

Barrett, Lady

Contributors

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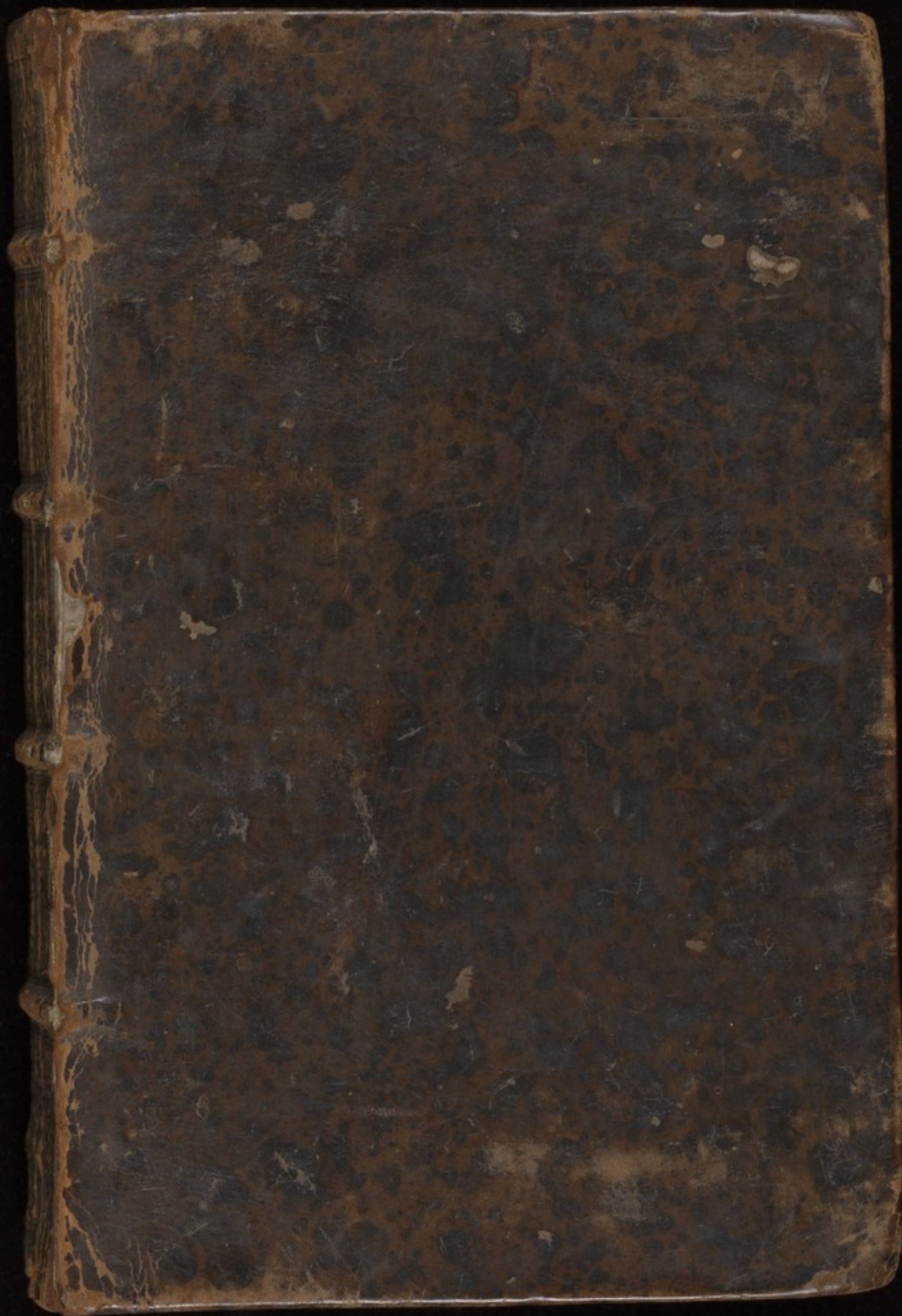
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1816

BARRETT, Lady

Select receipts

[c. 1700]



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Ann Egerton



For an Ulcer in y^e Ear.

Take 5. drachms of honey, an ounce of Vinegar: boyle them gently, & scum the same. Then add two Drams & a halfe of Verdigrise, & imbibe with it a little cotton wolle, & put the same into his Eares, renewing the same euery morning. / Prescribed by St. George Ent, for Brane.

Or Thus.

Take of the leaues of Carduus Benedictus, & of the tops of Consouid, of each as much as may be taken up with two or three fingers, of juniper berries a little bruised a Dram & halfe. Boyle these gently in running water & Vinegar, of each about two ounces. Then strayne them, & add to the Liqueur six Drams of clarified honey. Some small quantitie of this Liqueur is to be injected into the Eare milke-warm, twice or thrice a day. / By y^e same.

For a Cough.

Take a sprig of Rosmarie, & a small handfull of penny-royall, boyle them in a quart of Ale (taking off the scum, as it ariseth) then powre the same on 2. or 3. Spoon-fulls of beaten oatmeale, & as much sugar, mingled together: & being well browed together, add some fresh butter, & drinke it hot. /

For sore Issues.

Spread common red sealing wax thin on white paper, & apply the same, instead of dry-ladues. /

For a Cough.

Take a pint of Barley water, & Boyle therein an ounce of currants wash'd & a little Aniseed, six drams of raisins of the Sun Stoned, two Dates, a little Maydon hain, & two drams of Licorize, strain it, & adde of the syrup of Maydon hain, & clarified honey of each halfe an ounce. And drink of it hot, often. Kamohio, about once in two hours.

Take allsort of the waters of red poppie & plantain, of each one ounce, of red rose water halfe an ounce, of hyssop water two drams, of the syrups of Maydon hain & Violets of each halfe an ounce, of the syrup of Vinegar a dram, or of the juice of Orange halfe a dram. Let the child sweete hourly at least take thereof about halfe a small spoonfull. 1. By Dr. George Ent.

Or Thus.

Oyle of sweet Almonds new drawne, syrups of iujube of each an ounce, syrup of Violets, & Maydon-hain, of each halfe an ounce, of the pulpe of Figs drawn out with coltsfoot water or red poppie water three drams, of white sugar candie finely powdered, as much as is necessary, to reduce the same to the forme of a Lambitine. 1. By the same.

For a Cough.

Take Canne paper, & draw Saffron, strow it on the paper, drop a Candle all over it, strow spices upon the Candle, & apply it to the stomach & soles of the feet.

For Sore Eyes.

Take some white rose water, & 2. whites of Eggs beaten to a water: mingle them, & use them.

Drink Coffee For sore & inflamed Eyes.

Take a piece of the best Lapis Calaminaris (being somewhat reddish) & heat the same red hot in the fire: then quench it in white wine. You may heat the same the second time, & quench it, as formerly. Then powder the same, & put to it some two ounces of white rose water, & as much of eye-bright water, or fennell water, & after the same hath stood two or three days, it will be fit for use: which is, to ^{drop} give a drop thereof into the corner of the eye next to the nose, and let the same run over the eye.

Do this three or four times in a day. 1. By St. George Ent. Or take a gentle bruised shell & salt, & wrapping it ⁱⁿ a fine linnen cloth, lay it on y^e eye, at night, going to bed. And shall apply to y^e wounds bay salt & hemlock.
For Grauell in a Child.

To 4. ounces of Rue, or herb of Grace water, add half an ounce of the syrup of marsh mallows, & a quarter of an ounce of white sugar candied powdered, with 3. or 4. drops of the juiced of an orange, to be taken some twice or thrice in a day, a spoonfull or two at a Time. If herb of grace water be not to be had, use Fennell, or Parsley, or Saxifrage water. 1. Prescrib'd by St. George Ent for France. H.

Purgings pills.

Take of ʒ pills of Mastick, of aloes rosate, of each 15. grains, of ʒ pills Cochia minoris x or 12. grains, a drop or two of ʒ oyl of Juniper, & make fine pills thereof: giving ʒ patient, two overnight going to bed, & three, ʒ next morning early. 1. By ʒ same.

For a white swelling

Anoint ʒ swelling with oyl of wallowes, or oyl of roses & Camomill mingled together. And then apply a thin plate of Lead, bored full of small holes. 1.

For sore nipples.

Anoint y^e nipples with the marrow of charpes - bones, boyling the marrow first in plantain water: Or (w^{ch} may prove more effectually) with sweet oyle, wherein some cones (such as are commonly found under water - pots) being first cleaved, have been boyled. / By St. George Ent.

Or thus.

Applee to y^e nipple a plaister, made of one part of cruze, & two parts of Lime seed oyle, being boyled to a due consistence, w^{ch} will make the plaister looke somewhat blackish.

If y^e Breast, be swell'd, bathe it with warm turnep liquour, & apply the boyled turneps mingled with some fresh butter in forme of a pultis. The hardness may likewise be anointed with oyle, wherein some cones (as above) have been boyled.

For a swell'd Breast.

Take of the leaves of Rue, Mallows, Archangel, plantain, tutsan & clarie, of each halfe a handfull: wash the leaves, drie them in a cloth, shred them, & stampe them with halfe a pound of fresh barrowes grease; then with unwrought wax & rosin of each one ounce & halfe, boyle them together, till they be well mixed, & then strayne it, to the forme of an ointment; & anoint the Breast. If the pain yet encreaseth, it will aposthomate, & therefore to quicken y^e ripening of it, & to ease the pain. Applee a Cataplasme of mallows shred small, & fryed with some butter, common oyle, or hogs grease, & being spread on some flax, apply it to the part affected. A little wormewood may be added to this Cataplasme. / By St. George Ent.

To make Turney Liqueur.

Take off all the paring, then boyle them in two waters, & presse them gently between two plates. The liqueur that proceeds, is to be put into a Tanker or glasse, and when the thicker is setled, & thinner is to be taken off, & sweetned with white sugar Candie. Hereof 3. or 4. spoon-fulls are to be Dranke warme three or foure times a day. By Sr. George Ent.

A Purge, prescribed by Sr. George Ent,
to a child about 8. or 9. years old,
after the small pox.

Take the leaves of Sona leaves pick'd ʒijj Best Rhubarb
ʒi Christalls of Tartar xvj gr. Coriander & sweet Fennell
seeds of each ʒss Infuse & boyle them gently in a sufficient
quantity of spring water to the consumption of ʒij, when
you have strayn'd it, add therunto ʒij, Syrup of
Roses, small Cinnamon water ʒi. Drink it, & keepe In.

A Gentle Surge, in case of Gripping.

Syrup of Succourin with Rhubarb 2. Drachmes, Syrup of
Spina Corvi 2. Drachmes & an halfe, cynamom water 3. drops,
mixe these altogether, & take them all at once. By Sr. George
Ent. /.

The Ale-Salue, for a sore breast.

Boyle a Gallon of the newest thickest Ale, till it comes to
a Consistence that it will spread upon & rough side of
Leather; Cut an Hole for the Nipple, & apply it to
the Breast. /.

For worms in a child.

Give it burnt Hart-horn boyled in milke.

For y^e Scurvie, in a Child
of 7. or 8. yeares old.

You may euery day, for a fortnight or longer, take about 24. leaues of garden scurvie-grasse, new gathered & washed, & put them into a bander, or close pot, & then take a pint of new Cow's milke, & turne y^e same with somewhat more then a quarter of a pint of good white wine, & taking off the curd, poure y^e cleare posset on y^e leaues (adding withall, if you please, a quarter of an Orange, peel & all, y^e rinde onely being taken out) & let them stand warme noon & fine about two hours. Then strayne off y^e posset, & sweeten it with halfe an ounce, or more of white sugar candie powdered. w^{ch} will serue 2. children to drinke warme euery morning, or if anie be left, they may drinke it in the after-noon; If this be troublesome

For y^e Scurvie.

Take of y^e tops of pine or fir tree 2. or 3. handfulls, of y^e roots of sharp dock, nettles, & chervill or parsley, of each 3. ounces, boyle them in the root of small beere or with it some small ale, to the remainder of 5. or 6. gallons, w^{ch} being put into a convenient vessell, & having wrought, hang therein a bag with 2. handfulls of red sage put in it, & of scurvie gras 3. handfulls, of bricke lime & water cropper of each one handfull, with the outward peel of an orange & nutmeg sliced. Then stop the vessell, & after 5. or 6. dayes let them drinke thereof for their ordinarie drinke. And because purging is necessarie in y^e spring, you may once or twice a week infuse euery night in a good draught of this drinke

3. drachmes of $\text{\textcircled{C}}$ Cloves of $\text{\textcircled{C}}$ Best Senna, $\text{\textcircled{C}}$ halfe a drachme of Rhubarb, more or lesse for each of them to drink in a morning. Adding withall to the infusion (if it prove griping) a few bruised Juniper Berries. The aforesaid liquor will keepe best, if it be bottled.

For sore gummes in children.

Wash them 3. or 4. times a day with the juice of the leaver of Rue, adding some Vinegar, $\text{\textcircled{C}}$ if need be, a little Allome.

For $\text{\textcircled{Y}}$ worms in haire.

Wash your haire with flower of Brimstone $\text{\textcircled{C}}$ Vinegar mingled, $\text{\textcircled{C}}$ it will kill the worms. Boyle a small handfull of $\text{\textcircled{Y}}$ tops of century, & two drams of Juniper berries in fine or 6. ounces of vinegar. strain it & add six drams of honey; & boyle $\text{\textcircled{Y}}$ part.

Take Rue, featherfox, red sage, woodbine leaver, Strawberry leaver, fivefinger grass, of each a good handfull, stamp them together, put to them a quart of strong Beer, steep them together a little while, then strayne them out, $\text{\textcircled{C}}$ put in burnt Allum as much as a wallnut, $\text{\textcircled{C}}$ 3. good spoonfulls of honey, $\text{\textcircled{C}}$ a little spoon full of salt, then keepe it close in a bottle. Take four spoonfulls in $\text{\textcircled{C}}$ morning fasting, $\text{\textcircled{C}}$ at 4. after-noon; Fast 2. hours before, $\text{\textcircled{C}}$ 2. hours after.

By Dr. Sparrow $\text{\textcircled{Y}}$ L. Bishop of Exeter's Ladie.

For a scall'd head.

Boyle in a quart of the water of a Birch tree some red onions $\text{\textcircled{C}}$ leeches to $\text{\textcircled{C}}$ wast of about third part of $\text{\textcircled{C}}$ water, $\text{\textcircled{C}}$ wash or bath the head therewith. 1. $\text{\textcircled{Y}}$. S. Ent.

A purge for a Child, [Or
for a Cough. To be taken
2. or 3. times in a day.]

Rx ol. amyg. dulc. recent $\mathfrak{z}\text{ij}$ pulv. cassia recent
 $\mathfrak{z}\text{ij}$. syr. viol. rec. $\mathfrak{z}\text{ij}$. each. cand. alb. subtil.
puls. $\mathfrak{z}\text{ss}$. M.

Take heretofore quantity of a cherrie, or
a small nutmeg, mornings fasting. / . Sr. G. Ent.

A purge for a Man.

Described for Myselfe

Rx

F. H.
by Sr. G. Ent.

Rx pil. mastichin. aloes ros. an. gr. xv.
cochiar. min. gr. xij [vel xij] sal. $\mathfrak{z}\text{ij}$ gr. ij.
ol. junip. gut. i. m. B. Pil. v. Quorum
duas capiat vespere, itum cubitum, &
reliquas sequenti aurora, cum regimine
debito.

For Bittie Head in y^e month.
to purge her

Take Oyle of sweet Almonds, & syrup of Succourie
with Rhubarb, of each 2. Drachmes, Cynamom water
3. or 4. drops, Give the one halfe: That not working,
give y^e rest, 3. or 4. hours after. If it doth worke
at first, give the rest some 10. hours after. / . By
Sr. G. Ent.

A Purge for Frane, when 3. years
old, after an Ague.

Put 3. Drachmes of Syrrup of Succowivth w. Rhubarb,
O a Drachm of the Syrrup of Buckthorn, add to it
2. or 3. Drops of Cinamom water. / . gr. 9. Ent.

For a Fever, or Surfeit
at y^e beginning.

A Contriv^d posset turn'd with white wine, drinke wine
hot, cover yourself warme, O drinke the rest next
morning. / . Prescribed for myselfe, when needfull, by
gr. 9. Ent. w. Mithridate, as big as a Nutmeg, on y^e point
of a knife. / .

To ease pain, O cause sleep,
Prescribed to my wife, when
she lay on.

Cowslip flowers an handfull, of anise-seeds O Juniper
berries a little bruised O Licourish of each 20. grains
[or 30.] boyle those in Milk [in 6. ounces of milk.]
with small Beere make it a posset, strayne it, take
3. ounces O an halfe of It, O colour it a little with
a graine or two of dried Saffron, adding therunto
halfe an ounce or 5. Drachmes of the Syrrup of
white poppie. / . by gr. 9. Ent.

For deafness, from cold.

Take stone pitch, wth a little powder of y^e root of white hellebore,
O a grain or two of Cinet. Put some of them into Sarsenet, O
put O same into the Eare, cleaning it during time it's pulled
out. / .

For Franc's Ague, when 3. year's old.

Apply plaister of pitch to \bar{y} soles of his feet, & some rue, or herb of grace (heated between two hot bricks, & put on a thin cloth, & applied warme to his stomach, about 3. hours before the coming on of the fit. Take of parsley & fennell water, of each an ounce, add to it of the syrup of the juice of Citrons (or of Lemons, in \bar{y} want of the former) a small spoonfull, or three drachmes, of \bar{y} spirit of salt 7. or 8. drops, of diascordium 16. grains; mingle them together, & give him a small spoonfull thereof 6. hours before his fit, & another two hours after; & a spoonfull & halfe, about two hours before the coming on of \bar{y} fit. If this helps him not before his third fit: You may then give him a halfe spoonfull of anise-seed water, & as much juice of Lemon, an hour before the fit. In his hot fit, being very thirsty, give him butter milke posset to drinke, a little warme. Between the fits, he may drinke red rose water with some sugar (wh^{ch} we call Gulapium Alexandrinum) adding some thin French wine to it (Paris wine is best) & a little juice of Orange. Apply also to his wrists plaister, made of Olibanum or male frankincense, Gole Armonick, & Venice Turpentine. /.

A Vomit.

Take 7. drams, or an ounce of vomiting wine (made of crocus metallorum) of \bar{y} Symplic of vinegar halfe an ounce, of lukewarme posset-drink a spoon-ful or two. Give it the Patient to drinke: & after duering vomiting, let him drinke a good draught of lukewarme posset-drink.

SELECT RECEIPTS.

11.

For a tertian ague, prescribed to
my wife in Spring, after 3.
or 4. fits. By her Father.

Take of $\text{\textcircled{O}}$ leaves of Dry'd sage $\text{\textcircled{O}}$ rose-marie, of each about
half an handful; of $\text{\textcircled{O}}$ filings of harts-horn a Dram, of
Juniper berries a little bruised, half a Dram. Boyle these
in a quart of a pint, or somewhat more, of milk, & then
turn $\text{\textcircled{O}}$ same with white ^{wine} into a posset, letting it stand a little
while on $\text{\textcircled{O}}$ fire, after $\text{\textcircled{O}}$ white wine is put to it, that so it may
become a clear posset. Then straine it through a sieve, adding
therunto, of sweet water two or three Drachms, of $\text{\textcircled{O}}$ Syrup
of $\text{\textcircled{O}}$ juice of citron a Dram $\text{\textcircled{O}}$ half, of $\text{\textcircled{O}}$ spirit of sal armoniac
8. or 9. drops. Let her drinke it somewhat hot, two or 3. hours
before $\text{\textcircled{O}}$ coming on of $\text{\textcircled{O}}$ fit. The same may be repeated twice
more, if need be.

If she have any faith in worst plaisters, she may make them
of Cole dromonic, white frankincense powdered, & Venice Turpentine.

If $\text{\textcircled{O}}$ ague should notwithstanding continue, I would
have her use $\text{\textcircled{O}}$ following remedie

R. aq. fanisuli, pteroclini, ana $\text{\textcircled{ss}}$. pulv. rutae, pomorum
an $\text{\textcircled{ss}}$. Syr. $\text{\textcircled{e}}$ Sucus citri $\text{\textcircled{ss}}$. spir. salis armoniaci guttas Xij.
opij soluti gr. j. M. capiat her quatuor in die coctibus j.
tempore intermissionis, & duabus tribus horis ante paroxysmum
ingruentem, cochl. ij. l.

To stop fluxes of Blood, & the Piles.

Take of $\text{\textcircled{O}}$ conserve of red rose two ounces, of $\text{\textcircled{O}}$ flower of
Grimstone two Drams, & with the Syrup of red poppy make
an Electuaria: whereof let $\text{\textcircled{O}}$ Patient take a Dram, & half twice
or thrice a day.

Also, take of new milk & plantain water of each about 5. or 6. ounce,
quench a gad of shal red hot twice in $\text{\textcircled{O}}$ same, & let $\text{\textcircled{O}}$ Patient
drinke it a mornings, & in the after-noon. 1.

A cooling Liniment

Beat a mortar wth scalding hot water; Th^e being throwne out, put into it a scruple or lesse of white wax, working it wth y^e pestle. Then pour thereon a little oyle of y^e cooling feedes (made by expression) & a little rosewater; & for use, a little oyle, & a little rosewater, to y^e quantity of three or 4 ounces of each; or a little more of y^e water, than of y^e oyle, still stirring them. It's good to be used after y^e small pox.

An Issue-plaster.

Take of yellow wax halfe a pounde, of turpentine & red lead of each four ounces, of vermilion powdered, & Orris roote, of each an ounce, of muske four graines.

Melt y^e wax (being cut) & turpentine together; then put in all y^e powders, beaten very fine. (y^e vermilion & red lead must be ground very fine.) If you mixe these powders wth a little fatter oyle, they will incorporate y^e better: adding at last y^e muske dissolved in rosewater. When it is very hot, dip in some pieces of soft linnen cloath, drawing them up presently, & hang them up to dry. The next morning, scrape y^e cloath wth a knife as small & thin, as you please. In y^e making, stir it continually.

A purging Potion.

Take of Sonna half an ounce, of rhubarb sliced a dram, of salt of Tartar half a dram, of coriander seeds Canise seeds gentiw bruised, of each a scruple (or 20. grains). Infuse these, y^e space of 4. or 5. hours in a sufficient quantity of fountain water; then boyle them a little, & strain them: adding to 3. ounces, or a half, or 4. ounces of this strained decoction, half an ounce of y^e Syrup of roses solution (or of y^e Syrup of Damask roses) of the Syrup of Buckthorn two or 3. drams, & 8. or 10. drops of cinamon water. Mixe these together, & let y^e Patient drink y^e same in a morning fasting.

For a dropsie, joyned wth y^e Scurvy.

Take a pint of white wine, six spoonfulls of y^e juice of garden scurvie-grass, of y^e soft rhubarb sliced a dram halfe, of y^e filings of red wood two drams & half, of Winteran bark two drams, & a little wormwood. Infuse these 24. hours, cold. And then strain it, & let y^e Patient drink 3. or 4. spoon-fulls thereof, wth a little Syrup of violet or of the fine opening root, every morning, for 3. weeks together.

Apply warm to the part affected, a pulvis of the flower of oat-meal, & some elder flowers boyled in milk.

Anoint the part affected with a feather moistned with the vapour of linch-wood, made between two platters over a fire, & steam according to the uppermost dish.

Bathe or foment the part affected, with the water of frogs sparrow, wherein a little each allum hath been dissolved.

Make a pulvis of black soap, beaten salt, & oyle of roses - You may also bathe the pained part, with the pickle of salt-boole, together with the blood thereof.

Boyle the shreds of colwort a good while in milk, then towards the end, add some lin-seed powdered, & boyle them to the form of a pulvis: & apply the same warm.

Spread yest on a piece of brown paper, & lay on the yest some white of eggs well beaten in a porringer with a piece of Allom.

Now, this last, was wrote in the Margin &c.

For a thin cough, or chincough.

Take of the conserve of red roses an ounce & half, of white frankincense two Drams, of gum drabick powdered half a Dram, of the flower of Grim-stone, powder of licourized nutmeg, of each 20. grains, of brack root 15. grain, & with the Symples of iugubus reduce them to the form of an Electuary. Let the Patient take thereof the quantity of a nutmeg, or chestnut, 3. or 4. times a day.

Boyle also the conserve of red roses in milk, & being strained, drinke plentifully thereof. If the thin defluxion continue, drinke a night a draught of pease-drink, wherein some dry conside flower, a little licourized anise-seeds bruised, have been boyled: & being strained add some Symples of white poppie therunto, from a Dram to half an ounce according to the age of the Patient.

For the tooth-ach.

Let the Patient snuff up a little of the juice of the roots of small daisy, into the contrarie nostrill.

Take beaten ginger & the white of an Egg: spread them on a linnen cloth, & apply it to the cheek, on the side that aches.

14. For γ Rickets, as also for a Drop sic.

Take of Broom ash, & of currants beaten, of each 6. ounces, of coriander seeds bruised half an ounce, of licourize scraped & bruised 6. Drams, of saffraⁿ wood half an ounce. Put these into a flannell bag & hang the same in 4. or 5. quarts of usual Beer for common drinking.

Or else, steep two ounces of Broom ash in a quart of white wine γ space of 24. hours, strain it, & let the Patient drink thereof some 3. or 4. ounces twice a day. whereunto may be added a spoonfull of γ syrup of Elder berries, to each draught.

For a Consumption.

Boyl in a pint of barley water, an ounce of burnt hart's horn, of licourize a Dram & half, strain it, & add thereto a pint of new Cream milk, & 5. or 6. whites of eggs beaten to a water, & an ounce & half of white sugar candie powdered. Let γ Patient drink thereof warm, halfe a pint, twice a day.

For γ yellow Jaundise.

Take of roses cleansed, & dried in an oven after it's drawn, or before a gentle fire, fine & sweetish grains, or half a dram, of saffron powdered 2. or 3. grains, with a little conserve of Barbories, reduce it to a bolus, & let γ patient swallow the same 3. mornings for 5. or 6. days together.

Steep also, for γ space of 3. or 4. hours, half an ounce of goose-lung dry'd, in 4. ounces of white wine. Strain it, & let γ Patient drink γ wine, once or twice a day.

For sore nipples.

Anoint them with γ marmos of sheeps-tongues, boyling γ marmos first ⁱⁿ plantain water.

For a Black Jaundise.

Slit a leech in γ middle, & lay γ same (guts & all) across the Stomach, for γ space of 24. hours. The next day apply another. This will be noysom & troublesome, but hath proved effectual to divers.

Take of house-hock, plantain leaves, & y^e green rind of Elder,
of each a like quantity, & boyle them in salted oyle, so much,
as will draw out all that linchur by boyling: then strayne the
oyle well out, & put it on y^e fire again, & put to it a small quan-
tity of the spirit of wine, or of brandy, & as much yellow wax,
as will bring it to the consistence of a liniment.

Take lime water, & linsed oyle, & beat them to y^e form of an
ointment.

Or, take y^e whites of Eggs beaten with rock allum, adding some
linsed oyle.

For a deep scurvie, wth lameness of y^e armes,
& drooping.

Take a good quantity of scraped horse-radish, & y^e leaves of
small red cabbage. Infuse them in good white wine, placing the
same in an oven, after the brown bread is taken out. Then
strain it, & let the Patient drink during morning (& in strong bodies,
twice a day) y^e quantity of a wine-glass full, for 3. or 4. weeks.
The taste is at first wine unpleasant, but afterwards is more agree-
able to the Stomach. There may also be added to it, some
Groom flower, & juniper berries.

For a looseness in Children, Or others.

Take 3. pints of running water, & chalk scraped to a powder an
ounce. Boyle them to the waste of a third part, pour off y^e water
(y^e chalk being settled, & left behind) & add to it as much new
milk. Boyle them again, to the waste of a quarter part: then add
2. or 3. spoon-fulls of red rose water, & a piece of loaf sugar,
& let them continue on the fire, till the sugar be melted. Let
y^e Patient drink freely thereof. A stick of Cinamon may be added
in y^e boyling.

For y^e Green Sicknes.

Take a pint of y^e best Canarie wine, of the filings of shal half
an ounce, of cloves a dram & half, infuse them cold, y^e space of
2. days. Let y^e Patient drink during morning about 3. spoon fulls.
A sprig of dry'd worm-wood may be added for thes^e it agrees with
& are not troubled with pain in their head, nor flushings in
their faces.

16. For y^e Piles, like hools, pained Greaſe &c.

Boyle one part of Ceruſe, & two parts of Linſeed oyle, to the conſiſtence of a plaſter.

Alſo, for the Piles, make a plaſter of honey, frankincenſe, & white beede: & apply the ſame.

Or, take y^e powder of burnt oyster ſhells, & burnt hart's horn, & with honey make a cataplaſm, wet ſpread on a linnen cloth, & apply y^e ſame.

Or melt half a pound of lead, & pour y^e ſame on a pound of freſh May-butter. Doe ſo 7. or 9. times. And with that butter anoint the part affected.

For Piles of y^e Mother.

Take of aſa fetida a ſcruple, of galbanum & opoponax, of each 16. grains, of y^e powder of Caſtorum & 10. grains, of raw ſeed 8. grains, two drops of y^e oyl of Amber; & with y^e Syrup of Mugwort, make ſmall pills, whereof let y^e Patient take one, 3. or 4. times a day. Smelling to them is alſo uſeful.

Give y^e Patient white wine to drink, being firſt powdered through 5. or 6. Balls of ſtone-horſe dung, 2. or 3. times together.

Take a large ſilber ſcale, & pull off y^e ſkin; w^{ch} being cut open, apply y^e inward ſide thereof to the lower part of y^e Bellie, faſtning or ſewing y^e ſame cloſe behind on y^e woman's back. This will keep down y^e vapours, & not ſuffer them to riſe about y^e ligament. The ſame growing drie, after 5. or 6. dayes wearing may be renewed. It is to be applied before y^e coming on of y^e fil, & ſpecially a day or two before y^e new & full moon.

For y^e Gout.

Put a good quantity of Black ſnayles (ſuch as have no ſhells) into an Alembic or Still, & cover them with a Colwort leaf (one or more) Then diſtill them. And with this water, bathe y^e pained part warm a good while, & at laſt lay on y^e wet cloth, lying another dry one about it.

For a Strangurie.

Apply to y^e Bottom of y^e Belly a Cataplaſm of ſliced & beaten figs, with muſtard, mingled together. It muſt not lay on long, leaſt it excoariate or bliſter the part.

Take of Black Currants wash'd & Bruis'd alittle, an ounce & half,
of y^e conserve of Barbories half an ounce, of wood sorrell, or garden
sorrell half a handfull, 3. or 4. prunellas sliced, a dram or two of
licourice scrap'd & Bruis'd (w^{ch} must be afterwards infused in
the decoction, & not boyl'd in it, to prevent being bitter) Boyle
them in a quart of the decoction of french or pearl barley (after
the straining thereof) to y^e weight of a quarter or third part. Then
strain it again, & add of Syrup of Violets, & white sugar candy,
of each 6. drams, of y^e juice of Lemons or Oranges a spoonfull,
or as much as will make y^e Julep pleasant to taste. 1.

A purge for children, prescribed
to mine, about 8. year old.

R^e rad. jalapⁱ pulv. gr. ix. mercurij dulcis gr. vj. caryophylli
gr. ss. cal syr. & cichor. cal rhab. R. bolus.

In English.

Take of y^e best Jalap^e powdered, 8. or 9. or 10. grains, of Mercurij
dulcis, or Dulcified Mercurius 6. or 7. grains, half a clove powdered,
& with a little Syrup of Succourine wth rhubarb, or y^e Syrup of Barbans
make a small Bolus, to be taken a mornings fasting, wth a spoonfull
of warm posset drink.

If y^e operation prove too weak, add to the said Bolus, 3. or 4.
grains of y^e best rhubarb.

To give a Child when it is new
born to prevent fits. 2.

Take two drams of Oyle of sweet almonds, (new
drawn) a dram & half of Turrap of Succory with
Lubbarb, & 3 or 4 drams of Cinamon Water & mix
these & give y^e Child half, & two or three hours
after give y^e rest to y^e Child, before any other
food. 3.

For The Worms

Take two scruple or half a dram of Lubbarb a
penney worth of Worm seed, & a penney worth of
Alaways, mix all this together, & afterwards
divide it in three parts, & give one such part, for 6. mornings
before y^e full of y^e Moon. 2.

A Preservative against y^e
Plague, or any infection.

Take of Rue: 30: or 40 leaves & 3 or 4: Lernetts
of Wallnuts, bruse y^e ~~new~~ new & y^e Lernetts
together & put to it a little bay salt, &
being thus mingled, put all together
into a Bag & ease it in a morning
fasting. before you goe a broad. Proba-
-tum. 2.

An excellent medice for y^e Yellow
jandes & a pain in y^e Stomack. 2.

Take a quarter of a pint of white wine in
y^e morning fasting & colour it with
saffron add to it as much turmeric
as will lye twice upon a sixpence, stir
it together & drinke it of. y^e like quan-
tity in y^e after-noon, 3 or 4 hours after
dinner, & so y^e next morning & afternoon, &
wale after it. 2.

A direction for S^r Richard Head by when

He had y^e goutt in his Stomack, & an
excessive paine there.

I commend y^e drinking of Asse milk every morning
warne milk from y^e Asse, or Goats milk, adding halfe
y^e quantity, or a third part (as he shall best like it) of y^e
water & where in a piece of y^e leare of a seg of veale,
hath been half boyled, & to add to half to each draught
draught a small spoonfull of y^e sugar of pearle, & drinke
y^e same warm a mornings fasting. 1

but I think this better. Take a gallon, or Goats milke,
of y^e whites of Eggs: 10: or 12: well beaten, a nutmeg or
two sliced, & a few tops of rosemary. After a short steep-
ing them, let them be distill'd with a gentle fire, to

Take y^e quantity, or thereabouts of y^e milke & drink
of this milke twice a day: 4 or 5 ounces a little warme
adding to each draught halfe a spoonfull of y^e syrupe
of elder berries, or a small spoonfull of sugar of
pearle, which he shall like best.

By my Father

An excellent Remedy for
y^e Goutt.

Take a Colworth or Cabadge leafe & spread
it over with

For y^e Rickets.

Take a peed of Liver-wort to 8 or 9 quarts of beere, then
wash y^e liver-wort very cleane, root & leafe & put it into beere
& boile it to 6 quarts, then let it stand till it is cold, & bottle it
up, putting a lump of sugar into every bottle, & let y^e Child
drinke no other drinke, Sixty Dayes.

vaper Water.

Take 8 pound of black Chirries, wash them with a glass
pestell, then take 3 good handfulls of penny-royall, 3 hand-
fulls of rug wort, one handfull of Mother wort, infuse all these
in a quart of white wine for 24 hours, then distill this quantity
at twice in a rose still, & mix with this quantity one pint of
Sweale water & infuse in it 2 drams of
& keep it for y^e use, taking a spoonfull or 2 at a time. You
may add 2 good handfulls of rew. Lady Syimberron.

A general letter
 To the cardinals, bishops, abbots, monks, and
 nuns, and all other persons of the church.
 I have received your letter of the 10th
 inst. and am glad to hear that you
 are all well. I am well and hope
 to hear from you again soon. I am
 your affectionate friend and servant,
 J. B.

