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& others

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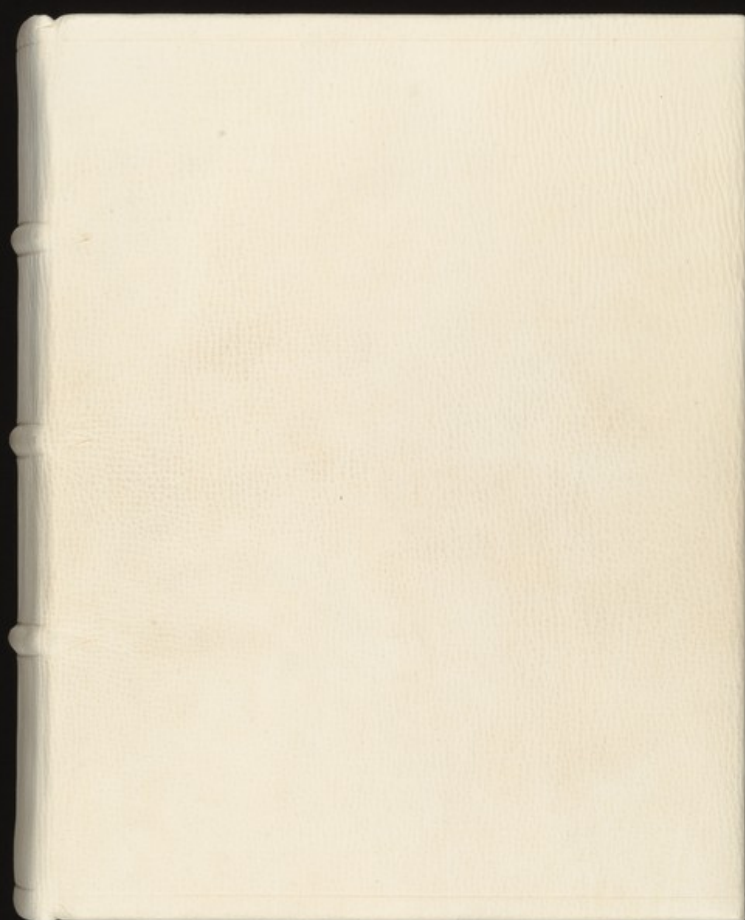
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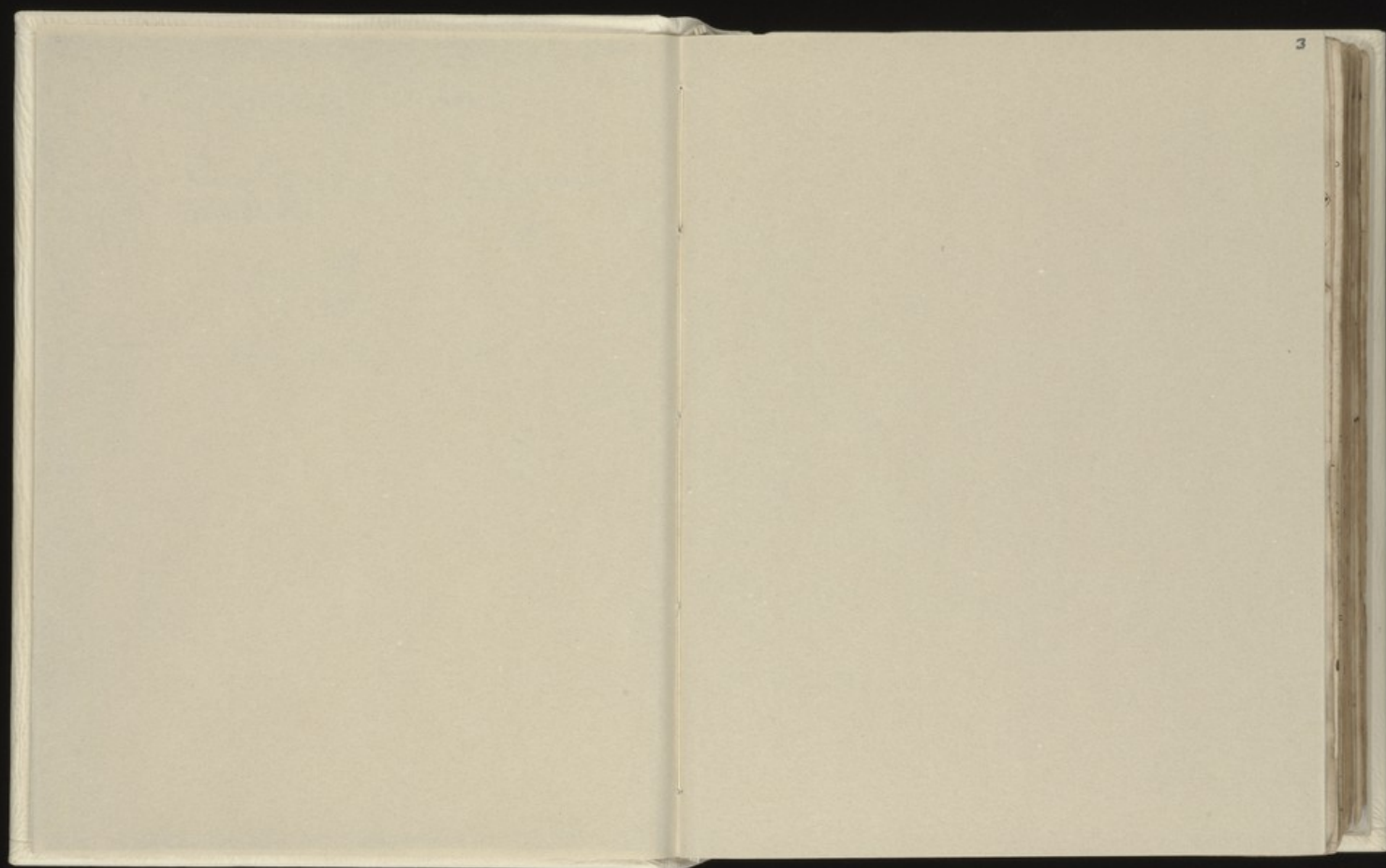
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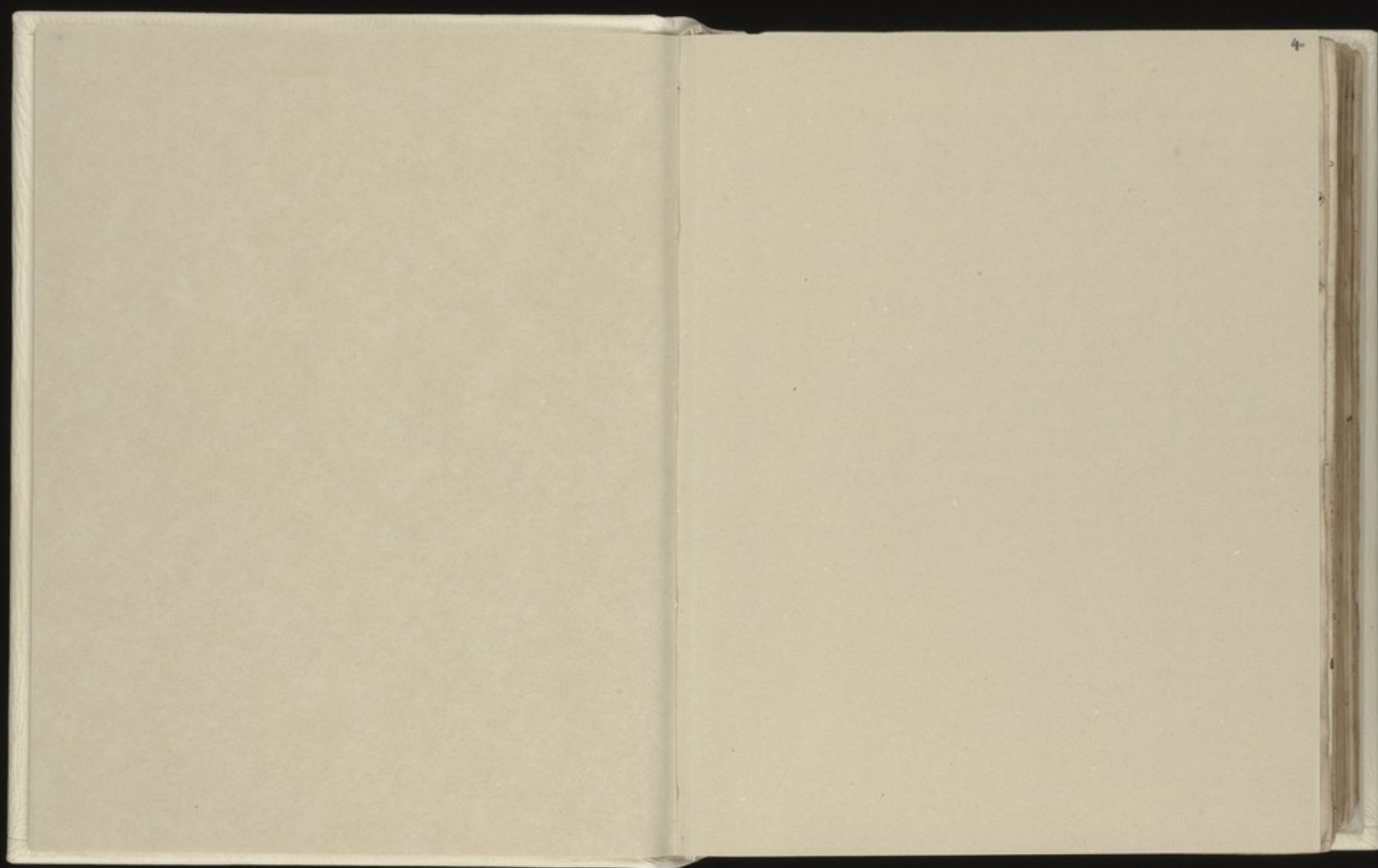
Book of receipts, cooking, medical
& veterinary 1688-1727

~~178~~

152ⁿ

152 in Mr. Haring 1/11/90





take of Cottony Sage Erimony Rosmarie
Sweetmarigoldum Liverwort hartstoung burnet
penstemon tamr Colts foot tamaris of ~~the~~ dark
fow handfulls, Elironigand yowls fow owners
listwies hartstoung middon haired Dates stonde
of dark fow owners halfe a pound of red ones
of the same stonde one pound of the best beere
burden beatn well to owners of any soddes
bruid take an old red Dork dray it and wipe
it with a stone lining stooth and bruid
druy lond take halfe a pound of snails and
wash them well and then bruid them then
still all these in a limbeck with three
gallons of Donary sack, and then make
another still with three gallons of red Dork
milk and when it is skild mength it together
and striden it as you use it halfe a pound of
white suger ready to a quart of water you
may drinke it hott or cold as you please

Doctor Jodis his directions

take of the Conserved of Cowslup and borage
flowers of each one ounce prepared partly
a dram, mixe these together & if it be to
drye add to all some Symppe of Cowslup take
of this the quantity of a Nutmegge morning
and Evening

take four parts water and one part
white wine boyle in a pint and halfe of
this an ounce of hartshorne & halfe an
ounce of quercy, the topps of rosemary
with flowers and Conclips of flowers of each
a small handfull boyle all till it come to
a gelly which suddain to your taste with
Sugar of pears or the finest loafe Sugar

take Comfrey roots Cleane washed and part
to handfulls the leaves of sage, Botany and
Germander the topps of Rosemary and Marjoraine
with the flowers of each a handfull as of the
flowers of Cowslup, Botany, Sage, Rosemary and
Comfrey Coriander seeds prepared and sweete fennell
seeds of each one ounce, Dill the roots & yarks
and cross the seeds and powder one them as much
now make as will cover them and ten finger
breadth over let them stand together all night and next
morning distill them in a Balne Still sweating
it to your liking with Symppe of pears Sugar
Sandy Symppe of roses or fine loafe Sugar

This is to drinke when more then ordinary
heat is upon you or when a dy or a
draught after the Conserved

Henry Jodis directions for Diet drinks.

Henry Jodis directions for Diet drinks.

take of the best Shiny root four ounces
Sassaparilla four ounces Shavings of yew, yallow
sanders and mastische wood of each two ounces
the leaves of Agromony, hartshorne, stammines
Botany, Eubright and Rosemary flowers of each
one handfull and halfe topps of pine tree food
handfulls let the roots be thine sliced and the
yarks cut small putt these ingredients into
six or seven gallons of small Ale after it have
done working and let it stand seven or eight
dayes being to drinke it about the middle of
September and drinke it most part of the
winter

a Julip for the head

take of the waters of wallnuts blacke Sherry
and Cinamon water of each 12 Spoonfulls bring
flowers water a Spoonfull and halfe Symppe of pears
one ounce and halfe and forty droppe of spirit of
hartshorne take of this Julip a little wine glass
full at a time you may add a dram of prepared pears

Conserved

take often of the Conserveds of Rosemary and
Sage flowers with an Equall quantity of preserved
Nutmegge mix the quantity of a wallnut Every
night all the winter season Especially

Take dry good stowd of Sage & Rosemary flowers
and keep by you of which you may boyle in all
the Spoonfull water you date

to make joly of hart's horn

take hart's horn and jury of Earth 3 ounces
Sassafrilla and China of each halfe an ounce
slit them and Boile them altogether in 3
quarts of spring water in a new pipkin
till it comes to a pint then add halfe
a pint of white wine and about 6 Spoonfulls
of Rosewater a blade or two of mace and
sprig or two of Rosemary and Sweetmarijoun
let them Boile all together a littell then strain
it and sweeten it with fine sugar

to make Doctor Stevens Water

take a gallon of good Gasquin wine
an ounce of Cinamon
an ounce of Cloves
an ounce of Cardus
an ounce of Aniseeds

to make Doctor Stevens Water
take a gallon of good Gasquin wine
galingale Cinamon Nutmegs Cloves gards
Aniseeds fennell seeds Caraway seeds of each
one drachme then take sage Rosemary mint
red roses time potolary wild Camemill
and Lavender of each one handfull bruse
the spices and yarts small and put them into
the wine and let them steep therein 12
houres stirring them diverts times then
still it in a limbeck the first water
the strongest but both the better for stain
ing in the sun

A Jurgitt watter

A bushell of poppie halfe a peck of
Clove galls ^{lean-picked & sifted from y^e seeds}
steep them 3 days in a
gallon of brandy then steep in a glass and
let it in the sun then strain that out and
put therein half a pound of sun reasons
seasoned to ounces of Litorish flinde then
one ounce of ancyflods broost six figs
slit them then 4 pennyworth of saloon 4 penny
worth matradate 2 pound of brown sugar
Candy or red goose lofe sugar that may
be added the tops of Calme minte Baurg
many good flowers and Rosemary flowers
steep them 14 days then strain it
and find it out a day then strain it
a second time and a second time
ingredients is steamed in a cloth
to four a pigg
take a young pigg 3 weeks old bond it lay it
in water 3 or 4 hours dry it in a cloth
then season it with pepper Cloves mace gings
salt, parsley sage Sweetmarijoun chop small
dore and by themselves then strain them
out the pigg and roast it in to folles and then
lay them up in stoves boile them in roth
water salt a quart of white wine vinegar
with bay leafe Vanyer hole pepper and with
this libour keep the pigg in a pot fresh
your pigg when you season it boile the ribs
and all you take out than with season your
libour with salt

to make a Lamb of or vnder pye
to a littell Loyn of veale or Lamb
take half a pound of flower 2 pound
of butter & 2 pound of suet of dark
half a pound half an ounce of nutmegs
pound and salt of dark a littell 2 ounces
of darts a few pottles bestrawes a common
part of them and sliced laid a top of bread
with a quarter of a pound a few geese brains

to picked french beards
make your water garden hot then put in
your beards let them lay in it half an hour
then take them out take half water
half vinegar boyle it more salt when it
is cold lay your beards with some time
and lay beards in rods

or thus

take french beards the largest and
youngest before they have any beards
in them & shingled them boyle them
tender shifting the water then strand them
out and lay them abroad that they coole
quickly then take part water part vinegar
and white wine with salt clove & mass
lay your beards in rods with some
time and lay rods then put your beards
with vinegar to them when it hath stood
some days & boyle the liquor and put
it hot to the beards and cover them close
and when it has stood some time it may
be boyled more or oftener

A. Nother way to make y^e Luciall Balsome.

Take a pint of sack and one quart
of a pound of Bees wax putt it in a
pott & let them melt together
when it is melted take it off the fire
then put into it half a pound of
Vine Turpentine washed very well
in rose water also put in a pint
a half of Sallit oyle then let it one
again & let it boyle on a soft fire
till it be incorporated into a round
panne & let it stand till it be cold
then take y^e Cape from y^e sack & putt
it into a pipkin again & let it
on y^e fire when it is boiling hott
put in two ounces of Red Saunders
finely powdered let not y^e saunders
come upon y^e fire then strain it
into a panne & keep it stirring
till it grow pretty thick then putt
it up

to make a Lamb of or vels pty
to a littell Loyn of vels or Lamb
take halfe a pinte of flower 2 pound
of butter wssons and current of dash
half a pound half an ounce of nutmegs
perr and salt of dash a littell 2 ounces
of darts a few pottidit cantravis a somon
partly thin and slidd laid a topi dander
with a quarter of a pound a fony goosebrines

to pishid french brands
make your water baidin hot then put in
your brands let them lay in it halfe and over
then take them out take halfe watter
halfe vnder boye it with salt when it
is cold lay your brands with somon time
and bag brands in woods

or thus

take french brands the largest and
youngest before they have any brands
in them pishid them boye them
tender shuffling the water then strand them
out and lay them abroad that they boile
quietly then take part water part vnder
and while vnder with salt clove & mass
top lay your brands in vnder with somon
time and lay brands then put your lirkou
with mangle to them when it hath ston
sumd days & boye the lirkou and put
it hots to the brands and roudv them close
and when it has stodd sumd time it may
be boyed vnder more or oflender

(A. Nother way to make y^e Lucatill Balsome.

Thin shawmings
pull the basket
into
a substance
then take it
of y^e first
pouir it into
Take a pint of sack and one quart
of a pound of Bess wax putt it wox into
a pottidit & putt them melt together
when it is melted take it of y^e fire
then put into it half a pound of
Vine Turpentine wasser mixy with
in rose water also put in a pint
a half of Sallitt oyle then let it one
again & let it boyle on a soft fire
till it be incorporated into a stand
parr & let it stand till it be cold
then take y^e sack from y^e sack & putt
it into a pishid again & let it
on y^e fire when it is boyling hott
put in two ounces of Red Saunders
finely powdered let not y^e Saunders
come upon y^e fire then straine it
into a parr & keep it stirring
till it grow justly thick then putt
it up

How to make surtt; soe as its Excellent to annointe
any soe. place with, that is chopp'd or otherwise named.

Take y. surtt of a Kidney of Alooe of Mutton pick it
cleare from skins; then shred it small, & beat it well
then sett on y. fire, putting it into 2. gills of springe water;
& lett it boile halfe an houre or more; & straine it throug
a siue; & when its cold, take it of in a cake, & soe keep it
for your use; & milt a little of it when you use it, & annointe
y. soe. with it, with a feather.

The Bitter draught for an Ague.

Take halfe an ounce of Gentian root, a handfull of centery;
A few Cardus seeds, and about 12. or 20. Camomile flowers;
infuse all in 3. pints of springe water; till it be halfe
consumed; then putt to it halfe a pint of Rhenish wine;
drinke about 1. 1/2. of a pint of this liquor in the morninge,
(fast an houre after it) & y. like quantity in the afternoon.

For the Kings Evil.

Take Sarsaparilla, & Spearponts, otherwise called Butchers
Broomes, & dry them in an oven; & soe beat them severally
into powder, & seage them fine; then weigh them; & take
y. just weight of each, & soe mixe them together; & take
A childes spoonfull every morninge, in a wine glasse of
steale Ale, or sometime a spoonfull of white wine mist
with ale. - This must be continued 40. days springe & fall,
every morninge fastinge an houre after it.

An Excellent Recite, for soe or blood Shott eyes.

Take 3. gills of cleare springe water, & as much Lapis
= callaminaris, as will lay upon a shillinge, boile them toge-
= ther in a brasse Skillett, new scoured, untill it come to
A pint; then putt in as much Spermacitte, as will lay upon A
groat; & as much white sugar candy as halfe a wal putt, and
then boile, it while it comes to halfe a pint; - then take it of
the fire, & lett it settle & coole; & soe Scumm of y. spermacitte,
& straine it through a cloth, & putt it up in a bottle.

How to Pickle French Beanes.

Take y. largest & youngest beanes, before they have
any beanes in them, & springe them; Then lay them
in water, & salt, to steep so. 4. or 5. days; then draine
them out of y. water, in a Cullender, & putt some
water over y. fire, putting in a little salt, & soe putt
2. Kettles; and when y. water boiles, putt in the beanes
into one of the Kettles, & soe lett them boile awhile; then
change them into y. other Kettle, when it boiles, & skanige
them up with A scumme; and then putt in new water
into y. first Kettle, and soe change y. water after 12.
beanes is once boiled in them; changing y. beanes
from one Kettle to another, till they be pretty tend.
and looke greene, & cleare, but doe not boile them
soe long till they cleave in 2; then take them
out & lay them abroad, to draine; till they be
cold; then lay them in An earthen pott, in leaves, &
lay amongs, & between every leafe, some limon pille
some bay leaues, some ~~vine~~ & some Mace; and soe
lay a leafe of each, till they frang, be all laid in;
then have some pickle ready to putt in, bringe
halfe white wine, & halfe vinegar, boile a little with
a small quantity of Mace, & cloves, & as little salt,
and pour the Pickle upon y. beanes, & soe
and hasten to cover them up, with a brown paper,
as soone as the signer is in, & tie it close downe,
and soe sett y. pott neare y. fire, covered over with
somethinge; & kept warme; all night; & soe
keep them so. your use.

How to make surtt; & soe its Excellent to annointe
any sore place with, that is hoppe or otherwise venomed

Take .j. Surt of a Kidney of Aloine of Mutton pick it ~~very~~
cleare from skins; then shred it small, & beat it well ~~in~~
then sett on .j. fire, puttinge it into 2. gills of springe water
& lett it boile halfe an houre or more; then straine it thro
a siue; & when it is cold, take it of in a Cane, & soe keep it
for your use; & melt a little of it when you use it, & annoint
y. sore with it, with a feather.

The Bitter draught for an Ague.

Take halfe an ounce of Perlian root, a handfull of centery
A few Carous seeds, and about 12. or 20. Camomile flowers;
infuse all in 3. pints of springe water; till it be halfe
consumed; then putt to it halfe a pint of Rhenish wine;
drinke about 4. or 5. of a pint of this liquor in the morninge,
(fast an houre after it) & 3. or 4. like quantity in the afternoon.

For the Kings Evil.

Take Sarsaparilla, & Spearpointe, otherwife called Butcher
Broome, & dry them in an oven; & soe beat them severally
into powder, & searce them fine; then weigh them; & take
of each weight of each, & soe mixe them together; And take
of this Spoonfull every morninge, in a wine glasse of
Stale Ale, or sometime a Spoonfull of white wine, mist
with ale. - This must be continued 40. days Springe & fall,
every morninge fasting an houre after it.

An Excellent Recite, for sore or blood shotte eyes.

Take 3. gills of cleare springe water, & as much Sapis-
= callaminaris, as will lay upon a shillinge, boile them tog.
= ther in a brasse skillett, new scoured, untill it come to ~~the~~
a pint; then putt in as much spermacitta, as will lay upon a
groate, & as much white Sugay candy as halfe a walnut, as
then boile it while it come to halfe a pint. - Then take it of
the fire, & lett it settle & coole; & soe Scumm of it spermacitta
& straine it through a cloth, & putt it up in a bottle

How to Pickle French Beanes.

Take .ij. largest & youngest beanes, before they have
any beanes in them, & springe them; then lay them
in water, and salt, to steep 4. or 5. days; then draine
them out of y. water, in a Cullender, & putt some water
over y. fire, putting in a little salt, & soe in
2. Kettles; and when y. water boiles, putt in the beanes
into one of the Kettles, & soe lett them boile awhile; then
change them into y. other Kettle, when it boiles, takinge
them up with a scumme; and then putt in new water
into y. first Kettle, and soe change y. water after 12.
beanes be once boiled in 12. or 13. changing y. beanes
from one Kettle to another, till they be pretty tend,
and looke greene, & cleare, but doe not boile them
soe longe till they cleare in 2. Then take them
out & lay them abroad, to draine, till they be
cold; then lay them in an earthen pott, in leaves, &
lay amongs, & betwixen every leafe, some limon pille
some bay leaues, some ~~some~~ & some pice, and soe
lay a leafe of each, till they frans, be all laid in,
then have some pickle ready to putt in, bringe
halfe white wine, & halfe vinegar, boile a little with
a goodly quantity of Mace, & cloves, & a little salt,
and pour the liqueur upon y. beanes, & soe
and hasten to cover them up, with a blinde paper,
as soone as the signer is in, & tie it close downe,
and soe sett y. pott neare y. fire, covered over with
somethinge, & kept warme; all night; & soe
keep them for your use.

To make Marmalade of Oringes

Take faire, souer, small Oringes
high coloured and thick rinded and freed
from spots. First wash them and to every
pound of Oringes one pound of Double refined
Sugar then pare off the outside very thin
and cutt them in halves and take out the
meate out of the halves but not the pith
then putt them in faire water 48 howers
skipping them every 12 howers then
take them out and boyle them in fresh
water hanging over a fire, readyboylings
water to change it a little at a time
so keepe them constantly boylings and
close covered till they are very tender
then take them up and take out the inside
cleane then drye them between cloths
(this don) cutt them as small as can bee
then take the Sugar and make the
Syrup boyle it till it will draw a
haire or is neare to a Candy height
then putt in the peels and boyle it
till it looks cleare after this putt
in the meate of the Oringes the pith
being cleane picked out and if thou
please a graine or two of Amber
grease or musk being dissolved on
ground to powder then boyle it altogether
halfe an hower but be sure keepe
it constantly stirring then take it up
into thy glasses or pott.

An Ointment to bath the sore weak
Limbs of Little Children.

Take halfe a pinte of Red or Gall.
halfe a pound of May butter without
salt and Clarified in Sunn and
a pinte of good Mustardine and
boyle them all untill halfe of it
bee boyled away then anoint the
Childs joints Every Night.

ingnaron? A Plaster for the worms for Children.

Colligintida, wormseed & aloes of each halfe an ounce,
Juice of Rue, Savin, Centory & wormwood each 3. spoones full
English Honey a Gill, 3. oze Galls, 3. ounes greape to the
quantity of a walnut; Boile these in sweet wort, as much
as will suffice, to bringe all to the consistancy of a
Plaster; then spread it upon leather, and strese upon it
Aloes finely powdered. — This Quantity will make
9. or 10. plasters. — If you would keep it from runninge
about so fast, putt in Rosin as much as an Egg.

The juices of all are extracted by boylings.

For the wormes in younge Children.

Take 4. best wormseed, steep it in good white wine vinegar
one hower, then dry it by a gentle fire, & powder it very fine;
mixe a scruple or halfe a dram, with fine common Treacle,
or with milke, sweetned with honey, or with syrropp of
peach flowers; but whatsover ^{upon} medicine is given for the
wormes, give it always ~~at~~ the New or full of the Moone.

To make Marmalade of Oranges
 Take faire, foue small Oranges
 high coloured and thick rinded and free
 from spots. First wash them and to every
 pound of Oranges one pound of double refined
 Sugar then pare off out side very thin
 and cut them in halles and take out the
 meate out of the halles but not the peele
 then putt them in fair water 48 howers
 shifting them every 12 howers then
 take them out and boyle them in fresh
 water haucing ouer a fire redyboylin
 water to change it a little at a time
 so keepe them constantly boyleing and
 close couered till they are very tender
 then take them up and take out the meate
 cleane then drye them between cloths
 (this don) cut them as small as can bee
 then take the Sugar and make the
 sirope boyle it till it will draw a
 haire or is neare to a Candy height
 then putt in the peele and boyle it
 till it looks cleare after this putt
 in the meate of the Oranges the soder
 being cleane picked out and if thou
 please a graine or two of Amber
 greace or musk being dissolved on
 ground to powder then boyle it altogether
 halfe an hower but be sure keepe
 it constantly stirring then take it up
 into thy glasse or pott.

An Sympnt. to bath the wrake weak
 Limbs of Little Children.

Take halfe a pint. of Red Ox Gall.
 halfe a pound of May butter without
 salt and Clarified in Sunn and
 a pint. of good Muscadine. and
 boyle them all untill halfe of it
 bee boyled away then anoint the
 Childs Joynts Every Night.

Annagran? A Playster for the worms for Children.

Coliquintida, wormseed & aloes of each halfe an ounce,
 Juice of Rue, Savin, Centory & wormwood each 3. spoonesfull
 English Honey a pill, 3. or 4. Galls, 3. or 4. grapes to the
 quantity of a walnut; Boile these in sweet wort, as much
 as will suffice, to bringe all to the consistancy of a
 Playster; then spread it upon leather, and strese upon it
 Aloes finely powdered. — This Quantity will make
 9. or 10. playsters. — If you would keepe it from runninge
 about so fast; putt in Rosin as much as an Egg.

The juices of all are Extracted by boyleing.

For the wormes in younge Children.

Take 3. best wormseed, steep it in good white wine, vinegar
 one houre, then dry it by a gentle fire, & powder it very fine;
 mix. it wth a scruple. or halfe a dram, wth fine common Treacle,
 or with milke, sweetned with honey, or with syrropp of
 peach flowers; but whatso^{ever} medicine is given for the
 wormes, give it always ^{upon} the New or full of the Moone.

Another for y. worms in younge Children.
 Juices of Lemon, mixt with oyle of bitter Almonds,
 is a very good medicine, if y. child will take it.
 As is also one dropp of oyle of guniper, in a little broath.

Also at the Apothecaries, you may have a powder
 Against worms, called Pulvis contra Lumbrices, w^{ch} is
 made of severall things, & is very good, but it may be
 better for the child, as it grows bigger, bring then about
 a year & a halfe old.

That plaister ~~egg~~ I prescribed formerly, to be
 applied to y. stomacke is very effectuale, & to annointe
 his Belly at times, with those little oyles formerly advised.

Or to boile the pulpe of Colopuntide in Common
 sallit oyle, & annointe his Belly therewith. Or
 Apply a Plaister of the Electuary of Hiera.

But of all medicines: - mercurius dulcis, w^{ch} is open of
 scabious is y. best; provided y. mercurius be rightly
 prepared, but I will not advise you to y. use thereof,
 unless I had tried y. mercury first, y. it were rightly
 prepared. - But any of y. former directions are safe
 & very good, & may be effectuall enough, but you need not
 administer any of them, unless there be symptoms of
 worms. - As a strange savour of y. child's breath, grey
 coloured stools, if hee coughs of its nose, starting in his
 sleep, grinding with its teeth or the like. -

To make A Jarrey.
 To a pint of Cream, 1/2 loaf growed; & eggs leaving out the
 whites of 2. of them, & as much Juice of spinage, as will
 couler them, bake it, but mixe the dye first.

How to Roast A Calves Head

Take the Calves Head & wash it very cleane,
 and parboile it, take y. tongue & the Brames,
 & 1/2 doz sage leaves, & halfe boile them, then take
 the tenderest of y. tongue & y. yolkes of 2. yare
 Eggs, & halfe y. brames, & lett them be very smale,
 with Nutmeggs & beaten ginger, with a litle beefe suet,
 all very smale, then putt them into y. head, where
 y. brames came out, and tie the head upp close, and
 spill it a litle below y. eggs, and lett it Roast a matter
 of four houres.

How to make Custards.

First boile some faire water, & make your paist
 very stiffe, with adde of a pound of butt, to every quart
 of a pecke of flower, that will make a large soft
 custard, then harden your crust in the oven, before
 you fill it; Take sixteen eggs, 2. quarts of milke,
 putt halfe of y. whites of y. eggs in; & one large nutmeg,
 halfe a pound of sugar, if it be cream, noe whites at
 all, with 2. naple bisketts in your milke, lett y. Nutmeg
 and y. bisketts, soke in y. milke, till you goe to fill
 it, then straine these ingredients very cleare with a
 napkin, boile not your milke.

How to Season A Mutton or venison Pasty

Take 4. pound of butt, to every pecke of flower,
 2. pound of butt, or suett in y. Pasty, 12. whites of eggs
 in y. Crust, then take by the third part of your flower
 and butt.

To make a Cordial water: called the
Goulden water. — 12

Take a Gallon of the best Nantz brandy, putt it
into a wide mouthed Glasse, which will hold a Gallon
or a halfe, & these Ingredients, which are to be added
to this quantity: — one ounce of spirit of saffron,
Alkermis one dram, oyle of cloves one dram, two
pounds of double refined Sugar beaten grossly, these
being putt into the Brandy, then a cleane Silver sate
or somethinge to Aswee it, not stirring it with any
thing, but what is very cleane, keepinge it thus all
one way, till the Sugar is dissolved; gett a leaf
of gold tempered into the Alkermis when you buy it;
the more gold the better; after thus ordered, you
must stopp it soe close, that no aire may gett in,
with Cork, & a feather tied over it, it must be sett
in a place, where it may stand without shakinge,
for the space of forty eight houre; then cleave it off
in bottles, keeping it close stoped, bee sure you shake
it not, when you cleave it, you may power upon the
settlement, a quart of Brandy, which will bee very
good; after it hath stood a season. W. Gravett

How to make Barley water.

Take 6: drums of fresh barley, w^{ch} first scald in a pinte of water; lettinge it boile a litle, then lett that water bee throwne away, and a pinte & a halfe of fresh water added to the barley, w^{ch} must boile till halfe a pinte is wasted, and that which remains, must be strained from y^e Barley, and kept for use.

A Lambatur for a child, w^{ch} is troubled with any stoppage or obstructions.

Take 4: spoonefulls of oyle of sweet Almonds, w^{ch} is about an ounce, being gently drawne; and about halfe a spoonefull of syrropp of violets, with about 2: spoonefulls of powder of brown sugar-candy, finely beaten and sifted; mixe all well together; till it bee thicke & well mixed, this may be given frequently, alike at a time, twice in a day, or thrice in a night.

For a Chinn-cough in a child.

Take cupp maffe, dry it, & beat it to powder, searce it very fine, & take as much as will lie upon a six-pence, & give it at goinge to bed in barley water with a litle syrropp of Poppy, or give some of the powder; in any vicuals they take.

doe not give a child syrropp of poppy but at night goinge to bed.

A purge for nathanaell.

I give him 1/2 an ounce of syrropp of Rubarb & a quart of an ounce of syrropp of blackthorne berry, but y^e formeringe to worke gently, I give him, & after of an ounce more of both syrrops; & if it make him sick, or worke in his stomacke, give him an orange to sucke on, to keep it downe, & may prevent vomiting.

How to pickle ^{green} wallnuts.

13

Take green wallnuts in the beginninge of the month of July; but bee carefull they bee taken in time, for they must bee for younge; as you may easily kunn a pinn thorow them; then take about 200: or more or lesse as you have a minde; - putt the wallnuts into spring water. Shift the water every day for a week, and when you shift them, wash them well in f. water wth a whiske, or a p. of a birch broome; then take them bringe first well drained, & wiped in a course cloth, and lay them in a glasse fitt for pickles, a laire of them, & then a laire of shallots, garlicke, Mace, Cloves, whole peper, sliced ginger, & fennill, of each a small quantity; - and then a laire of wallnuts, & another of the mixture, till the glasse is full, then take the best white wine vinegar, and salt a good quantity, & beat it till the salt bee dissolved; lett it bee for stronge, as it will beare an egg; then putt y^e liquor upon the wallnuts, as much as will cover them. - and keep the glasse close stopp'd; - it will bee a month or more after they are pickled before they are fitt to eat.

How to order Beefe to dry.

Take a hinder ⁷lke of younge beefe pretty fatt, cutt off y^e rumpe, & is like as can bee, and the legg cutt off at y^e middell jointe, and then take out the Marrow bone, & y^e flanke cutt off then cutt it open; make brine for it of pumpe water, about 2. or 3. pailsfull; soe as it may bee. soe much as will couer y^e beefe; then take a pecke & halfe of white salt, a pecke of Bay salt, & 6^o worth of salt peter; w^{ch} is to bee beaten; putt all into the water; stirr it well till all y^e salt is melted, then lie in the beefe the skin side downe, and lie a board upon it, & sett some weights upon the board, to keepe the beefe in the brine; soe lett it lie about 4. or 5. dayes, & then turne it, & lie the other side downe, about 4. or 5. days longer; looke it now & then, & see that it bee well seasoned with the brine, & that there bee not reddish places in the meate, & if there bee any such, rubb them alittle with some salt, & putt it into the brine againe, so: or 12. days is enough to lie; when it is enough, take it out, and wash it well in water, & draine it well, & then lett it bee hunge up to dry, and lett it bee thoroughly dried, else it will not keepe sweet.

Ann Eccleston How to make Quinceadey.

Take halfe a pound of sugar, sifted very fine, halfe a pound of flower, halfe a pound of butt, halfe a pound of currant wine, three spoonfulls of Rhenish wine, three yolkes & 1/2. whites of eggs, and a little beaten Maiz wash y^e butter; in 2. spoonfulls of Rhenish water, till the water runne white from it, mixe them very well together; and putt 1. spoonfull in every pann, being first buttered, smooth them over with a knife, and scrape a little fine sugar on them, and sett them in the oven, lett them stand 1. Quarter of an hour, ~~then~~ then take them forth of the pannes, lay them on a new cleane thing till they are cold, keep them in a hott place. These ingredients will fill aduizen or 14. pannes.

How to make Cherry wine.

