many others.

To Stay bleedings of a wound.

Take the wood of Ashen tree gathered when the Sunne enters into the Signe Saurus it must be of that parte of it which is nearest to the earth, this made into powder & applyed with lint or with clothes, doth immediately stay bleedings of a wound.

The Secreting Mercury of Brasse a most certaine Secreting Medicine in the poxe and likewise containe in the plague, if given immediately after the infection. The Dose is one graine or two in any proper water as Carduus or Balneo.

Take one ounce of the filings of Brasse, Mercury sublimed two ounces, Sal Armoniack two ounces, chafe ground them and putt them into a strong glasse in hell Sande untill they melt like waxe, then whilst the glasse is very hott, cast it into coole water, and the glasse will suddenly breake in pieces, and the Mercury will swimme in the water of a dark green colour, which putt into a Retort being first dryed then pover on Spirit of Sulphur, or Distilld and digest it for twoday and fower hours, then distill it then wash it with Cordiall water of Beragoe or Bugloss three or fower times over, and this is a

most excellent Secreting Medicine in the poxe with other the virtues before, which are most infallible true and certaine.

The Compound Balsome of Sulphure Excellent for all Disorders of the Lungs as coughs, Obstructions, Catarrhs and the like.

Take flowers of Brimstone two ounces, Sulphure one ounce Oyle of Turpentine four ounces, lett the flowers of the Sulphure be ground & leaved, then putt it into a Glasse with a narrow mouth & pover the Oyle into it lett it be kept, and putt the glasse into Sand, lett it stand in a gentle heate for two hours, then increase the fire that it may beginne to boyle, and thus it will all become a most Balsome of the Sublimed of an Oyle, this is Excellent for all the dyspnoe about mentioned.

The Simple Spirit of mans blood Excellent for the fallinge Sickness and cold diseases of the Braine.

Take two pound of the distilled water, next under mentioned infuse in it one pound and halfe of Lavender flowers, distill them in Balneo Maria untill you have drawne off the best halfe, then add two ounces of the best Spirit of Sacke, and keepe it for your use in a glasse stopp'd close, and this is Excellently good against the fallinge Sickness in Conjugate of Rosemary or Lavender.

The Water and Oyle of Mans Blood which will serve instead of a Balsome to cure all greene Wounds.

Take of a young mans blood taken in the Springe as much as you please, Spirit of Turpentine the like quantity, & lett them stand to digest in a Retort for fower dayes then distill it in an Alembick on hott ashes, there will come off with the water, a pure Oyle, which you must separate in a Retort, and thus you shall have the pure Oyle and water of mans blood which hath the virtues above written.

A great Secret of mans blood for the recoveringe the blood throughout the whole body, and good in a dropsey and other dyspnoe proceedinge from the corruption of the blood.

Take two pound of fresh blood lett it stand in a wooden vessel untill all the blackest Sedle to the bottom then pover of the water which then pover on it so & repeated as much of the Spirit of Salte and mingle it with the blood, and digest in Balneo Maria, and then it hath the virtues above written.



*The Spirit of Wine with Tartar or the foundation of true Balsome*

Take sweet Tartar half a pound, best Spirit of sack one quart, and three ounces best thyme infused together for eight dayes in a beehell wry calico cloth, then distill them in hott Embers.

*Spiritus Theriacalis or the Spirit of mans blood to renew & restore strength of the body*

Take mans blood as much as you please putt it into a retort, and distill it in sand on a gentle heat untill the watry parts be drawn off, then with a stronger untill the whole spirit be drawn off, then take it and filter it through a paper then distill it againe in Balneo Mariae, this is an excellent restorative & renewes the strength and youth of the body.

*An Excellent Balsome made by a Spanishe Physician called the Wound Byle with the vertues and how to use it*

Take leaves or roots of Carduus benedictus four draughts, roots of Valerian four draughts, flowers of St Johns wort four or five draughts, of Comfrey two draughts, Sweet Marjoram two handfull rosbart dried in an Oven & against the Sunne untill the moisture be gone out of it, four draughts, lay all these in cleane in white wine for seven and twenty houres at the least the longer the better, then leech them in a new earthen pott, and having sufficiently boyled them, press out the iuyce of them, wash with the wine betwixt ye hands, then putt into the same iuyce, three pound of the best and clearest Beelsh Byle that come so yestern, and so lett them boyle untill the wine be consumed and only the Byle remaininge, then take the best Myrror, Frankincense, and Mastick of each three draughts bringe beaten into fine powder, and strewe them into the Byle by little and little, but lett not the Byle boyle long on the fire, after you have putt them in, because they will wax thick and hard, putt on the Myrror, Frankincense, and Mastick when it is off the fire, and stir them continually with a stick untill they be quite melted and then putt in six draughts of the best vermes Turpentine before it be to thicke, and so stir all together untill it be quite cold, then putt it into glasses with a few flowers of St Johns wort in the bottome and lett it stand fiftene or sixteen dayes at the least before you use it, and then it milke good and perfect.

*To make French Biskett*

Take half a pottle of flower, seven eggs, half a pottle of Ale yest, one ounce and half of Baking, make all these into a loaf, & some things longer, putt it in good thicke slices like a toaste and when it is two dayes out, rubb it with powder sugar, and lay it in a warme stone, and lett it drye, and you may use it over with sugar two, or three times, and so keepe it up for y<sup>e</sup> use.

*To make Naples Biskett*

Take sixpence eggs, one penny of flower, and two penny of sugar, finely powdered, then beate y<sup>e</sup> eggs well, before y<sup>e</sup> flower & sugar come in, then beate it together for at least two houres, then putt it up in y<sup>e</sup> capping, and bake it, and so the Naples Biskett is made.

*If your Breath be never so sweet a water to make it more sweet*

Take Sage, Sweet Marjoram, winter Savoy, flowers, and Mace, and Nutmegs, of each a little quantity, a little Muske stamped in Juices of Lemmons, and white wine, make all these into a powder, and drinke a Spoonfull of it at a time, Evening and morning with a little of the Juice of Lemmons added to it.

*For Sore inflamed Throats, for Pleurisy & Scabbed hands*

Take a convenient quantity of fresh Cow dung, and beate it in a peece or peepee with fresh butter, lett a poultice thereof be made, & lay brooke honey on the breast, then putt on a fresh untill all the Maliquities of the dyspne be extracted, then if it breake the breast, just end of butter & Mutton suet, and this poultice will keepe as fast as it drew before, it hath also cured scabious and scabbed hands.

*A never failing Medicine to cure the bleedings of the Kidneys taught me by some of my friends*

Take of Terra Lemnia as much as will lay upon a six penny shauel very small, and putt into three Spoonfull of Mace Ale and drinke it three mornings, & because it three mornings and take it againe three mornings, and so doe untill you have taken it nine times, in which time, it shall cure or never fail, to cure the bleedings of the Kidneys, but you must be sure to be lett blood, either in the Limbe veins, or Symples brine, the day before you beginne to take it, and with all & sometimes take the pulpe of Casia, and the kernels of quinces, whole them, and swallow downe the Juices, which is a greater Realer.



To make Balne nativ aqua-melissa /

Take tenne Gallons, of strong sweete Spirit of sacke, heate Balne-  
Vigo three poundes, Anniseeds one pound, distill them in the strong  
pore of Spirit of sacke, and dulcifie it with a sufficient quantity  
of white Sugar, and to make of a rich nativ, add to it Symp-  
licum roseall of each three handfull, Cassiamens two ounces,  
Anniseeds and sweet fennell seeds of each eight ounces, Balne-  
Vigo one pound, Nutmeggs, Ginger, Calamus aromaticus, Gallengale  
and Cinamon of each fower ounces. /

To make Boree water, with the sweetest vertues chento use it /

Take the greene heare of Cardus benedictus, Scordium, Angelica, Balne-  
Margaret toppe with the flowers, Sedumary toppe, of each of these three  
handfull, Dictamnus, and Stachis three ounces, which are to be drie  
from the Apothecarys Scabius, ponsesall, and Rue, of each two handfull  
Sage toppe, with Symplicum, Spermoneis, and Saffron, of each one handfull  
all greene, Redrois, Tormentill, Gentian, French Gallengale, Eulemides  
fraxellia, and Calamus aromaticus, of each of these roots and Balne-  
Carduus, Caraway, Coriander, Sweet fennell, and Boree of each three ounces  
Sods one ounce, Boree branches, Marshmash, and fennell, of each three ounces  
saffron, lignum Aloe, half an ounce, Mithridate one pound,  
Diasordium eight ounces, Linden wood four ounces, Cinamon  
two ounces, all these ingredients being prepared, distill them in  
tenne Gallons of Aqua vite, at three shillings fower pence the  
Gallon, and draw from it eight Gallons, or as much as it will goe,  
of an indifferent strength, and in the reake, distill in fower the  
reack ingredients followinge, aromaticum Rosatum, Dianthis  
Diametche vulgaris, Ingalanga, Diatrien Santalum, Diarhodon, Bala-  
of each of these Sprites, without Masse, or Ambrogio half an  
ounce, Mithridate eight ounces, Boree, Sten twenty grains, Cinamon  
and Nutmeggs of each two ounces, Saffron half an ounce, Cloves  
and Mace of each half an ounce, Caraway, Sweet fennell, Coriander,  
and Anniseeds of each of these Sods broken and seared, one ounce  
red and yellow Sanders of each an ounce, then lett all these powders and  
Sprites, stand tenne or twelke dayes in the distilled water, if there be  
no kept thereof, the longer the better, then dulcifie it with a pound of  
Sugar, to every Gallon, the Boree water, is to be of a Moderate temper  
by adding some sweete water according to yo<sup>r</sup> Disposition, and  
this followinge is the use and operation of it, one Spoonfull thereof  
bringeth much in an indifferent draught of Boree, and drinke

the morninge fasting, is approved good to prevent all contagious  
distempers, as the plague, purple, small pox, Measles and the like  
but to this infected, there good Spoonfull mixt with 6 of Carduus, or  
Angelica water, that is distilled cold, only of the barke, and for  
want of these waters, in allmost perfect drinke, which by provide  
a moderate Lardate, will by putt the Maliginity of the Maledis-  
the patient bringe kept temperate warm, it is likewise an expedient  
remedy, in a violent Cough, and when the Stomack is oppressed  
with wind, cold fluxus, or any Suppression, it is effectually  
disposited, and capable to be drunke of it 600, when there is  
infection, there good Spoonfull, without any other mixture. /

Another Boree water ex Theriaca Caprea Lindemansia.