Aquamirables

Rube cardimuns, Guibs, galingall, mellilart, flowers, clove
 mace, nutmeg, ginger of each 5. drams beaten small. Juice of
 Salerdia & Spave-mint of each a pint & a halfe, Juice of Ralfe
 one quart, double refined Sugar 2 pound. Steep all these
 X together in 2 quarts of y^e best Sack, & 2 quarts of Spirit
 of wine, & let them steep one night in y^e still close pack-
 ed up & y^e next morning Still it off. You may draw off 3
 quarts & a pinte. or 4 quarts. H.S.

14

A most excellent Water to cure A
Fistula. y^e Kings Evil, when touching
it would not doe it, but for the
Kings Evil you must not omit y^e Syrup

Take 6. quarts of running water, one pinte of whit-wine
Sallendine, water-cresser, red-Sage, Feather fern, wood-
bine leaves, & flowers with y^e Sticks, & rock alome of each
Half a pound, Shred all these very small & put them into y^e
water, & let it boyle softly, till halfe be consumed, then take
it from y^e fire, & straine it hard, then put in y^e alome being
bruised & y^e white wine, & let it all boyle together till the
skin be soden in them, then take it off y^e fire & put it into a
glass & keep it for y^e use eiection this water into y^e Sore with
a syringe, if it be deep twice a day as hot as possible it
can be endured.

A Syrup to be used at y^e same
time, which better together but you
may use y^e Water alone.

Take one gallon of Sack, one quart of ^{brandy} ~~brandy~~, 3. pints
of water condit water, stirr them together & put in these
things following, Sassa parilla. 4. ounces, graiacum
corbey, gracac of each 2 ounces French barley one ounce
maria Sene of each 4 ounces, aniseeds, cinamon, licquorish
Sugar of each. 2. ounces let it boyle on a soft fire, till
half be consumed, when it is cold straine it, & put in the
mana. & 2 pound of Sugar & keep it for y^e use.
you must take one ounce in y^e morning fasting one at 3. in
y^e after noon & one at y^e going to bed, but you must eat
but a small supper, you must cut y^e licquorish & Sassa
parilla in thin peeces & beate y^e other things to powder.
H.S.

Angelica Water.

Take a gallon & a half of y^e Strongest ale you can get & a
pound & half of angelico, which you must shred into y^e
ale, then put in 6 ounces of aniseeds bruised, & as much of
y^e best liquorish scraped & bruised steep all these toget-
her in a cleane Earthen pot 24 houres, & in y^e morning
when you set y^e limbeck to work, you must a very slow
fire, if y^e limbeck work not within an hour, this receite
may serve for Salme, or Worm-wood.

Take 3. ale quarts of wine, 2 of claret & one of sack or of muscadine, then take half a pound of cinamon, once ounce of nutmegs one ounce of ginger all bruised with half a pound of sugar, then put all these into y^e wine & let them stand two dayes & nights, & stirr them twice or thrice a day to y^e bott-om, & keep them close covered, then destill it in a limbeck stirr it well when you put it in & keep y^e limbeck very close, & take heed y^e y^e water be not to hot in y^e top of yow limbeck, for if it be y^e Cinamond water will run white, you may draw a pottle of y^e strongest water, & y^e second will ser-ve to mix with y^e strongest if you please. when you use it. H.S.

A Cordiall Water of S^t Water Layleys.

Take a gallon of Strawberies & put into them a pint of aquanita let them stand 10. or 12. dayes, then straine them out gently & sweeten y^e water with fine sugar. H.S.

Dr Steevens Water. given by him self to y^e Arch Bishop of Canterbury

Take a gallon of gascon wine, then take ginger, gallingal, cinamon, nutmegs, cloves, grains, anised, fenell seeds, of every one of them a dram, then take caraway seeds of red mints, roses, lime, camanile, y^e leaves if you cannot come by y^e flowers, & pellitorie of y^e Male, rose-mary, wild lime of small lavender of each a hand full, then bread y^e spices small, & shread y^e Reasbs, & put all into y^e wine & let it stand 12 hours stirring it divers times in a day, then still it in a linbeck, & keep y^e first water, & y^e second water is good but not so good as y^e first. If it be set in y^e Sun all y^e times it will be y^e better. The vertue of this Water,

It comforteth y^e vital spirits, & helps all inward diseases y^e come of cold, it is good against y^e shading of y^e paltrie, it cures y^e contraction of y^e sinews, it helpeth y^e conception of a Woman, if they be barren, it killt y^e worms in y^e belly & Stomach, it cures y^e cold dropie, & helpeth y^e Stone in the bladder, or in y^e reins of y^e back, it helpeth a skinling, breath. Who so ever useth this water morning & evening, it will make him look young & comforteth nature marvellously. Dr. With this water Dr Steevens preserved his life till he could neither goe nor stand with extreme old age, & said this was all y^e medicine he took in his sickness at any time.

The Arch Bishop used it at any time when he was sick, & at some other times to comfort him, & he lived to a great age. The same did Mr Law. worth, & at his death recommended it to all men.

A Consumption Water.

Take a muring Cock, pull him a live, then kill him. when he is almost cold, cut him a broad down y^e back, & take out his entrails & wash them, then cut him in quarters & break his bones, then put him into a Still as y^e Still does in, with a pottle of sack a pound of Corraits a pound of reasons of Sun Stoned, a quarter of a pound of small dates cut small, 2 handfulls of pimpernell one handfull of rose-mary, one handfull of Wild-time. 2 handfulls of bugalaff & burrage, a pottle of new mill of a ked Cow, then Still this with a soft fire. H.S.

A Drinck for a Consumption.

Take 14 Whit Snail's Bruise y^e Shells, & lay them in a bason of Saige all night close covered with a dish, y^e next morning, take them out & boyle them in a pint & a half of new milk, till it be half boyled a way, then Sweeten it with brown Sugar Candie then divide it into two parts & drinck one in y^e morning & y^e other at night, make fresh every day & drinck it for 10. dayes, together. H.S.

An excellent Water for y^e Plague

Ague, or Surfit.

Take rose-mary, red Sage, rue, woor-wood, dragons & pimpernell of each 2 pound egrimony, Scabious, tormentell, angelico balme, betony, Burnet, Salendine, mary gold, cardus benedictus, Sozasolis, mugwort of each a pound elican-pane root sliced as much as 2. eggs, lay them on a board 24. Hours, with 2 pound of gree wall nuts & 2 pound of may Weed, Shred them & put them in some convenient vessel with one gallon of sack a of Brandy 6 quarts of whit-wine, let it stand 3 dayes close covered & stir it 2 or 3 times a day, then put it to in a Cold Still. H.S.

A Surfet Mild Water.

Take 2 handfulls of Speare mint, 2 handfulls of balne two handfulls of Cardus, cut off y^e stalks & cut y^e Reards with a cutting knife pretty small, then put them into an earthen pot with 6 quarts of new milk, & let them stay one day & night, then Still them in a Cold Still.

An approved Med son for y^e Stone in y^e bladder.

Take a pint of new ale Out of y^e tun, put y^e juce of a lemon to it & one penny worth of Oyle of Sweet Almons, newly drawn stirr them all together so drinck it off in a morning fasting. H.S.

- Take 2 Spoonfulls of y^e juce of clivers put it in half a pin of ale & half a pint of Whit-wine, & drinck it in a morning fasting. walk upon it if you are able, you may drinck it at meals if you please H.S.

S^r John Riger Medicon for y^e Stone.
in y^e Kidneys.

- Take a pound of Roney & take 4 quarts of curd nit water, set them on y^e fire, & when it is ready to boyle scum it & still as y^e froth doth rise scum it & put in 20 whole cloves, & let them boyle softly for y^e space of half an hour, & so bottle it up for y^e vse, & drinck it morning & even & at all times in y^e day when you drinck untill you are well. H.S.

To breake y^e Stone in y^e bladder

- Dissolve y^e gum of plum tree, in hot milk, drinck it as hot as you can endure it, & this will draw away y^e Stone in the bladder.

A Water, preservative in y^e Plague, or an
ague surfit or sudden sickness to keep
it from y^e Hart.

- Take Sage Selendine, Herbage, worm-wood, rose-mary, bald penny-royall egrimony, Scabus, dragons, liver-wort, hearts-tong cardus mug-wort, & maiden hair, of each of these one handfull, & 3 handfulls of y^e hearb called, rose & soleis, a quarter of an ounce of tormentill roots, a quarter of an ounce of gentian roots a quarter of an ounce of angelico roots, Stamp these roots a little, & wash y^e hearbs, & shade them dry thro a cloath, shread them & put all these into a gallon of whit-wine, or ale into an earthen vessel, being covered very close so let them stand 2 dayes & nights, then still it. Wash not y^e hearb called rose & soleis. The vse of it.

Give it to those y^e find any griefe in their stomack 6 or 7 Spoonfulls at a time, being warme to drinck, & cover them with a few more cloaths for an hour or two, you may put a little breackle into it, if it be for any sudden sickness.

Breackle Water.

- Take 3 pints of cardus water, one ounce of Stags-horne-shaven, boyle it to a quart, then take of y^e roots of gentian, tormentill, ciprus of each one ounce, y^e flowers of mary-goulds, rose-mary, burrage, bugloss of each 2 ounces, shread y^e hearbs & beat y^e roots, & mingle them with 6 pints of high-country whit wine & 3 pints of rose water, & one pound of y^e best Venice Treacle, Mingle them all very well together & let them infuse 24. Hours & then still it in a Glass Still.

To make Jeliflower Water good
for y^e Hart or Stomach

Take a pint of mint-water & put in 2 handfulls of clove jeliflower either green or dry, one handfull of reasons of y^e son stoned, half a handfull of aniseeds bruised, half an ounce of liquorish sliced 2. large dates stoned 2 ounces of fine Sugar one ounce of whit Sugar candy, mingle all these together put them in a glass, & set them in y^e Sun a Week. So drink of it, H.S.

To make y^e compound Mill Water
good for a consumption.

Take green burrage with y^e flowers 6 handfulls, Balme 12 handfulls, burnett, meadow Sweet & fennel of each 4 handfulls, violet leaves & Strawberry leaves of each 3 handfulls beat all these in a stone mortar with a wooden pestle, adding to them one hundred of fresh sh^e Snails, washed with a little small beere, then put them all into a comon still with a gallon of new mill & still them with a gentle heat, stirring them up often. H.S.

Balsome Water good against
y^e Spleen or Winde

Take of Balme, Sweet-majoram, Spear-mint two sprigs of each Rearb. balsome you must take before it be flowered, one handfull, shread them all together, but not too small & put them into a quart of aquaduity with a little liquorish & aniseeds stopp it close & let it stand in y^e Sun, every morning turning y^e glass upside downe, then let this stand in y^e Sun two months leaving in y^e things in y^e Water. H.S.

To make Gaxon water

Take a Gaxon, flay it & take away y^e fat, put to it a pottle of middl mill & 3 pints of Sacch, Succory Corianders & reasons stoned of each 2 ounces, fennel of aniseeds half an ounce, burrage & rose-mary flowers of each half a handfull, tormentill rootes & Rhina sliced of each 2 ounces, put all these in a close still & let it drop into a glass, where in is leafe gould, Sugar candy & Amber-greece. H.S.

A drink for y^e dropsey, Spleen
or any swelling after an ague.

Take a good handfull of smallage, as much Succory, & as much red Sage, & bruch lime y^e same quantity, shread all these a little & add to them an ounce of sweet fennel seeds & an ounce of aniseeds bruised, a pretty handfull of Orang peeles, mix all these

Together & put them in a patty made of rye past. but not 31.
to thick, bake them till it be hard, then break it in peeces &
beat it in a Stone Morter, then put it in a bag & hang it in 4.
Gallons of ale on Row before it be ready to run up, letting
it work in it, then doe it up & drinck it at five dayes end,
a pint in y^e morning & another pint at fore a clock in the
after noon & walk after it. 6. H.S.

for y^e same medicon

Take 2 ounces of caraway seeds, 2 ounces of Sweet fennell
seeds, one ounce of cardemum seeds, beat y^e seeds & mix
with it as much more loafe Sugar-Script & a good peece of
citron peece shread very small, & take this as often as you
please. H.S.

Red Surfet Water.

Take a gallon of aquavite & a pint of damiasse rose water
& put in them a pound of Sugar candy bruised half a pint of
poppy water a pound of dates stoned & sliced, mace cloves
& cinamon of each one ounce bruised, aniseeds rubed & the
dust blown out one ounce, liquorish scraped & sliced 2 ounces
let these steep all together 4 dayes, then take a large hand
full of poppy leaves 12. penny worth of amber greece & six
penny worth of musk, & put them to y^e former ingredients &
let them steep together 9 dayes stirring it one or twice
every day, then run it thro a Cotton Bag & keep it for y^e
use. 6. H.S. A Water for y^e meadness in y^e back.

Take Comfery, clary & plantine of each a good hand
full 10 dates stoned, shread them all together, then take
y^e Whites of 20. Eggs, beat them with a birchen twigg steep
all these together in a pottle of new mill, & distill it stirring
it some times in y^e Still, y^t it burn not too.

A Water for y^e Stone.

Take 4 gallons of mill, put in over night pehitony of the
Wall, Sarafridger, wild time & parsley of each a good hand
full, 3. or 4. readische roots sliced, & y^e next morning still
them with a gentle fire, this is to be don in june or y^e begin-
ing of July.

The manner how to take y^e Water.

Take 6 Spoonfulls of y^e water & six spoonfulls of whit or renish
wine, a little Sugar & sliced nutmeg, make it luke warm &
drinck it fasting, 2. hours after use excersise, this is to be
taken 3. dayes before or after y^e fall of y^e ~~moon~~ moon. H.S.

An Excellent Plauge Water

Take rosemary red Sage, rue, wormwood, dragons & pimpernel of each 2. pound, egrimony Scabious Tormentill, angelico balm, betony, burnett, Salkindix, mary-golds, cordus benedictus Rose a Solins, mugwort, of each a pound, clycome paine roots, 2. pound of Green Walnuts. 2 of may Weed two pound. y^e clycome paine roots must be as much as two eggs, lay these on a bord. 24. hours waigh them & shread them, & put them in a vessell & cover them with one gallon of sack one pottle of the strongest Brandy wine a gallon & a pottle of whit wine keep it close & let it stand 3 dayes stirring it once or twice a day, then put it into a Rose Still.

Orange Water.

Take one Hundred of Oringes & ripe them very cleane, then pare them pritty deep, put these into a Gallon of Sack, so let them stand two dayes & two nights, then still it in an ordinary Still in a Glass where there is a pound & half of white Sugar Candy. beaten to powder, this quantity will make 2. stills full. & you must still it at twice, there will come a pint of water. If you desire to have this water very Strong. You may still it with a Greater quantity in a Limbeck.

To make Cherrey Water

Take 6 pound of Cherries, beat then Stones & all, then take a quart of Claret wine, 2. Ounces of Sinamon, being a little brused, one handfull of rosemary, one handfull of baine, one handfull of Sweet marjoram, put these in steep to gether all night being close stopped then still it in a Limbeck, adding some Sugar to it, if it is stilled Rang a graine or 2. of muske in y^e Glasse. so keep it for y^e use. H.S.

Rose-mary Water.

Take 3. gallons of new Strong ale, one Gallon & a half of sack, six ounces of aniseeds 3 ounces of fennell brused, 4 ounces of Ginger 8 or 10 nutmegs, then put all these to a peck of Rose-mary flowers & let them steep 4 dayes, stirring them 2 or 3 times a day, keep then close stopped & still them in a Limbeck, & keep y^e first running by it selfe, put to y^e first running some Whit Sugar Candy. H.S.

Orange Water

Take y^e rines of one hundred of oranges, steep them 9. dayes with 6 quarts of sack & 2 quarts of brandy, then take y^e rinds from y^e sack, & beat them in a Stone Morter, then mingle altogether a gaine, so still it, then save y^e peels after you have stilled them, & you may still them in 2 quarts of strong beere a gaine. H.S.

Take 4. quarts of strong Angelico water, & a bushell
 of red poppies, one gallon of clove-gilly-flowers, & a
 pound of Raisons of the Sun stoned, halfe a pound of Figs,
 & 2. ounces of Licourish sliced, halfe an ounce of Cinamon,
 & halfe an ounce of Caraway seeds, an ounce of sweet
 fennell seeds, & a quart of an ounce of Coriander seeds,
 Bruise all those together in a pot, then cover them close for
 9. days & now more, then in another pot take one ounce
 of cloves, & halfe an ounce of nutmegs, & beat them, then
 take part of the water, & put to the nutmegs & cloves, &
 when your 9. days are over, then set water with the nutmegs
 & cloves on a slack fire, & let them simmer, & then
 mingle all together. You must set them in a cold place,
 then strayne them in a Canvas bag; Let the Canvas be
 thick, because a thin one will make the water thicker, &
 when they have stood the 9. days, put them up, observe
 for 2. or 3. days together to give them vent, put 3. grains
 of muske & ambergrew in a piece of red Sarcenet, &
 hang it into the Conter Bottle, & stop them down close, &
 that remayneth in your strayner, you may distill in a
 Rose-Still. & Mrs Den. &

A Cordiall water. By J. same.

Take Angelico, Peather-foy, Balmei, Burnet, spaw mint,
 worme-wood, wood-sorrell, herb-grasse, dragon water,
 Jormander, Cardus benedictus, Scabious, salondino, Rosa
 Solis of Rosemarie, 4. ounces of Stars-horn, 4. ounces of
 Licourize, 4. ounces of Elacampane, halfe an ounce of the
 best Anis-seeds, & one pound of Raisons of the Sun stoned,
 you must have a pound of each herb above mentioned
 now one pound of mugwort, one pound of pimpernell, one
 pound of Marigold flowers, & one pound of Sage, Shred
 all those herbs together, then steep them in white wine, or
 French Brandie 4. days. This is good for the Sickness, or
 missetts, small pox, & all surpits, & for anie weaknesse. & 16

A Surfet water.

Take a hundred of green wall-nuts before & shells
be bruised hard, & bruise them, an handfull of
X red poppies, as much sparw-mint & rosemarie an
ounce of nutmegs bruised, steep these in sack all
night, distill them in a cold still, & you have a
very comfortable water. §.

Another, From Countesse of Lincoln.

Take 2. handfulls of Carduus, 3. handfulls of the best
sparw-mint, 3. handfulls of worme-wood, strip all
these from the stalkes, cut them, & put to them
2. gallons of milke warme from the Cow, & let them
steep all night in a coole place, then put them into
X a cold-still, & keep it under it a soft fire, that
the milke doe not curdle, & as it is distilling sometime
stirre it that it doe not burn to the bottoome, halfe
this quantitie is as much as can well be skil'd off in
one day, the last is the weakest & best in a high
feaver, but first & last is good against all surfeits
feavers, agues, head-aches, & all distempers in the
stomach proceeding from heats or colds, a good
wine-glasse full is the quantitie usuallie taken. §.

A good surfeit water.

Take a peck of red woods, & cut off the Blackes,
then adde to it so much sack as will cover it, let it
stand 2. dayes, then still it off upon Sugar Candie. §.

Wormwood Water.

To halfe a pound of dried wormwood take 2. quarts
of sack & 2. quarts of brandie, & if you please you
may put in 2. ounces of Cardimoms, & an ounce of
Aniseeds bruised, steep the seeds & wormwood in
the wine over night, & the next morning distill it
off. §.

An excellent Black-cherry water, agst
Bills, Gripping, or any Illness in
the Stomach.

Take 4. pound of Black cherries, bruise them in a
mortar, & let them lie one day & night, then put
those cherries into a pottle of claret, you may let it
be half sack, it will be the better, then add to
those one handfull of Burrage, Bugles, clove-giliv-
-flowers, Angelico, Balme & Rose-marie, of each of
those one handfull, half a dozen of green wallnut
shred, Cynamom & nutmegs, of each of those an ounce
sliced, put all those into the wine, let it stand all
night & a day in an earthen pot close covered, then
still it off. ^{It will make} Take 3. pints of wine good water, & sweeten
it with good loaf-sugar, or sugar Candie.

A good water for the Stomach.

Take a quarter of an hundred of Oranges, & pare
them wine thin, & put those parings into a pottle
of sack, & let them lie & steep 4. or 5. days, &
then put them into your Still, & press it downe very
close, you may draw 3. pints of wine good water.

A good water for a Palsie, or a cold.

Take Rose-marie when it is in the Flower, & tops
& flowers together a gallon, shred them small &
steep them 24. hours in a pottle of Malaga, and
put them in a Limbeck or Still pressed downe, you
may draw off 3. pints.

A wine good water, in a fever, ague, or surfeit.

Take one handfull of Cardus, one handfull of mint, one
handfull of wormewood, steep them 12. hours in a pottle
of new milke, still this with a gentle fire. 6. only loves

Balme water
good against melancholie. /.

Take young balm, & strip it, & shred it verry small,
as much as you can presse into your Still, then fill
it up with strong white wine (or Lees of Sack, or
white wine) Let it stand all night, & next morning
gentlie draw it off to Sugar Candie (or white Sugar)
you may draw it, till you find it begin to be souer. /.

A Surfet water.

Take poppies, put as much Brandie to them as
will just cover them, let them stand about 12.
hours, strayne it off, & to euery quart put
2. ounces of sugar, & bottle it for your use.
Thus you may doe, by Gilly-flower, or cherry,
if cherries they may stand longer in G Brandie.

Orange water.

Take a pottle of Sack & a quart of G strongest
Brandie, put it into a narrow mouth'd pot, p. 1. 1/2
G rinds of 60. oranges but cut them cleare from
the white, shred them into indifferent smal pieces,
& put them into the pot with your sack & Brandie,
let it steep 24. hours stopping G pot verrie close
next morning before you put it into G still squeeze in
G juice of all the oranges taking out G seeds & paste
up your still verrie close, you must not draw anie
more when it runs souer, when it is setled strain
it with fine sugar.

If you draw it in a Tymbeck it will be much
better, & hotter.

By G Lady Powell.

The Lady Allen's water.

Take Salladine, sage, Rosemarie, Rue, wormwood, mugwort, pimpernel, Dragon, scabius, Egrimonie, mint, Balm, scordium, contrarius, cardus Bottonie, rosa solis, of each an handful. A looke of Angellica, Gentian, Turmentill & Edoarie Lycorish of each one ounce. Slice the roots & dry them in a cloth & shred them, then put them all together into a gallon of sack or half sack & white wine, or all white wine & if you think this not strong enough you may add ^{some} brandie to it. Let them steep two dayes & nights being close covered. Then still it in an ordinari still, & when you take it, let it be lukewarm & put sugar in it. Give to a child 2. or 3. spoonful, but more to those of older years.

After you have drawn it off, you may mix it to what strength you please.

Plague water.

Take rue, egrimonie, wormwood, salladine, sage, Balm, Rosemarie, mugwort, Dragons, pimpernel, marygolds, wood Betonie, Brouer, maywood, featherfew, burnet, sorrell, anise, scabius, sparmint, cardus Benedictus, tormentil, angelica roots of thiamyana scraped & shred. Take of these a like quantity in weight, & twice as much Rosemarie as of any other herbs, shred them small, then steep them in white wine so much as will cover them to thrust them down, & let them stand 2. or 3. dayes, stirring & thrusting them now & then. Then still them in a common still, so long as you feel it hath strength; you may keep the strongest of it by it self. A draught of it wth mithridate will drive the sickness, small pox, measles or any surfit from the heart, & the smallest with mithridate or brack is good for agues general, & it is good to drink at any time when one finds himself to be ill.

walnut water.

Take walnuts about 7th or 8th of June, a little time makes no difference, beat them in a mortar; w^{ch} done, still them in an ordinarie still, then set y^e water by; & a little before or a little after midsummer within the compass of a week still soe many more as will make such a quantitie as at first. About 10. or 12. dayes after still some more, that there may be as much water as at one of the former times, then put all 3. waters together. stop it close for use.

2. spoonfulls of this water taken in a little white wine once a day fasting will cure all dropicks & p^{ar}alysies. It is good to wash the eyes. It will help conception. It is verie good for y^e stomach, & for many other infirmities. It certainly killeth worms given to children. It is taken as much without wine, as with it.

A great Cordiall to drive out any infection of Worms.

Take 4. ounces of Unicorne = Horne, & as much methridate as a beane, & mingle them together, & then dissolve them in two spoonfulls of white wine, & take it & keep you warme.

St Stevens Water.

Take a quart of Claret wine or Sack, Ginger, Gallinall, Cinamon, Nutmegs, Fenell seeds, Anniseeds of each 3. dram, of sage, mint, red roses, pellitory of y^e Wall, Wilde Marjoram, rosemary, Camouille, wild tyme, Lavender of each a handfull, beate y^e Spices, & bruse y^e Herbs, & put them to y^e wine, & let it stand 24. hours, stirring it divers times, then distill it in a Limbeck, & keep y^e first water by it self.

A Treacle Water. 2.

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Take a pound of y^e best old Treacle,
of an ounce of y^e ryndes of Bitrons, then
take of y^e flowers of Bitony, sage, roose-
mary, marigolds, of each one ounce, mingle
these in a pint of whit wine & a pint &
a half of red rose water, & a pint of
water of Roly whistele infuse them all
together & distill it in an ordinary still

A milke Water. 2.

Take off y^e leaves of violets, strawber-
ries, plantain, Endiff, Succory, burrage,
bugloss, of each two pound, & two every
two pound of hearbs put a pint of new
milke, still these together in a cold still

Lemon Water.

Take 12 y^e fairest Lemons, slice them
in a quart of whit wine, to this add
of Cinamon, & Gallegall of each two
drams, off rose leaves, burrage & bugloss
flowers of each one handfull, yellow
sanders one dram, steep all these together
12 hours, then destill them gently in
a glass still, untill you have destilled
one pint, & a half of water, then add to
it 3 ounces of sugar one graine of Amber
=grece, it is a pleasing Cordiall & Cleansing
for many uses. 2.

Dalsey Water. 2.

Take of y^e Flowers of Burrage, bugles,
 villie=convallie, & convslips of each one handfull
 of y^e Flowers of Sage, Rosemary bitony of each
 half a handfull, let all these be gathered in
 there severall seasons, take y^e first that
 comes & let them be steep'd in very good
 spirit of wine distill'd from all flume, put
 them in one or two glasses till all may be Red
 & let them stand twenty days after the last
 is in, & let them be all ways very close
 stop'd also when lavender comes strip of
 the most fairest heads to y^e quantity
 of two pound, put them in a large gallon
 glass & powre into them as much spirit of
 wine, as will cover them, & let them stand
 covered: 24. days in a stow or some warm
 place with y^e other glasses which don take
 the lavender with y^e spirit of wine it was
 steep in & destill it in y^e limbeck by it self,
 then take the water you extract from it,
 & put it with all the former flowers and
 spirits & put there with these things follow-
 ing. Off ballm, motherwort, bay leaves,
 milinard flowers & leaves of Overage trees
 of each one ounce cut or chred together,
 of y^e yellow pills of Citron dried or of
 Penmon peels of piony seeds Rashed of
 each six drames cinimont, nutmegs, cardim-
 ums Cabelbes & Yellow Sanders of each half
 an ounce, being all made into very fine
 powder of liquid aloes in fine powder
 one dram, & of Sabibes y^e dernelles & stones

taken out & sliced small half a pound all
which being mingled in the limbeck &
carefully distilled with a sober fire then
after it is distilled put it into a wide mouth
glass & stop it close, then take of prepared
pearle smarrag stone of each a scruple
of ambergreece muske & saffron of each
half a scruple of red roses dried & of
red & yellow Sanders small & thin sliced
of each one ounce put all these together
into red Sarsnet bags & hang it in the
water six weeks together, & tie it very
close with a double bladder, after wards
put it into glass bottles close stop for
your use. &c.

The ingredients of y^e Palsey Water

off y^e flowers of burrage, buglos, lillie of
y^e valle, & convulps of each one handfull. &c.

off y^e flowers of Sage, Rosemary, Bittony of each
half a handfull. &c.

off Lavender stript & stilled by it self two pound
off Mother wort, Salme, bay leaves, flower &
leaves of Orange trees Spicknard, yellow
pills of Citron or lemon peeke piony seeds
Rashed of each six drams.

off Cinimon, nutmags Cardamums cubibes &
yellow Sanders all in powder of each half an ounce
Liquid Aloes in powder one dram, Subibes y^e
Lernells & Stones taken out half a pound, all
stept in spirit of wine.

a red Sarsnet bag of these ingredients
Pearle & smarrag stone of each a scruple
of red roses dried & off red & yellow Sanders of
each one ounce to hang in y^e glass six weeks. &c.

The use of y^e Dalsey water.

It is of exceeding vertue in all soundings in weakness of Hart & decaying of spirit. it is of great vertue in all appoplexies, Dalseys epilepsies, all paines of y^e joynts coming of cold, in all brouses being outwardly bathed & dipped clothes & lay to it, it strengtheneth & comforteth all Animall, vitall, & naturall spirits, & cleareth externall senses, strengtheneth y^e memory restoreth lost appetite & weakness of the stomack, being both taken inwardly & bathed outwardly, take of it a quarter of a spoonfull at a time, fast one houre after it, it hath taken a way y^e giddiness of y^e Head, helpeth lost hearing & bringeth a pleasant breath there can be noe better remedy in Dalsey or Appoplexies, both to help in y^e fit & to prevent it, if you take morning & evening a quarter of a spoonfull with Crumes of bread & Sugar, it helpeth lost speech it helpeth all ill disposition of y^e liver & a beginning of y^e dropsey, it helpeth all cold diseases of y^e mother in come, none can expresse the vertues of this water sufficiently.

The old life Water or Water of life.

Take a quart of y^e best annised water, & a dram of Rivepura, simplex, a dram of Caelcareal powder, red very fine, & put it into y^e annised water, & stop it very close in a glass bottell, & let it stand in a warm place, & shal it half an houre at a time, morning & evening for ten days together, so keep it

for y^e use, And if y^e party y^e takes it, be troubled
with a defect in there p^{ro}ngs, then put a draine
of Myrrhe in y^e Water, when it is made.
If you will have it purgative, put to it one
spoonfull of surrup of violets to three of the
Water. It is a purg & a Cordiall both.

To make Vscobath

Take 3 Handfulls of sweet marjoram & one
dozen of Oring peals, & two ounces of nutmegs,
with a Handfull of Time dryd & two ounces of mace,
& two quarts of Rose water, & 3 gallons of Brandy,
You may draw off two gallons. This is a faire
Cordiall. dulcifie it thus.

To dulcifie y^e Sugar take a pint of Rose
water & put it into a skellet, with two pound
of sugar, & set it over y^e fire th^o so as y^e skum
lises take it off, & set it a cooling in an
earth^en bason, & when it is almost cold put
this quantity in to a gallon of y^e Vscobath.

To make Spirit of Alcermus

Take two gallons of Brandy, & one graine of
musk & 3 quarts of Rose water, & still this
together, & after take sugar & dulcifiey it.
& when this water was a stilling, put in, two
ounces of Confection of Alcermes, in a
larg bottle, & let it still upon it. This serves
for y^e Role quantity a bove mentioend. This is
a faire Cordiall

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To make y^e juce of Alcermus into Confection

Take two ounces of y^e juce, of Alcermus & put in
3 leaves of gould out off a boole & put to y^e juce
& beat it together in a glass mortar, till it is
well mixt. There 4 recits was taught me by a distiller

44. A dayre Cordiall Water

Take a gallon of Whit wine, two ounces of Mithridate, two ounces of Sinnamond, Ralf an ounce of mace, & of Nutmegs, & Cloves, of each Ralf an ounce, a Large handfull of Cowslips, & handfulls of rosemary flowers, one handfull of balme, steep all these together, 4 dayes, in an earthen vessel, & covered close let y^e spice be sliced & beaten, then still them in an ordinary Still pasted cloase.

This Water is good to drive out any infection, from y^e Heart, & comfort y^e Spirits.

To make Mint Water

Take mint & distill it in an ordinary Still, & when you have drawn 2 quarts, take more mint & stamp it in a morte, & strain it, & put a quart of y^e juice to y^e water, & so distill them together, & put in y^e bottles in which runs one ounce of whit sugar candy, & Ralf an ounce of powder of amber, beaten & searct, this comforteth y^e stomach, & stayeth vomiting, & is good against wind.

An excellent Water for y^e Stomack,

Take Cardus, mint, & wormwood of each a like quantity, shread small, & put into new milk, & still it with a very slow fire, & sweeten it with sugar or what Syrrup you please.

A roire water, which hath restored severall out of deep consumptions

Take a red Goel, pluck him alive, then slit him down y^e back, & take out all his intrells, cut him in quarters & bruse him in a morter, then put him in a still with a pottle of sack, & a quart, of new red Cows milk, a pound of Currants, beaten, & a pound of reasons, of y^e ran ston'd & beaten, two of penny royal, two handfulls, of wild time, roasmary, & burradg, one

Rond full, one quart of red rose water, of Harts horn
& China ~~best~~ of each one Rondfull, & put up y^e still
& still it with a soft fire,

Put in y^e Glass where in it stills one pound of sugar
candey, beaten, twelve pence worth of Leafe Gold, y^e grain
of musk, 10 graines of amber greece y^e graine of unicorn
= 1 = Rorne y^e graine of beaver, stone, & when y^e Water
is all stilld mix these ingreadents, with it. & use it
Thus. Every morning fasting, & every evening, when
You goe to bed, take 4 or 5 spoonfulls of it warme,
for a month together, This Ratt cured a man
Whome y^e Physicians had given over.

To make a Christall jely.

- Take a knuddel of Beale & two Calves feet, lay
them in water all night, & boyle them in spring water
till it be a thicke jely, then take them out & let
y^e jely stand, till it be cold, then take off y^e
Clearest of y^e & put it into y^e skellet, & sweeten it
with roase water & fine sugar, & put in a litle
whole spice such as you love, & if you please a
graine of musk, when it has all boyled together, let
it stand till it be cold, tis very good, for a
Consumption.

Allmond Nill.

Blanch Jordan Almonds, & beat them, with a litle
roase water, to keep them, from oyling, then strain
them off into faire water where in hath been boyled
violet leaves, & sliced dates, & mace, & then sweet-
ten it with sugar or sugar of Perl. & so drinck it

A Water for y^e Spleene.

Take a pottle of white wine, Rosemary flowers & Balme, of each one handfull, of y^e flowers of Surrage, Bugloss, & Marigolds of each 2 handfulls, 6 green Walnuts quartered, put all these into steep close covered for 24 hours, then distill it in a Limbeck.

Take this water 4 or 5 spoonfulls morning & night.

Thyme Water for y^e Passion of y^e Heart.

Take a pint of Sack & a quart of white wine, & put in as much broade thyme as it will wet, with an ounce of Galingall, & an ounce of Aromatitus, of Cloves, Mace, Ginger of each a quarter of an ounce, steep these together one night, then distill it in an ordinary Still, & drink it warme with sugar.

A Cordial Water of Cherrys.