Take cherries, ripe and dry gathered, squeeze them in a hare bagg, in a silder presse, to every gallon of y^e liquor, putt halfe a pound of white sugar, and putt it in a brandy Cask, or some such sweet Cask, being first scalded, lett the liquor worke 24. houre, as you finde it requires then stopp it up, and keep it about 6. weekes, then bottell it, puttinge into every bottle, a lump of white sugar, stopp it well; it will keepe a yeare. — you may putt water to the cherries, when squeezed, and it will make a good drinkeinge liquor, for present use, putt a little sugar to it, & bottell it.

G. F. To make Doctor Stevens water

Take A Gallon of Claret, or sacke, Cinamon, Ginger, graines of paradise, ballingall, Nutmeggs, Anisiseeds, fennel seed of each three drammes, Sage, Minte, rosemary, pellitory of the wall, wild Marjoram, hyssop, wild Tyme, Cammomile, Savend of each a handfull, bruse the herbs, & putt all into the wine in a limbecke, and affe it hath stood 24 hours distill it gently, and keep the first water by it selfe and soe the second.

How To make A pectorall drinke for A Cough or a Cough.

take 2: qts of springe water, putt into it, of liquerice, daniellseeds, figgs, & raisons of y. sunn each one ounce, scrape & slice the liquerice, stone y. raisons, & cutt y. figgs into little peices, lett all boile together till y. pinte be waisted, take 3: or 4. spoonefulls of this now & then to loosen a cold, but especially at going to bed; to give to any y. has a cold, when they goe to bed, as much dial cordium as a small Nutmegg, & drinke some of this hott after it is a very good thinge for a cold, you must straine the pectorall drinke when you drinke it. boilem the pectorall drinke, as sprigg of hyssop

To Annointe a childes stomacke for A Cough or cough.

Take some Palme oyle, and a little oylment of Marshmallowes, & a little brandy; melt altogether and annointe the stomacke with it hott before the fire with a hott hand, and lay a piece of flanelle hott to the stomacke; annointe it night and morninge, till y. cold abate.

And alsoe to annointe y. soles of y. feet of a childe, is good for a cold, to be done at night with y. same ointment. y. stomacke is annointe with; or rather which is said to be more proper for y. soles of y. feet; with this oylment. viz. 3. or 4. cloves of garlicke boile a little time, in hoggs Lard.

Alsoe for a stiffe cold & hoarseness & soreness within; take now & then, a spoonefull of balsomick syrrepp; & some times a little lambtatiue; w^{ch} is directed how to make it in a receipte 3: leauey forwarder in this booke.

And to quiett a cold, & give rest; give y. last thinge, at goinge to bed, halfe a spoonefull of syrrepp of poppie in y. spoonefull of barley water, w^{ch} is directed.

And its good to fume y. nose & head, with a suffumigation made thus.

Put into a gallon of water 1: ounce of anniseeds, 1: ounce of sweet fennill seed, y^e of hoarehound, Colts foot, Hyssop & pennivy of each a handfull, & of hyssop halfe a handfull, picke the herbs & cutt them a little with a knife, & boile them about halfe an houre; then take altogether boiling hott, putt into a good long high pott, & soe hold y. head & face over y. hott steame with a blanket throwne over y. parties hott head, & to keepe in y. steame, doe this a little time, just as you gett into the warme bed.

To helpe gripeinge in the Belly
annointe y^e belly with hott brandy, & lie a peice
of flannell dyed in hott brandy, & wrunge out of it,
& hott as can be suffered to the Belly;
But a Glister given; is reckoned a certaine helpe

A receite for the Gout; - which is said will
certainely prevent it, or keep it from encreaseinge.
I had it of M^r. wood of Sumner, who found it by
Experience, to prevent it for comeinge upon him
he had it of Cap^t. Stanes who lives near Onger.

Take Turbith, Hermodactills, Gallop and
Tartarum, vitriolatum of each fifteen graines,
for one dose, for a man, or a woman; take it
once a month for 3: monthes, and once in 3:-
monthes for 9: monthes.

To cure the Crampe

Take oyle of Camomile & oyle of Euphorbius of
each an ounce, mix it, annointe the part offended
with y^e crampe, with the s^eid hott before a fire.

To cure a sore Throate and Swellinge
under the Ears, & about the Throate.

Take Alehooff alias ground Ivy, boile it in
milke some time, then turne it with beere
in to a posset, drinke y^e posset drinke hott,
and lie the cure & herbe with a cloth hott
to the outside of the Throate, & up to the Ears.

To make Snail water ^{or Cordiall water} to cure Consumptions¹⁶
ricketty Children, or any other morbid weaknes.
Take a pecke of house Snails, bruis them gently
to take of the shells, looke none of y^e moster that
comes from them, then take of Salome Bugloss &
borage of each a good handfull, shred them grossly
mix them altogether in y^e still, laying a laire of
each, then poure upon them 2. quarts of Malla-
-goe Sacke; soe lett them infuse all night being
covered, next day still them in a close still, they
amoderate fire, this quantity will make about
2. quartz & 1/2. pinte of water, w^{ch} is to be mixt
altogether; - A man or woman, make take
4. or 6. spoonfulls in a morning fasting, &
like quantity 4. or 5. times in a day, sweeten
it with a little lump of white sugar, they must
continue y^e drinkeing of it, till they finde them-
selves better or cured; Ricketty children may take
this water, for all their Liquer, & continue it, at
occasion requiring; - it may bee given to younge children
that sucks, but first waine y^e child, for while it
sucks, this water will not doe any good: - it most
proper to make this water in May, or at the
fall of the leafe; but it may bee made at any
time in the summer. -

The use of Mathewes Pill, or rather pacifi-
give the quantity of large pease, or a pill, to
persons, in feavers, small pox, or any other
pestilentiall distempers, in loofanesse, in all
coughs colds or fatums, we come in in childbed
for a paine in y^e head, in the side, in y^e stomacke
give it any time when occasion require, but
always goe to y^e warme bed upon it, and
give it thus, dissolve it, in warme ale, or beere,
and give a little warme ale, after it, it will pro-
duce sweat & sleepe, its excellent against the
gripes & cholickes it may be given every other
night going to bed, if it will continue, it will
will helpe convulsion fits in children, to a child
y^ts a month old as much as amongst an y^ere, to one of
2. y^ere old as bigg as a pinns head, and soe a little
quantity for children is most safe, or else doe not
give it to children. — this will cure y^e tooth ach
putting a little in to y^e hollow tooth.

For tooth ach. — or scurvey in y^e teeth
or teeth loose. —
Camphire brandy, which is made thus, take
halfe a pint of right brandy, and putt into it,
a quarter of an ounce, of camphire shreds very small
putt it to y^e brandy, and putt it into a bottle, and soe
lett it stand, and shake it often, when y^e tooth ach
dipp a little linte or cotton in this liquor, and putt
into the tooth, — & for y^e scurvey, or loose teeth
rub them with a rag dipped in y^e liquor.

A powder to keepe y^e teeth cleane. —
burnt allum, fine ballmanacke, & salt
beat & mixt together, & rub & cleave the
teeth with it, & then wash them in one
of new water, w^{ch} will prevent the tooth ach
& keep them cleane. —

T. 2. — An Excellent Glist^r to draw paine out of
the head &c.

make a possett of stale beere, in y^e possett drinke
boile of mallowes, Camomile, or rather flowers, violet
leaves and strawberry leaves of each about 2. pugill,
of the 3. seeds, sweet fennell, Annis seeds, & Carraway, of
each about 2. oles, of an ounce, of Juniper berries, of
like quantity bruised, boile all these in y^e possett drinke
rather better then a quarter of an houre, then straine
it thorow a sieve very finely, then putt into it 2. spoone-
fulls of treacle, and as much fresh butter as halfe an egg,
and soe administer it blood warme &c.

For a paine in y^e side.
T. 2. Annoynt y^e side with ointment of Marshmallowes
and brandy misth hott before a fire.

To make Conslipp wine, y^e Lady wright's way. —

Take 3. gallons of faire water, putt to it of the best
powd. Sugar 6. pounds, lett it boile halfe an houre
or more, scum it very well, then poure it into
several things to coole, when it is almost cold,
take a Spoonefull of yast, beate it well with 6.
Spoonefulls of Citrones or Lemons, mingle it
well with some of the liquor, then mingle all
together. Then take a Gallon of picked
Conslipps, bruse them in a stone mortar, then putt
them to the liquor, and lett it stand 2. or 3. dayes
then straine it putt it into a vessell that it will
fill, when it has done working, stopp it up close
for weeke or a month, then bottle it, when it is
finisht, & to every bottle putt in a lump of fine
toafe sug^r.

T.L. An Excellent Glister for wind in the Bowells.

make a quart of posset drinke of stale beere, then take of mallowes, beets, brolett leaves & Strawberry leaves each one handfull, shred them pretty small, of camomill flowers a large pugill, a few Juniper berries a little bruised, light seeds which are sweet fennell seeds caraway seeds & Anniseeds of each about a quarter of an ounce; a little hollands powder, boile all these in y^e posset drinke till halfe is consumed; then take it off, & straine it; putt into it some treacle, a little diascordium, & a little electuary of bay berries; with a little peece of fresh butter straine it againe, & administer it blood warme

T.L. very proper for the Meads. An Excellent Purge to be taken upon approaching of any fauor. after bleeding the day before.
Take of tameremes halfe an ounce, Sena Alexandrina 2. drams, Best rufarba 1. dram & halfe sliced thinn, anihilated halfe a dram creame of tartar 1. scruple, in y^e sup. all in 6. ounces of spring water, in a glass covered in the hott waters gently over night, & soe lett it stand all night, in y^e morning simmer it to about 3. ounces, then straine it; and add halfe an ounce of y^e best manna, & as much of Symp of roses Solitarie; - and when the manna is dissolved & well mixt, drinke it in a morning fasting keep warme; & take water gruell or both in the working.

T.L. A Purge made of hiera picra very good¹⁸ for many things. & very safe.

Take of hiera picra 1. ounce; tops of Centery agimony & warmwood, of each a pugill, Juniper berries one ounce bruised, putt all into a quart bottle, & pour upon it a quart of the best white wine, lett it stand steeping 24. houres, often shaking & mixing it, and lett it stand upon the ingredients, & when you use it straine it; Take of this for a man or woman 9. good Spoonfulls in a morning, and to make it worke more effectually, putt into the said 9. Spoonfull, halfe an ounce of purging bitter Salt; and observe a phisicke all method for a woman, without y^e salt, taking 4. Spoonfulls at night, & 5. in the morning.

T.L. An Excellent Salve for a Scald or Burne to be made in May.

Take of plantaine leaves 2. handfulls of sage 1. handfull, the inner bark of y^e green of y^e younge boughs of elder, one handfull; of whitest part of henns dunge 3. ounces; of fresh butter well washed without salt halfe a pound or better; shred the herbs small; and breake the henns dung small, fry all in a frying pan, one quarter of an houre; then straine it, throw a cloth, & putt it up in gally pots; for your use.

Annointe the sove with it, morning and night
 & lie upon it, soft colewort leaves.

T.C. — Low stalk; or vinum vaccinum; is very
 good for the scurvy, dropsey, septicie, break-
 ings out, tisicke, & shortness of breath; to
 be taken thus, at springe, & in summer, and
 at fall of the leafe; to drinke first halfe a pinte
 in morning fasting, & then by degrees to come
 to drinke a pinte in a morninge, till benefit
 bee found by it.

How to make *Unguentorium*
 otherwise called *Jesús Christ Salve*.

Take $\frac{1}{2}$ lb. of. Rosin & $\frac{1}{2}$ lb. of. Bur-
 gandy pitch, Virginy Wax. ~~of each~~
 & Standinon, Each $\frac{1}{2}$ lb. Parts $\frac{1}{2}$
 Deare suet $\frac{1}{2}$ lb. masticke $\frac{1}{2}$ lb. — beat the
 rosin to fine powder; and sett them all upon the fire,
 till they thoroughly melted, then straine them through
 a cloth made into a bagg, straine them into $\frac{1}{2}$ quart
 of white wine, then mince two drams of camphire very
 small, & putt into it; — sett it over a gentle fire; and lett it
 boile easily, till the wine is wholly consumed, w^{ch} will require
 7. or 8. hours; and when it hath boiled five hours, put thereto
 a pound of venice turpentine, and when the wine
 is wholly consumed, take it off the fire; & when it is almost
 cold, with buttered hands, make it up into harts, & roule
 it up in paper; & when it is used, spread it upon sheeps
 leather, with a warme knife.

The vertues.
 1. This plaister is good for all manner of wounds & sores,
 old or new in what place soever, it is good for clearing
 of festers.

of scallers mgendered in the flesh, and healeth more in
 10. days, then others in a month.

2. It suffereth not dead flesh to tender or abide where
 it cometh.
3. It is good for the head ach, to rub the temples with.
4. It is good for swellings in the ears, or cheeks, Applied
 plaister wise.
5. It is good to heale sinnewes, if are cutt or strained.
6. It is good to draw out beon, or Arrows heads, thans
 or stubs out of the flesh.
7. It is good for pricking, or biting of any venomous beas.
8. It is good & helpeth all manner of botches, boiles
 or Yellons.
9. It is good to breake an Imposthume, & all manner
 of swellings or dropfies.
10. It is good & helpeth all manner of Aches, of the
 liver and spleene.
11. It is good & soveraigne for all manner of Aches,
 of the sinnewes, for scabs, for the shaking palfie,
 for gout, or waters that are beneath the skin,
 and the flesh.
12. It is good for the bloody flux, being Annointed
 on the region of the wombe.
13. It is good for all manner of straines, spraines,
 wreches in the joints, Sciatica, or old paines, blowes
 or stripes, being applied plaister wise.
14. It is good for the hemmoids, or piles in the fundament.
15. It is good, & a soveraigne thing, to make a seareloth
 to heale all the sores aboute said, with many more, that
 are not here mentioned, so long melted with oyle, till it be of
 the consistance, of an ointment, it may be used as balsom, or gum.

An Excellent oyle or Balfome made by
Mathew Lucadellus an Italian.

Take 1^{lb} of venice turpentine, 3: pints of Sallitt
oyle, halfe apound of yellow waxe, 2: ounces of
Sandelum, 2: ounces of yellow saunders, 1: ounce of naturall Balfome,
1: ounce of oyle of St Johns wort, wash the oyle
in a pint of sack, & the turpentine in a pint of red
rose water, untill it grow white; cut the waxe in
pieces, and putt it into a Skillett & melt it, and then
take it of the fire, & lett it stand till it bee Starke
cold; then putt in the turpentine & rose water,
the sack & oyle; sett the Skillett on the fire,
and lett it boile easily, a quarter of an houre,
keeping it constantly stirring, then take it of the
fire, and pour it out into a dish, and lett it stand
till it bee quite cold; then make a hole in the
middle of it, and lett the sack & rose water drain
clean out of it; then melt it againe, and when it is
thorowly melted; sett it stand to coole a while,
then stir in the naturall Balfome, that it may
equally incorporate with the rest; which when
done, and the stuff growing pretty thicke, putt
it up into gallipotts for use; if it bee too thinn,
when it is putt up, the saunders will sinke to the
bottom, & it will loose its colour; or if it bee too hott
when the naturall Balfome is putt in, it will
bee in danger to clotte; remember, not to putt
in the red saunders, untill it has done baileme
and is taken of the fire, then putt it in, and stir it
very well, and mixe it thorowly.

The vertues.

- 1st It is good to helpe any wound, inward or outward, being
spittled warme into the inward wound, and applied to the
outward wound, with fine lint or linen, anointing the
grievd part therewith; it not onely taketh away, but
keepeth a wound from festering.

- 2nd It search out broken bones, or any thing that
putrifieth, soe that the inward parts, as the braine,
heart or guts bee not perished, it healeth with five
or six times dressing.
- 3rd It helpeth any burn or scald, by fire or water.
- 4th It cureth any bruise or cutt, anointing it with it, or
lint laid therein, being dist in the same oyle; it warrants
the healing, without any further care.
- 5th It taketh away, any Rhees or paines, that proceeds
from cooldes, caused in sinnewes or bones, first
anointing the place, before the fire, & making
a cloth hott and laying thereon.
- 6th It helpeth the headach; onely anointing the Temples and
Nostrills therewith; it is good against the windy cholick
or Sticke in the Side, applied thereto with hott clothes,
& mornings together, three quarters of an houre at a time.
- 7th It is good against poyson, & helpeth a surfeit, taking
the quantity of a Nutmegg 1: ounce, in warm Sacke,
the same way taken its good for a broken vein within,
or inward bleeding.
- 8th It helpeth the biting of a madd dogg, or any
other venomous beast, being applied thereto.
- 9th It is good against any infectious smell, and to
used in the time of the Plauge, anointing the
Nostrills & Lipps therewith every morninge,
before you goe forth; soe that with the helpe on
God, there is noe need of feare.
- 10th It is good for a canker, being applied, as for
anound, but will ask longer time in curing.
- 11th It helpeth a fistula or Ulcer, be it never soe
deep, in any part of the body, being applied as for a cutt.
- 12th It is good for those that are infected with the Plauge,
measles or the like, soe it be taken an ounce at a
time, 4 mornings together, & sleep upon it.

13. It helpeth digestion, Apointring the navell
and Stomack going to bed.

Ann? An ointment, to be used for A sore breast
Hogg or Sciatica.

Take Camomile, Rue, Wormwood and Lavender
cotten of each one handfull, shreds them very
well, and add to them one pound & a halfe of
Butt^r, new out of the Churne, or instead
thereof, that which is well clarified boile it
very well, & when strained, add to it a pennie
worth of Bees wax.

A: Hogg Thor A Poultice.

Take one handfull of Goats dange, moist
with wine vinegar, untill it come to A poul-
tice, apply it warme; for want of this take
A Sourd oat cake, toge^r it at the fire, and then
break it in peeces, add one handfull of worm-
wood, & the like quantity of S. p. & m. k. ant,
moisten it with the best white wine vinegar,
to A poultice, then apply it, as warme, as the
party can endure it, add A fresh poultice
every six hours, untill the paine is abated.
this is either for A soar breast or Ulcer.

A: Hogg An Excellent Salve, for A sore breast
Sciatica or any other Sore.

Take Masticke, camphire, fanchincense, venice
turpentine, & virgins waxe, of each 2. penny-
worth, black & yellow rosin of each 1. penny-
worth, pound the mastick, and the blacke & yellow
rosin together

yellow rosin together, put them into halfe a pint
of white wine, & boile it up into a Salve, but remem-
ber, put not in the turpentine, till it has done
boiling, add thereto one penny worth Cande^r, or if
it can be got, the like quantity of deers suet,
which is better; if it be rightly prepared, it is
good for ulcers, & old sores.

21

T. Lower. Thor A Cough. or cold

Take from 7. to tenne dropps, of the tincture
of Sulpher, in a spoonfull of Sirup of ground
Iry, evening & morning, first & last.
for the same.

T. L. Conserve of roses two ounces, sp^t of turpen-
tine 2. drams; mix them, take the quantity
of a Nutmegg, evening & morning.

A very good medicine for the Green Sickness,
or for a paine in the Stomacke.

Take of white Amber, Ellacompane, Anniseeds
& of blossomes of Centry, of each halfe an ounce,
of filings of Steele, 2. ounces; of refined Sugar
4. ounces; All finely powdered, & mixt together;
take as much of this powder, as will lay upon
an old six pence, four times a day, in 4. spoonfulls
of beere, or Ale, or dry mixt with a little honey.

A Linctus for A Cough.

Boyle of sweet Almonds newly drawne, one ounce,
Sirup of violets & maidenhair, each halfe
an ounce, powder of Sugar candy 2. drams; made
up into a Linctus.

T.C. How to make an Excellent Strengthening
Cordiall taken, in feavours to recover one
when weak; - called the Scorufick Liqueur.

Take of the best Squills barbes one ounce, break
it into small bits, boile it in a pint of Spring water
to the consumption of one halfe, then Straine of
that decoction, & putt as much Spring water
to the remaining barbes, and boile it the Consump-
tion of one halfe Straine of the decoction againe,
and soe repeat it for 6. times; then mix all the
6. decoctions together, being poured cleare of
from the Sediments as much as can be; then
add to the said decoctions, of the best white wine
& Symp of clove gilliflowers, each halfe a pinte;
mix all well together, & bottle it up for use,
~~you may give thereof 9. Spoonfulls, to any~~
~~person who is afflicted with a continuall feaver~~

you may give thereof 9. Spoonfulls of it
every foure hours, to any troubled with
an intermitting feaver; the body being first
openes, either naturally, or with a glister;
it may bee also taken in the declination
of any other feaver, to a very good effect;
continue the taking of it till the liquor is
spent; doe not take it less then 2. hours before
or after eating; - its best to bee continue, while
its taking; - but if a sleep should happen
in the taking of it; take 10. drops of
Liquid Ladanium, in diascordium & conserve
of red roses of each halfe a dram mixt, at night
till y. sleepless stopps.

How a feavor in a man or woman. 22

T.C. 208. } Take Sage, balme & Rosemary each 2
Stokes } small handfulls, wash it & shred it pretty
small, then boile it in a qt of milke, a
pretty time; then Straine out the herbes, & make
with the milke & ale, some cleare posset drinke,
sweeten it with 2. or 3. Spoonfulls of treacle,
lett the party drinke of this, now & then, as their
thirst requires; this quenches thirst, provokes
a breathing, & keeps the body sollable, and
will much abate the feavor, with the Con-
tinuance of it.

T.C. A Gargarism for a swelled or sore throat
of Elder flower water, & red rose water, each
of one ounce & a halfe, Salt pyrrungellae two drams,
two ounces & a halfe, Salt pyrrungellae two drams,
Spirit of Sal. armoniac two drams, putt in less if that
seem to much, Symp of dried roses one ounce and
a halfe; with a Spoonfull of this, gargarism the
throat now and then, and swallow a Spoonfull
of the same, & so on.

Also a good Mouth water, made well
will cure a sore throat, as soone as hotter
things, to gargariss the throat with it often
warmed.

T.C. A Linctus for a Cough.
Take 1. oz. of oyle of sweet Almonds, of Symp of
violets & Maiden hair, each halfe an ounce,
2. drams of powder of white Sugar Candy,
made up into a linctus; take an egg Spoon-
full of it going to bed.

T. Lower. Thore A Looseness

Take an ounce of burnt hartshorne in powder; boile it in 3 pintes of spring water, till the Consumption of a pinte, sweeten it with a little Sugar; drinke it warme, & lett this be the drinke of the party, and lett them drinke nre beere, nor ale: - If the Looseness returne, take the following purg. powder of best rubarbe 2℥; grains, Salt of rotnwood, 8. grains, oyle of Anisseed 2. dropps made into a bolus, with Sirup of Suctory wth rubarbe; take it early in the Morning: - At night going to bed, take the following bolus; - diascordatum halfe a dram, conserve of roses 1. dram, with a little Sirup of Quince, made into a bolus.

T. Lower. How to make Cocker broth for one in a Consumption, or that is weakly.

Take of Elicampagne roots, sliced thin, flower de luce roots, papiopodium of the Oake, & carthamus seeds, of each a dram or halfe, or 2. drams. - Hyssop and Cottifolst dyed, a handfull; 4. salt figgs quartered, Licoriz sliced, raisons of the Sun stoned, and Senina, of each three drams, boile all in a sufficient quantity of water; with the third part of an old yee Cocker, boile it the broth being strained, A coffee cup full every morning fasting, and as much about 4. or 6. a Cocker in the Afternoone. - repeat it for 12. or 14. days.

T. L. A Medicine to prevent the Stone.

Take every Morning fasting, about an ounce or less of a great fast, 3. or 4. pills of fresh butter, about the bigness of hazell nuts, in which mix some powder of Sugar Candy, and powder of liqueriz, and drinke after them, a glass of spring water, with halfe A spoonfull of virgins Honey in it, or if water be too cold, drinke A glass of Ale, with A Spoonfull of Sirup of Marsh mallow.

T. L. Pills that are very proper to be taken by those that are troubled with vapours

Take of mastick pills two Seruples, powder of Castor four grains, oyle of Amber 3. dropps, make all into six pills, take 2. pills every night or every other night going to bed, 2. or 3. hours after a slight supper; or Sirup of mugwort. These are proper for Sm.

How to make clarified whey, w^{ch} is good to drinke in Summer to purifie the blood.

T. L. Take Borage, buglos, scabius & fumitery, of each halfe a handfull, boile them in a gallon of whey, about halfe a day of an hour, then clarify it, with the white of an egg well beat, & putt it in, attaking it of the fire; drinke a draught of this, in a morning fasting, either warme or cold, as it suites the party that drinks it, put into it, a little fine loafe Sugar, when you drinke it.

Sarah? T. L. How to make A rich Salve very good for Sore breasts, and other things as haies &c.

Take one quart of the best sweet oyle, one pound of red lead finely beaten, & sifted to fine flowers, 2. ounces of virgins wax, 2. ounces of Burgandy pitch, one shillings worth of Sperma Cetta, & sett these boile altogether over a very gentle fire, untill it be thicke enough, to make up into A Salve, cooling it in cleare water, or in any other way you like, it then make it up into balls, as your hands are soiled.

A Receipt for the Leprosy.

Nettle Seed halfe an ounce, to halfe a pinte of spring water, Infuse it as tea, but longer, and sweeten it, with fine Sugar; & take it in the Mornings, its said to be an excellent medicine.

T. Lowe. An Electuary w^{ch} is made of Jesuits Bark, & is a very good thing to stopp resist & cure, the Ague and feaver.

Take of fine powder, of the best Jesuits-Bark one ounce, of yew-needle, treacle, and salt of wormwood, each 2. drams, made into a soft Electuary, with syrropp of Gilliflowers. Before you give this medicine & its best to give to the party, either a gentle purge or a Clister, to open the body before it be taken for its best to be effective, while you are taking it & is most good to cure the distemper, but if it looks as should attend, when it is taking, then drop 10. or 15. drops of Liquid Laudanum into the bolus you take last at night, for two nights if it require it; - But always observe this, never give this medicine, when the fitt is approaching, nor till both cold fitt, hot fitt, & sweating is over; - & in the intermitting time, that the party is better than give it thus every 4. hours, or every 6. hours, as it can be borne by the party; - Take the quantity of the large Nutmeg of the Electuary above directed mix it very well with 4. Spoonfulls of febrifick liquor; & drinke it off taking 5. Spoonfulls more of febrifick liquor after it, and if the party bee like to vomit after taking it, give a little ordnance to suck on to keep it downe; - always observe to give this potion, 2. hours after eating any thinge, & to fast 2. hours after it is taken before you eat any victuals of any sort; - this must be given 10. or 12. times, sometimes more before the distemper is sufficiently overcome.

T. Lowe. How to make a bitter liquor very wholesome to take in a morning fasting.

Take 3. pugills of camomile flowers, & two pugills of roman wormwood, boile these gently in 3. pintes of spring water, till 1. pinte is wasted; - drinke halfe a pinte of the cleare liquor in a morning fasting, a little warme, sweetened with a little fine sugar.

T. Lowe. A Julepp, called the Julepp of life.

Take the yolke of a new laid egg, well beaten putt to it 4. Spoonfulls of white wine or Rhenish wine, sett them over the fire to incorporate & stue together a little while, sweeten it with loafe sugar, & when it is putt into the cupp to drinke, putt in one drop of oyle of Cinamon, stir it about, and drinke it in a morning, or any other time, to strengthen & comfort a weak Stomacke.

A Poultice to heale a sore y^e may be like to fester in leggs, foot or hand

Widow Wright. Take a little hoggs lard, but not flower of oatmeale boile in a little spring water about a quart of an houre to a poultice, when you take it off the fire putt in a little hoggs lard; - then wash the sore in a little sope & warm water, made to a sadder use it milke warme, then wipe y^e sore dry with a fine cloth, & strow a little fine loafe sugar finely beat upon the sore, & then lay the poultice on moderately heat upon it only hold y^e poultice being spread upon a cloth, over y^e sore that y^e steame & heat may goe to it, but by no means doe not lie the poultice to hott upon y^e sore, thus you may dress it twice a day, & it will heale it, but you must rest the part, & keep it warme.

Widdow
Wright of
wealside

A medicine for a prick with a
thorn or bush in knee, legg or hand
see that the bush be got out
And lie to it morning and night
a little sope & Chalke beat together
with 2. or 3. house Snails or black
Snails beat amonge it; lie it on like
like a poultice.

How to make the bitter draught. —

To Take of Century Agimony, Comon or Roman
wormwood, Camomile flowers, of each one
handfull, Caraway seeds & gentian roots of each
two drams, Gunipe bruised halfe an ounce,
boile all in three pintes of water, putting a pint of
white wine, at the latter end of the decoction,
then when cold straine of the decoction.
And if you would have it to purge, add to y^e decoction
half an ounce of Seneca, 2. drams of a halfe
of Rubarbe, & one dram of sweet fennell seeds,
and unto 4. ounces of the strained liquer, add
halfe an of the purging saltz, & as much Syrrup
of Succory with Rubarbe, or halfe an ounce of
Syrrup of buckthorne. — this purge may be repeated
twice in a week, if there be occasion, diminish
ing or Inceasing the quantity as may apperate.
Doing mease of vapours, to each dose, Adram of
Castor.

To Take of Peper tea, good Against a
Looseness or griping. —

Take one ounce of whole peper being y^e best right
white peper, wash it well in cold water. Then take a
pinte of spring water, & a pint of milke, boile the peper
in the foresaid liquer, above a quart for an hour
m^lle it be strong enough, then straine it, & drinke a little
or it as oft as you can 2. or 3. times a day, the peper
may be couled againe, till the strength is wasted.

To Take of

Some directions for a Steele Cough
Conserve of Roman wormwood, and Conserve of
the yellow rinde of oranges, of each one ounce,
candied Angellica stalks & candied Nutmeggs, and
theriack Andropae of each halfe an ounce, Candied
ginger 2. drams, with what suffices of Syrrup of
oranges, make all into an Electuary.
off the foresaid Electuary, take a dram & a halfe, or the
quantity of a great Nutmeg, & putt to it of the filings
of steell finely powdered eight graines, mix with a little
Syrrup of oranges, with the foresaid quantity of the
Electuary aforesaid, and take the same quantity every
morrninge, & about 5. in the afternoone, take not
a small draught of wormwood wine, after it warme
if the former method availe not, then take such
the following.

or take of the bitter draught, without purgative
two ounces, Chaly Beal wine one ounce, spirit of
Saffron 8. drops, take the like quantity every morn-
inge fasting, & the like quantity about 4. or 5. in the
afternoone, and stirr about moderately after it.
Lastly if neither of the aforesaid Answer Expectation, then
use the followinge.

steell well prepared two drams, Saffron and mace
of each a scruple powdered, Conserve of the dogges hyer
baries & flowers of suckery, of each one ounce & a halfe,
make into an Electuary with Syrrup of Citron Barke,
and take the quantity of Adram thereof every morning
fasting, and as much about 4. or 5. in the afternoone
taking a draught of the following Juice after it.
Take of Stone paxfley or petroseline water & fennell
water of each a pint, compound or Magistral Snails
water, & of the Syrrup of the 5. opening roots of each
six ounces, mix & take six spoonfulls after the
taking of each of the former boluses last prescribed.

How to Make Ros Unguentorum otherwise Calleo²⁶
Jesus Christ Salve

Take half a lb of Rosin and as of Burgandy Pitch; Virgin
Wax Frankincense Harls or Dears Suet of each a quarter a
of a lb two ounces of Mastick; beat y^e Rosin very fine;
Sett them all upon y^e fire till they are thoroughly Melted
then Straine them through a thinn cloth Made into a bagg
Straine them into a quart of white wine; then Mince two Drams
of Camphire very smal and putt it into y^e Sett it over a
gentle fire and when it hath boyled five hours putt ther to
a quarter of a pound of Venice Turpentine and when the
wine is wholly Consumed take it of the fire

The Tulepp of Life

Take y^e yoke of a new laid egg well beaten putt to it four
Spoonfulls of white wine or Rhenish wine; Sett it over the fire
to incorporate and stee together a little while; Sweeten it with
least Sugar when it is putt in Lipp to drinke putt in one Dropp of
oyle of Cinamon Rix it about & drinke it in Morning or any
other time to strengthen & comfort a weak stomach

29

n:6:

Take y^e ounce of blacke, too, 3. or 4. ounces of
hoggs grease; sett them upon a fire, in an
earthen pan, & lett them boile, halfe an houre
or an houre, keep it always stirring while it is
upon the fire; then straine it; and when it is cold
spread it upon a Ragg, & lay to the place; if you be
ily annoyed; if inwardly troubled, then melt it,
and give it like a Glyster. 2. or 3. Spoonfull of it
warmed, use it as long as there is occasion,
it may bee once or twice & more may use them;
always when you use y^e medicine, use no way,
besides to wash the place, first with a little warme
milke, with a Ragg.

℞: C. For a Childs head and face that
breakes out Monthly.
Take $\frac{1}{2}$ white of new laid egg, and $\frac{1}{2}$ a
spoonfull of best salt oyle, & a spoonfull of
red rose water, beat all these together. wry with
the face of neare an houre; then annoint the
face with a feather; before it is annointed give
the child $\frac{1}{2}$ of treacle water, sirrup of pill flowers,
and a little balme water; of all these give
a spoonfull in a morning; you may annointe
the place 4. or 5. times a day, as morning and
evening and at other times; this is to be done
every day, having a new laid egg morning
till the place dry & heale; if it be a month; or af-
ter 6. occasions; and observe to give the sirrup
of treacle water 2. or 3. times a week; as long as
the Child is annointed.

℞: C. For a woman that lies in; to cleane and to
helpe after paines.
Take halfe a drachm of ^{opium} red roate, and 1. penny
worth of powder of Borace, and Venice treacle
& quantity of Ale mole putt, stur altogether
& warme it a little; & give it at night,
the last thing; or at any other time, if there
be need; this may be taken the next day, after
a woman is laid if there be need; that shee have
after paines, or them stopp'd. this may be taken
severall times, if there be need.

℞: C. For the cominge downe of the fundament. 30

Take ^{Some} ~~Some~~ of may bull; & some powder of Cinamon
finely beaten & beared, mix them together; & warme
it over a fire; then annointe the place with it, wth
a feather; then take a piece of scarlett, and butt it
with the may bull. & stur some of $\frac{1}{2}$ powder
of Cinamon upon it, wrapp it about it, & keep it warme;
and as it swells & grows more gentle, worke it
gently up into the body, with y. laid oyl ment;
give y. party to drinke at the same time, milke
in w^{ch} is boiled; pomegranet flowers, pomegranet
leaves, Cinamon, red rose water, & plantane water
a spoonfull of each, when they have boyled; & take
take y. milke with sacke & ale; give the party
as often as y. can take it; to binde till the
fundament be settled; then give a helpe aft-
some time, made of milke & sug^r; to helpe to
goe gently to stool.

Francis How to make wombs pills; which are to be
taken by a woman after her lying in, just
after her last cleavage.

Take 2. drams of the best Aloes, both finely powdered.
1. dram of red beate Gallup; &
make them up into pills, with sirrup of Buckthorne.

Take A dram at a time, in a morninge fasting; and
drinke betwene the working of it drinke or thinn
Chicken broth, and rest 3. or 4. days betwene: Then take
the same quantity againe; & so continue 3. or 4. times
taking of them, 2. or 3. or 4. days betwene.
To be beginn quickly after her month is out.

To: K. A Changing Cordial for a woman to take
3. or 4. days after she is delivered, or m. or
2. days after, if need be. —

Take mugwort water } of all together a quarter of
Balme water }
Historical water } a pint.

A few dropps of the Tincture of Castor: —

A little spirit of Saffron.

halfe adram of Boriol powder, finely powdered.

a little sirrup of mugwort.

a little sirrup of single Piony.

A little sirrup of Balme.

And mixe in all these, as much Oyle of Treacle, as will
lay on the point of a knife, and then give halfe of
this, a little warme, & so drinke at bed time, when she
goes to sleep, and the other halfe, next night.

To: K. A Sulling Cordial, to give a woman that
lurms, when shee wants sleep, to helpe her to rest.

Take halfe an ounce of sirrup of Diacodium
& halfe an ounce of sirrup of Conslipps; 10. dropps
of spirit of Lavender, in a quart of a pint of
Conslipps and Balme water, give it, & drinke when
shee goes to rest: as often as shee wants sleep.

To: K. A womitt to give a woman 10. weeks after
shee hath Conceived with Child.

Take 6. or 7. drams, of the best infusion of Crocus
= melleorum (if a strong woman 7. drams, if
make but 6. drams) and halfe an ounce of the
sirrup of Ox-mell, warme together; Take it in
the morning fasting; and as it workes drinke
possit drinke.

To: K. A Pullis for a bad Breast, that have been swelling
a great while, & is very Subborne: — Take ali the
white wine, & wheate flower, and boile it up quicky
like a hasty pudding, & a few Red rose leaves. 31

For an ordinary swelling; Take Red rose leaves,
& mallows, and boile them in milke; but thicken it
with oatmeale, & boile that well before you putt in
the herbs.

Another very good pullis, for a swelling in Breast.
Take browne bread, & crumble it in Rhenish water
& boile it to a pullis, & put lard to it, or oyle as you
see in all other.

To make Laudanum. van Helmonts way.

Opium Thebaicum one pound; cutt it in peeces,
Put it in an earthen ditch bottle or fugg. y. will
hold six quarts; putt to it three Quarts of the
Juice of Quinces, (take it not too close, but leave
room for it to worke: lett it stand neare a fire
3. weeks; where it may be kept moderately warme,
turninge the bottle often; then Straine it off,
and putt it in a preserving Pan, & lett it
evaporate over a soft fire, untill it bee of the
thicknesse of Venice Treacle (or not so thicke)
In case of great paine, give from ^{nine} ~~one~~ to ten or
eleven grains.

