

English Recipe Book, later 17th-early 18th century

Publication/Creation

Late 17th century - early 18th century

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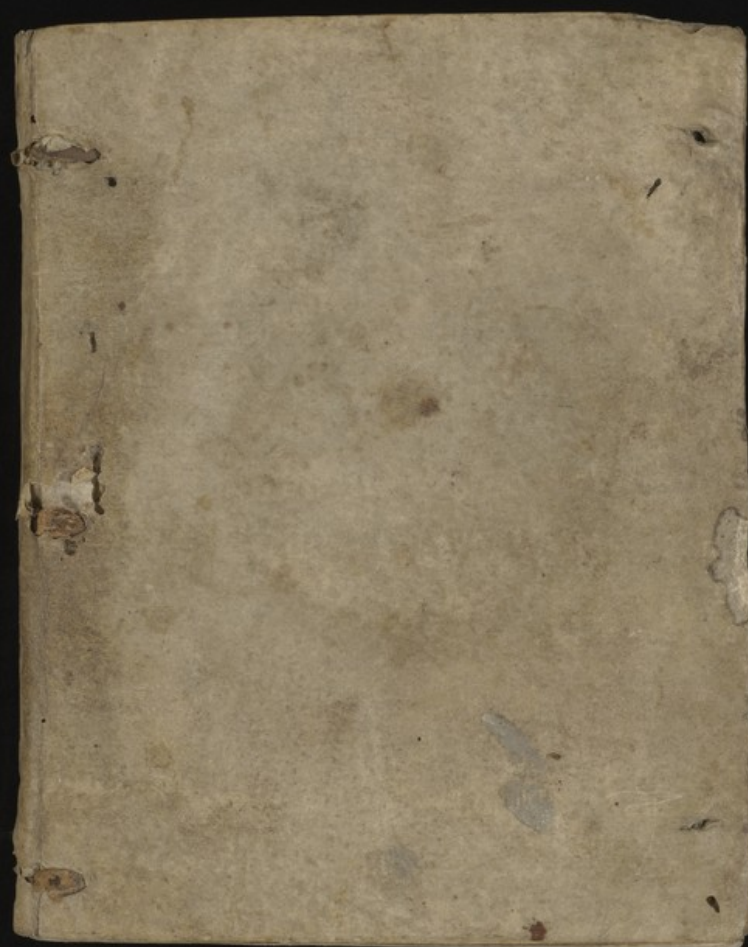
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To Roast A pike

Scale your pike then take pickled Herrings cut into longe peeces with which you must hard your picke; Then take Anchouas Lemons and sweet herbs minced it small you must mingle with it oysters Nutmegs cloves and mace beaten =
 10th 10th one pound of Butter is to be put into the Belly of the pike Then put him on your spitt with the splinters of A lath on each Side, tyed round with packthred if you can not conveniently roast him then with a little wine and butter you may put him into the oven; when he is redde to be sent to your table =
 Take a little Butter and vinegar with anchouas and oysters: But season him with salt mingled with the rest of the seasoninge =

To make Oatmeale puddings

Take Oatmeale greats cleare pickt sum good stowes of sweet herbs a few Seakes; and mary gold flowers chopt small. a little Nutmeg cloves and Marjoram Mingle all these together tie it up in a cleane cloth boyle it three howers when it is boyled serve it up with apound of Milted Butter

Thos you may doo also with
 Trough Butter

to make Riss Puddings

2
to make Riss Puddings

Take a quart of treame, and boyle therein A reasonable quantity of mace and anutmegge; slice some Manthett bread asunder: Then put in some servitt being finely shred, and a good quantity of rice being boyled first. Then put in the yelkes of egges five whites beat them first with a good quantity of Rose water put in some Sugar and a Nutmegge, and a little salt and fill them in gutts and seeth them.

to make greens Puddings

Take some mutton and boyle it and mince it with servitt and grated bread the toppes of sweet Mlargerum and Tyme, a handfull of parsley a little spinage, Chope all these very fine: and put it into the meat, and the yelkes of four Egges and some treame and Nutmegge and Sugar, and Curants and salt and a little flower, and so rowle them up in the Cawle of a sheepe and bake them in a dish.

For Raspes Rhyne

To a Barrell of twenty pottles you must take three or foure pottles of Raspes avord as you will have it stronge; and put the Raspes whole into the Barrell and then fasten something before the tape that nothing but the rhyne come forth when you draw there of.

To make good Cherry wyne

You must take three or four star pound of Cherries
and take out the stones And then beat the stones
too peeces and put them altogether into a
hogeshead of wyne: You must nayle a little
wiltott on a rannas before the spickett that the
stones come not out when you draw the wyne
and to half a hogeshead halfe so many cherries
and so according to proportion

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They make the cherry wyne of none but the
Morello Cherry but for need you may make it
of the blacke wild cherry, and be sure that the
wyne be of the best washed white wine you can
gett, and by no means put in neither saffron
or cherries in a Bag but put them in loose
that they may worke in the wine: you must let
it have a monthes tyme to worke: and then you
may drinke it all the yeare long; but it is best
the first month, and in the three last monthes
for in the dead of winter it will loose its strenght
yet it will come it selfe when fruit beginneth to
blossome and put with the fruite some ginger
tyammon and cloves it will preserve the
spirit the better

Greene Marmalitt of Lippins

Greene Pippins new gathered cut in quar-
ter and not pared boile in faire water straine
it with sugar as they weigh boile it to
a candy heigh then put in the green palpe
of pippines and boyle often stirring it till
it come from the bottome then put it in
glasses or Boxes it keeps all the yeare
Thus you may make green stuffe for larks

To make Almonds Butter

Take two pound of Almonds and blanch
them in a basin of rold water and lett them
stand in a pretie while then put them into
a Morter and beate them uery fine; and euen
as you beat them rast a spoonfull of faire
water in the morter amongst them and so
beat them still till they be uery fine; then
take them vpp; and put them int a bigg dish
and put there unto two or three spoonfull
of faire water; and lett them stand a while
being rownd with a cloth lest any dust should
come into them: Soe don straine them through a
faire Napkin and put the Milke into a faire
Bason of silver or pewter and still keep them
rouered: Then take your straine Almonds
out of the Napkin and put them into the
morter againe and beat them and put into the
a spoonfull of faire water and beat them till
they be uery fine then take them out againe
and put a porenge full of faire water to them

of must take three or four to one pound of blanch
and take out the stones and then lett the stone
be piced and put them into water with a little
head of vinegar: you must wash a little
with off or turnes before the spiced that the
stones come not out when you draw the water
and to half a pound had half so many turnes
and so according to proportion

off the the very name of none but the
of the old and be sure that the
one of the best water which you can
get and by no means put in water which is
or otherwise in a dish but put them in a
that they may roode in the roide: you must
it have a little time to roide: and then you
may drinke it all the yeare long; but it is best
the first month and in the last month
for in the dead of winter it will loose its strength
let it will roide it selfe when first you
dissolved and put into the fruit some wine
turnation and then it will preserve the
off and better

Recipe of Almonds of Pippins

5
 And strayne them to the rest of your allmonds
 milke as you did before and likewise vs it
 doe the third tyme as you did before: Then
 take your allmond milke and straine it into
 a faire panne being faire stoured, through a
 cleane Napkin. then take a Porrenger full of
 Allmonds milke, and set it by, and put to it a
 prittie quantitie of salt: Then tak the pan that
 hath the Allmond milke in ouer the fire and lett
 it boyle twice or threers vp; then put in your
 porrenger full of Allmond milke that hath
 the salt in and lett it boyle a prettie while, after
 that take it of the fire, and take a faire napkin
 and abroad cloth and let two hold it abroad; and
 euer with your spoone or ladle tast it upon the napkin
 or some other broad cloth, and lett the whey run
 out, and when it is all tast on the napkin: Then put it
 together with your spoone, and bund it with a
 packthreed and hang it vpon a nayle all night
 and lett the whey run out and in the morning take
 it out in a fair dish and work it with a spoone
 and put in a good deal of beaten suger, as much as
 will make it sweet with two or three spunfulls
 of rosewater and work it well together
 and soe put it on your plate and serue it vpp

6
To make yo Print Biskett otherwifo
Orals French Biskett ∞ ∞ ∞

Take of very fine flower, and of very fine suger
of each on pound both fine searfed: the yeall
and whites of eight egges a few chynseeds beat
all these together for the spate of on hower
having your roffins annoynted with Butter both in
the bottome and on the sides poure in your stuffe
into the roffins and your oven being of a moderate
heat sett it in, and let it stand for the spate of one
hower: Then take it out and slice itt or serue it
otherwise

To make wordon white Biskett
Take of the finest flower a small quantitie a little new ale
get a few eggs beaten first very fyne, feo roriander seeds a
few anyseeds temper all these together wth a little hott water, make
it into past like to y^e bread past and make it into a long loaf halfe
as long as yo arme, yo oven being of a moderat small heat set into
your oven for the spate of one hower, and then take it forth and being told
paire away y^e crust, and slice y^e rest into Cakes; then having yo seased
suger, rub yo Cakes therewith on both sides and let them stand for on quart
of an hower that y^e suger may soake into them, then rub then over a game
wth the same suger and make them smooth wth yo hand; And yo oven being of
a moderat heat sei them in and let them stand a quarter of an hower; Then
turne them yppon the other sides, and set them into the oven a game
untill they be thoroughly drie Then being thoroughly told rubb them over
with very fine searfed suger smoothing them with your hand
and soe serue them ∞ ∞ ∞

To Make Biskutt Colla

Take a little gume draginett, infuse it in Rose water: then streyne it and beat it in a mortar with a little fine searsed suger a few chynseede, and a little beaten lironas make it into loaves as bigge as an Egge then put a little water in y^e bottome of it, and take it in your sword

To make Biskutt of Apples

Take one pound of fine searsed suger flower and apound and three quarter of fine suger and fifteen whites of egges and yolkes beat your eggs first well together in a great bason with a wooden stir then put your suger into your Eggs and beat them well together then put in your flower halfe an ounce of Carduus seed well beaten you must have little roffens of fower or five Inches long and an inch wide all deepe then annoynt y^e Coffen with a fether with melted butter then put a Spoon full or two of Butter into your Coffens, and set them into the oven y^e oven being something hotten then when you draw out leuend bread these lett them stand an houre and in that time you shall see them rise much higher then the roffen and haue a glasse skimm on the toppe then take them and loose them with a knife softly from the roffen being out of the roffen lett them lye till they be cold then lay them on cleane papers and set them into your oven againe not being new heat and lett them stand an houre longer the mouth of the oven being all waies stoped

This may you make spanish Biskutt Bread with eight or ten Eggs more and bark it in good Coffon and then rub it out in slirib, when it is cold and drye the slirib

Handwritten title in cursive script, likely a recipe for a cake or bread.