Take a pottle of y^e best Aquavite or Brandy: 20: ounces of y^e best ripe Cherrys Stoned; one pound of fine Sugar, 24 Cloves, a little Stick of Cinnamon bruised, 3 spoonfulls of anniseeds bruised, then put them in y^e Aquavite, or Brandy, for y^e space of 15: dayes, then draine y^e water into bottles, & keep it for y^e use, y^e Cherris & Spices you may keep, they are good for y^e wind.

Dippin Water for a Cold.

Take 12: large Dippins, pare & slice them thin, put them in a Shilet, with 3 quarts of running Water, & 3 or 4 spriggs of Rosemary, let it boyle very softly, till a quarter or more be consumed, then take out y^e dippins, & put into y^e water while it is hot, a Stick of Siguoris sliced, let it steep in it a quarter of an houre, then take out y^e Siguoris, & put in 3 ounces of Sugar Candy, beaten, & an ounce & halfe of Sirrup of Labbarrys & mayden haire.

Lemon Water.

Take 12 large Lemons, sliced & put in a quart
of whit wine, Cinamon, & Gallinall of each 2
drams. Rose leaves, Borage, & Bugloss Flowers
of each one Hand full, y^e above Sanders one dram,
steep al these 12 hours, then in a Glass Still
gently Still one pint & a half of water, then add
3 ounces of Sugar, it is a cleansing Cordiall.

An Excellent Water, for y^e paine
in y^e Stomach.

Take a quarter of a pound of Ellicompane,
one spoon full of sweet fennell seeds, Half a pound
of Corrauts, a Sprig of Spearmint, & a sprig of Sweet
Marjoram, boyle these in a pottle of whit wine,
untill y^e Corrauts be soft, & drink of this in a morn-
ing, & at 4 of y^e Clock in y^e after noon, & when you
goe to Bed.

A Julip to a saite a Fever.

Red Bows milke & ripe ~~to~~ Strawberrys of each
a gallon, Ralfe a peed of red rose budds, y^e white
ends cut off, Cullenbine leaves, Silver wort, &
Hearts tongue, of each one Hand full, distill it
with a soft fire, & give it with a Sirrup of Currance,
violets or wood Sorrell.

Swallow Water.

Take 40 or 50: Swallows, a bout Middelomer, for
then y^e yong on are to ready to flye, from their
nests, bruise them to paste feathers & all, then add
to them 2 ounces of Castorium beaten to powder,
& 3 pints of Strong whit wine vinegar, & still it a
rate water, draw from it a pint, & y^e rest keep by
it selfe, it will be smaller.

To make Aquavite.

Take of y^e Lees of Sack, Strong beere or Ale,
2: gallons then take half a pound of Anniseeds
bruised, & 3 quarters. of an ouⁿce of Siquoris scraped, a
pound, of leasons of y^e Sun Stored a pound,
keep them all together 2 or 3 night, & then still
them in a Limbeck with a soft fire.

To make Brandy.

Bruse pippins al to peeces, & distill them in a
Limbeck, or you may soke y^e Dippers after they
are stamp^t in Lees of Wine or Strong drinck,
& distill it together in a Limbeck.

To distill Aquavita of every
Herb or Flower.

Take y^e Herbs or Flowers being gathered in a
Sun shine day, & pick them from y^e Stalks, then
take strong new Ale when it is furr^d or wine
Lees, & to every gallon put a pound of Herbs or
Flowers, a quarters of a pound of Siquoris scraped
halfe a pound of leasons of y^e Sun, one ounce of
Anniseeds, & what other spice you please, so let
it stand close covered: 24: hours, stirr it well
to gether: 3: or: 4: times, boyle it a quarter of an
hour & then distill it in a Limbeck.

To Cure y^e Passion of y^e Heart.

Keep 2 penny worth of Saffron, in a Glass of
Sack at night, next morning, Straine it out & drinck
after it in new eate in: 2: or: 3: Rows,
Take this every morning for ten days.

To make Saffron Water.

A gallon of Whit wine, & an ounce of Saffron, in furr
it: 24: hours, & distill it in a Limbeck or whit sugar
Candye.

A Tincture of Carrages.

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In fute in a quart of Spiritt of Wine 3 quarters of a pound of Carrages Comfits, & let it stand a month close stoppt, shakeing it every day, then strain it out, if it is to strong, put in rosewater with Sugar dissolved in it, & shake it al togher.

A Water for y^e Stone.

Take a quart of Brandy, & as many Strawberries, & let them steep, & take 2 or 3 spoonfulls, morning & evening with fine Sugar, if you use red or black Cherrys in y^e same manner it is very good, it will keep all y^e year.

A Water to Stay a Gooseiness.

Take a pint of Red rose Water, & put in as much Sollarmonick as a pigeons Egge, & fine hard sugar & shake it together, then take a spoonfull at a time very often.

An Excelent Water for y^e Heart burning

Take a pinte of Gascons wine, & shake it together, ~~take a spoonfull at a time~~ & halfe a pint of Goats milk, & y^e weight of two shillings in Cinnamon, & still it in an ordinary Still.

A drinck for a Cough or Consumption.

Take 4 gallons of middling Ale, & two ounces of Cignons sliced, one pound of reasons of y^e Sun stoned one pound of Riggs shread, Colts foote & Mayden haire of each 2 handfulls, Hyssop & Penny royall of each one handfull: 12 pippings sliced, boyle al these together, till halfe is consumed, then straine it out, & put in two gallons more of Ale, to y^e Ingredients & boyle it halfe a way, & straine it out, when it is cold, power it from y^e settling, & mix y^e 2 boylings together, & boyle it up, you may put in Cowslipp flowers, or rose mary, & a little Castor, & Sulphflowers.

An good Water for y^e trembling
of y^e Heart.

Take 4 pound of red Cherrys, stoned, & 5 pints of
Claret wine, halfe a handfull of Rosemary,
2 handfulls of Balme; 2 ounces of Cinnaomon,
halfe an ounce of nutmegs sliced, steep al these
in a pot close covered, y^e next day distill, them
when you drinke it sweeten it with Syrrup
of Saly flowers. 2.

Rosemary Water

Take 3 pints of whit wine, & a pottle of rosemary
flowers, anniseeds & Squorvis of each, or halfe
an ounce, of Cinnamon, nutmegs, ginger, &
mace, of each a quarter of an ounce: al brused
figgs, & leasons of y^e Sun, of each halfe a pound
infuse al these together one night, close
stoppt, & distill it in a Limbeck. 2.

Cowslip Water.

Take a gallon of Sack, a peck of Cowslip flowers,
anniseeds & Squorvis, of nutmegs & mace of each
halfe an ounce, Cloves & Ginger, of each a quarter
of an ounce, infuse al these 24 hours, & then dis-
till them in a Limbeck. 2.

A Poppy Water for a Surfet.

Take 3 gallons of Ale, & infuse there in 3 pound of
y^e flowers of red Poppies (rified from y^e seeds) all
night then still it in a Limbeck, & put in some
leaves to colles it, & some Sugar, & after it hath
stood a little straine it out & keep it for y^e use. 2.

To keep Cordiall Water or any Juice
or Syrrups.

Put a little Oyle of Sweet Allmons, on y^e top of
every bottle, & stop it close & it will keep them very
well. 2.

A Mint Water

- To a Still full of Mint, put a good handfull of penny royall as much balme, steep it in sack Lees: 24: hours, stop it close, & stir it sometime then still it in an ordinary Still with a quick fire, then put in Clove Gilly flowers when you put in Sugar, after it is sufficiently coloured strain it out. 3.

A Cordiall water, called y^e Heart Water

- Take Gallinall y^e less Rasseill seeds Cloves, & mace of each y^e weight of 3 French Crowne rose mary flowers dryd, Burrage & Bugloss flowers of each as much, as you can take up between y^r thumb & 3 fingers at 3 times, powder these & infuse them in 3 quarts of sack, 24: hours, then take 3 beever Rarts & 3 Digs Harts, & rost them well, then mince them, put them in y^e wine & other ingredients: 24: hours more & then distill it.

D^r Chambers Sovereaine Water.

Take a gallon of whit wine, then take Ginger, Cinamon, Mace, Cloves, Anniseeds, fennell seeds, Gallinall of each one dron beat, red sage, mints, red rose leaves Tyme, & wild time, rose mary, Camomile, Lavender, Zeltitory of Spaine of each one handfull shred, & put all in y^e wine & let it stand: 12: hours stirring it divers times, & distill it in a Limbeck.

It comfortith y^e Spirits, it is good for y^e Shading palsey, Stone in y^e bladder, cold Surfit, Sootkack, dropsey, Stinking breath, & to vse it some times, it will preserve y^e Party in strenght, & make them seeme Young. Miraculously with this water & 27 Gods assistance D^r Chambers preserved his life. 1.

32. To make Water of Life

Take balme leaves, & stalks, burnet leaves, rosemary flowers, red sage, Tarragon, Tormentel leaves, Rosa Solis, red Roses, Carnations, Hyssop, Thyme; red strings y^t growe upon Savorye, red fennell roots, & leaves, red minter, of each one handfull, put all these, into a glass, & as much whit wine as will cover them, cover them very close 8: or 9: dayes.

Then take Cinnaomon, Cloves, Ginger, nutmegs, angellico seeds of each one ounce, a little Saffron, a pound of reasons, a pound of Sugar, Ralfe a pound of dates, y^e kinder part of an old rabbit, a fleshy running Capon, y^e red flesh of y^e sinnes of a Leg of Mutton, 4: yong Chickens: 12: Carls, y^e yolks of 12: eggs, a f lofe of whit bread, cut into Soppes, Mastadine, so much as shall suffice to distill al these in a Limbeck, & put Mettredate, or treacle: 2: or 3: ounces, distill it with a moderate fire, stir it & when there will com no more water from it, put in more wine, & from y^e same stuffe you shall have a good water, it must be kept Carefully in a double glasse. 3.

It is good against Droppes, Dalseys, Agues, Splen, Yellow & Black Iudice, & Wormes, It Strengthens all y^e Spiritts, Braine, Heart, Liver, & Stomack.

Take: 2: or 3: spoonfulls of it at a time, by it selfe or with wine, Ale or beere, or any distilld water, with Sugar.

Juniper Water.

~~Take~~ Bruise & steep Juniper berryes in strong Ale, 2: or 3: dayes close covered, still them in a Limbeck, To take: 2: or 3: spoonfulls is good against y^e wind, if you warme a peece of flanel, & dipt in this water, & bath any parte of y^e body y^t is pained, from a cold distemper.

An Excellent Cordiall Call'd
y^e Malancholly Water.

Take of flowers of violets, or red stock July
flowers, burrage, bugloss, Hearts ease, Salleridine,
Lille Com vally, blossoms of Quince trees, queene
Apple trees, pippin trees, Strawberryes, Samsons,
Cherryes, Apricocks of each 2 handfulls, of y^e
flowers of rosemary, samaske rose leaves, red rose
leaves, red poppies, flaverder blossoms, of each 3:
handfulls, of Sage flowers, of single wall flowers,
of each Marrigold flowers, y^e red single pincks,
Glove July flowers of each 4 handfulls, Orange
flowers: 2 handfulls if you can, & 4 handfulls of y^e
leaves of salme, gather y^e flowers each in their
season as they blow, each handfull as much
as you can gripe, those y^e have whit bottoms
y^e whit end cut off, & keep them in a pottle of y^e
best Canary Sack, in a large Glasse, with an ounce
of Cinamon an ounce of Anniseeds, one ounce
of Gallinall, one ounce of Ciprus roots: 4 penny
worth of Saffron; 2 nutmegs sliced, y^e rinde of an
Orange, & a lemon; beginne with one pint of Sack, & put
in a little fine Sugar, to keep it from souring, & put in y^e
flowers as they come each in their season so put them
into y^e glass with more Sack & a little Sugar, untill
they are all in y^e glasse with a pottle of Sack, & 6: or 8:
Gloves, there must be so much Sack or Brandy, as wil
cover them, & after 3: or 4: days distill them in a rose
still, to 6: ounces of whit sugar Candy beater, & one graine
of A when it is still & put some Hay in y^e bottom of a pot, & up
y^e sides, & put in y^e glass of y^e stilld water, but be sure y^e glass
touch not y^e pot any where, if it doe it will breake y^e glass,
make y^e water Hot, & let it in full an Houer.

An Excellent Water for y^e
Yellow or black Jaundice

Take 4 gallons of Strong Ale & one ounce & half of Cloves bruised, a quarter of a pound of Hearts Rome finely greated, two shillings worth of Saffron, a peell of Shalles cleane washed, beat them shells & all, as many earth-worms slit & scower them, Salme, Burrage, Hyson, Centry, penny royall, & water Gresse, of each of all these 2 handfulls, wormwood, Lemon Tyne, Marrigold blossoms, Dincts, young rosemary, of each of these one handfull. Stick wort, Clivers angellico, bitony, wood sorrell, Succory, Hearts ease, & Dimpennell, of each 4 handfulls red sage, Sparragus, Tamaris, of each 3 handfulls, Draggons a good still full, a quart of Cowslipp flowers, of parsley, fennell, burrage of each 10 roots, steep al to gether in y^e Ale 2 days & nights, then distill it in a Limbeck.

The Snail Water

Take a peell of garden Snails, wash them well in beere, & put them in a Hot oven untill they have don making a noise then wipe them from y^e green froth & bruise them in a Stone mortar, shells & all, then take a quart of earth wormes, spit them on a knitting needle, & hit them, scower them with salt, & wash them cleane, beat them in a stone mortar to peeces, then take y^e pot of y^e Limbeck, & put first 2 handfulls of Schendine on y^e a quart of rosemary flowers Beares foot & grimony, y^e reddest rock roots, y^e bark of barbares, wood sorrell of each two handfulls, of renv one handfull, fennigreeke & turmerick of each one ounce well beaten, then lay in y^e Snails & worms upon y^e top of all y^e Herbs, & flowers, then poure on them 3 gallons of y^e strongest Ale, & let them stand

all night in y^e Limbeck, in y^e morning put in one ounce
of cloves, small beaten: 6: ounces of Harts Horn shaved,
6: penny worth of Saffron dry'd & powder'd, y^e Harts Horn
must lye upper most, then close up y^e Limbeck with
past.

Take of this water: 2: spoonfulls in a morning, & afternoon
with as much more beere or Ale; keeping a good dyet,
& moderate exercise.

A warmth y^e blood it is good against all colde distempers
y^e stoping of y^e Stomack, & Liver, it cureth a consumption
& Cough, it may be distill'd with milk for Children. 2.

— A Water, against a consumption by Dr Cox.

Take Snails well cut a pint of y^e Rooter of Gompbey
marsh mallows, & colts foot of each a pound, reasons
of y^e run stoned a pound, of y^e leaves of Brooklime,
colts foot, ground Ivy, & Savvy graspe of each six
Randfulls, of liquoris: 4: ounces, of conserves of red
rosees: 6: ounces, of milk 6 quarts (or distill'd milke) cut
y^e Herbs & bruise y^e roots & add thereto two new Marchick
broken: 4: nutmegs bruised & two ounces of cinnamon
bruised put all these into a cold still & distill it with
a sober constant fire, often times take off y^e head of
y^e still, & stirr it, y^e it may not cream on y^e top to hinder
y^e vapours from rising, & to every pint of water put
2 spoonfulls of whit sugar cardye, finely beaten,
take of this: 6: spoonfulls or more 3 or 4 times a day.

To Still Spirit of Castor.

Take Callamint: 4: ounces, orang peels 2 ounces,
wallnut blossoms halfe an ounce, halfe a Randfull of
Rosemary flowers, a good Randfull, some tops of
sage a quart of whit wine, an Ounce of Castor.
This water is good for sounding fitts, for weak
Stomacks, & for risings of y^e Mother. 2.

A Water for y^e faintness of y^e Heart

Take a quart of new milke, & a pint of red rose water, 12 yolks of Eggs, well beaten, of Cinamon & anniseeds bruis'd of each an ounce, 2 handfulls of maiden haire, one handfull of Hearts tongue, mingle these together & distill it, & drinck of it morning & evening with sugar, you may hang a little Saffron in it.

To make Barley Water for a Fever.

Take pearle barley, & wet it & beate it & rubb of y^e Rulls as you doe wheat to boyle, then boyle it & y^e water growes red. shift it & tell it dos not col out y^e water, put in y^e Juice of Lemons or Oringer, corranth & sugar, as much as shall make it pleasing to y^e taste.

Almond Milke.

Take of y^e barley water a quart, & take of good Iordaine almonds, a quarter of a pound, blanch them, & beat them with a spoonfull, or two of y^e barley water, then straine them out, & beate them againe, with more of y^e barley water, & straine it 3 or 4 times with y^e rest of y^e barley water, tell all y^e goodnes be out of y^e almonds, then mix it with y^e rest of y^e water, & let it boyle gently till it thicken, then season it with rose water, & sugar as you like it.

A Water to revive y^e Spirit

Take 4 gallons of strong Ale, halfe a pound of Siquoris, 2 ounces of anniseeds, of mints, Angelica, Bittony, Cowslips, flowers, Sage flowers, Delitoy of Wall, Sweet Marjoram, rosemary flowers, of each 3 handfulls, but not so much of y^e Delitoy, then distill it, & to every quart of this water, put half an ounce of Cinamon & halfe an ounce of fennell seed, one dram of Juniper berries, bruse al & put them in y^e water, after it is well infused, pour it out, & sweeten it with sugar Candy, you may distill it in it at first a pound of water sliced, some roasted Apples dry'd in a cloath, & some red rose buds, & it will make y^e water much better.

To Kill a Worm crept into y^e Ear.

Take of y^e Juice of Worme wood, Hore Houne, or spirit of castor, & drop it in to y^e Ear.

— Aqua Compasita, for a Surfit.

Take rose mary, Myrror, red fennell, of each a Handfull, Sage, time, & Rose Round of each Handfull, red mint; 6: Handfulls perry royall a Handfull, or marjoran: 6: tops, a larg root of Elia compare, Liquorish 2 ounces, one ounce of anniseeds bruised, then take 3: gallons of strong Ale, & infuse them in it: 24: hours, after distill them in a Limbeck, you may add to this good Store of Poppyes. 6.

Plague Water.

Take Rue, & grimony worme wood, Sclendine; angelico, Scabius, Tormentill, Sage, Salme, Mugwort, Fennell, Speer mint, Scordine, Cardus benedictus, dragon, fetter fax, of each halfe a pound, of rose mary a pound, a little root of Elia compare, fennell seeds anniseeds. & carraway seeds of each 2 ounces, shred them small, & infuse them in 3: gallons of sack, past them close & let them stand: 2 or 3: days, & then distill them in a comon Still.

Dr Steevens His Water.

— Take a gallon of Claret or sack, Ginger, Gallingall, Cinnamon, nutmegs fennell seeds Anniseeds of each 3: drams of Sage, mint, red roses, pellitory of y^e wall, wild Marjoram, rosemary, Camomile, wyld time, Lavender, of each one Handfull. thread, & put in y^e wine & let it stand: 24: hours stirring it divers times, then still it in a Limbeck, & keep y^e first water by it selfe.

A mild Water

Take y^e leaves of violets, Strawberrys, plantaine, Endiff, Succory, Burrag, Bugloss, of each 2: pound, & a gallon of new milk, still these together in a could Still. 2.

A Wound Drinck, which will cure
old & new Sores, sore breasts,
putrified, bones aching in y^e
Stomach Impostumes, fistulas
& it will stop bleeding. 3.

You must gather these Herbes following in y^e
month of May, & dry them in a close roome, from
y^e ayr, turning them once a day, till they are dry
then mingle them all together, & put them into
carvis bags, & they will keep all y^e yeare, You must
have of y^e Herbes & buds, a like quantity of each,
& you must gather y^e buds in Aprill or when
they may first be had.

Sothern wood	Sexicle	Daisy roots & leaves
Worm wood	Plantain	Honny Suckles
Buglas	Handilion	Arens
Stagwort	Rib wort	Egremony
Wood betony	Whit. bottles	Hathorn buds

St. Joyle, Violet leaves, Camfrey, Olee buds, Cran
ble buds, Scabious, wild arjehico Strawberry
leaves, Mints.

First take of these Herbs & buds dry'd, 3. handfulls
& put them into a quart of ~~with~~ white wine, & a
pottle of Cleere Spring water, & boyle them togther
untill halfe be consumed, then strain y^e Liquor
from y^e Herbs, then put to it a pint of Honey, & set it
on y^e fire a gaine, & scim it, & then take it up & let
it stand untill it be cole, & so put in bottles, & then y^e
party affected may drinck 6. spoonfulls of it in a
morning & fast: 2. Runnes after, & if it be a great wound
they may drinck as much in y^e after noon at 4. of y^e clock
& if there be any proud flesh of y^e sore you must lay som
thing to eat it a way, you must not tent y^e Sore, but onely
search it with a tent, for y^e drinck will drive it out,
there must be a seave Cloath lade over y^e Orifice, or

if wound or sore, which must be made of bees wax, & .39.
Sallad Oyle, & red lead, if white bottles you shall have a-
mongst y^e Corne, & it is a white flower, & grow many to-
gether of one stalk, &c.

Or Ruttles River Brinck.

Take Liver wort, Hart's tongue, Egrimony, Succory,
of each one handfull, cleane them & cut them small
& put them into 3: quarts of conduitt water, with one
ounce of liquoris, sliced & brused, boyle these
to 3: pintes, then straine it & while y^e decoction is
hot infuse in it 4: ounces of cubard, then sliced,
Anniseeds, Sweet fennell seeds, of each halfe an
ounce brused, let them infuse in a warme place
24: houres, then straine it, & keepe it in a glasse,
you may put to 5: ounces of it one ounce of Sirrop
of roses, Sabandine, or you may take it alone 4
ounces in y^e morning fasting: 5: or 6: dayes together.

A Brinck for y^e Typhic

Take a quart of A. Raire water, & a pound of reason,
of y^e Sunn Stoned, 14: figgs sliced, a stick of liquor-
is scapt & brused, 3 or 4 Spoonfulls of Anniseeds,
Sweet fennell & parsley roots, steepe all these in a pinte
in upon embers, close covered, untill most of y^e water
be consumed, then fill it up with Myssop water
& let it stand 24: houres, put in Sugar Candy &
take it evening & morning. i.

A Treecayce of liquoris to stay a Cough

Take 4: ounces of liquoris, beaten & searched into fine
powder, 6: handfulls of y^e tops of an unt Hyssop, 1:
handfull of Colts foot, a large handfull of rosemary
flowers, stamp all these in a Stone Morter, & straine
out y^e sayce with a pinte of Myssop water, put in y^e
liquoris boyle it & stirr it till it is as thicke as good
Creame, then straine, & sett it a gaine on y^e fire, & put
into it 4: ounces of browne Sugar Candy, let it boyle
till it part from y^e bottom, stirr it well in y^e boyling, & make
it up into balls or Dilles, as you please

Lozenges to restore Strength.

Take y^e branne of Dhesant, Dartridge & Capon, of each a quarter of an ounce either roasted or boyled, steep them in red rose water 2 Rowers, of y^e kernells of Distationum nuts, & y^e kernells of pike pine apples, of each a quarter of an ounce, Cinnamon in fine powder, y^e waight of: 20: barley cornes, of y^e Spice of Hyanthes bid Margariton & etificient galeni, of each y^e waight of: 40: graines of red Million pippin ground & cucumbers of each: 10: graines, let them all be made into powder, then take: 6: ounces of Sugar dissolved in Burrage water, seeth it on Right as for Lozenges, & when it is sodden enough put in all y^e other things & make Lozenges there of. & take one of them: 2: or 3 times a day. b.

A Collic Water. b.

Take a quantitie of Spriggs of tyme, Sampner Rose mary, without y^e blossomes, Parsley, Pellitory of y^e Wall, Speed well, pere Stone, Saxafrage, Rue, Honey-Suckles, raddish rootes, red roses, Chopp all these together & mix them with fresh Cow dung, & so distill them, & take of this water 3: spoonfulls at a time, when you find y^e self troubled. 2 To cure a Consumption in: 3: weeks

Take of burnet, & coltsfoot, of each a Handfull, Camphry rootes: 3: Handfulls, scrape & slice them thin, one ounce of dry'd red rose leaves, a few Corriander seeds, put all these into a pottle of red rose water, in a new pipkin, & boyle it to a quarter, then straine it out hard, & clarifie it with y^e white of an egge, & put to it a pound of refined sugar & let it simmer on y^e fire a quarter of an houre, & let y^e party take: 3: spoonfulls every morning & at night, for 3 weeks together, & it will cure them. 2

A purge for a Child, soon
after it is Born.

Two drachms of oyl of sweet Almonds
a drachm & half of Syrup of Succourie
with R. Rhubarb

℞ 3. or 4. drops of cinamon water —

Mix those, & give y^e child half,
℞ 2. or 3. houn after, y^e rest.

St. J. Entz

— A Drinck to Cure a Dropsey or Scurvey.
Take of Pine or Kerr, about halfe a peck, & some broome,
& bruse them, & boyle them in wort, to make good middling
drinck, till neere a 3. part be consumed, then put in
half a Decd of Sage & let y^e boyle also, then take it off &
set it to coole, then straine it from y^e Herbs, & put yet
to it, & wort it y^e turn it as other drinck, & drinck no other
9 gallons of wort will make 6 gallons of Drinck, which
is y^e proportion for these quantitys of Herbs.

— A Purge After this Drinck

Take one ounce & halfe of manna, & dissolve it in paper
drinck, then straine it out, & put to it 20. graines of
Sollup, & drinck it late warme in y^e morning fasting,
if this is to reade, next time, you may take two
ounces of Manna.

— A rare Powder for y^e Wind in y^e Spleane.

Take Ashen=legs, when they are dry'd & take out the
Lernells, & drye, & beat them to powder, & sift it, & take as
much as will lye upon a Sixpence, morning & night
in a draught of white wine.

all these last nine leaves are his
~~Wells~~ Wellsdon receipts Probatom

Take 5. or 6. Graines of Jaffon's powder, & 3. of pearl prepared
finely, with a drop or two of J Syrup of Citrons mingled together,
put them into a spoonfull of posset-drink, wherein a few Cowslip flowers
& shavings of Harts horn have been boyled & a little licourize steeped
adding to the posset-drink half a spoon-full of Treacle-water. The
spoon-full with the powder to be used at night, & two smal spoon fulls of
the posset-drink to be drunk by J Child, one after another, to wash it
down; & a spoonfull more of J posset-drink, once in 5. or 6. hours.
Let it eat no flesh, but drink small beer wth a little sugar.
If J child doth not sleep well, put a drachm of J Syrup of white
poppie to a spoonfull of J afore-mentioned posset-drink.

Take of blew currants 3. ounces, of broom-ash an ounce & half, of
dried broom-flowers a small handfull, of coriander seed half an
ounce, of licourize sliced a quarter of an ounce or 3. drachms.
Put these into 2. quarts of beer, for her ordinari drink. To a small
draught whereof (a mornings) may be added a little of J Syrup of
S. or 2. berries.

Bessie being taken wth a vomiting, & a looseness, wth Sr. George Ent
thought was caused by a surfeit, & advised that she should take
10. grains of Diascordium, & as much of conserve of red roses, to be
dissolved in posset-drink; & if she were hot, infuse ten grains of
diascordium & 20. of conserve of red roses in balm-water, & mint-
water of each half an ounce, & a quarter of an ounce of black-
cherry water, let it take a spoon-full once in 4. or 5. hours. If
J child be thirsty, he advised it to drink 2. parts of milk, & one of
water sweetned with loaf sugar. To make her sleep, let her take
2. scruples, or a drachm of syrup of white-poppie, in a spoon-full
of posset-drink.

The child being afterward in a better condition, Sr. George thought
she needed a little gentle purging, without w^{ch} she would be longer
a recovering her former strength. He therefore advised to give her two
drachms of J Syrup of succorie wth rhubarb, & one drachm of J
Syrup of roses purgative (being made of Damask roses) wthal adding a
drop or two of Cinnamon water, let her take it out of a spoon, in a
morning fasting, either by it self, or with adding a little posset-drink
therein. If her griping & green stools continue, repeat the same about
2. or 3. dayes again. And if the same work too gently, add J next time
to it, a dram more of the Syrup of succorie wth rhubarb. Care must
be had of a slender dyet, as water gruel, thin broth wth a little verrell
in it, & J lard, but no flesh meat, as yet, & afterward but sparingly at
first.

To keep a Child from Convulsions
or other Fits. &c.

The first thing that you ever give it, take one drop of
that blood that comes from the navell-strings, & mingle
with it in the spoon a little sack. This is by Experience
proved very good. &c.

For a Gripping in a child, & to cause sleep.

To one spoonfull of Garden Poppie Syrup, add 3. spoonfulls
of Sparrow-Mint water skil'd in a Cold Still, mingle them
well, & sweeten it well with Sugar. Give it a spoonfull
over night, & last thing the day.

A plaster of Mithridate, about the thickness of Half a Crown
& Bigness of a shilling, to be applied to the Navell of
a child, if troubled with Gripping. Take Saffron
dried agt. a Fire, & bruise it very small with the back
of a spoon, & strow it with your Fingers upon the
Mithridate. When it is hard, drop a little Cordiall water
upon it, & endure 2. or 3. dayes & renew it. &c.

For a Woman in Labour.

If the pains of a woman in Labour doe goe off, let
her take as much powder of Myrrour, as will lie
upon a six pence, in a little Candle, or some like
thing.

Or This

Take halfe a Drachm of spirit of Amber, in Candle,
or y^e like. For Deafness.

Take a strong decoction of Rusp, or take distilled
Rusp water, & to a quart put an ounce of Oyle of Sweet
almond. then take half a pint of this as warm as you can
suffer it on y^e back of y^e head & between y^e Ear, this has
don rare cures. M^r Egler. &c.

Lucastala's Balsom.

Take one pound of Venice Turpentine, halfe a pound of pure yellow wax, 3. pints of ☿ best oyl of Ollive, & an ounce of red sanders, wash your Turpentine twice with fair water, & the third time with rose water till it is as white as snow, then get an earthen pot three handfull high, in ☿ bottom whereof make a small hole w^{ch} you may stop wth a peece of paper, then put ☿ oyl in the pot wth some fair water to wash ☿ oyl, then put ☿ pot on charcoal fire, until it have boyled halfe a quarter of an hour, put ☿ wax in a bras skillett, & set it over ☿ fire till it be melted, w^{ch} done, take it off, & put it into ☿ Turpentine & stirre them well together till ☿ wax & ☿ Turpentine become a mingled oyl, then unstop ☿ earthen pot, that ☿ water may run from the oyl holding a dish under to catch ☿ oyl, if anie should casuallie run out: when you perceive ☿ water is gone stop ☿ hole, then put ☿ oyl into ☿ skillett to ☿ wax & turpentine, & putting it over ☿ fire stirre it well together then put in ☿ sanders being well searced let it boyle a little, then put it into ☿ earthen pot, leave it fast of the brasce. Note that, ☿ next day you make a hole in ☿ midst thereof, that ☿ water if anie remain may run out, then put it over ☿ fire, & when it is liquid, take it off, stirring it well till it be cold, get a cover of lead for ☿ pot, & burie it in ☿ ground 3. months.

The use.

1. It heale all outward & inward wounds: if inward, squirt it warm in: if outward, apply it with fine lint, anoynting ☿ part about it, it taketh away the pain, & preventeth & keeps ☿ wounds from inflammation, Drawing forth all broken bones, or anie other thing that may putrefie, or fester ☿ sore, (☿ brains

SELECT RECEIPTS.

- or inwards ds heart, gutts, liuer (being not touched) healing it in 24. hours, if you apply nothing else.
2. all burnings, or scaldings, cuts, bruises, without fear, anointing it warm, lay it to & place.
3. it takes away all pain & growth arising from cold, moistnes, as catarrhs & aches in & sinews or Gonds, anointing & part afflicted therewith warmed, after apply a warm cloth therunto.
4. & head ach, anointing & Temples & nostrills.
5. & wind colick, or stitch in & side, anointing & part grieved & therunto applying warm cloths for 4. days together, a quarter of an houre.
6. poyson, or cursets, taking an ounce in warm sack.
7. & biting of scorpions, Vipers, or snakes, being drunk warm in milke.
8. it prevents all infections, anointing therewith & lips & nostrills before you goe abroad.
9. an ulcer, or fistula, applied as for a Cut.
10. worms, or caners, used as before, onlie requiring longer time.
11. & small pox, or measles, if it be presently taken in warm broth, 4. mornings together.
12. it helpeth digestion, anointing & navel & stomach, when you goe to bed.
13. & piles, applied cold to & place.

Lucastala & author, to give & better satisfaction of the goodnesse & worth of & said Balsom, cured himselfe being with scalded head scalded & growed of pockes, & having pierced his side in & poisoned of diuerse persons healed it agayne, to & admiration & astonishment of them all.

Syrup of Roses, a good purge
for children.

Take half an ounce of R. hubearts thin sliced, steep it
24. hours in half a pint of water, then take as many
branches of Rose-buds as will be crowded in, let this stand
all night, then take it & squeeze it as hard as you can,
then take 3 weight & half as much more of fine sugar
as your water weigheth, set it on 3 fire, & let it simmer
half an hour, & put it in a bottle, 3. good spoonfulls for
a child is enough. 1.

For a child, or woman if she be not
with child.

Take half a pint of milk, & make it boyle, then
stir in flowers till it be as thick as a harts
pudding. Put a good spoon full of honey into it
& stir it till it be dissolved, take it off, & spread
it on a linnen cloth, & dry a penninworth of
Saffron & crumble over it, & lay on the bellie
all over, but not too hot. 1.

For a Cofe.

Take Turneps, & put them into a Cold Still, take a pint &
half of this water. & put in a blade of mace, three drams of
Rarts-horne. boyle it till it be half wasted, then straine it &
put in a pound of sugar to it, then boyle it to a Syrup, just be-
fore you take it from y^e fire, put in three penny worth of Saff-
ron, y^e is dried by y^e fire & rubed small to powder, bottle it up
& give a Spoonfull y^e first thing they take in a Morning, & at four o
clock in y^e after noon. & y^e last thing they take at Night. 1.

To make some good Lozenges for anie
Cough, or shortness of breath. &c.

Take one pint of Colts-foot water, & a like quantity
of Hyssop water, & steep in those waters half a pound
of good Licourize, of w^{ch} you must first scrape all ^{the} outside,
then strip it into small with your knife, when you have
soe done, then bruise it in a mortar before you put it in
your water, that soe the juice may the better come forth,
let those steep two dayes, & twice morning & evening pressing
it with your pressing spoone, that soe you
may have all the vertue of your Licourize, then straine
it off with well, & adde to your juice one pound of white
sugar candie finely beaten, then set it over a quick fire,
keeping it stirring & skim it, you must let it boyle unto
a some great thicknesse, when you can see the bottome
of the skillet when you stirre it with your spoone, then
it is boyled well enough, when you have thus boyled it, you
must have a stone mortar by you, which you must
quickly pour your syrup into, & throw beat it untill
it be like a paste, if when you have beaten it soe long,
as that it be not at all stickie, & you find it will not
roll, you may let it stand till the next day, & then it
may be put into what forme you please, As Lozenges,
or Balls, lay them upon a plate, untill they be hard. &c.
My Love.

— A powder for y^e Green Sickness.