H.K. Awake it is good for g. monthes; or to drive any
from the stomacke; Take Pennyroyall; Centery
of saffron; & shep the m in ale; and past up
the stile close.

H.K. Two / fore Throat: Take A hand full of
Pons eads, and adders tongue, & as much Red Sage and
Rogemary, boile it in agit of Runnmg water, untill it be
consumed halfe away; & then putt in a pint of white wine,
& lett it by after you have simmered it for thre little while,
and sweeten it with honey as you use it; it is very good for
a gargle; & shal be one more good than many other thinge
in quinsyes & feaver, and sore throats.

H.K. another for sore throats or mouthes.
For a swelling in the Throat within or without,
Take a plaister of Charasellus, lay it from Ear to the
middle of the Throat; if it be on both sides, then apply it
to both sides, and lett it melt in the middle.

H.K. For a sore mouth or throat: Take Capion boild in milke
it is very good to drinke.

H.K. For the Cankers in y. mouth; Take Rogemary and Red Sage
& columbine & Brambles, & Ralish plantaine and
Sanacles, & putt in a good quantity of Roach Alum; This
make with kepe a whole yeare, but you must not
sweeten it, till you use it; & then sweeten it with honey
for the honey will corrupt it, if it stand in it.

If the Canker be very strong, then take a little
spirit of vetera & putt into it, three dropps
in a little sirrup of mulberry.

H.K. To make blacke berry sirrup wh. belongs to sore Throat;
take & infuse them in a poud. pott, and sett them in boillinge
water, and putt onke y. weight of sugax; & when boild
bottle it up.

H.K. A Cordiall in A feaver.

Take A quarter of a pint of cardus water, & as much Rose
water, & putt into it, three spoonsfull of sirrup of Gilly-
flowers, and as much sirrup of bitternt; three grains of
Hyor stone, & as much Alkermes as a male Nutt. Take of
this 3. spoonsfull when you goe to bedd or when you are
faint.

Take ten dropps of spirit of harts horne, in a little sack
when you goe to bed, it is good for paines in the Limbs or
searbutike humors.

A Cordiall to be taken after purginge if need require.

H.K. Take Cardus water & Anglico, each an ounce; of
borrage & Red Poppy of each 6. drams; of Treacle water
halfe an ounce; sirrup of gilliflowers, & bitternt
of each 2. drams; & halfe a dram of Alkermes, mix
them, and take one halfe at night, and the other halfe
the next night.

A Cordiall.

H.K. Take Cardus water seven spoonsfull, diascordium 10.
grames, sirrup of gilly flowers & sirrup of Poppy
a spoonsfull of each, of pearle poud. 10. grames.

A good Cordiall to be taken in faintnesse or at any time;
Take a little Aquamarra bleas & maystly of pearle.

H.K. Six grames of Hyor; & six grames of goshin poud.
is good for to drive out paine in y. sides, and for
brakes when women lye in, or other weaknesse.

T.K. A little Cordial to be taken, when one first falls ill, to drive out, & so cause sweats.
Take a little crack water, and cardus water, & a penninorth of methridak, & a spoonfull of sirrup of Poppy.

A good Cordial for sleep.

T.K. Take a quart of spirit of Conslipe water, & balme together, and sendropp of spirit of saffron, and halfe an ounce of sirrup of diacodion, & halfe an ounce of sirrup of Conslipe.

T.K. A Cordial.

Take blacke sturcy water, and balme water, or Conslipe water, & a little Cinamon, & putt a little powder of pearle, & a little crabb claws in it.

T.K. To make Walnutt water.

Take a pecke of walnutt in y^e month called July, & a pottle of clowgilliflowers, and as many Poppies, as will containe a gill. Beate y^e walnutt, and with thaim an ounce of mace beaten, 2. ounces of cinamon, & 1. ounce of Nutmegg, putt thaim in a stillinge pott, if y^e pott be large enough, & 2. gallons of stronge beere, they may stand 24. houres a steeping, and then still it off, y^e you may draw 6. quarts very well, and then sweaten it wth lozefugale.

T.K. To make Aqua Marabellous.

Take of galingale, cloves, Nutmegg, mace, Cinamon, & ginger, of each 2. drams, Cardimun seed, & scabius, mellilotiflowers, of each 2. drams, take all these seeds, & spices beate thaim; Take 3. pintes of sacke, & 3. pintes of white wine, & a pinte of annis seed water, 1. pinte of Juice of Callendine, & 1/4. Juice of balme, & mint, of each halfe a pinte; putt all these ingredients together into an earthen vessel, and stir it well together, & cover it very close; lett it stand all night, & in the morninge shake it very well together, and straine it in a cold still, paged up; still it moderately, rather hott then too cold, you may keep the water severall, but they thinke it best, to mixe it altogether, putt sugar in it, as you like its tast, it may be a whole day & stillinge.

T.K. To make Wormwood water.

Take wormwood and steep it in stronge ale, or still it of it selfe, it makes a very good water, sprinkle it with springe water, and past up y^e pott still, putt net more water, then will almost cover it.

T.K. To make small Cinamon water.

Take a gallon of kunning water, & halfe a pound of Cinamon, & beate it, beate it very small, & infuse it in the water over y^e fire 24. houres, this is good for stomack women, still it in a cold still.

T.H. For A surfeit.

Take a pint of white wine, and a pint of water, -
 Bahand full of Red sage, & a few sprigs of Rue, -
 and boile them, till it bee halfe consumed; it is called
 surfeit water, & helpe to dissolve any thing y^e -
 affeinde y^e stomacke, and strengthen it, & is good
 affeinde y^e stomacke, and strengthen it, & is good
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T.H. For the whites.

Take galpurnell 2. drams, as much pond^e of
 Rubarb, halfe an ounce of cassia, & rice Turpen-
 tine, as much as a walnut, make them into an
 electuary with sirrup of Marsh-mallows, -
 take as much as a nutmeg in the morning fasting
 and wke a you go to bed.

For a Child in y^e month or older
 that is troubled with wind or gripeinge.

Give it 1. dropp (or 2. if older) of oyle of Anniseeds, -
 Dropp it into a little sugar, & putt that into a spoon =
 full or 2. of beere, & give y^e child

Doctor Lowes Receipt for Nathangell 34
 Meade ~~was~~ when hee was 3. months old; and not
 well with his ~~Teeth~~ Teeth.

hee ordered him 10. gramae of gascome powd^e at night
 giurn in a spoonfull of ~~coriander~~ coriander; or in ale or beere,
 and to keep his body open hee ordered halfe an ounce
 of mannah to be giurn in oyle of ~~Almonds~~ Almonds, at 10. drops
 if y^e child worke not, then to give y^e other after of an
 ounce, but if the first worke, then forbear the oile,
 give him Chicken broth after the Mannah; while it
 worke.

T.L. For the Wormes in a younge Child

Take a peece of sheeps Sather; hold the flesh side of it
 with green wotmwood & Rue, then spread it with
 Mithridate, & strew upon it powder of Aloes Myrr.
 & wormseed, lie this to the Childs Stomacke: - And
 annoint his Navell, with oyle of Rue, wormwood
 Savin; & oyle of each alike quantity, then wash
 alittle peece of flanelle in this, & lie upon the Navell.

T.L. For a Thrush in a child

Give y^e child of powder of crabbs eyes 1. scruple,
 white sugar candy powdered 2. scruples, mix it with
 oyle of sweet Almonds, & give it to the child Evening
 and Morning.

T.L. For a Childs Thrush or sore mouth.

To 1. dram of honey of Rhes, putt 1. dropp of spirit of vitroll
 stir it about with a little probe, to wash its mouth with
 or a mallon roott made into a probe, wash it twice a
 day a little, or as there is occasion.

How to make a Glistex for a Child.

Take halfe a pint of milke, & putt into a few Annis-seeds fennell seeds & camomile flowers, (ferment of .j. last) as much of all, as one may take betwixt 2. fingers & a thumb, & lett it boile up a litle, then take it off, & putt in halfe a spoonfull of browne sugar; when that is melted, straine it, throught a fine sieve, when it is strained, putt in as much butter as .j. quantity of a walnutt, then haveinge the bladder ready & .j. pipe cleare, putt it into .j. bladder, and when it is soe cold butt to .j. childes fundament, & rubb .j. pipe with a litle butter, then administer it.

How to make a suppositor for a Child when it is Costive.

Take halfe a spoonfull of honey, and putt to it as much salt as will tie upon a penny, boile them in some siluer thinge, till it come to such a consistency, as when you putt a bit of it, to your tongue it growes hard, then poure it upon a wooden breather being first spread with a litle butter, & soe figure it into a litle suppositor, & if it be right with grow hard; then rubb the Childs fundament with a litle butter, & the suppositor also, soe putt it up; if the Childs fundament bee sore, or tender, make the suppositor of honey without salt.

How to distill mint water .j. best way.

35

Take some mint, putt in a close still, being first well sprinkled with ale, soe distill it, into a bottle, then take more mint, & sprinkle or wet that with the distilled water, then still that into a bottle; then take fresh mint a third time, & sprinkle .j. second water on that mint; And distill it into a bottle, putting a lump of fine sugar into .j. bottle yt it dropps into: This water keep for your use, which is good for .j. stomache, for several illneses; it is good to strength .j. stomache being mixed with a litle sirrup of saffron; .j. plaine water is good against vomiting: This is Mary Wadourfields direction.

How to order a peason venison to bake in a pott or pasty-pan.

As soon as .j. venison comes to hand, whether it be a haunch or side; with as much speed as can bee, bone it, keeping .j. skinn side as whole, as you can, cut it, & lay it in the forme, & layne yf you intend to bake it in, according to .j. pott or panny you have to doe it in, then when you have cutt it & laid it all alike of a thickness, putting .j. fattest of the skinn side, where it will bee seen toward .j. middle; then take good store of paper, & salt, with some whole pepper, and season it well, & thorowly, piece by piece,

then lay it close ^{the} ~~to~~ randomly fit wixt 20 boards & -
press; & sett some heavy weight upon it, to squeeze out
the blood, & lett it upon a stone in a felle, or some
coole place, & lett it lay in presse 24 hours more
or less, as your occasion may bee; then when you
take it; throw some more paper & salt upon it,
f. J. Prayinge will presse out some of the sea-
soning putt in at first; then lay some butter
at bottom of your patty pan or pott, & strewn
in some whole paper; then lay in your venison, &
strewn alike more whole paper attopp; then lay
butter upon it, & soe coude it up; lett it bake
& soke well, 3. or 4. hours; according as it is in
largnesse, if it bee to keepe by you some time,
after it has been taken out of the oven, & is alter-
coude, soe as one may handle it; poure of the
liquor & gravy as cleare as you can, squeeze the
meate & butter it donne; if the gravy may come
cleare out, lett J. liquored stane till the Gravy be
settled to J. bottom, then poure of J. cleave
liquored without any gravy, & melt some butter
to putt to it, & sett up your pott with to coul.
J. meate some thicknesse; then poure it in, &
~~and dip it againe, & lett it sit J. over,~~
~~if after an houre, do melt J. in a separate the~~
~~butter, & soe lett it coule, then take it out the~~
~~oven, and lett it coule.~~
keep it for your use; if you
keepe it longer; coule it close with a linnen
cloth to keepe J. aire from it, which will make it pasty
keep much better. if it bee for Venison
to eat hott, & doe not presse it; for J. gravy makes it
eat better, & season it with alike Meate, & claus, &
fidee paper; & putt in a little salt, & a few
with a walking pinne; at topp & bottom & sides the
butter above mentioned.

How to make Custards in cruxts ^{like} or [^] Dishy. 36

Take a quart of Cream, sett it over $\frac{1}{2}$ fire, in a clean
Skillett, with a little Cinamon, & a little of mace, lett
it butt just boile up, then take it off $\frac{1}{2}$ fire, & stirr
it well; haave $\frac{1}{2}$ yokes of 12. eggs ready, being cleane
taken from $\frac{1}{2}$ shitts, & straws; & very well beaten,
putt them into $\frac{1}{2}$ cream, kinge like, wasser; then
new milke, & sh will soone coole, keeping it stirring
till it be a coole enough; stirr it & mix it well, when
you putt $\frac{1}{2}$ eggs in, then season it with sugar to
suite your palatt, then straine it throrow a fynn
cullender, & haueinge your custard ready in the
oven, baket ~~ready~~ enough to hold $\frac{1}{2}$ liquer, fill them
wth your dishe; and sett them in; & lett them bak wth good
oven being not to hott) till they begin to heave, & all
if it doe not shake in $\frac{1}{2}$ middle, it is enough to take
out; if they blister they are spoiled, & $\frac{1}{2}$ oven is to hott
you must not make your liquer ready to soone, if
it stand a ltt; it is misd; it will be ale, more heavy
and not so pleasaunt. — if your cream be
A thinn sort of cream, you must add more yokes of
eggs. — and to make $\frac{1}{2}$ cust stand in $\frac{1}{2}$ oven, till you
putt in $\frac{1}{2}$ liquer; you may fill them, wth brown sap.

How to make a Quakering Pudding.

Take a pint of cream, 10 Eggs, & 3 whites take all the bods very cleane out; beate 5 eggs very well with a little salt, grate in halfe a nutt megg; put in 3 Spoonfulls of flower, 2 Spoonfulls of Sugar, 1 Spoonfull of the sacke, halfe a spoonfull of rose water; beate all these ingredients with 5 Eggs, with makes it mix & bett, then putt in the cream, stir it well together; then have a cloth very well buttered with fresh butter, laid in a hollow dish, then flower it well upon & butter, then poure in the pudding, and tie it hard up; putt it into a boiling pott and lett it boile three quarters of an hour; then take it out carefully, & turne it out; make sape of butter & sugar & sacke, with a little rose water. Blanch some Almonds, & quarter them, & sticke them in the topp of the pudding, & here & there sticke a sprigg of pickled barberries, dipt in white sugar.

This keek is really so tart; only double the quantity of all the things; and to green it with spinage or green wheate, with Parsley; the best way is to bake it, havinge a gentle oven; butteringe your tinn pann with when you putt it in; and when it comes out of the oven, turne it out & scrape sugar upon it, squeeze some Juice of orange upon it, & lay about it, & upon it, sliced Lemon, & oranges in it; laid about & sides of the dish.

To make Cheesecake

Take 2 Gallons of new milke, & 2 ylt of cream, 37
ditt it with Runnet bringe as maxime as milke from y; then come it very soft, beate it downe, & squeeze out y; whey with in a cleane cloth, & wringe it from one side of y; cloth to y; other then putt in about 1 pound of walles of curraunt, beinge well pickt & washed, or more if you see good, then take 10 Eggs, & 4 whites, then mixe also y; the whey putt inge a little cinnamon & mace beaten, with a glass of sacke, & some Rose water; sweeten it with sugar to answer your tast; then make your cheesecake in the usuall forme, & putt them into y; oven, beinge gently heated putt papers under them, when you make them, bringe well flowered; when you take them out of y; oven take of y; paper.

For Akerume in the Eyes:— often provided

Hannah
Floppin
Take a new laid egg, & rogg it hard in the fire, cutt it in the middle, take the yolke out of both parts, putt in a piece of white copers of the bignesse of a hazle nutt, into one halfe of the egg and clapp the other halfe upon it; putt it into a egg & squeeze it, into halfe a pint of springe water, untill the a Copperis bee dissolved:— Then take 3 or 4 drops of y; water, & putt it into a Spoon, and when you designe to use it, putt into each eye, one drop or two, & halfe an hour before you rise in the morninge use the same quantity.

For blood shot eyes.

by the
same
Take some good dry salt, beate it fine; and putt into y; eye at a time about halfe so much as will lie upon a silver halfe penny, or lesse may doe; use it as often as you find occasion at night goe more to bed, though one eye bee blood shot, you must putt y; medicine into both for y; eye it will drawe it out of one eye into y; other.

An Excellent Receipt for the Stone.

Andro^{us} Hassle an ounce of Amber; halfe an ounce of Bone^{ly} Ge^{ll}, one ounce of the Inward Skins of the Pigeons Gizard; make this into powder and take a Spoonfull of this in white wine, Rhenish or Ale, Morninge, or Eveninge or oftener in Extremity.

This powd. is to be had at our, howlands, an Apothecary; at the Hartechoke in the Little minnories.

For A Loosening.

Pongraret pill boild in possett drinke, and drinke it warme.

For the same

Take halfe a pint, of water, & boile wth some Cinamon, then putt it halfe a pint of good Claret, and lett them boile together a litle long. & soe drinke it as hott as you can.

Alderman Tor the Stone

greton - I liquerish powd. made fine and sweett Oyle, mist till it bee thicke; take as much as is as bigg as a nutmegg in the Morninge.

Take powd. of gromell ~~and~~ 8 j. powd. of broome seeds finely beaten & seared, as much of each as will lie on a shillinge, boile these in 4 pintes of white wine, till a quarter part bee consumed, then take a lesser part of it at time, sweeten it with the best honey.

A purge for Nathanael Meade by Dr^l Lowers direction y^e 1st of Decemb^r 1688.

Calomelanos 10: graines, rightly prepared
scamony Sulphered ^{three} graines. 3:
Rubarbe in powder 4: graines; mix them & make a pondee, to be taken in the Morning. & observe phisicall ord^r; keepinge warme.

A pliste for him

take milke, about halfe a pint, make it hott, putt into it, 2: large Spoonfulls of course browne sugar, and about as much sweett butter as the biggess of a walnutt, lett all melt and dissolue well in the milke; and then straine it, and soe putt it in the bladder, beinge all fixed; & when it is noe hott; than that you can endure it to your Breake; then doe me nighte it.

A medicine for the yellow jaundice.

Take the parties wake, that is not well, that is made in the night; & lett it stand to settle then poure off the thinn, and take that which is thicke, & settles to the bottom, & putt it in a litle bottle, putt to it 4: worth of saffron, pulled in pricee, corke up the bottle, and shake it well once or twice a day, & lett it stand, 10: or 12: days; if the doer not grow bett; doe the like as above; over againe.

For a sore throat.

Take of Jewes eares, graines & longe pepe^r of each the quantity, boile them in posselt drinke some time, wash and gargle this in the throat often, every 2. or 3. houres if there bee need, but especially at goinge to bed at night, & if the soreness continueth, it must bee singed, with a throat-ciringe, with some good sharpe Liqueur.

To keep the small pox, out of the throat, when troubled with y^e distemper.

Boile a halfe pint of tare seeds in 2. galls of posselt drinke, till y^e Liqueur bee consumed to three pints, give y^e party a little now & then to drinke, & lett the seeds stand in the Liqueur & straine it, as you use it.

Also a buttered stay, putt on, in the beginninge of the distemper, is very good to keep them out of the throat.

John Lowers directions to Rich: Lowers when hee was in it.

lett him take 20. graines of gageoigne, powdered in y^e beginninge of y^e illness, in a spoonfull of y^e pearle cordiall, & give 2. spoonfulls of it, for 2. nights followinge give y^e same quantity of the same maner, and in any faintness lett him take 2. or 3. spoonfulls of y^e pearle Julipp. — And in case of any loose belly, give him as much as shall putt of diarrhoeum in y^e same maner, with y^e Julipp as before, otherwise forbear it.

Another good cordiall in y^e distemper. 39
of meadow sweet water, Gill venice treacle the quantity of a large horse beane, Diascordium, about y^e same quantity; treacle water & Epedimec water, of each a spoonfull, of Cow: Burnes water 20. or 30. drops, Sirrup of clove gilliflowers 2. spoonfulls, & if y^e party bee light headed putt in halfe a spoonfull of Sirrup of poppie, & use for brace the best. — Give of this cordiall 1. or 2. spoonfulls at a time, shake nize y^e cordiall when you give it; this patient may suffice for one party.

Also Sacke is very good in this distemper. & boile in y^e this posselt drinke hartshorne & if costive, a little Liqueurish & a few figgs, & when the distemper abates, give them barley water to drinke.

John Lowers directions to Rich: Lowers for a purge, after the small pox.

Take Manna one ounce, dissolved in a gill of a pint of barley water, straine it, & add to it one scruple of cream of Tartar, lett this be taken in the morninge, and after 3. dayes repeate it againe.

Doct. Richard Lower his true receipte
of the Elixir Salutis, and the Cordiall
Tincture; by some called *Liquor of life*.

Take of Senna 2. ounces, *Liquorish*, Annis-
seeds coriander-seeds, & *Campane* roots,
dried & sliced; *Guaiacum* chips of each 2. ounces
kissoms soft, washed, dried, pickt & shred small
1. pounde; steep these in three quartes of the
best *Aqua vita*, 6. days, or till, the wine become
a red tincture, then pour all off, and keepe it
in glasse bottles. —

Take 4. or 5. spoonfulls, in any sickness or
illnesse of the Stomack, or in any Chollicke, fitt
of the Stomack, with violent vomiting & sickness,
or any indigestion of the Stomack, or in any
fitt of the Stone in the Kidneyes; it may be given
any hour or time when necessary, & repeated
once in 4. or 5. hours if need bee. —

A purge of *Species hirsuticaria* chiefly for the
children, but wholsome for any one.

Take of powder of *hirsuticaria*, halfe an ounce; Senna
three quarters of an ounce, Juniper berries halfe an ounce,
annis-seeds one ounce, topps of centery, Agrimony, and
wormwood dried each a pugill infuse them in a pint of
white wine, & a pint of springe water, in an earthen jugg
set it in water, till it beile, bringe close stoppt; lett it infuse
24. hours, Stir it well severall times, & straine it through
a fine sieve or cloth; take for a purge for a man about ʒ. iij.
or ʒ. iij. spoonfulls, for a child of 4. or 5. ʒ. iij. spoonfulls
if you please, you may take some at night, and some
and some in the morninge. — Bruise the annis-seeds, —
& Juniper berries. —

A Pearle Cordiall for *schilde*
Take blacke cherry water, and balme. make each
6. ounces, *Epidemicke* water 4. ounces, pearle
1 dram, white sugar an ounce; — Take of this
Julepp 2. spoonfulls twice a day; if not well.

An Excellent *Liquor* to keep the Gums
free from the Scurvy.

Take of masticke, mix, burnt allum, & *Sed armoniacke*
of each 2. dramms; finely powdered, mix them, & putt them
into 10. ounces of red wine, make it moderately
tart, with some drops of spirit of salt, which may bee
made more gentle, with a little honey of roses; — wash
3. mouth & gums, with a little of this at night, goinge
to bed, 2. or 3. times in a weeke, rubbing the gums with
a rag, wet in the *Liquor*. —

Eliz. Rinde For the yellow jaundice.

Take a quart of milke, & lett it boile up, then quenche
it with a quart of white wine, take of the curd, and
putt into the p. of the drinke, a handfull of hartshorne
and a handfull of ivory, & two penny worth of saffron,
lett all these boile seisurely, till a good napp is out,
then straine it, and drinke it constantly instead of beere,
till one findes an alteration, which may bee in 10. or 12. days.

For the Goute.

℞. — A Plaster of soft waxe, lay upon the place, when
the Goute is on y^e place; but drinke not Claret wine.

For paine in y^e Ear

dipp a little blacke, in a little warme brandy, and
dropp 1. dropp or 2. into the eare of warme brandy,
& putting y^e wolle into y^e eare, lid upony^e contrary
eare, keep it warme, & do it at going to bed; or
dipp wolle in oyle of bitter almonds; & do as before.

4th. A water for a Canker in the Mouth.

one quart of white wine viniged, 1 pint of Runnings water; putt into it Sage, Broom, fennell, double woodbine, & Rosemary, of each a handfull, & lett them lie in soke 3. days, then putt a pint of white wine viniged more to it, and boile it to 3. pintes, and then take it of the fire, and putt in a good peece of Rock-alum, and as much white Coparas, as the jointe of ones Thumbe, & 1. pound of Honey, & one ounce of the Syrrup of mulberry, & then it is made; - warme it, and nuph the mouth with it; 2. or 3. times m. a day.

For a Burne or Scalde

3th. Take an ~~egg~~ onion, slice it, and putt into a little Gallitt oyle, and simmer it over y. fire, & apply it to the place grieved.

A Cancer water.

4th. Take 3. quarts of Springe water, 1 handfull of Red Sage, 1. handfull of fennell, 1. handfull of Callendine, 1. handfull of woodbine, 1 handfull of plantaine, 1. handfull of Horsehound; boile all these, with a little Rock Alum, untill one halfe be consumed, then putt into it 6. pennynworth of bruised Camphire; lett it stand till it bee cold, then putt it into a bottle, and it will keep 7. yeares good; - and when you will use it, putt some of it into a Sagar, and wash the sores, & putt some into the water, and make pledges of it, and lay them to the sores, and chaffe them once in 12. houres; Lay a playstee of Rerve oyle over the sore.

5th. A choice Receipt, & a secret against the Kings Evil; This medicine was neuer knowne to faile; any that made use of it, with the plecters upon the sores.

The Water.

Take the Budds of Oxeye flowers, & distill them in a cold Still, and lett the party afflicted with the Evil, orinde it Morninge, Noon & Eveninge, which does up y. evil humors; attendinge, takinge them in y. Month when they bud, - the full of y. Moon is best, and one beinge much afflicted with y. Evil, at such a season when the budos could not be gotten, took the green leaues of Oxeye, and distilled it, and that did the same Cure. - And if the sores bee broken forth, Apply the playsters on this wise.

Take pilewort, the roots & all, when it is blossomed, wash it, & dry it in a cloth, bruse it, & then putt to it Barres hoggs grease, & beate it together well, then boyle it well, then straine it, and boyle it till it be as green, then add to it to make up into an ointment, a litle Venice Turpentine, putt it up into a pott, and bee waxe, & when it is prepared, putt it up into a pott, for use, Apply it playster wise, or with Lint. - first one may putt the white of an Egg, to flax, & lay it on the outside about the sore, to keep y. humors in, and to dry it, tis also good for the piles.

For a flux.

6th. Take 4. or 5. racers of white ginge, and pound it, & putt it into a pott, upon some coales of fire, & seet it in a close stooke, and it cureth, by sittinge upon it, 3. or 4. times, as long as you can.

For a bloody flux.

7th. Take a bricke, that is burnt then, and pound it, into a small powder, and quie it in milke, or stale beer, as much as will be on a shillinge. - it cureth.

For a Stich

Take a handfull of stickgrass, and lay it at the bottom of a still; & take up some of stone horse dung, and soake it in a Gallon and a halfe of new ale, & lett it stand 24. houres, & then straine it out, and putt to it 6. pound of treacle, and a pound of Anniseeds well pounded, & a Gallon of white wine, and putt all these in the still; and when it is stilled, take a Glasse of it, it cures, and it will keep 7. years, being well stopp'd in bottles; & if you still it in a hott still putt to it a Quantity of water, and when you doe drinke it, you need not sweeten it.

G. T. For the Bite of a madd Dogg.

Take of the roots of Agrimony, primrose, dragon, & of single piony, of the leaves of Rose, of each of these one handfull, of the herbe called y. Starr of the earth, two good handfulls; of the blacke end of drabbs clowes, prepared one ounce, & of venice treacle one ounce, all these roots & herbes bringe sufficiently bruised, are together with the former ingredients to be infused warme in 2. quarts of stronge red white wine, for 12. houres at least, then bringe strained, take a glass of a pint of the liquor morninge, & eveninge, 3. days before y. change & 3. days after y. change of y. Moone, as likewise 3. days before y. full, & 3. days after the full of the moone, it may be sweetned, with fine sugar, or any Cordiall Syrrup, if the patient be old. It is conceiv'd, that this Remedy, is excellent good at any time, as well, as before y. full and change. of the Moone, though I would not omit this Lim, according to ~~the~~ direction. It is said, that R. James J. 2. for this receipt gave 500th.

For a Cough and heticke feaver.

42

gff A medicine that cured an Antient fatt of son of 65. yeares of age, of a Cough, accompanie with a heticke feaver, when the phisicians had given him over.

The yolke of a new laid egg, take out of it the helute, & putt in as much flower, as will lye on a grate, or 6. pence, & 2. Spoonfulls of plantaine water, shake them well together, and soake it with white sugar candy, this tooke away his Cough.

And that which in y. Apr. of it, tooke of his power was 2. handfulls of sheeps dunge, as it fell freshly from y. sheeps m. morninge early, steep it in halfe a pint of fresh Cowes milke, 2. houres, then straine it out, but doe not ~~put~~ it, and sweeten the milke, with English honey as much as will sweeten it to your taste, in the Morninge fasting.

gff To take off a hoarsnesse, & y. loss of the voice. Take an ounce of the oyle of sweet almonds, an ounce of that the Apothecary call Soluxanum mix it well & licke it downe.

gff The Turkes servants kidey, for y. Stone, either in y. Bladd. or kidney, w^{ch} in y. Use of it, hath brought away handfulls of Stones from them, that have been in badking paines with it. Take the Berrys of sweet Bryar, Hippes a pecke rub them cleane. Immediately between course clothes, till you have got out all the seeds, w^{ch} dry in an oven, after bread is drawne, and beate them into a fine powder as flower; & seage them fine; take a Quarter of an ounce of this, with two grames of yellow Amber, in powder also, in 3. or 4. Spoonfulls of white wine in a morninge, for a man or woman; and for a child, halfe the Quantities of all. — The Use of this

The use of this, for one fortnight, will dissolve
y^e stone, without paine. - It is brought from one
woman, in a linge in, a handfull of small &
Bigged Stones, & gravell, which shed, expected
death every moment, with paine.

G^{ff}. For the Ague, & feaver, the aforesaid
Turks Medicin.

Take y^e Biggest Onyon, you can gett, cutt it over-
thwart through the middle, then make a round
hole, in y^e middle of each piece. Soe as you may
close a Nutmegg within it, & bind it up againe,
Soe as to roast in hott embers, as you would doe an
egg, and when they onyon is roasted, take out the
Nutmegg, & slice on, into a Quarter of a pint of
warmed Beere, & give it immediately before y^e cominge
of y^e cold fitt, and putt y^e party to Bed, coveringe them
up close. Then for the hott fitt, take 9. of y^e Longe
green leaves, of y^e Single Stocke Lilly flower, with
4. ounces of blew curraunce, & as much Safron, as
can bee had for 2. pence, brase it with the leaves &
curraunce, in a morter, till it be a Salve, that
you cannot discern, the one from the other, &
take a quarter of y^e quantity, and spread it on a
linen cloth, to the inside of each wrist, & renew
it Against the cominge of every hott fitt.

G^{ff}. The 3^d Medicin I had, from the Turkish
Physitians servant, for a Consumption in children.
four ounces of y^e powder of Rosemary, with a Quart of
y^e clearest Sherry Sacke, & a peece of bright Scarlett
cloth, of y^e bignesse of y^e palms of ones hand, putt all
these into a pott close covered, & noe Aire may come
into it, till after the Medicin is used, then take one
Quart of muscadine, or Alligant 6. or 8. ounces of
wormewood Strip, from the stalkes, The Gall of 2. or

2. or 3. Bullockes taken out of the Sacks, & boiled
in this Muscadine, or Alligant to a pinte, or to halfe
the quantity they are, when putt first on, and with their
annoynt the Stomacke of the child, and the Sides very
hate, with your hand downward, with the herbs and the
liquor, leauringe herbs at every dressinge upon y^e Stomacke
till the next dressinge, then putt the herbs into the
liquor againe, for it must be doo'd Mornings & night,
linge very carefull they take noe cold; - After this
quantity is all spent, make use of the former pre-
scribed powder of Rosemary, & Sherry Sacke; as you
doe this wormewood & Muscadine to the Childs side,
& Stomacke, leauringe the Scarlett, & some of the
powder, till next dressinge upon the Stomacke.

G^{ff}. The Countess of Ancerams cure, for y^e Gripeinge
of the Guts and flux.

A dram of Rubarb. beaten to powder, but not dried
before the flux, mingle it with the Juices of oranges,
and drinke it of, for 3. mornings together, and after
three Evenings; this has been blisset to cure that
distemper, when the Physitians have given them over.

G^{ff}. To prevent the Smack pox.

Take the best sort of bolabnanacke, scrape it, or
shave it with a knife, as much as will lie upon 6. pence
and putt it in a little Corous water, and soe lett him
drinke of it, 3. mornings one after another, in a
wine glass, & soe lett them keep themselves
warre.

G. T. — A secret for a fever, surfeit, Rheumatisme
or to settle the stomacke in vomiting
or Loosenesse.

Red rose leaves dried, an ounce, faire water
3 pintes, made scalding hot, & poured over
the rose leaves, in a glassed panny, cover it up
close, & lett it stand 2 houres, then dropp into
it a dram of halfe, of G. spirit of vitroll, and
stirr it well about, & cover it up close againe,
for an houre or more, then straine it out, and
sweeten it with softe sugar, & when it is cold
putt it up in bottles, they may drinke freely of it,
halfe a pinte, at a time, when thirsty, its an
approved medicine, for G. distemp. above said.

Preis: Harz.

G. T. — Lady weaves facite, for any sort of
Ague, with which shee has cured 500. persons

Take a peece of unallumed sheeps sether and
cutt a rounde plaisted, y. biggnesse of both ones
hands for a man, & soe lesse for a child, prick
the sether full of small holes, & spread on the
smooth side, of y. sether first an ounce of soft
white, & gandy pitch, with a warme knife
next halfe an ounce of magick, with mellon
y. points of a warme knife, lastly halfe an
ounce of finest wince, & verpentine, w. spread
with a cold knife, it must bee made warme, with
by y. heater of a smotheringe Iron, held at a distance
over it, & must bee laid upon the Navell, 5. houres
before the fit comes, when it is laid on, bind a cloth
over the Belly to keepe it on, must take it off, till it

till it comes off, if it selle, if it chance to rubbe
off before the third fit, lay on a fresh one. — 44

A fine coolinge Purge.

Take one ounce of damaske roses dried, & a scruple
of kubarde, sliced, infuse them in a pinte of possett
drinke all night, & in y. Mornings, straine it
and drinke it, observe order as in case of other purges,
this quantity for a man or woman, and lesse for a child.

How to distill Balme water, or Mink water.

Gather y. herbe dry, picke it, & shred it, and putt
it to soke in some sweet ~~water~~ all night, putt
to it as much worme water as wills well, with
it, next morninge, still it with a Limbecke, &
Iron pott, fill y. pott full, past on y. Limbecke
close, fill y. Limbecke with cold water, as
it growes hott, putt in more cold water, to keepe
it coole, still it with a middle wood fire, for if
you see it with to hott fire, y. water will come
thicker, the best water comes first, and y. last and
smallest water you may putt upon y. next stillfull
of herbe. — Thus you may draw spirit of
Saurvigrasse, early soke it in stronge beere,
or sidd in steas of water for y. dreggs of rith,
& to make a stronge spirit still it often by
putting y. water upon y. next stillfull of herbe.

A drinke for a Cow that has the inward
Gargitt, that groanes, & has a numnesse
in her Limbs

Take of sage, rue, Hysopp, & Burdocke each
a handfull; boile all these being shred small
in 2. quarts of stronge drinke halfe an houre
Rich then putt in 3. Spoonfulls of Sallett oyle, and
a peice of butter ^{spoonfull} 3. leaues of Bees foot
Bayly of Cow spicer 3. Spoonfulls
give it the Cow blood warme.

also blood her in the necke.

when you have a Cow bound soe as shee is to bee
backt; they that doe it, must wash their hand &
arme in warme water, & then grease it with butter; when
you haue done, putt up an oyle on pulled, up the
fundament, wrapt in butter.

And to make a Cordunger. give her 3.
pints of butte milke, in which dissolue as much
ditto sope as the signesse of 2. eggs; warme it together
putt in a handfull of mustard seed; when
it is of a fitt warmnesse, give it the Cow, & if
it will not doe; give it over againe.

For a Cow after Slinkinge,
give her a quart of wheate, in a quart or
3. pints of ale; boile it, till the wheate is soft
when it is cold give it the Cow

when a Cow is not well, blooding is very good
if shee haue new calued, take the lesse.

For a Horse that hath the Glanders, — 45
a Cold, or a Cough.

Take one good handfull of Moss that growes on
oaken pales; halfe a handfull of y. inward
green Barke of Elder; — two or three slices of
Gillacompany. Rooke; — these 3. to be boile in 2.
quarts of milke, till it come to a quart, then
straine all out, & mixe in 3. liquer a penninworth
of treacle, and a penninworth of honey; give it the
horse blood warme.

ditto Bees waxe, & Linseed oyle, is good to liquer Booths
with to keep out water.

For the Stone.

ditto halfe a pinte of white wine mulled; halfe an ounce
of oyle of sweet almonds; sweeten it with the sirup
of Marshmallows; brew it hott together; & after
sweeten it as above; drinke halfe a pinte when
goeing to bed, & after every 12. houre, a small
quantity when the fitt is on thee.

Another for A Horse that hath a Cough. —

Take oake pall Moss a handfull, & a clove of garlice
boyle them in 2. quarts of milke, till halfe is boile
above, then straine it, & mixe in 3. liquer, 2. ounce of
London treacle; when it is blood warme, give it the
horse. — but before you give this lett him blood in
the suer veine, take a quart or 2. of blood away,
to stopp y. bleeding, hold horse dunget to it.

A poultice for a spraine of green wound
the white of an egg & browne bread beaten
together like a poultice & soe laid on.

Another for the same.
Solimanacke beaten & grabe, & the white of an
egg, beaten well together, & spread upon tow or
flax.

For a spraine ~~or~~

the white of an egg & vinegar beaten very
well together, & soe dipp a cloth in it, &
lay it on; it is said it will certainly cure
with laying on 3. times.

For a Cow that stales blood.

Take of plantaine leafe 1. handfull, shred it small
& putt it into 1. quart of good new ale, as also putt
in 2. worth of beaten Cinamon, give it to the Cow in
a horney, & it cures.