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To make Bisquit Royall

Take the whites of egges, and the yokes of fowen beat them
very well together then put in apound of very fine suger
being very finely beaten, and halfe apound of flower being
finely searved stirre those together with a wooden
shir, in abason and it will be of a prittie stiffness; you
may put in muske or amber greese or colliander seeds as much as
you thinke good Then take some of it on a skive and lay it upon
a litle long peece of white paper, you must lay but a litle long
because it will spread upon the paper you may run ten peece
of paper out of a sheet, strow a litle fine suger on the topes of
them and then put them into your oven being of a softer
temperat heat then for any other Biskitt bread; they will be baked
in lesse then halfe a quarter of an hower; then take them out and cut
them from the papers whilst they be hott to out breaking the glasse
on the topes of them; then lett them lye till they be cold and
Agaime put them into the oven a litle while

For to make A Cake

Take halfe a pecke of fine flower apound and three quarters of Butter
kneaded dry into the flower till it be very small on ounce of
Cynamon on ounce of mace on ounce of Nutmegs halfe an ounce
of ginger on pound of suger all this mingled with the flower
and butter before it be roett Then put in a pint of wine
and a pint of yeast, and a litle new milke to make it wet enough
to knead and when all this kneaded and mingled well together then
put in three pound of ruse and before you mould it into a cake
lay it in a warme cloth before y^e fire to rise; it must stand almost two
howers in the oven; and the oven must be very hott; when you put it
for feare it should burne try it by laying a litle fire upon
the bottome of the oven if it burne the flower it is to
hott //

Howe to make of

[Faint, mostly illegible handwritten text in a cursive script, likely a continuation of a recipe or a list of ingredients.]

Rice Pancake

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Take halfe a pound of rice boyle it well overnight then beat eight eggs yelkes and whites together one pint of cream A little nutmege grated beat all this together with a little flower in the manner of ordinary pan cake and fry them in Butter

To Fry Parsnips

When y^e parsnips are boild then slice them thin take three yelkes of eggs two whights beat them with a little flower soe thicke as it will lye vpon the parsnipp then dippe the slices in the egg and fry them for y^e sauce take vinegar and suger with Butter melted

To Make fine Biskett Cake

Take a pound of fine flower dried and a pound and a quarter of suger beaten small breased fine a little Muske the yelkes of twelve eggs the white of six of them beat them well with fine Spoonfulls of rose water then mingle the flower and the suger with the eggs and beat them altogether in a faire mortar when it is almost halfe blysed you must not let it stand still but beat it continually for spard of three quarters of an hower then cast into it an ounce of rarnway seeds and stir them together have your plates in Areadine being rubbed with Butter in the volume; that the Cake stick not to the plate; and put into every plate as much stuff as will cover it then bake them in the oven which must be half soe hott as for mansheft before you mingle the stuff together save a spoonfull or two of the suger and flower and when the cakes are redye to goe into the oven then searsh a little of that suger

To

10

Rice Porridge

Take a pound of rice and wash it well in water
and then put it in a pot with six quarts of water
and let it stand over a fire for three hours
until the water is almost dry and the rice is
very tender. Then add a little salt and a
little butter and serve it up.

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and then put it in a pot with six quarts of water
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little butter and serve it up.

To make Jumballs

10

Take a pound and a halfe of fine suger sear it and
dried six yealkes and three whites of eggs six spoonfulls
of rosin and as much rose water the quantity of
an egg of sweet butter mingle all this together
make the past stiff work it better then a quarter
of an hour then breake abroad and put in some
torander or amy seeds tarragon seed as mark
mare and anbor greas as you please mold them in
roales make them in what forme you please
lay them on pye plates thin buttered printing
them all over back them as you back thim dget bread
if this quantity of eggs will not be sufficient to rooll
the flower and suger put in three or four
more tell it be met, but no rosin or butter or
rose water

To make Cheese

Take y^e suening ranno of blood on fowre
penny and rany it in a plate covered to milking
in the morning and milke in the milke of fowre
penny into the ranno. milke it softly with
sum foisuro when bring it home and put it
in a runnet as you you to doe but sell
your milke & sharps be blood was me or nothing
was me when you put it in your runnet and
to make it

[Faint, mostly illegible handwritten text in a cursive script, likely a recipe or medical instruction.]

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To make sheeps pudding

Take as much Creame as blood and thicken it with bread grated; put it into a good handfull of Marjorime, Dill, winter savory, few leekes penny royall finely choaped then seson it with cloves and mare salt suger Currant and sewell; you must seeth them more then oatmeale pudings, neither must you broyle them or fry them; but warme them in water

To dry Aprycockes

Take Aprycockes that are not to ripe, paire them and stone them quodde them leisurly not to mush dreyne them from the water, take waite for waite of double refined suger; and melt it with as much water as will melt it and when tis melted put in your apyrtokes and let them stand halfe an hower or three quarters, on a soft fyre not to boyle; then take them of and for three or fower daies togethen till the syrupe begins to randy set them in the sirrups either in a warme stove or in the sunne adayes, turning them sometimes; Then take them out of the sirrups; and lay them on a sheet of glasse and set them in the sun or stove tunning them till they are dry

to Bake meate to keepe

Take two Leggs of mutton and two leggs of veale take all
the fat from them and leaue onely ffleshid part then with a
mincing knife mince it as small as you can; then season it w:
nutmegs pepper ginger and salt so put it vpon a earthen pott laying
good store of butter vpon them; and cover them with papper or
paist and set them in an oven with your household bread
when they are through baked and cold take your meate out of
the potts take the gravy from it Then put your meat into the
pots agayne with good store of butter sett them in agayne
with penny bread when they are little more then through
hott take them out and fill them wth milded butter
soe keep it for your vse

Another way
Take a Rearing of Beefe that is younge and a legg of
Mutton cut them in peeces and beat them with a rolling pin
season it with pepper ginger and salt; put it into a large
earthy pott with three pound of beefe shuet beaten then
back it well with household bread when it is baked let it
stand 3 or 4 hawres daies then take your meat out of
your potts and cleane the gravy from the meat and the
skins and grissills; Then beat your meat a little in a stone
morter; Then season it agayne with nutmegs pepper and salt
then breake two or three pound of butter amongest
the meat and the shuet that baked it; then mingle it
well together and pull it wth a little earthen potts and
sett them into bake with penny bread when they are
baked fill them wth milded Butter and so keepe
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of the same

the first thing that I did was to take a quart of water and set it on a fire to boil. When it was boiling I took a pound of white sugar and beat it very fine. Then I took a pound of English liquorish and beat it small and searched fine. Then I let it dry leisurely upon a chafin dish of roales, stirring it continually because it will be apt to burne to when it is so dry that it will work like a past then put into it six drops of the spirit of Rose mary, of the spirits of Cynamon, and any seeds 3 or 4 drops 4 grammes of ambrogreece as much of muske myrrours horne and bezorstone which you please, then make it up into little balls or pills and dry them; and keepe them for your use; If you would have it look white you must beat it; when it is boyled enough

the second

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An Approved Joynt of Liquorish Lady Burdett

Take Coltsfoot water vnset hisop water of each a quart red rose water, and hore hound water, of each apint, put into your water 3 or 4 ounces of elicompane sliced on ounce of hartshorne, half an ounce of maydenhare marygold flowers and sweet marjoram of each a quarter of apound; of any seeds or other seeds as you pleas. put all these into a pyrexia close covered; when set into a little of seething water; and lett it infuse on a soft fire a day or more, untill the substance be out of the ingredients; and halfe the liquor be consumed then cleare it, and put into it two pound of white suger Candy finely beaten; and let it boyle till it be sirrup; then put into it halfe apound of English liquorish beaten small and searched fine; Then lett it dry leisurely upon a chafin dish of roales, stirring it continually because it will be apt to burne to when it is so dry that it will work like a past then put into it six drops of the spirit of Rose mary, of the spirits of Cynamon; and any seeds 3 or 4 drops 4 grammes of ambrogreece as much of muske myrrours horne and bezorstone which you please, then make it up into little balls or pills and dry them; and keepe them for your use; If you would have it look white you must beat it; when it is boyled enough

A receipt Against mis carrying

Take eight whites of eggs with y treads take a quart of y strokes of arid or abroune cow and put it into a rose still and stop close round about and keep a gentle fire; and when you think it halfe stilled open it and stir it; then stop it and still it down take of this water 2 or 3 Spoonfulls with a little suger mornings and euenings and ad to it rheny wood harts horne Cinamon; and so may you as you thinke the parties condition may Requie

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To Boyle Cyder

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Take pippins and pear mains and stamp them and straine them then put it into candron, and make it to boyle, and still as the skum riseth skim it vp of till it is all skimd off; let it boyle A quarter of an houre then put it into sum vessell to coole = till it is quite cold, then put it into a tubb and stopp it up = close as you doe beate =

To Kill Rats and mice

Take a little loafe suger and wheine flower or oatmeale and whet argeneck and pound it grinding it in a mortar; take fouer spoonfull of flower to one of arsenick and one of suger, and put it about in oyster shells, in conuenient places; let the white arsenicke be = glaz like ire, and the more glaz the better; forther em lyes the strenght of the persipt

A Cordiall water called treackell water

Take 3 pints of carous water and put into it an ounce of harts = horn and boyle it till it roms to a quart then take gentian roots tormentall roots decompain roots hipres roots Rines of ponnitrons of each of all an ounce heat them in grosc powder and take of the herbs of cardis and angillica of each an ounce and of the flowers of Rose Mary golds burrag and luploss of each take two ounces and one pound of old venice treackell dissolved into 6 pints of whit wine and 3 pints of Red Rose water infuse all these things 24 houers together then still it in a glass lumbark or water still and when you vse it, drink 4 spoonfulls of it with suger it is for any infection it is good in a burning feauer or the yeallow jaunders for Augues and for conuulsions

15

Handwritten text in a cursive script, likely a title or header for the first recipe.

Take of leaves of ladyfower slip colts foot hyssop betony liverwort
succory ground ivy and ducwort of the like of each on handfull
liquorish on ounce of amysced and sweet venell seed halfe an
ounce of roots of flowers de lice 2 ounces boyle all these in as much
running water as will cover them till halfe be wasted then strayne
it and add convenient quantity of suger boyle it to a croup of which
you may take a spoonfull at a time as often as you please and
and add to it if you please 2 spoonfulls of oyle and two
spoonfulls of white wine viniger

Handwritten text, likely a continuation of the first recipe or a separate note.

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BA Cryp for A Cold 15

Take of leaves of ladyfower slip colts foot hyssop betony liverwort
succory ground ivy and ducwort of the like of each on handfull
liquorish on ounce of amysced and sweet venell seed halfe an
ounce of roots of flowers de lice 2 ounces boyle all these in as much
running water as will cover them till halfe be wasted then strayne
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you may take a spoonfull at a time as often as you please and
and add to it if you please 2 spoonfulls of oyle and two
spoonfulls of white wine viniger

To kill Rats and Mice

Take halfe an ounce of white murray halfe an ounce of murray
supplie halfe an ounce of stibium a quarter of an ounce of hugh stone
make all this to a quantity of butter into a past and soe lay it about y^e places
troubled upon paper or cards in euery room sett a little water in y^e place may
drawe the same

A Receipt for the Bitting of a mad dog

Take a handfull of rue y^e stalks pink of garlick y^e cloves y^e cloves
abund full of broom sage bruse them together 3 spoonfulls of treacle
3 spoonfulls of tin or penter straped take a pottle of strong ale boyle thep
together till it comes to a quart then straine it stop it close and give to the
party 9 daies first last 6 spoonfulls and if there be any sore then take
the ingredience w^{ch} is boyd in it and lay to the sore euery day

A Receipt for the dropsie

Take 2 ounces of aniseed 2 ounces of caraway seed 2 ounces of nettle
seed on ounce and halfe of bay berries on ounce and half of uniper berries brum
all these together in a mortar and bake them in two little roles of bread with A
pint of green broom ashes when y^e bread is cold put it into five gallons of
Ale boyled very bitter w^{ch} green broom put not the bread in till the barrele
hath y^e Ale w^{ch} then stop it close w^{ch} about 3 weekes old you may drinke
it you must drinke no other drinke while lastes at your meales
and when you ar dry and soe continue on barel vnder an
other for halfe a year you may before take a glyster
and apunge first

Handwritten text in a large, decorative script, likely a title or heading.