Take Celadine with the roots washed three handfull, and a halfe  
handfull of each one handfull, Scordium two handfull, Dictamnus cre-  
tensis, in English garden, Ginger, or Dillanone one handfull, Carduus  
Benedictus one handfull, the roots of Redrois, and Angelica of each  
three drachms, the roots of Cyrenis and Limonium of each two  
drachms and a halfe, the flowers of Sage and Gillyflowers of each two  
drachms, Cinamon and Cloves of each fower drachms and a halfe,  
Theriac, Indromachi three ounces, Mithridate one ounce and a halfe,  
Camphire two scruples, Fracks of Vipors, mace of each one drachms  
and a halfe, lignum Aloe two scruples, yellow Sanders one drachms  
and a halfe, Conserve of Gillyflowers two ounces, Carduus Benedict  
Sods one ounce, Species Sledmaris liberantis four scruples, Boree  
or Marshmash chand one drachms and a halfe, bruipe three that are  
to be bruipe, and lett them in fure the space of thre dayes in  
very good Spirit of wine, and Maltus, of each three pints, bringe  
of Gillyflowers half a pint, lett them be distilled in Balneo  
Maria, according to use with a gentle fyre. /

For the length of breath that is given shorter, Helter Bulter. /

Take one pottle of Ale, one Spoonfull of Emula Campana sliced  
thine, one quarter of a pound, or more of Sugar, six Spoonfull of  
Aqua vite, and infuse them all together, and lett it stand twelke  
houres, then shake it, and then drinke six Spoonfull of it in  
the morninge, and so much also in the Eveninge. /

For a keale in the backe.

Take a flat peece of lea, putt a string into it, and kenne it  
so, as it may lye in the hollow of yo<sup>r</sup> backe, probatum est. /

*A Medicin for one that is hard brum in the belly /  
Take the fruit of Boulbouswood and annoynt the belly well therewith  
and it will give you great ease /*

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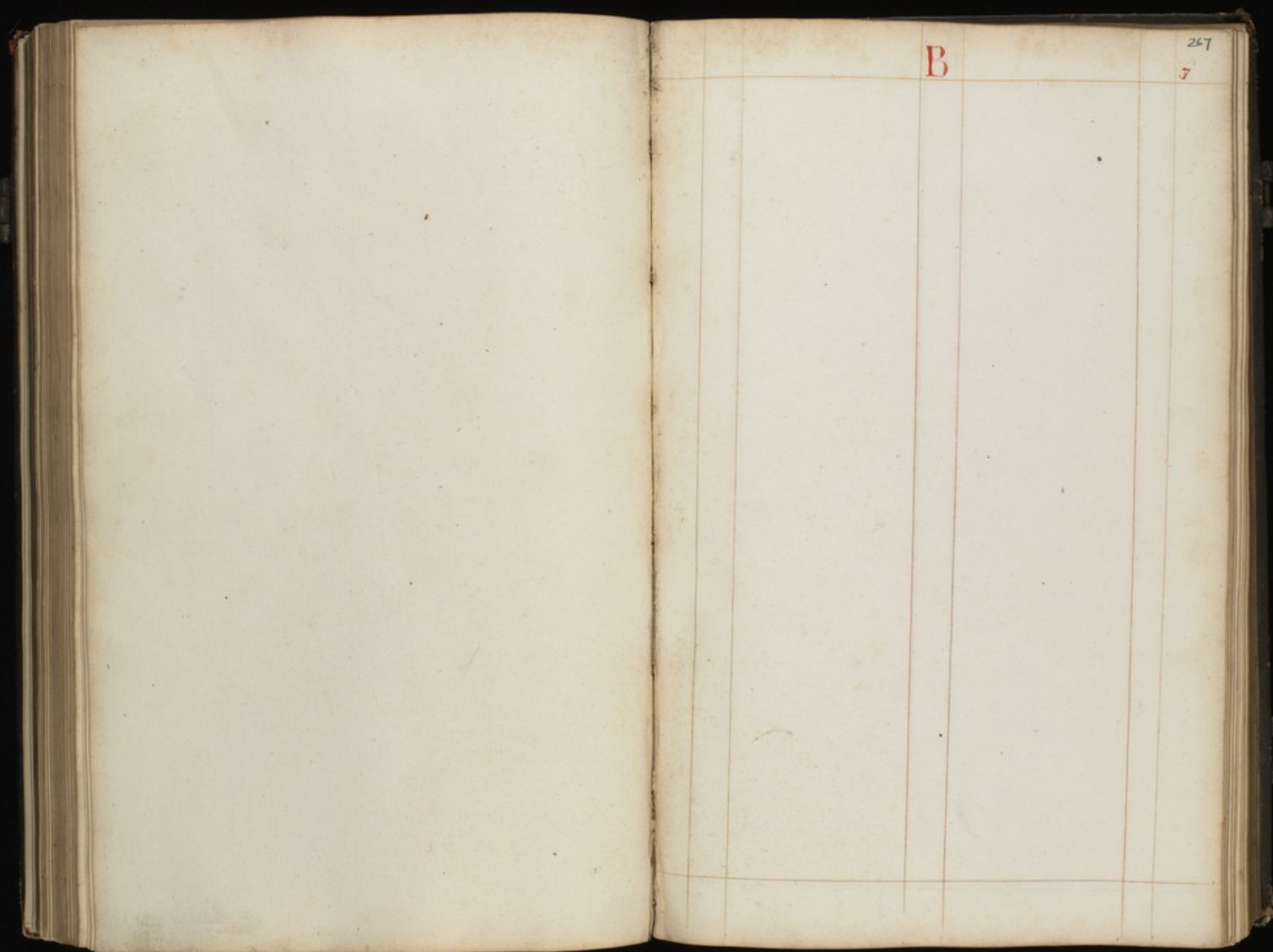


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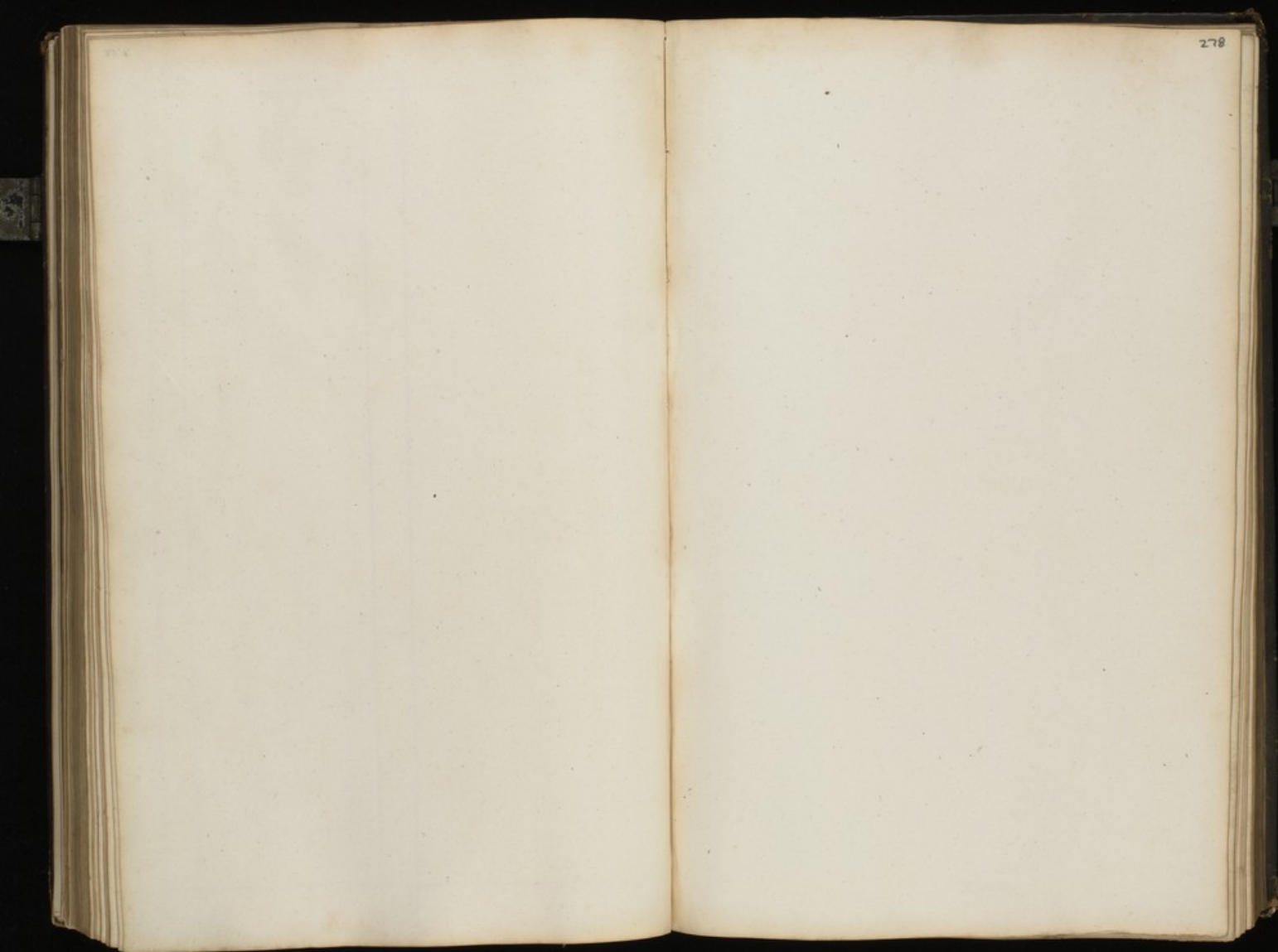