For a horse that hath y. fretty, y. griper or Chollicke

Take a pinte of beere brine, a handfull of wood
soot in a chimney, and as much butter as the
eggne of an egg, warme altogether, give
him it in a horney, blood warme, ride him
after it, this is said to be a certaine cure, &
will make the horse stale, keep him warme.

Joseph Stokes of Dunmore in Essex
his directions for severall things for
Horses; y. 17. day of Novemb. 1625.
as follows.

For A Purge for A Horse.

Take one ounce & 2. quarter of good Aloas beaten
to powder, and mixed with sweet butt^r, the quantity
of A large egg, made into 6. balls, roule them
in a little wheat brann, then give them in A Morn
in A horney, with a little warme ale, and soe
give him one after another, with 2. or 3. hornfull
of warme ale afterwards, ~~ride~~ him a little
after giving y. balls, & water him about 2. hours
after ride him a little after watering; The
first day give him cold water, & meate as
usual, stirr him & ride him severall times
the second day, give him warme water, and
ride him a little, and if it purges too much,
then at night give him but a little water, and
ride him none, to stopp the purging,
for A small horse or A fine skinn'd horse, one
ounce of Aloas is Enough.

When you purge A horse; Blood him about
5. or 6. days after: if hee bee foule, and
want blood m^g.

For the Affections in a horse.

Let blood of both sides y^e necke very well about
3: quarts at a time, (a quart being about 3: right
of blood) at 10: days till blood for againe, if
occasion require. — Take an egg, breake the topp
of it, turne out y^e yolke wth y^e white, then fill
the egg shell halfe full of diapente, & then
fill it full of tarr mixt wth y^e tarr & powder together
in y^e egg shell, with a little smale sticke; then
hold up his head, & give him it with your hand,
take out his tongue with the other hand,
when it is in his mouth give it a crush, and
soe lett him swallow it. — Do thus each other
day for 6: times, or longer if required, and
lett him fast always 3: hours after it; and
ride him a litle after it; then give him hay
and corne, and when you water him, ride him
after it. — To bath the swelled places, and
the sores; take oyle of Turpentine one ounce
and best brandy 10: of a pint, and about 2: ounce
of crowne sope, boile these together till they
come to a thinn salve; and then with your
hand, as hott as can be endured, rubb this
upon the sores and swelled places; doe it
once in 3: or 4: days till it bee cured;
the knots that is swelled, slitt them with
the topp of a penknife, when they grow
soft; wash the sores with vinegar & salt,
before they bee bathed as before: — If the
knots will not heale, but looke red, take
the oyle of vitrall, & annointe them with it,
with a feather, keep him well, & give him
hempsed and flower of sulphur in his oake,
as in the following directions; on such days
as hee doth not take his other medicins.

To prevent wormes in a Horse, and to
keep their bodies cleane. — 47

Give him a litle hempsed, and powder of flower
of sulphur in this provender, that you give him
first in a morning, & doe this twice a weeke,
a pint of hempsed, is enough at a time, and about
an egg shell full of powder of sulphur.

To make Balls, to helpe decayre Lungen, and
winder: — in a horse, & is excellent for a Cough
Take 2: ounce of Elacompane powdered, 2: ounce
of diapente, 2: ounce of turmericke powdered, 2: ounce
of Anniseeds, 3: ounce of Liquorice, 2: ounce of Fenugreek
4: ounce of cummin seed, 1: ounce of mirr; 1: dram
of saffron; 1: ounce of fine flower of sulphur; halfe
apounds of browne Sugar candi; All well powdered:
6: ounces of honey, 1: pound of good Treacle; three
quarters of a pound of batt; halfe a pint of best brandy,
4: ounce of fine salt oyle: — make a mixt all
these well together, and then make them up to a past
with fine wheat flower, & then putt it up into an Earthen
pott, or gally pott, keep it close covered, and as you
have occasion, take as much out as the quantity of
2: wallnuts, & roule it into 2: balls, and your horse
being fasting in a morning, give him them with a
pinte of beere, or Ale, warme, one ball in a horse
at a time, and give him the warme beere after.
then ride him a litle after it, and lett him have noe
meate, or water for 3: hours after. — Doe thus once
in 2: or 3: dayes, or when your horse is out of order,
this is good for the yellows, or any inward sickness,
or a Colic bleeding first, and give him this after it,
if the Electuary have beene a pretty while made,
soe as it growes dry, Annoynte the balls with honey.

Jos. For the Mallenders or Scratches in a Horse.
Stokes Take 2. ounces of verdigrass beaten to powder, 2. ounces of hoggs Lard, boile them together, then add 2. ounces of honey, and simmer them a little more, then keep them stirring for some time, after it comes off the fire, & with this oylment warme, anoint the sores every night, last thinge, doe this every night, till it bee well.

Jos. wood? A certaine cure, for the Scratches in a Horse.

Take 2. ounces of white Rosin, beat it to fine powder, then take your Horse, fasting in a Morning ride him, till hee is well warmed, & begins to sweat, soe as the haire will lie, then bring him in, & give him the Rosin thus mentioned, in a quart of ale, in a horse, then wipe him againe till hee sweat, & bring him in, & cloath him up; and keep him from meate for 2. or 3. houres; then lett him have his usual diet, then make a past with his meale, and milke, lay this to the sore, spread upon a cloth, & tied on; keep the horse fast & dry; & give him his water in the stable, till it bee well; renew the plaister to his foot once a day; about 3. or 4. days after hee has taken y^e rosin afore prescribed; give him the same quantitie againe, in like manner and order him in all respects as before, and continue the plaister to his foot, till hee bee well, w^{ch} may bee in 2. weeks time, if he be not very bad.

For a Straine in a horse or beast.

Take oyle of spike halfe an ounce, oyle of Turpentine one ounce, & halfe; bathe with these 2. first, having a warming pann of coales, chafe it in with your hand, then bathe it afterwards, with oylment of Marshmallowes, soe doe for 2. or 3. days.

A Drinke for a Cow when not well, & weake, and somethinge inclining to the Gargill.

Jos. Take of longe pepper, Anniseeds, & Cumineeds each a like quantity, bruise them in a Morter, a stick of liquorice sliced thinn; of Sage, Rue, ffeldberfers, Pellardine, & Angellica each a pugill, shred the herbs small, boile all in 3. pintes of ale, halfe an houre, then putt in 2. or 3. spoonfulls of treacle, give it to the Cow, Boole warme, & rubb her mouth with salt after it.

To Prevent Slinking in a Cow.

Jos. After shee has gone to Bull, about a Month or 2. weeks, take her in one side of the necke; take about ~~an ounce~~ ^{a pint} of blood from her.

To cure the gargill in her Bagge or her Body.

Jos. Take a handfull of white Mullin ^{leaves}, halfe a handfull of Angellica leaves, halfe soe much Rue, cutt all small, & putt in a quart of ale, & boile halfe a quarter of an houre, sweeten it with a little honey or brown sugar, and give her it in a morning fasting, keeping her from meate the night before, lett her fast 3. houres after it, then give her some sweett hay, & then shee may drinke cold water, doe this twice if occasion requires, but alwayes lett blood first in the necke, if the bagge bee swelled, take milke soper, hoggs lard, & a handfull of mallowes, boile all well together, and with this, bath her bagge very warme, doe this as often as required; or if they bee gored this is good to Annoint with.

William
Waylett

Ther a Cow that hath the Gargett in
her Bagg or body, - or in both. -

Take of wormwood, Rue, burdoche leafe,
Smalage, featherfew, Cellandine, bryanleaves,
Southern wood, Angellica of each about a pugill,
of Malones a handfull shred all small, and
putt them into 3. pintes of new Ale or Beere, A
red herringe shred small, taking out the backbone,
Annisseed 2. penny worth bruised, boile all these
together better then halfe of an houre, then take it
off, & lett it coole a litle, then putt into it, 2. penniworth
of treacle, as much fresh butter as the bigness of
an egg, and 4. yolkes of 2. new laid eggs beaten, and
all stirred well together, give it to the Cow in
a horne blood warme, in a morning fasting,
being kept in the house all night before. -
also tie a sprigge of rosemary, & boile in it,
taking it out againe before you give the Cow,
the drinke. -

Blood her in the taile, as soone, as you see
the Cow out of order

when you have given her the drinke, rubb her mouth
with a litle salt, & rubb all alonge her backe well
with salt; - lett her fast 2. houres after it,
and then give her a pail of water, a litle warme,
& throw some brann upon it, then turne her to
grasse, or to her usuall food. - this distemper
sometimes findes cattle, soe that it is often necessary
to backrake them, for if the drinke worke
right it will purge them, & yt helps much; and
to open & coole their bodies the better; give in 10.
or 12. houres after the drinke, 2. quarts of butte
milke, and about a handfull or better of mustard

seed, mixed with it, also give her now and then
a litle mash of malt, made of 3. qts of water, and 2.
good handfulls of malt ground; when it is cold enough
give it the Cow in a horne.

if her Bagg bee swelled: Bathe it as hott as
you can, with this following viz. -
boile in ground of beere, or ale, a handfull or 2. of
featherfew, & as much small ale, when you
take it of 5. five putt into it hoggs lard, this
doe severall times if swelling continue; and
milke her as cleane as may bee, & often; for if the
milke remaine in her bagg, it will be worse for her.
But observe, that as soone as you finde her bagg
to swell, bathe it very well, severall times in her
owne milke warme, w^{ch} may prevent it, for
growing worse.

Also its very good against y. Gargett in a Cow
to give her an ounce of diapenta, in a morning
in a pinte of warme beere, & lett her fast 3.
houres after it; this is also an excellent thinge
to make a Cow cleane, after slinking; you
may give twice to a Cow, in 3. or 4. dayes
if there bee occasion. -

A medicine against the Mainge. -

Take 1. lb. of hoggs lard, 1. lb. of Tarr, 1. lb. of best Crowne
sopars to bee simmered a pretty while over the fire,
then putt about a quart of spowd of oyle of Turpentine
to it, or a litle more, putt it on hott, as y. horse will beare it

A Receipt for the Itchings in a horse.

Take 2. handfulls of Rue, unwashed, shred it, & pound it, then putt it in 3. pints of strong ale, with 2. ounces of Calamander, 12. ounces of cream of tartar; 2. ounces of Tutty; boile away, give it the horse, as warme as halfe boile fast 12. hours before hee takes it, & 12. hours after, when hee drinks, lett it be warme, with a pint of wheat flower in it.

To prevent a Cow from Slinking

Take four pennyworth of Book, & four penniworth of boealmanacher, beat it to powder, and boile it in three quarts of new milke, after it is boile, put in a pint of Angellico-water, and a pint of dragon water; and soe give it to ten Cows, and wash their loynes with Chamberlaine, and bay Salt, warme as the milke from the Cow.

Nathan Another Receipt to prevent a Cow from Slinking.

First blood the Cow in the neck; - Then take of Tansey & Sage, each 2. handfulls; of Spannell wormwood, Time, Lavender, Cotton, & hysopp, each one handfull, boile all alike in 2. galls of strong ale, not a quart of an houre, then straine it, and putt in 3. penniworth of Myrr; lett it stand till the myrr is dissolved; then putt in well powdered diapente, Anniseeds, Allicompane, Licuorice, Juniper berries, & caraway seeds of each one ounce; & sett it over the fire againe, till it boyle a little, then take it off, and putt in about 2. ounces of fresh butter; this quantity will serve four Cows.

For the Rott in Beasts.

If your beaste waxe lean, slight their meate or scoure much behind, you may assure your selfe they are subject to kottle neck. - you must take to powder bay berries, & mixe with it, Myrr, Ivy-leaves, Elder-leaves, & brather rose, a good lump of clay, and bay Salt, all together in strong wine, bang when it is warme, give y^e beaste halfe a pinte thereof to drinke, and it will firmly knitt & preserve them.

For a Cow that Stalks blood

putt a pint of salt in a pint of water, and give it to a Cow cold in a horne; and a pint or 2. of cold water water after it; for y^e coolness of y^e water stopps her stalking of blood; this has cured many other medicines have failed. - This is a very bad medicine being tryed for it killed the Cow.

For a Cow that Scours.

Geo: Kings Take her one quart of the strongest Tanners oyle, make milke warme, and if that doe not stopp her scouring, give her y^e same quantity againe in 2. or 3. dayes, its a certaine cure; - if it will doe not stopp it, repeat it againe if occasion require shee may feed in haye an houre after its given her if shee will.

Geo: Kings For a Calf that is bound, to make it scoure. - give it alike. putt it oyle & milke together in a horne warme.

g. Kinge for a colfe to helpe his lungs &
make him sucke.

give it, ounce of Allicompane in powder, in
apiate of milke, sett the milke & powder
over the fire, & lett it stand ^{over the fire} till it be scalding
hott, but not to boile, then lett it coole a litle
then putt in a spoonfull of honey; & give the
colfe halfe a pint at a time, milke warm.

An Excellent medicine for a Cow that is like to
sinker; by Edward Sheffields directions; which
by our owne Experience, is the best that we
ever made use of; & seldom any sinker
after they have taken it. — — —

Take of seald Earth, that is red, three litle cakes —
beaten to powder; of the best & finest Rosealmanacke
made into fine powder, one ounce, powder of lignerice
about a quarter of a spoonefull; Turmericke beaten
halfe as much as will lie upon a groate, Angellica
leaves & stalkes shred small, about a pugill, Rue
shred small, a very litle quantity; — Put all these into
one quart of New milke, lett the milke boile before
the ingredients are putt in, then keep it constantly
stirring else it will burne to the Bottom, lett all
boile about halfe a quarter of an houre, then
putt into it, when you take it off, about the bignesse
of a walnutt of fresh Butte, give it the Cow close
warmed with a horne; it may bee given to a
Cow when shee is halfe gone in calve, or at any
time, when you feare sinkinge; — when you
thinke to give her this drench, tie y^e Cow up in her
stale, or rather loose in y^e house, if but one; give
but litle hay at night, and in the morning give
her noe hay; — and give her y^e drench as soone
as you can in y^e morning, and about one
houre or two after give her some hay, but
keepe her tied up, without grate, till 2. or 3.
of the clocke in y^e afternoone: — if you
have more Cowes then one; you must have this
quantity above for every Cow, and lett them all
bee ordered as above directed. — mentioned
for this Receipt we gave the man above; one
Guinny, and are obliged, not to make it publicke
to others, but onely to use it for our owne Cowes. —

A medicine to make a Cow cleane.
Take a red herring, one of y^e driest & oldest
you can gett, cutt off y^e head, & splitt it, and
take out the backe bone, dipp it in tarre inside
& outside; take out her tongue & putt it
downe her throate, whole; push it downe
with a sticke, if shee doe not cleane make it
time, give her another, and if there bee
occasion, a third.

Geo: King. A drinke for a Cow to make her cleane
Take 3. pints Ale, 3. pints of Chambrly, as much
soppe as the bigness of an egg, a handfull of fetherfen
A handfull of Calendine, a handfull of Creeping Ivy,
shred the herbs small, and putt in 2. Spoonfull
of Cow spicer, lett it boile a litle while, putt in
as much butter as the bigness of 2. eggs; give it
in a horne, blood warme. Note this quantity
is for 2. Cowes; soe you must take but the
halfe part of every thinge, for one Cow.

To prevent Slinking in a Cow.

Geo: King. First bleed in the neck, in winter take a
full quart of blood, in summer three pints.
Then take, of Rosemary, red sage, Ceymandel, and
hartstongue of each one handfull, to bee pickt, and
shred small, Anniseeds bruised, fennugreek in
powder halfe an ounce, ground in powder: halfe an
ounce; of white Seale Earthe in powder, . ounce,
Boile all the ingredients in 3. pints of beere,
something less then halfe a gill of an houre,
only doe not boile the Seale Earthe, but putt that in
when it is to bee given her, this is for one Cow to bee given
at 21. weeks gone. - bleed & drinke both in a Morning -

Here followe severall receites whiche had
from Francis Sawell of Romsdon Parke; which
are for Cattle; And reckoned, to be approved
medicines.

For a Cow to prevent Slinkinge.

Take, of Rosemary, sage, hartstongue, of each a
handfull, shred them very small, and of Anniseeds,
fennugreek seed, each one ounce, in fine
powder boile these in three pints of beere, & ale,
just lett it boile a litle, & take it off, give it the Cowes
in a horne luke warme, this is enough for 3. Cowes,
make it over night, & putt it in an earthen pann;
then in the morning give it warme as a booke;
& order the Cowes in all respects before & after;
as directed in a receipt for this distemper, before in
this booke: given by Edward Sheffield.

A clearing drinke for a Cow after Slinkinge.

Take of Aloes a quarter of an ounce, of diopenta halfe
an ounce, of Cow spicer a quarter of an ounce, boile
all these together in a pint of new milke, or good
beere, put it in one egg, shell & all, well beate, and
a peice of butter, or a litle sallet oyle, & give it the
Cow luke warme

A throwing drinke for Cowes.

Take of Burdock leaves, fetherfen & Pennyroyall, of each
halfe a handfull; of anniseeds & fennugreek, 2. Spoonfull
of fennugreek, each one ounce, of horse spicer halfe an
ounce; boile all these in a pint of good Ale, for
strong beere, then beat 2. eggs, and lett it coole a
litle, & then putt in the Eggs & a peice of butter
as bigg as an egg; & give it the Cow, luke warme,
and rubb her mouth with a litle salt.

A drinke for Cowes, when the Shrinker their milke, or have the gargett in their bagg or body. Take one handfull of Burdock leaves or roots, the leaves are good, as long as they are green, of fetter-
-few & periwryall, each halfe a handfull, powder of Anniseeds, & Cow spice each halfe an ounce, boile all these in a pint of good beere or ale, & putt in a peice of butter as bigg as an egg, & give it luke-
-warne.

For a Cow that Ceanes not well.

Take halfe an ounce of flax seed, of featherfew, & pennyroyall, of each halfe a handfull, shred small-
-bruit the flax seed, then boile them together in a pint of new milke or beere, then putt in a peice of butter, & give it the Cow luke warme.

For a Cow that hath lost her Cudd.

Take a good handfull of the greenest, & newest made Goose dung, and putt it into a pint of the newest urine, cann bee made, & if it bee not warme enough, to mix together, make it luke warme over the fire, and give it the Cow in a Morning fastinge.

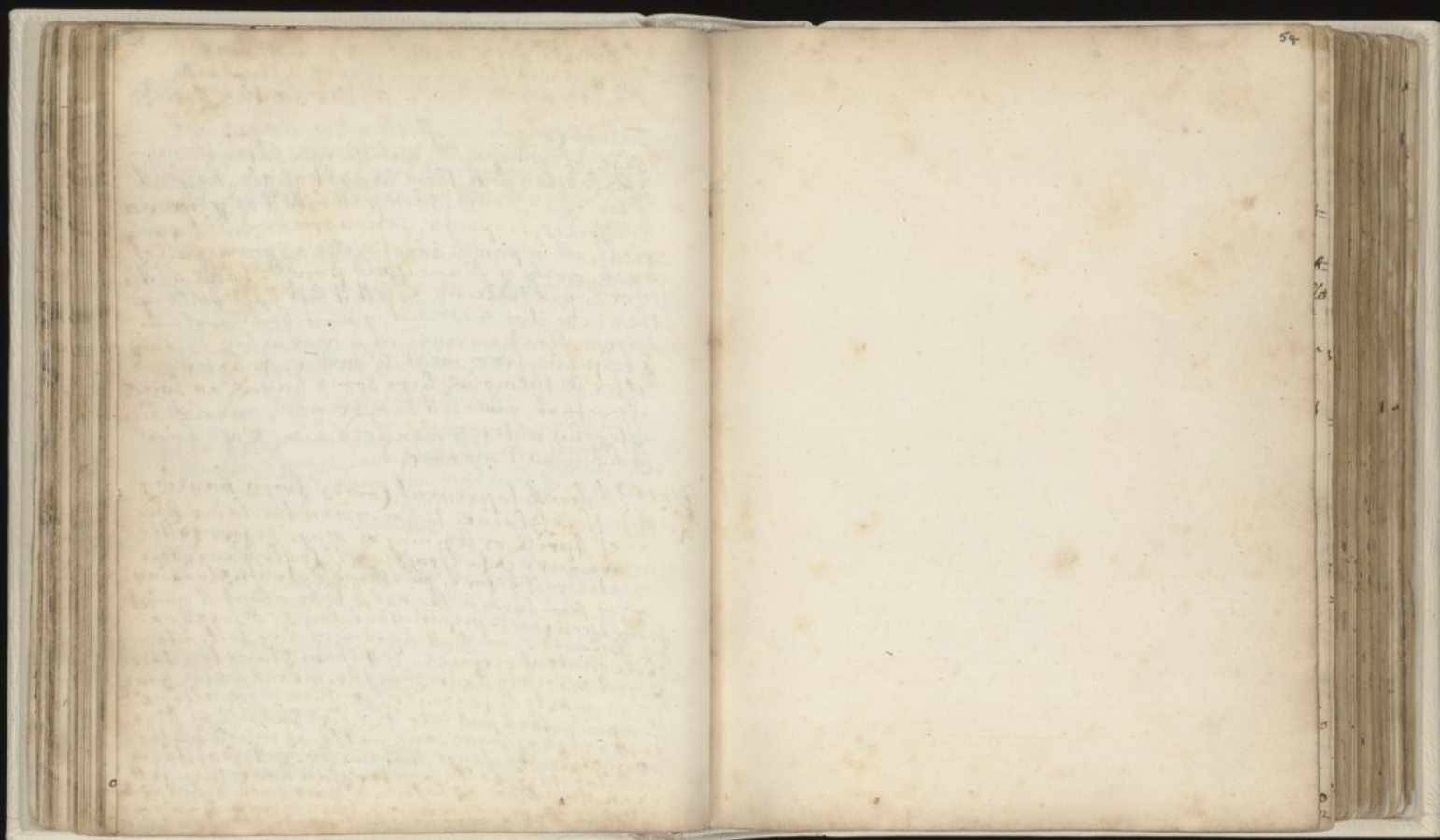
A receipt to prevent a Cow from sinking with weasinder by experience, to see as good as any that wee have tryed.

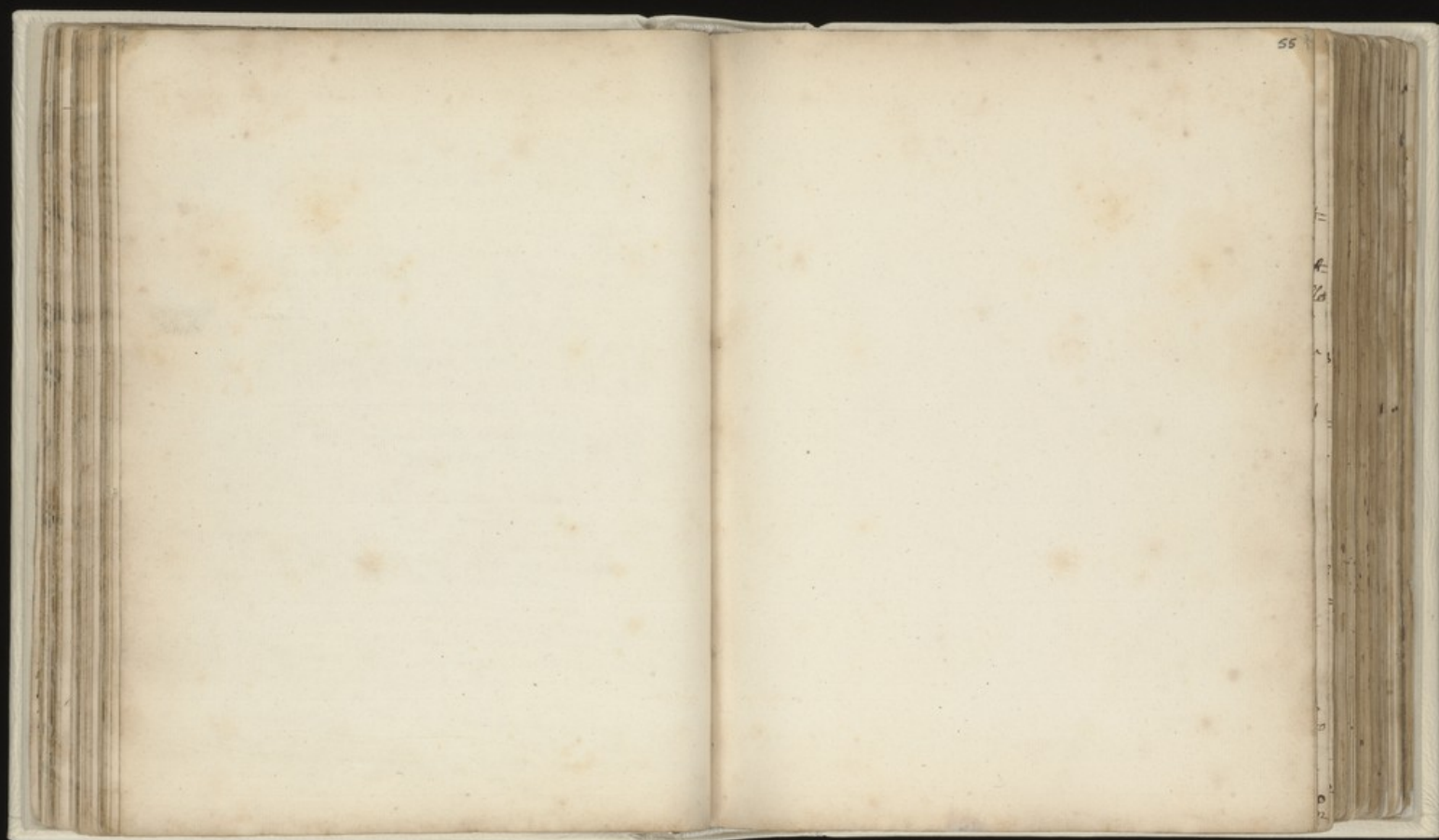
Take of the best Bolalmanacker, and of Chalke each a pound, in fine powder, mixe them in a quart of new milke luke warme, & soe give it the Cow in a morning fasting, lett her fast 2. houres after drynking. But first observe to blood the Cow in the neck, the same Morning; takeing away one quart of blood in the winter: and 3. pintes in the Sumers.

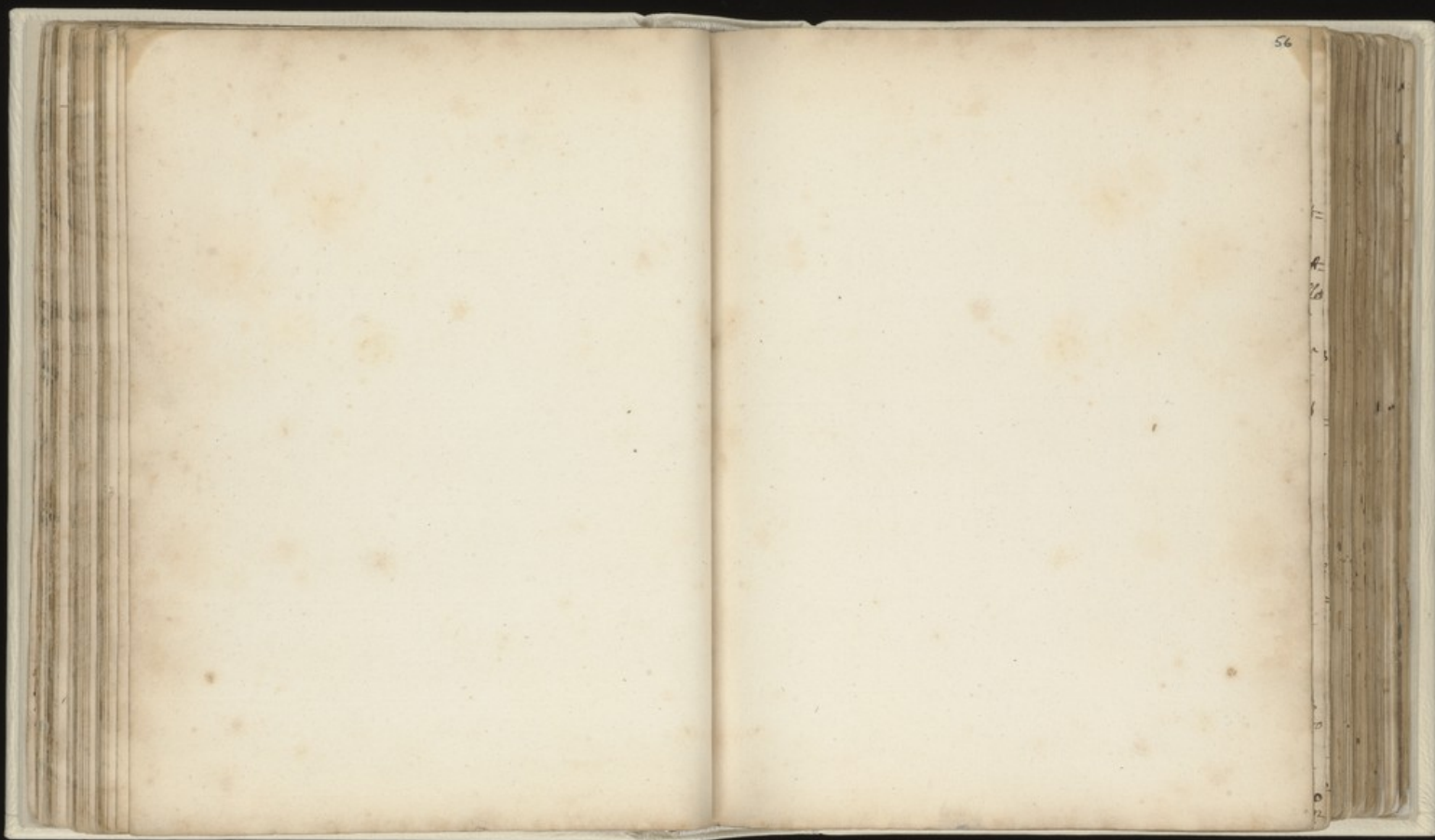
A drush for a horse that is hide bound, & will not thrive, and wants a stomack, prescribed by John Miller Smith & Son.

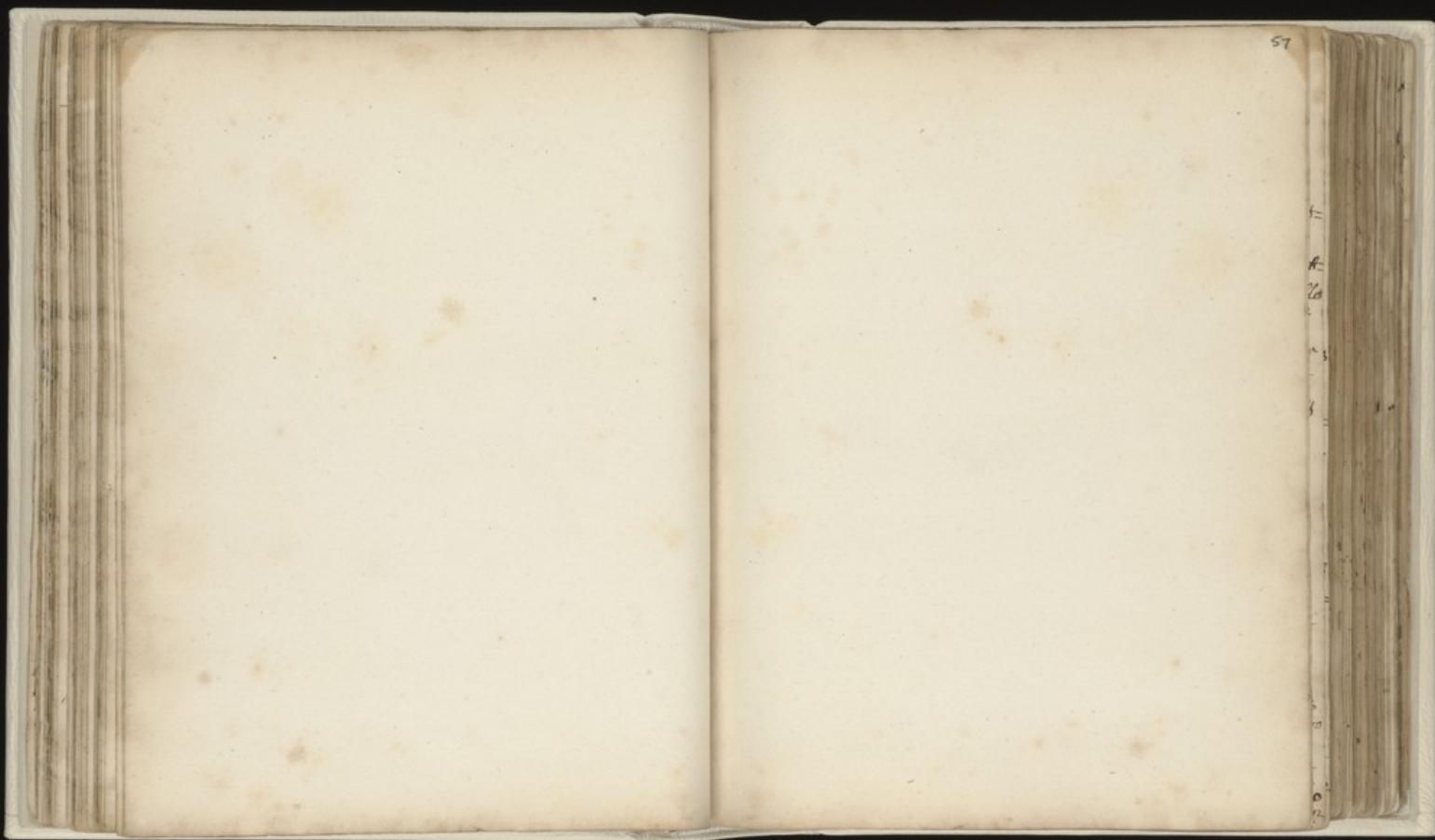
Take of Callendine, featherfew, Angellica Sage, of each a pugill, & a little rue, shred them small, then boile them in a qt of ale, halfe a gill of an houre, then putt into it of y^e liquerice Anniseeds, diaspenta, fennagreek, and turner-
-rie, all in powder: about halfe a spoonefull of each, onely of y^e anniseed powder take a little more, putt these in, & sett it but fast boile up then take it of & coole it, give it your horse in a horse blood warme, in a morning fasting & keep him from meat & water, & if hee will offer it, then give him some hay, & an houre after that, give lett him drinke, and ride him after his water, & then feed him, & use him in his usuall manner.

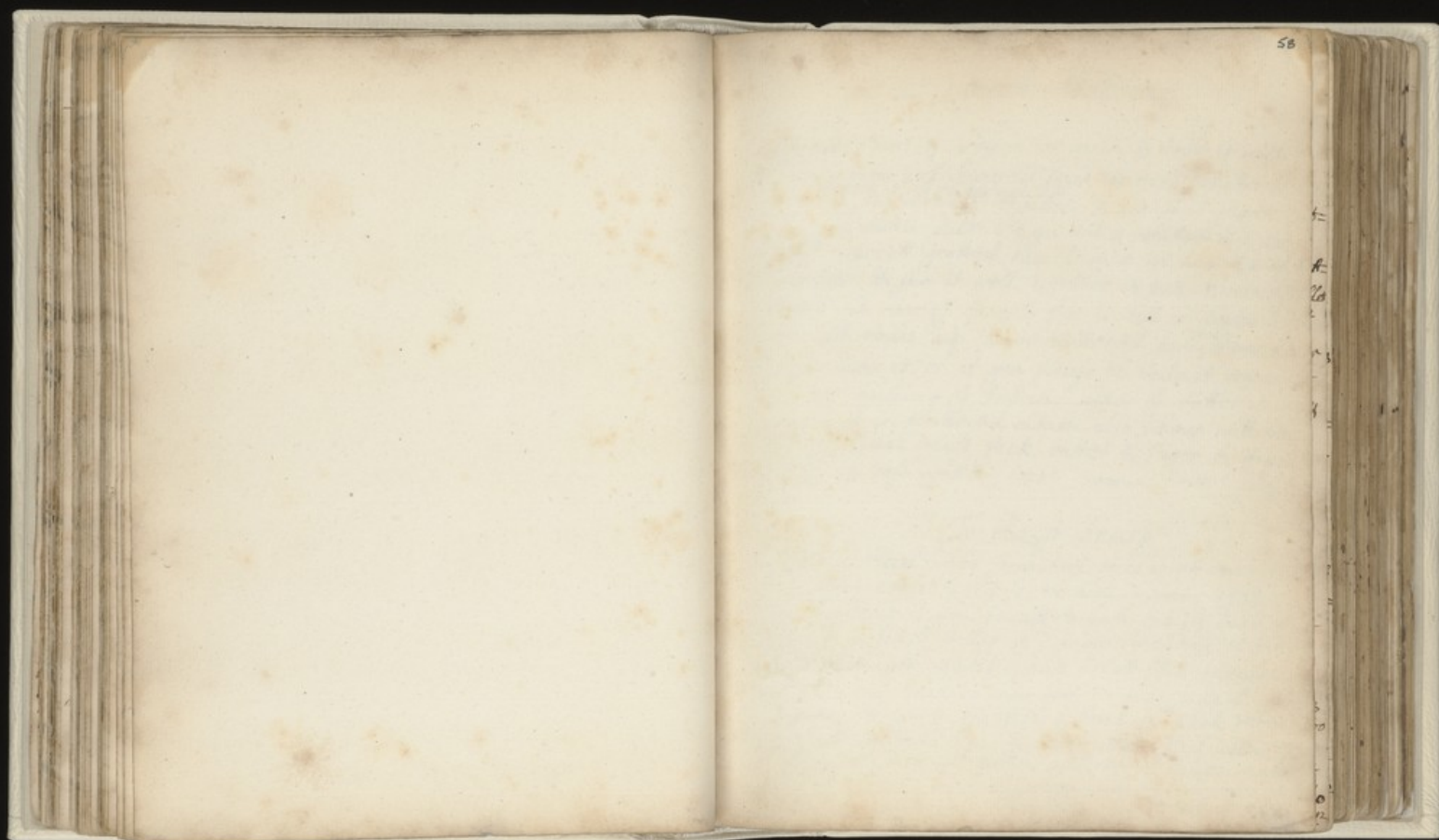
George A drinke to prevent Cowes from having the Blaine, to see given the later End of April, or beginning of May, before Cattle are turned to Grass: & if Cattle have been at Grass before, give them this with standing. Thirst blood them in the neck, take about a quart from each Cow; prepare your drinke before hand as follows. Put a pound of bay salt, into three pints of verjuice, lett them stand together eight & forty houres; in the meane while, saue eight quartes of Chamber lye, then mixe all together in a pail, then putt into it five shovels of fine soot made of wood, and halfe as much of the newest henns dung, that can bee got, beat them well together, halfe a gill of an houre, then lett each Cow blood as before, & give each a full pint of this drinke in a morning, turn them out an houre after, this quantity will drush twenty one Cows.