Handwritten text in a smaller script, likely a recipe or medical instruction.

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Remedy for the Gout and Swelling of the body or a dropsey 16

In a barrell of good beere about twelve gallands put into a linnen bagg halfe apound of *Lognum vite* on ounce of *Salsapilla* rut and bruised 2 peeres of hars radish sliced of about 6 inches 2 handfulls *Struung* grasshrid or nere as much let the bagg hang in the beere untill it be out and soe take it the bagg will serue twice, drink every morning and evening half a pint or more, or at any tyme of the day when you please when it is a nirk old; put no hops into it

The purging electury for adropsie

Take *putuis* *savtis* *putuas* *ielopi* *ream* or tartar of each 2 drams *lentius* electuary 3 ounces mix these things together then let the party take on *mor* or twice a day or as you shall see *assation* as much of this electury as avallunt and accordingly as it worke take more or lesse then let the partie drink of the ale that is above mentioned for their drink and soe continue it as you see *onasion* and drink of the ale at any tyme when you please

A pultice for any Inflammation

Take a pint of new milk in a good handfull of *dama* *brog* *lunes* dried then thicken it with barley meal and a spoonfull of *barbives* greare and so apply it twice a day to the sore

To make Ginger Bread

Take a very good handfull of almonds blanch them and beate them very small take *allie* *Ruse* *matien* and as much *gum* *gragon* as a small *haffed* *nutt* when

1. A very good hand for the first time
and the first time very good indeed
the first time as good as the first time

Take some hartes horn and boyle it in watertell it be hard
stiffe ically then take somethinge creame as much as will
make it very white and season it with rose wate and suger
and put it into beer glasse narrowe at bottum then top

...take some double refined suger and searched to a pound
of appricocks halfe apound of suger pare your appricocks
very thine and as you pare them put them into a silver
bason and stero suger ypon them to saue the coullor of them
then and lett them stand an hower of two tell the suger be
= gins to melt then sett them on a soft fire tell the suger is
all melted then boyle them very soft and lett them stand
in the syrup 2 or 3 daies then put them ypon plats in the
stoue keeping a constant heat to them; three daies will dry them =
turning them often

To make Quince Syder

Take half the weight of suger to the quantitie of quince
and to each pound of suger halfe a pint of water pare and
core the quince and boyl it very well and quick; not come red
and soe put it up in a pot

To make Quince Syder

Beat the quinces whole squeeze out y^e iuyce take 5
quarts of the iuyce of y^e quinke 2 quarts of foliate wine
apound and halfe of suger stir it all together man: earthen
pan let it stand tell y^e suger be desolved and bottle it up
you must hasten y^e Quince to be strynged because it may not loose
his Cullen

To Dry Appricocks

Take some double refined suger and searched to a pound
of appricocks halfe apound of suger pare your appricocks
very thine and as you pare them put them into a silver
bason and stero suger ypon them to saue the coullor of them
then and lett them stand an hower of two tell the suger be
= gins to melt then sett them on a soft fire tell the suger is
all melted then boyle them very soft and lett them stand
in the syrup 2 or 3 daies then put them ypon plats in the
stoue keeping a constant heat to them; three daies will dry them =
turning them often

To halfe preserve Quince

Take half the weight of suger to the quantitie of quince
and to each pound of suger halfe a pint of water pare and
core the quince and boyl it very well and quick; not come red
and soe put it up in a pot

To make Syrup of Rubome berries
Infuse with an ounce of Rubarb and 2 an ounce of nutmeg
2 races of ginger aduzen of cloves and put your infusing
pot into a skillett of water to boyle tell the berries are taked
then to every pint of that liquor apound of suger boyl it
up to Syrup and tak 3 or 4 spoonfulls of it in posett
drink or whay in the morning fast morn: after your
Infusing pot very close

To make Quince Syder

Beat the quinces whole squeeze out y^e iuyce take 5
quarts of the iuyce of y^e quinke 2 quarts of foliate wine
apound and halfe of suger stir it all together man: earthen
pan let it stand tell y^e suger be desolved and bottle it up
you must hasten y^e Quince to be strynged because it may not loose
his Cullen

Take a pound and a quarter of suger and a pound of flower
 a pound of eggs yelkes and whites break them into a pan beat
 them well and as the froth rises mix the flower and suger
 with the flower and suger will take up the eggs then put
 carryway seeds brused and Collyander seeds and stir them
 well together then lett them stand for an hower and bake
 them in an oven gentle heat not too hot nor too cold
 strewing a litle suger upon them and put them into y oven

To make Browne wafers

Take halfe a pound of suger finely beaten and searched
 halfe a pound of flower a pint of creame beat it well
 together and put in a litle flowers and more then
 bake them and sett them up dry

To make Almond Butten

Take halfe a pound of Almonds steep them in cold all
 night and blanch them beat them very small in a stone
 mortar and take a quart of very good creame then doe y
 almonds very cleane through a stryfe put y yolks of 8
 new laid eggs straine it into y creame then put in a
 litle suger and rose water and set it over the fire boyl
 it till it be cold then serve it up to the table

A synament water good for a weak stomake
 Take an pound of sinomond grossly beaten a pound
 of white suger a gallon of canary sack a quart of red
 rose water steeped together Lthovers is draine by
 distillation a water of singular effirary againy
 serving

How to make a salve

Take a pound of good black soap, on pint of good aquavita
halfe apint of salit oyle, halfe apint of the ioyce of Rue
seeth them stir them altogether over an easie fire untill
it be something thing thick and that it may be made into
aplaister then spread something of it on a peece of new
sheeps skin and apply it to the pained place and let
it lye there on, unrenewed 3 daies and three nights
and if the paine be not then gone then apply such an
aplaister and remoue it not if so long, this will help it certen

To make a salve

Take a pound of silver fully beaten and scoured
halfe apint of silver fully beaten and scoured
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How to cure against y Briatira or any paine

Take apound of good black Soap, on pint of good aquavita
halfe apint of salit oyle, halfe apint of the ioyce of Rue
seeth them stir them altogether over an easie fire untill
it be something thing thick and that it may be made into
aplaister then spread something of it on a peece of new
sheeps skin and apply it to the pained place and let
it lye there on, unrenewed 3 daies and three nights
and if the paine be not then gone then apply such an
aplaister and remoue it not if so long, this will help it certen

To make Biskatills

Take as much as half a nutmegg and gum dragon and
lay it in two spoonfulls of good rose water in steape for
the space of one night then take one pound of fine suger being
finely beaten and searched then take the whites of two
new laid eggs and a little more beat the gum and the whites
of the eggs in a marble mortar with the suger a good while
or for the space of a quarter of an hower then put in a grain
or two of musk and the like of amber grease as you
think good your selfe beat it a little while being dissolved
before in a spoonfull of Rose water and then put in a spoonfull
of Canarva seeds being corrected with wine yinger then
beat it all together a little more then drop it upon faine
sheets of paper and bake it in an oven as hot almost as for manchett

How to make Greene Salve

Take a pound of beefe sevit shrid it small and melt it and
straine it then take a pound of bees wax a pound of flosom and
put them all together and set them over a slack fire till
they be melted they take it of and let stand till it be cold
if you may hold yo finger in it then take two pennyporth
of the flower of bardegrees and put into it then set it on
the fire and keep it stirring while it be hot then straine it
out into an earthen pan

to make a good use of it

[The page contains several lines of handwritten text in cursive script, which is mostly illegible due to fading and blurring.]

How to make a good...

into an certain part
 the fire and keep it burning while it be hot then stirring
 it with the flower of sulfur and put into it three or four
 if you may hold it longer in it take two more parts
 they be melted together and and let stand till be cold
 put them all together and set them over a fire till
 it turne to then take abroad of it and spread of paper and
 it is good to be small and will stand

To make A fine Cake

Take a quarter of a peck or some what more of the finest
flower you can get apint of creame ten yeaules of eggs without
whites well beaten 3 pound and a halfe of butter yearly melted and
power it on the flower about apint of ale yest halfe a quarer
of apint of rose water with some milk or amber greece
desolved in it season it with salt apeny worth of cloves and
mace and a little nutmege beaten altogether 3 pound and
halfe of curants well picked and washed in warme water a
pound of raysons of the son steamed and shreed small halfe
apound of almonds blanched and beaten small with a little
rose water for feare of boyling halfe away and apound of
suger in fine powder first mingle the mace and all
these things well together and let it lie a full horer
in the dough, and your oven being ready make up your
cake let not your oven be to hot nor shut up yo lid of it
but tounch of your rake now an then let it hot stand a
full horer in the oven, a gamst you draw it you must
have ready some rose water and suger beaten together
till it be cleare then with a feather diped in it wet the
upper side of your cake all over then sett it in the
oven to dry do this 3 or 4 times but let dry on every
time it will be rouered over as it was Jre observe
these direstrons and it is an Excellent Cake

Take of the leaues of sea, and garden scurvy grass six
pounds of sta mp them and expresse the ioyce, to which
add of the ioyce of brooslime. and water tresses, of each
on pound and a halfe, of the roots of white brionie four pound
of horse radish two pound of the winterian bark halfe
apound; lemons tenn; the rine. with the pulpe sliced
of nutmeggs 4 ounces: let all these stand infused and
macerated three days; in 8 pound of the best white wine.
then distill, take of these euery morning 4 or 5 spoonfulls
In the end of march this water is to be distilled Currants

To candy Goosberies Graps or Cherries

Picke them single from the stalk then take y white of
an egge not beaten, upon a trencher, wet your fruit all
ouer in the white of the egge. and put them in a dry
dish then take the best refined suger and when it is
beaten search it with auery fine search all ouer y fruit
then put the dish ouer a gentle fire. keeping them often
shaking tell you find them dry; rut the stalkes close
to the fruit. that noe ioyce comes out for that hinders
the drying this is to be don only when you see them
An excellent drinke for the stomack
Take a quart of a small beer; put to it a quarteren of currants
and ty them in a bagg boyle them in it till they be soft then
take the currants and stamp them in a mortar put them in againe
put to them two quartes of march beer; then put in it halfe a quart
of a handfull of vnsett hisop as much sage as much mint A
quarter of a handfull of rosemary boyle them well together
then straine them out and put them into bottles

Dr. Rants water for Stunpy and dropsy
approved by m^d J. B.

Take of the leaues of sea, and garden scurvy grass six
pounds of sta mp them and expresse the ioyce, to which
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on pound and a halfe, of the roots of white brionie four pound
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of a handfull of vnsett hisop as much sage as much mint A
quarter of a handfull of rosemary boyle them well together
then straine them out and put them into bottles

[illegible]

If you please you may make it with milk and thicken it with grated bread. Bisket 4 to 2 quarts a dozen eggs and on pint of sack

A true Receipt to make Irish vsquebaugh

Take of malt 16 pecks, marse it as you would doe for beere & let it run as long as it runs strong no small among it set it a working a little better then blood warme then take four or 5 payfulls of y next wort which runs downe and ad to it two pecks of good wheaten or other malt; and mix it with wort and boyle it well thus when almost ale set it a working and straine at the mault through a wide seive as cleane as possible you can this don putt it to the other wort that is working and let it work till the haume fauls to the bottum of the tubb then tun it up when it is a month or six weekes old still it once then then take it up in a barrell till ye haue stilled the last stilling then stilling it againe to everten gallons of liquore ad of ansted a quarter of apound of fresh butter a quarter of apound the next day after add to it of liquorish apound and powder, steep these suite or six daies; and also ad to it foure & polind of raysons of y sun stoned and 4 or 5 gruns of amber grees if you pleas; this must be done by a lymbe

To make white quints & marmalot in blitob

Take quinces pare them and rut them in thin slices till you come to the core, but be sure none of the core nor hard goes in then put them in a skillett and cust cover them w water and let them boyl as fast as you can till y liquor be suppery and not to look yellow then straine it and put y liquor in a pan and whilst this rotes make a stillit of water boiling hot and put y quince in it lest burne till they be tender then take them out and put them in a cloth to draine then pare them and cut them in as thin slices as you can then take 4 pints of y liquor you made of y quince and two pound of double Refmed Sugar and 40 ounces of the quints and 40 ounces of double Refmed Sugar and put them in a silver bason or skillett together and boyle them as quick as you can on a quick fire stir them soundly and skime them till you think they will Jelly but let them not grow yellow, but rather let them be stoped a little then grow yellow then when they are skimed cleane put them into glasse or pots

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First main paragraph of handwritten text on the left page, continuing in cursive script.