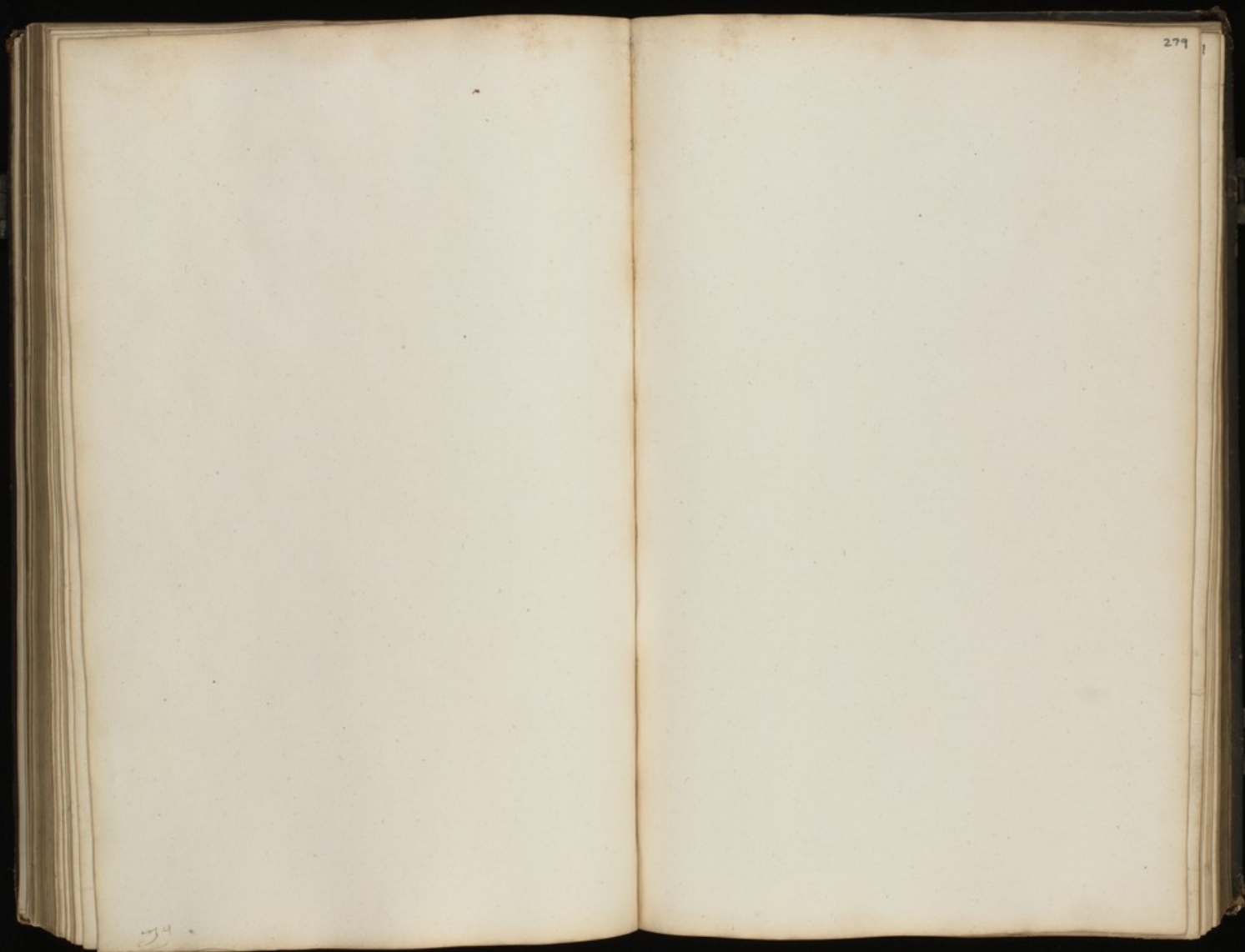
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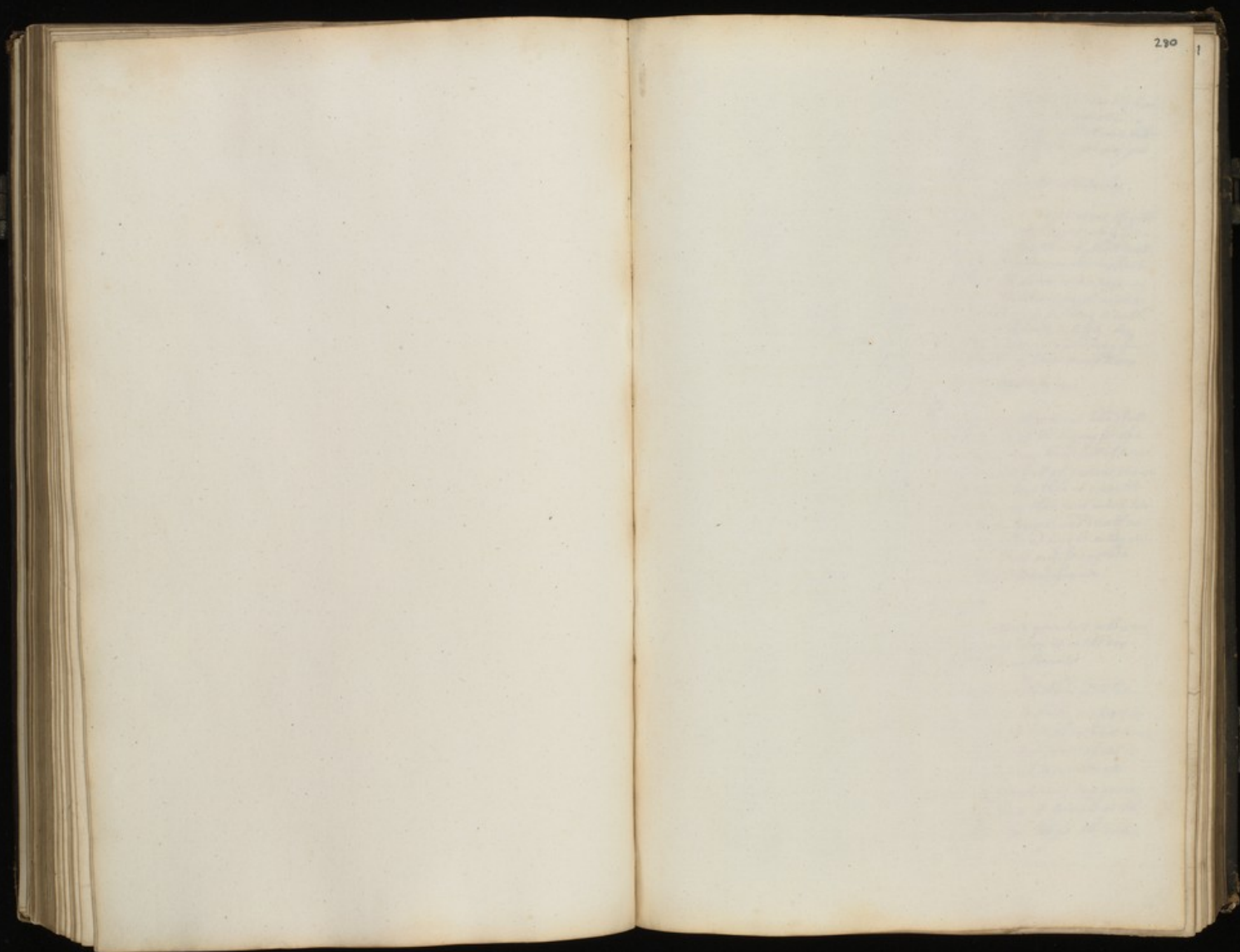
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water is still to mix together the fish swimming and the fish that the sea  
 egg is small, it may be all one drink of it two spoonfulls as a time in  
 the morning fasting, and one hour before supper, you may allwaies take  
 the glass when you drink it, take the stone out of the water, you may put  
 in if you will, but three grains of pepper and yorke.

A water for the Canker in the Mouth or for the Smelling  
 of the almondest my Mother

Take an egg, open it at the top, as when you take it, pour out the yolk  
 in the shell, then fill up the shell with Spring water, & put into it for  
 much allwaies in fine powder, will be out at an hour, then take it out  
 when you it in hot water, & let it be with when you have used it to  
 use it, be it be warm, if it be a Canker in the throat, with a pegg, in  
 it, & rubb it then over with it, and if it be in the throat, gargle with it,  
 and if it be in the gumme, be it washing or rubbing it with  
 this or any other kind of water, to use it speedily, & take it, lay  
 upon the place. London heard, & a little ginger in powder, fine  
 powder, allwaies after the being it, & if it be there, be it too.