+ A Carrot Pudding

Take 1 pint of cream or milk & boile it with
 fennimon ^{1/2} of clove ^{1/2} of nutmeg ^{1/2} of
 sliced ^{1/2} of nutmeg ^{1/2} of nutmeg ^{1/2} of nutmeg
 add to it sugar Nut-
 meg & little salt 6 Eggs but 3 whites one large
 carrot grated raw & mix in near ^{1/2} of butter
 stir it well together & putt it into a skil-
 let it over ^{1/2} of fire & stir it till it boiles & ^{1/2} of
 it just boiles up have buttered pan ^{1/2} of one hour
 will bake it; or if you please to boile it you must
 omit boileing ^{1/2} of pudding after ^{1/2} of butter is in &
 boile it in buttered cloth also 1 hour will boile
 it ^{1/2} of sauce must sack butter & sugar & if you
 like it rose water

To Roast a carp

Let it bleed into some red or claret wine set
 it upon coals & stir it to keep it from scorching
 & scall it if you please & pull out ^{1/2} of garbig at
 the gill & fill ^{1/2} of coldy ^{1/2} of drens anchored & butter
 all made into clump; putt a flat spit through it
 as near ^{1/2} of back as may bee & take 4 small sticks
 little longer ^{1/2} of the fish & bind ^{1/2} of back broad to
 & spit putting hear & their away Roast under the
 wing Cast it ^{1/2} of butter well; for ^{1/2} of sauce make it
^{1/2} of blood wine & butter putting in some ancho-
 -vise & mushrooms ^{1/2} of little of ^{1/2} of peole of claret
 grated ^{1/2} of little nutmeg

A Potata Pye

Take $\frac{3}{4}$ of Boiled & Blanched Potatoes take
 $\frac{1}{2}$ of Sinnamon & 4 Nutmegs beaten together &
 3 or 4 oz of sugar & season of potats & put them
 into your pye & put in of marrow of 3 bones rent-
 led in yolks of Eggs & $\frac{1}{4}$ of sliced Leoman & 6
 blades of mace & 6 dates & $\frac{1}{4}$ of salt of butter
 & bake it 1 hour & $\frac{1}{2}$ & when it comes out of the
 oven put in a couple of white wine vargas butter
 and sugar

Beef Hamoad

Take a lean peice of Beef of 5 or 6 lb ^{cut away the fatty & take of all the skin}
 it with $\frac{1}{2}$ of salt pepper & pint of Bay salt & hand:
 full of White salt & Let it lie 3 days & take
 it out and dry it wth a cleave & rub it with
 $\frac{1}{2}$ oz of cloves & mace & 2 oz of pepper 2 Nutmegs
 then bake it with as much pump water &
 some of wine as ^{much as} will cover it bake it with
 brown bread & when it is baked take it out
 and bruse it to peices & ^{lay it close} press it into a pot
 and cover it with Clarified butter

Arice florvirdine

Boile $\frac{1}{2}$ lb of rice first in water & in milk till
 it bee as thick as chasty pudding; & mix it
 wth pint of cream & half of sack & spoonfulls
 of rose water & 6 Eggs Leave out half the
 whites; & season it with mace Nutmeg & sin-
 nimon & put in $\frac{1}{2}$ lb of Oranges & $\frac{1}{2}$ of candied
 orange Loman & citron peel & $\frac{1}{2}$ of morrons or
 fresh butter sweeten it with sugar cover it
 with put past & bake it; the same Ingredians
 for an Almond flurvirdine onely blanch $\frac{1}{2}$ of
 Almonds & beat $\frac{1}{2}$ lb of stone mortar wth rosema-
 = tor; in stead of rice

An olio

Cut 3 rabbits or 3 Chickens in peices as big as
 an oyster put $\frac{1}{2}$ in a stew pan wth $\frac{1}{2}$ of Oysters
 3 or 4 blades mace & nutmeg & $\frac{1}{2}$ of little pep-
 = per & salt & bunch of sweet herbs & pint of
 white wine & 2 Laddlesfull of strong broth Let
 these stow together till $\frac{1}{2}$ bee very tender
 & put in an anchovia half pound of fresh
 butter & serve it with barbars & Loman sliced
 and Oysters all round

To Make forced meat

Thread 5^{lb} of Lean veal & 5^{lb} of beef put
it in a mortar & break in 2 or 3 Eggs
little white bread grated season it wth cloves
mace pepper & salt sweet margaram & time
it beat it till it bee like past for roast if
in flavor & the are fit for use

To Dress cods Head

Wash your Codhead very clean tye it up in
a cloth; put it into a Kettle of boiling hot
water on a fish plate; Let there bee in your
Liquor 1 pint of white wine vinegar a bunch
of sweet herbs a handfull of salt; wth your cods
head is boiled through take it out & lay it in
a dish over charcoal to dry; make your sauce
wth 1 pint of white wine little whole pepper -
a blade or 2 of mace 2 anchovies 1 Lemon
sliced 2 great Oysters & some of y^e Liquor
1 pint of shrimps & little Citrus Let all these
boil till y^e anchovies bee dissolved y^e put in
5^{lb} of fresh butter; & beat it up thick and
pour it on your codhead; stick y^e fin on y^e -
top of y^e head & open every bone & fish

on 1 oyster or 2 shrimps garnish your dish
with barbars & Lemon & small fish fried
& serve it; y^e same case is proper for all sorts
of fish; only leave out white-wine & put in
Claret; it is proper for all roasts or stewed fish

A Calves head flurendine

Parboile your Calves head & cut it in peices
& season it with mace pepper & salt so put it
in your dish wth 20 great oysters & some of y^e
Liquor; 20 balls of forced meat a Lemon-
sliced wth y^e rind & 1/2 pint of white-wine as
much fair water y^e cover it with puff paste &
bake it 2 hours will bake it

A Calves head hash

little more y^e 1/2 boile your calves head y^e cut it
in peices as small as an oyster put it in a stone
pan wth 1/2 pint of white-wine 20 balls of forcemeat
2 Laddlefull of strong broth 2 anchovies 1 of oyster
tongues 2 sheeps tongues Let your paillets &
tongues bee before boiled tender & blanched
& sliced; season it wth pepper & salt 2 or 3 blades

of mace & bunch of sweet herbs Lett all
stew together $\frac{1}{4}$ of an hour y^e putt in $\frac{1}{4}$ lb of
butter; serve it wth baken boyled flashed &
Laid round & 5 sages, garnish it wth bar-
= bars & pattatas

A Soup

Take $\frac{1}{2}$ of strong broth about of french
bread cut like dice 20 balls of forc'd
meat season it wth pepper & salt little
Nutmeg sliced othandfull of spinnage & one
of sorrell Let it boile half an hour y^e clap
in othandfull of spinnage more & $\frac{1}{2}$ lb of
butter & beat it up & serve it wth spitts

A Brown Pottage

Take $\frac{1}{2}$ of strong broth $\frac{1}{2}$ of gravy drop
of french bread cut like dice 20 balls of
forced meat 2 sheep's tongues 20c pallets
boiled tender & sliced ^{seasoned} it over a Carcoal
in a ston pan till it boiles y^e clap in $\frac{1}{2}$ lb of
marrow fryed brown & season it wth mace
Nutmeg pepper & salt & serve it wth spitts

To pickle trout or Jack

Take as much water & vinegar as will co-
= vor y^e & putt in all sorts of whole spice bunch
of sweet herbs; & wth the fish is boyled take
it out & when it is cold put it into y^e pickle
again

To Collar Eels

Slit your Eels down y^e back, & take out all
y^e bones; season it wth mace Nutmeg Ginger &
salt sweet Margarine & time; y^e collar it up
as you doo braun & boile it in water & vinegar
& keep it in y^e same pickle only add more vinna-
= gar

A Cold Nish

Bestturkey & Let it beo cold y^e mince
of white of turkey small wth anchovia &
Oysters soe draw it out in your dish in flow-
= ers & garnish your dish wth all sorts of flow-
= ers this is proper for y^e middle of the table

To Make Cabbidge potage without
flesh

Wash y^e Cabbidge & pick it Clean & put
it into clepe of water Let it boile for an
= hour y^e put to it 3 of butter or more accord-
ing to y^e quantity put in cleups mace Nut-
=meg & pepper salt boile all y^e together till it
be all mash putt slices of bread in y^e dish
y^e take y^e Cabbidge & Lay it upon sippets with
a little of y^e Liquar y^e take 6 yolks of Eggs &
beat y^e with warm cream pour it on y^e Cabbidge
& serve it to y^e table 211. 41. 41.

A Surfet water.

Take a bushell of Poppies, halfe a pecke of
clove gilliflowers, steep them 3. days, in a
gallon of brandy, close stoppt in a glass,
and sett it in the sunn; then straine that
out, and put therein halfe a pound of raisins
of the sunn stoned; two ounces of figs
sliced thinn; one ounce of Annis-seeds bruised;
six figgs sliced thinn; 4. penninworth of saffron
1. penninworth of methridate; 2. pound of
brown sugar candy, or else good loafe sugar.
there may bee added, the topps of balme, mint
borrage, marygold flowers, & rose mary flow-
ers of each a small quantity, sett it in the sunn
fourteen dayes close stoppt, and stir it once
a day.

To Souce A Pigg.

Take A younge Pigg, 3. weeks old, bone it
lay it in water 3. or 4. hours; dry it in a
cloth, then season it, with pepper, cloves,
mace, ginger, salt, parsley, sage, sweet-
Marjoram chopt small, every one by them-
=selues, then strow them on the Pigg; and
roll it into collers, & tie them up in clothes,
boile them in well-water, salt, a quart
of white wine viniger; with bay leaves,
ginger, whole pepper; - and with this figure
Keep the Pigg

keep the Pigg in a pott; scotch your Pigg, when you season it, boyle the ribs, & all you take out therewith; season your liquor well, with salt.

How to make a new fashioned hagh, of a shoulder of Mutton.

lay it downe to Roast, and when it is half roasted, take it off the spit, and cutt it, first one way, and then another, in little square peeces, all from the bone, & putt it in a dish, over a chafin dish of Coales, and soe lett it stue, being covered with a dish cover. — for safe, take a pint of Ale, sett it over a fire in a safe pann, & scum it very well, then putt in a little handfull of salt, some capers & some Sampire, with a few sweett herbs all shred small, a large onion quartered, & some horse radish sliced, putt all into the Ale, and lett them boile up, then putt in a quart of a pint of claret, and poure all upon the meate, and lett them stue together, till the meate bee tender, — when you dish your meate putt in sippets, and remember to rubb y^e bottom of the dish with a shallott, before you putt in the meate, if you please, you may slice a nutmegg into the Ale, when you putt in the other ingredients, and some whole peper. — And you must take care, to have the safe ready, against the time that the meate is cutt off y^e spit, into the dish, bring the meate & safe, is to stue together.

How to make Sider the best way.

First lett the Apples bee full ripe, which makes the Sider the better, and lett the fruit lie 2: or 3: weekes after they are gathered, before they are beaten, then beate them well, all things being ready & clean washed, throw out the rotten Apples, lett the Apples lie in the tubbs, after they are beate, 24: hours, before they are strained; then straine out the liquor throug haire baggs, & putt it in great tubbs, in such, as one may putt a tapp into, to draw it off, cleave from the settling, sett the ligger stand in the tubbs, 3: or 4: days, & it will worke like beere, take of the Corruption that comes up to the topp, & throw it off, then draw off the cleare liquor, & tunc it up, it will worke mightily for 3: weekes or a Month; in which time, lett the Bung bee open, then putt in the Bung close, and lett it stand to fine, 2: or 3: weekes, or as it requires; then draw it off into cleane caske, onely what is cleare & fine of it, fill the Caske, putt into a mum caske which holds 40: Gallons; — 10: or 12: pound of white sugar, of about 6: a pound, stir it well, when you putt it in with a stick; — then putt in about 20: or 30: golden pippings, being paired, cored and quartered; upon which the Sider will feed, then bung it up, & stopp it up very close, with clay, well mixed & tempered with salt, and soe keep it for your use; when you tapp it, draw it out of the Caske, without bottling, & it drinks not soe windy, as if it were bottled; — Tappye caske, first neare the topp, then at the bottom, which makes it drinke fresh till its out, if it bee right, it will drinke as cleare as sherry, and sparkle in the glass, & will drinke brist and pleasant.

*Elizabeth
Amesfield* To make Damson Wine.

Take 20: pounds of damsons, and bruise them very well with your hand, then putt to them 3: gallons of Spring water, boiling hott, and stir them very well together; then lett them stand 2: days, close covered in a coole place; and then straine them throrow a haire sieve; and to every gallon of liquer, putt one pound of halfe of fine Sugar, stir it very well together, and when the Sugar is dissolved very well, then putt it up into your vessel, and it will worke over, then fill it up againe; and when it hath done working, stopp it up very close, and lett it stand till Springe, then draw it from the grosse lee, and fine it downe, and when it is fine bottle it up and stopp it close.

To make Aqua-Maxabellous.

Take of galingall, cloves, Nutmeggs, Mace, Cinamon & ginger, of each 2: drams, cardimū seed, scabius, mellilott flowers, of each 2: drams; take all these seeds and spices, bruise them, take 3: pints of sacke, and 3: pints of white wine, and a pint of Annis-seed water; 1: pint of the Juice of Gallenine, and of the Juice of balne 3: m. j. of each halfe a pint: putt all these ingredients together into an earthen vessel, and stir it well together; & cover it very close; lett it stand all night; and in the morning shake it very well together: And still it in a Cold still, pasted up, still it moderately; rather hott,

hott, then too cold; you may keep the water over all, but some thinke it best, to mixe it all together, putt double refined sugar in it, as you like its tast for sweetness; it may bee a whole day a stillinge. — 65

How to make A great Cake.

Mary James Take a good halfe pecke of flower, w. is 7: weight, 3: and a quarter of butter, 1: lb of curraunce, a quarter of an ounce of Nutmeggs, w. is 3: as much mace, 1: stick of Cinamon, a race of ginger; 2: ounces of carraway comfitts halfe a pound of citterin pile sliced thinn, 1: lb of Sugar; then take a pint of new ale yest, and mixe the less halfe of y. flower with it, straine in the yest with a little milke, as warm as from the Cow, with a little salt, then lay it by the fire an houre to rise; lett the other part of the flower, lie by the fire with the curraunce & spice in it, melt the butter with a glass of sacke, and as much rose water, and while the oven is cleansing, mixe it together; but knead it not, an houre & a halfe bakes it, when it is baked, have your spring ready, w. is made of whites of eggs, very well beaten & double refined sugar, finely sifted, make it pretty thicke, and lay it on, and sett the cake in the oven againe, till the spring be dry; you may putt in the spring if you please, a Spoonfull or 2: of rose water.

To Pickle Cucumbers A very
good and easy way.

pickle them dry, being small pickling
cucumbers; make pickle of water and
salt, soe stronge, as to beate an Egg, boile
it a very little time, & scim it, and sett it
upon the Cucumbers, boiling hott, and
cover them close up, and lett them stand
soe 24: hours, then poure the liquer
away; - and dapp the cucumbers pretty
dry, in a cleane dry cloth, but not to wipe
them one by one, then putt them into an
earthen pott with some dill; - make
pickle to putt upon them, which is to be
viniger boiled in a brass skillett, about
a quarter of an houre, scim it well, putt
into it, when you sett it on the fire, a little
bay salt, some ginger in the race, and
some Jamaica pepper; poure it boiling
hott upon the cucumbers, and cover
them close up, and soe lett them stand
24: hours; - and then poure of the pickle
and boile it up againe, & scim it; and
poure it boiling hott againe, upon the
cucumbers, and soe cover them up
close, and keep ^{them} for your use. - Some
putte into the pickle, at first boiling
a very little Allum, to make them green
& crisp, but they may be very well done
without it, but if you do putt in any Allum
then lett salt dole do; but it seems most
naturall, to pickle them without Allum.

How to Pickle french Beanes.

66

pickle them, when beanes are younge at their
first coming in, pickle them dry & stringe
them, lay them in brine, made soe stronge, as
to beate an egg, lett them lie in this brine, two
weekes, then wash them out of that, and dapp
them in a dry cloth, then putt them into vinige.
one night, then draine the viniger from them,
and boile them in a copper Kettle or brass
skillett, in water, till they are are tender; &
looke green, lett them haue water enough to
boile in; then poure the water from them,
and lay them abroad till they are cold; then
lay them in a gally pott, then boile the viniger
they lay in all night, scim it well, putt in it, a
little Mace, a race of ginger, and some Jamaica
peper, lett it stand till its cold, then poure it
upon them, & tie it downe, & keep it for
your use.

How to Pickle Nesturshan seeds.

gather the nesturshan seeds, when they are
dry, and putt them in a glass or gally pott, and
make a pickle of viniger & salt, about as strong
as for cucumbers, and when it is boiled, and is
cold, put it to them, and keep the glass or pott close
tied downe; this pickle will doe for nesturshan
flowers also.

How to make Sages.

Take A legg of Pork, of fatt & leane, —
a like quantity, & cutt severally cleane —
from all skinn, or tough bits, pretty small
with A knife, then beat them severally very
well, with A rowling pinn, till both bee
very tender, & putt to them some beefe
suet, being beaten tender, for that keeps
them moist; then season them with a little
mace, cloves, pepper & salt, A handfull of
Sage, & some other ^{herbs} shred small;
then beat them altogether, with A rowling
pinn, till it bee mixt, and make it up
together in A lump, with yolks of eggs,
a little flower & grated white bread, but
not too much, for feare it make them too
dry; they must bee very well seasoned
with salt, & other things, to relish them
well; and when you fry them, rowle
them out in like long Coules, with grated
bread, they will fry themselves, being
soe fatt; fry them pretty well, but not
to hard.

How to make thinn Cheese, to be eaten
pretty new, at about A weeke old; —

Hannah Barkes way of Somersethshire

Sett A good pail of milke together to
come, as warme, as milke from the Cow,
into which putt a pinte of the Evenings
creame; couler the milke with A few Mary-
golds; and when it is come, breake it downe not
to small; take the whey from it, letting it stand
A while to settle; then take the curd into A
cheese fatt, without a cloth, & squeeze it gently
downe, then turne it out into A cloth, and put
it into the Cheese press, where there is not too
much weight; lett it stand halfe an houre
in the press; then take it out and have some
water boiling hott; and lay the cheese in the
cloth, into A milke civer, or little tubb,
and soe poure the water upon the cheese,
in the cloth as before, boiling hott, lett it
have water enough to swim in, put some
little thinge upon it, to keep it down in
water, and soe lett it lie, till night,
then sett it in the press, in A dry cloth, and
lett it stand in the press till morneinge;
then take it out of y^e press, and rubb a little
salt of one side of it, & soe about halfe A day
when that is melted, then turne it and salt
the other side, and soe lett it lie, till all the
salt is melted in; — then wash it, and lie it
to dry.

to dry; in Summer it will bee fitt to eate in 4.
or 5. days. — please to observe, that it
will shrinke with lying in the hott water,
soe that it must bee first made in a bigger
fatt, then its pressed in at last; or else must
bee made very full, if it bee pressed in the
same cheape fatt that its made in. —

*How to make A Gamon of Bacon
to eat like Westphalia.*

gett a legg of young porker, that is not blown,
nor too leane, the Butcher will cutt them off a
suitable largesse, its a time good enough to doe
them, in February, March or Aprill: — Salt it
very well with Common white salt, as you would
doe Porker, or beefe to pickle, lye in a broad earthen
dish or tray, soe as it lie broad & flat, then take
halfe a pinte of Peters salt, and 4. ounce & halfe
of skel peter, beat them together, and mix
with them halfe a pound or rather more, of
brown Sugar, mix them altogether, and rubb it
all over the Gamon, of every side, and cram
some of it, into the hole of the knuckle; and soe lett it
lie 2. days, upon the skinn side, and then turne
it every day, from one side to the other, and with
a spoone, poure some of the brine into the hole
of the knuckle every day, thus doe every day, for
3. weekes; — then take it out and hange it up to dry,
and soe lett it hange, till its dry enough, which it may
bee in 5. or 6. weekes time; — when you intend to
boyle it, lie it in soake one night, in pumpe water,
and boyle it in hay, and when it is boyled, lett it
stand in the liquor, till it is coolish, which will
make it taste more tender. — Some putt in
when they

when they lay it first in pickle, A pinte of pumpe
water, made into brine with Common salt, soe
as it will brise an egg, besides the quantity of
salt above mentioned. — if you make 2. at one
time, you must double your quantity of salt and
sugar, & pumpe water made into brine; — this
proportion of salt and other things, may suite A
Gamon that weighs when it is green about fourteen
or fifteen pound. —

How to make Grape wine. —

Take grapes that are full ripe, pick them of the stalkes, then bruiſe them, and lett them ſtand 24. hours in a Tubb, then take them out and putt them into a hane or flanel bagg, then putt them in a preſſ, and ſqueeze out all the Juice; then putt it into a Tubb to worke, and putt to five gallons of Juice, twelve pound of the fineſt powder ſugar; Lett it ſtand three or four days, and as the ſcum riſeth, take it off, ſtirring it about three or four times aday; And when it has fined it ſelfe, putt it up into a veſſell, that it will ſtill, but doe not ſtopp it cloſe; — And if it worke, & you finde it too Sharpe, then add to it a little more ſugar; And lett it ſtand three weekes; — then draw it off, and cleane the Caſk, & fill it againe, and add to it a little more ſugar, if it requires it, and ſo it you muſt doe three or four times, if you finde it wants it; For it muſt not ſtand long upon the Lees; When it is cleare bottle it, putting a little loafe ſugar into every bottle; and if it have a gathring at bottom, then poure it out againe and putt it into cleare bottles, adding a little ſugar every time you empty it.

How to make Raſberry Wine. —

Take red Raſberries, that are full ripe, putt them into a pott, and infuſe them in a Kettle or Copper of hott water, but take care that no water goe into the Raſberries, and lett them ſtand till they are thoroughly done, & the Juice ſwim at the topp of the pott they are in; then take them out, and poure them into a flanel Bagg, but doe not ſtirr them, for that will make it thicke

make it thicke; Lett the Bagg hang and draine, and when it has droopt as longe as it will, putt it into a preſſ, and ſqueeze out the remainder; then lett the Liquor ſettle all night; and to five gallons of the Liquor putt five gallons of white wine, and twelve pounds of the fineſt powder ſugar, or Loafe ſugar; and putt it all into a veſſell that it will fill and worke over, but have a care that you doe not ſtopp it cloſe, and looke on it often; Lett it ſtand a weeke, after it has done working, then draw it off, and cleane the Caſk, & putt it into it againe, adding a little ſugar to it; then lett it ſtand three weekes; and if it bee then cleare, bottle it off, putting a little Loafe ſugar into each bottle, but doe not ſtopp the bottles cloſe, and looke on them now & then, and give them aire, if there bee any ſetting in it, pour it off very carefully, & putt it into cleare bottles, adding a little more Loafe ſug.

How to make Goosberry Wine. —

Take ſix gallons of large white Goosberries that are full ripe, cutt off stalkes & taylor; then beat them in a ſtone mortar to pumice; then take ſix quartes of ſpring water, & five pound of fine white powder ſugar; & ſett the water with the ſugar in it, over a gentle fire; and when it is neare boiling, take the whites of ſix Eggs well beaten, & putt into it; And as the ſcum riſes, ſcum it off, and lett it Boile as longe as any ſcum riſes, when the ſcum has come riſing take it off the fire; and when it is neare cold, then putt in the pumice, into it, and ſtirre it well together

it well together, and lett it stand in a coole place, for two nights & aday, but ~~draw~~ ^{squeeze} it two or 3. times in a day, & then putt it into a hair or flanel bagg, & then into a press, and squeeze out all the liquor you can, then lett it stand about 2. hours to settle; and then putt it into a Cask, that it will fill, and when you putt it up, if you finde it is not sweett enough, you may putt in a little more sugar, and lett it worke three or 4. days, to clear it, & then stopp it a little closer then at first putting up, and soe lett it stand 3. weeks, and then draw it off, and clean the Cask from the lees, & then putt it up againe, & add to it, a pound or 2. of sugar, but it must not bee stopp close, for it will worke againe, & then lett it stand 3. weeks longer, and then you may draw it off into bottles, putting into every bottle, a peece of loafe sugar as bigg as a small Nutt.

How to make wine of red Currance

Take two bushells of red Currance, when they are full ripe, squeeze & mash them in a tubb. then take sixteen pounds of finest powder sugar, and sixteen quarts of spring water, in which putt the sugar, setting it over a clear fire, when it grows hott, have the whites of eight Eggs, well beaten up with a whisk, and then pour them in, stirr it well together, and lett it bee near boiling before you take the scum off, & lett it boile halfe an hour, and scum it off, as long as any will rise, then take it off, and sett it to coole in severall things, and when it is quite cold, pour it to the currance, stirring it well together, and lett it stand two nights & one day, then squeeze out all the currance from the liquor, and putt them into a flanel bagg and soe

And soe into the press, and then pour the liquor through a flanel bagg to draine, then putt it into the tubb againe, and lett it stand twenty four hours to settle, then scum it clean, and putt it into a vessell that it will fill and worke over, but stopp it not till it has done working, then lett it stand 2. weeks, then draw it off, and clean the Cask, & putt it in againe, and if it wants a little sugar, add it to it. Then lett it stand 3. weeks or a Month, and draw it off into quart bottles, & lett it stand till it is settled, that you see it clear, then you may clear it off, into clean pink bottles, putting into every bottle a lump of loafe sugar, and after it has stood awhile, if you perceive any settling in it, rack it off into other bottles till it bee clear.

How to make Ratipha—the Lady Coverlays way, w^{ch} I reckon a very good way.

Take two quarts of the best Nant's Brandy, then take two hundred of Apricot stones, break them soe, as not to break the kernells, peell the kernells, take a gill of an ounce of Cinamon finely beaten, a pound of the best white sugar Candy powdered also; putt the brandy and Ingredients into strong bottles, or they will break, and sett them in the Sun, 6. weekes, tie them down with lather in stead of corking them, & least they break, shake them every day 3. or 4. times; then lett them stand 6. days to bee clear, after you take them out of the Sun, before you pour it off. — Some in 2. quarts besides the Ingredients above mentioned, putt in a long Pepper, And some to take away

And some to take away, all the Tost of the
Brandy, putt a dozen or a score of Apratocks
themselves into two Quarts.—

To make Lobster Pye

Take the Lobsters after they are boiled, take out the
flesh of the claws & slice it thin, season it with a little
pepper Nutmeg and mace let the pepper be three times as
much as the other spice, then take some of this flesh &
make farced meat with oysters & Baf. Sweet sauce. The
Quantity of the meat Sweet herbs & grated bread and season
it with the same that you doe the meat of the Lobster,
then put in four yolks of Eggs to bind it, & make it up in
balls and put it into the pye with the other fish, put
some butter into the pye over the fish but if it be over
much it will oyle, over the fish when it is baked take the
soft of the fish that lies in & bodies of the fish with two cla-
chover. minced and put into some melted butter & then is
over the fire untill it be discolored but doe not let it boyle
too much for fear of oyling the butter. then put in the juice
of Lemon & a little white wine which will give it a very
good Relish & pour it over the pye then send it up —

Jane Eyre, Junor

Sept^r 12. 1715.

To Make Lemon Cakes

Take two lemons and grate them with a grater and
 hand and open at both ends you must beat now
 but the yallow rime take half a pound of loaf sugar
 and boyle it as you doe sugar of Quinces then
 take the juce of half a lemon and mingle it with
 grated lemon well, and put to it eight biglia
 sugar and stir it well together and then digest into
 bread cakes

Wormwood Cakes

Take a pound of loaf sugar and boyle it as
 doe your sugar of quinces put to it your
 sprouts of wormwood as you may have ready
 red then boyle it to sugar and digest into
 bread cakes

To Make French bread

Take half a peck of flower and a quart of yeast and
 the whites of four eggs very well beaten put them in
 to your flower three quart of water milk and a pint of
 water and makes as warm as milk from the cow put
 your yeast and salt in and so mingle them well together
 then make your doore and put them into dishes and
 let it stand half the time your time is a heating
 but kept by the fire take them in a quick oven

To Preserve gardenias

Take your gardenias before when they begin to be
 rime in ear around hole in the rye and pick out the
 seeds and so every pound of fruit a pound and a half
 of sugar and half a pint of water boyle them till
 they be clear

To Preserve many flowers

Take the flower pick the leaves from the stalks and
boyle them very tender but doe not change the water
dry them in a cloath very dry so every pound of
flowers three pound of double refined Sugar half
a pint of water boyle the Syrrup and let it
stand til it is cold before you put your flowers
in then boyle them til they be clear if you find
they doe not candy in a weeke or fortnight
you may boyle them twice again but let it be
cold before you put it to the flowers

To Make Lemon Brandy

Take a quart of Brandy the peels of six lemons pare of
races very thin and put them into the brandy and
let it stand nine dayes then take spirit of sweet water
and two ounces of loaf Sugar boile it into a thin Syrrup
and squeeze in the juice of three lemons scum it and let
it stand til it is cold take out the peels and
put in the Syrrup into the brandy

Shrove-day Cakes

Take a pound of flower and a pound Sugar mixt a pound
butter four egges make it into a stiff past and
roll it very thin and cut it into round Cakes and
bake a few on plates

Portugall Cakes

Take two pound Sugar and two pound of flour
and a pound of butter first beat eggs twice on
the whites of twice you must beat what
quantity of currans you think fit bake them
in ten pears

To Preserve Malberries

Take a pound of malberries and a pound of Sugar and
your Sugar with the Juice ther of Stir well to
gether then put in your malberries and let them
boyle they be done amongst the Juice eat the mal
berries and boyle the same a while after then
take it and put it into your malberries and let it
stand for your use

To Make Biskets

Take a quarter of a bush of flour and a quarter of a pound
of butter and as much Sugar three ounces of currans and
mix them together with some milk let your milk and
butter be warmed adding to it about three Spoonfulls of
ale yeast when your oven is hot, rub it out very thin
in cakes and prick them very thick that they doe not
blister you must not let your oven be so hot

To be sold

Elusianum not willed and mixed and baked in
honey eat two or three times night and morning this
is good for consumption cough

Plague water

Lege; Salladinge; worme; rue; wormwood, Ralston
 may worth Egnomony femlerall dragons Labrascam
 Cardus benedictus bettony flower; Lilly of the valley
 Scordium of each a good handfull; take the roots of
 Tormantill Angelica Chicomfain fennel Zedone liquor
 of each half an ounce; let the herbs be washed &
 shaled in a cloth. Slice the roots thin; and mix
 them with the herbs put them in an earthen jar
 well glazed add to them a gallon of white wine let
 them steep together two day and night. Str. them down
 into them well together once a day distill them in ordi
 nary still with a soft fire but keep your fire
 running about a pease by it self for the strongest

and a quart of the second by it self also a quart of the residue
 in several bottles close stopp'd with corks and tyed
 for your use if your still is not big enough take it as be
 fore: keep a Remembrance here note also that it is good
 closing the still with rye meal wine Vinegar white of eggs
 and Colamoniac

A Bitter drink

Take of powder of Fiorapiera 2 Drams; camphir and worm
 wood of each a pangill weight the rinds of bitter orange
 2 Drams steep all these in spirit and half of white
 wine 48 hours in a glass jar shaking it 2 or 3 times
 a day Straine it through a fine ragg and Drink it
 three Morninge

Bitter Drink

Take of camomell flowers and the rots of Gentian each
an ounce fixall of cordus seeds

To Preserve any sort of Plumbs

Take your Plumbs with their stalks or with their full
weight of sugar clarified and boyle the high fixt in
y^e flames let ~~me~~ them on y^e fire till they will just
split; y^e take y^m off and scum y^m and putt em on a
pan cover em with paper and let em just boyl the Syrup
till it will rots. putt em in again and let em al
most boyl, then scum em well and order them as
before then drain ^{from} em dry up and to each pound
of sugar above a quarter of a pound of fixt more
boyl the sugar and Syrup till it will rots then put
in the plumbs and lett them boyl gently scum them
& order em as before then putt them in so putt

A Pensey

Take 5 eggs well beaten and a pint of cream and
the juice of Spinage enough to colour it half
a nutmeg grated Sugar and Salt to your pallet
set it on the fire keeping it stird till it begins to
thicken then take you may put a lavender leaf
in the cream or take the topps of peach leaves
and stemp it with your spinage.

Preser Raspberries

a pound of raspberries and a pound of double refined Sugar
beat it putt in all together in a Skillet and cook it
with the juice of Currants allow as much Sugar as the
juice boyle them till they look clear.

To make hartshorn jelly

Take 2 quarts of Spring water and a pound of hartshorn
it so gently then strain it through a lince and put to it
half a pound of Sugar the whites of 5 eggs and the juice of
six lemons boyle them well together then pour it in
to your bag.

To make Candy Cream

Take French Custard and boyle it in three or four waters
till it is tender and white then pour the water
off from it and put into it as new milk and boyle
a hour with a piece of Cinomon and have ready some
sweet Almonds blached and beaten q very small
and put it into it.

Almond Fudings

Take half a pound of almonds blanch them and beat them and as you beat them put two or three Spoonfulls of rose water to keep them from drying then take almost a pint of cream and boyle it very well then take the yolke of four Eggs and the whites of two beaten very well and put it into your cream then put in your almonds and two handfulls of grate bread and as much sugar as will sweeten it put in a little salt and a nutmegge mingle all well together and as you fill it put in now and then a piece of marrow put in half a pound of beef fat as small as you can but you must fill those as the others and boyle them

The Balsamick Symp

Take an ounce of balaam of stee boyle it in a quart and half of spring water till it comes to a quart then strain the balaam very clear off if it water make it purer by passing it through a cloth and put y^e water into it add three poundes of Double refined sugar set it boyle up and when it is done if you desire keeping it long put four pound of sugar set in stead of three This is most Excellent in milk mead to be taken going to rest for colds if it cough be very bad and Cures a Sore throat it is good to take at any time in the day by it self when y^e coughing is troublesome indeed a great healer of the lungs

To Make Ratifear

Take two quart of y^e best newts Brandy and put 5 or 6 handfulls of Apricocks Stones well washed in a mortar Linnells and Stones together and 4 ounces of brown Sugar candy two ounces of Cinamon broake into leade bits let it all stand in the bottle together in a weeke it will be fit to drinke

A Dra for sweetning y^e Urine

Take Salsaparilla one Dram and a halfe chena rooten dram. Mix y^e roote thin and add 12 or 20 leaves of fig vertue put it in a tea pot, and add a pint of water boyling lett it stand about a quarter of an houre sweeten it with Sugar to your tast Drinke it in the Morning after dinner and at Night if to purge thin 10000 graines of Licena instread of Sugar Sweeten it

with manna take it thus in a Morning

9 ounces of Salsaparilla
6 ounces of rootes

To Make Surrup of Garlick

Maden haire, Hart-Tongue, liverwort, of each two ounces, of Garlike four ounces, Elicampane one ounce, Infuse it in a quart of Water till it comes to a pint, then Strain it forth and put to it a pound of Sugar, so boyle it to a surrup and y^e quantity of a spoonfull with a Liquarish Thick take Morning and late at Night,

This is good for a Consumption Cough.

To Make Snail Water.

Take the Snails and crack them and pull off y^e Shells and wash them in white Wine and Ale, then dry them in a cloath, bruije them a little in a Stone mortar, so put them in your Still, and Still them with a soft fire, give the child 2 or 3. spoonfulls in the Morning, and half an houre before dinner, and last when it goes to bed

Lucatullas Balsum

Take a quarter of a pound of yellow Wax cut it into small pieces and put it into an Earthen pot, or pan wth a pint of Lake and y^e Melt it & when it is quite melted take it from the Fire, y^e take half a pound of Venice Turpentine & wash it in Rosewater, then take a pint and a half of Sallet Oyle and pour both the Oyle and the Turpentine into the Pann when the wax is well melted in the Sack then boyle them altogether wth a very small fire untill they be incorporated then take it from the fire and let it coole, and wth it is thoroughly cooled take away the cake from the Sack then melt the cake in the pann again and when it is melted put in an ounce of the best red Sander and so stirring it continually untill it be sold.