Second main paragraph of handwritten text on the left page, continuing in cursive script.

To make harts Honne Jelly

Take 9 ounces of harts harte and four pints of water put them into a cleane pipkin cover it set it on y^e fire let it boile till it be jelly then power it out from the grounds let it stand till it be cold then put it into a cleafe skillet put to it 6 ounces of fine suger a little lemon a staker 2 of mace maspy of sweet margelome let them stand on the fire let it be stalding hot then beat the whils of 2 eggs to froth pour it into the jolly stir it together let boile an alme or to then put in the iuse of 2 lemons and an ormg and aspyrill or two of rosewater boile an alme of two put a branch of rosemary in the jolly then pour it in leksurely let it run through till it be cleave then put in some lemon pile in them plices into the glasses then power the jolly upon it

For the Ague

Take turpentine and bay salt glibrum and masfrisk of each alike quantitie beat them fine mix them with the turpentine then spread it upon leather and bind it to the 2 hours before the fit and give them sage possotto drin

THE Receipt for Refumes

Lingain allows beniamen finely beaten of each have an ounce yellow sanders shoves and sinolment finely pounded of each adram storac callimunto 3 drames purg laddem 2 drames beat and incorporate all these together in gumdragm and rosewater then put to it as much of wellow rod coales beat into small powder as will color it sufficiently last of all put to of the best musk and amber greese of each half adram and seuit to graines beat them all together then role or print them of what fasshon you please

Demors Rescript for A horse

Common turpentine of sheeps suet of beese wax on pound of salletyle on pint of tar halfe apint melt all thes upon a soft fire and stir them in the miltng until they are all well incorporate but put in the turpentine last and here anoint the hoofs of your horse having first beere washed very cleane and wiped dry

*The excellent ysaion for a tols gout on
for any githen arthys y roms a tols rause or for mxtion*

Take Capulle of y strongest white wine y may be gotten halfe
apound of rasome halfe apound of fran. p. sen. finely beat in and
sceded put them into y whit wine & let them boyle till the be all
melted then take it from the fire and put 2 ounces of pure yellow
roax shred 12 drams of campher and 2 ounce of dery suet then
set on the fire againe and let it boyl untill it be all melted then take
3oun of olibanum 3oun of mastick and put them therin and
let this only have 2 heats on y fire & take it off; but you must rememb
to stir it continuall as it boileth and then let it stand till it be som
som what cold & all y plaister may sette to y bottome of y roine then
take of y best salet oyle and rub yo hands thores: take up the
substance of y plaister and beat out y wme from it between the
hands and make it up in kols in oyl. paper n: keep for yo use
and when you will use it cut a peece of sheeps skin as big as the
place you would apply y plaister unto and is a warme knife
by a chafin dish of coales slice thine slices of it from y rinde
and spread it all over y fleshy side of the peece of lethey
very thin and prick the lethey full of holes n: y mynt of a knife
and apply it warme to y place ained and there let it ly untill
your paine be gone or your plaister fall of

To make ffors meat Balls

Take a quantitie of a legge of veale or lambe and bruise
it n: beefe suet and put to it a litle baron bruse them all
together small then take a litle sage and 2 sprigs of
time and bruis them together and put to you meat then seson
it n: peper and salt and a litle cloues and grace and a litle
nutmege and then worke it all together n: 1 egge or two and y
to y quantitie of meat you may put a litle safarne in part of
it then rule it up in little rouls and you may lay it up in
scales of peal you may boile them or fry them or put them
in a rabe in a pie or mutton pie or chicken pie, Season
then pot for deepe as you doe in winter or in great
boile meate

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Handwritten text in a cursive script, concluding the entry on this page.

For Boiling Sampsons 27

First pick it and lay it one night in cold water and be sure to keep it all under water the next day put it in to A very cleane bras pot into which put half white wine vinegar and halfe water soe much as will couer the sampsons and then cover the pot with a plate or any thing that will keep close and make some rose past and pset it downe close round and lay a heavy weight upon it and put it over a fire to boyle for 3 quarters of an hower, and be sure that the steeme goe not out then take it of the fire, and straine it throug upon a cleane table bord, and when it and the pickell is cold then barrell it up in y same liquor it was boyled in

Another way

Take y^e sampier and pick it and put in a cleane pot and cover it with halfe vinegar or pargis and halfe water and if you cannot get vergis take halfe water and halfe sharp squall bear and then past it and lay it waite upon top to keep in the steeme as before and soe set it over the fire as you goe to bed, then take up y some embers and soe let it stov all night a little over it and in the morning look not it but, but set it aside till it be key rold till noone and then take it up in a tray and through away the liquor and barrell it up in y best white wine vinegar

An Approved Juio of Liquorish

Take roults foot roafen onsett hisop water of eark aquant red rose water and horehound water of eark apint, put into y^e water 3 or 4 ounces of clary

Take roots of liquorish and boyle them in water untill they are as soft as a papp
then pill them; then take them and slice them in little
thin slices the roote way of the roote then beat it in
an mortar very well then beat it with as much syrre
of rotsfoot and syrre of mayden hare, and brome
brown sugar cand y as will make it up in a lump
and take every night going to bed and in the
morning fast as much as a nutmeg

Take roots of liquorish and boyle them in water untill they are as soft as a papp
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thin slices the roote way of the roote then beat it in
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brown sugar cand y as will make it up in a lump
and take every night going to bed and in the
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Apropos for A cold

Take elirampne roots and boyle them, shift them
into ox throo roates; untill they are as soft as a papp
then pill them; then take them and slice them in little
thin slices the roote way of the roote then beat it in
an mortar very well then beat it with as much syrre
of rotsfoot and syrre of mayden hare, and brome
brown sugar cand y as will make it up in a lump
and take every night going to bed and in the
morning fast as much as a nutmeg

This oportunitye upon the lungs, I have now
told upon the lungs, I have now told upon the lungs

It is best making of it that I have now
told upon the lungs, I have now told upon the lungs

In excellent balme for wounds bruises on
 altho it may be put into wounded eyes was experiment
 first by the Countesse of the Stenford

Take solitt oyle clarified two quartts put it into a broad
 mouthed glasse then put into it this flowers as they
 come up in their king two great handfulls of flowers
 of Selandine, three handfulls of red rose buds the white of
 them being rut of, of the flowers of selfe heale hand-
 fulls of the flowers of saint Johns wort, 4 handfulls of
 the flowers of centerie, handfulls of the flowers of
 camomile on handfull, put into all these of penice
 turpentine 4 ounces, then cover it with a bladder pricked
 full of hoales, and soe set it where it may haue most heat
 of the sun till the end of september, then set it in a reason-
 able warme water almost an hower and be incouered
 whilst the water boylest, and be sure that noe water
 goe into the glasse, then take it of the fire and straine
 it then put it againe into the glasse, and the next
 yeare put in halfe the quantitie of all the flowers you
 did before, and strain it and boile it as afore after
 waies straine it at first, and use it as the party re-
 ceffer it

To take greasc or any other spots out of any
 cloth on stufte or out of any silke

Take the white of a new laid egge and rubb the spot
 there with tell it be of a alader and soe let it dry in
 then take it and with cold water waish it out, and
 soe let it dry, this is an approved good way

Doctor Burges his medicines
A gainst the plague

Take three pints of malmsey, and boile therein a handfull of sage, and a handfull of rene untill apint be wasted thereof, it and sett on the fire, then put there into a penworth of long peper halfe an ounce of ginger and a quarter of an ounce of nutmeggs all beaten together then put there into a penworth of metridake two penworth of treacle: a quarter of a pint of a quaitt or what angelico water which is better: keep this as yo life above all worldly treasure, take it alwaies warme both mornings and evening, a spoonfull of you be a breadly descaied, and sweet there upon: if not once a day is sufficient all the plague time: Under gods trust to god this for certayne is never deceived. Man; woman nor child, being taken before the heart be utterly mortified with y^e disease

This is not good only for the Comon Plague: called y^e sickness but also for y^e small poxmeasles or any such like
A medisen for Burning and Stalding

Take a handfull of Turnsoffe: of the tops of Elderbruds or Chickweed of silgreen chop them very small then put into them a penworth of Bees wax as much boggs greas as much Sallett oyle: a handfull of the whitest henns dongue: put them all together then take a quarter of a pound or better of hoggs grease then boyle them together, and straine it up to your use, the best time to make it is in may
probatu: s

Handwritten title in a decorative frame:
The Kings Medicine Against the plague

Handwritten text in a cursive script, likely a translation or commentary on the opposite page. The text is partially obscured by a large, decorative flourish.

Handwritten text in a cursive script, continuing the commentary or translation.

Handwritten text in a cursive script, continuing the commentary or translation.

The Kings Medicine Against the plague

Take of Red Bramble leaves red sage reu an elder = leaves on handfull stamp them together in a mortar and straine them through a fine cloth with a quart of white wine vinegar and three rayres of white ginger beaten to powder mingle all these together and drink on spoonfull thereof every day for some daies together and after the ninth spoonfull you shall by gods grace safe for a whole yeare

If it should happen on should be stricken with the plague before he hath taken this medicine then take the afore said with a spoonfull of Rittory water and the like quantitie of treacle and put them together and cause them to drinke it and it shall put out the venome

And if the Bothe appeare the take the Leques of Red Bramble and Elder and mustard seeds and stamp them together and make a plaister thereof and lay to the sore and it shall draw out the poyson and the party shall recover by the grace of god

An oyntment for Burning & Scalding

Take apound of Popeller buds steepe them in three pound of fresh water lay the space of ten daies then take poppy leaves Mandrake light alkale Lettice leaves cleare white the grease and popeller buds and then let them remaine to the spare of ten daies more and then when you will boyle it of put to them a pint of damask rose water and then let it boyle upon a soft fire untill it waton be boyled away and the oyntment is good green and then you may use it for burning or scalding you must mingle it with grease but a little ceause at first but when it begeth to heale something stiffer but at first none at all for five or six daies

12

...the best sallet oyle you can get, and
 halfe a pound of red leade beaten fine, an searched and
 as much bees wax as a wall nutt, put them together in a
 they boyle black, then dip in your clothes and when you
 have soe done take and wring it out while it is hot, change
 it where it may dry, and soe keep it for y^e use; you must
 not put in y^e bees wax, untill it be almost boyled; it will
 last good seven yeares, it is good for any soare on
 any rold Arth, approved

...broath for Jaunders

Take a chicken as much freie as will fit attinable
 the weight of a goat of yellow Jaunders, ten or 12
 earth wormes; slit them and waish them cleane, and
 steep them awhile in white wyne, in ier seasons of
 the son steaned, a good handfull of broune suger,
 candy, three drams of Endiffer, suchery, dandelion
 Saghemony, of each one handfull of strabury roots
 and leaues on handfull of boyle all these in annie
 quart of water till they come to the quantitie of a
 pinte seraine it and drink it ading thereto a quantitie
 of saffron; To make a powder for the eyes

...powder for the eyes saled
 the Red powder

32

...the best sallet oyle you can get, and
 halfe a pound of red leade beaten fine, an searched and
 as much bees wax as a wall nutt, put them together in a
 they boyle black, then dip in your clothes and when you
 have soe done take and wring it out while it is hot, change
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...powder for the eyes saled
 the Red powder

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A Purge which worketh of ruler of fleame

first you must take two ounces of stane
cube the leaues betwixt you hands to break them
then take the joyre of twelve fresh orings surenells
and all, then wringe as much of the juce as you can
gett upon the stane, you must take half a spoonfull
of sweet fennall seed lett this stand four and twenty
hovery close couered: then take the better end of
a net of peal and make broth of it, with a spoonfull
of french barley and a good spoonfull of rurrento
boyled in adoth in the broth and when this is
boyled to the quantitie of a poringer of broth; bray
and straine it from the meat brane and oringels
and straine out as much of the juro as you can get
possibly then put that liquor into yo Broth then
diuide it into two parts and take one halfe one
morning and the other halfe the next morning.