A receipt for a Consumption approved by my  
 Sister Mountmorris

Take three quarters of an ounce milke, out there in one handfull  
 of Spring glass, one ounce of China wood, of the biggest for Cha  
 shellings cut into small & thinn pieces, one handfull of fine  
 & clean powder and wash it with water, one handfull of pease, clean  
 & white, the pease not taken out, be it then together at a gentle  
 heat, till one third part be consumed away, then put into it two  
 ounces of fine sugar, & let it be a little longer, and drink one  
 draught of it in the morning fasting, another at night when you  
 go to bed, and this doth serve much to feed and strengthen  
 Nature, as by experience in many is hath been found.

Approved for the stamped

Take a dram of fresh maris, & put it about your toes when you  
 go to bed, if it be not healed, you may use it in the day  
 time also, and it will much avail for that infirmity.

Spirit of Chrysom to make and the virtue thereof

Take Chrysom two ounces, rosemary flowers, lavender, and sage, of  
 each a good handfull, Juniper berries, bay berries of each one ounce  
 & a half, an ounce of white wine, & the yolk of an  
 egg, & a quarter of an ounce of oil, & pound all  
 the ingredients together, then put them to steep in two quarters  
 of the best aqua vitae, you may put in a glass for it, & stop it in the  
 Sun for six days, then distill them and keep the water

To make a special water or Symplice of blacke cherries  
given one by the day Herringham, & by her long self  
approved

Take for manie cherries as being sweetest and the most will make a  
gallon of the juice, and then put thereto a pound & a halfe of the white  
white sugar, and upon it the sugar is dissolved, and in it, boile it up to  
thick it up, but if you be of moderate, that it will not keep any time  
that way, and therefore I have found it to have it still thicker, but for long  
as it will stand with out stalling, it is much more cooling & refreshing  
than it is, after it is drunk.

For a cough and consumption that hath with it the cough  
cure taken Doctors have given them more. See the receipt

Take elecampane, root for Symplice, liquerish annistodes four ounces  
of the stramonium eight ounces, all in berries fine powder & pour in  
put it all into a pot much less than it is, being well covered with make it  
like Marrow: but boile it not, take so much of it in the morning  
fasting, and at night last when you go to bed, as a wallnut, if you  
find good by it as it should you will, make more of it as you like and  
take it in this manner.

A very fine drink to cure the blood, either for children  
or for others

Take Sanchon or white sugar, and wood sorrell of each a hand  
full, boile them in that water of rosin drink made of butter milk  
which is best, or other drink if you have not that that is most of  
milk, and when the drink is cold, away take it from the fire, and  
drinke it cold in the morning, fasting that any other time when you  
please.

These things following Doctor Bailewille did prescribe  
for Geo. Hastings his sonne Francis being not a year  
old for Cough, fever, and Hooping of his throat  
and by this change he is now good.

A Symplice made with a large hand full of wallnut of the small berries  
in a pint of rosin drink, till half or more of it was consumed, &  
in a pint of rosin drink, till half or more of it was consumed, &  
in a pint of rosin drink, till half or more of it was consumed, &

Another for the same. See.

Six flowers of garlick, flames & thyme in draught of Ale with  
wine, & for drink is a good first remedy for the colic, the vomit and  
strangury, if you take it four or five days as hath been often approved

For one that is colic. See.

Sooth Mallores and red, or a bit, together in fine water, and  
let him that is colic sit over the same & perspire the same  
there of into his fundament, and he shall presently have the  
benefit of Nature by going to stool.

For the Colic passion. See.

Take annistodes, all powder, rorancy, ledid, large sage, and red  
fennell of each a like quantity, make powder thereof, take a little  
there of twice a day, in the morning, & it will presently stop the  
Colic.

Another for the Colic passion. See.

Take a radish root, pare it cleane, & mince it with the hammer of  
sours butts equal quantity, lay them in a Mortar, make a colic  
there of, & lay it on a cloth, & drive it about the belly & back, but  
lay a linon cloth betwixt or two cloth to save what is your good.

A Purgation to cure the Colic. See.

Take half an ounce of Asia newly drawn, a drop of good  
rhubarb infused a night with vintner water, with a little pisona  
& an ounce of Symplice of pisona, mixe all these things together  
with three ounces of Symplice or whey & drinke it warm.

An approved receipt to kill a Canker in the mouth.  
See: See:

Take white salt and dry it, with allom and white popper, beat  
them all together fine powder, and take of each a like quantity, &  
mixe all together, & with a quill run even at both sides, not far  
into the quill, & for blood it open the first place, &  
if the powder into the quill, & for blood it open the first place, &  
if the powder into the quill, & for blood it open the first place, &

Spirit of Castoreum to make and the virtues thereof. See. See.  
Take Castoreum two ounces, redmery flowers, lavender, and sage, of  
each a good hand full, Juniper berries, bay berries of each one ounce  
Gum arabic half an ounce, Clove, mace & the yellow bark of an  
Orange peel, of each a quarter of an ounce, Shred & pound all  
the ingredients together, then put them to steep in two quart  
of the best aqua vita you can get, in a glass well stopp'd in the  
Junn for five days, then distill them and keep the water











C

bugles, small roots, and was the roots of Cardus, & the bone of the  
 Juniper, of each one handfull, take all these boile together  
 till it come to a wine, & halfe. Stamp the shulen bone & all wine  
 small with the herbe, roots and fruit, and let stand the liquor  
 then take three spoonfulls of red wine, & four spoonfulls of sugar  
 and boile them, but not more thick, & give the patient to drink  
 herofe first and last

**Receipte for Consumption in Children  
 and men & women**

It cometh as you perceiue the first coming upon the child, you must  
 give it three graine of the salt of Amber in a spoonfull of  
 Malaga Ierde and for euery day between the first and the second  
 if the child be six years old or younger, then give it four graine  
 thereof, & if the child be seven years old, give it five graine  
 in two or three spoonfulls of the same wine, if it be seven years or  
 older, then give it six graine, but to a man or woman give  
 fifteen graine in a wine glass full of the same wine, when  
 you comen to the first coming, make also other good drink  
 with ale & boyle therein a good quantity of long rooies  
 roots, & Cardus, & two or three pints of ammoniac boile all these  
 together in the wine & drinke a wine, while then straine it, & put  
 therein some syrre of figgs, as much as will thicken it, & let  
 stand a while, then drinke thereof, as oft as they please, and if it be  
 a child, that doth not yett know the use of the word, drinke  
 make a bracelet of cotton linnen, and let them about  
 their necke, that they may smelle of it, and for change give  
 them some blackberry, or cherrie, or with three graine of muske  
 to a wine threep, & drinke with syrre of figgs, & let them  
 For the wind Colicke & paine that they ge into  
 the head by reason thereof

Take red sage, leuony, swete marjorime & rosmary leuony  
 of each one handfull, drye them in an oven powder them, and  
 put them to a little good wine, & drinke a quantity  
 thereof fasting in wine, & last an houre after.

**For a Consumption to strengthen the liver & cure  
 the Sea-sicke**

Take fifty great wormes & cut of their head & tail, & let them  
 & let them in salt & water, but leaue their fat in them, & drye  
 them in which wine, then take a pint of sherry, & a roote of Asarum  
 & a roote of Cardus, & a roote of bugles, & some of the smallest roots, &  
 twenty vnto of the same, & drinke with three spoonfulls of sugar, & last  
 in a linnen bagge, & their being well washed & made into a strange

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breath drawn, and let it stand four and twenty houre, then  
 take it out, and if you can get out your breath, if not break  
 your wine carefully, & for take it out, & boile the bread in a  
 water, and give it in milk, or in barley breath, or what you  
 like best, to a man give two spoonfulls at a time, and to a child  
 one spoonfull at a time.

**Another for a Consumption given by the L. R.**

Take one gallon of new ale, put the whole in it, & let it stand  
 an houre, & then take it out, & drinke it, & let it stand  
 as long as any flesh will fast, & drinke it, this must be done with a  
 red wine, & for take it out, & boile the bread in a  
 water, & give it in milk, or in barley breath, or what you  
 like best, to a man give two spoonfulls at a time, and to a child  
 one spoonfull at a time.

**For a thousen of a Cancer in the mouth, & the tongue her  
 by the L. R.**

Take one ounce of honey, & drinke it, & let it stand  
 making a paine of tongue, & let it stand, & let it stand  
 as long as any flesh will fast, & drinke it, this must be done with a  
 red wine, & for take it out, & boile the bread in a  
 water, & give it in milk, or in barley breath, or what you  
 like best, to a man give two spoonfulls at a time, and to a child  
 one spoonfull at a time.

**A Receipte for the Colicke**

Take one ounce of sweete fennell, & drinke it, & let it stand  
 in a fine paper, and take a small threep, as will be open the  
 with the like quantity of sweete sugar, & small linnen, and the  
 like quantity of oyle of sweete almonds, & let it stand  
 make them into pills, and take two or three thereof, and you  
 will find your paine ease.

**Another for the same**

Take smallage, and shulen weed of each one handfull, & drinke  
 boile in cornewe halfe, & handfull, white bread crumme three  
 spoonfulls, boile therein halfe a pint of new milk, till they be  
 tender, & drinke then boile them well together, & put into it oyle of  
 lillies, and oyle of Camemille of each one ounce, and a halfe lay  
 this twice a day to moderately warm to the paine, & last  
 an houre, & with a little of the same boile.



















a quarter of an ounce of the powder of cinnamon, & as much of camomile and sage: mix morning half a pound full of the water, and drink six spoonfull of the water after take this for 3 days and it will help you.