The Virtues of the Balsome

- 1st It is good to heal any Wounds inward being boiled warm into the wound, being applyed in fine linc and anoyning the place about y^e wound that doth not only take away but keepeth a wound from sefferinge - -

- 2^d It healeth cut Broken Bones or any thing that Intusiseth soe that y^e Inward parts of as y^e Brains hart or gutts be not Perished it healeth with five or six times dressing - -
- 3^d It helpeth any Burn or Scald, by fire or water - -
- 4th It cureth any Bruise or cut. Anointing it with it or lint laid therein being Lipt in the same oyle, it warrants y^e healing without any further Trouble - -
- 5th It taketh away any Aches or paines that proceeds from Cold Caused in the sinewes or bones. First Anointing the place before y^e fire and Making a Cloth hott and laying thereon - -
- 6th It helpeth y^e headach, only Anointing y^e Temples and foreheade therewith, it is good Against y^e wind-collicke or Richiny. It is applyed thereto with hott Clothes 4. Mornings together three quarters of an houre all a time - -
- 7th It is good Against poyson, and helpeth a Pusleit taking the quantity of a Nutmeg in warm Lake an oz: of it taking y^e same way is good for a Broken vein within or inward bleeding - -
- 8th It helpeth y^e Biting of a Mad dogg, or any

To Make Aquavivella

Take y^e yallowell Cloves milled flowers jager cardian
 Mice nutmeggs of each one drim and of y^e Juice of
 Sallindors halfe a pinte of y^e Juices of mints and of
 Balme of each halfe a pinte putt thub into a bottle of
 white wine a pinte of sack bruse the spices and put
 them in and lett it stand all night and next day
 Strill it in a cold Still with a gentle fyre you must have
 six pound of Lager candy and beat it small and put
 into y^e glasse y^e matter is to drop into you must
 stopp up your Still

How to make A Surfeit Water

Take A Quart of y^e best Aquavivella Ruff A poth of dried peppies -
 cut the stalks tidan off and put them in y^e brandy in A Pot or
 A Glasse stopp'd qd it stand 24 Hours Strain out y^e
 flowers thron put in A good handfull of Raisins of y^e sun
 stand and A handfull of Currants tidan washed and An ounce
 of English liquorisle clean scraped and sliced take 3 or 4
 pennyworth of saffron tied in A fine Lawne rag qd it
 hang in the liquor 3 ounces of white Sugar candy finely
 beaten and shake them all together and so let them stand -
 you may if you please take out the fruit at two months
 and it is good to tal for surfeits hard A tord stomach But
 if you please you may let it stand altogether This water
 is good for y^e Colick For y^e Surfeit you must give A Child
 of 3 years old A Spoonfull of it A Child of 9 or 10 years old 2
 Spoonfull to A Man or Woman 3 or 4 Spoonfulls of it -
 according as their body is in strength -

For A Consumption

Take of y^e root of Elettisfoot Grimony Slop Turnet Dymy royal
 Marshmallons Scabins Rosemary Red roses Turdork Scharry -
 Inaidroot of each one drim and quart take Sildow figgs and Raisins of y^e
 sun stand and Dates and Distarkis of each 4 ounces of
 liquorisle 6 ounces Inber - Mistle berries Sedastions pried
 world -

Carmines of each 2 ounces Sweet fennell seed 1 oz. preserved
Nutmegs two one preserved quints pulled thross -
Distilled waters in 4 Vases 2000 Will tion put in your
Sugar dints and get them stand all night with you still
well thross your fire must not be so hot as to make it drop
the next morning still it with a few fire -

This water may be taken in A Morning
A small wine glass full and at 4 A York in the after noon
sweeten with sugar if you please -

My Lady Allens Cordiall water for -

The Diagon burning Heaver small box
or Mosses and to Remove often two watery humours -
from y^e stomach especially off a surfeit good for women
in passions of the Mother to children in ~~the~~ ^{the} hot fits
it is given warm to comfort with all etc -

Take Sage Sallendine Rosemary Rue -
Yerrowood Roseholle Mugwort pinbernell Dragons -
Sedus Agrimony Saline Cardus benedictus Biltony flower
Jilly of the Vallie Stridium of each of these A good handfull
take y^e roots of Formonell Angelica Alrompane Piony
Sedony and Viquorish of each half An ounce get all the
Herbs to be washed and shaken in A bath till they be dry -
and get the roots to be studd thin and mixed with y^e Herbs
then put all in an earthen pot with is well covered and put
to them A Gallon of White wine and get them steep together -

2 Days and 2 Nighte Stopped the from well together 2 or 3
A day Distill all together in an ordinary still with A fast fire -
keep the first running abt 4 pinto by it self for y^e strongest
and A quart of y^e second by it self also a pinto of y^e weakest
in several glasses these Stopped withorks and fast hyd for
your use If your still be not bigg enough you may use
2 together to keep A Temperate heat all night
in stilling Note also that it is good to thross the still round
with A paste made with Aquavinal wine whites of Eggs and
Isobalmine lest any of y^e verbes be dash for the etc -

A Bader for Convulsion fits -

Take the roots of Alrompane and the roots of Mails -
Pionys in the spring and wash them very cleane -
then cut them in pices and put them in y^e oven to dry -
both severall and when they are dry beat them and
sift them through A fine Lawnd sieve then take y^e seeds
Moulds alive or new killed and stee them then cut them in
quarts and take out the guts but be sure you take not out y^e
y^ever nor lights nor hart and put them in y^e oven to dry and
sift them as the rest then take of the Diamy and Alrompane
alike quantity but of the Moulds half as much more as any of
the rest so mingle them well together through the same
sieve if you can get y^e quivers of Ravens to be powdered & put
among the rest is very good for any that is above 15 years

do take as much as will of ye heaped up on it. Stillling at A time up.
 last thing in the day go to bed (not having taken any thing in
 two hours before) in some yelath (Berry wat. and in the
 Morning get them take 3 Spoonfulls of the Juice of y^e day
 in a little small Beer not taking any thing in two hours
 after then eat some warm spoon meat. and so continue
 3 Nights before the full of y^e Moon and 3 Nights after. 3 Nights
 before y^e change and 3 Nights after. and keep a good Diet
 avoidd heavy meats and soas much as will give upon a
 good give. A Child in distress with or the wat. and with
 the sage only give it now and then a little Sirup of Malt
 Diapers at any time of the day and give some of the
 Diaper roots in its virginals but not too strong to offend
 the Stomach and to offer according to the years send
 upon a fastening some upon a six pence send more some
 less according to y^e own judgment.

Probatur est

An Excellent Receipt for the Worms

Take 3 parts of small Ale. Anged and liquorish half an oz. of
 salt bruisd the Anniseeds and draps the liquorish and
 stir four Spoonfulls of some Treacle two Spoonfulls of
 wormseeds bruisd. A quart of an ounce of Stena as much
 of shaved Harts horns. Boil all these together till one pint
 be washed from strain it and give y^e Children six Spoonfulls
 in y^e Morning and fast 3 hours after. and 3 Spoonfulls at
 A Week in the aft. noon do this 3 days together. at the full of
 the Moon every fall and spring.

The Silt Drink

Take of Poult. of Stora pira 2 Drains. Centry and Wormwood
 of each A. Angill weight the Rinds of Bitter Almonds 2 Drains
 shod all these in a pinto and half of whitewine 48 hours
 in a jar glass shaking it 2 or 3 times a day strain it thro.
 A fine ragg. and drink it at 3 Mornings.

A most sort of Bitt Drink.

Take of Camemill flowr and the tops of Bihury each one
 Dugill of Cardus seeds and the best Stomach each one Dram
 of the Root of Gentian sliced half A druple Take A quart of
 water and boyle it to A pint boyle the Gentian roots in
 it then put the rest of the Ingredients in it and qet it boyle
 A little then reuer it and qet it stand all night.

Take of this Decotion at twice in the
 Intermitting days and take the half
 of this boyled without Stomach that
 Morning early is if it is to round it
 Dugill is as much as you take up with it 4
 fings.

Poppy Water

Take one Gallon of the best brandy Damask Rosewater and Dill
 white Sugar candy one pound poppy wat. R. A pint
 Raisins of y^e sun stoned one pound and An half Dates A quart
 of A pound Triamant broken Toves Amised Nutmeg of each
 one ounce one stick of liquorish straped and sliced six grains
 of Amb: greese three grains of Musk poppy qeaves two
 large handfulls one sprig of Angelica Dissolve the Sugar candy
 in the Goodwal. then put it into the poppy wat. unto the same
 adding unto it the Raisins stoned and Dates sliced with the
 cloves Nutmegs and Amiseds beaten with y^e stick of liquorish
 with the Amb: and Musk being tyed up in A fine darye of
 att. it has stood 5 days straining it twice in A day then add
 unto it your poppy qeaves with y^e sprig of Angelica and let it
 stand two days long. then Straine it and put it up for y^e
 use.

Milk Water.

Take one Gallon of new Milk six handfulls of Cardus three
 handfulls of Spains mint three handfulls of wormwood
 sliced the Steards and qet them q^y all night steeped in y^e
 Milk. Strain them next morning in an ordinary still and A quick
 fire.

The Wound Water

Take ~~the~~ ^{the} bottomwood Wormwood Bugloss wood bettony kinth
 Plantain Dandelion Ribwort white bottle Agrimony
 Wild Angellike Broomble buds Gervort lungwort
 Daisies roots and Mints Strabius Strawberry leaves Hallowe
 and Holyuncles avens violet leaves oak leaves sinkfoyle
 of each a handfull add to these A Bottle of white wine and
 Gallon of water boyle all together till one half be consumed
 then strain the liquor from it. Straws then put to it a quart
 of Honey and boyle it up againe then put it up into a Glas
 and stop it close and keep it for use you must drink 3
 spoonfulls warme every morning fasting and the same
 againe at 4 A Clock in the Afternoon for 30 dayes together
 This cures all Sharp humours and soretheds in the Bowells
 and Ulcers in the Stomack and Ulcers in the Body it
 breaketh Imposthums and scanthes blood of Venies
 broken in y^e body

An approved Receipt for the yellow or white Jaundise -

Get right Rontish pippins and cut of the top like a Cap then pick
 out the Meate about of the Middle of the pippin as far as any rois
 goes then pick out all y^e rois out of y^e Meate of the Apple then
 take Souds some take from Woodliss take 13 for A Man
 and 11 for A Woman and fill them upon a French Cloth
 knife then take as much Saffron as w^{ch} it is dryed and done
 into powder as will fly upon it Grates and mingle with the
 Souds then put the Meate that came out of the Middle of y^e
 pippin to the Souds and soften them lemp^d with a point of
 A knife all these together so find that it cannot be dispersed
 what it is then put it into the Apple againe and pin on
 the Cap with 2 pins and rest it upon a Cleare plate where no
 ashes shall come to it with a gentle fire not to scorch it turning
 top and bottom to the fire that it may be roasted all places
 alike

Then take it as following every Morning eat one
 of these pippins fasting and fast 2 hours after it then eat any
 warme spoon meate you like except Milke This done 3
 Mornings together then forbear 3 Mornings and then take
 3 Mornings more as you did before then forbear 3 Mornings
 and then take the othe 3 in like manner six may need but
 9 and 10 will suffice yellow or white Jaundise if it be taken in
 time before it hath taken y^e Crown of the head

A Receipt for the Scurvy.

Take half a bushell of Sea Burragrass and as much Garden
Burragrass dry them very clean with a Towell. Then
take an handfull of Water trais and half an handfull of Brooks
= lime dry them then also 6 Grains of pepper and 3 drops
all together. Small take 3 Quarts of White wine if for drops
Dorish wine take an Earthen pitten put all into it Cap
A Sawter into upon y^e Mouth of it put it with lot of shing
Lettis on the fire filled with wat^r but the distill into it up to
the Neck of the wat^r. Boile one hour by the hour glass
then take y^e Distill out and add it Cold when it is cold
squeeze it into it half a Doz of the best Oranges then give
it a little time because the Juice will put all into a new
Motion then strain all gently leaving the sediment and
put it into new Stone Bottles for y^e use put it Spoonfull or
2 into a pint of Ale and so Drink it taking a walk aft^r it

Receipts for A Cough.

Take a pound of Brown Sugar and a pound of soft Sugar beat
them and beat them in a stind. Then take 10
oz of the Juice of quorill and distill it in 3 or 4 Spoonfulls
of the wat^r. Or if a small fire it is distill take y^e Sugar and
Sugar and a dram of y^e Juice of Citron pom^e and one
dram of Citron pom^e. half a dram of Gum dragon all these
beaten to powder. and dram of Oyle of Amis seeds 2 Grains of
Musk mix all these together worke it into a past and so
make it into round pottersalls y^e bigness of Round barley corns

This Receipt was Dr. Woodhams.

A Tea for sweetning the Blood.

Take Sarsaparilla one Dram and a half
China Root one Dram the other Root three and add 12 or 20
leaves of sage verbas but it in a Tea bott and add a pint of
wat^r boiling hot and it stand 16. A quart of the hour sweeten
it with Sugar to y^e fast Drink it in y^e Morning aft^r Dinner
at night if to purge then 10 or 12 Grains of Stena instead of
Sugar sweeten it with Manna take it thus in y^e Morning
6 oz of Sarsaparilla
6 oz of Roots.

48 An Excellent Unguent for any Green wound

Take 4 Handfulls and An half of y^e Starb^e Vound worthe wth is ten, or by called Flowers all Beal Stamp it and put it into A pot adding to it 4 oz. of Barrowes Grease half A pint of oyle of Olive of Wine 3 oz. you must boyle it to the Consumption of the Grease wth is knowne wth the Shift shall not Bubble at all y^e strain it and set it on the fire againe adding to it 2 oz. of the best Turpentine setting it boyle but a little then serve it for y^e purpose -

A glist. to draw vapours from y^e head

Take Strawberry leaves broyled wth oyle of saff^r A handfull Mercury A handfull woodforstall seeds and Amyseds bruised of saff^r half An ounce boyle these in Running water or white Drinke till y^e vertue be in the white liquor but to it two spoonfulls of Honey and one spoonfull of white oyle -

49 A glist. for the winds Colick

Take Camomile milke and Balsam and Wormwood of each one handfull if you wth have it worke put in An handfull of Malloes and An handfull of Hollyax boyle these in potest Drinke wth some sweet Herbs seeds Crisped Barrowes seeds bruised by the seeds in A Egg and Boyle them wth y^e glist. is ready put to it y^e yolk of An Egg and 2 spoonfulls of Sugar -

A glist. of Muscadine and oyle of Camomell is very good in the Colicks -

A glist. of saff^r and Sugar is good in y^e Colicks Three or 4 Drops of the oyle of Aniseeds in A glass of saff^r to be Drunk in or before A fit come of y^e winds Colick is An approved medicine & shall done with good

And so is tobacco given in A pipe wth it is well lighted the small end to be sucked and put up into y^e fundam^t and some body put the great end into their Mouth and blow the smoke up into the body this now fails to give ease to the winds Colick you may put A small glist. pipe into the body and put the small end of the pipe of Tobacco in the end of y^e glist. pipe this way will convey the smoke into y^e body very well -

For the Gripping of y^e Belly -

Take A Spoonfull or two of fennell seed with sugar and Drink it
Another take A handfull of southernwood - *provd* -
and lay to the Navell and it will speedily take away the
paine

Another for y^e same Give the party A Dram of Mithridate
and as much of sorrel seed in Mintidat - *provd* -

Also take spearmint and heat it wth A string paim with
vinegar and lay it to the place affected *provd* -

For the Colick

Take A Loaf of Iron bread then spread o^{er} it soft soap
and soinde it to the Navell as hot as may be suffered - -

To make Breake water w^{ch} will expell all infectious Humours &c

Take An ounce of Starkehornes boye it in 3 pintes of spring water -
Distill it downe to A quart then take y^e Rootes of Rhubarbe -
Gentian Cyprus Tormentill Blessed thistle Angelica of each An
ounce 2. Scurragge 2. Bugloss 2. Rosemary Marjoram flowers of each
2 oz. one pound of the best old Breake water distill it in a Lentils of
Whitewine and 3 pintes of red Rosewater Emfuse these together
2 or 3 days together then still it wth A Continall soft fire breathing
it till it be done -

A Water for Obstruction of the Spleen
and flushing it the State - - -

Take 3 Quarts of Strawberys Ten old pippins the seeds of
4 Diamonds brooklime dat. Roses strabions Dandelion
Wood sorrell House look syvers Navellwort plomian &c
Redwort of each 2 handfulls all being bruised add to them A
Quart of Whitewine and Distill them in A Close Still wth A slow
fire

Take A Carrot glass of it wth sugar in A
morning -

*Excellēt poud. to expell the paines of the Start Infection
of the Blagut and all sorts of worms it is called y^e little poud.*

Take Aloes 2 oz. Myrrho one oz. Mastick one oz. Clove half
An oz. Graines the weight of Twelve pence beat all these
severally into fine poud. and Mix them with six oz. of good
sugar being finely beaten and beate them all through a
Sifter. Take y^e quantity of two Dozains in the Morning made
in a little beere you may add something of the quantity to
A Man and Diminish of it to Children -
This must be taken three mornings together.

*Excellēt Gist. for the worms sitte
in the Stomack Maie or Gutt.*

Take wormseed one oz. Aloes one penny worth A pretty
quantity of Cardus. Doffen. Savin and Century then
you must take a pint of Milk and A pint of Ale and make
A posset and take of the Card then put in y^e wormseed
Doffen and y^e herbs and boyle them in y^e posset drink
till they come to A pint then strain it through a fine y^e Aloes
to small poud. Dissolve it in y^e posset drink then put it
into y^e posset drink 2 oz. of Gist. Sugar if the Child be
13 or 14 years of age you may give it a full pint at A time
if abt 8 half A pint if young. Divide it into 3 parts &
so give it 3 Mornings fasting if you please you may put in
A small quantity of baldestyle because it is healing to y^e Guts

from y^e you have done giving them y^e Gist 3 Mornings
then you must take 2 Quarts of Ale or 6 of Ale and shewd him
and tyed up in A bagg and put it into A bottle of Ale and
set the Child drink A Quart of A pint and every
morning and that will keepe them quite -

*The Snails Gist. A most Excellēt Remedy
for y^e Jaundies and Consumption.*

Take A Dish of Garden Snails and wash them in A good
quantity of Ale then put them into A bottle of Ale
and stop the bottl. y^e first till they be dead then take them out
and with A clean cloth wipe all the Green froth from
them then take A quart of earth worms and strow salt
upon them slit them and wash y^e clean with water then
stamp y^e worms and snails with y^e shells altogether y^e
take A large Glass pott and lay in the bottom of it 2 good
handfulls of Angelica as much of Salomon's upon that 2
quarts of Rosemary flower 2 handfulls of Rose leaf 1 handfull
upon that 2 of Equisemum 2 of wood bittany 2 of wood sorrell
1 of Rue 2 of the same kind of Herberies as much of Redditch
As the pott be taken out then lay the snails and worms
upon them take one ounce of foreigne 1 oz. of Furmizeth
Russe Herbs together and put them in shon poud. in 2 Gallons
of the spirits of sack and 1 of Strongale then take one oz.
of flowers and bruise them 6 penny weight of Aspron

very finely ground 6 oz. of Hawks horns bruised & put
that in a cloth & drinck it and Boe it with a good
of it stand all night in the Morning put first in it & it
and Rotivoe the water in Glasses -

A Salve for Womens sore breasts

Take a pound of Mutton suet near y^e Kidney shred
it very small and then w^h it is boyled strain it
and then put in half a pint of Olyne oil and a
quart of ot pound of Bees wax and then stir it while
it is red & like a salve and do not set it on the fire
w^h the oyle and the othe things are in

To make the Black salve w^h Red
lead & Lids way

Take Sallet oyle one pint half a pound of Red lead &
all most half a pound of wax and set them boyle
together then drop a little of it upon a board and w^h
you see it begin to turn a little black then put in an
ounce and a half of stone pittre and half an oz of per
w^h in then set it boyle till it be stiff enough for spreading
salve then pour it into a pott and this salve is good
for a heart ache or for a burn or for green wound &
for imposthumes all this to be broken w^h the Brown
salve or for any othe Arties

To make the good Green Oynment -

Take Red sage day leaves and yewerd of each 2 good
handfulls of Wormwood and 2 oz of each one handfull
and An half shred all these herbs together and then bruise
them well in a Mortar then take 3 pints of Sallet oyle
one pound of Butte and half a pound of Exons Grease
and one pound of y^e Call of Mutton well beaten in a Roast
till it be very small that hath been yad in w^h while it
was hot and stiffe 2 or 3 days then Melt the suet well
and the Butte then put in y^e Oyle Exons grease and
leaves and set them boyle very gently together till
it be of Greenness and the strength of the leaves out then
strain the juise out and put into the Suet a quart of
A pound of the oyle of speke and stir it well together and
put it up into the pott for y^e use

This Oynment is good for a sprain for a
bout or any swelling to disperse humours
or the Swellings or for any wound that
swells to Anoint it or for the Aguesore

To make Syrup of violets

Take A pound of good sugar half A pint of wat. and boyle
it very well and skum it cleane then get it boyle till the
syrup be very thick almost to stand right then bruis
y^e violets well in A Mortar being then brused from y^e
green then straine the Juice into the Syrup and agayn
violets ripen so you may put in the Juice untill y^e Syrup
be of as good A Colour as you desire it then then boyle
your Syrup up wth y^e Juice is in to wth right you please

A Medicine for the Dropsie -

Take 2 pound and 2 ounce of Asies then take 4 pints
of Rhenish Wine half an ounce of Cinamon shred
put them soak 2 Days and A night then Strain it and
let the party Drink 3 or 4 Spoonfulls every morning
fasting and at 4 in the afternoon and an hour after
Supper sweeten it wth sugar =

A Receipt for A sore Throat that comes wth Canker milk and to Dry the Milk -

Take half A pound of fresh Bull. well beaten from y^e Bull. milke
or half A pound of fresh Barrenes grass as much y^eellow
Roots was as A good big fist half so much of Burgundy pitch and
Spoonfull of beaten Turpentine 2 Spoonfulls of Honey get
all these first in A Mortar boyle them up together then put to it
A Spoonfull of fair Water and stir it well together then get it
boyle well and skum it very cleane then get it to be in some
thick pain and wth it is very cold you may strape of the Drops
that are settled at the Bottom of the Chale then as you have
occasion you may mixt it againe wth the Rhenish y^e Roath wth it
is very hott and then hang it by y^e former to drain and
to be againe

J. Valerius Apuleius his great Cordial

*Take of the Flow. of Rosemary Burrage Marygoldes Perw
Gilliflow. Id. of each one of both the st. they are Dried
in the shade of Sordion Cardus Angellia Idalmus Minus or
Mizus Maridrum. Several History of each 4 handfulls
of the st. they are Dried in the shade of the Rindes of Lasagas
of Virginia Figum Albes of each 4 oz: beaten to pound.
of Rindes Curores Cardamomus Sduary Lunip. Horrids
Roots round Birchworth roots of each 1 oz:
of Saffron of Gention Roots of each half an oz: Draw the
Tincture or abstract from each of these by it self with
pure Spirit of Wine Idalmus marid Evaporating the
Tincture of the Consistens of an Extract and save all
the Engredients Asst. you have Drawn out the Tincture
of them and stear them and Draw out the fixed self with
Burrage Root. and then put the salt to the Extracts and
then Mingle all their salts and Extracts together. Take 6
oz: of these Mass of Extracts to with add of the Tincture of
Corall 3 oz: Ferrasigillatum 4 Drams Magistrey of Pearls
4 oz: Idorons 3 Drams Ambergreese 4 Drams Musk
30 Grains Sugar Candy in subtile pound. 1 pound grind all
these things first duly prepared and subtile with Syrop of
Citrons Pomous and Red Apples mingled together with*

*Equall Quantity fill it be of small Consistens for an ordinary it
must be strong and long ground upon a pebble of Marble Stone*

Addition of St. Roline Digbied

*Magistrey of Rubies of Granates of Sarcenides of Emeralds of
Sapphires of each 2 oz: of Crabs of Entraydrux Roots Snake
wood of Virginia Angellia of each 4 oz: of Enkaydrux stone in
pound. 4 oz: of the Tincture of Gold made with Spirit of wine
Tartarised 3 oz: of the spirit of Yellow Amber 2 oz: of more
Ambergreese half an oz: of Musk or Dram 12 dissolved with Spirit
of wine into a substance like unto Vult. and Sugar Candy &
Syrops proportionable to the Addition*

To Cook Wat?

Take An old Red rook pull it alive then break all the bones
very well to one rook you must take one pottle and a half
A pint of the best Canary 17 Dates one pound of the best
Red Carrots A quart of A pound of Raisins of the Sun
Send 2 handfulls of Vinnyerose one hand full of melle
of hyme 1 hand full of Rosemary tops 1 hand full of penny
Royal then put y^e herbs into the Still first and then
you y^e rook in quart of then draw y^e fruit and Dates all
and then put in y^e saith round abt y^e edges of the Still soe
stop the Still with past made with Vinegar and with y^e white
of an Egg and then you may get y^e wat. Runne into the
glass with white Sugar ready beaten and put into
the glass and soe sweeten it to y^e taste you may draw off
of the first A quart and of the second A pint and of the
third A pint.

To make French pease potage

Boyle y^e pease as for offe pease potage and is: they are
well boyled strain them through A Silke and put to them
some Springe soze all sweet Marjoram Finis and A little
wind dundry shred on all some tape if you please with A
little Lemon and Orange peels all sorts of spices whole
except Annise Cinnamon A Great Onion Struck with Fowes
then put in A whole penny pease of the rest being pared off and
let it boyle up quite just as it boyles put in good store
of sweet Butter and serve it up with suppers and good
in the Middle.

To Pickle Mushrooms

Take the knots that are past stone and not worme eaten
and as soon as you have gathered them put them into
fair wat. Boole and all wash them then but not pickle
then then get them y^e in an other wat. abt An hour and
set on the fire A skillet or Kettle according to the quantity of
y^e Mushrooms of faire wat. so it boyles high put in your
Mushrooms and salt according to the quantity and is: A
white pepper sifted on them take them from the fire and
get them thus half An hour then covered that will stay y^e 10

oale short and tend. Then take y^e out thereof from y^e oat. And shew some salt on them and w^h they are almost cold. Squash them through between 2 flout hoes and save the liquor to keep for it. To make sauce and so put into y^e pickle to eat presently then take a glazed pott or glass and lay in hie or 3 day leafe some whole papper and Mace and a Clove of Garlick sliced some pemon peale and some cloves and salt if it neede and so put the Mushrooms downe and more of the forin^d things between till you think they are seasoned enough if they are to eat presently put in some of the liquor you squashed from them and fill them up w^h good white wine vinegar but if to keep long only vinegar and w^h the vinegar begins to melle take it out and put fresh to it and Boyle it w^h some salt and do so but hore and they will keep good A year or more

To make A Sack posset

Take A quart of Cream the yolks of 4 Corn Eggs beat them very well w^h A sufficient quantity of sugar to sweeten the posset then add to the Eggs a little more then half A pint of sack boyle the cream w^h A blade of mace and a top of Rosemary then set the Eggs and soure on a flaring fire of coles then keep it stirring till it is thick w^h the reason you soure it in till it be boiling hott then take the cream boiling from the fire and hold it very tigh and get it dribe in a pane that it may froth then flap it over on it and get it stand till it gellye on a soft fire

A posset w^h a Mill Boyle 2 quarts of Milk till it comes to a quart w^h mace in it then beat 8 Eggs and take away 2 or 3 whites and ord^r as above

To make A Cake

Take seven pound of flower 6 pound of Curr^{ts} 3 of pound of loaf sugar 2 An oz. of Nutmegs as much Cinamon beaten and sifted 20 lbs of sarrow beat the whites of 4 quart of Cream and 2 pound of Butter and A quart of yeast mixed w^h flower and fruit and sugar and spire all together then melt y^e Butter in y^e Cream and beat y^e Eggs and strain them and y^e yeast into the flower then put in y^e cream

and Bult and mix it well together and Rase A pint of
bark then rove it with A Roast and set it before the
fire and let it rise and when it is risen enough put
it into the oven two hours will bake it —

To make A Tansy

Take 20 Eggs whites and all A pint of Milk and A pint of
Syrup of Spinnage then is this A good strong grate
in A whole Nutmeg and A penny weight of Cloves it to y^e
Tansy put it into A Skillet and put it on the fire stir it
all over & away till it is thick and then put A pint of Bult
into y^e pan and let the pan be hot then put in y^e
Tansy and smooth it with A spoon and when it is hardened
turn it upon A plate for sauce put Bult & Orange —

To make A soft past

Take 3 pint of fine flour Rub into it half A pound of Bult
break into it two Eggs then make it in A stiff past with rove
well worked it together and Rouse it out the thickness of
y^e finger Take A pound of Bult and dry it all over the past
you have Roused out in little pieces then Double the past
and Rouse it againe then dry y^e Bult as before in
pieces and soe worked it till the pound of Bult is out

Doubleing it 3 or 4 times after it is in for that makes it flake
and part much y^e Rouse put it out the thickness of y^e you mean
to use and Rouse it the thickness of half your finger. They that
make this past must not Rouse it as they do other past after it
is wet with the water and Rouse the past it is handled y^e Rouse

To make good Tress cakes

If you make them in the Morning make y^e past over night
that it may be Roused take A pint of Cream and the
Cream of Appleshot Boyle this very thick that wth it Rouse it
may put A pint of soft Rouse. Three Gallons of the soft milk
to A pint of cream also and as it is milked from y^e cows
wth its Rouse whay it as dry as you can so that there be no whay
left in the Rouse then take the past and mingle it with the
Rouse as small as you can break six Eggs wth the whites and
put it to the Rouse with 4 Spoonfulls of Rouse wth 2 Nutmegs
A little more A little salt 4 oz. of Sugar as many Currants
as you please being clean and well washed and picked and
dryed mingle all these together Rub it half A pound of new
Bult then bake them in A gentle oven you may put in if you
please A quart of A pound of new Almonds very well
beaten —

So make the Cust -

So half A pottle of flow. take one pound of Yett. and
A pound of sugar finely beaten mix it with the
flow. Then rub in this Yett. so small as grated
bread then take 7 dooms and make it into a past
of y^e. cream be straldded and almost sold againe
wth you use it of y^e. flow. be dryed in An oven
and searfed before you use it

So make Pottage

Take A Dozen of Punt not too fat abt 6 at drag and
of A noke of Mutton A Knorle of veal boy to these
kill all the vermin out in no more water they will
well boyle them then put in A Spoon wth salt and boyle
it fit to eat then take it up and strain it and keep
the spoon warm in some of the liquor then take as
much as will serve y^e. table and set ov^r. A Rasing
dish of Beals in dish then bruse 6 Cloves and
put in A little and salt to season it to y^e. taste and
some French Marshett sliced in tossed or not tossed
but before you put in all the bread to thicken it
fit for table put in the herbs as followeth A handfull

of Sorrell some beets and Burrag and Parsnoll and
Hansbury beets and violet beets A little parley
these all washed cleane and A little putt through a mist
Yundell of fine but do not let it drye long boy to these
in upon the Rasing dish of Beals the Spoon being out
then put in A little more bread before you take it off then
dish it out and lay y^e. Spoon in the middle of the dish and if
you please you may make vnder balls and put into the
dish or boy to A pound of Lattags fit to eat and dry abt y^e.
dish A little dryeing into the pottage

So make A Pudding -

Take 4 pinte of Cream 6 Eggs whites and all and half A
pound of Yett dust 3 penny doves wth must be grated
and very finely sifted through A Rasing. and seed you
must season them with Nutmeg sugar and Rose water
make them no thicker then batt for fritters - to bake
them in 4 little Dishes of wood of half A pint at piece and
Yett. the Dishes in y^e. insides with fresh Yett before
you fill them fill them An hour before them you must
boyle the Dishes very well in wat. every kind before you
use them

So make green pease pottage

Take 3 boef Mutton &c. and make very strong broth ov.
 night next day put into it some Sweet Herbs
 Antheres 2 or 3 Little mace cloves pepp. Take half A
 bushell of peas half boyle them and take the half and
 bruis them then slice 2 or 3 french rolls stue them in
 A little of the liquor and break them small with the
 peas to thicken it then take 2 handfulls hard Cabage
 lettice and 2 of Lemons and 5 or 6 Spoonfulls of
 green Juice of the peas shells 2 or 3 harlithokes
 & bottoms boyle the hearts and Harlithokes by them
 selves and put all in with the rest of the whole pease
 to thicken the pottage setting it boyle together something

So make Sauce for Horings

Take some very good Beer and the Heads of the
 Horings half fryed and put them in the Beer
 and some whole pepp. An onion and An Anthony A
 little Vinegar boyle them pretty well and straine
 it and put in A Spoonfull of Mustard and A piece
 of Sweet Butt.

So make Safages

Take A Egg of Dorko cut out all the strings and the fat from it
 and thinne then take the yowre and shred it very small
 you must take to A Egg of porke 3 good pound of the best beef
 suet and cut it very small then take two good handfulls of
 sage wash it clean and shred it very small by it self then
 beat 2 or 3 Nutmegs small then take y^e l^yethes of 3 Eggs
 mingle y^e Eggs with y^e mace then put in y^e suet and
 sage and mingle them well together and season it with salt
 according to your taste then make them up into Goulas a 3
 fmg. I think and so fry them in A pan with salt Butt
 till the be y^e browned and crisp so serve them up w^h you
 have mingled all together you may keep it in A great
 Lump it will keep A week you may put some of them
 into gutts if you please to frye them as you do othe^r
 Safages

So make A frigary

Take A hindes Quart. of Jam but in p^res put into A
 Salsopar with as much liquor as will cover it Add two blades
 of Mace and A little lime and some whole pepp. w^h it is
 shod well kill send. Straine it out and then add to the

liquor half A pint of white wine 2 Anchovies and a little
Oyle of Saffron if you have it and put into it near half
A pint of Butter then the liquor with y^e yolks of 3
Eggs and almost A whole nutmeg grated into it. Add
some parsley fine and picked small shred the same
to be fritasied in A pan of Oyle first then put into y^e
Cullender. Last what shake it altogether. or it is put into
the sauce then squeeze into it half A Lemon and
so get it be dressed up

To make A fritasid

Take Turkes Rabbits veal or Lamb cut it
in thin slices or joints broil it with the back of
A Mincing knife stew it in strong broth put to it
whole Onion An Anchovy some Damiana popp Sugar
wh^{en} it is tend^r put it into A stew pan or frying pan shake
it with A pint of Butter and the yolks of 3 or 4 Eggs and
wh^{en} thick squeeze in A Lemon

To make Balls to put into it
Shred Beale or Lamb and Beef cut very small season
it with Nutmeg salt and A little popp and bound them
up with A yolk of An Egg.