Take of Enulacampant, Anniseeds, & white sugar candie,
& nutmeg with prepared steel one ounce of each, as much
as will live upon sieves being taken twice morning &
afternoon at 4. of the clock, & drinke a glasse of
Claret. &c. My Loves.

For the Collicke.

Oyle of Anniseed, oyl of Amber, spirit of Turpentine, of
each halfe a drachm, oyl of Mint 10. drops, mixe all together
& take 8. drops thereof in a glasse of sack 4. or 5. morning

For a Cough.

Take 3. pints of water, halfe a pound of Raisins of the Sun stoned, 6. good popins sliced Contr'all, an ounce of Licourish sliced thin, & a pretty deal of Ror-Mari boyle all those together till the water be halfe consumed, then strayne it, & sweeten it with white Sugar Candie. /.

For a Fever.

Take a score of apples, rost them, take off the skins & cores, throw them into faire water, mash them small, put milke & Sugar to them enough to make them pleasant, let it run gently through a bag, if it run thick, poure it through the bag again. It's good upon a hot distemper.

For the Piles.

Take some yellow Oaker, beat it fine, sift it through a sieve, then mix it with oyle of Bayes, make it soe thick, that it may be applied to the part plaister-wise.

For the same.

Barley meal, or Oatmeal boyle in Milke, with Mallows, Chickweed, Elder leaues, make a puluer thereof, & apply it warme.

For a Kibe, when broke.

Rost a Turnep or two, squeeze out the juys between 2. trenchers, the Turneps being first pared, Add Bees wax to it, boyle it, till thick, then make roll of it in cold water, spread it upon a fine cloth, & use it.

For a Burne, or a Scalde.

Take a raw onyon, chop it very small, or beat it

in a mortar, bruise it with a knife or spoon,
 & put it between Cambrick or Tiffanie unstarch'd,
 and apply it to the part griev'd. If there remaines
 any rednesse, put more of the same to it, & it will
 take it away.

This doth good, although used a day or two after. /

Mrs Gregorie.

For the Rickets.

Take a pint of new milke, & an handfull of Sonich, put it
 into the milke, & let it boyle from a pint to halfe a pint,
 give y^e Child nothing else for a wake-fast. At night,
 take a pint of milke, & a small handfull of horse-mint [i.e.
 water mint, or red mint] boyle it from a pint to halfe a
 pint, & let it eat nothing else for it's supper. It may be
 taken, All the winter.

For the Rickets, an Oyntment, to be used in
 the Summer, at Night onelie. /

Take a pound of May Butter, halfe a poock of Sonich, as
 much Horse Mint, mince these two herbes very small, & put
 them into a skillett with the butter, set them over a soft-
 fire, & keepe them constantly shir'd, till it becomes of a very
 green colour, strayne it into a Gallie pot, & keepe it for
 your use. /

This as a Cordiall, for the Child, Videt.

Take halfe a pint of Clarst wine, boyle it, put into it a
 sprig of two of Minar & Sonich, boyle them, straine it to
 your taste with Syrrup of Juliv flower, let it be taken a
 spoonfull or two by foure by y^e clock, after-noon.

Note, the Child must be weaned, & not fed
 with any fat meate.

Note also, that if the Head be very big, & if
 the Child be blow'd in the Eare, when the
 Sun is in a sign below the Heart. /

Mrs Tayleur. / 36

Plasters for an Ague.

- Venise Turpentine spread upon white leather, & strow it thick wth the powder of white Mellibore.
Lay it on a little while before the Fit comes.

— A medetien for y^e Stomach. ^{miss Dixon}

Take a pottle of white wine, & put in 2 Handfulls of Balm rosemary, & time of each one Handfull, boyle them untill halfe be consumed, then drinck of it a little in y^e morning fasting, & in y^e after noon at a Clock with a little Sugar. i.

— To cure y^e Gripeing of y^e Gutts.

Take y^e powder of kubard halfe a dram, more or less as y^e yeares & strength of y^e Party permits, & mix it with halfe a quarter of a pinte of white Anniseed water, & take it in y^e morning, in 3 or 4 times it will cure it.

For y^e wind in y^e Stomach
Take a quart of Spirit of wine, & a quarter of a pound of Garra confits once dipped, bruse them, & put in y^e wine, & shake it every day, & drinck of it a little. i.

A Cordiall of Citrons.

Take Citrons slice them with y^e meat & rinds altogether & steep them in a pottle of Sacl, & so distill them in an ordinary still, to every pint put 2 ounces of sugar candy in y^e bottle, & let it drop upon it. i.

To cure a Cough with a ticklin Lame.

Take y^e leaves of Colts foot, Mayden haire, unlett Hyssop red roses, rosemary, Sage, penny royall, egrimony, drye them severall & take of each halfe an ounce, finely powdered, an ounce of powder of Squoris, anniseeds, Amber, mastick, Oliband halfe an ounce, finely powdered, & sifted, mix al together, & put to so much as you shall use at present, to this quantity you must have 12 ounces of white sugar candy, & carry it in a box about you, & lick up some of y^e powder very often, you may make it into Losengs. i.

To Cure y^e Gripping of y^e guts.

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Take of y^e Powder of subub halfe a dram, more or less, as y^e yeares & strength of y^e Party permitts, & mix it with halfe a quarter of a pinte of white Aniseed water, & take it, in y^e morning, in 3 or 4 times it will cure it.

Also Syrup of black berries is very good.

Also Syrup made broth of a fat neck of mutton, & eat a very good mess of it 2 or 3 times a day, & take of y^e same broth for a glisten, onely straine it, & it is excellent to help it.

To make Red Powder.

Take of Rue, Sage, Burrage, Cardus, worme wood, Muggwort, Sallardine, Dimpennell, bitony, Speare mint, Hyssop, Salme, Draggon, Scabious, Nettles, Rose mary, angellica, Scordine of each halfe a pound chopt, of y^e flowers of Marigolds, red roses Cowslips Glove July flowers, Maris ease, Pillie Comvally, red poppies, pinks, of each a quarter of a pound, Juniper berries a pound, y^e rootes of Ellicom paine, Setwell Burdock, Ciprus, Tormentill, angellica, liquoris, of each two ounces sliced, y^e thin pill of 2 oranges & one lemon, one ounce of anniseeds, sweet fennell seeds, Coriander seeds, Cardamam seeds, Caraway seeds of each a quarter of an ounce brused.

Put them all into a great glass, & put to them as much white wine as will soke & cover them, then distill it in an ordinary still.

Then take of fine Colharmanick one pound, halfe a pound of Hearts Horne, finely powdered, & mix it in a bason, & wet it with y^e afore distilled water, & make it as thin as pancake batter, & so sett it in y^e sun, to dry after stirring it together, when it is drye wet it a gaine as before, doe so untill almost all y^e water be spent, then dissolve 2 ounces of Methridate in some of y^e distilled water, & at y^e least wetting put y^e in, with 2 penny worth of Saffron in fine powder, & 12 penny worth of vitrioll, mix these all together, stir it very often y^e it may not drye faster in one part, then in another, & when it is become like paste rubb y^e palmes of y^e hands with a litle Oyle of sweet allnos to keep it from sticking, & make it up in balls, & lay them on papers, doane over with a litle of y^e Oyle, to keep them

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from sticking to it, & let them drye, very often rolling them in y^r hands till they are hard, then wave them in y^r pocket, till they are thro drye, & keep them in a dry place, a man may take as much of y^e powder scraped as will lye on a six pence, & a young Child, a smaller quantity.

It drives away any thing from y^e Heart, & comforts, it expells wind it is good in a Surfit, Small Pox, or measles, sandyes, of red poppies & Cowslips, put in a pound.

To make y^e best Snuffe.

Tale of virginia Tobacco, two ounces, sweet Marjorom, one spoonfull, of Litony halfe a Spoonfull; one nutmeg, make all these into fine powder, & sifted, & mingle them together, & give them a tincture of orange flower water.

To make Spirit of Mints or any other Herb or flower.

Gather mints & let it drye 2 or 3 days, then distill it in an ordinary Still, & keep cold wet Cloaths on y^e top of y^e Still (& to every quart of water put a quarter of a pinte of Spirit of wine, & sweeten it with sugar.) but if you will make it without spirit of wine, take more mints & hath lay 2 or 3 days & cut it small & steep it 24 hours in y^e distilld water, close stopp, & distill it a gaine, do so 3 times, & then it will be exceeding strong, & you may put Spirit of wine & sugar, in this manner, you may make spirit of any Herb or flower, if you make it of rosemary doe it when it blows.

To distill Spirit of Rose.

Gather damask roses in a dry day, pick them & to every bushell of pickt roses take a quart of Bay Salt, beat them into past, & put them into a narrow mouthed pot, stop it close & cover it with a bladder, & set it in a seker for 2 or 3 months, after distill it in a limbeck with some whit ro rose water, so much as will cover it 4 fingers a bove y^e roses, distill it with a soft fire, & there will come first y^e burning spirit lide Aquavite, receive y^e by it selfe, & after y^e a water which is much better then ordinary rose water, which take by it selfe, & with y^e will come an Oyle in small quantity, which will swim on y^e top, & is lide grease, & you may save by it selfe pouring y^e

water thro a tunnell, & let it run thro till it come to y^e oyle, then stop y^e tunnell & put y^e oyle by it selfe, take heed at y^e end of y^e stilling, y^e y^e roses doe not burne, for then the small will be nayght.

For a Consumption & Heetive Fever.

Take from a dead Cow a Gallon of milke p. y. or 8. score of great Snalles, gathered in a drye wetter, wash them cleane, & crack y^e shells, & take out y^e Snalles, & put into y^e milke, with a pinte of earth wormes, slit & wash cleane, boyle these in y^e milke halfe an hower, then take Colts foote Cowslips, Jerusalem, Dimpennell Rarts Tongue Ale hoope, Maden haire of each a large handfull, & of speermint 2 handfulls, Chop y^e herbs & put them with y^e milke into a still, with y^e Snalles & wormes, take off y^e head of y^e still some times y^e it do not burne in y^e bottom nor creame a top, let it drop into white sugar candye, 2 ounces to a quart, it will run a bout 3 pintes, mingle it all together, & drinck it first & last a quarter of a pinte this water hath don great good.

For a Heetive Fever. By Mr. Hobbey of Bisham.

Take Syrrup of Succory made plane without compoud, & Syrrup of violets, taken in a draught of small Ale or new milke, in y^e morning & in y^e after noon.

An Electuary for a Consumption.

Take a quart of Life Honey & Clarifie it, then put to it a pound of papp of roasted Warden, & let it boyle a little while & keep it stirring with a slice, then put in an ounce of mace, & an ounce of anniseeds, both finely beaten, & let it boyle up, keeping it still stirring then put it up in a Gally Pot, & take of it y^e quantity of a nutt meg, morning & after noon & at night.

For a Consumption

Take y^e Yolks of 2 new layd Eggs & a good spoonfull of red rose water, beate them well together, & make it thicke with y^e best harbery Sugar, & take first every morning.

For an inward Heate.

Take Rousleele, stamp it, & mix it with a little Ale, & boyle a pinte of milke, & as it is boyling put in y^e Rousleele, let it boyle a little & straine it, & sweeten it with sugar & drinck it 2 or 3 times a day.

An Excellent Remedy for a Consump-
tion, it hath recovered them y^e have
given over

Take a penny worth of Saffron, steep it all night in a
spoonfull of Muscadine, then with a spoon grind it till
it be all bruised, y^e vertue may come out, then straine
it into a wine glasse full of Malmesey, & drinck it every
morning fasting for 3 weeks together, & every night, put
fresh Saffron in Steep, it will bring rest, & take away y^e
paine in y^e back.

If you add to y^e muscadine as much caudid Venice
Turpentine as halfe a nutmeg, & drinck it every morning
it will recover any one y^e is troubled with a paine or
in weale back, caused by any accident or wealnesse.

For any Paine in y^e side or Stomach.

Take may butter, & an oyle y^e place in paine, with a Hot
Hard, & rub it in till y^e place is thro Rot, then take a
Cabady leaf, & point it over with y^e butter, & beat &
a sift Coming seed, & strew it thick on y^e Cabady leaf
a warme y^e long side over colts, & lay it on Rot, & put
on Rot & put on Hot Cloves, in y^e bed is best, it must be
y^e mouth side of y^e leaf, you must butter, 2 or 3 times
will cure. For a weale back,

Take of y^e powder of masticke as much as will lye on a
groate in a rare egge every morning till you are well.

For a weale back

Take a slice of Wheaten bread & tost it, & when it is
tosted enough but not to crust, spread it all over with
y^e yolke of an Egg & upon it strew fine powder of y^e
best Rosharmonick, & upon y^e strew fine coarse Sugar, &
brake it in a morning fasting, till you are well.

To cure them y^e make bloody water.

Take y^e Nettles y^e sting most, 3 handfull, & boyle them
in a quart of Ale, & let them boyle a third part away,
& drinck it warm in a morning fasting & againe in y^e
evening. For y^e Scurvey in y^e Mouth, or any other
sore mouth.

Halfe a pint of Beer vinegar, & one ounce of Honey of roses
& a little plantain water, & a dram of boule Armarack, &
as much of roach Allam, both in powder, shake these
in a glass together, & wash y^e mouth.

For a Sprane or Bruise.

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Take an ounce of Oxycroca of y^e best sort, & an ounce of diapallma, slice these thin into an earthen Doringe, & melt them with a slow fire, & keep them stirring, till it is almost cold, then make it up in a rovl, & spread it on y^e ether for y^e use.

For y^e Dibles

Take a Spoonfull of Sallad Oyle, & a Spoonfull of white Cranden cence, a Spoonfull of white Hogs turk, both finely beaten, & sifted, y^e yolk of an new lade egge, & a Spoonfull of Honey, & with a plaster puter Spoon in a puter Doringe, y^e being best, stirr all these well toger an oylt y^e part.

Pla

The bitter draft, to cure a Cough
of y^e tops of sentrey one small Handfull of Seana one ounce of Camnomil flowers one small Hand full, of Cardus seeds one small Handfull of gershon root a bout a quarter of an ounce, all these must be infused in a quart of water, & take a quarter of a pint at a draught, You may put Ralfe an ounce of Labbub to this quantity, it is good agains stoping
M^r Allen.

An approved medison
for y^e Stone.

The preparative, Take an Ounce of juniper barries, & as much Salt of prunella as will lye on a goat, finely powdered, then divide them equally into seven papers, y^e berries by then selves & y^e salt prunella by it self, then make a pint of good Ale posset, & boyle one of y^e papers of juniper barries in it, neere a quarter of an hower. & when it has stood a little while, strain out y^e berries, & put in one of the papers of salt prunella, & drink half of y^e posset drink in y^e morning & half of it at night, y^e day before you take y^e medison, so each other day You must take y^e preparative & each other day y^e medison,

The medison is

Take an ounce of Sapis judaicas, let it be beaten two houers in a Stone Morter, & one ounce of whit

75. Sugar candey finely powdered, divide them
equally into seven papers, half of y^e one, & half of y^e
other, so mix them together in each paper, this is y^e
medicine, then take one of y^e papers in a spoon full of
whit wine, & drind a glass of whit wine after it, if
you please you may mix in y^e spoon a little rurnup
of marshmallows. (There as I was told, has been fifty
pound offered for this receipt. & once in seve yeares
will serve to take it. but. 14. dayes together.
M^r Gatwood.

Dr. Hantons medicine for y^e
Colicall, he was Lord Trimate of
jreland

Take a new laid Egg, & make a whole at each end
with a pin, & blow out all y^e neat, & set it in an apple
roaster, & roast it nutmeg brown, & powder it finely,
& sift it, thro lann, be sure you do not let y^e Egg shell
burne, for it will give it an ill tast, you may rost as many
as you please at a time, & add to one of these shells
two grains of beazor Stone, & powder it finely, & take
this quantity in a Spoonfull of whit wine, & drind after
it a glass of whit wine, some times this will cure at
once, but some times it must be taken 4 or 5 mornings
M^r Gatwood.

To Bat off any Felon, from
y^e eye after y^e small Pox.

Take a thunder bolt stone & scrape it, & blow y^e quantity of
a Grain of it into y^e Eye. with a quill once or twice a day, it.

Dr. Gowers Medson for sore Eyes.

Take a pint of new milk & boyle it, then take 2 or 3. tops of
Rouse-leed, according as they are in Rigneft, & bruse them
very well. then put them into y^e mill, & boyle it till it turn to
a sheer poset. then straine it, & save enough to wash your
Eyes twice y^e day & drind y^e rest, this doe every day for a fort
night. together. &c.

Ordered for Kety, when she was a bout a .46.
yeare old, & in a consumption. by my Father

Boyle. 4. Spoonfulls of French Barley in a quart of water,
Straine it, & boyle in this water an ounce & a half of Currants
washed & a little bruised, & half an ounce of seasons of y^e Sun
stoned, & 3 or 4 of y^e best Figgs sliced, 3 or 4 of y^e leaves of
Ground Ioye, lung wort & lung wort of each half a handfull,
fennell seeds bruised a dram & a half, of nettle seeds half
a dram, licorish .2. drams, Straine all these, & add. Brown sugar
candy an ounce & half.

For a Straine

Take Some Oyle of Roses & Shread Sun rue in, a pretty
deale of it, then set it on Some Coals, & let it stand till
you thinke y^e strength be something out of it, turne it
often, then anoynt y^e Straine, & rub in y^e Oyle very
well, then lay some of y^e rue upon it as you would a
platter, so bind it up & dress it every .12. hours or as of
ten as you please, till you see it mend, & keep it warme
H.S.

If a joynt be broal & a bone-setter
cannot be gott presently.

For feare it should jelly, or y^e blood congeall, take
some new milke, set it on y^e fire & turne it with a bet
of allome, a bout y^e bigness of a Walnut, add to it a pre-
ty quantity of Shread worm-wood, y^e ordinary sort, put
it in when you put in y^e allome & let it boyle till y^e stre-
nth be pretty well out of y^e Worm-wood & lay it on as
Hot as you can endure it soe bind it up till it can be
got set. H.S.

For y^e Yellow Sandes or a
paine in y^e Stomach.

Take a pint of white wine & couler it with Saffron,
then take as much turmerick as will lye twice
upon a six pence, then put it upon a quarter of a pint
off white wine stir them together, & drind a quarter of
a pint in y^e morning fasting & y^e same quantity 3 or 4
houres after dinner, & waile after it H.S.

For one y^e cannot make Water.

Take Saffron, Saxa frige, aniseeds, mastick, some gar-
mander, tansey in y^e Garden, pelletary, boyle them in
white wine, or posset drind, & so drind it. H.S.

For Spitting of blood.

Take here halfe an Ounce of white Sugar Candy beaten & Serched very fine. & as much albumgremium as will lye up on y^e point of a knife, mixe these well together with y^e yolke of an egg, give this quantity in y^e morning fasting 2. or 3. hours after it wald, then give it againe at a clock in y^e after noon, be sure y^e albumgremium be good. H.S.

A present remedy for y^e head-ake.

Take a collwort-leave, & beat it. then straine y^e juce out of it thro a fine rag. then take neer a spoonfull & snuff it up y^e nose. it will give you ease at once taken. H.S.

For a Consumption.

Take a pottle of canary wine & a pottle of new milk, steep in it a handfull of rosmary, as much lime, pimpernell & pennyroyall, 2 handfulls of burrage, as many bougloss, half a pound of dates, sliced, a pound of raisons, stoned, a pound of good blew currants, then take a Cock & dress him & quarter him, & put him with y^e rest into a cleane pott to infuse all night, then next day distill all together in a glass or rose-still, when it is stilled add to y^e water white Sugar candie, take 5 Spoonfulls of this water at a time one hour before dinner or Super. H.S.

For y^e Paine in y^e Stomach
& Spleen.

Take one handfull of planton, one handfull of Shepherd's purs, one handfull of Knot-grass, a handfull of bistort, patience a handfull 5th Saffronwort, half a handfull of red rose leaves a handfull, boyle all these in a quart of water, & a quart of whit wine, till it tast well of y^e herbs, then sweeten it with y^e honey to y^e taste, & let it in 24 hours, then straine y^e liquor from y^e herbs & drinck it as you please. H.S.

For a Sore Mouth.

Take Honey & plantine water & y^e powder of rock-ome, burnt a pretty quantity of each, then boyle them all together, then take some of y^e same blood warme & wash y^e mouth, morning & evening, & then anjont y^e cheekes with burnt alone & Honey being mingled together,

this will help any sore mouth or canker. H.S. 48.

For y^e Griping In y^e guts

Take a pint of claret wine, & a pint of pump water & a penny-worth of beaten cinamon, one nutmeg. boyle all these together till they come to a pint, then sweeten it with double refined Sugar, &e drink it off. H.S.

Ribe Reels.

Take y^e white of an egg beaten, & y^e froth taken away then put y^e white flie of a Rabit's belly into it & so lay it to y^e Ribe Reels. & let it dry on till of it selfe it come off. H.S.

For y^e Tooth-ack.

Take a pint of vinegar, a handfull of rose-mary. 20. cloves bole-armineel beaten small as much as 2 walnuts boyle all these & keep it stirred till y^e third part be boyle away. then wash y^e mouth with it warme. H.S.

For a better.

Take half a pint of verjuice, white copris as much as a Wallnut, boyle it half a way, & rub with it the place where y^e better is. H.S.

For Wormes of all sorts in
Children.

Take Colloquintida fine beaten in a bagg, wet y^e in a gall or juce of worm-wood, lay it to y^e havill & pit of y^e stomach. H.S.

For Lysing a Bed.

Take y^e feet of a pig from y^e mid-joynt, dry them in an Oven, but not to Rot. So oft y^e they will beat to a fine powder, then sift it & give it in red rose-water as much as will lye on a groate fasting in y^e morning. H.S.

To cure a Fistula.

Take a gallon of white wine, a great handfull of egre-monny, Scabius, plantine, auins, & Senecke feneck, of each a lide quantity. & let them boyle from a gallon to a pottle, & in y^e boyling put 4. ounces of white Sugar candie, with a Spoonfull of cloves, then straine it thro a colender, use it thus, take 3. Spoonfulls in a morning fasting & as much before they go to bed, y^e wound must be also washed twice a day, with y^e same water.

For an Ague.

Take 2. penny worth of Saffron dyed. 2. Spoonfulls of red
corrants beaten together & spread it on a Cloath & lay it to y^e
wrists before y^e fit comes, & ware it 2. or 3. dayes. H.S.

For y^e Mother.

Take a quart of white wine, a quarter of a pinte of faire
water, a handfull of maiden haire, fine loose Sugar $\frac{1}{2}$ of a
pound. 10. damaske prunes of endmie Succroy, of each half
a handfull, reasons of y^e Sun one handfull Stoned, & dates
sliced one nutmeg, one rase of ginger, one penny worth
of sweet fennell seeds, one good shod of english lygoun
-es all these must be boyled to a pint.

take 3. Spoonfulls in y^e morning & sleep, if you can after
after it & 3. Spoonfulls at night when you go to bed, &
keep warme in y^e Chamber while you take it, if one pint
doe it not, take one pint more.

For a teeter Or Wring-worme.

Take 2. Spoonfulls of vineger & one Spoonfull of english
Honey, half an ounce of ginger Scraped cleare & beaten
small, boyle these to gether in a Sawter till it grow thick
& so anoint it twice a day, at night & in y^e morning, H.S.

A very good & aproved medicin
for a weale backe.

Take nine leaves of cleare, stripped from y^e great ribs,
half a pound of dates finely pickt & cut over thwast
y^e graine, stampe these in a mortar as small as green
sawce beards, then take half a pound of marrow of y^e
ox backe cleare pickt, from y^eelines, & put to it all
these finely beaten into a bason, with a quart of muste-
-dine half a pound of sugar & one ounce of cinomon;
boile all these to gether, & let it boyle halfe a way, then
put to it y^e crum of a fine manchett, to y^e value of six
spoonfulls, boyle them altogether a litle, then put in
six yolds of new laid Eggs, stirring them in, & let it
boyle a litle after that, & when it is cold, put it into a
box or a glass; if you put pearle or gold into it, it will
be y^e better. M^r Craply.

or windiness there in.

Take white pepper, black pepper, long pepper, any seeds, caraway seeds, coriander seeds, rosemary flowers y^e powder of Camerisile, & y^e powder of wild lime, of each of these a quarter of an ounce, then take 2 pound of y^e best sugar, & 12 Spoonfulls of rose water, boyle y^e sugar well & then put in y^e spices & so make up y^e loxenges. A comfortable laxative

Goole Broth.

Take an old red boe, kill him & let him range in his fetters foure & twenty hours, then dress him cleane & put into his belly, poly podium roots of y^e Oale, two ounces, Malloes a handfull, violet leaves, halfe a handfull, Mercury Mercury a good handfull if it can be got, otherwile take ^{more} malloes, then sew up his vent & boyle him in a gallon of faire water, with a handfull & more of damask prunes, & a handfull of reasens of y^e Sunn stoned, y^e botton of a manchet, & 10 large blades of mace, let him boyle leasurely keeping him cleane scummed, untill not a bone a quarter remaines, then take y^e boe out of y^e Broth whole, & draine his liquor without pressing him into y^e broth, then season it with a little Salt, & drinck half a pint warme at once, one hour before dinner, & as much an hour before supper, & as it works with you a day or 2 together, & begin y^e meale with broth or boyled meat.

A Mediceen for a Canker in y^e Mouth. 42

Set a quart of good Ale on y^e fire, & scum it, then put in plantaine, violet sixed field, strawberries, woodbine, Rubinbine leaves & Sage, let all these boyle from a quart to a pint, then put in as much allum as a Hazell nut, & as much Campher as a walnut, three Spoonfulls of Hoxey, & 3 Spoonfulls of Sirrup of Mulberry, one large race of red ginger beaten & searced, boyle these last five things but 3 walnes, then wash y^e patients mouth with it three times a day; then take soe much allum as y^e quantity of a large pea; grind it small & put it in a sawcer, with 2 or 3 Spoonfulls of Hoxey, & one race of red ginger beaten & searced, boyle this untill it be some what thicke

81. & after you have washed y^e mouth with y^e former water, then take a linnen cloath & tye it upon a stick, & dip it in this last thing maid of Honey, red ginger & alum, & touch y^e mouth canker with it.

To procure Appetite

Take red mints, rose mary flowers, of each half a hand full, Anni seeds, Sweet fennell seeds of each 2 Spoonfulls seeth these in a quart of good red wine, till y^e third part be wasted, then straine it, & put cinomon & sugar to it as much as will give it good tast, y^e cinamon being beaten; when you have seasoned it with cinamon & sugar straine it againe & put it in a pot. You must take a Spoonfull of it at tea a clock in y^e morning, another betwixt one & 2, & another a 4 a clock in y^e after noon, take it alwayes cold.

M^r Butlers directions for purging

Colley

Take of y^e Sirrop of Zuburb 3 spoonfulls, at once, dissolved in a draught of new whey, take it all at one time warme, & presently after it drinke half a pint more of new whey; one houre after y^e goe to dinner with broth & boyled meat; drinke posset ale to y^e dinner in sted of cold beer, in winter time if you take it you may dissolve y^e Sirrop, in cleare posset ale in y^e sted of whey & it will worke the better.

A medicine for a continuall

head ach.

Take Britony water, & take a cloth 3 or 4 double, & but three fingers broad, wet it well in y^e Britony water & lay to y^e fore head, let y^e cloath being wet come round a bout y^e head & tye it fast, & 3 or 4 times thus doing, with y^e helpe of God it will helpe you.

For a paine in y^e head.

Take a rede rose cake, cut in length & bredth of the fore head, then take rose water & vineger of like quantity as hot as you can suffer it & dip y^e cake & lay it to y^e fore-head.

For y^e plurisie or stick.

Take a quavita & capons grease, boyle them together, & dip then in blacke woole, lay it hot to y^e stomacke, & it will ease y^e stick.

Take a paire of Saxons Stones. dry them & keep them in a litle bag & hang them a bout y^e parties neck, soe y^e bag be at y^e hole of y^e Stomache. it is D^r Butlers receipt.

For y^e coffe of y^e Lungs

Take y^e roots of Colts feet & cleare them well & dry them, then beate them to powder very fine & take morning & evening a small quantity in a Spoonfull of Syrup of violets mixed.

A Snail Broth very restorative

Gather 40 or 50 Snails in a Garden or a mongst y^e borne. Split them & take out all y^e green, but not y^e fat, then wash them in water with a litle Salt, & wipe them with cleare cloths till all y^e slime be off. Then have ready a Chick Cut in peeces, & some bugles, egrimony & leaves of endive soe boyle them in y^e broth & when y^e Chick is half boyled put in y^e Snails cleare Wiped, & let them boyle till all y^e strenght be boyled out, then put in a litle mace, or 2. or 3. tops of Mother time, or rosemary which pleaseth y^e tast best, drinke of this a fortnight constantly.

A restorative Candle.

Take Ralf a pint of Claret wine, Ralf a pint of ale & soe make a Candle with a new laide Egg, then put in Ralf a nutmeg in 2 peeces; then take it off y^e fire, & put in 7 graines of abbe ambergreace, & soe drinke this for 2 breack fasts, & it will increase blood & strength.

A restorative Drinke.

43

Take a well fleshed Capon, from y^e barne doore & plucke out all his entralls, then wash it with a litle white wine & flea off all his skin, & take out all his bones, then cut y^e flesh into litle pi peeces, & put it into a Stone Bottle, & put to it an ounce of white Sugar Candy, 6 dates sliced with y^e Stones & pith taken out, one larg mace, then stop the bottle very close, & set it in a Chafer with water, & let it boyle 3 houres, then take it out, & poure y^e juce from y^e meate & put to it a Spoonfull of red rose water, then take y^e better part of it for y^e breack-fast, & 4 houres before dinner, & y^e other part of it, at 3 a clock in y^e after noon, & let it be blood warme.

A. nother Restorative

Take a Young Leg of Mutton, cut off y^e skin & y^e fat, & cut y^e flesh out into small peeces & put it into a Stone Bottle, then put to it 2 ounces of reason of y^e Sunn Stoned, a large mace, an ounce & a halfe of Sugar Candy, then stop y^e Bottle very close, & let it boyle in a Chafin of water 3 houres, then put y^e juce from y^e meate & steep it in a cleane glass; it will serve for 3 breake-fasts; if y^e party with they may take some of it at 3 a clock in y^e after noon.

An other Restorative.

Take 4 Sheepes Hearts, newly killed, cut off y^e skin & y^e fat, wash out all y^e blood with a little white wine, & after y^e with red rose water, then cut them in small peeces & put them into a Stone Bottle, then put to them an ounce of Sugar Candy, half an nutmeg, cut into 2 peeces, 3 or 4 peeces of whole Cinamon, then stop y^e Bottle very close, & let it boyle 3 houres in a Chafin of Water, soe poure y^e liquor from y^e meat & put to it the weight of eight barley cornes of Amber greece, bruised very fine; Take this for two breakefasts being made warme, or you may put it in an oven after y^e bread is taken out. So Cure a Selter.

Take y^e roots of pa & wash them well & pare them & slice them & lay them in strong vinegar of white wine 12 or 14 ~~spoonfulls~~ dayes, after wards take one of them & rub y^e selter with all, foure times a day & as many times in y^e night doe this every day till it be whole, changing y^e steeped slice once or twice a day, in 2 or 3 dayes you will find it a rare Cure.

An Opener Drink

Take 4 ounces of Clarified Honey, & put to it 2 ounces of cleare Water, seeth them together & scum it till y^e Water be sodden a way, then put in 2 ounces of white wine vineger, & let it seeth together till there be a Sirrop This consumeth all tough Stone & thicke Humours, & openeth all Obstructions, cleanseth y^e brest & maketh easy breathing, & it is very good against quotidian & quartern agues.

We use to give our Children a small Spoon full at a 84
time, especially at night when they go to bed, & in the
night if they be troubled with coughing.

A Blessing Broth

Take a Luncle of veale & seeth it in a pipkin of fair
water, scum it cleane & in y^e seething put a little salt
to make y^e scum rise, then take 2 fennell roots & 4
parsly roots well scraped & washed, take out y^e pith of
them; half a Handfull of Sparagragh roots with a little
butchers broome, 3 spoonfulls of ivory & harts-horne, &
a Sprig of time, put all these together in y^e broth & let
all boyle, till it be half boyled away, then Straine it
thro a jolly bag, & give half a pint at a time, in the
morning & at 4 a clock in y^e after noon.

A very good pap for Suckling Children
when they are troubled with y^e fret,
& to keep y^e body loose. & good against
Convulsions.

Take Oyle of Sweet almonds, & searced sugar candy
& grouell ~~or~~ seeds, & sweet fennell seed searced
mingle it to gether like a pap, & give y^e Child a little
of it in a Spoon once in 12 hours, & after it some posset
drind with a little liquorish, & some senched sugar
candy to sweeten it.

An conserve for y^e Thera.

Take y^e choyse roots of alicompany gathered gath-
ered in March, & cleated, one pound, boyle them
in running water till they be tender, haveing warme
water by to supply when y^e other is wasted, when y^e
rootes are sodd, then slice them & put them into an
earthen pott with 2 pound of Sugar powdered, saffr-
on powdered, y^e waight of foure pease, boyled with
a slacke fire, stirring it well all y^e while, & takeing
a little there of to dropp on y^e bottom of a Sasser, which
if it be some what hard, being cold & thicke, then you
must taste it & put it into a gally pot, You must take
there of in y^e morning fasting, as much as a Wallnut
it is good to dissolve y^e cold flegme in y^e stomach, put
not y^e saffron in till it be almost boyled.

For a Sore Throate

Take a dosen of Rigs, half a dosen of Sewes eares,
boyle them in a pinte of White wine & a pint of running
water, till half be consumed, then Straine it through a
cloth & put one ounce & a half of Honey of Rose.

Then gargle with y^e Strayned liquor, Spoonfull after
Spoonfull 3 or 4 times as Hot as you can.

Then apply y^e Rigs & Sewes eares to y^e throate outward
ly in a fine linnen cloth as hot as you can endure
it, let this be vsed at night when you goe to bed, &
in y^e morn once or twice taking it will cure.

To stay y^e bleeding of y^e

Nose.

Take y^e White of an egg & beate it, then take Dragons
blood & beveal noneel, some what more then of y^e blood
make them into fine powder & temper them with y^e White,
make it soe thick as it may spread upon a fillet, & lay
it a long y^e fore head & to y^e temples & let it ly till it
be drye.

For y^e Stoping of y^e Stomack

Take a piping & core it fill it full of Saffron & Honey &
roast it very leasurly till it bee very soft to incorpora-
te it well to gether & keate it & eate it to y^e brackfast

For a consumption Cofee.

Take 2 ounces of of reason of y^e Sunn Stoned, 2
ounces of conserve of Red roses, one ounce & a qua-
rter of White Sugar Candy, half an ounce of pow-
der of liquorish, one ounce of y^e Turp of red popes,
stamp y^e reasons in a Morter very small, then put
so much colts foot water, as will make them pass
pass through a Strainer, then mix all y^e a fore said
things to gether & take of it on y^e poynt of a knife.

A good remedion for y^e Meadness
in y^e head.