To make a woman water a receipt had of my  
Lady Ferrard of Dorset.

Take two gallons of water, one pound three quarters of cinnamon bruise three quarters of a pound of white sugar sandy, lay them to stew one day and a night, in a close narrow mouthed vessel, then pour it into a cove, over which you must put your limbeck: then wash your limbeck with cold water, and still it with a warm soft fire, and then take your soft friend, and this water as you think good. If you will give away put in a hand full of rosemary flowers.

For a Canker in the toe

Take the dung of a grass goose, & the juice of islanders garden: then mix it in a mortar, and lay it on the sore & it will kill the canker.

For a great Cough and to open and comfort the Lungs

Take soft loath the bark and rock, dry it to powder & steep it finely, then take the powder of himps and as much fine sugar as both of them, put this into the gills of an egg in the morning and steep it up, & occidetur.

For the windy Colic

Take a world of bark put into it a hand full of the leaves of rosemary, and a much wormwood, let them steep a good while, then take out the herbs and lay them to the fire as long as they can be endured when they are red digg them in salt: take again in often & it is a good stout Remedy.

For a dry Cough.

Take a pint of Virgin honey and stir it on a chafing dish of brass, when it is almost ready to boil take Clove-gall annise seed, & liquorish of the powder of each an ounce finely beat it & pour it and pour it to the honey, and let it dig over at a good while from the ready but not boil, and stir it continually, take the quantity of a little will nut of it morning & evening Virgin honey is that which comes out of a swarms the first year.

brams of cockle seeds, cardus, root sparrow, of Quails & rails, bruise in a mortar with any wine red, red water and a pumpkin water, and when these are strained through a hat mix them with the rest. Then take of each sort of the fruit: Rind of Marabou, root of an ounce, of Rotten roots & Eriago roots, root of each two ounces, of the fruit called, papule and St. Blasians, of each an ounce, of the Rind of bark from granary & of Lemons of each an ounce & a half: Lay all this be taken in a Marble Mortar, and wash with a hair sieve, then mix with all this Chalk-stone distilled: Magister of Cardus & of Torax, of each three drams: Biscuit of East India fifty grains, and when these be the first before named are well beaten in mortar mix together you may put it up in a Jarre glass, or gally soon for your use.

A certain Medicine for the tooth ach and to remove never failing given me by Dr. Busfield.

Take three thirds of ginger that grow in some field, amongst the orchard, and steep them a whole night in oil of sweet almonds, new drawn, and then let the oyle stand with the tooth ach wears them about him constantly, & he shall soon be free from his pain, so also for the rump.

A receipt of an excellent cake given me by  
Mr. Mury of Shropshire

Take a world of the finest wheat flower, and dry it in the Sun after bread is drawn, then take four ounces of fresh butter, and rub it or mingle it for well with the flower as no butter can be dissolved then take six teane eggs counting for whites away, & eight Muscovy, one ounce of Cinnamon and two or three parts of the best ginger, a pint of water and a quart of red wine, and stand till it be well warmed then take a little salt in an ale pint of the best ale beame when all these are mingled together, then take twelve pound of pure and well washed wheat & dry it & put into it, but you must make it of the same kind, and then fingers thick butter your paper well that you put it on, and let your cake be good just as you have made it to put it in, &







lyst of Castor to strengthen the sinewes or to  
heale any Ache or paine proceedinge from Cold Cates /

Take Castoreum, Storax, Calamunda, Gallanum, Euphorbium,  
Capia, Ligaria, pika, saffron, Opoponax, Carpo balsamum -  
Spickard of India, Costus of each two drams Cyprins -  
Sichemanthus, Long pepper, Black pepper, Sain, pyrethrum  
of each two drams and halfe, pure Oyle of Olive four pound  
Take two pound dissolve the Gallanum and Opoponax in  
parte of y<sup>e</sup> wine, mingle the rest of the ingredients being  
broken, with the rest of the wine and the Oyle, and boyle  
all in Balneo Maria, untill the wine be consumed, then  
straine it, and putt to it the Gumme dissolved in the wine  
and boyle it againe, till that wine be likewise boyled away -  
then mingle all well and keepe it for y<sup>e</sup> use /

An excellent unguent for the diseases of children  
in the childrens Gallies /

Take Nutmeggs, Cinamon, Graines of Paradise of each four ounces -  
and a halfe, Clove, Cubits of each one ounce, Ginger, saion drachms -  
and a halfe, Saffron six drachms Galanga, Turbary of each five drachms  
Cyren bark, prepared Quince, prepared wallnuts of each two drachms  
Syrupus of Rofe, four ounces, Clove Gillsflowers, Bivon flowers of  
each halfe a pound, Sage, Marjoram of each four ounces, and a halfe  
Mints nine ounces and a halfe, Veron, Annise of each three drachms  
Lavender, Mayon hanz, of each halfe an ounce, Botting three drachms  
Young roots and bds, Myrtles of the Oke, of each three drachms -  
and fiftene Graines, Gumme of white bread halfe a pound, Dates one  
pound and six drachms, Reason of the Sunne, and Currants of each  
one ounce, Sweete Almonds blancht halfe a pound Honey clarified  
four ounces, Bruise all these, and pour upon them waters of shalott  
of Rofes, of English, of lilly, convally, of Borage, of Anise, of sage  
of each one pound, Mustard two pound, lett them stand in  
infusion some twenty and four dayes, upon a grate heat, then  
add to them the broth of a Capon strangled, and not to bleed when  
he is killed, and then distill them in Balneo Maria, and keepe the  
water for your use /

Another Arimeticke Cap.

Take Cardamum eight scruples, Shilsum, Mastick, Storax of each one  
drachme, Clove, Nutmeggs, lignum Aloes, Cinamon, Mace -

Cardamony, of each one scruple, Storchidina of Arabia halfe a drachme  
Myrke one scruple, Saffron fiftene grains, Marjoram, Borage,  
of each one pugill, seeds of paeony, of Anigilla, of each one drachme, Mustard  
three Graines, make all into Gyro powder, and use it in the same  
manner as the former /

An excellent Cleansinge Unguent.

Take Honey, Oyle of Linseed, of Honeyseed, of each a pound, Borage, one  
ounce and halfe, Rose, Vinager and y<sup>e</sup> phlegme of Vitriol of each two ounces  
Sal Armoniac, Allome, white Coppas, and Tartar, of each one ounce -  
mixe them all together /

A plaster of Treacle to ripen a Carbuncle.

Take Dryed Treacle one ounce, Sower leaven three ounces, Theriaca -  
Andromache, Melastachia one ounce, gresut Rue one ounce - make them  
up into a playster with Honey /

A Cordell Unguent to encrease the region of the heart  
and so to prevent infection

Take y<sup>e</sup>ment of water lillies one ounce and a halfe, of Rofe, halfe an  
ounce, Species libani, Theriaca, Andromache, Melastachia, of each one  
drachme, Oyle of Scorpions one drachme and a halfe, Confectio Althaeae  
halfe a drachme, Oyle of Cytrons, Angellie of each four drops, make  
all into an Unguent with Sower leaven /

Equa vita made with Citrons wine Cordell.

Take the best Spirit of Sacke two pound, in which infuse for  
two dayes six Citrons cutt in quarters, lett them be distilled in a glass  
Limbcke, in Balneo Maria, then sweeten it with the Sulp of Rofe.

Species of Hyacinth a great Cordell /

Take Hyacinth prepared one ounce, Terra sigillata, Bolearmonecke,  
red Corall prepared of each three drachms and a halfe, red Hart -  
horne, and fuesge, these sorts of Saunders, roots of Tormentill, of  
white Diptammy, Cockenale, seeds of Cytrons of Sorell, of -  
purslane, red roses, Saffron, Myrke, of each four scruples, y<sup>e</sup>ment  
prepared, rawe Silke leavies of Gents and Silace, of each two scruples,  
Mustard, Ambergreene, of each two scruples or halfe a drachme -  
make all these into a fine powder /

Distilled Canels to make /

Take Bonianum two ounces, Storax, lignum Aloes, of each one ounce, Bivon  
charcals six ounces liquid Storax one ounce, make all into candles with  
the melleage of y<sup>e</sup> waxe Terebentill /



*An Excellent Oyle against the Collicke.*

Take the Oyles of Wormwood & Southwarden, of Mints & Camomill, of Gill, of Rue of each two ounces, Cummin Seed two ounces liquid Storace one ounce and halfe, Sacke four ounces boyle these untill the Sacke be Consumed then straine it, and keepe it, to anoynt the belly withall.

*An Excellent plaister to take a way Cancers by the roots.*

Take red waxe, Galbanum of each two drachins, Serpillion prepared two scruples, mixe them, and applye them to the Cancer.

Take Camphire three ounces, white Tartar three pounds, distill them in a glass retort, and doe over your distillation foure times.

*Spirit of Camphire to cleare the skin and take away Bumples.*

Take Camphire one pound, dissolve it in Sallett Oyle, and after it hath stood about three dayes distill it, and then separate the Spirit, and keepe it for your use, to putt it upon the skin.

*Oyle of Camphire another way.*

Take Camphire 2 drachins, yolles of eggs three drachins, lett the eggs be layed very hard, and the Camphire putt into the yolles, which it is lett them lett them be hangd up in a cold seller, untill it is resolued into Oyle.