To make A Brown fritasid

Fry the Butter brown first then put it in the mode to
be fried in the butter first then have some strong
broth or water and warm it first then put it into the
frying pan to the mode then season it very well with
Anchovies all Manner of Spices white wine & some oil
A pound of sweet herbes Juice of Lemons A whole Onion
or 2 A pint of gravy partly shred small and put in y^e
Yolks of 4 Eggs well beaten A good piece of sweet butter
A whole Nutmeg Grated then put it all into the pan
shake them together or the fire to thicken

To make A Ragoo of A hind quarter Lamb

Take 2 Lambes fleshes of the skin but get it hang to the
bone with all the fat together then shred the Meats
of y^e Lambes and the Kidney fat together then beat it
very fine with A pestle then season it with 3 Anchovies
and 4 Capers and sweet herbs and some young Onions
all shred very fine and the yolks of 6 Eggs then con-
fess be all mixed well together then sew it up in the
skin as it came out and put it into A pot with A little wine
and water and cover it with a cover past and so bake it

Then make the Sauce with some gravy and 2 Anchovy:
and A piece of Butte and thicken it with flour in A
Frying pan shake it well and serve it up in A Dish

To Make Mushrooms

Take 12 Mushrooms and pickle and Boyle them as above
with the Sticks then take as much White wine and A little
Water as will cover them then put in 1 onion sliced and
A bunch of sweet Herbs farge made whole keep A
little salt & let them stew till they are A little tender then
take and Dish them uponippets in An oyle Dish and take out
the Herbs and Onion and put in as much Butter as will
make your Sauce thick and so serve it on the
Mushrooms you may add A little Vinegar on the top of
An Egg or more if you please

To make Goodstuffs without Cauds

Take 6 Eggs 3 of wth beat very small and take one white of
good cream and Boyle it with some Mares then take it of the
fire and powder y^e Eggs stir it well together and set it on the fire
and let it Boyle till you see it turn to mares then take it of the
fire and put to it A good Deal of Sugar and some Nutmegs &
Mares with Rosewat^r A little milk and Ambergrasse 3 or 4
Spoonfulls of grated Bread and A quart of 1 pound of Almonds
beaten very small if you think it be too thick put in A little
Cream some Currants if you please make y^e past for them
with Sugar & Nutt^r and Cream you may make them in
wth fashion you please one quart of 1/2 an hour with Bake them
in A slow oven

To make A Quiver Puding

Boyle A Hogs quiver very dry and when its Ed grate
it and as much grated Bread as quiver and sift them
through A toured sieve or Cullender and season it with cloves
Mares and Cinamon and as much Nutmegs as of all the Rest
and half A pound of Sugar and 2 pound of Currants half A
pinte of Rosewat^r and 1 pound of 1/2 soft sweet mince as
small as you can and 8 Eggs but put away the whites of 4 of
them and keep your bread and quiver 1/2 hours Eggs and Rosewat^r

and as much sweet roame as will make something stiff then take the small guts of a hogge abt. a foot long and fill them abt. 3 quart. full of the aforesd. stuff and tie both ends together and double them in a settle of four wales with a couple of lye on from with the bottom of it upwards and it will keep from breaking with the water. Soothe but in y^e puddings and set them to dry softly a quart. of an hour and take them up and so you may keep them in a dry place a week or more and when you use them you must set them in a dish before the fire till the be thoroughly hot

To make Rice Puddings

Take half a pound of rice with three pints of Milk & a little Mars beaten and boyle it till y^e rice be dry but now stir it for if you doe knowe to stir it once you must stir it all y^e while or else it will burn in two parts y^e rice into y^e Cullender or strainer that the moisture may run down from them then take 6 eggs but 3 whites half a pound of sugar quart. of pink Rosewater. 1 pound of Curr. 1/2 pound of y^e best cust three very small and season it with Nutmegs & Cinnamon and a little salt stir all these together and then dry y^e smallest guts of the Hogs in a cleane cloth being well fill

for y^e puddings and fill them 3 quart. full then fry them and set them to dry softly a quart. of an hour but set the water double before you put them in

To make Almond Puddings

Take half a pound of Almonds blanch them and beat them and as you beat them put in 2 or 3 spoonfulls of Rosewater and keep them from drying then take almost a pint of Cream and double it very well with a Blade of Mace then take 4 yolks of Eggs 2 whites and beat them very well then put them to the Cream then put into y^e Almonds 2 handfulls of grated bread and as much Sugar as will sweeten it put in a little salt and a Nutmeg grated mingle all well together and as you fill them put in more Cream a pint of Marrow put in half a pound of Cheese just as small as you can put it you must fill these as the last and so double them

The Lady Casbalds Dudding

Take a Pint of the best Oats Meale grinds purdy
pithed take a quart of the best Red wine & boyle y^e
Red wine and pour it bothing hot upon the ydls &
lett it stand upon hot Embers till it has soaked up
all the red wine & dry. take y^e ydls of 8 Eggs and as
much more and Passes as will give it of good taste
take a pound of the best beefe Honey dust and rub it
very small then put all together with half a pound of
sugar or according to y^e fast then take y^e marrow
of 2 or 3 bones and rub them very small and as you
fill them put in nuts and then a little you may put in
silk and Rosswat^r and if you will you may put in
a little Amber gresses boylung y^e guts should be small
leaf gulls

A Spoon Salve to be done in May

Take y^e best Mollif and Camomile of each
3 handfulls parsley and plantain of each a handfull
of pound of sweet Sheds dust 12 oz: of Virginis Wax 3 or 4
of Rosein 1 pint of white wine Shred the wax and dust &
beat the Rosein small and boate those small and put them
together in an Earthen pott and lett it stand ov^r the
fire till it be all melted together then take it of robbing
it close and lett it stand 7 days in a Cellar then lett
it over the fire and lett it boyle hard then pour
it off and strain it into the Dishes putting a little water
into the Dishes of the Dishes and is it sold you may
fold it up in paper and it will keep 2 or 5 years

To make A Snow Cream

Take the best snow Cream & you forget then take a
little salt and white wine and a Spoon full of Rose
wat^r or Orange flower wat^r and sweeten it with sugar
then put it to y^e cream and whip it to snow and sky
it in y^e Dish

To make Cooking Cream

After your Creams be thoroughly boyled cold & pressed put them into A Silb. Dish half full wth Rose water and half a pound of Sugar boyle all this liquor together till half be consumed and keep it stirring till it be ready then fill up y^e Dish wth sweet cream and thus it will be well mingled when it hath boyled round abt the Dish take it & sweeten it wth Sugar and serve it cold

To make Gooseberry fool

Take y^e Gooseberries and pick them and put them into cleane wat. and boyle them till they be all as thick that you can not distill. wth it is to y^e Gallus of A quart take 6 yokes of Eggs well beaten wth Rose water and before you put in y^e Eggs well beaten season it wth Sugar then strain y^e Eggs and let them boyle a little while then take it up put it in A broad Dish and lett stand till it be cooled cold thus it must be eaten

To make A Gooseberry Custard

Take as many Gooseberries as you please boyle them till they be soft then take them out & let them stand till they be cold and pulv. them through A Sieve and then put in A little Rose water and Sugar also the whites of 3 Eggs and stir them all together put them in A skillet stir them apart or else they will burne let them stand and boyle A little while and take them of and put them in A glass

A Receipt for the Green Sickness

Take 4 oz. of Blew Curr. well washed and picked and beaten to dupe and oz. of prepared Soots 12 Flowers Dried and beaten finely 6 drams of the spirit of Wormwood Lemk. your pond. wth A knife upon A p^{er} plate is the little Surrop of Roses and mingle them well together wth the Curr. and the wormwood in A Mortar and put it up in A Gally pot for the said use they must take A vomit and A purge first and then the Asthury twice A day in the Morning fasting and 3 hours after dinner at every time the draughts of A Rose and stir all it for 40 hours they must continue it for 3 weeks or A month and this Medicing now faileth if need be to take A vomit once A week and forbear taking it that day they have y^e vomit

So make Mudd Avery good way

Take twelve Gallons of Spring wat. To w^{ch} put in
12 Quarts or bott^l of very good strong Lye whilst
of 7 or 8 Eggs well beaten wth put into your bott^l
of wat^r and strong stirring it while y^e Lye is brstly
well dissolved then set o^r the fire and stir it some
times wth it boyle all o^r the take of the Lye
as it rises as long as any rises there must be y^e
pools of 4 or 5 more boyled in and two branches of
Rosemary wth it is boyled well and no Lye rises —
run it through a hard sieve into the Tub you intend to
work it in and stir in 8 or 10 more then afors it is quite
red beat wth a quart of good ale yest and set it working
wth it hath worked a while turn it up in a besell
just to hold it wth dond working stop
it close you may bott^l it in a
for the night

This plst is called Harry good for any sprain
or bruise if it hath been done some years

Take of Oyle of Olives A quart of the best of Saffron
of gold 4 pound and A half Lye and perrosen of day
4 oz: Opponax Supapomum and Gallium Anomum
Alum of each being strained 2 oz: Capus Bellum maris
finely powdered 1 lb 12 oz: of the Rocks called Arishellum
roland of Round Hartworth one oz: and An half of
Glibanum Mastick Mith and Amber Dragons blood of
each finely powdered one oz: red Coler Harry of the
quads stone purdy and finely powdered 4 oz: you must
first boyle 4 or 5 of gold very finely beaten in y^e oyle
stirring them well together then ad the wax and perrosen
y^e strained Lye keeping continually stirring and wth
it is almost high enough wth you will know by dropping
A little of it on a board that is A little moist or in A
shing of wat^r then put in it the Cyprus and Supapome
boile rocks of the fire ad to it the pond^l being mixed
all together make it into Rols

The red Harry is that w^{ch} is in the bottom of the distillation
aff^r oyle of Vitorall is drawn of and washed and dried
against take to this plst 6 Dracms of Diapalmay intire
small bits and put into the Lye and set o^r A gentle
fire wth A little oyle of worm^s wth it is melted ad some
drops of Natural Bayome and so make it up in Rols

How to make a good perfume to Burne

Take 9 Grains of Musk half an oz. of ~~Storax~~ Storax one oz. of Benzoin one oz. of Damask Rose leaves as will make it a past and make them into small cakes abt the Compass of a little Spoon and let them to dry on a white plate in the sun if you take a little small coal and beat it to a fine powder and put it in it will take fire the soon.

To make a good Salve

Take a little Rosh of Nymbarie Root and steep it in the best sweet oyle three porth of the best Virginis wine 6 of the best natural balsom of Iow then or a gentle fire till it comes to a salve with you may know by dropping wth its done pour it into spoons with a little orange flower. And a few drops of the wth distill in the spoon or into the bottom of a box with a little orange flower wth in them this is counted a very good Salve

Talsey Wal.

Take 5 Quarts of the best Spirit of bath or Harb Brande and put it into a quart glass that will hold 3 Gallons then take the flower and Rosemary Sage and Bottomy of each half A hand full of Burrage and Quassilly of the Valley and Boshes the flower of the Quinisee of each hand full Yarrowe flower A Gallon gather all these flowers and herbs in their proper weeds and put them into the glass to the spirit of bath as you gather them and lett the glass stand all the while in the sun or some warm place till it be covered with a double bladder with the bladder every time you open y^e glass and let it down so that that no wind may get in take it every day wth all the herbs and flower and in this must stand six weeks at least and then add 3 following Ingredients Dauncy woods hulled Chon. drude of bath six Drams Cinamon Nutmegs Mace Cardamom Cubbe lysters Sanders of each half an oz. Siquin Aloes A Drom make all these into powder and put to the rest with half a pound of Sussse stone of it stone all is in at the best six weeks long then distill it in a glass still from this quantity you may draw 3 Quarts of Wal. 2 very good with you had best keep by it's self then hang into the first 2 Quarts of Bag with these Ingredients following prepared pearl Smarag stone Musk Saffron of each half A Leuple Ambergrasse A Leuple Red Rosse dried and sand. and yellers of each an oz. make all into fine powder and let them hang in the wth in a Bag six weeks

more still keeping the fls close topped with the said
then you may take out the bagg and put it in the small
wa. for use this passy wa. is good for any cold dyspale
and Drowsy Appoplexy Mother Consumption Drinke it
may be taken inwardly or outwardly balming
the joints or any part greased half a spoonfull of y.
Strength is enough at a time to take inwardly with some
remedy of Cardus. with you may take Morning and
night the small is best for Children

These things must be added to the flow. in the 4th que
at from the beginning Adan Motherwort Bay leaves
Orange leaves and fls. Spiked fls. of day Aoz.

To preserve Raspberries

Take A pound of Raspberries and A pound of Double
Refined Sugar beat it and then put it in A Skillet
A pound of sugar and A pound of Raspberries Cov. them
with the Juice of Curr. allow as much Sugar as the Juice
of Curr. boyle them till the Juice is clear

Take the large white Gooseberries slit them and stow y.
and throw A little Sugar on y. then take 10 A pound of
Gooseberries 2 pound of Sugar and put in y. Skillet with

little salt so set them on the fire and set them boyle very
fast and sume them soon as it is the Sugar is Melted you must
not Muddle with them but A little till y. are
boyled clear and will Jolly

III. Neph's Cynter for Drincks

Take Rosemary Tops Green Savend, Spiked Tops Falsier for
Wormwood tops of Green Sage Camemille Dittany Red Rose
Baind Safflower take An. Even Quantity of these and slice
them very small and put into y. as much Oyle as you will make
and as many of these herbs as will lye in y. Oyle set all these
Oyle in the Oyle ab. 10 Days and stir it up every day and keep it
shaking that it may not be hoary then boyle it up till the herbs be
dry and w. they be dissolved up then strain it and say it up for
y. use this to be made at y. Quint. end of May or the beginning
of June when you may have herbs

The Verbe

This is good for inward or outward Drincks
taken in 3 or 4 kinds if very bad Drinck A
little and Anosin D. Woody in the same place where
it is brewed its good for all old Arthes or new in any
part of y. Woody y. joints with A cold saup or any old
Gout or windes gales being Anosin to be y.
inwardly or outwardly

The Oyle of Clarity

Take Rosemary Lavender Camomile & great
Wood. Wormwood and Sage of each a Quart. Of a pound
Chop all y^e flowers small and put them into a Glass
Vessel then take as much oyle of Olive as will steep
them well together till all y^e Herbs be thoroughly wet
some oyle swim on y^e top then cover them and set y^e
in y^e sunne and let it stand a Month stirring it oft
At the Month end put y^e Herbs and oyle in a skillet
set it over the fire to simmer a little while then strain
all the Herbs from y^e oyle as clean as you can and
take y^e some Quantity of Herbs and half as many
more adding to it a Quart. of that Quantity of new
rallied Clarity or betorian putting them small and
stirring y^e into y^e oyle with was strained from y^e oyle
Herbs boyle y^e in a soft fire stirring it continually have
A great care it burns not for if you doe it spoyle y^e
virtue of it w^{ch} its enough strained it and let it stand
in a Glass vessel 3 dayes But I think a pound. before
will be safest then persue out all y^e Oyle and boyle it
around abt half an hour if it be rightly done it will
be of a deep Dark fine green

its good for all Bruises inward and Outward if Inward
give 2 Spoon. fulls of it in a little Wine posset drink 3 times
together and let them sweet with it and be careful of cold
for all strains and burst Vains Vaines inward and for y^e
sootheth coming of cold for worms for y^e Collics bathing
the outside of y^e Belly by y^e fire very well and taking 2
Spoonfulls of it in posset drink its good for sore Throats
to annoynt them for any green wounds for Aches coming
of cold for A peacles in y^e Eye - for Bruises give
between 4 or 8 or 10 drops according to y^e age or
Constitution of y^e person it must be given in a Spoonfull
of posset Drink Drinking a Draught of y^e posset after it
and so to be taken as you see occasion 12 hours between
y^e taking of it

So make snails wat

Take snails washed in Whitewine and afterwards
 Drunped in A Mortar one pound Hogs blood one
 Drunk Ground Iris Maiden Hair of each 2 Handfulls
 Harts Tongue one Handfull Lungwort one handfull
 Siquorish beips and Amisoods of each one ounce
 Now with one Gallon and half Distill all in A cold still
 to one Gallon and Drink A quart of A pint or
 more 2 or 3 times a day

So make Syrup of Black
Cherries

Take y^e Cherries and pits of y^e stalks and put y^e
 in A Earthen pott put the pott into A Still of red wat^r
 and put the Still over y^e fire and let it Boyle untill
 they be very tend^r. Then take y^e out & drinse them with
 A Spoon and squeeze them oft y^e hand thro A Cloth
 and to every pint of liquor putt 2 pound of Sugar then
 put it in A skillet and set it over y^e fire untill it is dissolved
 or it is standing Hot & not to boyle put it in A pan untill
 it is cold then bottle it and by & both 1 or 2 it before you
 bottle it strain it clean

Receipt for Milk wat

Take Marsh Mallows and bip-grass roots of each 6 oz
 Ground Ivy Mint and Balm of each 3 Handfulls the
 flors of Mallows Rosemary and Rd. of each 3 handfulls
 Snails one pound whites of Eggs half a pound Milk two Gallons
 Runy two quarts mix and drinse them then Distill them
 in A Cold Still and 3 or 4 Spoonfulls and sweeten it with
 little fine Sugar as you Drink it

So make A Candy

Take 20 Eggs beat them very well with some of the
 Shells then put some Sugar to the soft y^e lasses then
 strain it of and put to it A pint and A half of good new
 Milk or Cream then put A pint or more of Springe
 Juice so do one grate A penny loaf and A whole Shubad
 and A little salt put it in A skillet then put in A little
 Butt^r. kind and keep it stirring all the while it is on y^e
 fire w^h it begins to thicken pretty well take it of and put
 it in A Dish if it is buttered and let it be over y^e fire againe
 w^h you thinke y^e bottom is well baked take it and turn it up
 upon A paper plate that is well buttered and dry up y^e w^h is
 with fine y^e garnish it oranges and grate loaf sugar over it

To Pickle Cummber

Take Brins of wat. and salt as strong as will bear
and lay them take y^e Cummber and put them into it
let it sove y^e so let it stand 24 hours y^e wash y^e out
and put them into a little Barrell and put to 300 of
Cummber one Nutmeg half lb oz. of cloves 3 more
A Sprig of Hermill and 4 of fillball and sprig & put
them in A Bagg upon y^e Cummber then put as much
boothung wine vinegar as will sove them but if it
be half Beer Vinegar it is the best then stop
them close to keep all y^e strength in and let them
stand 4 weeks then pour out y^e Vinegar and with
A little more Vinegar boyle it and put it in as
hot as before so stop them close and if y^e Chanse
grow less green heat y^e Vinegar againe with A little
more fresh pour it on them and stop it close

To make Syrup of Violets

Take what Quantity of wat. you think fit make it boyling
hot pouring it upon y^e Violets being put into some bottell
pott that will shutt close and if you bruise y^e Violets first it
will make y^e Colde come out with y^e bott. if you take A
pinte of wat. y^e will make A quart of Syrup then w^h it
has stood two days Straine it into A bottell. Bason and put
as many more Violets as before doing so for 3 times
together now if you please for y^e strength y^e bott. y^e
if you think it strong enough strain it into A Bason
and to A pint of liquor put A pound of white Sugar
and set it over y^e fire till it is quite melted and then
stir it down and let it stand to be cold and bottle
it up but do not cork it but only by A paper and A
piece of Sealing and it will keep

To make French Bread

Take two pound and an half of fine flour and
wet it with A pint and A half of new milk and half
A pint of good yest and half A Spoonfull of salt so
make it up presently and put it into little wooden
dishes and set it before y^e fire to rise for half an
hour then bake it

To make Surfeit Water

Take Two Gallons of Brandy one pound of
 Rasins of the Sun sliced one pound of figgs
 sliced 2 oz. of Aniseeds 2 oz. of Sweet fennell seeds
 2 oz. of Juniper Berries 2 oz. of Carduus seeds
 3 oz. of Siquorilla take as many poppy as you think
 fitt let it mace in y^e Brandy 9 days then strain
 it of and Bottle it

To make Cordial Water

Take stoves Marsh Malins Ginge. Cinnamon
 of each half oz. Angellike seeds Aniseeds
 Carduus seeds sweet fennell seeds Carraway seeds
 of each half oz. Juniper Berries 2 oz. Balm Mint sweet
 Margarine Pennyroyall Savord wormwood
 Red mint Rosemary Labrus Carduus Mary gold
 of each 5 Burrage of each 5 Rosasolis of each 5 handfull
 white wine 5 Quarts Brandy one Gallon let them
 Infuse one night then Still them in a cold Still

To make Balsamick Syrup

Take one oz. of Balsom of Tolu Boile it in a quart and half
 of spring water till it comes to a quart then strain y^e Balsom
 off of y^e water strain y^e y^e Boiling pan with

To make Orange Blossom

Take y^e flower with y^e leaves from y^e stalks boile y^e
 in water but do not change y^e water Dry them in a flath
 very dry to dry pound of flower take 3 pound of sugar
 double refined and to dry pound of sugar at quart. of spirit
 of water boile y^e sugar and set stand till it is sold before you
 put in y^e flower then boile them a little while if you find
 they do not Candy in a week or fortnights time you may
 boile up y^e Syrup again till you see it will Candy a little
 let it be almost sold before you put it to y^e flower

Take y^e largest and palest Aprirorks you can get stone
them very neatly with a pen knife or a bodkin halfe a
pound of Double refined Sugar beaten as y^e pare y^e
Aprirorks put them into it let the thing you put in
into be weighed that you may know when you have
A pound w^{ch} is enough for you to do at once in y^e
morning put them into a pan and putting a little
wat^r to them to your own Discretion boyle them
very quick and keeping them humed so take y^e up

for y^e Jolly take a good Quantity of Codlings
pare them and Core y^e for them with fair wat^r
boyle them up quick untill covered with y^e goodnes is well
out y^e frame y^e one Run y^e clear Liquor through
a Jolly bag to a pint of y^e liquor take 3 Quarts of a
pound of Double refined Sugar boyle it up and put
some of y^e Aprirorks Syrup to it if you please then
pare it upon y^e Aprirorks in y^e Glasses if the Aprirorks
and the Jolly be of an Equall boale w^{ch} y^e are put
together it is much y^e better

Recipe for the Tenth

Take 3 Drils of new Ale and put into it a small handfull
of each of these Herbs And wormwood Sage Fenell. &
Rosmary boyle these in y^e d^r liquor till it comes to
A quart then strain it out and put to it half a pound of
Sult^r out of Charin and 2 oz: of Edm^r stone and let it
boyle up onto then pour it out into a pan and let it
stand all night and the next day skim of the top then
and strain y^e liquor through a fine cloth and put it into
a Bottle and drink a Spoonfull in y^e morning fasting
and fast An hour aft^r do this 3 times in y^e aft^r noon at 4 o'clock
then take y^e Sun and Clarify it up and put it in a bott
and Anoint y^e face or hands going to bed and if one
Quart will not Live it away make use of another

Recipe for worms in Men Women and Children and for a paine or gnawing on y^e stomack

Take An oz: of wormwood Bruise it and wet it with sharp
white wine Vinegar and let it stand all night then put

An oz of London Treacle and An oz of Conserve
of Damask Roses mix them well together and take
this Quantity in 9 or 10 Mornings fasting and fast
aft. it an Hour to Children under 12 years old
give but half this Quantity.

or to make Harshorne flumny -

Take A pound of Harshorne put to it 3 Quarts of
water boyle it till it comes to half y^e Quantity
take four score Almonds blanch y^e and beat y^e very
fine with Orange flower water to make them white
then melt y^e Jelly with some Lemon peece put into it
shred y^e Almonds in and sweeten it y^e laste Straine it
through A raine cloth into flat Glasses and w^h it is
cold put it into Glasses.

20 Grams of Castoreo pound. half A Dram of Almonds
3 A Dram of Senna ~~tempary~~

Receipt for y^e Worms

Take A pint of y^e richest beere one oz of worm seed
one oz of Rind of Citrus and 3 Spoonfulls of
Mongers 4 days before y^e new Moon 3 Spoonfulls fasting
and fast 2 hours aft. it this is An Excellent Medicine
Worm seed and Rosemary leaves shred small of each one
Dram mixt in half A pint of spring water. Stop it close
in An Earthen pot and set it under the fire 5 or 6 hours
so strain it and sweeten it with one Spoonfull of Honey
Let the Child drinke A third part in y^e morning warmed 3
Mornings at y^e full or change of y^e Moon for A Child 4
or 5 y^e old for one young 3 Spoonfulls at A time

So make a Sore throat for a Sprain

A Quart of Oyle of pome of Reddard three oz: of dried
Sweet 3 oz: of Woods wax 3 pennyworth Venice
Turpentine 3 pennyworth of Burgomy pitch one
pennyworth of Rosin wot the oyle and Reddard on a
slow fire in a new pipkin stirring it well together. Then
put in y^e oth^r. Ingredients keeping stirring till it is a
little thick then take it of and dip in y^e cloth for y^e use
or else make it up into a Balle

W.

So make Red Wine

So A Hogshond of Parot take y^e whites of 24 Eggs
and whip them to a froth then take 4 Gallons of y^e
wine out of the Tub and mingle with y^e whites of
Eggs and mix its thoroughly incorporated put it into
the Tub stirring it all together with a split stick

This receipt from M^r. Pennants

So make Ralifcat

Take 2 Quarts of the best White Brandy and put on
6 handfulls of Apricocks stones well bruised in a
Mortar & mortars and Stone together and 4 oz: of Brown
Sugar Candy 2 oz: Cinamon broken into little bits of it
it all stand in y^e Bottle together and in a week it will
be fit to drink

So make Harts Horns Jelly

Take 2 Quarts of Spring water and one pound of
Harts Horns boyle it to a Jelly and strain it
through a Sieve and put to it half a pound of fine loaf
Sugar and boyle till y^e Sugar is melted y^e put the
whites of 5 Eggs and y^e Juice of 6 Lemons boyle it
till it is thick then pour it into y^e Bag

For A Stale or Burne

Take y^e leaves of Asens Smooth plantain
and y^e sm^l Rins of y^e l^g hogs as big as y^e
fing^r of each one pound. Stamp them together
small then put to it A quart of st^l p^lile of y^e
Vinegar of old hollow rotten Candles 4oz: of
oyle of Olives 3 pints boyle all these together 2
hours still stirring them then strain them through
A Canvas straine then put it on y^e fire againe and
mixe with it 4oz: of hollow waxe then boyle it A
quart of an hour againe then strain it and keep for
y^e use { This will keep good many y^r }
{ Hasd stopped in Gally pots }
When you use it Rub A piece of White pap^r between y^e
hands till it be soft as flesh then spread y^e ointment
theroon also anoint y^e sore apply y^e plastr^e and wrap
it up dress it morning and evening it will p^{er}fectly
take out the fire and ease the paine up to no oyle
ready to the last and once A day Dressing will
be enough at last Alahumdl

To make A 6 hours Ridding

Take A pound of plums and stone y^e A pound of beef
Just shred small 6 Spoon fulls of flow^r 6 Spoon fulls of
sugar 6 Eggs whites and all A little nutmeg mixe them
very well altogether lay it up in A Cloth and boyle 6
Hours

For Earoth. Lip salve

A quart of A pound of Raisins of the Sun A pint of
spring wal^r half A pound of frost butter half A pound of
Boeswax Stone y^e Raisins and put them in y^e spring wal^r
and set it on y^e fire and set it boyle very well then
strain it and put in half A pound of Nut^r m^l then
before there is any salt in it and Melt it in y^e Raisin
wal^r then put in y^e Boeswax if you would have it Red
put in y^e Root of Alkanet with boyled in y^e wal^r or y^e
pound very fine put into y^e waxe this should be made
in A new biskin

The great Balsam water.

Take of lavender flower stripped from y^e top of y^e stalk
and fill a large Gallon Glass with y^e pour on y^e of
very good spirit of wine then let them steep for 6 weeks
then covered and lidd down with a bladder so that
nothing may breath out let them stand in a warm
place and you may use in 2 or 3 days straine them
up and then lay them down cross against the distill
them in a still both or worme still then put in this
said water. Sage flower. Rosemary flower. Bittorn
flower of each half a hand full. Rue flower. Douglas
flower. Flower of Lilly of the Vallie. Cowslip flower. of
each a hand full. Steep every one of these flowers as they
stand in their season in good spirit of wine then
being all steeped together in a warm place put also to y^e
Violet. Motherwort spike flower. Bay leaves the berries
and flower of Orange. of each of these one oz. put them
all severall and put them in y^e aforesaid distilled spirit of
wine and distill them as before being steeped six weeks
then put in this distilled water. Citron peels dried or the
yellow peels of lemon or peony seeds hulled of each 6 Drains

Cinnamon half an oz. Nutmegs Mace Cardamoms Rubies
yellow sand of each 6 Drains. Vignum. Allis 1 Dram make
all these in pound. and put them in y^e distilled water above
and put to them. Rubies red and good half a pound taken out
y^e stones and then put them small stones y^e reddest will
with a double bladder. let them digest 6 weeks then strain
this hard with a press then pour of the clear liquor and put
into it droppered pearls 2 Drains. Smaragdus 4 scruple of
Ambergrasse Muske and Saffron of each half a scruple. Red
Roses dried well and sweet smelling sanders and yellow
of each an oz. hang these in a bladder bag in y^e water well
covered that nothing of y^e spirit breath out

The Virtues of y^e Balsam water.

It is exceeding good in all swoonings in weakness of the heart and
Drooping of the spirits it is of great virtue in all Appoplexies
palsies Epilepsies also in all kinds of y^e Sorens coming of cold in all
Droopings outwardly bathed and dipping of sores in it and laid
to it the virtues of this water are more then man would conceive
this strengthneth and comforteth all Animals and vitall and
Naturall spirits and theareth y^e externall senses strengthneth
y^e memory restoreth lost Appetite all weakness of the stomach
being both taken inwardly and bathed outwardly take of it a
Quarter of a Spoonfull and fast an hour after it it taketh away all

giddiness of the Head helpe it bringeth A pleasant breath
and there can be no bott. Sometime in halley Apoplexies
bott to helpe in y^e fill and to prevent it if you take morning
and evening A quart of A spoonfull with Ruins of bread
and Sugar it helpe it y^e soft speech and helpe it all to
disposition of the Liver and A beginning Dropsie it
helpe it all to dispo of the Moth. in summer none
can express y^e vertues of this wat. sufficiently

To make ying. Bread

Take 3 pound of flow. and half A pound of Sugar and 2
ounces of ying. and one oz. of Carraways and half A
pound of Orange and Lemon Rinde and mix them all
together then take 2 pound of ~~bread~~ and half A pound of
butter and melt them together and put it to y^e flow.
then knead it to A paste and make it in Cakes

The Plague-Wat.

Take Gallen of a Rozenary Que Wormwood, Rosolis
Alligwort Dragon, Rinspernell Dragons scabious
Qdaler Radious Rinsdett and Rostony flow. y^e pills of the
Vally Scordium of earth A good handfull take y^e roots of
Scurmole Angellina Aliron paine Rony 20 one Riquorish
of each half An. oz. of the Herbs be washed and sliced in A stork
Mise y^e roots thin and mixed with herbs Put them in An Earthen
pott well Glazed ad to y^e A Gallon of white wine of the them steep
together 2 days and 2 nights stop them close shew them well
together and A day distill them all together in An ordinary still
with A soft fire keep y^e first running ad. A pint by it soft for the
strongest and A quart of the 2^d by it soft also A pint of the weak
in several bottles close stoped with wicks and lye down for y^e use
if y^e still be not big enough take 2 keep A temperate heat all
night in stilling note also that it is good stopping y^e still all
round Rye-Meal Wine Vinegar white of Eggs Rolsalmonia

For the Worms

Take A Dram of Rhubarb sliced thin choppe half A
penny on it and let it stand on a little soft dish till it
be sothe to a pulp put it into a fine Musling Bag hang
it in A quart of small Beer and after standing twelve
houres let the Child drinke of it as ordinary Drink

has from Mr Harrington

For A Cold

Elempine Root washed and sliced and soaked in
Honey dat 2 or 3 times Night and Morning this is good
for A Consumptive Cough

The Balsamick Syrup

Take one Ounce of Balsam of Tolu Dissolve it in A quart
and an half pint of spring wat. till it comes to A quart
then strain y^e Balsam very throu off of the wat. make

make the preserving Don very throu and put the wat into it
add 3 pounds of Double refined Sugar let it just Boyle up and
strain it if you desire keeping it long put 4 pounds of Sugar
instead of 3

This is most Usefull in Mith wat. or to sweeten
any oth^r simple wat^r or Cordials to be taken
going to rest for all sorts of Colds if A Cough be
very bad and tedious & sore throats it is good to take any time in
the day by it self or y^e Coughing is troublesome it being A
great Stomach of y^e Chylings

To make A Sygge of Oyl

Take two pound put in A quart of A pound of Beutt. let it
Boyle half A quart of Oyl. Straine them from y^e liquor
put them into y^e Beutt. and let them stand y^e next day
mixed small A little Shalott or Onion sliced very small y^e yolk
of 3 Eggs well beat up wth y^e liquor you straind from y^e Beutt.
put all these togeth^r into y^e Beutt. wth half A pound more of
Beutt. Boyle all this togeth^r straining it well and distill them
out

This from Mr William head Cook

Take wormwoode, Red Sage, Camomile, Lavender with the great
Leaves of each a good handfull: Chop the herbs very small and put
them in a quart of oyle of olives one Month and let them in the
Sun wher no wet can Come: Str it them once in two dayes; and at the
Month end Strain it and put the same herbs fresh gathered again with
two handfulls of the valerian herb and boyle them with an easey
fire that the oyle may but wamble then Strain it again and let it
settle for two or three dayes in a place; then putt in one handfull of
Bay leaves and one handfull of St. Johns word then putt it into a still
and boyle till the fire be very hot when you let it boyle

The Virtues of the oyle of Charity

it good for all Bruises both inward and outward by making it green full
of it inwardly and by bathing the part bruised; it is also good to putt a
drop of it warme into the eye if bruised or blood shot; it is most
Excellent for any Green wound or sore Breasts it very good in Collic
bathing the out side of the Belly by the fire

The Time

it must be Made the first Week in May or it will not hold its Colour
which will be very Green

A Salve for a Peale or Burne

Take of Plantaine Leaves 2 handfulls of Sage one handfull
the Inner Barke which is green of the yonge braghs of
Elder one handfull, of y^e whitest part of kennes-Lange three
ounces take fresh Butter well washed without Salt half a peare
or better shred the herbs small, and breake y^e kennes-Lange
small fry all in a frying pan one quarter of an hour; then straine
it through a cloth and put it up in gally pots for use.

A Rec^t for ham's

Let your Ham hang four or five days then take half an ounce of Salt
Pease and rub it well on y^e ham; take a pound of Bayle Paper and paste
upon y^e ham; and a pint bay Salt and another of Common Salt; Let it
lye in Salt a fortnight and as long in y^e Chimney.

To Dry Candied Apples

Take 'em & with a little stick make a hole from y^e head to y^e core throw them into fair water take 'em out of that & put them into fresh water & let them on y^e fire covering them wth a pewter plate to keep 'em under on a slow fire scald them pretty tender put 'em into cold water peel 'em & put them into other cold water then take y^e weight of them in white sugar clarified with a quart of water to a pound of sugar, lett y^e be quite cold so put the Apples in & cover them with white paper lett 'em stand 24 hours boyle a little then cover them with paper and lett 'em be as before, heat 'em again & cover them as before drain 'em from y^e Syrup & boyle y^e Syrup till it is thick then put in y^e apples & heat them but lett 'em not boyle cover them wth paper & lett 'em be two days take 'em out & boyle y^e Syrup till it will draw a rope & if there is not Syrup enough to cover y^e apples you must add more sugar & when it will draw a rope put in your apples & lett them have a gentle heat and then they are prepared, to dry them have a fresh Syrup with 11 min Sugar as will cover 'em boyle till it will draw them; put in your apples & cover 'em with paper sett 'em in y^e stove 40 hours when they are cold drain them from y^e Syrup & dust 'em wth Sugar & dry 'em on one side turn 'em & dust y^e other side and when they are dry keep them in a dry place

To Dry Cherries

Take 5 pounds of Cherries wth halfe a stone taken from them put a pound of sugar to them and as much juice of cherries as will wet y^e cherries and sugar then sett them on y^e fire and lett them just begin to boyle take them off y^e fire & lett them stand till y^e next day sett them on again and lett them be ready to boyle, take them off and lett them stand a day longer then lett them on y^e fire as formerly, but every time you take them off y^e fire cover them close, after y^e 3. time they have bin lett on y^e fire lett them stand a day then sett put them on fires lett 'em in y^e stove to dry when they are so dry as to thicke they must be quick washed in warme water & dried in a cloth steeled with your finger & layed one by one on a sieve as at first & keep them in y^e Pan till they be quite dry (you must understand y^e Cherries must weight full five pound after they are stoned.)

To Clear Cakes of Currans

Take three quartes of steeped Currans take one quart of water
lett it boyle & fize and lett it boyle as fast as it can a quartee
of an houre pour it into a linnen bag and press it with your
hand till you have got out all the juice; to a pound of clear ju-
ice take a pound of sugar dissolue it in as much water as
it will drink up so lett it dissolve, then putt it on a slow fire &
lett boyle to thicke again then take it off keeping it stire & brooke
till it is cold, then putt the juice of currans & stir it on a slow fire
till the sugar is dissolved, be take it never be hotter then you
may putt in your fingers, putt it out into glasses what thicke
you please and putt it into a stove till it is judged to burn out, turn
it on glass quaters with a knife & stire again till it next
morning then cut them into what shape you please, and the next
day shift them on fresh glasses, so do every other day till they
be dry keeping a gentle heat in the stove.
If you make them of any sort of plumbs putt them in
a silver Sanket in a Kettle of water on the fire and
lett them infuse till they are tender and you can pour
the clear liquor from them.

To Preserve Tears

Take poplin Tears & thrust a spiced stick in at every to the
core scald em but not to tender so pare em and lay em in water
take the weight of them in white sugar strain clarified with a pint
and a half of water to a pound of sugar strain off the grup and putt it
to the pears and boyle them quick for half an houre paper them
and lett em by till the next day boyle them again & lett em by as
before then take them out of the grup and boyle of syrup till it will
draw a rope putt the pears into the pan and putt of syrup to
them and if it will not cover them you must add more syrup -
lett them on the fire and lett em boyle all over of Tears, then paper
em and lett em by in the stove 24 hours more, take em out and
lett em be cold then drain em clear from the syrup, and lay em on
plates and dust em well with sugar putt em in your stove &
when one side is dry dust of other so lett em be thoroughly
dried and lay them up for your use.

To Dry Figs

Take your figs when they be thurrow ripe weigh them and to every four pounds of figs take three pounds of double refined Sugar; then have a broad pann of water ready to boyle put in y^e figs and let them boyle easily when they be very tender then take them up and lay them on a coarse cloth to draine them; then make your syrup, to three pounds of Sugar take three pintes of water so Thone as it is boyled and Leamond take it off and put it into a Silver Bason or earthen pann; and when it is all most cold put in your figs then heate them three times a day upon hott embers or coales but not to hott an houre at a time be carefull that they be never neare boyling when the syrup is all most dryd up lay them upon glasses and dry them in a stove put in hott embers three times daily till they be dry -

To Dry Apricocks

Take a pound of Apricocks and three quarters of a pound of fine Sugar; pare and stone your Apricocks and lay them in a bason with some of y^e Sugar between them and with y^e rest cover them on y^e top and lay a plate over them and lett them stand till y^e next day then boyle them till they be tender and lett stand 48 hours in y^e syrup then lay them on glasses and lett in y^e stove to dry turn them every houre on fresh glasses untill they be dry it is the quickness of the drying make them look well -

To Make Eye Water

Two Pennyworth of Lepis Callaminaris; half a pint of white wine Rose water; A Quarter of a pint of white Wine; Make them well together in a dial; wash the Eyes and let a little go in.

This from M^{rs} Fⁿ

To Make the Black Rafter

Take a quart of y^e best Sallet Oyle a pound of Red Lead
four Drames of Speema Casti & bees wax y^e quantity of
~~four~~ Wallnuts put these Ingreediance in a new Earthen
Tijkin and boyle them together half an hour stirring
them all y^e time; when it will stick you must put in
two ounces of Oyle of Turpentine and let it have two
boyles up; to Make it in Rolls you must Oyle y^e hands
and the board you make it upon.

To Make bees-wax

Put your Combes in skettel with a good deal of water and
boyle them til they are all Melted put it into a Canvas
bag and take a board and put it into a tub of Cold water
and put y^e bag atop of the board Squees the wax with a
Rolling pin into the water take it out of that water
and boyle it again and Scum it and that is your
wax.

These from M^{rs} L-c

The Famous Tigg Water

Kill a Tigg at 9: days old Feald it and Save the Blood; take out
the guts but not the Entrails break the bones but dont
crack the skin; put it in a great cold still with two quarts
of house Snails crackd put on the top of the Snails Mayrom
Fennell and Rosemary all night; a pound of butter without
salt; two ounces of Speema Casti and two quarts of Sack and a
quarter of a pound of Sugar candy if for a consumption. - - -
Mix some of y^e Sack with the Blood when you kill it; that it
May not coagulate.