Take y^e White of an new laide Egg, beate it with one
Spoonfull of Red-rose water, take as much of y^e powder
of venice Turpentine bruised as will ly upon a three

pence, as much White Sugar Candy beaten to .86.
powder as will make it Sweet to y^r tast, then slice
y^e fourth part of a nutmeg into slices warme all
these blood warme, & so drinck it fasting, twice or
three times a weale.

Allegent wine, or red red wine, is very good also
For a Cough or Cold.

Take 2 pints & a half of Spring water, one handfull
of red rose buds pickt from y^e stalkes & bottomes, one
handfull of Colts foot leaves, one handfull of Wood
betony, one handfull of Burnett, half a handfull of
Mayden Hayre, if you can get it, 2 or 3 ounces of y^e
roots of comp. cleane washed & y^e pith taken
out, set these upon hot embers y^e they may stew, not
boyle till it be halfe consumed, then straine it & add
to it a pound of refined Sugar, then set it on y^e fire
& let it boyle softly for a quarter of an hower, then
clarifie it with y^e whites of 2 Eggs.

A purge for y^e Stone

Take of Cassia fistula wet newly drawne one ounce
& halfe, Subarb in powder one drame & half, Venice
turpentine 4 drams Licchorish half a dram, Diatr-
hiatragacanthum frigidum one scruple, mix them with a
sufficient quantity of Syrop of Marsh Mallows, an take
there of y^e quantity of a Walnut in y^e morning fasting, drin-
-ing some posset drinck or warme broth one houre after
it, half this quantity will be enough for twice taking, & then
you may have fresh as occasion serves, take this pulpe
in a wafer moistned.

Take no cold after y^e taking this purge it is very good
gentle & gives not above 2 stools.

Lozenges good for y^e Stomache.

Take a preserved Orange pelt, & cut it into small square peeces, & take a few Cardimon seeds, & Caraway seeds, let there be a pretty quantitie of each, mingle them together, & take a good peece of double refined sugar & put in as much red rose water as will wet y^e sugar, then set it on y^e fire & scum it, & then let it boyle till it be all most Candy right; then put in y^e Oranges & y^e seeds, & soe let them boyle a halme or two, & soe scrape sugar upon a plate, & put it out in Lozenges.

A restorative Candle

Take half a pint of claret wine, half a pint of ale & make a candle with a new laid Egg, & put in half an nutmeg in 2 peeces, then take it off y^e fire & put in y grains of ambergreece, drind this for 2 brake-fasts; for it will increase blood & strength.

To make juce of Liguorish for a Cold

Take English Liguorish & scrape it very cleane, then bruisse it with a Hammer & cut it in small peeces, to a pound of Liguorish thus used, put a quart of y^erop water & let it soacle to gether in an earthen pot a day & a night, then cut y^e Liguorish in small peeces & lay it in soack a gaine 2 dayes more, then straine out y^e liquor & boyle it a good while & stir it often, then put in half a pound of sugar candy, or good white hard sugar finely beaten & 4 grains of muske & as much of Amber-greece, bruisse then small with a litle sugar, & boyle these together, then put in 3 or 4 drops of Oyle of any seed & 2 of y^e Spirit of rose mary, so boyle all together till it be thick (stik having care you burne it not), then put it out on a glass plate & make it into round rowles, then set it into a stoe till it be stiff, y^e you may wrod it out into long rowles, then cut them into litle bits of y^e length of a barley Corne & soe set them on y^e glass plate a gaine, if it be need full you may sift some fine sugar to keep it from sticking & soe dry them, if they be to dry y^e heate of y^e fire will soften them againe.

Juce of Liguorish Cakes for a Cold.

Take a pound of new English Liguorish, y^e greatest and

thickest Sticks, scrape y^e rinde cleane off, cut it into 88
little Slices, put them into a new pipkin with a pint of
stop Water & a pint of Scabins water, then cover y^e pip-
kin close & set it on hot Embers all night to infuse,
but not boyle, in y^e morning straine y^e liquor out, stamp
y^e liquorish in a Stone mortar to get y^e vertue quite out,
then straine it with y^e liquor very hard into a cleane
dish, & set y^e dish upon a chafendish of charcoale, stir
it often to prevent sticking to y^e sides of y^e dish, let
it wast & vapour a way (but not boyle) till it come to a
jelly & will scarce cover y^e bottom of y^e dish, then take
it from y^e fire, having ready a pound of double refined
sugar with 3 or 4 graines of muscke or Amber greece,
beaten to gether very small & sifted thro a liffiny, then
take part sugar & part jelly & worde them in a mortar with
much labour to a past, & soe by degrees work all these y^e re-
rest, then mould y^e past into what fashon Cakes you please,
keep y^e Cakes in Boxes, in a Cubbord till they be thro
dry, & when one is troubled with a cold take a litle peece
of these Cakes probatuna est.

Queen Elizabeth still caried some of these cakes a booke
her, which are very good to cate after meate, but most
proper for a cold.

Another of y^e same.

Scrape 2 pound of liquorish & cut every stick into 2 or 3
peeces, let them steep all night in a gallon of faire water,
y^e next morning add there to a nother gallon of faire
water, & put it into a great brass Skillet, or pot, & set it
over y^e fire & boyle it till half be wasted, then take up all
y^e liquorish & bruise it very well in a Stone mortar, then put
it into y^e liquor a gaine & add there to a quart of red rose
water & as much stop water, then let all boyle till it be con-
sumed to a pottle, then straine it into a lisse Skillet & let
it boyle till it come to y^e thickness of pap (it must be kept
stirring to keep it from burning to) & let it stand till the
next day, then steep it all night in rose water & put therein
gum dragon to y^e quantity of a nut lerneth, then grind the
gum with a Spoonfull or 2 of y^e substance of y^e liquorish
untill you see it looke white, then make it up with white
sugar candy or double refined sugar finely searced, till
it come to a perfect past, then rowle it into what shape
you please, & set it in y^e stove. 8.

Steel Pills

Take as much powder of Lubub as will lye on a sixpence, & y^e same quantity of powder of aloes, & y^e same quantity of steel finely powdered, mix these 3 powders well together on a paine of glass, or a cleane stone, & when they are well mixt make them up in pills with surrupe of violets or surrupe of lasses. & after this is don, when you take them it should be a week or ten days together, & drinke a glass of white wine lenith or Claret, & if there be a great occation, you may take twice y^e quantity of Steel.

A medion for y^e same use y^e

M^r Weldon

Steel - Pills are

Take a quarter quart of milk, boyle it then turn it with a bout half a pint of whit wine, take off y^e Card & put in it a quarter of a pint of hemp seed brus'd, & let it boyle a while, then straine it, & drinke a draught warm 3 times a day.

To make peat pills,

Take 2 ounces of y^e best aloes, one ounce of mir & halfe an ounce of english Saffron. beat y^e aloes, mir, & Saffron to a fine powder, but first dry them. then take 2 ounces of Syrup of lemons, then make it into a lump, & keep it for y^e use.

You may take of it every other night for a week, when you go to bed, 3 pills at a time, do so every quarter of a yeare or oftener, if need requier requier, it is a preservation in pestilent times, it clenches y^e blood of such humours as are gotten by surfets. it strengthneth y^e hart & weeth Stomach. H.S.

For y^e Dropsye.

Take half a pint of an Ox gall, & as much white wine one nutmeg grated, & y^e Stone y^e is in y^e gall grated. then take a still full of parsley & Salendine, half y^e one & half y^e other, mix them all together, & still them in a close

Still & take it when you go to bed, 6 Spoonfull at a time in a wine glass full of white wine. H.S. 90

Peasteler Like

Take of y^e best aloes one ounce & 3 drams of Mastice half an ounce, beat them severally into fine powder, & then mix them together, then take 3 drams of y^e best Agaricke grate it into fine powder, put it in to a Sazer & mix it with Oxeneye Stamp it till it be thoroughly mixt, then let it lye a while soe put it in to a mortar, Stamp it very fine, then put to it y^e aloes & y^e Mastice, & soe beate them together putting soe much Oxeneye as will make a Mass of Licks.

Mrs Cropley.

For one y^e Ros last y^e use of
their limbs with y^e Licks

Take of garden Snails a peck, & bruise them, put them into a coarse cloath, hang them up, & let y^e water drop out, then anoint y^e Childs limbs with it morning & night, for 3 weeks, this has cured those y^e have got on crutches.

For a consumption

Boile half a dozen Snails in a quart of mild. boile it & let y^e child eat it.

For y^e Stopping of y^e Water

Take Castel Sope, & Saffron & let y^e Apothecary, & make it into a platter, & spread it upon Leather, & lay it upon y^e Navel & it shall help presently. The Lady of Inbarnon

Another

Take y^e leaves & flowers of rosemary & boile them in white wine till a third part be consumed, then Straine it & drinke off y^e Wine cold, & bath y^e place with it as hot as may be suffered, & lay y^e herbs hot to it, & it will help in 3 hours.

So Ease y^e paine of y^e Stone
in y^e kidneys or back.

Take a Wooden dish, & fill it 3 quarters full with hot embers, & lay canomile, fetter fern, Tansey, or Woom-wood or 2 of y^e sorts upon y^e Embers in y^e dish & cover it with a cloath, & y^e dish in it, & hold it where y^e paine is, & it will give ease. Also boile herbs & seeds, y^e are good for y^e Stone in white wine & put them into a bladder & hold it where y^e paine is, & it will give Ease, or lay y^e herbs so boiled in baggs where y^e paine is.

For a Childs Sore Mouth

Beat y^e White of an Egg & mix with some plantine water. Sweeten it with Sugar candy, so warme it a little & give the Child half a Spoonfull at a time to swallow. My Father.

To cure y^e Thrush in a young Child

Honey of Roses 2 drams. Syrup of Mulberries half an ounce to be taken down, my Father.

To cure y^e paine of y^e Head or Teeth

Take Gum carrana & spread a platter of it & lay it between y^e Shoulders Bones, or take fetter fine & dry it by the fire & rub it between y^e fingers & put it in y^e ears & y^e will draw out y^e paine. Cosen Docton.

For an Ague

Take 2 drams of Perjuts powder, & put it into 4 ounces of White wine & let it stand full cold in y^e White wine, shaking it, indiffrent after, & let y^e party take it 3 or 4 hours before y^e fit.

This dose is enough for a man or Woman, & to prevent y^e coming of an other fit, let y^e party take a third part of this proportion every day for 3 or 4 dayes after. My Father, s.

Camomel & sentery flowers of each a pugil, anniseeds & Juniper berries of each half a dram, a little peece of lignorick stick. prescribed by my Father for my Husband

For a Cough

Half an ounce of Syrup of Rose Roxad, a quarter of an ounce of Oyle of Sweet Almonds, half an ounce of White Sugar candy. My Husband, s.

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Take a pint of ale of new malt, a good handful of
 coarse sugar, a half a pound of yeast, and a
 pint of water. Stir it well together, and let it
 stand in a warm place for 24 hours, then
 bottle it up, and cork it close.

A Glister for the Stomach

Take, without wine, lemon, peppermint, and
 will flower of each a handful. Make an ounce of
 spirits, and there is a pint of water, and a
 pint of ale. Let it stand for 24 hours, then
 bottle it up, and cork it close.

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 pint of water. Stir it well together, and let it
 stand in a warm place for 24 hours, then
 bottle it up, and cork it close.

A Glister

Take a pint & half of new mill, & a good handfull of red rose leaves, & half a handfull of pomegranet flowers boyle then in y^e mill half a way. then straine it, & then put in a yolke of an egg, & an ounce of red sugar, or half an ounce of brown sugar candie. H.S.

A Glister for y^e head-ack

Take mallows, viole leaves, pelletory of y^e wall, camomill flowers, of each a handfull, halfe an ounce of aniseeds boyle all these in a pint or more of posset drinck a quarter of an hour till they be soft, then straine it & put to it 2 Spoonfulls of brown sugar & one Spoonfull of Sallet Oyle, & so use it. H.S.

A Glister

Take mallows, violet leaves, beets & mercury of each a small handfull, camomell flowers & dill of each halfe a handfull, caraway seeds, Aniseeds, fennell seeds of each halfe a Spoonfull bruised, boyle all these with half a sheeps-head in 4 pints of faire water, boyle these to a pint, then straine it thro a cleare cloath, then take 12 ounces of y^e decoction, & put to it 3 ounces of sugar, & 2 ounces of y^e best Sallet Oyle, an ounce of Syrup of roses & so use it for a Glister. H.S. If you will make it stronger, put to it one ounce of & a half of y^e purging electuary.

A Glister for y^e collick cholick
or rather a posset-drinck

Take a pint & half of new mill, a handfull of dill, of aniseeds one ounce, 2 ounces of camomile flowers, boyle all these to a wine pint, straine it & put into it 2 ounces of red sugar, 3 Spoonfulls of Sallet Oyle, or if you cannot get it fresh butter, this is a present remedy against wind. H.S.

A Glister for y^e Cholick.

Take half a pint of Sacch or something more, & sweeten it to y^e tast, with whit sugar, & give it as a glister, it has done rare cures. Good take.

A Glister for a Child.

Take a pint of new mill, & half a handfull of rose-leaves, a dozen of damaske prunes, one ounce of brown sugar candie, this is for a little Child, you may boyle it to a quarter of a pint. H.S.

Take a nine pint of posset-drink, boyled with mallows, & sweet fennel seed, then put in half an ounce of y^e Glitter of diacatholicon & 2 handfull of Sugar & made a Glitter. H.S.

Dr. Davies Glitter for y^e Cholick.

Take a pint of Sack, in fute or gently boyle in it a few camamell flowers, Anniseeds, sweet fennel seeds, and carraway seeds of each of them halfe a Spoon full, this being strained out, dissolve in it 3 or 4 ounces of browne sugar candie, or other glitter sugar, & so give it as a Glitter. This may be taken once or twice a week or oftener as need shall requier.

Dr. Davies, dry fomentation for y^e wind Cholick.

Take a quart of milk spread into it camamell, mallows, & penny royal, of each 2 or 3 good handfulls, anniseeds, fennel seeds, carraway seeds & cuning seeds, of each one Spoon full, let y^e milk & those things be boyled together, untill at most half be boyled away, then put y^e milk herbs & all into a great bullocke Blader, & tye it up very fast, pressing out all y^e wind before you tye it up, & then lay y^e Blader as hot as you can to y^e belly where y^e most paine is, & as y^e paine removes follow it with y^e Blader, & when it begins to cole keate y^e milk & herbs againe, & do as you did before. H.S.

A Glitter for y^e Cholick in y^e Stomack.

Make a Glitter of new milk & loafe sugar, & camamell flowers. boyle these well, then add an ounce of veanes-treacle.

The Fomentation.

Take a bottle of y^e best claret, put it in a dish, & set it on a chafendish of charcole, then expose in it the tops of Rose-mary, bane, mint, camamell flowers, then take a two-penny white loafe & cut it in y^e middle the round way, then toast it, then take an ounce of nutmegs, an ounce of mace, an ounce of cloves, all finely beaten & strowed on y^e crum side of y^e bread & tye it in a cloath, then put it in y^e dish to be made very hot, & so apply it, & chaing it often.

A posset drinck for y^e Cholick.

Take a quart of milk & turne it with a quart of ale, then boyle in it a little bunches of centree, 2 spoonfulls of sweet fennell seeds, 2 spoonfulls of anniseeds, 4 spoonfulls of juniper-berries, bruisse all these & boyle them well in y^e posset drinck & drinck of it. S^r J. B.

A Glister to be giving at y^e same time.

Take a pint of milk & turne it with small ale, then boyle in it a little rose, a little sweet marjoram, a little penny-royall, a few camamel flowers, one spoonfull of anniseeds, a spoonfull of juniper-berries, boyle these till they come to three quarters of a pint, then straine it off & add to it 2 ounces & a half of Glister Sugar, one ounce of Oyle of rose, 3 spoonfulls of sacchar, & put in as much salt as will lye on a six pence. S^r J. B.

A Glister for a woman when she lyes in.

Take a pint of posset ale, a good handfull of Malloo leaves finely shred & one spoonfull of anniseeds, brused, let all these boile till y^e leaves grow tender; then straine out a pint of this liquor & add to it one ounce of glister Sugar, three ounces of Milla rosarum or Oyle of violets, give it no hotter then when it is in y^e bagg, you can endure to y^e face. M^{rs} Cropley

A Glister to keep y^e body laxative.

Take fennell & parslly rootes of each three, Malloo roots two, let them be all brused, Strawberry, mallon & violet leaves, of either a little handfull, endive & succory of each halfe a handfull, boyle all these in a pottle of faire water, with a peece of a neck of veale untill two parts wasted, then straine it & take a nine pint of this broth, 2 ounces of coarse Sugar, & 3 ounces of Sallet Oyle, mix all together & take it all at one time for a glister, & keep it as long as you can tarry, 3. or 4 hours or longer if y^e you please.

A Glister to Stay a Coarsness
or Gripings.

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Take penny-royall, marjoran, rue, camemell flowers, anniseeds, bruised, Juniper berries half a Spoonfull bruised, boile them a while in milk, then turne it with small beare to a porret & to 4 or 5 Spoonfulls there of add half a Spoonfull of Sugar, & diascordine y^e bigness of a black chirrie, & a Spoonfull of sack, doe straine it & give it y^e party or young Child.
My Father.

A sear-cloth.

Take half a pint of Sallet oyle, a quarter of a pound of red lead, 2. ounces of Deer's sweat, one ounce of Guaiacolla's Balsome, one ounce of Nithridate, one ounce of Venice Treacle, one ounce of Venice Turpentine, & a piece of Bees wax half as big as a walnut sliced thin; first melt y^e Deer's sweat, & stir it well with the oyle before you set it on y^e fire, then set it on y^e fire, & keep it constantly stirring on a soft fire, then put in y^e Bees wax, while it is a boiling, & take a piece of new deal board & wth a stick of new deal (wth w^{ch} you may keep it stirring) drop it on y^e board, & when it begins to be black, it is enough. Take it off, & turn in y^e rest of y^e things well, & when it works over cover it close with the deal board, but while it simmers, & when they are well stirred in, set it on y^e fire, & let it simmer a little, then take it off, & spread it on a new sheep-skins or keep it in a gallie pot for your use.

My Grandmother Head's sear-cloth.

Take half a pint of Sallet oyl, 2. ounces of red lead, half an ounce of Bees wax, set y^e oyl over y^e fire & put in y^e red lead, stirring it constantly wth a stick while it boyles, & turns blackish. You may know when it is enough, by taking a drop or two, between your finger & thumb, & it will rope %.

— A scar-cloth made of y^e gray salve.

Take half a pint of y^e best sallad oyle, 4. ounces of red lead, 2. ounces of white lead ground, 2. ounces of castile soap, 2. ounces of baronets grease, Boyle all these together in an earthen pot till it is brown, then put in 2. ounces of oyl of Bayes, & Boyle it a little & make your scar-cloth, or spread it upon leather, or linnen.

The Virtues. It is a great strengthening to y^e back.

If any hath cut a vein asunder, or hath been bruised by any means whatsoever, if there be life, it will help them.

It cures sore legs; an ague in y^e breast, sprains & aches.

— The King of England's plaister, to heal.

Take Virgin's wax, resin, oyl of olives, 4. ounces of turpentine wash'd once ounce of frankincense of mastich half an ounce melt & mingle these things together & make thereof a plaister.

— To make a green ointment, called Bulloy's oyl, w^{ch} must be made in May.

Take a pound of Rue, a pound of red sage, half a pound of wormwood, half a pound of green Bay Buds gathered before y^e sun be down, then take 3^{lb} of mutton suet hot out of y^e sheep's Bellie, shred all these together & stamp them all in a stone mortar w^{ell} well. Then take 3. quarts of y^e vallst oyl, & lay them ashey 9. dayes in a cold place, then take it & Boyle it over a soft fire till the liquor be green, then straine it out & put in 2. ounces of oyl of spike, put it in an earthen pot to use it. This is good to anoynt women's breasts, that have y^e ague; & for all manner of aches, & bruises, & burns, & scalds.

To make a speciall Ointment.

Take 3 pound of fresh butter, very well washed, & 3 or 4 good handfulls of Suthernwood & 4 handfulls of Lavinder flowers & one handfull of green Lavinder, two handfulls of Smallhedge, a handfull of y^e herb Charity & 3 handfulls of green hemp chop them very small & boyle them together over a soft fire, let y^e butter be melted before you put in y^e herbs, so let them boyle together till y^e vertue be out of y^e Herbs, so strain it out into an earthen pot, it is good for all burnes & swellings, & paines & also for y^e sciatica.

An Exelent drawing Salve for sore breasts, & all swollen sores, it will either brade & heale it, or dissolve y^e lumps & so cure it.

Take 6 ounces of gray diaculum, cut it into small peeces then set on y^e fire half a pint of Salit Oyle with 4 ounces of virgers wax sliced small, then let y^e Wax & y^e oyle boyle a pretty while together, then put in 2 spoonfulls of Honey, when all these have boyled a while, then put in y^e diaculum & when it is melted, put it into what you neede to keep it in & stir it till it be cold, & so keep it for y^e use, it must not boyle after y^e diaculum is in. H.S.

Lucatella Balsom

Take 3 pints of pure Oyle, & 6 Spoonfulls of right canary sack, beat them exceeding well together, of y^e best venes turpentine one pound washed in 2 or 3 severall waters, till it be pure white, then take 8 ounces of yellow wax thinly scraped, boyle all these with a slow fire one hour & a half, then put in one ounce of red Sanders, finely powdered, & boyle these things till they are a perfect Oyntment.

put this Balsom into a pot close covered with leather & laid in lead, or covered with a Slate Stone, & then bury it in dry ground, for a yeare in a Seller. H.S.

To make y^e Whit Salve.

Take a pound of burgene-pitch, put it in a brasie Skillet, then set it on y^e fire, keeping it stirred with a stick, till it be all melted, then take a quarter of a pound of frankincense a little bruised & put it to y^e pitch & when it is well melted with y^e pitch put in half a pound of white vergine wax & when they are all well melted on y^e fire together, have a palefull of water, & pour in y^e Salve to y^e water, & as soon as you can touch it for heat, take it up & work it into rolls as long as you please, you must be sure to keep it stirred all y^e while it is on y^e fire, then it must be made up quick, or else it will be too stiff y^e you cannot work it up.

This is very good for a spraine, bruse, or blow. H.S.

A Salve for any old sore, or y^e biting
of any venomous Wormes

Take 4 ounces of fine rozen & ounces of dears Suet, 4 ounces of virgen wax, 2 ounces of Olibanum Olibanum 2 ounces of white Frankincense. 3 ounces of fine venice turpentine & 3 ounces of black rozen, melt all these together, then take it from y^e fire, then take 2 ounces of lapis Calaminari, beat it very small & shake it in, while y^e stir y^e rest, then put in 2 ounces of Oyle of roses then set it upon y^e fire againe & make it very hott ready to boyle, then straine it thro a fine cloath into half a pint or some-what more of whit wine, then let it boyle with a moderate fire a pretty while, then let it stand till it be cold, y^e you may work it in y^e hands, then worde it with other. 2 ounces of oyle of roses, & roule it up in white paper. 2. H.S.

To make an Oyntment & a Salve
for drying up a Sore, both to be
used at one time.

The Oyntment.

Take 4 ounces of may butter, 3 ounces of Bees Suet one ounce of Tarasigillata one dram of Campher, beat all these very fine & so keep them.

The Salve

Take 2 ounces of ceruse, 2 ounces of Tarasigillata 2 ounces of fine bollarmoneck, & ounces of may butter beat these together very fine, then take an ounce of Oyle of pumpilium, one ounce of wax, & one ounce of dears

Suet, melt these 3. to gether, & when it is almost cold put it to y^e rest, & beat them all together againe, then take it & pou put it into a box.

How to vse this Oyntment & Salve.

Take y^e Oyntment & melt it in a warme Sawser, & an-oynt y^e sore with it, with a thin cloath, before you lay on y^e plaster. one plaster will serve 2 or 3 times. H.S.

To stay y^e Runer & keep y^e ague from a sore.

Take y^e White of an Egg, 2 Spoonfulls beaten, & y^e froth taken away till it be cleare a Spoonfull of rike ver-eger, & as much bole-armum bole-almonick fine bea-ton or as much as will make it thich enough to be spread on a linnen cloath, & so lay it a bout y^e Hart. H.S.

A Plaster for a sore breast, to heale it if it be broken, or if not to stay y^e breeding.

Take of Groundtill, house-lick, lavender, marigold flowers & leaves of each one handfull, stamp these small, 2 yolls of eggs as much barrowes grece as an egg, beat these with as much barley meale as will make it stiffe for plasters, then spread it & lay it cold on, & dress it once a day.

An Oyntment for y^e Itch.

Take 2 Spoonfulls of Oyle of Bayes, a quarter of an ounce of pepper beat as small as possible you can, as much as a little Walnut of fresh grece, 2. 3. times as much much Sope, beat all these very well one Row, to gether, & an oynt round a bout y^e Shoulders, y^e waste, y^e joynts of y^e armes & leges, & lince a nights when they go to bed doe it. 3. or 4. times & chaine neither Sheets nor Skirt for 9. dayes, except they make more & anoynt it againe when they chaine.

A plaster for a Burne.

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Take a handfull of campion leaves, & as much of grow ground vie, half a quarter of a pound of virgin wax, one pint of Sweet Sallet Oyle, a wine pint of running water, beate y^e herbes very small, & then put them into y^e water, & let it boyle till all y^e strenght be out of y^e herbes,

112 Then Straine them, & put y^e wax & Oyle into y^e water & give them 2 warmer over y^e fire then take it off & let it stand all night & in y^e morning take off y^e scale & vse it as you have occasion, plaster wise. H.S.

To make an excellent Seare Cloath.
for all manner of Sores.

Take a pint of Oyle of Olives, half a pound of red lead, boyle them together & stirr them with a stick, continually till it be black & some what thick, then power a little of it upon a dish side & if it stick fast to y^e dish side it is enough, then take it from y^e fire & put into it one penny worth of red wax & a quarter of a pound of Rosin, then set it on y^e fire againe & let it stand till it be cold, but before it is cold, dip in some fine cloath there in to make seare cloaths.

The vse of this, it is good for a new wound that bleedeth Or any old wound, & to stench blood, & for any bruise Or ach. What you leave after you have drest your cloaths, when it is all most cold make it up in a rosette. H.S.

To make Oecrocotin.

Take Stone pitch half a pound, & a quarter of a pound of Rosine, a quarter half a quarter of a pound of Frankincence, put this into a Stone pot, & set it on y^e fire stirring it till it be well incorporated, then take a penny worth of Saffron, dried to powder, & mingle it with y^e rest, & make it up in rowles for vse. H.S.

Oyntment of Tobbacco.

Take 2 pound of tobबacco leaves bruised, steep them a whole night in a pint of red wine, in y^e morning boyle it in a pound of Hogs grease dilligently washed till it be fresh, till y^e wine be consumed, straine it & add half a pound of juce of tobबacco, & 4 ounces of Rosin, boyle it to y^e consumption of y^e juce adding towards y^e end round birth-wort roots in powder 2 ounces, & new wax as much as is sufficient to made it into an Oyntment according to art. H.S.

The cures this Oyntment makes
It cures tumors, Aposthumes, wounds, vlcers, gun shot, scabs, itch, stinging with nettles, bees or Wasps, Hornets, venemous beastes, wounds made with poysoned arrows,

it cures all sorts of scaldings, & all sorts of burnings. 113.
tho with lightner, & without any sear, it cures putrified
ulcers, fistulas, fistulas. tho y^e bone be afflicted, it will
scale it with out any instrument & bring up y^e flesh from
y^e very from y^e botton. If you are troubled with redness
in y^e face or pipples, or sun burning an oint y^e face
with this & it vanish.

A wound dressed with this will never putrefie, or a wound
made with so small a weapon y^e no tent will follow, an oint
but with this, & you need fear no danger, if y^e head ake, a
oint y^e temples with this & you shall have ease.
If a paine in y^e stomack, an oint it with this & no infirmity
will harbor, nor consumption of y^e longues.

The belly being anointed with it helps y^e chollick, & cure
y^e worms, it cures y^e piles being anointed.

It is y^e best oint next y^e is for y^e Gout, & you shall never
want y^e prayers of those you give it to.

A very good Salve for a Burne
or a Scald to take a way y^e ven-
-ue of y^e Sore.

Take yallow wax & dearest Suet of each a like quan-
-tity, & set then on y^e fire in a Shillet till they are mel-
-ted, but let them not boyle, then put in as much may
buter as wax & put in as much Sallet oyle as you
think y^e rest is, then take a good quantity of Snow water
in a bason pour y^e liquor into it, but not to hot, for it
will seeth over, then beat it, till it lood very white &
be thick, it will keepe 2 or 3 yeares, & when you vse it
spread some of it on a cloath & rape it round a bout y^e
Sore, it will heale it of it selfe. 6.

The Goulden Ointment.

For all manner of aches & bruises.
very good for y^e gout.

Take violet leaves & flowers, prin rose-leaves & flow-
-ers, conslip leaves & flowers, elder leaves & flowers, white
lilly flowers, S^t Johns-wort, rug-wort, mug-wort, Sage,
nep. smallage, marjoram, lavender, Sutherland-wood,
rose mary, Rose-leaves & blowne, Rue, lavender-cotten,
feather-few, tansie, Lonage, mints, time, clary, balne,
bay-leaves, camanile, Oade of jerusalem, penny royall,
hisope, white mints peony leaves, dill, saffron of the

114 - willow, marigoldes, take all these Herbs & brūise them in a stone mortar, & put them in a pan with a pottle of Sweet sallad oyle & a quart of whine wine, then set it over the fire & let it boyle softlie, until y^e wine be consumed, stirring it all y^e while, then take it from y^e fire & let it coole, then straine it thro a linnen cloath & keep it in a glass for y^e use. H.S. & when you anoint there with, you must chafe it in by y^e fire, & apply next to y^e place y^e bladder of a Hog. y^e cloath drind not up y^e Oyle. H.S.

An excellent Plaster for a

Child y^e hath y^e Gripes or a
feaver or any other sickness.

Take fine wheate flower & milke & boyle them together till they are as thick as a pottage, then take it off y^e fire & stir in a Spoonfull of Honey, then spread it upon a peece of cloath or leather cut round, then strew it all over with Saffron, so lay it to y^e Childs navel as hot as it can be suffered, so let it lye 12 hours, then lay on a nother, so doe till you find amendment. H.S.

An Excellent Seave Cloath.

Take one pound & halfe of Oyle Olive, & one pound of red leade, 4 ounces of castle Sope, half a pound of White leade, 4 ounces of Oyle of Bayes, 3 ounces of turpintin, 3 ounces of venistreeble, 3 ounces of med-
-drate, 3 ounces of Scauellas Balsam, 8 ounces of the Oyle of juniper, 2 ounces of y^e Oyle of S^t Johns-wort then take a pipkin y^e is well glaised, then take y^e oyle of Olive & Oyle of Bayes, & put them into y^e pipkin & set them over a soft fire of charcoals till all be dissolved, then take y^e red lead & y^e whit leade beaten together to a very fine powder, as fine as possible you can then strow in a little & stir it with a stick of wood, & so stir in more of y^e lead by little & little, till all be in, stirring it to y^e bottom, to keep it from burning, for an hour or a half together, but put in y^e other things when it begins to looke gray, & put in y^e venisturpintin y^e last of all, stirring it till it come to a perfect black collier, then shread y^e Sope very small & when it is enough pour it into an earthen pot & keep it for y^e use. The use of it

This being laid to y^e Stomach, it taketh a way any
paine in y^e Stomach, laid to y^e navil it is a present
remedy for y^e collicke, being laid to y^e back it is a pre-
sent remedy for y^e fluxe & running of y^e raines, heat
of y^e Kidneys & weakness of back, it helpeth all swell-
ings & bruise, aches, & breaketh fellons, & other in-
postoms & healeth them, it draweth out any run-
ning humer in time without breaking of y^e skin, & be-
ing applied to y^e fundament any disease there it
helpeth, or any old sore, this will be made in 6
Hours time. H.S.

A speckell Oyntment, good
for all bruises, swellings, pains
& y^e Siattea.

Take 3. pound of Fresh butter, & 3 good handfulls
of Suthern-wood & 4 handfulls of Lavender flowers,
& one handfull of y^e herb charity & 3 handfulls of green
kemp, 2 handfulls of Smallag, one handfull of
green leaveder, chop them very small, & put them to
y^e butter when it is just melted, & boyle them altoge-
ther over a soft fire till y^e vertue of y^e herbs be out,
then strain it into an earthen pot, & keep it for
y^e use. Nurse Barrett.

An Excellent Seave Gloath for
burns, blows, straine, or cut, or
if y^e fibres be broke, this will
perfectly cure.

Take half a pint of y^e best Sallet Oyle, & ounces
of red lead, curiously ground: 2 ounces of white
lead, one ounce of castile Sope & a halfe, ~~one of~~
one ounce & a halfe of barro Hogs fleed, cut y^e
Sope in small peeces & y^e fleed, so put them into y^e
Oyle with y^e powders cold, stirr them altogether,
then set them over y^e fire keeping it stirred all the
while, & let it boyle while it looke of a sad colour,
then put in 2 ounces of Oyle of Bayes & boyle it to-
gether a litle while, then take it off y^e fire & stirr
it till it is cold, & keep it in a pot, & spread it as
you want it. H.S.

I have reset to cure Burdle
mille in y^e brest.

Take 4 ounces of white wax, scrape it very fine, & melt it with 2 ounces, of palmeasity, one ounce of galbann, to be dissolved in a little vinegar, & so to be stirred in y^e pipelin with y^e other things, & when it is all melted, dip in some fine cloaths, leave cloaths, & when you have occasion to use it warme a peece & lay it on y^e brest & when you find it dry, lay on another, & it will perfectly cure. H.S.

To cure y^e bite of a dog, or a
cut ~~not~~ Just done.

Take allome not burnt & beat it to powder, & put to it y^e white of an egg, & beat them well together, then wash the sore with chamberly, & lay one some of y^e white of an egg & allam, & it will heale it in 24. hours, it must be stirred all y^e while.

A very rare meadson for a Sore
brest y^e is a new Sore.

Take a handfull of grasse, & boyle it in a pinte of milk, & apply y^e grasse to y^e brest twice a day as Hot as it can be indured, & it will cure it without faile. H.S.

So bread & heale an impostume

Take y^e yolks of 8. eggs, 2. ounces of whit salt, finely ground to powder, one ounce of Hens dung, y^e is liquid like honey mix all these together, & lay it on morning & evening a little warmed, & in a short time y^e impostume will break & heale with out any other Relp. H.S.

To heale a wound quickly.

Wash y^e wound well with

So make a seare-cloth for a
Woman's brest.

Take yallow unwrought wax 2 ounces, fixced Oyle three spoonfulls, as much sweet butter, without salt as y^e bigness of a Walnut, when this is well melted together, wet y^e cloath in it, & when it is well wet & cold Glice it.
M^{rs} Gropley.