*To make the true Oyle of Mercury that cures Cancers and fistulas.*

Take quicksiluer as much as you please, dissolve it in Aqua fortis, then decant of the water, doe this eight times, untill the quicksiluer in the Oyle called cleare Mercurij album, smother it with washing it in comon water, distill it, then draw of the water in a glass Embicker, and you shall finde in the bottome an excellent for Cancers and the like Sores.

*To make Spirit of Vitriol of the color of a Smaragdus Stone whose vertue is, it is a good Causticke Medicine.*

Take Roman Vitriall and Flint of each a pound, make them into powder, and moisten it with Spirit of Sacke, then distill it, and this is a good Causticke Medicine.

*Aurum potable, or potable gold, a very good Cordiall.*

Take first the Magistrey of Tartar as much as you please, and mixe with it an equal quantity of Spirit of Sacke, and then distill them, then calcinate gold with the flower of Brimstone, then calcinate more gold with the Magistrey of Tartar put them in digestion in a redsell close stopp, untill the gold be dissolved, and become of the color of a Ruby, then lett them be distilled in a glasse lincter in Balneo Maria.

*Mercury water, with the vertues to cure all manner of Sores, Cancers, fistulas, the wolve, and such other like infamies & diseases.*

Take Mercury sublimed as much as you please, putt it in an Ozen in a glasse well stopp, keep it for keate so moderate, that you may beare to touch the glasse, continue it in this constant heat, for six weekes, you must open a small breathing hole for the fume to passe out, take your Mercury thus prepared, and whilst it is hot grinde it in a warme Mortar, then putt it into a little wollen bagge, and hang it in a Collar to discharge which it will doe into a liquer, lett there be a glasse vntill you beare to receive it.

*Oyle of Sugar for the Collicke.*

Take foure ounces of the whitest Sugar, eight ounces of Aqua vite, builde beinge first beaten, and as soon as the flaminge of it ceaseth mixe with it two ounces of Redd Rose-water, which is good for a colic and to ripen the quicke.

*Spirit of Tallow for the face, and Complexion.*

Take Tallow as much as you please, Calcinate it on a strong fire, and the like quantity of white flinte mixe into fine powder, sprinkle upon it a sufficient quantity of the Spirit of wine, lett it staine in a seller, for five or six dayes, then distill it in a Retort, and keepe it mixt with an equal quantity of Demulce Rose-water, and use it for a face, this very much cleares the skin, and mends the Complexion.

*The Magistrey of Corall and Pearle, a rich Cordiall.*

Take Pearle, or Corall, as much as you please, dissolve it in water made very sharpe, with the Spirit of Sulphur, lett them stand to digest a whole night, then filter it, then pour in a little Oyle of Tartar, and it will become like milke, then pour upon it a good quantity of comon water, and lett them stand untill the powder fall to the bottome of the glasse, then pour of that water & pour on more, twice or thrice, untill all the Acrimony be washed out of the powder, then drye it, and keepe it. This is that preparation that of Corall and pearle, that is to be used in other Medicines, where prepared pearle and Corall is dissolved, and this thus prepared is a rich Cordiall.

*To prepare Allome out of lead, excellent for all the slow cancers & fistulas.*

Take white lead in powder halfe a pound, pour upon it some distilled wine, enough to cover it, lett them stand in digestion for foure dayes, then filter it through a paper, then draw of the wine in Balneo Maria, and to the residue putt Oyle of Turpentine, as much as will dryen it, lett them stand together for two, or three dayes, then draw it off, in Balneo Maria, untill it come to the consistence of Honey.



The Tincture of Corall an Excellent Cordial,  
and good against the Bloody Flux.

Take red Corall prepared fower Ounces, Spirit of Vitriall, of Sacke, of each one pound, lett them stand in digestion for one whole Month, then filtere them, then Caline the Liquore, with one drachme of Roman Vitriall added to it, then distill it in the afore said liquor, then filtere it againe, and draw off the liquor in Balneo Maria, thus you shall have a white powder in the bottome, to which powder you must add, one pound of the spirit of sacke lett them stand in digestion for eight dayes, then pour off about one halfe of the liquor, then precipitate it with Rhome water, and thus you shall have the perfect tincture of Corall, with the virtues above said.

The Rhenish of Mercury good to restore women in children.  
Take Mercury sublimed fower parts, quicksilver one part, beat them in a Stone Mortar, with a wooden pestle, untill the quicksilver be killed, then wash them with severall washings of comon water, untill all the sharpnes be out of them, and this is Excellent, the Dose is Six, or twelve grains.

Marcesmus the great gill of Albes, which was very much used amongst the Germans, to purge Pleuresy, Cholera and Melancholly from all parts of the body and Joynts.

Take the true Marum, best saffron of each a drachme, Licorick in Trochisks, the Indian Sauble, best Munkes, of each one drachme, and halfe, Turmeric three drachmes, best Rhubarb six drachmes, Legum. Albes halfe a drachme, best Albes three Ounces, the way of preparation is thus, lett the Turmeric be Clarified in vinegar of Squills, then putt it to the Munkes dissolved in the vinegar of Squills, or Rhen, then do the Albes washed in Juice of Rhen, and Legum. or Cyrons, when they are incorporated lett yo<sup>r</sup> Trochisks of Agaricke and Rhubarb be dissolved in white wine vinegar, Raininge first beome Sprinkled with Comen water, and heat up in the forme of a poultice, with the Juices of Smalage, Wom. more, fennell, Succory, fennel, and Burnett then do the saffron, Legum. Albes, and Marum, beinge tempered with pure Rhen water, and Juice of Cyrons, putt all these in the still Cucurbita, and pour upon them waters of Hoppleanes, of Braye, of Betony, of Cardus, of Scordichus, of each fower Ounces, of Aquimony, of Bay, of lesser Centory, of Rosemary, of Blackberries, of each fower Ounces, lett them stand in infusion, or in Balneo Maria for three dayes, then pour off the Cloris and filter it, of which make an extract like gills by gentle vaporatinge it, which you must do in Balneo, that you may have the water, which pour againe upon the facts, and draw as much more tincture as you can, and of the rest make up an extract, the Turmeric is dissolved in vinegar, that it may incorporate with the rest, the Munkes, and rest of the Gumme likewise

the Albes is mixed with Juice of Leger, and Lemmons to alay the heat, and sharpnes of it, the Rhubarb is in respect to the Liver, the Licorick to the breast and Lungs, the Spirit to condite, correct, and perfume the rest, the liquor or waters, that are poured upon them, are for the extractinge the virtues, from the rest, you must remember that the first extraction beinge the strongest is to be given but in halfe the quantity of the other, which is the second, and thicker extract this is a most excellent and general purginge pill, very easie, and pleasant in its operation, the virtues as above said.

To make Symppe of Clow Gilleflowers the way that Do<sup>r</sup> Bulder gave to Mrs Morris, and a very good Cordial.

Take halfe a bushell of Clow Gilleflowers, and kaininge putt off the whites of them, Stamp them, and putt them into a strong voided uncutted Glasse, then pour upon them the distilled water of Clow Gilleflowers, as much as will cover them, two inch the mouth of the Glasse a trencher, and a peece of leather, to keep in the strength of them, then lett yo<sup>r</sup> Glasse stand in Balneo Maria, twenty and fower hours, when you have so done take another halfe pecke of the same flowers, and prepare them as the former, and kaininge pour out the former, putt in the fresh into the liquor, and lett them stand as long as the former, or this three times, then take the liquor and divide it into fower parts, and to three parts of it putt a double quantity of Sugar, and to the fourth parts of it a single one, only then putt yo<sup>r</sup> Sugar into the Glasse beinge made of Clow, and pour upon it yo<sup>r</sup> liquor, and then sett it into the hott water against keepinge it stirring, and Clowe shrouded, untill the sugar be all melted, then take it of the fyre, and ad to the Sirrup whitt it is hott twenty graines of Muske, and Ambergrosse, broken small with some of the sugar, stir it untill it be cold, to keep it firm, and long then putt it up, remember that you do not boyle the liquor after you have putt the sugar into it.

A Brage to comforte the Stomack for the stick winds and Colic.

Take Sausins, Mint, Wormwood, and Rosemary, of all a good handfull, as much ad Rago Louas, a little Mace, and Nutmegge bruised, twenty Stones bruised, a peece of fine lousende bread grated small quills all these together in a linnen bagge, then warm it on a Chaffin dish of Coales, beinge first Sprinkled with Rago water, and bringe it, and apply it very hott to the Stomack eveninge, and morninge, peobalem est.



*Water for a Consumption or Cough.*

Take a pottle of the Storax of Red Cross Milke, a quart of Mustard  
Leaves of the Gum, and Currants being made of leaves one pound of  
each, figgs sliced halfe a pound, Saks sliced a quart, of a pound,  
steep all these together with one ounce of Cinamon broken into  
small peeces, and two Nutmeggs sliced, lett them steep twelue houres  
before you put them into your Glasse Limbeck, and then putt it in  
and bringe it to a Close Steepe with yeste distill it in a pottle of Rott  
water, lett the party drinke Six Spoonfull of this in a morninge fasting  
and Six Spoonfull at night, and he will speedily finde Comforte  
and amendment.

*Exercise of a Cardiall Med.*

Take Grece Rootes Six drachins, Nutmeggs, lignum filios, of each two  
drachins, Galenga, Cinamon of each seauen drachins and a halfe, Lemons  
yills fower drachins, Cloves two drachins, make them all into a powder, and  
morte up with it about two Gallons of Ale, and when it is readye drinke  
therof.