To Marinate Herrings

Take half a pint a 500 of herrings washed & scaled with y^e hands
& tails cut off; then take two nutmegs; and an ounce of white
paper; 4 ounces of salt, and put them into an Earthen pot
with bayleaves at y^e bottom and top; and a slice of Onion as mu-
ch of y^e best vinegar as will cover them & so paste them up; and
put them into an Oven with bread & let them stand 4 hours keep
em in their pickles they will not keep well above a month - -

The Water for Pitts

To A quart of y^e best French Brandy Put an ounce
of Asafetida Cuttin thin Slices as much wood-Scot
as will fill an Egg shell; cover it close an Lett it warm
ten or Twelve days. Rack it off very clear, and keep
it very close stoppt & tied down wth a lather. - - -

You May give to a new Born infant 3 Drops in Milk
water or black cherry water at any time & Is inprop-
-ortion to one Elder's a grown person may take a small
Small tea cup full. - - -

This from M^{rs} Watkinson

To Make Gingerbread

To a quartern of flower an ounce of beaten
Ginger an ounce of rough Carrawais a quarter
of an ounce of Corriander Seeds; Mace Cinnamon
& cloves altogether a quarter of an ounce; half
apound of Sugar; three spoonfulls of Yeast -
melt apound of butter in half apint of Cream and
two pound of Treacle take care it be not so hott as
to turn with the Treacle mix it wth y^e flower &
roule it into little cakes; three quarters of an hour
will bake it

This from D^r M^r

To Pickle Walnuts the Best
way

Take y^e Walnuts in Latter ^{end} of
June or the beginning of July
before they are helled lay them into
Water 8 or 10 days shifting them
twice a day then set them over
a soft fire wth a great deal of
Water scald them through but
not soft put them into a tub of
cold water and Whipe them ~~the~~
either wth a Wisk or a New Birch
Broom fill most the Balch skin
be off of them Whipe one by one
wth a dry Corse Cloth then set them
lie till they are cold before you put
them in the Pickle then make
the Pickle thus take y^e Best White
Wine Venegar you can get make
so strong wth salt as to beat an egg
in a Gallon of Venegar put a
hole head of Garlick Cut small

Three or four ounces of Shillots
a noune of hole Peper half a
ounce of Nutmeggs Slices small
a few Cloves So lay in your Water
its anput to the fire half a pint
of Best Mustard. ^{See} Wifie them up
Close and open them not till
september and then will be fit to
eat Some puts in Sell this from ^{the} 11th

To Make Doct^r Stevens Water Ellwen

Take a Gallon of Claret or Rache, Cinamon,
Ginger, graines of Paradise, Gallinagal, Nut-
meggs, anniseeds, Lemon Slices each sort
three drams, sage, Mint, redrogs, Pills
of y^e Wall, Wild Marjoram, Rosemary
wile time Cammomile Lavender of each a
handfull bruse y^e herbs & put all into y^e wine
in a Limbeck after it hath stood 24 hours
distill it gently and keep the first Water
by it self and so the second

D^r Rich Lower

Extrait febrifuge de Geneve

Prenez une Livre de Quinquina en poudre trois ou
quatre Livres d'esprit de Vin, faite infuser cela pendant
3 ou 4 iours dans une bouteille bien bouchée, coulez la Liqueur
qu'on gardera a part, ensuite faites bouillir le marc dans
3 bouteilles de bon vin blanc jusques a la deminution de la
moitie; coulez la Liqueur et meslez la premiere infusion
avec cette decoction faite ensuite cuire le tout a petit feu
jusques en consistance d'extract en y meslant sur la fin 3 onces
de Syrop de Hermes

on aura a peu pres 7 onces d'extract

La dose d'une dragme et meme plus s'il est necessaire

L'extract febrifuge que l'on a donne a Monsieur Le Chevalier
Peaslee a Geneve est Specifique contre toute Sort de fièvre
intermittente, on le prend dans l'interalle de la fièvre le
prix d'une dragme ou soixante grains par prix, deux heures
apres avoir pris de la nourriture observant de prendre une
bouillon ou quelque autre aliment une heure est demy apres.
Il est bon de se purger auparavant que de prendre ledit Extract
Si la personne que doit le prendre n'a voit que douze a quinze ans
il nen faut donner que demy dragme par prix,
depuis sept ans jusques a dix il suffit d'en donner une
Scrapiule qui est vingt grains.

on le prend en Bolus, ou route dans du sucre
ou bien dissout dans une Perillerie de Vin

This from Thomas Lawson Esq^r

Elixir Salutis

Rhubarb . . . 2 . . . ounces
 Senna . . . 2 . . . ounces
 Liquorish . . . 1 . . . oz
 Coriander seeds 1/2 . . . oz
 Aniseeds . . . 1/2 . . . oz
 Rasons of y^e Sunn Stoned one pound
 Cockenall one dram
 Saffron half a dram

Slice the Rhubarb & Liquorish very thin
 Powise y^e Senna & Seeds in a Mortar
 Powise y^e Cockenall a like but not so much

Infuse all these Ingredients in three pints of Brandy in
 Drumming days in an Earthen Jugg and keep it close stopp'd
 with a cork & a peice of Lether tyed over it & shake y^e Jugg
 once a day & keep it from y^e Sunn or fire and at y^e end of
 nine or ten days strain it through a fine cloth or flannel
 Straine is not so hard y^e first time then put to y^e Ingredients
 one pint of Brandy more & lett that stand seven days and
 y^e Jugg as before & then straine it as hard as you can and put it to
 y^e other and put into the whole sounces of Surrup of Rhubarb
 and when all is mixed well together put it into Bottles
 keep it from the fire or Sun and it will keep good for
 7 years; you may take two Spoonfulls at a time for an
 Cold or Collick that is in the Stomach if the pain
 continue very violent you must take two Spoonfulls
 every three hours til such times as it hath Operate

Make an excellent Balsamick Lintment
 P. Balsam of perus oz.
 Storax Calamitis 2 oz
 Benjamin Impregated
 wth Sweet almonds 3 oz.
 Aloes Licorish
 myrrh Root
 Best Frankincense
 Root of Angelica
 Flowers of St. Johnswort

One pint of Camphorated Spirit of wine
 Beat the Drugs and put into a Bottle with the Spirit
 of wine stop it Close and set in the Sun all
 the dog days att the end of which strain it through
 a fine Linnen Cloth and use it

Or Infuse it 12 hours in a Kettle of water that
 simmers over a Gentle fire put the Bottle into
 the water when Cold with some Hay att the bott
 and after it hath Infused lett it stand in the
 water till quite Cold; The Use of this Lintment

There's no Cut of Iron or: if not Infallible but it
 in 8 days time by applying it with a feather pint
 or Injection provided you use nothing els before
 there needs no oint nor plaister, if you have
 dressed the wound with Comon buddings wash it
 well with hott wine and then apply this Lint
 Cure though not so soon for the Cholick put
 15 or 20 Drops in a glass of Clarit stir it together
 and drink it if neede Repeat it again
 with more Drops

for the Gout a Sovereign Medicine Anointing the
place afflicted, For the Tooth ache the fillble
Applied to the tooth with Linth. Repeat it up
often. It Cures all Ulcers, Tethers, Cancers and
Cankers. It Cures all bites of Venomous Beasts
Especially Mad Dogs. It hinders the small
pox. Pitting & striking the grains which come out
in the face as soon as they appear applied
after the small pox is dryed up takes away
the Redness and Relieves the pither and though it
be many years after it will do it in great
measure if applied a Considerable time
It takes away black worms from within the
skin and wonderfully Cures any sore remaining
after the small pox or when they are drying away
It is good for the Itch most striking them with it when
you go to bed. It is good for all Swellings, pimples and
Eruptions. It is admirable in the spotted fever
taking 15 or 20 Drops in a little broth. It is good
for sore eyes applied to them. It is good for the pain
of the stomach taken in broth or wine. You must
always apply it Cold and when you use any you must
Immediately stop the bottle & seal you do not let the spirit escape
It Cures all fistulas in any place the more soad
It Cures sores and bloody flux by taking of it in wine
or broth. It Cures a nail in an Horses hoof drop in the
wound & stop the nail in a galled Calf.

A Receipt for y^e bite of a mad Dog

Take of Red Sage and Rue of each one Handfull and an half
of Garlick 12 Cloves of Redder Snaped or filed two
Spoonfulls Boyle these in 2 Quarts of strong Ale
Close Covered till half be consumed put in six penny
worth of London or Venice Treacle wth the same Boyled
Give 4 Spoonfull morning and evening to what shall
be bitten the print is thought for man or Beast
So the above said Ingredients half a Spoonfull of
motherdate may be added.
It must be given 3 days before the fall and 3 days
after and so continue over Change
For an Horse a porringer full and his legs or
wounds must be drawn well with Turpentine
the yolk of an Egg and Honey made into a plaster
and applied.

This from Gellie

For Fittes

Take a Raven alive and put it into a new
Earthen pan or pott that never was used
Bake it and dry it that it will beat to
Powder Sift it fine and give the Child as
much as will lye upon a shilling in
White Cherry water and Syrrup of Ma-
licony 3 mornings before the fall of the
Moon and six mornings after an approve

Remedy.
This from Little

According to the age of the
person the dose must be increased

A peck of salt to a Bushell of water well
Boyled. To go then boyle half a Bushell of
White wine Vinegar and pour it upon the
Cummings you must fill a Tub with Cucumber
and pour the Liquor hot upon them through the
Bung hole and stop it Close

This from Lady Shelley

To make the Red Powder to be taken in any
Distilled water or Sack whey for any Fevers
Violent Colic Small pox Meazles or
Spas in the Stomack.

Take of Cardus Benedictus two handfulls of
Sax mantle, Pimpernell, & Dragons each one
handfull, Of Scabious, Bellony, Angelica of each
one handfull. Of Wormwood halfe handfull. Of
Agrimony, & Betony each a quarter of a handfull
A pound of poppy's, Six Bunches of Marygolds
flowers. Shred these Herbs small & infuse them
in a quart of the best white Mountain Wine for
nine days in the Sun then Strain & Strout from
the Wine, Infuse the same quantity of fresh
Herbs nine days in the same Wine that was
Strained off. Take a pound of the best Rho-
-armonick well pounded & Leaved very fine.
Put the powder into a large Bason or Spinn,
put as much of the Wine as the powder will take
and set in the Sun & every day put more of your
Wine till it is all wasted stirring it every day
with a flat Stick two or three times till it is
as thick as paste, then put to it an Ounce of
Diascordium halfe an Ounce of Methridate a
quarter of an Ounce of Alcarmist and a quarter
of an Ounce of speall powder and an Ounce
of Cockineel beat very fine.

134 Work it all together till it is very well mixt then
make it up into Balls and dry them in the sun
it will keep four or five years.

Take as much as will ly upon a Shilling Or
half a Crown according as the Disease requires
or the Strength of the person you give it to for
it will put them into a Breathing Sweat
You may give it to a Child in a less quantity
Should be made in May the Herbs being then
in greatest perfection. This from M^r F. B. G. W. T.

135 To Work ale or Beer as in the North

To be drawn fine off cooler into an open
Vessel, the yeast mixt with the wort blood
warm in winter, but Cold as water in
summer the Vessel to be about 3 quarters
full requiring $\frac{1}{4}$ for y^e yeast to work in
which is to be mixt with jell very well
3 times in 24 hours to continue so six or 7
Days but the certainest way to know
when it is ⁱⁿ order for turning is to keep a
bowl or Balon of wood in it with y^e
Bottom upwards and when y^e yeast cleave
to the inside of that in a pasty sort of
Substance then its ripe for the purpose
observe to keep your turnn close covers
otherwise the yeast will be in danger
of falling to the Bottom & if so your
Drink will be always flatt

This from S^r William Lawen

To preserve Green plums

Take the greatest wheaten plum is the best w^{ch} will be ripe in the midst of July gather them about y^e time or later as they grow in bigness you must not suffer them to turn yellow for than they never will be of a good colour. being gathered Lay them in water for the space of 12 hours then when you gather them wipe them with a clean flinnen Cloth. Cutt off a little of the stalks of every one then set two Skillets of water on the fire and when one is sealding hot put in your plums and take them from the fire and cover them and Let them rest for the space of a quarter of an hour then take them up & when your other Skillet of water is put them into it Let them but stay in it a very little while and so Lett the other Skillet of water wherein they were first boyled be set on the fire again

137
And make it to boyle & put in your plums as before & than you shall see them Revell over & yet your plums very whole than while they be hot you must with your knife scrape away the Revelling than take to every pound of Plums a pound & a h^{lf} of Sugar finely beaten then set a pan with a little fair water on y^e fire and when it boils put in your plums & Let them seth for half a quarter of an hour till you see the colour was green then set them off the fire for a quarter of an hour & take a handfull of a sugar that is coayed & threw it in the bottom of a pan wherein you will preserve & so put in your plums one by one drawing the Liquor from them & fast the Rest of your sugar on them and set the pan on a moderate fire Letting them boyl continually but very softly and in $\frac{3}{4}$ of an hour they will be ready

138 as you may persieve by of Greeness
of your plums & the thickness of your
Syrup than take up your plums and
put them into Gallipots but boyl your
Syrup a little longer than strain it
into some Rebell & being blood warm
pour it upon your plums *This from M^{rs}*
Morley

For an Ach or Swelling

Take oblnial Shugs Suet and black Soap of each four ounces boyl them well in water till it be thick make a plaster of it and apply it to the grieved place hot from *Ditto*

To make a Pudding

6 ounces of Grounded Rice one quart of Milk 6 Eggs leaving out 3 Whites 3 ounces of butter the marrow of one bone
Some nuttmegg Sweetned to your Taste and hour bake it
from Ditto

To Candy or clear Rockcandy flowers

139 Take Spruces and boyl them in a Syrop of Sugar then put in the flowers boyl them till they be stiff when you spread them on a paper lay them on round wires in an earthen pan then take as much hard Sugar as will fill your pan and as much water as will melt the Sugar that is half a pint to every pond then beat a dosen Spoonful of fair water and the white of an egg ^{but} in a bason with a Barchen rod till it comes to forth when your Sugar is all melted and boyled put the foeth of 3 Egg in the hot Syrop and as it melt drop in a little cold water So boyl it to a Candy height then pour forth all your Syrop will run form it in your pan then set it adrying one hour or two with some pick up by wires and take off 3 flowers and lay them on papers and so Dry them. *This from M^{rs} Morley*

St Edward Bousstons ointment for aches in the bones or Sincovers that com of cold causes

Take Wormwood red Sage the green and tender leaves and buds of bays and of Rue of each one pound Chop them beat them in a mortar very Small put to them mutton Suet well picked form the Skins one pound and a half and beat all well together and put to them a pint of good oyle of olive or nuttfoot oyle mix them all well together in an earthen pot and set them in a warm oven five hours then take it out & strain it and keep the ointment in an earthen pot and anoint the grieved place therewith well by 3 fire and cover the place with black wool unwashed.

This from M^{rs} Morley Sur, Seawen

To Pickle Pork
To Make true Magistery of Pearl

For one Hogg Take half a bushell of white salt a peck of Bone salt half a pound of Salt Petre beat very fine, Dry the whole and bag salt and mix them together; you must take out the bone of the Pork and cut it in as big peices as you like; Rubb it all over with a little white salt and let it lay 24 hours to draw out the blood; then Rubb every peice with the salt petre and let it lay 24 hours; then lay a layer of you Mixed salt and a layer of Pork till all is in; you must lay the bigger peices at the bottom; if the salt don't melt in a month after you putt it up make a Brine and pour it all over; let it be covered close from the frost that no Air may get with a Lido made one purpose; when you use any take care you don't stir any more but that peice you take out. This from M.^r Elwin

An Ointment for any Ach

R Adder Spine, Balme, Lethersfew, Houndstongue, Elder, White weed, Southorn-wood, of each one handfull shred them small and boyle them In Hoggs Lardc then press out the Juice and Stir In Some Venice Turpintin This from M.^r Bath

R Three Drachms of Rhubarb
Fifteen grains of Scory Seed bruised
Fifteen Ditts Cinnamon

Pour on these ingredients three ounces of Black Cherry Water and three ounces of penny Royal water being made hott and lett it stand covered twelve hours then Strain it being hard prest give an ounce of it at any time when wanted This from M.^r Wathinson
To Make a Seed Cake without Yeast

Take two pounds and a half of Flower, and two pounds of single refined Sugar, powdered and sifted; Mix these with half a pound of Carraway Seeds, take two pounds of Butter, which work in four Spoonfulls of Orange flower water, till it is thoroughly mixed; and looks like Cream, break ten Eggs, keep out the half the whites, beat them well and as you beat them, put in three Spoonfulls of Sake; strew the flour, Sugar, and Seeds, into the butter Eggs, &c. by little and little, (if you please) you may putt in half a pound of Citron, Orange, and Lemon-peel, keep beating your Cake till it goes in the hoop, let the Fire cease of the Oven be over before the Cake goes in, that it be not scorched

For the Small Pox; In Case they are Struck in
and the Patient Ever So Delirious it will Bring
Them out and Support &c.

Take these 4 things (viz.)

1 of Confection of Hyacinth. - - - 3 Drams

2 Syrup of Cloves - - - 2 Ounces

3 Aquæ Cordialis frigida Saxon. - - 1 ounce

4 Trache Water - - - 1 ounce

Take a Large Spoonfull at a Time shaking the
Bottle the party Bring In Bed.

To Make Snail Water

Take a peck of Garden Snails the Biggest Can be gotten alive
then wash them in 3 or 4 Tubbs of Water till they are Clean
Clean them. Wash them 3 or 4 times in small Beer then
Set them in hives that they may Run Clean then
take two quartes of Earth Worms, Mitt and Shaws
them with Water and Salt, then Rubb your Snails in
A Large Cloth together you ever yet take the Snails
Out of the Shells, then beat Snails and Worms together

With a wooden Beator in a booke, then place your
Limbeck that it be not Stirred after your things are in.
Lay at the Bottom of the pott 2 Good Handfulls of Maydlice
Yellowine Egrenonly Bierspot Wood Sorrell Biddons of
Each two Handfulls Lay them Handsemlly, of Rue
One Handfull of the Inward Bark of Barbory Tree
two Handfulls; Lay all these Handsemlly in a pott the
Snails and Wormes, then on the Snails putt 2 quartes
of Rosemary flowers then putt in 3 Gallans of the
Spirits of Wine, power it in Softly that you drive
out the Snails to the Bottom. then putt in Half
A pound of Harts horn finely Grated One Ounce of
Cloves finely Braten, half a ounce of Saffron, of
Jnnigrack and Jazmarick Each one ounce finely Braten
and Lett it stand all Night, and in the morning
Sett on your Limbeck and past it Close with Rye
Past, you may draw out and Still it 11 or 12 quart,
Making a Gentle and Soft fire, you must fill
Up the Top of the Limbeck with Water and
As it Groweth hott Draw out that and putt in
(20)

A Receipt to make dry Broth it being a thing easy of Carriage & usefull either att Sea in the army or a Journey. Take 2 old Capons or Cocks & break their bones doing as Little damage to flesh as possible, eight pounds of Lean Beef either from y^e Chine, or any other Lean part, a bone of marrow, and half a Calfs foot, Then putt them all into an earthen pott that is well glazed, and put to it a sufficient quantity of Water, boill it over a slow fire, scum it well, then add to it a piece of Ginger, twenty grains or Corne of pepper, eight cloves, three large pieces of Mace, and two bay leaves, keeping it boiling over a slow fire, that is free from flames, for the space of eight or 10 hours, take from time to time all the fatt, then strain the the broth through a Napkin, squeezing as much of the Gravy from the meat as you can; then lett it stand all night and in the morning following put of what fatt Remains on your broth

then put it into a small earthen pott that is well glazed and boill over a slow fire; till such times it thickens like a Syrup, then pour it into earthen plates upon hott sand to dry it gently for the space of three or four days the sand must not be so hott, if it is, instead of drying it, it will dissolve the substance when the moisture is almost evaporated, & it begins to thicken & grow a Glutinous substance, you must cut it in 10 or 12 Slices, putting those Slices in earthen plates, keeping them turned daily which will dry them and make them fitt for use; When you have a mind to have a Soupe or Broth make what quantity of Water you design put in some bread and a Little salt and stew it over a Chauffing dish & in it dissolve one of your Slices stirring it all the time. NB. When you intend to give it to any that are sick or wounded you must diminish the quantity of Spices in the composition according as your Physician shall advise

To make Lip-salve

Take fresh Butter half a pound let it stand in pint of
Rye-water three days then pour off the water and
add Storax and Benjamin of each half an ounce and fine
sugar an ounce put your sugar into a little Orange flower-
water add Beeswax four ounces and juice of black Grapes half
a pint three pomegranate apples sliced then put all these to-
gether & boyle them till they are melted then strain it through
a piece of new flannell and putt in an ounce of Alkemie
root boyle it till it is of a good Colour

A Receipt for y^e eyes

℞ Rhizop² min ocul: Caner: Antiman
 Diaphia 3℥ Consero: fructs Cynosb;
 3℥ Syr: Balsam^g s fr Elect: Samat: 2;
 n: Mascl: bit in die superbib: 3n
 et possem sequent;

℞ Sarsapar: Lign. Guaic. Sassafr: 3℥
 Sandal: Rubr: Guai Rosi Ebor: C: Casti
 Infund: per horas x inoty foatim
 Cog² ad hii Col. Syr: blavani 3℥
 et possem;

Rec: yet 1727

M²

& Tinct: sacr: Zijs Salicis griseae
 Spinellus Zijs in: f: pot mane
 Innot cum Regimena -

Feb 19th 1727
 for M^{rs} J^o J^o

The Great Cordial

Put into one gallon of Brandy one Ounce of Cockenut beaten, two Spoonful of Carraway seeds bruised, one Stick of Liquorish scraped and stringed, one ounce of Cardamum seeds beaten, 10 or 12 grains of Jamaica Pepper bruised, 12 Figs sliced, A Quarter of a pound of New Raisins Stoned, Or Race of Ginger sliced. - - -
Let this stand three Weeks then put in one pound of the Best Lisbon Sugar stir it Every day after the Ingredients are in you must Let stand week Longer after the Sugar is put to it then Strain it of and Stop it Close

To Preserve any Sort of fruit In Brandy ¹⁵³

When the fruit is near half ripe take one pound and to each pound take three Quarters of a pound of Double Refined Sugar with some Water as soon as the Sugar is melted throw in the fruit after having well Rubbed them with a Cloth and let them simmer till they are tender but not to break then take them out of the Syrop and put them in the pots you design to keep them in and pour over them a Quart of French Brandy, put the Syrop on the fire and let it boyle almost to a Jelly then put it in Bason and take off the Brandy that was poured on the fruit and mix it well with the Syrope and put it on the fruit shutting the pot up close that the Air may not get to them

Take the Best Rhubarb powderd 12 grains to
Oil of Aniseeds 1 Drop as much Clove Turpentine
as is sufficient mix these Ingred^s and make into pills
to be taken at going to Bed twice a Week

To Make Walnut Mazer —
Take two ^{quarts} of ^{spirit} of poppy or
Cardus put into it 20 Green walnuts
Cut or sliced, 4 Ounces of Cardus
seed Bruised 4 Ounces of Virginia
Snake root Sliced & Bruised and
half a Pound of Rye cutt & 3 Ounces
of Marigold flowers a Little withered
Steep it about 8 or 10 days Stir it
Every day — Till it of his a Cold
Still if you find it too hot or
hath none of these Spirits you
may do it in sack with a pint
of Brandy —

Take a new Earthen pott Earthened That can suffer
if fire holding Six Pornings full, Inclose put 2
pounds of Olive Oyl with Eight Ounces of Minium
well Beaten, putt it on a burning Coal in a Chafin
Dish, Stirring it always with a Little wooden spatle
of Oyl and the Minium together till the Oyl that is Red
comes to be almost of the Colour of the Minium, which you
may know by Throwing some Little drops on a pewter
plate, after the Oyl has Taken the Colour of the
Minium, Throw into it 14 Ounces of New yellow wax
Cut Small, with 2 Ounces of Stens salt, the salt must
be melted before tis putt into the pott with the Oyl
Stirring all together on a Chafin Dish Till by the
heat of the fire, which must not flame, it be Churnt
Colour or Till the Minium be a Little Clear which shows
the Ointment is well made, for if it be Black it must
burnt, Therefore when you see tis Churnt Colour
withdraw it from the fire and putt in 2 Ounces of
Turpentine of Conio, Stirring it always with your
Spatle without putting it any more on the fire
Only till it has lost a Little of the heat

D. Turbervilles Eye Water

Two ounces of white Copperas; Half an ounce of Laphire, two ounces of Bolearmoniac. take a little Earthen pot break the Camphire small and lay it all the Bottom of the pot then Break the Copperas and lay over it set it over a gentle fire with a paper over it when it has done hissing take it off then beat them all in a Morter with the Bolearmoniac and sift them fine, one ounce of this powder must be put into a Bottle then take a Quart of Water well warmed fill up the Bottle and Cork it and shake it well together turn the Bottle upside downwards to make the Powder come from the Bottom of the Bottle; and set it by the fire 24 hours to keep it warm in which time shake it ^{often} well together this Water will keep seven years when the first Water is spent you may

warm more water and put to the powder. - -

It is good for Rheumatick Eyes and evil Humour the fire must be slow as not above one coal at a time for fear it Burn to the Bottom of the pot the Use shutt your Eye and stroke it over with a ragg dipped in the Water if some of it should get in it is harmless. - -

Diatessaron

Take of Gentian Root; Bay Berries; Myrrh; Round Birthwort; shavings of Ivory ana 3℥

R Gum. Goddardiana. Tin Crois, Tin Casser. -
Sp. Lavand. c. on 3℥ m: f

Emplaster for a Rupture or Sprain

R^x of the strongest Ale wort a Quart, Knotgrass
and Woundwort of each a Handful Cat and steepe
them well and boyl them In the wort til it is half
boyled away then strain out the herbs, and boyl
it again til it comes to a Quarter of a pint.
then put in half an ounce of Mastick in powder
the Plaister to be spread on Leather

Linimentum Arcaei

Gum Elemi ʒijss Turpentine of fir ʒijss
Mutton Suet ʒiij Hogs lard ʒi

Goody Mathews Mouth Water for a sore throat
or Canker 159

Take a good handful of Holyoake leaves; bramble leaves
Columbine leaves, and a little Lavender Cotton; and
Spoonful of mustard seed; boile all these in a Quart
of Spring Water well and strain em out; set it
over the fire again and put in three Quarters of an
ounce of Roach-allum and half a pint of White wine
vineger, sweeten it with a Spoonful of Honey if to
keep use Loaf sugar Instead of Honey

If the throat be very bad Swallow Spoonful now and
then and being very much swell'd within side split
a fig after it is toasted spread it wth Mustard Seed
and Lay it as hott as can be borne wthin side the
mouth.

For the Rheumatism

℞ two Smal sticks of Horse Radish Slic'd
two Spoonfulls of Mustard seed Bruis'd
half an Ounce of ^{Winters} ~~Bitter~~ Bark Slic'd
two handfulls of Garden Scurvy-grass Pickt
steapt in two Quarts of Mountain Wine

If very bad take a Wine Glass full Morning Noon
and Night otherwise twice a Day will be sufficient

A Ointment for a Bruise swelling or Pain

℞ Chamomile, Lavender of Each one handfull
two handfulls Parsley, Rosemary, Red Sage, of each
one handfull; half a handfull Featherfew a little
Southern wood; Cut all these herbs Small and bryl them
half a hour in a pound of May Butter without salt
then Strain and Clarify it and put it in a pot it
will keep the year round

A Somentica

Sage, Lavender, Wormwood, Southernwood Camomile, Rosemary
of Each one handfull bryl them in Water, thicken it with
Wheat Brann.

To make Pancakes

Take a pint of Milk 9 Eggs Beaten Whites
all Strain'd into the Milk, 4 Spoonfulls of Flour
welled with a little of the Milk, put to it three
Spoonfulls of Sugar, a little Nutmeg, a Quarter
of a pound of Butter melted into them fry them in
the Pan without any thing as thin as you can
& turn them.

Cream Pancakes

Take 16 Eggs leaving out 10 Whites, a Quart of
Cream Half a pound of Butter Melted & beat very
well with the Eggs, two Spoonfulls of fine Flour
a little Salt & half a Nutmeg a little Orange
Flower Water or Sack, then when your Pan is
Hot take a little Piece of Butter in a Ragg &
Rub the bottom of your Pan & So pour in your
Batter keep it constantly Shaking & turning them

To make a Seed Cake

See pound of Flour

1 $\frac{1}{2}$ lb of Sugar

1 $\frac{1}{2}$ lb of Butter

2 $\frac{1}{2}$ Oz. of Seeds

And a pint of Small Beer Yeast mixt up with
some Milk till it leaves the hand.

To Pickle Walnuts

Put them into water and salt let them stand 14 days shifting the water every day then make a strong brine of the best vinegar and salt which will bear an egg pour it boiling hot on the nuts cover them close let them stand 24 hours then take them out drain them very well then take the vinegar and Boile it up with some ginger & poure it boiling hot on the nuts let them stand 24 hours then take some Mustard & garlick & put to the nuts & take the vinegar and pour it boiling hot on them and cover them close

To Dry Mushrooms

wash the mushrooms very clean ^{with} a flannel then drain them well from the water and put them in a stew pan take some jamaica and black pepper beat it fine season the mushrooms very well with this & salt let them stew till you see the liquor is almost gone then put them on sieves & the after the oven has been heated set them in it & so do till you find them dry then put them in paper bags & keep them always in dry place when you use them pour a little boiling hot water on them and let them stay in it about a quarter of an hour the water will be a fine strong ketchup which you may use with the mushrooms

To Pickel Quinces

Put the quinces into salt and water strong enough
to bear an egg let them lay in the water nine
days. shifting the water twice. then take them
out & cut a little piece out of the top of each
quince. scoop out all the cores, fill them with
white mustard seed two or three cloves of garlick
and a little mace. put the pieces in to the quince
& fasten them with small wooden pegs. which come
make the pickel with vinegar salt & whole
pepper. boil it & put it to the quinces three
times. the last time you heat it take half a
pound of white mustard seed & some mace bruse
it small & put it into the pot with a large
quantity of garlick pour the pickel on it
and cover it close

147
M^r Sparks Black Broath

Take a head & choin of Venison chop y^e bones
very small put it over a gentle fire for 5
hours with some crusts of brown bread sweet
herbs & aromatics stuck with cloves whole pepper
& salt scum it well but you must not take it
off the fire till it is enough then strain it off
& add to it some sweet herbs chopd small
your pieces of meat may be fryd if thought
proper & boild it up to gether with a little ancho
cut the tongue and jacket & put into the broth
with some bread cut in dice fryd in butter
send it up with marrigoles

To Make pepper cakes

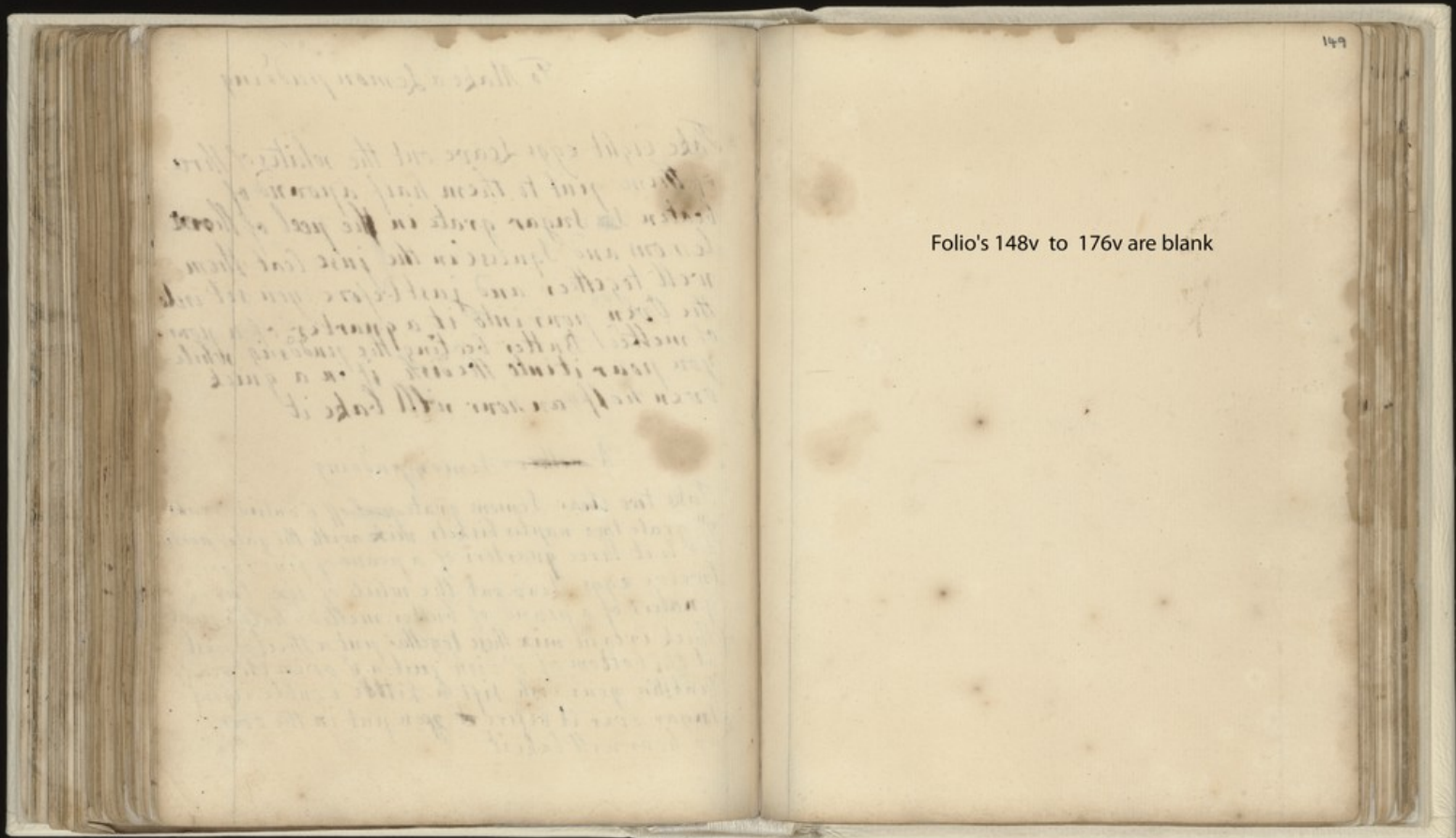
Take 2 quarts of Flour 3 ounces of butter rub
it in with a Lite hand a little salt a very little
Pepper 2 eggs leave out one white a quarter of
pint of good new yeast take as much warm
milk as will wet them into a little past set it
to the fire to rise the role y^e out bake them on
a tin prickling them a little

To Make a Lemon pudding

Take eight eggs Leave out the whites of three of them put to them half a pound of beaten ~~sugar~~ sugar grate in the peel of ~~three~~ lemons and Squeeze in the juise beat them well together and just before you set into the Oven pour into it a quarter of a pound of melted Butter beating the pudding while you pour it into the dish if in a quick oven half an hour will bake it

A ~~other~~ Lemon pudding

Take two clear Lemons grate ~~off~~ off y^e outside rinds y^e grate two naples biscuits mix with the grated peels add to it three quarters of a pound of fine sugar twelve eggs Leave out the white of six three quarters of a pound of butter melted, half a pint of thick cream mix these together put a sheet of past at the bottom of y^e dish just a y^e oven be ready sprinkle your dish with a little double refined sugar over it before y^e you put in the oven an hour will bake it



Folio's 148v to 176v are blank

177
The Purg for A Horse

Take the best Succotrine Albes one ounce, Cremor Tartar
flower of Brimstone powder of sallap and powder of Lepid
ish of each two Drams, Syrop of Buckthorn berries as
much as is sufficient to make into a Ball give it a Morning
observing Rules

3℥. Athiops Minerale. Sine igne
3℥. Balsum Sulphur. Perib.
3℥. Diapenta.

Make into a Ball with Honey or Treacle
you must give half a pint of w^m Ale

Folio's 178v to 182v are blank

2 oz^z of Bixenta 2 Drums of Salt of Steel
1 Drum of allawas

mix them all in breack and take the quantity
of a nutmeg twice a day

12. of ...
...
...
...
...

184 5
1
2
3
4
5
6
7
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21 All I will send thee the Receipt for the Tetter but I think it was
as follows.

Take any Quantity of Marshmallow Root, wash them Clean, boil them
till they are soft, ~~then~~ ^{then} put them in a Marble mortar,
and pound them to a pulp.

22 A Cure for the greese in a horses Legs
Take 1 pound of fine white steele and pound it
into 4 parts and put 1 part of it into a quart
of ale and rubber it very small and yid
him till he sweats then give it him and then
walk him about till he is cold again then put
him in the stable and give him meat 2 hours
after and water 4 hours after then let him
rest 2 days and give it him again till
the Rake taken it all
this is every good medicine

23

24

My valiant harted the receipt for the Towne but think it was
as follow.

Take any Quantity of, Wash mallow roots, wash them clean, boil them
till very soft, ~~beat them~~ paste them, then wash them in Rhenish water,
afterward rub them with a Spoon throug a sieve, and a thick moistaine
or Sypp will come there, take the Sypp and equal weight of good long
sagars, put them in a Sturgeon & keep them very close & a great
while, then pour into a Pan rubbe with Oyle and kneade it with
come out in a hard Cake.