The next seare cloath is belonging
to this

To make y^e second seave cloath
seave cloath for a Womans breast
when she lyes in

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Take a Spoonfull of ~~palme~~ parmasilly, two ounces of
virgen wax, 3 ounces of Oyle of Sweet almons, melt all
these together & with y^e Holland in it, & when they are
cold slice them, & on y^e side y^e lyes next to y^e breast lay
it on a little thicker with y^e knife, & if y^e woman be
brought to bed at 12 a clock at night, let y^e seave-
cloath be laid on y^e next morning, & flax under their
armes well dried & warm, lay on y^e yellow seave cloath
first & flax over them, with holes cut in y^e middle, y^e
yellow seave-cloath must be on nine dayes, y^e white on
as long as you please, shifting them night & morning.

A plaster for y^e Goutte or ach
in y^e joynts, where with y^e Lord
Rich was cured when all y^e
Surgeons gave him over

Take Half a pound of unwrought wax, half a pound
of rosen, one ounce of Olibanum, a quarter of a pound
of fine litarge of fine gold, 3 quarters of a pound of
white lead beaten to powder & siveled, then take a
pint of Oyle of neats feet, & set it on y^e fire in a
small vessel with y^e Wax & rosen, & when it is melted
put in y^e other powders & stir it fast with a stick, then
put a little of it upon a pater sawyer, & if it be hard
take it from y^e fier, & anoint a cleane board with some
of y^e Oyle of neats feet, & as soon as you can harden
it for heat. word it in great holes, & to make plaster
of it, having a chaffindish of coals, spread it thin
upon a linnen cloath or leather, & lay y^e plaster
warm on where y^e paine is, renew it morning & evening
untill it stote whole, or till y^e acc be driven to
some other joyne, & then take y^e plaster & lay where y^e
ach is, & be careful of both of cold & Hot wind doe
not come to y^e patient.

A poltice for a sore breast y^e is swelled.
Take of meale, mild, Sheep's tallow, a handfull of small adg,
a handfull of mallows, & a handfull of sadg seeth all these
together till they are thick, then lay it on as warm as you
can suffer it.

A Balsom for Wounds

Drop a few drops of Balsom, in any green wound, being first washed in white wine & plantain water, to make it cleane, & lint or any plaster atop. it exceeding helpeth it, & dress it once in 24 hours.

A Salve for a breast when it

is ~~swollen~~ swollen
Take Rosen, Wax, pitch, & fresh butter of each a like quantity, & melt them together & make thereto of a Salve, so lay a plaster there of to y^e sore breast.

A plaster for a bruise

Take stone pitch, y^e quantity of two walnuts, as much Rosen, a litle deare-Suit, or for want of it sheeps tallow, boyle them together in a pottsheard, & put to it y^e powder of 3 nutmegs & a litle mace in powder, & so lay it on y^e fleshy side, on a peece of sheeps skin, make y^e plaster as broade as y^e paine goes.

An Oyntment for y^e shingles.

Take of unguentum-galein one ounce & a half, of Oyle of roses 2 ounces, unguentum-populeum one ounce, of fry, of plantine, on night shade one ounce or more, the whites of three eggs, beat them well together & it is good for y^e shingles.

An Oyntment for all swellings
in y^e spleen & all other

up obstructions

Take 6. pound of butter gathered in may & a pottle of black Black Snails, half a pound of franchesence, a handfull of sea dung, half a pint of capers, & all these herbs following, edars, canomile, sage, lavender, mint, Kerby-grass bugloss, of each two handfulls, woormwood, brood-lime, Sotherne-wood, lavender-botten, fennell, of these one handfull, take y^e butter unwashed, fresh without salt, melt it in a kettle, then take y^e snails which must first sand 2 hours, in a pot with salt & a litle white-wine, to make them scoure of y^e slime, then put them to y^e butter & franchesence which must be beaten, & y^e sea dung, when it boyles, take all y^e Herbs mingled together & chopt very small, put them to y^e butter & Oyle of capers, & let all boyle together on a quick fire for half an hour, stirring

it with a stick, then straine it thro a coars cloath into 119
a bason, & when it is cold put it into a close latin pot
cast a way y^e red water, which will be in y^e botton, y^e side of
stomach must be anointed with it seven mornings together
half an hour at a time, & a draft of opening broath to be
drunk an hour after. Taught by a Jew.

a Speciall Balsam for any
Wound by Scur or Scall

Take half a pound of venice turpentine, half a pint of
y^e best Sallet Oyle, 2 ounces of virgins wax, one ounce
of red Sanders, half an ounce of oblinvite roots, let
these boyle up together, then take it from y^e fier, & let it
stand till it be almost cold, then put in an ounce of
Oyle of turpentine, half an ounce of Oyle of Spick, two
ounces of Storag-liquid, then boyle it all together and
keep it for y^e use. You must beat y^e roots vly small.
The Lady Lopez Balsam.

Take a quarter of a pound of yellow wax, cut it into
small peeces, & put it into an earthen pot, with a pint
of sack, & melt it when it is melted take it from y^e fier,
then take half a pound of venice turpentine, & wash it
with rose water, then take a pint & a half of Sallet Oyle
& poure both y^e Oyle & y^e turpentine into y^e pan, when y^e
wax is melted in y^e sack, boyle then all together with
a very soft fier untill they be well incorporated, then
take it from y^e fier, set it to cole & when it is through-
ly cold, take a way y^e cade from y^e sack, then melt y^e
cade in y^e pan againe, & when it is melted, put in an
ounce of y^e best red Sanders, & so sturr it continually,
till it be cold.

Leucetella Balsam.

Take 3 pints of Sallet Oyle, & a pint of canary-wine
& beat them well to gether till they be incorporated,
then take a pound of venice-turpentine, & half a pint of
damask-rose-water, & incorporate them also as before, then
put them into a stilllet y^e will containe three times as much
& put to them half a pound of yellow wax & boyle it upon
a soft fier an hour, continually stirring of it, when the
froth is gon clean down, put in an ounce & half of Sanders
to colhar it ded, & so let it boyle a quarter of an hour longer,
then straine it into Gally pots, & so keep it for use. y^e vertues

The vertues

It is good for green wounds, burnings or Scaldings, you must apply it as hot as y^e patient can endure it.

Lucatell's Balsam.

Take half a pound of y^e best yellow wax & cut it in small peeces, melt it in a pint of y^e best canary sack, over a soft fire in an earthen pot, then put to it one pottle of y^e best Oyle Olive, & half a pound of y^e best venice Turpentine well washed in rose water, let them boyle well over a soft fire untill they are well incorporated, & that y^e sack be vapored away, then put to it when it is off y^e fire 2 ounces of y^e best naturall balsam, & 2 ounces of y^e best red Sanders finely powdered & so stir it till it be cold.

To make y^e Seare-cloth

Take a pint of y^e best Sallet Oyle, & when it is warmed upon y^e fire, put into it half a pound of red lead seared or brused very finely, (when you put in y^e lead stir it y^e it may not gather into lumps) & let it boyle leasurably upon a gentle fire, till it change colour, it must not be too black & it must be continually stirred by dipping in a peece of cloth & letting it hang till it is cold, you shall see when it is ready, for if it be not clamie & stick not to y^e hands it is enough then dip in y^e cloths as fast as you can; when they are drie stretch them up, they will be y^e better if they hang upon lines 3 or 4 dayes.
for a green wound Oyle of S^t Johns-wort is best.

For a Hot burning Sore

So half a pound of red lead, half a pound of white lead & a dram of camphire, take a quart of Sallet Oyle.

An Oyntment for y^e Linor

Take 3 ounces of Oyle of Sweet Almons, one ounce of Oyle of worme wood, y^e leaves of egrimony, Scabious erdive, & liverwort of each half a handfull, white wine 2 ounces let them boyle till y^e wine be consumed, add to them y^e cerate of Sanders one ounce, oyntment of open jacks one ounce & a half, these two you may buy at any apotecaryes, add to this of spirit of roses twenty graines & as much wax as will suffice to make it an oyntment.

An Oyntment for y^e Spleene.

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Take Oyle of bitter almonds, Oyle of capers of each three ounces, of y^e roots of wild cucumbers & red doels of each one ounce, of y^e leaves of tamarise, of y^e middle barde of ash of each a handfull, vineger of elderflowers 2 ounces, let them boyle till y^e vineger be consumed ad to them y^e same oyntment of opening iucas 2 ounces & a half of spirit of roses 20 graines, & as much wax as will suffice to make it an oyntment

These to be used every morning fasting to the liver & spleen.

The green Oyntment good for
any bruse, swelling or wrenck
of an Horse in any place
what so ever.

Take 6 pound of unsalted may butter, one quart of Sallet Oyle, foure pound of barrow grease, one pound of rosen, one pound of turpentine, half a pound of franchen-sence to this take these herbs followeing of each a handfull, Smallage, balme, lovage, red sage, lavender-cotten, hearbe grace, parsley, sorrell, bay leaves, birch leaves, long-worth, marjoram, comfrey, rosemary, mallows, camomill, St John worte, plantain, allheale, chickweed, groundell, english tobacco, wormwood, egrimony, bitony, cardus-bene-dictus, bryony, adders-tongue, & opelyre, picke all these herbs cleane & wash them, straine y^e water from them, then stamp them in a mortar of stone very small. then take y^e rosen & franchen-sence beaten to powder, then melt them first alone, then put in y^e butter, rosen-greace & Oyle, & when all is melted, put in y^e herbs & let them boyle together half a quarter of an hour, then take it from y^e fire & stir it a quarter of an hour after, & whilst it is from y^e fire put in y^e turpentine, & two ounces of verdigreace in fine powder, & stir it till it leave boyleing, then put it in an earthen pot, stopping y^e mouth very close, with cloths & a board, then set it in a dung-hill of Horse dung

122 one & twenty dayes, then take it up & put it into a Lettle, & let it boyle a litle, having care it run not over, then Straine all thro a course cloth into some gally pot, then put to it half a pound of Oyle of Spide, & so cover y^e pot close till you use it, if in y^e Winter warme it, but if in y^e Summer you use it let it be cold. 2. A Great Dental Plaster.

Take Rosen, & praser, of each a pound & mirre a quarter of a pound, franchensence a quarter of a pound, virgins wax & deare Suet of each a quarter of a pound, Mastice & Olibanum of each an Ounce, camphire 2 drams, venice turpentine a quarter of a pound, take y^e wax & beeres Suet, & melt it first in a Lillet, then put in y^e Other things being finely beaten, & searced one sorte after another, putting it in softly while another doth stir it, last of all put in y^e camphire, beaten very small, then stir it well, till you see it be thoroughly melted, then poure it into a Lillet of boyleing white wine & so stir it till it hath boyled two walmes, then take it off y^e fire presently & stir it continually till it be but blood warme, then put in y^e turpentine & stir it till it be cold, then take it out of y^e white wine & put it into a pail of cold water; & when it is cold anointe y^e hands with may butter, y^t it may not sticke to y^e hands, & so worle them up in roubles, then put them in cold water to harden them a litle, then wrap them up in papers severally!!! be sure y^e y^e Lillet, containe a full pottle of white wine

A Black healing Salve for
any old Soare.

Take a pound of led lead, one pint of Sallet Oyle foure ounces of wax, melt y^e Oyle & y^e wax first with a slow fire & when it is melted put in y^e lead, & stir it well, & when it is blood warme put in two ounces of turpentine A poultis, for paines & hardness in the breast.

Take Mallowes one Handfull, Marsh mallow roots one ounce, bruse them small & boyle them in a point of Water, to y^e half, then Straine it Strongly & add to it y^e flower of bears & fennericle of each one ounce, y^e yolles of new laid Eggs, of Micker Asafetida of each one dram, of

Saffron one Scuple of fresh grease two ounces, these being mixed together are to be spread on a cloth & applied. A plaster, against tumors &

Hardness in y^e breast.

First anoynt y^e breast with Oyle of bitter almonds & applying on it this plaster following, take white wax & Rosen each one ounce & a half of verueyle one ounce mix them together.

A Plaster for a Sore Breast

Take half a pint of Oyle of Olive, a quarter of a pound of red leade & 2 ounces of Seres beaten into fine powder. 2 ounces & a half, of castile Sage let them be all well incorporated together in an earthen pot, then set it on a soft fire & then stir it with a stick continually, then make y^e fire a little greater untill y^e red coles be turned to greene, stirre it untill it be darker then y^e Oyle was, then drop it on a table & when it is cold, it will come off from it, if it be boyled without sticking, then put into it two drams of barrowes grease & 2 drams of Oyle of Bayes, & keep it for your use.

An Excellent Salve for an Old Sore.

Take half a pound of Rosen, 2 ounces of wax a quarter of a pound of Sheeps Suet a pint of neats foote Oyle, a penny worth of verdy grease, let it first be all melted & boyle it a little while, then take y^e verdy-grease, put it in & let it boyle up a little & it will eat out dead flesh & proud flesh.

A Salve for a Fistule

Take one pound of fresh butter, one handfull of Shep-hards-purse, half a handfull of Orpy, as much balm as much Rose mary, one handfull of English tobaccoe cut these herbs small, & boyle them in y^e butter, then straine it & as much turpentine as you shall thinke fit, & keep this for y^e use.

A plaster, for a Bruise or an ague in y^e breast

Take a pound of Lambs Suet ruffe tryed, then take half a pint of Sallet Oyle, boyle these together to y^e right, then put in a quarter of a pound of rosen, boyle these together to y^e right, take it

124 from y^e fire, put it in an earthen pan, & when it is half cold, beate it till it is white. If it be for y^e ague you must spread it upon lœcilum.

An oymnt for y^e

Chine-coffe.

Take a pound of fresh butter & colts foote leaves, cleane wiped with a cloth & beate them very small then boyle them in y^e butter & change y^e herbs till y^e butter be very green with y^e herbs, then straine it out & keep it for y^e use.

You must anoynt y^e party which hath y^e coff, y^e neck behind & all y^e shoulders Hot against y^e fire, & let it be very well dryed in, & lay a warme cloath on the place you anoynte.

The White Plaster for an ack.

Rosin, Frankincense, mastick, of each half a pound, bees wax, libanum, venice turpentine, Bears suite, of each. ounces. Camphir. 2 drams, breuse y^e Rosin, Frankincense, mastick & libanum to powder, & put it into a brason pan into a pottle of whitecome, & let them seeth a quarter of an houre, then put in y^e bees wax, deare suite, & turpentine, & let them seeth a quarter of an houre more, then bruise half a dosen Almonds in a mortar, then wipe them out & put in y^e camphire in y^e mortar, then put it in & stir it.

^{The use}
It healeth Old & new wounds, it searcheth well & gathers good flesh, it is good for y^e head ack being applyed to y^e neck, for impostumes & inflammations in y^e face, for sinewes cut or strained, it drawes out thornes, it helpeth venemous bitings & priclings, it helps botches, swellings & aches in y^e codd & all other members, it helps y^e flux & enrodd it, drawes out water without brealing y^e skin, it is good for y^e Sciatica & for y^e paine of y^e back, of a woman with Child.

The Leadén Plaster

Take a pound of Oyle of Olives, half a pound of red leade & a quarter of a pound of white lead, beaten to powder, five ounces of Castle Sope, let them be well incorporated to gether.

S^r Hellame Higbiers receipte for y^e
Lucatellas Balsome, sent out of
France to Lawrence y^e Apothecary
to make for him.

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Take one pound of yellow wax, three ^{quarters} ~~quarters~~ of
~~quarts~~ of y^e best Oyle of Olives, 2 pound of venice
turpentine & one pint of canary Sacke, slice the
wax thinn & boyle it in a quart of red rose-waters,
skimming it cleane till it be well purged, then take it
from y^e fire & let it stand till it be cold, in y^e meane
time wash y^e Oyle in a quart of rose water & beate
y^e Turpentine in rose water till it be very white, then
take it out y^e wax & melt it a gaine in y^e Sack, & when
it is well melted & mingled & ready to boyle, put the
Oyle & y^e turpentine to y^e wax & y^e Sack & boyle all
together till it be well mingled (stirr it continually)
which will be in a quarter of an houre or there a
bout, then take it from y^e fire & let it stand till it
be cold, then power all y^e Sack from it & melt it a gain
with a gentle fire, & when it is well melted, put in
twenty ounces of naturall Balsom & 2 ounces of red
Sanders very finely beaten & serced, & let it stand
on y^e fire & boyle 2 or 3 walmes, till it be well incorpo-
rated, be sure not to let it boyle to fast, but stir it
all y^e while & also after it is taken from y^e fire, till
it be cold & then put it into pots, unless you stir it
till it be cold y^e Sanders & y^e heavier ingredients will
sink to y^e bottom & y^e Balsom will not be equally mix-
ed, you may boyle it in a pipkin, or a little or still
-let of brass. The vertues

First it will heale any wounde inward, or out ward
being squirted in to y^e wound warme, y^e is inward, if out-
ward apply it with fine lint, if there be any hollow
place anoynte all y^e place a boubt with y^e Sacke, it not
onely takes a way y^e paine, but keepeth it from infla-
-tion, drawing forth all broken boanes or any thing els
y^e may putrify, it healeth any sore in a short time, if
nothing els be aplied to it be-fore, it healeth any burne
burnes or scalds, any bruses, or cuts, it take-eth a way
all paine.

Anointement for Swelling of y^e
Spleen or Ague Cate.

Take a pound of y^e leaves & flowers of Melilot, half
a pound of y^e marrow of an Ox clarified, one
ounce of cleane dressed any seeds, half a pint of
of good wine vinegar, Stamp all these together
very well, & boyle them in an earthen pot, set up
on a fire in a pan of water, well stopt for y^e space
of an houre, then Straine it into a bason, & 2 dayes
after take it up & put a way y^e vinegar, & all y^e settlings
in y^e bottom of y^e cate, then clarifie it a gaine & so
keep it, & anointe y^e hard place, morning & evening, as
you lye a bed, for it will be a hazard to be don by
y^e fire, of taken cold, keep on a cloath a long time
& ever keep it warme

A Catholike Oyle for
aches & many other things.

Take alhove, bene wort, buglose, betony, Burrage,
Rub wort, Blany, Camomell, Harts tongue, Herb grace,
Isope, long lebeife, laddertopene, lettuce, mary golds,
nallowes, plantane, parsley, poppy, Tay wort, Rose mary
lee sage, Smallage, White endive, worme wood, yarrowe
Succory, a hand full of each all these, 22 hand fulls
of lavender & red roses, Stamp them in a mortar till they
be very well brused, then mix 2 pound of fresh butter
& let it stand nine daies & then try it up & straine it,
close Stopped. Anointement for y^e Spleen.

Take 2 hand fulls of rue, 2 of Rose-mary, 2 of worm-
wood, 2 of Camomell, 2 of southern wood, 2 of Bugle
2 of Cost mary, 2 of Elder, 2 of Lavender cotten, 2
of Lavender, 2 of Camints, one pottle of black Snayles
a quarter of a pound of francessence, 8 pound of fresh
butter, Some Salt, a little Cow dung, & a little hens dung
melt y^e butter before you put in y^e Snayles & let them
be dead, then boyle y^e herbs till y^e substance be out,
& then straine it out & keep it for y^e use
anointe y^e side as hot as you can, & lay a hot cloth

on it, it will take y^e Swelling a way & y^e paine, 127
this is good for y^e ague in y^e breast.

Juniper Electorie. should have been
rit in a nother place

Take what quantity you will of fresh butter, ripe
juniper berries, broose them & boyle them in a great
pipkin, with as much water as will stand 3 fingers a
bove y^e berries, & let them boyle 3 or 4 houres, till the
berries be well boyled & a bout half y^e liquor, then
straine & press them hard in a cloth with a press,
which pay & liquor set to y^e fire a gaine in a lesse
pipkin well glased, & let it vapor a way, stirr it
continually untill it be come of y^e thicknes of
an Electorie, which you shall see, take ing up a
little upon y^e poynce of a knife, & let it coole, it
will be 2 houres boyling, soe more or less as your
stuff is but it will certainly be soe like glue
when it is melted, then it is enough, & it will be
blackish. colered, then put it in pots for y^e vse.

Take a small quantity, morning & evening, as much
as a small nutmegg.

It doth wonderfully help those which are troubled
with y^e Stone in y^e raines & Lidnes, with y^e Collicke,
with y^e paines of y^e Mother, & stoping of courses, it
is good a gainst rumes, y^e shortnes of breath, &
straughnes of breath, y^e crudity & rawnes and
indisposition of y^e Stomach, a gainst y^e plague,
& other infectious diseases, for it defendeth the
heart & vitall spirits from infections, y^e paines,
swiming & giddines in y^e head, a gainst frensie
& madnes, for inflammations & rumes in y^e eyes, &
preserving y^e sight, deafnes in hearing, & stench
of y^e gumms, mouth & breath, it helpeth y^e droppe,
sandus, falling sicknes, palie, goutte, healeth
inward impostumes, in breife it helpeth y^e body
& frees it from all diseases.

For an inflammation, Hot Swelling

Take y^e White of an Egg & beate it till it is as thinn as water, then put as much Oyle of Roses, as contayne to half y^e quantity of y^e Egg, & as much juice of Seene-green as y^e whole white of y^e Egg, then beate them well together, & Annoynt y^e place greaved there with 4 or 5 times in one day, dipping a Linnen ragg in y^e same Oyntment & laying it on after you have too Annoynted it.

For shinding sinews & aches
in y^e Joynts.

Take a pint of claret wine, & half a pint of y^e best salted Oyle, then take as much of y^e white groundsell Scrape it into y^e Wine & Oyle, when it boyles till it be of a pretty thickness, then take soft tow & dipp in it & apply it to y^e Joynts as hot as you can indure it, & keep it very warme when you goe to bed.

Take 2 ounces of conserve of Red Roses, half a dram of Olibanum & a dram of diatraganthum frigidum, mix them together & when you goe to bed, take of this y^e quantitie of a Wallnut.

A Oyntment for one y^e that lost
y^e use of their limbe

Of stale Strong beere a quart, of red Sady a Handfull, boile this together till it come to a pint, then straine it hard out, & put it into a new pipkin, & add to it 4 ounces of butter, without salt, & let it boile together a litle while, when you take it off, add to it half a quarter of a pint of brandy, then annoint y^e limbe 3 mornings.

This receipt cured a man y^e cold neither stand nor goe.

To make Elixir Proprietatis ¹³¹
saffron 4 drams
Talc of Myrrh 4 drams Aloes 4
drams, infuse them in a pint of the
best brandy, first put in the saffron
and let it stand 12 hours, then
~~strain it off~~ the the myrrh and
Aloes set it by the fire 3 or 4
days shaking it very often, then
strain it off. take 60 or 70 drops
more or less in a little white wine
in a morning fasting for a week
or ten days together; tis good for
any illness in the stomach or in
the Bowels. tis the best of phys-
ic sick for Children

A Purge for Hoarseness or any
illness on the Lungs.

Take 4 ounces of the Roots of ~~some~~
~~rel~~, of Hyssop and Maiden hair of
each half a handful raisins stone
a quarter of a pt Sena half an
ounce Barley water two quarts
put all these in a Jug and
infuse them in a Kettle of water
two hours, strain it out and take a
quarter of a pint morning and night.

A fine Purge

take an ounce of Liquorish scrape
it and slice it thin, and a spoonful
of Coriander seeds bruised, put these
into a pint of Water and boil it

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a little; then strain this water into
an ounce of Senna, let it stand six hours
strain it from y.^e senna & drink it
fasting.

For a Hoarseness with a Cold.
Take a quarter of a pint of Hyssop
water make it very sweet with
sugar candy, set it over the fire
and when tis hot beat the yolke of
an egg, and brew it in it, and drink
it morning and night.

To make the red Balls
Take Rue Dragon, Rosemary Sage
Balm, Betony, Plantane, Linpernel
Dandelion Scabious Wormwood, Mugwort
Saxafrage, Red bramble tops Torment
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= fil, Shepherds purse, Lovage
Carduus, Centaury Angelica Agrie.

= many fumitory

Lile Wort Syntment

take y^e herb call'd Lile wort
bruise it in a mortar, then
take the leaves & Juice and
put in a Skillet with some
hogs lard, boyl it till it
lookes very green put it in a
gally pot for use.

The Lady bettyes need for the
y reack sickness

steep an ounce of hobs nails in a
quart of renish wine and let it
steep 2 or 3 days before you take it
then take 2 spoonfulls of this
wine every morning fasting
and drink half a pint of spum
nated after it you must fast 2 hours
after it and when the hobs have
steep so long as to make the
wine grow black take but 1
spoonfull at a time if you
continue taken this longer
then a quart of wine fast
you must increase the hobs of
1 once to every quart in but
the first quart you must one
once in the second two

and so on as many quarts as you
take -

Stinking Drink M^{rs} Hewes

Take two ounces of Soot out
of a Chimney where they burn
wood, & y^e has not been swept a
great while, take it in hard
Lumps & put it in a quart
bottle, with two ounces of Assa-
fetida sliced, put to it a
quart of good brandy, let it
stand fourteen days shaking it
every day, either in y^e Sun
or by a gentle fire, y^e strain
it off & use it as a large
y^e is a fine Medicine for vapours, ^{take a large} ^{spoonful in} ^{water or what y^e like}

Syrup of Balsam of Toulou³⁷
Mrs Glenbridge

put an ounce of this balsom
into a quart of water, boyl it
very gently till it comes to one
pint, stirring it often with a clean
stick, then put to it a pound
& half of White Sugar Candy,
boyl it a very little after y^e
sugar Candy is in, this Syrup
is good for a Cough, you may
put it in water Tea wine, or
what y^e like & take it mixed
with any thing often, but is
too hot to take by it self

Syrup of Saffron

boyl a q.^r & half of saffron in
 a pint of Whitewine as slow as
 possible till you think the
 goodness of the Saffron is out then
^{strain it &} put to it three quarters of a pd
 of double refined Sugar & boyl it up

A Cordial for a fever

put two cups of sparmint water
 two cups of pennerial Water two
 cups of Milk Water, one cup of
 Plague Water, if you please you
 may sweeten it with sirrup of
 Saffron.

for the Gravel

steep one spoonful of Honey one
 spoonful of Natræl in a pint of spring
 water let it stand twelve hours strain

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it off, and drink it in the morning
when you rise, dont strain it till
you drink it, have a pint ready to
drink when you go to bed, this do
some time. when you strain the first
off set more ready.

Wallis for Cows Cintment

take Goats Rue & amber, &
Aspy, & Southern Wood, & fox
gloves, & Rag Weed, & Alder
Spear, & Brook Lime, &
Mallows, & Plantanes, & Camo
-mille, & Solomans Seal, & Bur
-docks, & Elder Buds, boyl it
in fresh Butter before the

~~Lard~~ is put to it & Hogs
Lard, a pound of each herb
Cut the herbs small tis
to be made in May —

The first of the
 the first of the
 the first of the

I have been thinking of you very much lately
and wondering how you are getting on
in your studies. I hope you are
making good progress. I have been
very busy lately with my work
but I have managed to find some
time to write to you. I hope
you are well and happy. I have
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on in your studies. I hope you
are making good progress. I have
been very busy lately with my
work but I have managed to find
some time to write to you. I
hope you are well and happy.

A medion for Sore Eyes.

Take y^e juce of Fenell & drop it in to y^e eyes evening & morning & it will heale them. H.S.

For Sore Eyes

Take a quantity of White copperous as big as a Chesnut put it in a quart Bottle of y^e clearest Spring water, & let it stand one hour. then Shake it till it foame white, then take a fine ragg & wash y^e Eyes, & if they be red, drop a little in y^e Eyes. H.S.

For y^e Eyes in y^e Small pox.

Take a little Saffron in a ragg, put it in red rose water & with it wash y^e eyes. H.S.

For red & Sore Eyes & Eyelids.

Take an egg & put out all y^e meat & Skin within y^e shell then fill it with running water, & put into it as much white copris in powder as a small beane, then boyle this water half a way in embers & then pour it out & keep it for use. dabble with this outwardly 2 or 3. times in a day upon y^e lids. it hath no fellow. H.S.

A Speciall Medicin for

y^e Eyes

Take a quarter of a pint of red rose water & a quarter of an ounce of butte prepared. you may wash a child's Eyes with it of a month old.

To restore y^e Sight, tho lost.

Take Snallage, renve, fennell, vernine, egrimony, Rithoney Scabies, Nutre, Round-tongue, Eye-bite, pippernell & Sage of each of these a bout a handfull, distill all these together with the urine of a man Child which sucketh, a bout a pint with as much womans milk & 2 Spoonfulls of English Honey & 5. graines of Frankencence, being thus distilled drop a drop or 2 into y^e Eyes morning & evening. H.S.

To Stay a kume falling into y^e Eyes.

Take Half a pint of faire water & as much white copris as a Raisel-nut in y^e shell. then set y^e water in a shell et on y^e fire till it be more then lude warme, beat y^e copris fine & put it into y^e shell et, & let it stand on y^e fire till y^e scum rise, then take it off & scum it very cleane, & put it into a glass, & when you use it. Shake y^e Glass. y^e y^e bottom may mingle, & put out

a Spoonfull at a time & bathe y^e fore-head, temples, & y^e eyes as 1144
hot as you can endure it holding y^e Eyes shut. H.S.

To restore a decayed Sight.

Take a bout a hundred of y^e Sows y^e are between y^e bark
of y^e tree of old timber, & stamp them as small as can be,
in a wooden dith, put to them to Spoonfulls of Cardus,
or eye bright water, & give this nine mornings together
to y^e party to drink, & let them fast an houer after it.

To take away a paele, skin, or
any thing y^e by humor, or blow
growes on y^e Eyes.

Take a handfull of pearle graspe & as much grou-
nd juyce, pick & wipe them cleane, then beate them very
small in a wooden dith, with as much white sugar cal-
-die as a Wallnut, straine them into a glasse with a Spoon-
full of honey, & drop it into y^e Eyes with a fether, 3 or
4 times in a day. S. H.S.

For red blood-shotten &
burning eyes.

Take one ounce of y^e calminare stone, & make it
red hot in y^e fire, then quench it in a pint of white
wine, after y^e beate it 3 or 4 times, still doing the
like, then take it hot as it is & stamp it in a mortar,
& make so small a powder there of as is possible,
then put it in wine where it should stand for al-
-most a quarter of an houre, then shake all well
to gether, then straine y^e whole thro a fine linnen
cloath & reserve it close in a glass, putting a drop
or 2 thereof stirred well to gether into y^e eye when
you goe to bed, for y^e ground & all must be put into
y^e eye or els it worke th not.

Some quench it with rose water, very often, & after
wards putting a little fresh rose water to it, then
use it as be before, so y^e they use no wine, & some
use water of Wood-bind. Mr Proply

For Eyes y^e water.

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Take a peece of beefe very fresh, without skin
or lineus, & stamp it in a mortar so fine as is possi-
-ble, this don grate a nutmeg & strew it upon y^e beefe
which you must spread up on a cloath, & so lay

148 it to y^e nape of y^e neck at nighte, charging it
every night for three or 4 nighte, because it will
shindele. For a pin or Webb in y^e eye.

Take y^e Gall of an hare, & fine Rony of each
an ounce & mingle them to gether, with a fetther,
& lay it upon y^e Webb, & with in 3 nighte it shall
breake. Another

Take garden may weed almost a handfull, all
most as much browne mary golds, & ~~browne~~^{browne} fennell,
almost as much, stax stampe & straine them with
good stale ale, & so drinke it morning & evening.

A good water to purifie y^e eyes
& to take away y^e pearle &
y^e Haw.

Take of rose mary one handfull, Reasby-grass, &
handfulls, Stampe them small & temper them with
womans milke of a man Child, & straine it into a
sawcer & put to it sparna Gely.

greace for red Eyes

Take Some lard, well cleansed & washed from any
salt, then melt then in some porrenger over a chaffin-
dish of Coales, & put to it one ounce or more of rose
water, when you have wrought them together a pretty
while y^e Swines greace will be very white, then put it
in some convenient place, in a vessell, & so use to anoint
y^e eyes morning & evening.

Another for red Eyes

Take Swines greace one ounce, may Butter one ounce,
wax well scimmed & made cleane 3 or 4 ounces, rose
water & red wine of each 3 or 4 ounces, incorporatt these
well to gether, working them with y^e spatle, till it be
liniment, y^e is a little thinner then an oylment, & soe anoint
y^e eyes morning & evening, remember y^e at every
time you anointe y^e eyes, you beate y^e liquor & your
Swines greace to gether. for with standing still y^e one
will goe from y^e other.

Take y^e seed ^{or blared.} of fene grecke, plilium, of each one ounce
wash y^e seeds cleane & put them into an earthen
vessel, where unto you shall put six ounces of red rose
water, & soe let them seeth till y^e seeds breake all
which time there will arise a cartaine blany mater
which you must gather & aointe y^e eye lid with.

A Water for a Weache sight

Take Celendine, fennell, ren, eye bright, vervagine, & red
roses, of each half a pound, cloves & long pepper of each 2
ounces, beate it grossly & still it in a linbecke of glasse,
this water is excellent for a Weache sight.

A Water for Soare Eyes.

Take a pinte of red rose water, then take a stone
called Capis-calaminaris a boute y^e bigness of
2 Walnuts, it must be red hot nine times, & then
beate some of this stone to powder, & white sugar
cande beate very fine, have as much more of the
powder of y^e stone as you have of y^e sugar cande,
these powders must be mixed. & sered, then take
a new laid egg & put out all y^e egg & fill y^e shell
with y^e water & put as much of y^e powder into y^e
shell as will ly on 3 pence, let it boyle in y^e shell
& when you see it boyle, take it out & keep it for
y^e use.

You must lay y^e party downe & one must hold
open y^e eye, & you must shade y^e bottle & put one
drop at a time, keep y^e eye open a while, & let
y^e party be still half an houre, it is to be done
fasting in y^e morning & at 4 of y^e clock in y^e after
noone. &.

A brinck for Soare Eyes.

75

Take one handfull of basie rootes & leaves of knot-
grass rootes & leaves, as much red fennell rootes, the
pith out & a handfull of Munte pease, stamp the
herbes & roots all together & take y^e juce & put as much
pery to y^e juce of y^e herbes, as will make 12 spoonfulls
then stamp y^e munte-pease by it selfe very fine & put

150. Then into y^e beere, & drinke 6 spoonfulls in y^e morning
& fast an houre after it & y^e other at night y^e last you
take, you must not vse any medicon to y^e Eyes when
you drinke it, it will take a way a pin & Webb.

Take a little conserve of roses & spread it on a cloth
& lay it on y^e Eyes when you goe to bed, & it will
stay a cold reume & heale y^e Soreness in y^e Eyes, &
will strengthen y^e sight.

If it be a hot reume take a rotten pipping & cut it & lay
on half to one & y^e other to y^e other eye.

How to drave y^e reume
back from y^e Eyes.

Take y^e White of an new laid egge & y^e powder of
Alibonum & y^e powder of Solarmonicke of each quan-
ty & masticke, beate these powders together with the
White of y^e Egg till it will be thick enough to spread
on leather, peece y^e leather full of holes & then lay y^e
plaster to y^e noddle of y^e needle, & let it ly on till it
fall off, to y^e temples, lay nothing but masticke and
Grandincence.