*For Choppes in the hands.*

Take Sallett Oyle fower ounces, Oyle of Redd Roze and waxe of each one  
ounce, melt them together and anoint yo<sup>r</sup> hands with it, also take Oyle  
of white Roze, white waxe, Mastiche, Frankincense, and Hens Grease of  
each a like quantitye temper them together, and make a soft salve of  
it, and use it as the former.

*For the wormes in Children most admirable*

Take the Hoofe of a Storde Heare, and dye it, and powder it, and seare  
it, and so give a little at a time in new Milke, this is beyond all  
other for a Soueraigne Medicine.

*Another for the same*

Take Earth wormes dyed and powdered, and giue about halfe a drachins  
at a time in new milke, the kind of the wormes kind that hath the wormes  
dyed hirsute, and borden into powder, and taken as the former is  
very good likewise, and so is Maris Milke, and Harshkewt, a very  
excellent, and soueraigne Medicine giuen to the Child, as the former.

*To make shorde Cakes.*

Take halfe a pottle of fine white flower, one pound and a quarter, of sweet  
butter, twelue ounces of sugar, one poundweight of Cloves, and Mace as much  
pepper, and Nutmeggs, beate yo<sup>r</sup> sugar and Spice very fine, and mingle  
them with the flower, then melt yo<sup>r</sup> butter, but lett it not boyle, and so  
straine it through a cleane cloth, then take a quarter of a pottle of fine  
Ale yest, and as much good Damasco Rosewater, straine them together into

the flower, if then you lacke liquor, take a little warm water, and strain  
it as before, and so presently Mould it, and sett your Cakes on papers, and so  
into your Oven, not beinge to Rott.

*To preserve Cucumbers all the yeare.*

Boyle them in a liquor of water and Salte, with a Bunch or two of Dill,  
or yonger fennell, when you haue done so lett them stand all night in  
the liquor, then pull them up in a Wooden Barrell, lett yo<sup>r</sup> Cucumbers be  
younger, and cleane wiped.

*An Excellent Medicine for a Consumption or Old Cough, choote up it.*

Take three pintes of one Cross Milke, either red, or Blacke, to the Milke putt  
fiftene russett Sugar, purge them first with six, or seauen salt water,  
untill there come no stime of them, then wash them from the salt in  
fower, or five waters, and then boyle them in yo<sup>r</sup> Milke, from threes  
pintes to one pinte, and a halfe, sweeten it with white sugar Candy, or  
or sugar of Rofes, this quantitye is enough for a whole day, divided  
into three parts, to be taken in the Morninge fasting, at fower a  
Clocke in the afternoon, and last at night when you get to bed.  
Probation Sapiissima.

*To Preserve Cherries.*

Boyle some Cherries in faire water, and when it is well collared strain  
the liquor, then take of the best Cherries, and best Sugar, of each an equall  
weight, powder the Sugar small, and lay one layer of sugar, and another  
of Cherries, in your preservinge pan, then pour in so much  
liquor from your other Cherries, as will wet the panes bottomes,  
then boyle them as fast as you can till they be well collared, then take  
them up, and boyle the sirrups to its full height.

*To make Conserue of drye fruits.*

When you haue boyled yo<sup>r</sup> paste ready to fashion on yo<sup>r</sup> plate, putt it  
in a gally pott, and dye it not at all, and this is all the Sifferance, betwixt  
paste of fruits, and Conserues.

*To make fine Ludding Cakes.*

Take one pinte of Ceruaie halfe a pound of beefe suet, 8 eggs with  
two, or three of thers whites lett out, two leaues of white grated bread  
some Damasco Rosewater Nutmeggs, and sugar, temper all these  
together, and bake them in small piewingers, or a pan, or what you  
please.

*To Candy or drye any fruits after they are preserved.*

Take the fruits and wash of its Sirups with warme water, then draw  
it out with scoured sugar, sett them one by one in a broad earthen  
pan in an Oven, or stove to drye, if you would Candy them  
you must strow sugar vnder them, three or fower times in  
the dryinge of them.

To Candy, and Clere Locke Candies.

Take spices, or flowers, or any drye, succoth, or any fruits after they be prepared, and dryed againe: lay them upon rounde voyers in an earthen panne, which is narrow at the bottome, and broad at the toppe, then take as much refined sugar, and dissolve it in faire water, then with the white of an egge, and twelue spoonfull of faire water, beate it together in a Bason, with a Birchm rod, untill it come to a foeth, and so Clarifie it, then boyle it to its height, which is then high enough, when it will Repe betweene your fingers then pour it upon your fruits, and afterwards sett them in a Chimney corner to drye, beinge covered with cloathes, and then Box them up.

To Candy flowers after the Spanish fashion.

Take y<sup>e</sup> flowers, and haue first ready a Syrrupe of the best sugar, then putt in as many flowers, as the Syrrupe can cary boyle these with stirring, untill it be turned to sugar againe, then with the backe of a brooke the sugar in peeces, and thus you shall haue them finely Candyed, and their colour very faire and lovely.

To make Clere Cakes.

Take plummets, or Rappes, and putt them in a Stone fuggle, and sett the fuggle into a pott of soothed water, when they are dyed strain them through a fyne cloth, and to a pinte of that take a pound of sugar, and putt to it as much water, as will melt it, then boyle it to a lamy bright, boyle the other on a Ringing fyre, in a middle pott ready by them, then putt them soothed together boyle them a litle while together stirring them, then putt them into Glasses, and sett them in a warme Oven or Stove, in a Ringing Roade, lett them stand so a fortnight or three week, and next be cold, removinge them from one warme place, to another, but leaue you sett them not to hot, thus they will be cleare Candyes.

To make Muscadine Confit.

Take a sugar plate, and moule in it a litle Muske, and Ambergreene then Reale it as thin as paper, and cut it square like Loxenges then lett it drye.

The eight rejoyce of the Swale water speciall good in a Consumption, neuer faileing also to cure the Yellow fauon, admirable good for the neme in the Stomack, and a speciall good Cordiall against any faintnes, or weaknes in the Stomack to be used as hereafter is sett forme, given me by M<sup>r</sup> S<sup>r</sup>.

Take two Gallons and a halfe of strong Ale, lett it be the strongest you can get

and one Gallon of the best sack, then take a pocke of garden skil Smids and make a fire of Charcoale, and when it is fully kindled all round about make a hole in the midst of it, and putt in your Swales, and lett them roast therein, as long as they continue hissing, then take them out of the fire againe, but be sure they be not burned, then wipe them very cleane from the filth and ashes, then bruis them in a Mortar, and putt them into the Ale, and wine, then putt to them tenne ounces of Harts borne, and foure ounces of Cloues bruised in a Mortar, with two good handfull of Angelica beanes, and stallis, and as much Celadine box handfull of Rosemary flowers, and one good handfull of Barbery berds. Shred all these pretty small, and putt them into the liquor, and lett them in fust a whole night close covered, then in the morninge putt them in a Limbecke close stopp with Rye paste, and distill it with a gentle fyre, it will yelde a quart, at the first runninge which boops by it selfe, it will likewise yelde a quart at the second runninge which is as good as the first, though not all out so stronge boops that by it selfe also, and take but a quart of the third runninge, for there will be no more of it good, mixe the first runninge and the third runninge together, for after the first will be stronge boops the second still by it selfe, and you may for children boops halfe a pint of the third runninge by it selfe without mixinge which will be stronge enough for them.

The use of it in a Consumption.

For a Consumption take every morninge two spoonfulls either of the first, and third mixed together, or of the second, and mixe it either with ten spoonfulls of small beere, or small Ale, and because it shall not offeysen your tape, as to it a litle of the purest, and best Sugar, and so take it in the Morninge, and at flower at clocke in the afternoone, you may also if you please take the like quantitye at goinge to bed, and doe this for a Month together.

In like manner also for the fauonies, which must be taken for a week, or tenne dayes, together, in which time it neuer faile to cure them.

Also for a Cordiall against faintings, or weaknes in the Stomack take the same quantitye above said, with one spoonfull of Syrrupe of Gillsflowers at any time, and for youngest children take the same quantitye of the third runninge in like manner take it for some in the Stomack, when you are oppressed therewith.



The Very Health Cordiall water with the Nether  
Medicines taught it me, out of the L. H. new booke.