Captain: Greens purging drinke
Take halfe an ounce of Ruberbe two ounces of
seane 2 ounces of mincks Roberbe, half an ounce of
agrek stucke aheadfull of scabious aheadfull of Syromony
waish the rootes and the herbs: and take out the pittles
out of the rionkes Ruberbe, rut the roots and the
herbs and bruisse them a little, then put them into
a bagge and put a ston therein that it may sunke to
the bottome, then take a galler of alle from the
bome, and poure it to the bagge in some Runlett
or earthen pott, and so lett it stand four daies, and then
drinke some halfe a pint or more in a morning fasting
and fast two hours after it, then take some
pysser or broth; This will strengthen the liver

A powder for the Eyes saith the Red powder

Take one ounce of camphire fower ounces vitriall slice
the ramphire and beat the vitriall small; then take
A little blacke pott and put the vitriall on the toppe of
the ramphire the camphire being put into the bottom
of the pot, then cover the pot and put it into a chafening
dish of roales and keep a soft fyre vnder it and and
when it is hard as a stone then take the pott out of
the fyre and when it is cold break the pott, and take
four ounces of boale armonyake and beat them all
together and seaso them, and halfe an ounce
of this powder will ~~some~~ make aquart of water but
it must be spring water, and when it boyles put in the
powder and when it is cold put it in a glasse = =

To make an Oyntment for the Stomach

Take the tops of rosemary the springe is the best
time and shred three or four handfull then take a
pound of butter out of the churne and washed the
butter milke being cleane beaten out melt it then
put in the Rosemary and let it boyle together till the
butter be very green; to that put in a quarter of a pint
of aquavite, and let it boyl well together then
straine it out and keep it for your vse; it is good
for any payne in the legges, that cometh of cold and
to any ill the Stomake of Children = =

To make Plousurgentorum

Take Rosin and perrossin of each halfe apound of red deare sewet and new yellowe waxe frankensent of each a quarter of apound of Mastick one ounce of camphire 2 drames melt that which is to be melted and be the mastick into powder, and slice the camphire very thin take an other skillett or pan, and put therein a pottle of the best and strongest white wine and lay a strainer over the top of y^e pan; then take the stuff y^e is melted and pouer in the stuff and wringe it into y^e wine then sett it the fire and let it seash till the wine be more consumed and keep it stirring wth a wooden slice, then tak it of the fire and streo it till it be but blood warme then put into it 4 ounces of venis turpentine and still it till it be rould but be sure y^e it be but blood warme when you put in the turpentine, for if it be hotter it is all spoiled, and the paine you boile it in must be a great deal bigger the two containe the stuff for it will rise uery high in the boiling when it is rold role it out into Roales and keep it for y^e most soueraine gigne salve that can be made as by experience hath been found

The vertue of it

It is good for old wounds and new; good for the head ake; for swimming in y^e brainis and impostums in the head swelling in the eares, on the eares for sinners shrink on sprains; it draweth out a broken bone or thorne or any thing this is in a wound. It is good for y^e biting or shaping of a demigone breast and resteth y^e helpeth any manner of sores, and is good for festers and on an ointment against it doth out aches out of y^e liver and rays of spleens it breaketh impostumes and healeth the emrods it is good for the guts

The Use of it

[The page contains faint, illegible handwriting, likely bleed-through from the reverse side.]

[Faint handwritten text, likely bleed-through from the reverse side of the page.]

To Make Sinomon. Mutton

Take an earthen pott that will hold a gallon, then take of
lilies of the valley and rose mary tops, of each one handfull of Ros-
mary flowers, a great handfull, of oranges and lemons of
each one dozen, pare y^e rimes thre of, and take out the
curnells, and slice them thin, haite pound of Sinnamon
grossly beaten, 20 pound cloves bruised, an ounce of ^{ground} cayenne
pepper bruised, put all these into y^e pott, and then take as
much of the tops of baine as will fill up the pott, then put
as much Runish wine with aquart of Damask Rose water
as you can put into the pott, soe lett all these steepe to-
gether 3 or 4 daies close covered, stirring it an a day
Then still them in a still wth Symbecke ∞

To Make Aqua Mirabilis

Take Cardimond Cubbs Mollisut flowers galliard
nutmegs, mace ginger Rives each of these on drams
make all into powder, And put it into three pints of
white rume a pint of aquavito; a pinto of the jayre
of sallandine infuse all these one night in a clove
still potted up and with asoft fire distill it in water
it to your taste with sugar sandy, and take a little safran
in a cloth truste into y^e water; put sun ambergrase
in a Tiffny and hang in the glasse

St Cordiath water called France water

Take three pints of Cardui water, and put into it one
ounce of Hawkshorn and boyle it till it comes to a
quart then take genti. roots Elycomene roots
Cyproffe roots; 2 Lijes of pound etherne of each on
pounds beat. them with grope powder, and take
of the means of Cardus and Anguillico of each
one

One ounce And of the flower of Rosemary: Marigolds
Scurrage and Buglaspe of each two ounces: And one
pound of old Venetian Trachel dissolved into six
pints of white roync and three pints of Red rosewater
infuse all these things 24 howers together and then
still it in a glas Lymberke or water still: And when you
use it drinke 4 spoonfulls of it with suger: It is good
for any infection it is good in abundance of fealoun
for ye Yellow jaundies, for Agues and for the
Convulsion

To drie Cherries Red
Take three pound of cherries, being through ripe
and stoned weigh them and to you 3 pound; take one
pound of the hard suger you can gett beat it, and put
it into your preserving pann, and put better then
half apinte of water to it, and with your hand stir
it all together then put in your Cherries and stir
them into your water and suger, and then sett them
on a quick fire, and cover them and make them boyle
as fast as you can possible and skirre them and
when they be little soft take them of the fire
power them sunrup and all into a great gallipot
and then cover them; and soe let them stand
24 howers, then power them into a seave and let
the sirup runn from them, and lay them on glass
plates as close as you can one by one and set
them into a warme stoue to dry them, and when
they be drie or are reasonable dry turne
them, and when they are dry enough to flath
flath sum of them with your hand when
they be through dry box them up to set together
and lett them take noo drie

Aqua Mirabilis

Take quibbles Gallengall Mellilot flowers and
 cardium seeds of each on dram on pound of powder
 guger one pint of juice of sillindine one pint of
 juice of cynamon, and balme together, and one
 pint of angullica watter, or instead thereof as much
 strong Aquavit two ounces of clove gilliflowen
 2 ounces of burrage flowers two ounces of coulisps
 2 ounces of manehold flowers 2 ounces of bayle
 flowers steep all thes together in 3 pints of your
 best Sacke a whole night in a glasse or gallipot close
 covered, with white papper, a whole night in a glas
 or gallipot. In the morning stir it well with a
 spoon and pour it into a cold still stop your
 still round about with past, and distill it with an
 indifferent quick fire, from whence you shall receive
 3 pints of very good water, and as much small as you
 think fitt as good water runnes put into your glasse
 some loafe Sugar finely beaten

Lucatilly Balsome

If Venice Bracke, on pound of oile of olives three
 parts yellow wax half a pound of naturall Balsome
 one ounce of oile of S. Johns wort one ounce of
 red Sandores powdered, on ounce. Six spoonfulls
 of sack; cutt your wax milt it on the fire: lest it
 catch the fyre, take it of and put your balsome
 to it haung first waished your balsome
 thrice in Chamask rosewater, and haung
 mingled your sallett oyle with the sack
 put

To destroy Rats and Mice 42

Take an ounce of white mercury halfe an ounce of marcus supline halfe an ounce of stillerme quarter of an ounce of hugh stone, make all these with aquantitie of butter into past and to lay it in lithe quantities upon papper or rands about the places troubled and in every roome sett a litte water if y^e mice may drink and die

M^r Hikes Receipt for swelling in the stomack
fench, roots and smalledge roots of each alike quantitie, temper them with wyne and drinke thereof warme at the night and cold in y^e morning

For the Head ach

Take sheppards purse beat it in a mortar and put it under the naked soles of your feet

For Corruption of the Liver

Take a handfull of Liver wort and as much hemetary, as much hearts tongue, seeth them together drinke there every day

A very good salve

The tops of yson a good quantitie shred it small and pound it very breck sallet oyle carthage hony wheather flower compound them well together and make it to salve

For An Ache

Take Rue plantine roots smalledge of each A like quantitie stamp them very Small three yells of eggs a good quantitie of hony apennywort of yallipp a little salt stamp them and the herbs together mingle them wth flower an spread a plaister on woollen clothes tie the ache and keep it warme remove it in 24 hours

For ach syntment

A quart of oyle sothern wood roasm wood bay leaves of each a handfull stamp them and put them to the oyle and the gale of an oxe and as much aqualitie as the gale stir them together and straine them

For Striking of Simons

A quart of Beary foot oyle a handfull Balsome as much Elder flowers and set them in the stove a month

For a Humer that descendeth out of the head in the eyes

Take powder of Bittony and a quantitie of hony and twice as much water as hony and boyle the water and hony together and clarify it cleane then take your powder of Bittony and temper it with a little of the same water and soe drink it every morning fasting the night before

How to cure the eyes

Take the weight of a penny of y^e whitest Coporas
you can get, and as much comin seeds as you can
make up between y^e fingers and your thumbe, make
your coporas into fine powder, and but truis y^e comin
seeds, and put all into an egge shell of
cleane water, and boyle it in the embers till halfe
be consumed, and then stayne it, and keep it to
your use, dropping in a drop or two every morning
and two or three times the day

How to cure the eyes

Take a bottle of faire Raine water and put thereto
shalfe penyworth of white coporas, and lett it
stand a day and a night, in a faire Bason, then
take it out of y^e bason into an other and cast
away the refuse, and soe doe you every day after
till it wax cleane from yellow or grounds, then
put to it a pint of rose water, and soe put it into
a faire glasse, and sett it in the son. an month,
and after use it for eyes morning & evening

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and after use it for eyes morning & evening