A powder for y^e Eyes

Take Eye-bright, gathered in May, & dry it in an oven
then beate it to powder stalks & all, & take wood beto-
ny & Egremony dried as before, & then take 2 ounces
of eye bright, half an ounce of betony & as much
egremony & as much powder of rose-mary as of bitony
an ounce of nutmegs & half an ounce of mace, beate
& mingle these very well all together, & put to this
quantity of powder half a pound of lofe sugar.

Take every morning fasting & at 4 of y^e clock in the
after none as much as will ly on a shilling, eate it
dry or put it into beere.

A Most Excellent Receipt for
y^e Eyes, which I pray keep
Secrett.

Take a peece of Roman vitreall, & put it in half a pint
of spring water, & stir it till it lood blew sly cooler,
then put in a little of Salernoniacke, as much as will
lye on a two pence, then wet y^e fingers, & wash y^e Eyes

3 or 4 times a day, & drop one drop in y^e corner of y^e Eye. ⁷⁵¹

For y^e Eye

Take a White of a new lay'd Egg & put it in a pewter
Doranger a little Salermoniacke, as much as will lye
on a penny. then work with a peece of Alum as bigg as
an Egg stirring it round one way till it comes all in a
thick White Curd, then apply a Spoonfull a ponce the
Sore Eye whether weade, Hot or Cold Lunctied Eyes
a booke half a quarter of an houre after, take it off
& put on fresh, Morning & evening till you are cured
wett y^e Eye with y^e said Eye water a little before
& after y^e Egg is applyed.

For a Lume in y^e Eyes.

Take White Rose water & as much White wine & Some
powder of Suty & mix them together, & when you use it,
dip y^e finger in it & drop it in to y^e corner of y^e eye, which
is most troubled with rume, & doe not press nor wipe y^e
Eye at all, for y^e will doe it harme, but blow y^e noase that
y^e rume may be dispersed y^e way. &c.

An Excellent Cordiall Powder.

Take ~~unicor~~ vinicornes horne, bever-stone, & y^e bone of a hart-horne, whit corall & red corall, & pearle prepared, lingo-mallos, y^e rine of cittron, the hooft of all six, of each of these 20. graines, y^e shaving of ivory, y^e root of tormextell, y^e root of angleico, terisemina, teritimnia, tren boull, of each 30 graines amber greece 10 graines, muske 8 graines, y^e foiling of gould 20 graines, mix them together & make fine powder of them.

This will stay y^e greatest vomiting & luse-ness what ever, give a grone body 12 graines, to a Child 6 graines. H.S.

To make Gaslin Powder.

Take 4. ounces of y^e black ends of Crab-claws, beaten into powder & sifted, of pearle & corall half an ounce, &c. beat them very fine & sift them, & put them to y^e crab powder, mix them well together, then make this powder into past with y^e jelly of Snakes skins, adding to it a little rose water, y^e hath had a little saffron in it tincture, word these well together on an earthen plate, make them up into a palle, then rowl them up into balls & dry them in a stove. H.S.

An Excellent powder for y^e haech.

Take of Mastick, Translucence gootes horne of each of these one drame & a halfe, of red Corrall, red Rose leaves of each one drame of cinnamon one scruple, & red jully flowers dried half a scruple, of melon seeds y^e skins taken off 2 drams, make these into powder take y^e quantity of a scruple of this powder every morning fasting & last at night in conserve of red roses.

A Powder for Stone

Take a Spoonfull of y^e powder called pulvis duriditus & drinke it in a dragg draught of white wine, You may have it made at y^e Apothecaries.

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A Powder to bring a way a dead Child
or y^e after birth 3 or 4 dayes after
y^e Woman is delivered, or if her
Labor slacken or her paines quite
leave her this will bring them a
gaine

Take Granes from y^e Apothecary Saffron, dates &
stones, White amber, conuin seed of each of them a
like quantitie, dry them all by y^e fire, then beate them
all to a very fine powder & seach them thro a fine tif-
fing finy: then take of all these powders mixed to-
gether as much as will ly upon a shilling & give it
to y^e party to drind in a good draught of burnt wine,
on in Caddle being well shook to gether.
Once taking of this seldom failes: but it hath been
taken 4 times to gether & hath brought a way a dead
Child & y^e Woman hath been safe.

78

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SELECT RECEIPTS.

To make Aqua mirabilis.

Take Gallinagle, cloves, cubibs, ginger, mallow flowers, cardimonia seeds, mace, nutmegs, of each a drachm, beat all those into very fine powder, one pint of y^e juce of Sullondine, one pint of aqua vite, two handfull of Balm, & two of spaw mint, three pints of white wine, steep them all night in y^e still close pasted, hang a little bagg of saffron into y^e bottle, & put into it a quarter of a pound of loafe sugar, & let y^e still drop into it. This to be still'd in a day with a moderate fire.

Juniper water.

Take 4. gallons of Brandy, half a pound of Caraway seeds, half a pound of Coriander seeds, a pound of Juniper berries when they are black, of Roman & common wormwood of each half a pound, steep them 2. dayes & 2. nights, then still them in a Limbeck. 1.

Lemon Ade, or y^e bucker of
Dorckmouths Water.

Take 12 Oringers or 12 lemons & cut y^e pells very thin & put them in a quart of faire water, & let y^e pells steep 5 or 6 dayes, then put in a pound of double refined sugar, & take out y^e pells, & boyle y^e water & sugar, & scum it very well, & let it be cold then put in a quart of brandy, & mingle it very well & let it be cold, & drinck it when you please. 2.

To distill Rhubarbe

Take a pound or half a pound of rhubarbe, beate it in little peeces or into powder grossly, & cast there upon y^e juce of Bugles or Borage, of each two pound for one of Rhubarbe; let it lye altogether infused twenty foure houres, upon y^e warme ashes of y^e furnace, and afterwards distill it in a Limbecke of glass in ashes or in balneo; Marry, this distillation is for delicate persons which cannot abide y^e savour of Medicine
M^r Crapley.

To make an almond milk to
make one sleep.

Take a small blisk & put it into a pint of water, add to it a handfull of young lettis, a large blade of mace, half a spoonfull of french barley well boyled before hand, boyle this to what strength you please, then take 20 jordan almonds, & blanch them, & as much poppy seed as will lye upon a groat, & so beat them all together with y^e liquor.

A purgation for y^e reighns.

Take a pint of verish wine & half a pint of milk & make it in a posset; put into it a dram of y^e powder of white amber, & when y^e curd is taken off, put in one ounce of y^e Oyle of violets, & when so warme, y^e you may hold y^e hand in it, then take a pint of it for y^e cleansing of y^e reighns.

To distill milk water for
y^e Stone

Take bitony, Scuruigrass, Egrimony, water cresses, & lime, but most Scuruigrass, Shred them small & put them into milke, & after one nights infusion in the Still, y^e next morning distill from them halfe the liquor, of which let y^e party drinke every morning a pritty draught, sweetend with Sugar candy.

A purging broth yet comfortably.

Take a Luncche of veale, all y^e flesh, cut a way & y^e fat, then bread all y^e bones & wash them very cleane, then put them into a pipken, with a gallon of cleane water, set it a Seeth ing & Scum it so long as any will rise from it, then put in a quarter of a pound of Reasons of y^e Turn Stoned, & half as many currants, 2 fennell roots, 3 parsly roots, one Succory roote, half a handfull of burrage & bugloss, as much Succory & endive, a litle quantity of violet and Strawberry leaves, half a handfull of livour wort, as much of Scabyer, let all these boyle together

tell halfe be consumed, then take it off y^e fire & 14³
put into it one ounce of y^e best Scena, a quarter of
an ounce of Epithymum, half an ounce of Cameri-
sile, then set it upon hot embers, & let it simmer, 3.
hours, then take it off, straine it into a bason & so
keep it for y^e use. This will serve foure dayes,
being taken luke warme at seven a clock in the
morning & at foure in y^e after noone.

A distill'd milke for a con-
sumption which a sucking
Child may take

Take a gallon of new milke, 2 red Boole Chickens,
good grate ones, chopt in peeces; 6 or 8 dates
as they are in bigness, & large blades of Mace, half
a pound of Leasons Stoned, a quarter of a pound
of prunes, all these must be boyled in some close
pipkin or pott, till it come to a pottle, then it must
be either distilled in a still or limbeck, which
you please altogether, as it cometh out of y^e pott,
then y^e water must be sweetend with sugar candy
& dronk warme or cold as you like best.

Exorative prunes.

Take a wine pint of running water, half a pound
of coice damascene prunes, a quarter of a pound of
fine sugar, put all these in a cleane pipkin & stew
then with a few ~~small~~ cloves & rose-mary, eat of
these when they are warme. 12. or 16. at once, half
an hour before dinner or supper.

A purging broath for
nation colly.

Take a pint of broath where in mutton or Chicken
Rath beer boyled, scum off y^e fat very cleane, then
take bridg flowers bugloss flowers, rose mary
flowers, 5th John wort flowers, red rose flowers,
leaves, take of each of these as many as you can
take up, betwene y^e fingers. & twice as many 86

144. currants as you can take up betwixt y^r fingers, & half a nutmeg sliced, seeth all these in y^e broth half an hour, then take an ounce of the best Scena & put it into y^e broth, & let it seeth one walne, then take it off, & cover it very close & let it stand all night, in y^e morning straine out as ~~many~~ much as you can drinke at one draught, you must warme it lye warme & then drinke it, & lye in your bed an hour after you have taken it, & fast three or foure hours.

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How to distill Rhubarbe

Take a quantity of Rhubarbe, a pound or half a pound, more or less, beat them into little peeces or a grossly grob powder, & cast there upon y^e juce of Sugre or Sugar, of each 2 pound to one pound of Rhubarbe, let it lye altogether enfeised 24 hours, upon y^e warm ashes of the furnice, & after wards distill it in a linbeck or glass in ashes or in balneo marry. This distillation is for delicate persons, which cannot abide y^e savour of the Grobly medsons.

So make troubled Water cleare

Put into 3 pints of water y^e troubled, 6 or 7 drops of sharp white wine vinegar, & it will drive down y^e puddle matter to y^e bottom, so don straine it into another glass.

An obste Observation

It is not good to still flowers & herbs before y^e midst of Aprill, nor after y^e midst of June, for then they are in their cheifest pride, as for roots they are to be taken when y^e stalk is dead, for then y^e vertue is in them, from y^e midst of October to y^e midst of February for then they begin to shake.

So distill Rose water downward

Take a large bason & bind a linnen cloath upon y^e bason very strongly & make it fast on y^e bottom with something sowed or other-wise, then set y^e bason on a pot or hollow thing y^e it may stand fast, then lay y^e roses on y^e bason so bound with y^e cloath, & upon y^e roses lay a sheet or two of paper according to y^e bigness of y^e bason, so y^e roses be covered, then must you have a pan with a flat bottom & there in put y^e coals, laying in y^e bottom a few ashes first, & so distill it with a soft fire.

So make Oyle of any Herbs or flowers.

Take what quantity of roses you will & put them into a stove pot, & add there to as much Oyle of Olives good & sweet as will cover it two fingers thick or more, then soyle them till y^e third part be wasted of y^e Oyle, then take it off & let it cole, & when it is cold straine y^e Oyle & roses very hard, which don cast away y^e substance of y^e roses, that remaine in y^e cloath, then take new roses & fill stone pot

2^d Second time, & power this oyle lately Strained into
then; but I would wish you would rather fill a strong vessel
of glass with fresh roses to y^e half & then to put your Oyle
into then in such wise y^e y^e glass may be full to y^e top,
then close it up carefully & set it in y^e Sun 20 dayes, if
you will, so as you keep it closed safe from y^e raine or dew
& you shall have an excellent Oyle. But far better if
it were maid of wild roses.

Thus may you ~~may~~ make Oyle of any Herbe or
flower in may. So Sunn Waters.

Set y^e Glasses of any manner of water into an ante-Hill
& stop y^e Glasses close into y^e Hill, for y^e space of four-
teen dayes or more if you can spare time then so
long unuse used.

Salme Water

Take y^e Small water distilled from Strawberries, or Rasber-
ries, & add to 4 ounces of Salme, one pound of liquorish,
& one pound of ~~amberg~~ any seeds, beaten to powder
alsoe because y^e Salme, it must be distilled by a linbecke,
you may alsoe take Small aquavita in Steed of
strawberry & Rasbury water.

A Cordiall of Strawberry or Rasburries

Take 2 gallons of y^e best Canary Sack, put it into a
Glass Still, & draw off y^e one pint of y^e first running, then
put to that pint one pint of Strawberries, cleane pickt
from y^e green-ness, soe let it stand close stoppt, with a
corcked or paper one whole day, in which time it must
be often shaken, y^e next day Strayne it thro a Strainer,
but not wringe it, shift it every day, for 4 dayes together
with fresh Strabarres, this may be done more or less
according to y^e strenght or weaknesse you would have
it. to y^e last Straining ad a quantity of white Sugar
Candy, finely beaten & Serched, soe you must doe
rasberries. So make Sweet Water.

Take a pottle of rose water & put it into a Still & draw
out three pints, then put in y^e 3 pints a gaine & draw
out 2 pints, then put into y^e 2 pints of water 2 grains
of Amber-greece, put all this into y^e 2 pints of water

216. 2. graines of Civet, & 4 graines of muske, & eight grain
of amber greece, put all this into y^r 2 pints of water, let
y^r glass you put y^r water in be full, then stop up y^r glass
as close as you can, & let y^r rose water glass in a pail
of Hot Water, all y^e day, then take it out & when it is cold
unstop it & straine it into another rose water glass, &
soe stop it up very close till you have use for it.

To distill treacle water

Take 3 ounces of Rarts home Shaved & boyled in
3 pints of Spring water, till it come to a quart, then take
y^e rootes of Chy-compaine, Gentian, Cipres, Tormentill,
of each one ounce, of Cardus & Angellica of each one
ounce, burridg, bugloss & rose mary flowers, of each
2 ounces, of mary gold flowers also 2 ounces, of cit-
ron rines, one ounce, then take a pound of y^e best
old ~~treacle~~ treacle, & dissolve it in six pints of white
wine, & 3 pints of red rose water, then infuse all these
together & soe distill it.

An addition there to by y^e Countess of Exeter.
Of Sorrell roots 2 ounces, balme a few tops, & y^e like of
Sweet marjoram, burnet half a handfull, as much of
Arens lilly romuall flowers, of Cardus Seeds & Citron
Seeds of each one ounce, 3 ounces of Rarts home boyled
in 3 pints of faire water, but it will be y^e better if you
take burridge water, Succory water, or Wood Sorrell
water, or respice water infused instead of faire water
& when it is a jelly ad a pint more of one of these waters
& put into y^e still alsoe.

Alcirkus-berries an ounce, & Butche-nele an ounce,
when you have put all these things in y^e glass still, still
them well to gether, & take it up & so distill it with a moder-
at fire, of this you may draw 8 pints, & let y^e receiver
hold but a quart, & soe keep every sort severally by it
selfe, when it is all stillled you may put y^e 2 first run-
nings to gether, & y^e 2 later together by them selves;
this is excellent good for feavers or agues or any other
sickness what so ever you may give it to a young Child
of a month old, but give them of y^e later running, two, 3.
or 4. Spoonfulls at a time, as you see fit, &
this will drive any thing from y^e hearte, it need bee you
may give it with beaser. (but not to Children.

A Water for y^e Sandite or Consumption.

Take 2 gallons of y^e strongest ale you can get, & take a peck of garden shail, & make a fire of Charcoales, & when it is well kindled, make a hole in y^e midst of y^e fire & poure in y^e snails & cover them with y^e fire & so let them roste as long y^t they leave kissing, then take them out & wipe them with a clean cloath, & bruse them in a stone mortar, then put them in y^e ale one night & y^e next morning you must take bounces of Rarts Rome rasped & after beaten, & 3 ounces of cloves put this alsoe into y^e ale, then put it into y^e Limbecke, with 2 handfulls of angelico, & as much rose mary flowers, & as much Sally dien, & a pint of red Lotte water, so distill these all together.

This water must be taken fasting, 2 spoonefulls of this water & foure of white wine or ale at a time & so drinke it for 3 or 4 mornings together, you must not bruse y^r cloves, but y^r snails must be brused shels & all & so distill them.

An Excellent receite to make

Aqua Composita

Take half a pound of Liquorish, any-seed & coriander seeds 2 ounces, of galingall, ginger one dram, graynes one dram, Binonox one dram, cloves one dram, fennel seeds foure drams, tormentill one dram, beat all these small together, alsoe of bay leaves, penniryal red mints, Camomell, red roses, rosemary, lavender, & Sage of each one handfull, waipervill one handfull, Rarts tongue, Maiden-haire, mouse tarsebious, & betoni a handfull, germander a quantity, reasons of y^e Surry y^e stones pickt out, Corrants & dates cut & stoned, all these things must be distilld together, in very good strong & stale ale, y^e hearbs also must be washed cleane & dryed in a clean cloth, & after y^e are wrung in peeces as small as you can, before they be put into y^e ale to be distilled in a Limbeck & after put into it fennel rootes & parsey roots well washed & y^e pith taken out.

Take a pottle of Losa Solis, which must be gathered in June or July & pick y^e most from them cleane, & put them into a pottle of aqua-composita with a pound of dates pickt & cut, a penny worth of graynes & some peeces of Gold, if you will. Thus don put all these together in to a greate bellyed glass, & cover it very close y^e there come no ayre to it, let it stand in y^e sunn for the space of one month; then straine it through a cloth & put it into y^e glass a gaine & soe let it stand till such time as need shall require, but let it be fed well upon y^e dates, you must have in it also ginger, cinomond, nutmegs, & long peper, of each an ounce.

This is a speciall drinke for y^e comforting all y^e parts of a mans body.

A drinke for one y^e Ratt y^e plarisye

Take y^e dunge of a Stone Horse while it is hot, & boyle it in ale, & give it y^e patient to drinke with a little lump of sugar, or Honey; Let y^e party bee let blood before if you can conveniently; this medicin is Excellent.

Dr Steephent water against y^e Wind Collicke.

Take y^e Strongest ale you can get, y^e Older y^e better, & take so many gallons there of as y^e pot will hold, & for every gallon take an ounce & a half of liquorish, & as much anny seeds & 2 handfulls of every hearbe & leafe under written, burck leaves, burnet, pelitary of y^e Wall, Bresses, Saxifrage, Camomell, philopendula, Alyssander, parsly, partly seeds, & partly rootes, peniroyall, fenell, & half a roote of tanipana, wood ruff, Stone crop half a pint, of Raves, & as much many brabs & heapes of Sweet bryar, for every gallon y^e quantity a bone-said, dissolve them in a limbecke & keep it in glasses, it will be good many years, & when you feele y^e faine coming take a Spoonfull of it, or more in a litle draught of beere or ale, it is best fasting, alsoe use it some times for a preparitive it is a certaine remedy against y^e Collicke or Stone. &

A Sovereign Water devised by Dr
Stephens for a cold Stomach.

Take of Gascoine wine, or Strongale one gallon, cin-
mond, ginger, white nutmegs, cloves, graynes, gallin-
gale, Carroway seeds, fennell seeds, anny seeds of each
an ounce, red rose leaves, lavender flowers, penni-
-yall, wild marjoram, rose mary, garden time, dried
burninge time, camomell, parietory of y^e Wall, red mints,
Organy, of each of these a handfull, beate y^e spices
grossly, & bruiſe y^e herbs, & let them stand 12 hours with
3 graines of muske, stirring it divers times in y^e Wine, then
distill them by a Limbecke with a soft fire, & reserve
a pint of y^e first running, for y^e is y^e best, y^e second good
but y^e last is not so good, yet good; some instead of gra-
graynes put in cardomun y^e last;

This water comforteth y^e spirits, vitals, & preserveth y^e
youth of man, it helpeth inward diseases come of
Cold, it helpeth y^e shalen palsy & cureth contraction
of sinewes, it strengthenth y^e narrow within y^e bowels, it
helpeth y^e conception of barren women, it liketh worms
within y^e belly, it cureth y^e cold gout, & helpeth the
tooth-ache it comforteth y^e Stomache, it cureth y^e cold
dropsy, it helpeth y^e Stone in y^e Bladder & y^e raine, it
helpeth y^e carcle & shivering breath & who so ever
useth this water (but not too much) it preserveth them
in good liding & causeth him to looke young very
long, this hath been approved of by many.

Dr Wilkes Water for y^e Colic.

Take Cardamums Cubies, gallingale, nellilot, ginger,
cloves, mace, nutmegs, Anny-seeds & liquorice, of each
one dram bruised & steeped in three pints of excellent
white wine, 24 hours in a glass well stopped, either in
hot embers or in y^e Sun, or upon warme ashes in the
Furnace, & put there to a good aquavite, & half a pint
of y^e juce Calandine, & so distill it to gether in a
Limbecke of glass, draw a pint y^e is very good, the
remainder is little worth.

A Water for y^e Stone.

Take Seed of pimpernell, partly & smallage, y^e leaf & roots of ~~doce~~ burr doce of each even portions, beat these together, then put there to an ounce of dragons blood & a little good vinegar, let it stand infused altogether two dayes, & then distill it, this water is marvellous good for y^e stone & gravell.

Aqua vita for y^e

Take Scabious, tormentill, pimpernell, bittany, tansy, & dragons of each one handfull, still these herbs in aqua vita, already distill'd with a soft fire, then take dragons blood one ounce, sedicall one ounce, kringstone two ounces, Calamus aromaticus one ounce, bruse them small & put them into y^e water a fore said & still it a gain & this is a perfect water imperiall.

A Water for a sore mouth.

Take a pint of Wood-bird water, a pint of plantaine water, a pint of endive water white or green, a few burr leaves & violet leaves, & a few reasons of y^e turn stoned, then take 2 or 3 Spoonfulls of Honey, a quarter of a pint or a little more of White Wine, seeth all these together & straine it, & use it luke warme as often as you please in a day.

A Water

Take a quart of Ronny, suckle water, a pint of rose water, a pint of plantaine water, a quarter of a pint of conserve of roses, & as much Ronny, y^e quantity of half an eggfull of allon, seeth all these together & scume it cleane, then take a good handfull of rose leaves, dried & put into y^e water, & let it seeth till three parts are consumed, then straine it into a glass & soe keep it, if you will a yeare.

A Special good water for an ague
to drink in his Reate, & also for a
Hot Stomacke.

Take a gallon of milke & a quart of french wine,
burradge, buglaff, lettuce, Succory & endive, of each
one hand full, y^e pills of 3 or 4 Oringer y^e pills taken
a way, & a quarter of a pound of good sugar, distill
all these together with a soft fire, then put it in glasses
& use it as need requires.

A Water for spots in y^e face.

Take Strawberry leaves, & lay them thinly on y^e bottom of
y^e stillatory, & lay upon them Strawberries, soe y^e y^e leaves
in y^e bottom may be covered, then strow upon y^e Strawberries
Camphire, soe y^e y^e Strawberries be covered, then lay upon
y^e camphire Strawberry leaves againe, & soe distill them
with a soft fire.

A pretious Water made for y^e Queene
of Hungary being diseased with
p^lt palsy gout & dropsy, she
being 24. yeares of age & was
restored to perfecte health.

Take pure aquavita perfectly ~~refined~~ rectified
three parts there of in weight, & 2. parts of rose marry
flowers alsoe in weight, & put them together in a glass & stop
it with wax & set it in y^e sunn or else upon y^e warme sand
of y^e furnace, y^e space of 24. hours & after ward distill it, in
a stillatory of glass either in balneo which is y^e best or else
in sand or ashe, & after it is distill'd put it into a glass, with
a straight neede & stop it well with wax, & lay upon y^e part of
y^e wax, y^e entreteth into y^e mouth of y^e glass a litle peece of
fine bladder to keep it y^e y^e heat of y^e water doe not melt the
wax. stop it surely or else y^e spirits are so subtle y^e they will
vapour out, & then take every need a litle of it in y^e sauce
or meate & like-wise anointe y^e nap of y^e necke with it and
keate a linnen cloth after & keep it warme, & this doeing
sundry times by y^e grace of God helpe will follow.

For a Weak Sight.

Take Selendine, fennell, ren eye-bright, vernagine, & red
lozes of each half a pound, Glaves & long peper of each 2 ounces,
beate it grossly & still it in a bladder of glass, this water

21 221 is excellent for a weade sight.

A Water For y^e tooth ack.

Take y^e roots of pellatory of spaine, either green or dried, cut them small & infuse them a while in good strong wine, y^e Water y^e is distilled here of is excellent good to appease y^e tooth ack, to fasten them & to keep them cleane, if one gargarize y^e same in his mouth every morning or when he please. &

A Water for y^e Stone.

Take seed of pimpernell, parzly, & smallage, y^e leaves & roots of cloth. burne, of each even portions, beate all these things things to gether, then put there to an ounce of dragons blood & a litle good vineger, let it stand infused together, then distill it, this water hath mervelous vertue for y^e Stone & gravell.

A Water with both Reale y^e Carler
& cure both old sores & fresh Wounds

Take a handfull of rosemary, bruse it & straine it, take as much red sage, forre roots of parzly, of woodbind leaves, primrose leaves & of violet leaves, put y^e juce of them into a quart of fountaine water, & let them seeth to a pint, then take vineger & y^e powder of rock alum, put there to such a quantity as y^e alum & vineger will beare y^e greatest tast; Wash y^e wound or carler from dead flesh & Reale y^e continually there with & it will cleance y^e wound from dead flesh & Reale y^e sore, for a it is y^e best medison you can use. & //

An excellent Brind for y^e Stone

Take y^e roots of white Saxafrage, a handfull of parzley, peirstone & y^e lernells of Ashen Leyer, of each a handfull, of eringue roots & handfulls; bruse all these well in a morter, then boyle them with six gallons of beere or ale worte soe long as wort usually is to boile, & then put all into a vessell; & when it shall be reasonable stale, drink every morning next yr heart half an ale pint, & you shall never or very seldon be troubled with y^e stone. So 3 gallons of wort you must put half y^e things. prescribed, because perhaps y^e whole will be to stale before it can be dranche.

To make a Cordial Water, good against
any infectious diseases, as plague, pox,
pestilence or burning feaver, or to re-
move any offensive matter from heart
or stomach, or to be used after a
sweat, or in passions of mother, & for
young children in convulsion fits
& is good to comfort & strengthen
nature in cold causes.

Take Sage, Sellendine, Rosemary, rue, worm-wood; rose
Sassaparilla, mugwort penpernell, dragons, Scabious,
Squimony, Balaue, Fox scordium, Carduus, betany flow-
ers, & leaves, sex Centory tops & flowers, mary gold flow-
ers & leaves, of each of these a good hand full; then
take roots of tormentill, Angelico, ellicumpany, piony,
liquorish, all cleane scraped of each of these half
an ounce, lilly comuallly flowers. 2. hand fulls (2 y^e double
quantity of every of y^e former) let all y^e herbs be washed
& shaken in a linnen cloth, untill they be well dried
then shread them all together, & let y^e roots be thin sliced,
& mixed with y^e herbs.

then put them all to a gallon of good white wine, & let
them all steep together in a large Pot y^e is well glazed
2 dayes & 2 nights close covered, stirring them once
a day, then distill all together in an ordinary Still (not
in a limbecke) with a soft fire. reserving a bout a pint
of y^e first running by it selfe for y^e strongest, & a quart of
y^e second ~~now~~ running by it selfe, & a boule a pint of the
last & wealest sort by it selfe in severall glasses close
stopped.

of y^e first sort of this water, one or 2 Spoonfulls, may be
given to a man or woman safely, tho she be with Child,
y^e second sort you may give twice as much to them, y^e
third sort is for young children, where of give an in-
fant a Spoonfull at a time.

The water is useally given take warme with a little Sug-
ar candy, & may be given a lone cold, it is most properly
given when y^e Stomacke is empty; & all soe may be very
fitly mixed with any iulip when there is any infectious

223. matter feared; but you must pass y^e still a boat
with rye past to keep in y^e strength of it.

The Lady Gra: Countess of Exeter

Aqua Compista.

Take one pound of liquorise, one pound of any seeds, 3.
handfulls of Mother-tyme & handfulls of jron, 3 handfulls of
Sage, 3 of bitany, & one handfull of fennell; one of egrimo-
nise, one of Rose-Round, one of worne wood & one handfull of
endive; halfe a handfull of succory, of mary gold, of daniel-
lion, of five leaved grass, of mouse eare, of wild wort,
of plantine, of morse diabol, (or y^e diuill bit) of matfel-
low of large beefe, of some of each of those half a
handfull, & a quarter of a handfull of tormentill as much
of marjoram, & as much of camanile, one root of Chiatly
com Allycompaze, with y^e leaves, one handfull of Scabi-
ous, one of Colts foote one of Angelico, one of maiden-
haire, 2 good handfulls of Arige flowers, one good handfull
of Rosemary, one of peniviall; bruse all these a bowe written
in a mortar, & lay them in foure gallons of Rhenish wine to steep
& y^e next day put them in y^e limbecke & distill them with
a soft fire, put in also halfe a pound of any seeds, one
pound of liquorish, succory roots, endive roots, fennell
roots, parsley roots & ragloss roots of each of these half
a handfull.

So make vsuabath.

Take a gallon of a quavita, 2 pound of reasons of y^e
Sunne, one pound of figs, a quarter of a pound of dates, an
ounce & half of Cinonoad beater & put into a linnen bag
3 or 4 sticks of liquorish scraped shred, slice & stone
y^e frute before you put it in, put all these together & let
them stand .10. or .12. dayes, stirring it every day, then
straine it & keep it for vse, those things y^e are left will
serve to make a smaller sorte of a quavita.

Take a pint of juce of Scherdine, half a pint of y^e juce
of mint, & a piate of y^e juce of balme, put to it 3 pints of
white wine & Sacle, & a pint of aquavita, or y^e Sprit of wine
then put to it a dram of mellilot flowers, a dram of cubi-
bus, a dram of cardimons, a dram of gallingall, a dram of
nutmegs, a dram of mace, a dram of cloves & a dram of
ginger, bruite all these together, then put them into the
liquor, & let it stand all night, luted up in a glass still, y^e
next day still it & let it drop into sugar candy finely
beaten.

A Water for y^e Cough of y^e

Lungs.

Take a young red running bock & kill him when he is
all most cold, cut him a broad by y^e backe & take out
his entrails & wipe him cleane, then cut him in quart-
ers & breache his bones, then put him in such a still with
a pottle of Sacle as you still lose water in, put into the
still alsoe a pottle of new milk from a red cow, with a
pound of currants, a pound of reasons of y^e Sunne stoned,
a quarter of a pound of dates cut small, & handfulls of
pinpernell, as much of rose marry flowers, one handfull
of wild time, 2 of pennyroiall, 2 of bugloss flowers, 2
of fennell roots, one of parslly roots y^e pith taken out,
one of endive leaves, one of Succory leaves, 2 of Colts-
foote leaves, 2 of maiden-haire, & 2 of figs; 3 ounces of
any seeds bruised, & 3 ounces of liquorish scraped & bruised.
Still all this together with a soft fire, put into y^e glass y^e
water drops into half a pound of white sugar candy beaten
very small, a boock of leafe gold cut small amongst the
sugar candy, foure graines of amber-greace 12 graines of
prepared pearle, soe letting those things drop upon these,
mixe y^e strong water & small together.

A Cordiall Water good for any
Surfet.

Take a gallon of y^e best aquavita, & a pint of damask
rose water, put into y^e rose-water a pound of white
sugar candy finely beaten, so let it steep 24 hours
then take half a pint of poppy water, & put all to-
gether with y^e aquavita into an earthen pipkin, then
put into it one pound & a half of reasons of y^e sunn
stoned, & a quarter of a pound of dates sliced and
stoned, one ounce of cinomond, broken into peeces, one
ounce of cloves whole, one ounce of anniseeds
whole, & sliced nutmegs, one stick of liquorish, six
graines of amber greece & 3 graines of musk, with y^e
amber greece tied in a fine cloth; let all these ~~steep~~
to gether close covered, foure dayes stirring it very
well, twice a day, then add there to a great handfull
of poppy leaves dried upon a table, one sprig of An-
gellico, one sprig of balme, & soe let it stand 3 dayes
stirring of it, then straine it thro a jelly bag & take
3 or 4 Spoonfulls at a time.

The Malencholly Water.

Take of single stock jully flowers, or wall flowers
foure handfulls, of rose mary flowers 3 handfulls of
damaske rose leaves 3 handfulls, of mary gold leaves
4 handfulls, of pinck flowers 4 handfulls; of burrads
flowers 2 handfulls of bugloss flowers 2 handfulls; of
Cowslip flowers 4 handfulls; of clove jully flowers
4 handfulls; of balme leaves 2 handfulls; You must
put these flowers as y^e time of y^e yeare will afford
them into a quart of Sa bannary Sacke, in a Stone Jagg
Close stopped, some times stir y^e sacke & flowers to-
gether, when all y^e flowers are infused, then add to
it a quart of sack more, as alsoe these ingredents fol-
loweing; half half a ounce of cinomond grossly beaten,
one ounce of anniseeds bruised, 2 nutmegs sliced two
penny worth of english safron, after all these things
are well incorporated into y^e pottle of sack, distill

Then all together in a cold Still, fast luted with
past, fasteing in y^e nose of y^r Still, 2 graines of muske
2 one graine of amber greace, y^e y^e distilled liquor may
run through it into y^r glass, distilling it with a soft
fire, put in y^e glass into which it distills 6 ounces of
white Sugar Candy finely beaten, then set y^r glass
one houre in hot water y^e y^e Sugar candy may well
incorporat; take of this water 3 Spoonfulls at a time
in a morning 3 times a week or oftener oftner, if
it cures all mellencholly fumes, comforts y^e hearte
& infinitely revives y^e spirits.

M^r Syas his drinke called y^e wound
brinde.

Sade Wormewood, Southern wood, Saincle, white bottles
White bottles, plantine, Ribworte, Bugworte, Reasby-
grace, Strawberry leaves, Hunny suckles, Gate buds,
Glandilon Hawthorne buds, Mugwort, Saincle roots
& all, Bramble buds, violet leaves, Sincles feild, wild
Angelica, Wood bitony, Agrimonie, Bugloss, long
worte, Avena, Confric Mints Scabins.

These hearbes are to be gathered picked & dried
in May, then mingled together & soe kept all the
yeare, y^e buds are to be gathered timely, at y^e first
coming forth of them. then take a handfull of the
heards a pint pottle of faire water, & a quart of white
wine, & boyle them together till neer half be boyled
away, then straine it & put in a pint of Honny then
boyle it a gaine a little till you have scum'd it, soe
take it off & keep it in a glass, close stoped.

Let y^e patient take 3 Spoonfulls morning & evening,
first & last, if it be a Child 2 Spoonfulls is sufficient.
this heales any Old Sore, or any greene wound and
stints bleeding.

gather these herbs in May & dry them in a close room
from y^e ayre, & turne them once a day, & put them into a
Canvece Bag, & they will keep all y^e yeare, You
must have of y^e herbs a like quantity of each, You must

227. get y^r buds in April.

The Wound Drink, being drinke
it heales any Old or any
green wound, stents bleeding.