Take red Sage, Botany, Spore Mints, rump. Hyssop, Silver, Time, Baulme,  
pomeroyall, Sawade, Calamint, water, rose, Lavender, Angelica, Germane,  
Calamint, Tamaris, Cellistoot, Eginger, halonim, Saxatrage, pimpernell,  
Derman, Parsley, Rasmarg, Sauer, Seabius, Egermory, Mother of Time,  
with Maritment, Roman Veronwood, Cardus Benedictus, Tullage of the  
wall, foote Daffod, with the leaves, and Rootes, and flowers dryed together  
of each of these severall sorts of Herbs, take the quantitie of a handfull  
Oblate pith, of Root, Yarrow, Cumfroy, Plantane, Camemell, Madon  
hairs, Sweet Marjoram, of each of these a handfull, rump, of Red Rose  
leaves, Coriander flowers, Rosemary flowers, of each of these halfe a pottle  
of Linseed, flonell seeds, Parsley seeds, Caraway seeds, of each two drachins  
of Nutmegs, Ginger, Cinamon, pepper, Cloves, Mace, of each of these  
two drachins, of Spikenard, of Eula Campana Rootes drye, Millelett flowers,  
Calamus aromaticus, Carumones, Liquine, Rhuarbo, Slicid, thin,  
Gallinagall, Veronica, which is sporesnell, Rodomea, Cubbe, grains of each of  
these two drachins, of Quince berries one drachin, of Anemone  
Levatum three drachins, of China Rootes one ounce, of fassatras sliced  
thin, one ounce, wash all the aforesaid Herbs, and drye them in a  
cloth, shaking them till they be drye, then cut them and putt them  
into two great earthen pott, and in the middle of the Herbs, putt  
the spices, seeds, and Druggs, beinge bruised, then put therunto such a  
quantitie of the best sherry Sacke, as will cover the Herbs, and lett  
them stand fower and twenty howers clef. Stopt, after putt it into  
a Limbeck, and make two distillings of it, of which you may make a  
pottle of water, of each stillinge a quart, if you woulde have it smaller  
you may take out of each stillinge a pinte more, then mixe the pottle  
of water in two quartes Glasse, with these Cordials followinge. Thirty  
Graines of Borne, fower and twenty Graines of Muske, twenty Graines of  
Ambergrise, of flower of white Amber one drachin, one Spoonfull  
of Hartshorne finely prepared in powder, a pinte of the best and  
whitest Sugar Candy Soud, two small bagges of Saffron, two pennyworth  
in each bagge, to hang in each glasse, the Cordials to be equally divided  
in the two glasse, the longer you keepe it the better, after the Cordials be  
putt in the bottles, beinge very close and Ratt Stopt, you must shake the  
bottles every day once for a week together, that the Cordials may be well  
incorporated together, for of for a man or a woman take two, or three  
Spoonfull in a Child one Spoonfull, it is a Sundryng Cordiall for all Maladies

graines of paradise, Carumones, of each one ounce, Caraway seeds prepared  
that is to steep two howers in white wine, dring, one ounce, seeds of  
Angelica, halfe an ounce, fower large Nutmegs, then mixe these  
together beate into a grose powder, and so putt into six pottles of  
Canary Sacke, and steep therein fower and twenty howers, and distill  
in a cold Still, you may take herof at any time upon occasion a  
littell wine Glasse full, you must draw off but two quartes at the  
most, for the rest it will not be more so good, yett you may draw  
off a pinte more, which you may give to Children, you must  
remember to putt into the glasse that it is distilled into, halfe  
a pottle of white Sugar Candy in fine powder, to sweeten it, offe  
it will not be very pleasant in taste, lett it be distilled into two  
quarte bottles, and putt in fower ounces of Sugar Candy into each  
bottle, the first quart will be much the best and strongest, the  
second not more so strong, yett very good, and if you draw a pinte  
more, then putt also two ounces of white Sugar Candy into that  
pinte bottle, but that is waste, and only fitt for Children that are young

In approved Medicine to be Made in March to stay womens  
monthly courses, also to staunch Bleedings.

Take Toad spawne, and rub a cloth with it, as you woulde doe with  
Sage, do thus often, havinge betwixt every rubbing of your cloth  
hang it up in the sunne to drye, when the cloth have received  
no more, lay it by for your use, putt this into any wound, and it will  
stanch, if not then with it, it both heale and cure beyond expectation  
to procure whom nothinge else woulde.

Another not inferior for the same use to stay  
womens monthly courses.

Take the largest Toad, and fullest of spawne, and drye it very drye  
against the sunne, or wind, but lett no raine touch it, you must  
cause her to spitt her poyson, by prickinge her where it byeth, this  
beinge quilled in a peece of Sarcenet, and laid on the Revell of the  
tongue, stayeth the fluxe of womens flowers.

To make Conserve of tender fruits and berries.

Take the softest plummes as you doe to make your pasts then steepe  
it, and to every pinte of this liquor take three quarters of a pottle  
of Sugar, and so boyle it untill it become somethinge thicker  
that when you lay some of it, upon a cold dish, it will runne so  
broader, and then it is enough, putt it up.

To make Collops like Bacon.

Take Marjoram greffe, and route it in sandes till it be red, worke  
them very well together, then cut in overthwart slices, like sheets of Bacon,

To make Caraway water.

Take some Gallons of Stronge proofe Spirit of Sacke, Caraway seeds one pound and fourteene Ounces, brisled from Ounces, dye Rosemary fower Ounces, dye Common pills and flowers of sack three Ounces, distill them into the Stronge proofe Spirit of Sacke, and dulcifie it with five pound of fine white Sugar.

To make Clove water, called Aqua Caryophyllorum.

Take some Gallons of the best proofe Spirit of Sacke, of the best Cloves from Ounces, of Anniseeds one pound, distill them into Stronge proofe Spirit, and dulcifie it with five pound of fine white Sugar.

To make the best Cinnamon water.

Take some Gallons of the best Stronge proofe Spirit of Sacke, of the best large Cinnamon some poundes, distill them into the Stronge proofe Spirit, and take twelue poundes and halfe of white Sugar, and four pintes of Rosewater, make them into a Symplice, and dulcifie it therewith, and to enrich the Cinnamon water, and the nexte followinge, you may add Muske and Ambergrise, of each halfe a drachon, and white Sugar Candy, instead of Common white Sugar, and in respect that Muske in some cases, may give offence to the receiver, it is requisite to omitte the same therewith, in some of your water of this kind to some for Speciall use.

To make the comon Cinnamon water.

Take some Gallons of Stronge proofe Spirit of Sacke, of the best Cinnamon five poundes, Anniseeds one pound, distill them into the Stronge proofe Spirit, dulcifie it with five poundes and a halfe of white Sugar.

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it full  
and

A Cordiall for me brought very weak, and waisted with Sickness, tryed upon my selfe, and did me much good D. O.

Take a binder bagge of Beefe well brisled, of the best china rootes, sliced one Ounce, of Hartshorne two Ounces and a halfe, of shavings of fennel halfe an Ounce, boyle these six hours, upon a soft fyre, then ad therunto halfe dozen blades of Mace, of Dates sliced six, of Nigge and Clarye, of each halfe a handfull, in a little pott of sacke halfe a pinte, of the best Currants one Ounce, of Mutton butters well brisled six, one yonge Rabbit cut into fower parts, boyle all these together six hours more, upon a good fyre, the pott well covered, of this folloy strained, take a porringer full early in the morninge, puttynge therunto, a Spoonfull of Orange flower water, the folloy beinge heated, and take another porringer full in the afternoon and if your stomach will stand, another porringer full at night.

Another Cordiall for the same infirmitye taught me by D. O.

Take six bunches of mutton well chopt with a cleaver, one bundle of roots, one Chicken blood, the fatt and head cut off, Oysters one pinte, two slices of Butcher Beefe, a little Mace, two Ounces of Hartshorne, of raisens of the sunne stoned three Ounces, of the brayest of Bacon halfe a pound, boyle these in a pott well luted, fower, or five hours, and to this folloy heated putt the yolke of a new laid Egg, and two Spoonfull of Sacke.

Cordiall pottage taught me by D. O.

Take three Ounces of pearle Barley, after they are boyled in two, or three waters, yowen them to make them pappy, then take a broast of Mutton, and two drachons of white popper of Dates sliced fower, or five, Rosemary flowers, Borage flowers of each a penyell boyle these to a folloy in a pott close covered, and when you see it, putt to every porringer full six Spoonfull of the folloy of Hartshorne.

A water for a Canker often proved.

Take galled me, red sage, woodbine leaves, and blosomes of each a good handfull, an Ounce of graines of paradise boyle these in a gallon of sweet water, till it be a iust pottle, then straine it out



and putt to it foure ounces of the best Almonds, and a pounde of the purest Honey, bruis the Almonds, and lett them boyle two or three halles very softly, and so boyle it for y<sup>e</sup> use, and the parte thus with.

My Cytron Cawneye two resypts to make  
Conferve of Cytron.

Clarifie y<sup>e</sup> Sygar in the same manner as you doe for your Syruppe of Cytron, and to every two pound of Sygar so prepared take one pound of the inward parte of the Cytron, the white & Skins pickt off, and boyle it as you did y<sup>e</sup> Sygar.

This is the second and rather way to make

Conferve of Cytron.

Take the inward parte of Cytron, the Rindells, and white Skins taken away, take y<sup>e</sup> finest Sygar beaten to small powder, and lay your Sygar an Inch thick in a glass for that purpose, and lay a rowe of the inward parte of Cytron, halfe an Inch thick, then lay a rowe of Sygar thereon, and Inch thick, and then lay thereon another halfe Inch of the Rindells, and continue thus till you putt in a pound of Cytron and two pound of Sygar, then sett it in the sun for eight dayes, and boyle it for your use.

This resypte of Chocolate taught me by  
M<sup>rs</sup> Dickinson, M<sup>rs</sup> Leungtons daughter.

To every hundred you must putt two Caddes of the long red poppe which are called in the Indian tongue Chilpanague, or instead of these of the Indies, you may take those of Spaine, which are the best, and lett them one halfe full of Aniseeds, or Quills which are otherwise called Rincallides, and two of the flowers called mechasuchell, but instead of this of Spaine, to putt in six resypts of Alexandria beaten to powder, one oz of Camphire or longwood two drachms of Cinamon, Almonds and Hazell Nuts troolus of each, of white Sygar halfe a pound, of Achiote, enough to give it the colour, and if you cannot have these things from the Indies you may make it with the rest.

The way of Compoundinge them.

The Cacao, and the other Ingredients, must be beaten in a Mortar of Stone, the first thing that is to be done, is to dye the Ingredients

Folio's 299r to 432v are blank  
Some pages have been included to show those with ruling