An Approved medicine for
the eyes especially when they itch

Take the weight of a penny of y^e whitest Coporas
you can get, and as much comin seeds as you can
make up between y^e fingers and your thumbe, make
your coporas into fine powder, and but truis y^e comin
seeds, and put all into an egge shell of
cleane water, and boyle it in the embers till halfe
be consumed, and then stayne it, and keep it to
your use, dropping in a drop or two every morning
and two or three times the day

A spirituall good water for sore
eyes approved by y^e Lady Fitzwilliam

Take a bottle of faire Raine water and put thereto
shalfe penyworth of white coporas, and lett it
stand a day and a night, in a faire Bason, then
take it out of y^e bason into an other and cast
away the refuse, and soe doe you every day after
till it wax cleane from yellow or grounds, then
put to it a pint of rose water, and soe put it into
a faire glasse, and sett it in the son. an month,
and after use it for eyes morning & evening

St gaints Malincolly

Take 4 gallons of strong Ale; 3 pound of balme
halfe a pound of Liquorish, halfe a pound of any seed
bruse all together, and lay them in steep 24
houers; keep the vessell close stopped, then
distill it in almback; keep the first four pint of
water by it selfe, the latter is good to Drinke

To make white marmalitt of Quinces

Take the greenest sort of quinces when they ar
through ripe quate them upon a grater; then presse
them, then take other quinces and payre them, and
coare them and cutt them into quarters, and to a
pound of those quinces a quart of the Syccour which
was pressed out of the other, and put it into A
spillett, and lett it boyle till the quinces be very
tender, then take to apint of it Liquorish quinces
together 3 quarters of a pound of double refined
Sugar, and mak it to a candy syrropp; then
putt in the Quince, and liquor, and let it boyle up
halfe aduzon tymes with as quick a fire as can be
and soe skime it and glasse it

For the steame in the Rydneyes

Take a pottle of nere milke from the cowe and
one handfull of pellitory of the wall, one handfull
of garden parsley, one handfull of mead parsley, one
saxuprage 3 or 4 great Radish rootes a large
handfull of all these heards, waish them very
cleane, and dry them well in a cleane cloth
then

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Aglistex for the Collick & Strains

Take 2 handfulls of Camomile 2 handfulls of
mallo leaves, bruise them in a wooden dish with
a pestle; then take of sweet fennell seeds and any
seeds, of each 2 ounces bruise them alittle: Then
put the yeards and seeds into a skillett with 3
pints of water, then boyle it, and when it hath
boyled awhile then take it of, and put into to it A
pint of sweet milke, then lett it seeth againe, and when
it is half consumed, straine it, and put it into three
ounces of oyle of Camomile, and one ounce of dysentico
and soe apply it warme in a glisten pipe. *¶*
This will help them although they be almost stowed
up with wind, and almost becumed or lamed of
all members This glisten will serue twice &c

Capt. Greens Purgin^g Drink:

Take halfe an ounce of Rubarbe, Seaney and munks
rubarbe of each two ounces, halfe an ounce a greek
sliced, a handfull of scabions, a hand of Sgremony
with the roots and the yearbs, and take the yssues out
of the munks ruberde, cutt the roots and the yearbs
and

And bruise them a little, then put them in a bagge
and put a stone into the bagge that it may sink
into the bottome, then take a gallon of ale from
the tunne and put it into the bagge, in some Runlet
or earthen stand, and so lett it stand four daies, and
then drink some halfe apint or more in a morning
fasting, and fast two howers after take some broeth
or posset drink, this will strengthen the Livers

The Red Powder

Take an ounce of camphire & ounces of vitriall, slice
the camphire, and beat the vitriall small, put the
camphire into the bottome of a little black pott, and
the vitriall on the tope of the camphire, coven the
pott and sett it into a chafing dish of coales, and
keep a soft fire under, and when it is as hard as a stone
take it from the fire, and when tis cold break the
pott, and take 4 ounces of Soale armonyake, and beat
them altogether, and searse them, halfe an ounce
of this powder will make a quart of water, and when
it boiles put in the powder, but it must be spring
water, and when it is cold, put it into a glasse

A seere cloth for the Gout

Take a pint of the best sallett oyle you can get halfe
apound of red lead beaten fine, and searsed and as much
bees wax, as a small nutt, put these into a skillett over the
fire, and stir them together untill they boile black, then
dip in your clothes, when you have soe don wringe it out
while it is hott, hang it where it may dry, and so
keep it for your vse, You must not put in your bees
wax, untill it be almost boyled, it will last good
seauen years, it is good for any soare or any
could ach, aproved

To Make Lime water

Take a pottle of spring water, and a lime stone
as big as ones head that hath been very well
burnt, in the kil then put it into the water, and
when you see it all broken to peeces stir it well to
geather, and when it do seeme to boyle, and is scald
ing hott stir it now and then, then let it settle. A
whole day, when it stands with a cleer water above
the lime, poure out the cleare into glasses and so
you may keep it halfe a year. you may use it a
day after it is made. The use of it is this, it
will stay the loosenes of the body flux taking two
spoonfulls thereof in the morning fasting, and
as much agayne at night two spoonfulls is
enough for an old body, and one spoonfull for A
child. It is good to waish any soave old orner

For weaknesse in the Back
Lary water distilled foure or 5 spoonfull morning
and evening. For the stone

Four radishes bruise them with white wine, mingle
the juce. of the radish wth wine and drink it redme.
For the same
Powder of new laid eggshells halfe a spoonfull of
the powder in aquantitie of white wyne possett drinke.

For the same
Gramill seed a spoonfull pounded in a quantity
of whitewine possett drinke

Rit Panthe

the above & rice pike is for all the best &
 the best & rice pike is for all the best &
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 the best & rice pike is for all the best &

well, and then skin it cleane, then take it for the fire
 and lett it stand untill it bee cold, Then take out your
 wax, and powder away the rose water, Then put the wax
 into the skillett and sett it over the fire to be melted
 Then put in your turpentine and your oyle with halfe
 apint of sack, and lett it boyle two or three waimes
 Then take it from the fyre and as soon as it begins to
 be cold then take the Sanolers and strewe it in and stir
 it well together, untill it come to a thicke substance;
 and when it is through cold put it into a gally pott, and
 sett your pott in a hole in the earth, and cover it with
 earth, for two monthes, and then it will grow to a
 perfect Balsome of the culles of claret wine. It
 must be don on a fyre of charcoale, and boyle it softly
 otherwise it will growe black an not so good:////
 First it is good to heale any inward or outward matter
 If inward to be squerted warme into the wound: If
 outward, to be applyed with fine lint of Lynin anoynting
 the parts therabouts offended, and it will not only take
 away the payne but keepeth it from inflammation
 drawing forth all broken boanes or any other thing that
 might purifie or fester, it taketh away all payne and
 griff arising through cold or moyst humer Catarkes on
 Arkes in the bones or sinusses firs anoynting the
 parts there about so offended with the said oyle hot
 and warme cloathes laid ypon it; It healeth any
 burning or scalding by fire or water or any other
 meanes, it helpeth likewise any bruise, it being A
 noynted with the said oyle.

It will

It will heale without any starr remaining, it healeth
 The headach, only anoynting the temples and Nostrills
 therewith, it is against the wind Collicke, and stick in
 the side, applied there vnto warme, wth hot clothles
 4 mornings together, it is good against the plague
 and helpeth the suffit, takinge the quantitie of aqua
 of an ounce in a little sacke warmed it healeth the
 biting or stingin of scorpions vipers or snakes
 In that tis good for any thinge

In the biting of a mad Dogge
 Take of Rue, of Garlick of each a handfull the
 stalkes, and the rinde of the garlick puld of bruise them
 together, three spoonfull of treacle, the spoonfull of
 tinn scraped boile these together in a pottle of
 strong Ale or beere till it comes to a quart then
 strayne it, keep it close, And give it the partie
 nine daies daies first and last Six spoonfull, and
 if there be any soare then take the ingredience
 which is boyled in it and lay it to the soare euery
 Day
 Finis

Take a very good handfull of Almonds. blanch them
and beat them very small, take a little Rose water
and as much gum dragon as a small haslenutt
; when tis steeped, take halfe an ounce of white
ginger beaten and searped, and take as much
double refined suger as will make it up into a past
then put it upon moulds and soe dry it against
a fire; tulleth with Cynamond; To make it brown only

To Make Syrup of violets
Bruis them in a stone mortar, and put them
into a bagg and presse out all y^e joyce in a presse
then to every pinte of the jouce; put in two pound
of double Refined suger, beat and searped then put
it into a silver bason; and sett it over the fire
in a skillett of water, and keep it stirring over A
gentle fire till the suger be all melted then take
it off the fire and skum it and lett it stand in the
skillett till the water be cold then skum it and put in
a bottle

To Make Ginger Bread

To Make Syrup of violets
Bruis them in a stone mortar, and put them
into a bagg and presse out all y^e joyce in a presse
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of double Refined suger, beat and searped then put
it into a silver bason; and sett it over the fire
in a skillett of water, and keep it stirring over A
gentle fire till the suger be all melted then take
it off the fire and skum it and lett it stand in the
skillett till the water be cold then skum it and put in
a bottle

To Make Gooseberry wine

Take a good quantitie of gooseberries and break them
with a hand in a deep earthen pann, then according to the
quantitie of a pecke put in 2 quarts of white wine spirit
altogether 2 or 3 days, and then put it into a gelly-
bagg, and as it droppes bottle it up, and to each
bottle; putt in a small Rabb of suger

To Preserve Cherries

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Take 1 of suger take as much joyce of red Currants, as will
nett 1/2 suger take y^e cherries ripe them and slit them on the
side, then putt 1/2 of cherries into the syrrup and boile them
up and soe put them in glasses

To Make Steeple Creame

Take some harts horne and boile and boyle it in a water
till it be a hard stiffe jelly then take some thick cream
as much as will make it very white, and season it wth rose
water and suger, and put it into beere glasses narrow
or; at ballum then topp

To Dry Apricokes

Take some double refined suger beat and searso
to apound of apricokes halfe apound of suger; pare
your apricokes very even and thin and as you
pare them put them into a silver bason and
streer suger upon them to saue y^e culler of them
and lett them stand an hower or too till the suger
begins to milt, then sett them on a soft fire, till
the suger is all milted, then boile them very fast
and lett them stand in the syrap 2 or 3 daies
then put them upon plated in the stoue keeping
a constant heat to them, three dayes will dry
them turning them often =

Take halfe the waite of suger, to the quantity of
quince, and to each 1 of suger halfe a pint of roator
pare and rore y^e quince and boile it very well, and
soe put it up in aptt

To make Syrup of Buckthorne

Infuse it in: 1 ounce of Ruberh and halfe an ounce
of nutmeggs 2 Rases of ginger 1 dozen of flowers
in a skillett of roatter, then to every pint of the Juo
take 1 of suger, boile it up to a syrup, and take 3 or
4 Spoonfulls of it, in rokey or possott drink

To make Quince Sydon

Beat y^e quince, whole squeres out y^e juce, take
5 quarts of the jouce of the quince 2 quarts of white
wyne 2 and a halfe of suger; stik it all together
in an earthen pann Lett it stand till the suger
be desolved, and bottle it up

To make Biskett

A pound and quarter of suger 1 of flower 1 of eggs
yolkes and whites break them into apan, beat them
well, and as the fresh rises mixe the flower and suger
with it, the flower and suger will take up the Eggs, then
put curraway seeds bruised and colyander seeds, and sturr them
well together, then lett them stand 1 hower, and bake them in
an oven gently heat not to hot nor to cold stirring a little
sugar upon them and put them into the oven

To make Preserve Quince

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quince, and to each 1 of suger halfe a pint of roator
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soe put it up in aptt

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well together, then lett them stand 1 hower, and bake them in
an oven gently heat not to hot nor to cold stirring a little
sugar upon them and put them into the oven

To make Browne wafers

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Take halfe a pound of suger finely beaten
halfe a pound of flower, apitts of creame beat it
well together and put in a little cloues and mace
Then Bake them and sett them up dry

To make Almond Buttor

Take halfe a pound of almonds steep them in
water all night and blanch them, beat them
very small in a stone mortar, and take a
quart of very good creame, then doo the
almonds very clean through a syffe, put the
yealkes of 8 new laid eggs strained it into
the creame, then put in a little suger and rose
water and sett it over the fire and boyle it
till it be prtie thicke, then pover it into the
haine syffe and lett it stand till it be cold
then serve it up to table

To make a decoction of roots

Take half a pound of roots of *Philepandula* roots, sliced, one pound of white *saxifraga* roots, (they are like seeds for smolens) and bruise them; one pound of *lunegatish* roots, sliced, two quarts of water, or white wine in which infuse all these things twenty four hours, and then to every stillfull put a quart or something more of new milk, and soe.

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An excellent water of my Conger Thyme for the Stone

Take one peck of ripe pickled hares, topped and layed, one pound of *Philepandula* roots, sliced, one pound of white *saxifraga* roots, (they are like seeds for smolens) and bruise them; one pound of *lunegatish* roots, sliced, two quarts of water, or white wine in which infuse all these things twenty four hours, and then to every stillfull put a quart or something more of new milk, and soe.

The paste may be made
of Cowslip seed and put
in 8 gallons of water. It is then
made of sugar and for
proportionably for a sugar
or sugar gently which when
put in to the bowl 2 or 3
of eggs being the same amount
the bottle. Let the liquor being
set on fire by a candle on a
stove take it off and put it
in too much too cold and when
it is almost cold take 3 or 4
spoonfuls of soft and mingle
that well together with sugar of
liquor and put it too soft
too much. It works then take
4 or 5 lemons and cut them from
pill and all & throw them
in too them in too the liquor
then take half of shell
of good measure of Cowslip

Get on pick of which you must
bring the little in effone
matters and put them in the
the liquor of the same you
sit it on a fire of the same
matters for the same you
wooden for the same you
the same you find out the
Conjunct And for the same you
both the same you find out the
Mint or Symmet more for the
and for the same you find out the
ful that it may work out the
youth still feeling it while it
works when it has found
working stop it up to go and let
it stand for the same you
toe. It for the same you find out the
it with the same you find out the
tying the cork it will keep
it whole in water

To preserve Oranges

Take good Oranges & pare them thin
then wash with salt & wash them clean then
put in a pot of water & boyle them change
the water 3 times & let every water boyle be
fore you put in the Oranges when they are
so tender as a straw will goe through em take
them up & cut a small peice of them that you
may pick out the seeds then take to every pound
of Oranges a pound of Sugar a wine pint of water
& put to your Sugar & Clarify it with an egg
& when the Sugar is clean skimed let it coole a little
& then put in the Oranges & let it stand upon
embers an hour the next day set em on embers
again till they are ready to boyle the third day
take halfe a pint of pipin water & halfe a
pound of Sugar when your Oranges are hot
in the former surrop put in the second surrop &
boyle em till you see them look cleer then take
them up glass them boyle the surrop to a tender jelly
when cold put it to the Oranges

To preserve grapes green

Take em upon the change before they begin to be ripe and get the largest bunches you can & prick a hole in each grape. then weigh them & add to one pound of grapes one pound & a quarter of Double refined sugar finely sifted. put them in an earthen pan the top of paper & an other of grapes when they are all in take some spinage straine to the value of half a quarter of a pint to each pond. throw it over em; and let em stand for 3 days in a warme stove. then put them in a preserving pan & set them over a gentle fire & let them boyle softly and take of the Scum very Cleane. when they are tender & green take them out of the Syrupe bunch by bunch. then set the syrope aboe the fire & let it boyle up to a thick preserving syrope then put your grapes into it again & for two days gently scald them till they are just ready to boyle for 3 times a day and that will bring them as grass, if the syrope be not thicke enough boyle it again till it be. when your syrope & grapes are cold put them up for your use.

To make an excellent cake

Take five pound of dry fine flower & six pound of currants one pound of loafe Sugar & a pound of candied Citron cut in thin slices, a little salt nuttmage mace & cinamam wth some caraway seeds mingle all these things together then take a pound of almonds and beat them well to keep them from oyling you must put some sack & rosewater in. 24 eggs leavine out ten whites a wine quart of good barm two pound of butter and a quart of cream Boyle your cream & butter & slice in your butter into it & mingle your almonds & barm & eggs together and put them in one sile of the flower, & so make it up & let it lye to rise half in hour, then put it in the oven & let it stand 3 hours, you must bake it in a hooper well buttered & when it comes out see it; this cake is good wth the almonds & citern

the seeing, you must take whites of eggs & beate them up to a froth that is very thick & put that and some gum water & some of the purest sugar steyed into a marble mortar, & there beat it till it is as thick as good cream or thicker, till it will not run, when the cake is not so hott lay this on the top & sides let it in again for a little time to harden it, the longer you beate the seeing the whiter & sweeter be,

The last and most excellent remedy
for the stone: Mrs. Wadsworth's receipt

Take of the dunge of Oxen which
are all gray in May, let itt not bee
to fresh nor to dry, digest itt faine
and softly in a potestill, keepe the
water in glasse vialls well stoped, then
take 3 or 4 Redishes cutt them small
and putt them in a viall with either
greek wine or good malmsley lett
stand in sun and aire for aday and
a night, then take one part of this
wine, two parts of the oxen dunge
water, halfe as much of strabury
water, two or 3 drops of the juice
of lemon, and lett them bee of all
these waters proportioned together
halfe a pint, strecher itt with hony

Take of the powder of very Awea
as much as will lye on a greete pite
and then drinke the water to wash
itt downe,

when you have use of this water
take of the fine powder of very
Awea one spoonfull in a new laid
egg soft water suppe itt up in a
morning and faste 2 houres after itt

Dr Whatman for ye stone

Take green cherries dry them in an
oven to a powder and take as much
of the powder as will lye on a shilling
either in pills mixed wth Venice
turpentine or in white wine,

Dr Lowe says a spoonfull of
the powder in a fist and drinke
a glasse of white wine after itt:

For prevention of the stone take
sometimes an ounce of Cathia in powder
pockett drinke,

And sometimes pills made wth Venice
turpentine and crabbie egg

To make Grape Cordage Wine

Take the grapes berries at half the growth before
they turn yellow. Let them be tidely picked
and washed. To every three pounds of grapes berries
take one quart of water and one pound of sugar.
Crush the grapes berries in a Stone mortar
and put them in cold water in a convenient
vessel and let it stand 24 hours stirring
it two or 3 times. Then let the cleare liquor
runne from them through a haire sieve or
Carras shayner. If you make a quantity
put it into a Jar with the sugar
If you have but a little put it into a glass
with a Tap at the bottom, stop it and let
it stand 2 or 3 weeks and when you
find it to be very ripe, bottle it up
for your use. It will keep two years at least

In the same manner you may
make Raspberry or Currant Wine

To make Quince Wine

Grate your Quince as big some of the tree; and then
straine them through a Cloth, then put the liquor
into a vessel and let it stand a week stopped
close in the vessel. Then bottle it with a good
quantity of fine sugar Water for 2 or 3
months it will be fitt to drink and it will
keep a year.

To make Straw Cheese

Take two Gallons of milke and a pint and
half of Cream. Runne it pretty eild and
when its hard some, break it with a Skimming
dish and let it stand awhile untill the surer
you turne it put into your hand, then take
it up and lay it in the straw and find
let it stand awhile, soe doe till your
straw be full. Then putt a pound weight on
it and leave it and keep the same weight
on it all day. Then take it off and dry it
in your straw, keep it turned. They are
ready in 8 dayes if the weather

To make Spiritus Rims

Take two pounds of Aprivorts, one pound of single
refined sugar, two quarts of spring water, first
boile ym water and sugar together and take
of the skum, then putt in the Aprivorts and
some Rasy flowers to give it a tast and
having boiled the Aprivorts as fully as for a
preserver lay them aside and when the
liquor is cold putt it into bottles and stopp
them close and in three weekes it will be
fitt to drinke.

To make Jolly of Hartshorne

Take a quarter of a pound of Hartshorne, three
pints of spring water. Let it boil till it comes
to a jelly, then put in the juice of one
Lemon and an orange and one spoonfull of
Rose water, and what sugar you please

An Excellent Receipt
to stew a brace of Carps

Take your Carps and scale them cleane,
and wash them, then cutt them on the necke
as close to the heade as you can butt have
a care of cutting too deepe for feare you should
cutt the gaulle, and when you have cutt y^m
hold them up in your hand, to lett the
blood run out into your stew pan into a
little vinegar keeping it stirring that the
blood may not quarr, when they haue bled
as longe as they will, cutt them on the belly
a little way, and if itt bee a sparer you
must take out the spaw with the gutts
but if itt bee a miltier leave in the milt
bee sure not to breake the gaulle or you
take itt out, when you have thus done
you may cutt them in peices or stew y^m
whole which you please, when you have
putt the carps into your stew pan with

their blood shew on some salt and have ⁶⁷
ready halfe a pint of Vinegar very hott
and pour it on your carps and lett y^m
stand a little while, then putt halfe a
pint of faire water to them and a quart
of claret or more if need require,
a little whole ^{white} pepper, six flasks of
mace, eight cloves, one nutmegg cutt
in four quarters, a little sliced
ginger, foure Anchoues, foure whole
onions, peeled and picked round with
the point of a knife, a little peice
of bottome crust of white bread, a bundle
of hore and sweet margerum, butter or
other sweet herbs, shred six shalott and
putt y^m into your panell; you may putt
a little beaten pepper in if you please
you may take the gaulle from the
gutts if you like itt and putt y^m in ^{armed}

when all these things be in the pan
together, take the spawn and flower
itt, and fry itt brown in a little sweet
butter pouring the butter and spawn
on your Carps very hot, then set
them on the fier to stew, the heads
lying on the hottest place, you must
turne the heads often, you may put
oysters or mushrooms if you please
when your carps are done enough
take out the Carps and digh them
out, if the Broath be not thicke
enough take the yolkes of a couple
of eggs beaten with some claret, and
a little mace shred very fine, if you
like not eggs thicken itt with butter
letting itt not stand so long on the
fier for feare of turning, now

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on herbs radicls scraped, and slices
of lemon, when you digh up your
carps pour the broath on them
leaving behind the spices, onion,
herb, and bread, some will putt
in gravy of mutton or beefe, but
I never did, because I never
could flesh and fish together.

this is my Larishes receipt of the
Red Lion in Branford

To make Hawthorne
water for the stone

Take 2 quart of white wine and
put to it 2 quart of Hawthorne
flowers, when they are picked
put to them two ounces
of nutmeggs grated, shew the nutmeggs
behind the flowers, put
them together in the shi overnight
and make the shi up close. Put
it in a Robeshii, take six spoonfulls
of this water mixed with the
symp of Althaea 3 mornings before
the change of the moone, and
3 mornings after the change, name
it blood name.

This is my Lady Gerrard receipt

An Excellent receipt
for the stone of marchant
winter

Take Holly berries and dry them
in an oven until they will
crumble by a powder and drinke
as much of the powder in a glasse
of white wine as will lye on a
fix pence.

Sir Wm
Coaculy

An Excellent Receipt
for the Strangury

A gallon of new milke the
crumb of a penny white loaf
the white of six or eight
new laid Eggs and drinke itt
in a cold still

To make a water for
the stone

Take Sanifaxe, other meade parley and
Pellitory of the rook of each 4 handfull
wild fine smok radishes of each six
handfull, Philapendula leaves or rokes
one handfull, 3 ounces of Saffron
wood, one handfull of shure radish
shred these grossly into a gallon of
milke of a red cow and let them
infuse 24 hours, then distill them in
a common still and there will come 3
quarts of water or there abouts, take
therof 3 or 4 spoonfull with the like
quantity of Rhenish wine, or
whiterine, and the like quantity of
juice of Lemons, sweeten itt indifferently
with sugar, then cutt in thin slices

not more a stone or
halfe a nutmegg or a much ginger
and lay it on your tongue with
it, done with the other liquor
mixture. Use this twice a week
if you are in Gout, or the pain at
the new of the moone & mornings
together, the water must be made
in May, and in mouth old are you
drinke it.

Amarth water for the
stone

It must be shaken 3 or 3 times
over

An Excellent Syrup called Diacodium
for the stone

Take the heads with the seeds of white
poppies eight ounces, the heads with the
seeds of black poppies six ounces, spring
water 4 quart, infuse these together
24 hours, then make it boiling hot
and presse out the juice very strongly
then boyle it to 3 quart and with a
pound and halfe of sugar boyle it to
the sufficiencie of a Syrup.

Direction how to take
the Syrup

Take 4 spoonfulls of Amarth water
sweetned with 2 spoonfulls of the
syrup above written

Take your walking before they be so cold
 and then turne & water them
 day a night fasting them in tea or
 water & a little morning water then
 little tea they be tender for carrying
 drink them not fasting them in cold
 and in to cold water & a little then
 for them up & put them into more
 not water & a little then fasting
 can hot water & a little then
 of you again then to a pound of
 water for a pound of sugar & a little
 water & a little then to a pound of
 in your will give them little
 and is enough & the first way
 with a water they are cold but then

In summer they are cold
 for the first
 Take the head of the cow & make
 pepper eight ounces the head of the
 cow & a little pepper six ounces
 make a quart of water then fasting
 at home then make in fasting
 and make out the juice in water
 then fast in a quart of water
 fasting and take a quart of water
 the difference of a quart
 then make in a quart
 Take a quart of water
 and with a quart of water
 fasting above water

To preserve walnuts

Take your walnuts before they be too old
prick them through & water them a
day or night shifting them in too or
3 waters & next morning boyle them
softly till they be tender take care you
brake them not shifting them in boyl-
ing into hott water 2 or 3 tymes then
take them up & put them into more
hott water & so pare them having
seane hott water by to put them in
as you pare them then to a pound of
these take a pound of sugar & a libbet
water boyle it & scome it then put
in your nuts boyle them softly till
they be enough & the syrre is very
thick & when they are cold put them
up

To make orange brady

Take 12 or 13 oranges and chip the
outward rinde uen then and put & chip
in 3 quartys of brandy, let it stand 10
days in a glasse stop fast with a cork
and leather bound about y^e cork, then
take 2 quartys of conduit water a pound
and halfe of white loafe sugar
boyle both one houre gently and skym
it well, then straine it through a
flanning having boyled it halfe away
lett it stand untill it be cold, then
straine y^e brandy into the syrre very
well mixt together bottle it up
It is good for the gout in
the stomack or in the
stomack or sick after dinner

To make Duke of Monmouths water for the stone

Take a gallon of full ripe hawes, stamp
 ym well with stones and ralls and putt ym in
 a pott with 3 quart of white wine to
 cover them; and putt into ym 4 good fennell
 roots and as many parsley rootes and as many
 marsh mallow rootes and leaves, take out the
 rith of all the rootes and bruise y^e rootes
 and putt in one ounce of fennell seede
 and seeds an ounce of annis seed, bruise
 y^e seedes and steep ym together a day and
 a night, and if 3 quart of white wine
 not cover ym putt in more, and the pott sett
 in y^e stile and putt itt upp and you may
 draw 2 quart and a pint out of this quantity
 and mingle it.

Take 6 spoonfulls of the water and 6 of
 white wine and 1 spoonfull of Syrup of
 elder, and drinke itt 3 day before ye new
 moon and 3 day after and be at fullen
 when in paine

To dresse a dish of Pigeon

Take 4 pigeons and fry them a faire
 browne in the fat of a fowle, then take
 as many onions as the remainder of y^e fat
 will fry, chop them small and make itt
 crisp, then take your pigeons and season
 them with spice putt them in a stew
 pott to stew with a much spruce broth
 or will cover them and all the onion that
 was fried and the fat if there bee any
 in the pan, and a little verjuice
 verjuice and Lemon pill. Then dress them
 when they are stewed enough with
 the broth under them. If you have
 any gravy and juice of orange putt
 itt in and skim of the fat

An excellent Custard

Take a quart of cream twelve
eggs beat the whites and four
spoonfulls of rosewater and one
nutmeg cut in four quarters and
a good large flake of mace and
finer it to your taste and the sett
it over the fire until it is pretty
thick and put it in the crust
which must be first baked, but before
it goes into the crust take out your
spice:

To make y^e crust

Take 3 pint of flower and one
pound of butter the yolke of one
egg and a little sugar

How to make a good
custard

Take a quart of cream and
twelve eggs beat the whites
and four spoonfulls of
rosewater and one nutmeg
cut in four quarters and
a good large flake of mace
and finer it to your taste
and the sett it over the
fire until it is pretty thick
and put it in the crust

To make y^e crust

Take 3 pint of flower and one
pound of butter the yolke of one
egg and a little sugar

Mr Popham's receipt
for taking a rumpe of beefe

Take a rumpe of beefe, bone it,
and cutt itt fitt for yr pye, season
itt with pepper, salt, cloves, and
mace, and sinamout, and put into
itt a pound of beafe suitt, and
hutte a pint of claret wine, and
take itt six houres in a good oven

For ye cure of Ague

Take 40 drops of spiritt of salt
and drop ym into mild ale, and
drinke ye ale blood warme, and
itt will certenely cure an ague
at ye first or second taking

Dator whatman for ye cure of making bloody water

Lucatellay balsam or anise, and holste, Cole Almenick in fine
poder a quarter of an ounce, mingle itt very well; of which
take the quantity of a large nutmeg in Symp of althea
every morning: you may devide that quantity into 3 or 4 parts,
and take one after the other, fast an hour after itt

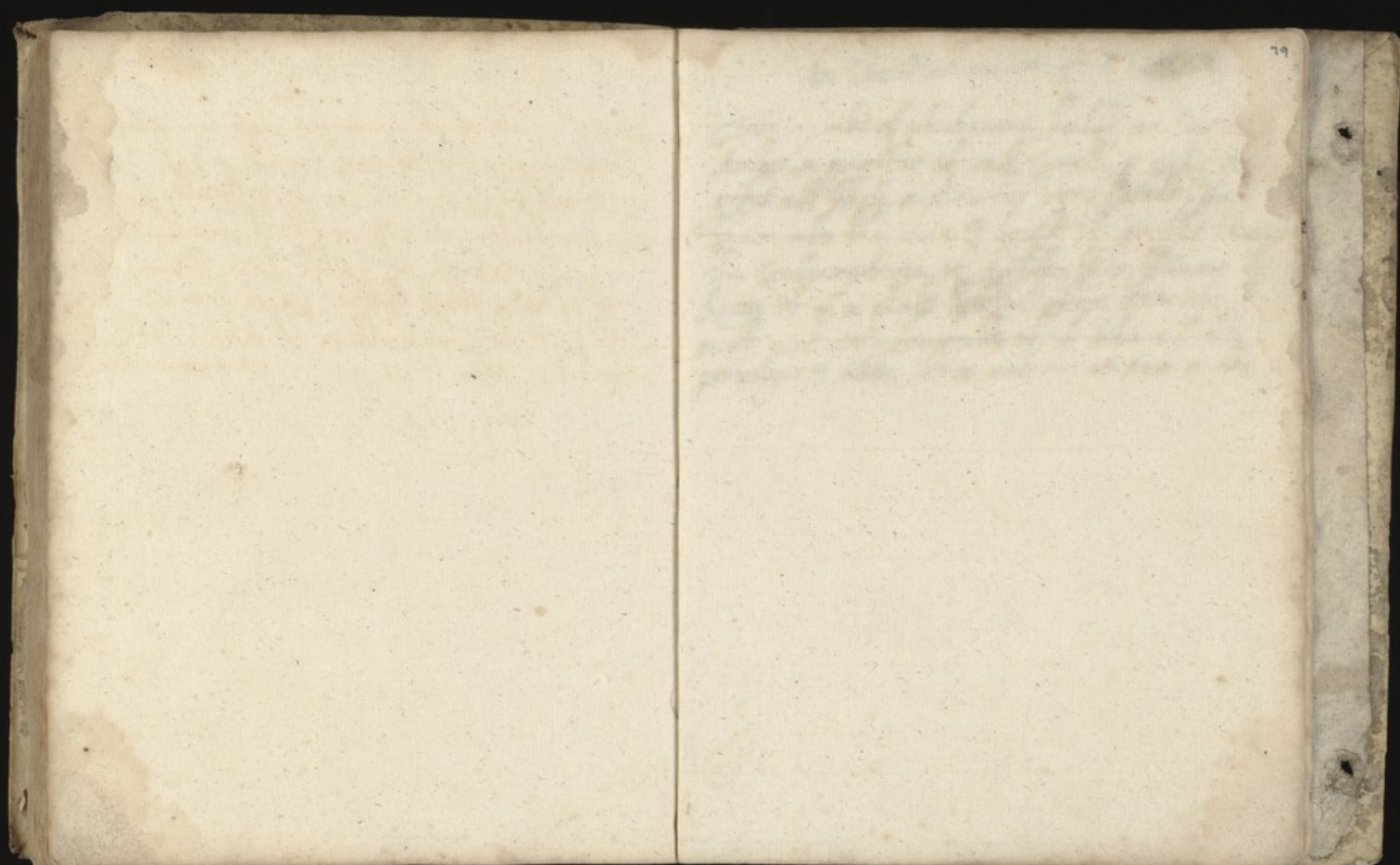
Mr Deavers receipt for ye remedy
in children when their breath is hot
and sore

Poder of Jeshua mixt with honey to an electary, and
given 3 morning on ye point of a knife the bignesse of
a large nutmeg; The next 3 morning a tea spoon
full of Elixar Proprietarij in small beer in a coffy cup

How to Pickle Ham or Tongues⁷⁷

Take a Peck of Spanish Salt halfe
a Dozen of salt Pettr & Pound of
Brown sugar Put as much water as
will cover the ham

For the purpose of
the present year
the following
has been
arranged



An Excellent receite for the ~~the~~

80

Take a pinte of whiter wine, halfe an Ounce of
Amber, a quarter of red Corall, & gale galls,
grind all these in a mortar very fine, put
them into the wine & boyle it gently to reave
the Consumption of halfe, then straine it &
keepe it in a glass bottle, when you use it you
must put 4 Spoonfulls of it into a little
porenger & make it as warme as new milke

[Faint, mostly illegible handwritten text in a cursive script, likely a continuation from the previous page.]

[A small, dark, illegible handwritten note or signature at the top of the left page.]

[Handwritten text in a cursive script, appearing to be a list or a series of short paragraphs. The text is somewhat faded and difficult to decipher.]