First gather these Herbes following in May & dry
them in a close roome ~~for y^e~~ from y^e aire & turne them
once a day, till they are dry, then mingle them all togeth-
er & put them into a canvas bag, & they will keep if it
be seven yeere, you must have y^e like quantity of each
you must get y^r buds in April. ~~Gold exrad~~

Take hearby grace Lungworte selfe Rele, Brunello
Woodbetony, Erymonnie Gold exrad, Ribworth Oake
buds, Sothern wood, Sarasin, Sind feild, Comfrey,
Whith bottles, Bramble buds, Hasye roots & leaves,
wild angillico, Bugle Avers, Dragons Ronywelet,
Mints, Scabius, Horn wood, mugwort Strawberry leaves
Sanacle Rant Ronne buds, Plantins, dandelion, violet
leaves, Comfily, Rorck ounce.

Take of these Herbes 3 Hand fulls & put them into 6 pints
of Spring water & boyle them to 3 pints, then put in a
quart of White wine & let it boyle againe one halfe a
way, then straine y^e liquor from y^e Herbes & put to it
a pint of Honey & set it on y^e fire & seave it cleane,
then take it off & let it stand till it be cold, then put
it into bottles & let y^e party drinke 6 Spoonfulls in the
morning & fast 2 hours after it, & as much at 4 of y^e
Clock in y^e after noon.

If there be proud flesh in y^e sore, you must lay some-
thing, to ease it a way, you must not tent y^e sore,
but seavek it with a tent, for y^e drinke will drive it
out.

A drinke to heale any old
greife or sore,

Sarsaparilla one ounce, Sassafras one Ounce, lignum
vite one Ounce, artes quasi half an ounce, Senva one
ounce Remy dachilorn half an ounce, ligneris half
an ounce, Rose a solis one ounce, french barley half
an ounce boyle half an ounce, Enburk one dram,

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aniseeds one ounce, boyle all these together
being pounded in a gallon of faire water, one whole
day till half be consumed yet deep out y^e Lerva, till
an houre before night upon hot embers then straine
it & drinck it dayly morning & evening a reasonable
drought. A water for a fixed stone in y^e
Bladder, & to procure urine for
one y^e doth made water by drops.

Tale life stony & reish wine of each a quart, sax-
ifrage, philipendula & petitor of y^e wall of each
a handfull; still all these in balnea maria with a slow
fire, & keep it in a cold place in earthen vessels or
pewter, & drinck there of y^e quantity of halfe a pint
every morning fasting, & after wards eat y^e quantity
of a Wallnut, of life hony every of these mornings,
& walke & fast after it; it must be distilled without
soft a fire, as may be, before you can get half a pint
of y^e water. A drinck for y^e falling sicknes.

Tale a she mole for a man & such y^e blood out of y^e
mouth of it, as live as you can get it, & set by a good
fire whilst you doe it, tale Alicompaine root & dry
it & then tale it with a handfull of Rosemary & an
handfull of Sage, & an handfull of Herb grace & a
handfull of Bythany & an handfull of Egremony & an
handfull of Sengins worth & an handfull of Sentry &
an handfull of Wild time, & a handfull of Wild marge-
ron & a handfull of Wood-potipoty. & an handfull of
Misting, & it must be taken either from an Oale or an ash
& so made a drinck of it, & boyle it either with 3 gal-
lons of muscadex or 3 gallons of strong ale, boyle it
untill it cometh to a gallon & a half, & so straine the
herbes from it, but before it is altogether boyled you
must put in to it half an ounce of clove, & halfe an
ounce of any seeds, & half an ounce of y^e best
liquorish stick, & half an ounce of reasons of y^e
Luna, & when it is boyled you must straine it all
together, & bottle it up, & drinck it morning & evening. 114

A Dyet Brinde for a Dropty by
Monsieur de valle.

Take a peck of scurvy grass, broock-line & Water creper
of each twelve handfulls, Worm wood & Horse reddish
of each 2 handfulls, Scabious & jstop of each 6 hand-
fulls, graines & long pepper of each an ounce. Stamp
all these & put them into a boulder-bagg, & put y^e bag in
to a gallon of eight shillings beere & when it is eight
dayes old drinde there of & of noe other drind.

A drink for y^e Simpany
or Droptie.

Take a pottle of white wine or Lenish wine, a pint of
Broome ashes, after they be finely sifted, & half an ounce
of cinomond brused, steep all these 24 hours
stirring it some times, then let it run through a jelly bagg
sundry times, till it be very cleare, drind of this in the
morning fasting, & before supper an hour or more and
last at night when you goe to bed, & if you can
walke after it in y^e morning or stir up & downe as
much as you can or are able, but if y^e party be very ill
it should be drand an hour before dinner all soe, or
if y^e party be in extremity it must be drand to meate
for y^e most parte, you may put in sugar when you drind
it if you will, & put y^e ashes into y^e bagg with y^e wine,
y^t it may run through them, drye broome is better then
greene.

A drind which is a present remedy
for y^e emrods & piles.

Take a handfull of wild time, an handfull of Wood
sage, violets, St Johns-worth, liver worth, Angloss,
marry gold leaves, saxafrage, of each of these herbs
a handfull, wash these cleane & take anniseeds,
collriander seeds & liquorish stick of each one
penny worth, one pound of reasons of y^e sunn stoned,
one pound of blew figgs slice them, then boyle all
together in a gallon of running water to a pottle, then
straine it out, & keep it in bottles close stoped, for

Use,
 Let 2 spoonfulls be taken in y^e morning, & y^e 2 hours
 after it in y^e morning.

For infection of y^e plague.

Take a spoonfull of Dragon water, 2 spoonfulls & a
 halfe of vinegar, as much running water, & y^e quanti-
 ty of a hazell nutt of fine treacle, mingle them well,
 & put in a quantity of y^e powder of Egg shells or
 brimstone, drinke it luke warme fasting.

An excellent drinke against
 y^e plague, composed by Dr
 Butcher.

Take 3 pints of y^e best mustadine, & boyle in it
 of Rue & Sage of each one handfull, till one pint
 be boyled away, then straine it & set it a gaine on
 y^e fire & put in long pepper, ginger & nutmeg beaten
 to powdered powder, of all these together one ounce,
 put them into y^e mustadine & boyle them a little
 more, after take it of y^e fire & put y^e in an ounce
 of metredate & half an ounce of treacle & a
 quarter of a pinte of angelica water soe steep
 it & make use of it.

They y^e be infected with y^e plague, take every
 morning & evening one spoonfull at a time luke
 warme, those y^e are not infected, take it once
 or twice a week, at y^e most handfull half a
 spoonfull. & An approved Water for a
 sore mouth or any kinde
 of Wound.

Dryer leaves, Sallendine

A drink for a fistula to drinck
ten Spoonfulls at a time.

Angle, Simacle, of each of these 2 handfulls, Egrimony
Arons, angelico, Confrey, Tibwort, dandelion, Bayle,
Mugwort, Scabits, Kithony, Branble toppes, wilde mint,
Worne wood, of each of these one handfull,
These with some English Honny are to be boyled very
slowly at y^e least foure houres in cleare running
water untill y^e water be halfe boyled a way, & stopped
soe close all y^e while it is a boyleing untill it be cold
y^e not soe much as any breth goe out of y^e pot.

The Fistula Water.

Take 4 ounces of Bolormonide an ounce of Camphir
& white copperis. 4 ounces boyle y^e copperis & camphir
together in a earthen pot till they be hard, keeping
them stirring, beate then in a mortar to powder & beat
y^e bolormonide to powder by it selfe, then mix them
all together & seep them in a bladder for y^e use, then
take a pottle of running water & set it on y^e fire till it be
ready to boyle, then take it from y^e fire, & put in 2 spoon-
fulls of y^e powder & let it have a wallopp & soe keep it
in a glass close stoppt, take y^e cleare of this water and
keate it & wash y^e sore as hot as can be endured &
dry it well in y^e fire, twice a day lay a cloth 3 or 4
times double wet to y^e sore,
A drop of this water is for eyes y^t hath skinner on
them.

A Cordiall Water.

Take of y^e best claret wine 5 pottles, of y^e best Canary
sack 3 pints, cubebes, juniper-berries & cinonon of
each one ounce & a half, of cloves halfe an ounce, of
liquorish scraped & bruised 4 ounces, seedes one
ounce, of sweete fennell seed & anniseeds of each
2 ounces of Rosemary flowers & red roses 2 hand-
fulls, of pennyroiall, cardus-bene-dictus angellico &
Sage, & lime of each 2 handfulls of balme foure hand-
fulls of araines of paradise halfe an ounce of nut-
meggs one ounce bruse all these & speepe them in y^e

saide wine, for y^e space of y^e houres stirring it 2 or 3 times & then still it in a limbeck; y^e first of this water for 3 or more points will be very strong, y^e second of these for 3 or 4 pints will be reasonable strong, draw soe much of y^e third which will be small to mix with y^e strong as you shall vse it.

A drink for a consumption

Take as much of y^e herbe called rosorolus as will fill a pottle pot & then take one pottle of y^e best aqua composita & put y^e herbs into it & stop it soe close y^t no ayre come to it, & let it ly in steep 3 dayes, then take it & straine it & put it into a glass bottle, then take half a pound of loafe sugar & half a pound of dates & stone them, then take half a pound of liquorish y^e powder, & put it all together into y^e glass to y^e rest, keep it close stoppt.

You must take in y^e morning fasting one spoonfull & last when you goe to bed, gather y^r herbs in iune & july, you must not handle them but gather them by y^e stables.

A dyet drinke for y^e stoping of y^e Liver.

Take of muns tuberb & red madder of each half a pound, Scene 4 ounces any seeds & liquorish of each 2 ounces, Scabious & agrymony of each two ounces one handfull, slice y^e roots of y^e tubarbs, bruse y^e seed & liquorish, breake y^e Reards with y^r hands, & put them into 4 gallons of strong ale, y^e space of 3 dayes, then drinke this as y^e ordinary drinke for 3 weekes at y^e least together.

A drinke for an ague in Womens breasts in Child-bed without any outward meanes used.

Take Wood Sage, Wood-betany, Egrymony, Bugloss of y^e feild, Mugwort, Senacle, cinquefoile, of each one handfull, worm-wood half a handfull, herb-bennet 116

other wise called abicus much more then a hand full Alacompany roots scraped & sliced, cut all these small, boyle them in a pottle of White wine, straine then sweeten y^e Liquor with english Honey, a pint or half a pint at you find occasion, but let not y^e Honey boyle, take every morning fasting a quarter of a pint & fast one hour after it, & soe much in y^e evening.

It is good also a gainst y^e Sciatica & y^e Goutte.

For y^e Rallling Sickness approved
upon persons of severall ages & sexes
where of one lives now in S^t Johns
Hospital in Canterbury in 1646.

For a man take a She mole, & for a woman a Re mole & setting by a good fire let y^e party put y^e moles head in his mouth & biting it, sucke y^e blood out of y^e moles mouth as lively as it can, let y^e party set their right foot base upon y^e mole, untill y^e blood hath don working in y^e body, in case it worke not y^e first or second time, try y^e third time with a third mole, & if it worke at any of y^e 3 tryalls with him, then y^e drind with Gods blessing will cure him.

The drind is made thus, take dried Alicompany roots, rose mary, Sage, leasbe-grace, betony, Egrimony, S^t Johns-wort, Scentory, Wild time, wilde Marioram, wood-polipod per Mistlin, take from a Oke or Ash of each one handfull, of cloves, aniseeds, liquorish stick, seasons of y^e Sunn of each half an ounce, boyle all these together in 3 gallons of Muscadine untill it be wasted to one gallon & a half, straine it & bottle it up close, drind of it every morning & evening a reasonable draught.

A decoction for curing obstruction
in y^e liver & spleene.

Take roots of polipodium, of y^e Oake newly gathered & cleasred one good handfull of roots of parsley and fennell of each half a handfull, Egrimony, kithany, & Suedory of each a quarter of an handfull, 3 or 4 tops of Sea worm wood, one handfull of seasons of the Sunn stoned, a little liquorish & aniseeds brused, one ounce of Sena, cleasred, boyle all this in 3 pints

or a pottle of Ruring water, boyle it to half & strain²⁴
it & drind every morning fasting a good draught, you
may made this of Rarly water.

A drind for y^e Weakness of y^e Rache
or consumption.

Take a pint of spare mint water, a pint of worm wood
water plaine stilled, take a quart of Muscadine &
a quarter of a pound of dates stilled, half a pound
of seasons of y^e sunn stoned, 2 ounces of loose sugar
beater, mix them all together in a glass bottle, nine
daies, set it in y^e sunn & shake it together every
day, & at y^e nine dayes end, drind a spoonfull next
y^e Rache every morning.

The Plague Water.

Take angelico, cardius bene dictus, dragons,
Sage, Egrymony, tormentle, feverfew, burnett,
herbygrace, sallindine, pimparnell, scabius, sor-
rell, Ralme, worm wood, mugworth of each one
pound, rose mary 2 pound, alicorn pane roots half
a pound, pick these cleane, but not wash them, shred
them a litle & put them into a crock or runlet, & put to
them as much white wine as will cover them, stirring
them twice a day, & keep it very close covered, let
them ly 3 day nights & 2 daies, then still them in a
comon still,

keep y^e first water, by it self y^e second & third by them
selves, y^e strongest of this water, is good to drive out
y^e plague, small pox, or measles, if it be given with
metridate, or venice treacle, & sweate after it, it is
alsoe good for surfets or agues, if it be given an
hour before y^e fit comes, & sweate upon it.

Some add to y^e former herbs Rittander, bitony,
mary golds & Rore-Round of each one pound.

A Water for y^e Stone to be
Stilld in May.

Take 5. handfulls of pellitory of y^e Wall. 5. handfulls
of ferifrig, 5. handfulls of Mother lime, 5. handfulls
of parsley 12 radish roots if they be small. These
herbs must be stamped & y^e roots sliced & lay them
in steep in a gallon of new mild 24 Houres & then
still it in an ordinary still, you must take 6 Spoonfull
of y^e Water & 6. Spoonfull of White wine blood warme,
with a litle sugar & nutmegg in it, you must take 3 or
4 ~~more~~ mornings together once in 3 weekes.

A Water good for y^e Balzie
Stomache & Head.

Take a pottle of White wine, a good handfull of bot
balme, of Wood bitony, rose mary flowers of Con-
slipp flowers, of each a handfull, put all these in
to y^e Wine, & let them stand a weeke stirring them
once a day, then take 2 ounces of metredate, half
an ounce of clove, half an ounce of Syammon,
bruised, which being put all together, past up y^e still
very close, letting noe steam come forth, soe still it
with a soft fire, & being stilld, put in white sugar
candie & soe use it.

A Water for y^e Sicc or
Consumption.

Take one pound of Rigg, slice them & a pound of reas-
son of y^e Sann stoned, an ounce of green liquarish
scraped very cleane & bruised with an ounce of any
seeds, then take unset isop & red fennell, stony
succle leaves of each a handfull, boyle these in a
gallon of spring water to 3 pints, put it in a cleane
picker & give y^e party a quarter of a pinte morning &
evening.

A Brind for y^e dropsey.

Take an ounce of renberbe & slice it very thinn, & brui-
it with a peny worth of cloves, then take one handfull of
greene worm-wood & y^e pill of an Orange, a handfull
of dry worm wood burnt to ashes, boyle all these in
5 pints of white wine, to 3 pints & let it stand all

night, & y^e next morning, cleave it out & give y^e 236.
partly a quarter of a pint morning & evening.

For a Consumption

Take half a pint of Sparemint water, y^e like of Balne
Water, y^e like of Worme wood water, a quarter of a pound
of Laisons of y^e same Stoned, 2 ounces of Dates Stoned,
one ounce of Cinamon, put all these into y^e Waters in a
bottle, a pint & half of Aligent, half a pound of loose
sugar finely beaten, put all these in y^e same bottle, & let
y^e bottle 9 or 10 dayes in y^e sun, shake it 3 or 4 times a
day, then take of it 3 Spoonfulls every morning fasting,
this will strenghten y^e Stomach, & cure a consumption.

A Water for y^e Dropsy, consumption Gravel & Stone

Take 2 Gallons of y^e purest running water, & a pound &
a half of Stone lime, let this stand in steep 24 hours,
then scum y^e White scum from y^e top, & pour y^e water
out softly from y^e line, then take a quarter of a pound
of English Liquoras stick a quarter of a
pound, of Aniseeds a quarter of a pound, of blew
Gurrants, Bruise all these together then infuse them in
y^e Syne Water:

Drink half a pint of these an houre before breakfast
& as much an houre before dinner, & as much an houre
before supper, then walke upon it

King James Drind for y^e Plague.

Take a quart of white wine, half a quarter of an ounce
of beate ginger, put y^e ginger into y^e White wine, then
take one handfull of green Woorm-wood, one handfull
of Rue, Sage, of Jerusalem Eldon, Bransel buds, Stamp
all these together & put y^e juce into y^e White wine, shake
it every morning, & take one spoonfull for they y^e are well
& 2 for they y^e are ill.

A Decoit for them y^e are Sick of
y^e plague or purple.

Take a pint of Milke hot from y^e Cow & boyle it
when it has boyled a while, take half a pinte of
y^e Milke & put ten grains of Sconckeneele & put
it in y^e mild & let y^e party drinke it, & be well
sweated & kubed after it & deep then very warme
warne.

The Beaver Water.

Take greene Cardus 2 pound, Wormwood, bane, Spear
mint of each one pound, red poppie flowers one hand-
full, Shred them & put them into 2 gallons of new milke,
a quarter of a pound of reas beacle, let them steep
one night & then distill them.

The Best Poppy Water y^e ever was
made.

20. 5. or 6. pecks, put 18. quarts of double distilled water
then put into it 1/2 of dates stoned & cut, 2 pound of Black
Cherries stoned, a pound & a half of stoned reasens, 3 ounces
of bruised cardium seeds, a pound & a half of double refined
sugar, steep these together for 3 weeks, stirring then every day
morning & evening, then straine it & distill y^e flowers from
which you may draw a very strong Water mingle this with y^e
rest, & bottle it for y^e use. The Lady Limborow.

A Surfet Water

Take a pound of lew or Reas of grace & a pound of
Walnuts, & a pound of figs sliced thin, & cut y^e Reas of
grace, & cut y^e Walnuts very small, then strew a laying of
one & a laying of y^e Other till y^e Still is full, & so you may
take as many pounds as you please, but you must some
times lift up y^e Still & Shift it a bout for feare of burning to,
it is good for y^e paine of y^e Stomack to help digestion if any
thing offend y^e Stomack, or if any of y^e faculty come plain
give them a wine glass full & send them to bed & let them sweat
My Aunt King.

Swallow Water

Take 40 or 50. young Swallows, bruise them in a mortar petr-
est & all, then add to it 2 ounces of Castorium in powder, Set
it into a Still with 3 pints of strong vinegar & distill it as other
waters, you may draw from it a pint of very strong water, you
may give there of with sugar 2 or 3 Spoonfulls at a time.
The vertue of this Water, it is good for y^e passion of y^e heart
for y^e mother, for y^e falling sickness, for sounding fits, for y^e dead

palsie, good against y^e appoplex, for y^e litlarge or 238
any other impediment of y^e heart, it comforteth y^e braine,
as much as any thing what ever, tis good for those y^e are
distracted & in y^e great extremity of y^e sickness, tis one
of y^e best things y^e can be administered, if you have the
full number of swallows till those you have & set into
y^e oven after drawing in a fire & half dry them, thus
you may keep them 4 or 5 dayes, mix them with such as
you can get in y^e time to make up y^e full number.
A Cordiall Water Lady Elynborow

Take sellendine, sage, rose mary, rue, mugwort, roo-
wood, pimpernell, dragons, scabious, egrimony, balme,
scordium, letsruk, cardus, bitony, take a Solus of each
a good handfull, hen beer roots, tormentell, exco diary
roots, licorish of each half an ounce, wash them & shake
them & dry them in a cloath, shread them & steep them in
as much white wine as will cover them, let them steep two
dayes & 2 nights close covered, then distill it in an or-
dinary still & let it drop into sugar, let this be taken
lute warme, giving 2 or 3 Spoonfulls of y^e Strongest, and
6 Spoonfulls of y^e Smaller, this for a Child & to an older
body more. The Lady Elynborow.
Mallioncholy Water. 119

Take of y^e flowers of purple violets, & purpell stock-
jully flowers, burrage, buglase, hearts ease, sellendine,
of each of these flowers 2 handfulls, of rose mary flow-
ers & damask rose leaves of each 3, of mary-gold
flowers, of single Wall flowers, single pincks, cowslip
flowers & clove july flowers, of y^e leaves of balme, of
each of these 4 handfulls, as much as you can gripe,
those y^e have white botoms must be cut off, & as y^e flowers
blow in there seasons gather them & put them into sack
in a wide mouthed glasse, each sort of flowers as
they blow, & put some sugar into y^e sack to keep it
from being souer, & stir it every day, put in one ounce
of anny seeds bruised, half an ounce of cinamond,
bruised, & nutmegs sliced, & penny waite of saffron,
half an ounce of orang peels, when it is steeped together
put it into a lase still & lute it, & distill it with a constant
fire y^e temperate & let it drop into 6 ounces of white
sugar candy finely beaten, you may hang in y^e glasse one
graine of amber greece & one graine of nutt, if you can
get 2 handfulls of lilly convally it will be y^e better,

23. You may have them in May at London.

Dose of this 3 times a week 2 Spoonfulls at a time in morning fasting, it may be taken at any time as a cordiall, it comforteth y^e Spirits & cureth all malancoly hums.

I doe use to add to these y^e blossoms of strawberries, and dammaske quinces, pippins & queen apples. You may begin with a quart of sack at first, but it will fade up at least a pottle of sack, before it is don, y^e soder y^e pinds y^e more cordiall they are.

Spirit of roses

Gather damask roses, in a dry morning, pick them & to every bushell of pickt roses, take a quart of Ray salt & beat them into a past & put them into a narrow mouthed Jug, & after distill it in a limbeck with some white wine or rose water as much as will cover it & 4 fingers a bone y^e roses, distill it with a small fire & there will come first y^e burning spirit tude aquavity & y^e receive by it self, after y^e a water which is much better then ordinary rose water, which will draw by it self, & with y^e will come an Oyle in small quantity, which will swim on y^e top, it is tude a greece, y^e in pouring out y^e Water thro a small tunnell you may separate & y^e by pouring out y^e water, thro a small tunnell you may separate, & that by pouring out y^e water will stay be kind, & when y^e Oyle begins to come stop y^e tunnell, & keep y^e Oyle by it self. Take heed towards y^e end of y^e stiking for feare y^e roses burne not, y^e will cause it to have an ill smell.

Aqua-marabilis.

Take gallingall, Gabibs, cardimuns, melilot flowers clover, mace, ginger, nutmegs of each a dram, make them into powder & then put into y^e body of y^e still, which must be of Glasse. These ingredients, a pint of y^e juce of sellerdine & a pint of aquavity & 3 pints of white wine,

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and have not been photographed.**

The Ordering of Stills & Bottles

To break off y^e nose of y^e Glass

Take Take a little flint stone which is sharp & race y^e Glass a bout, where you would have it broken, & so break it off between y^e hands.

Take Clay to lute y^e Still & y^e Head together, & make y^e Head y^e receiver, then take two parts of flower, & one part of belarmony let them be beaten together & mingled, with salt water or ~~the~~ y^e white of an Egg, beaten, which bindeth faster, you may keep salt water by you in a glass & y^e powder & make it as you have need, & flower & belarmony severally in pots by themselves & temper them with fire.

To Temper Wax to Stop Bottley Waters

Take a peece of yellow Wax, & y^e quantity of y^e forth part of y^e Wax of rosen & let them melt together, & when they are melted, put there to a Spoon full of Comon Oyl, & so let it cole, if you desier to have it hard then put in y^e more rosen, if soft y^e more Oyl, & if you stop a glass of Hot Water as aqua ardence, then lay first on y^e mouth of y^e Glass, a peece of cleane paper or thine bladder, & put y^e Wax upon it, or y^e water with marr y^e Wax // Remember y^e when you put y^e Stillatory into y^e furnace to distill any thing, y^e Sand or Ashes being Hot, you put not y^e Stillatory ~~immediately~~ immediately in y^e Sand or Ashes deepe, but let it stand a little first upon y^e ashes, or else you will be in danger of breaking. // Remember y^e when your Stillatory is prepared to distill you fill two & leave y^e third voide, y^e it may vapour & ascend up.

To Govern y^e fire of y^e Stillatory, & how to make it long continen.

First when you have any thing to distill made a good fire, in y^e furnace & let y^e vent holes be open, let all y^e furnace with y^e Sand & Ashes be thorow Hot, & when it is Hot & a good fire thoroughly kindled, then lay 2 or 3 shovells full of dead great

coals, & as many shorne coals upon y^e great Coale, then stop y^e vent Holes with peeces of Tile or campion made of Clay for y^e same purpose, then you will last 4. or 8. hours, otherwise in leaving y^e vent Holes open it will not continue above 2 or 3 hours at y^e most. If y^e fire be not hot enough you may give heat at y^e vent Holes, as little or much as you please, & so the less aire you give y^e softer will it still, & y^e more aire y^e faster, & if y^e one stillatory distill not so fast as y^e other, open y^e vent hole next kin as you shall see cause. And note y^e y^e thinnest stillatory of glass will best defend y^e heat of y^e fire, & y^e thickest is worst. & soonest broaden or crackt with heat. You ought to distill softly one drop following y^e other y^e space y^e you may tell 8. or 10. leavely, & of all Coals those y^e are maid of beach are y^e best to distill either Waters or Oyles.

An Observation by Charolus Steephane

When you will distill any thing 3 or 4 times in balneo sand or Ashes, at every distill you must diminish y^e heat, at first one half degree, then a degree & so consequently till you come to y^e first degree, tude warm, y^e reason is y^e matter being made more & more subtle, at every distillation, it ought not to have so great a heat in y^e end as in y^e beginning, when all things are groase & thick, contrariwise when you draw out y^e quintessence of any thing you encrease y^e heat more & more.

How to know whether Aquavite be sufficiently distilled.

If you set y^e Water on fire & it consume cleare away and leave no moisture at all, if a linnen cloath be set a moistning there in & it burne not, if a drop of Oyle be cast upon it & it sink to y^e botton, if it be put into y^e palme of y^e hand & fired it consumed & consume cleare away so long as it will burne being set on fire, there remaineth some spirit & when it will not burne at all y^e spirit

So late y^e body of y^e glass if it be not fit for y^e head.

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Take a peece of strong linnen cloath, two inches broad, & past it on with a little fine wheat flower & water being well mixt together in a saucer, & this must be laid a bout y^e mouth of y^e glass, to y^e intent y^e head may stand shure & steady, y^e nose of y^e head of y^e glass, must be folded about with a linnen cloath, pasted as before, till it be bigenough & meete

for y^e end of y^e receiver, you may also late them together
with paper wet a good while together in water, or y^e whites of
Eggs & beare flower & a little Mastick.

Good Rose water will keep 4 or 5 yeare.
in his full vertue.

So with y^e flowers of burridg or Strawberry water & all other
y^e be well drawn, & sunned. & y^e mouth of y^e glass stoped with
parchment, first well soaded in water, y^e it may y^e better close y^e
mouth of y^e glass being hard tyed with packthread, & for feare
of raine, because y^e water must stand out in y^e night as well
as day, you may defend it by putting on an egg shell or some
such thing upon it, & this kind of stoping with parchment is y^e
best for these kind of waters, as Oyls or Aqua ardentis, or such
like, note y^e ~~strawberries~~ Strawberries will be distilled with a
dead fier which is made with small thorn coals, & fand dust
of either a lide quantity & after y^e rectified in y^e sunn. or
other wise.

Glasses whose mouths are not even of else broader, may be fashon-
ed even upon a grindstone, there is no better vessel to recti-
fie Rose-mary in y^e same, standing day & night in y^e open air
aire. 6. or 7. weels, then take a vessel made of pan glass,
lide to piramis truncata with one handle on every side to carry
between two & another handle on y^e cover to take it y^e better of
or on, which cover is made with a little brim to keep y^e vessel
close that no aire can come in nor out, if this vessel be
not well stinned with in it is nothing worth, remember to
late y^e mouth of y^e vessel being full of roase water with
chalcide of lime, & whites of Eggs as afore said, then seate
it & you shall know whether any body have been a bout to
breake it or no, chalcide some kind burned & beaten together
with y^e white of an Egg is good to close any vessel. off y^e
same effect is slact lime & whites of Eggs beaten to gether, &
this serveth also for a broader glass.

To take out y^e savour of y^e Heat or
burning of distilled waters.

Where waters distilled by y^e force of fier, keep some savour
of burning, it is good immediatly after y^e distillation to let
y^e glass or receiver to stand for a while uncovered, or un-
stoped, having a care y^e y^e whole savour vapor not out,
therefore to be more sure put y^e glass being well stoped in
some cold place in moist sand upon y^e need to diminish y^e
Heat, & savour of burning, not with standing you must note

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 y^e cold waters y^e shall be distilled in balnaris, shall not greatly need to be left uncovered, but rather they ought to be set in y^e Sunn in a vessel of glass not full to y^e top, & y^e it be set in warme sand full to y^e neck, y^e space of 12 daies to y^e intent y^e y^e fleshy watery humour may be consumed.

If you distill Mercurie vitreall, or other nixarells, which have a venomous savour, during y^e time of there distillation approach not neer y^e fume, for y^e fume y^e riseth of it bringeth palsey, ulceration, of y^e lungs or decaying, of y^e memory or some suding death, as is often times seen, of y^e plumbeis & ~~for~~ fawnders, therefore you put not so much water at once into y^e still or linbeck, for then y^e neither part next to y^e still will burne, therefore it is better to still a litle at once & often & so y^e water shall distill in grate quantities.

In all distillations you must understand dilligently to separate & part y^e flegme y^e is y^e groser thicked & watery humours & for this cause you must lerne concerning the quantity of y^e water you meare to distill, for some times y^e flegme comes first & some times last, in y^e distillation as in aquavite, y^e flegme remains last altho it be distilled often times, & y^e spirit comes first, but in other distillations, for y^e most part y^e flegme comes first, as in vinegar Honey & such like, y^e which you may perceive by y^e waters y^e come first & last distilled.

To understand y^e degrees of Heat in distillation.

It is very necessary y^e you know y^e diversities of heat in distilling, to y^e intent you may give sure heat to every distillation as y^e matter requier, for some things requier a flaming fire of wood, some of coals & some of Ashes, or some of y^e sand, some of or scales of iron, some of y^e heat of Horse dung, some with y^e water, or fume of water, some with boyling wine in a tub, some with a staked line, & for this cause ward dilligently foure degrees, of Heat, y^e first is called lude-warm y^e is half Rot, y^e second is some what Roter, yet so y^e a man may suffer his hand to be put in it, as y^e heat of Ashes, y^e third is so Hot y^e a man can not hold his hand in without paine, as is y^e heat of sand being Rot, y^e fourth is so vehement Rot y^e you cannot suffer y^e hand in it, y^e is y^e scales or filings of iron beaten to powder

powder, y^e first degree is fit for moist & subtle things as
flowers. y^e second is to destill subtil & dry things. as those of
sweet savour, as pepper, ginger, & clove. y^e third is to dis-
till waters of gross substance & full of juce as are roots, y^e
fourth is for nettles & mirells as allon, urticale & such
like.

So know when y^e Stillation is in
a temperat heat.

You may judg y^e Stillation to be in good order, if between
every drop you can tell shavely 12 in number, & thereby also
you may judg y^e quantity & force of y^e fire whether it be to Hot
or to cold

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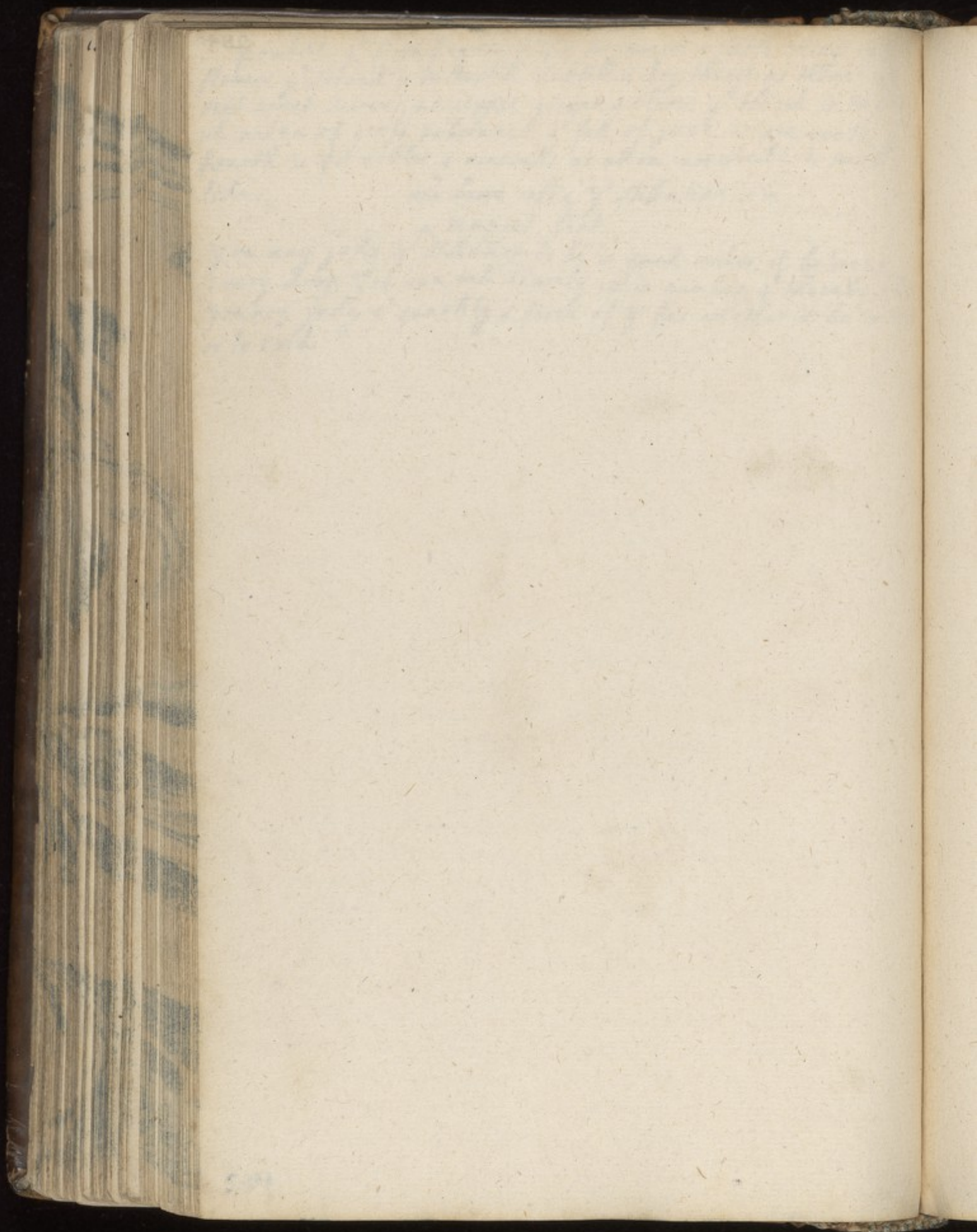
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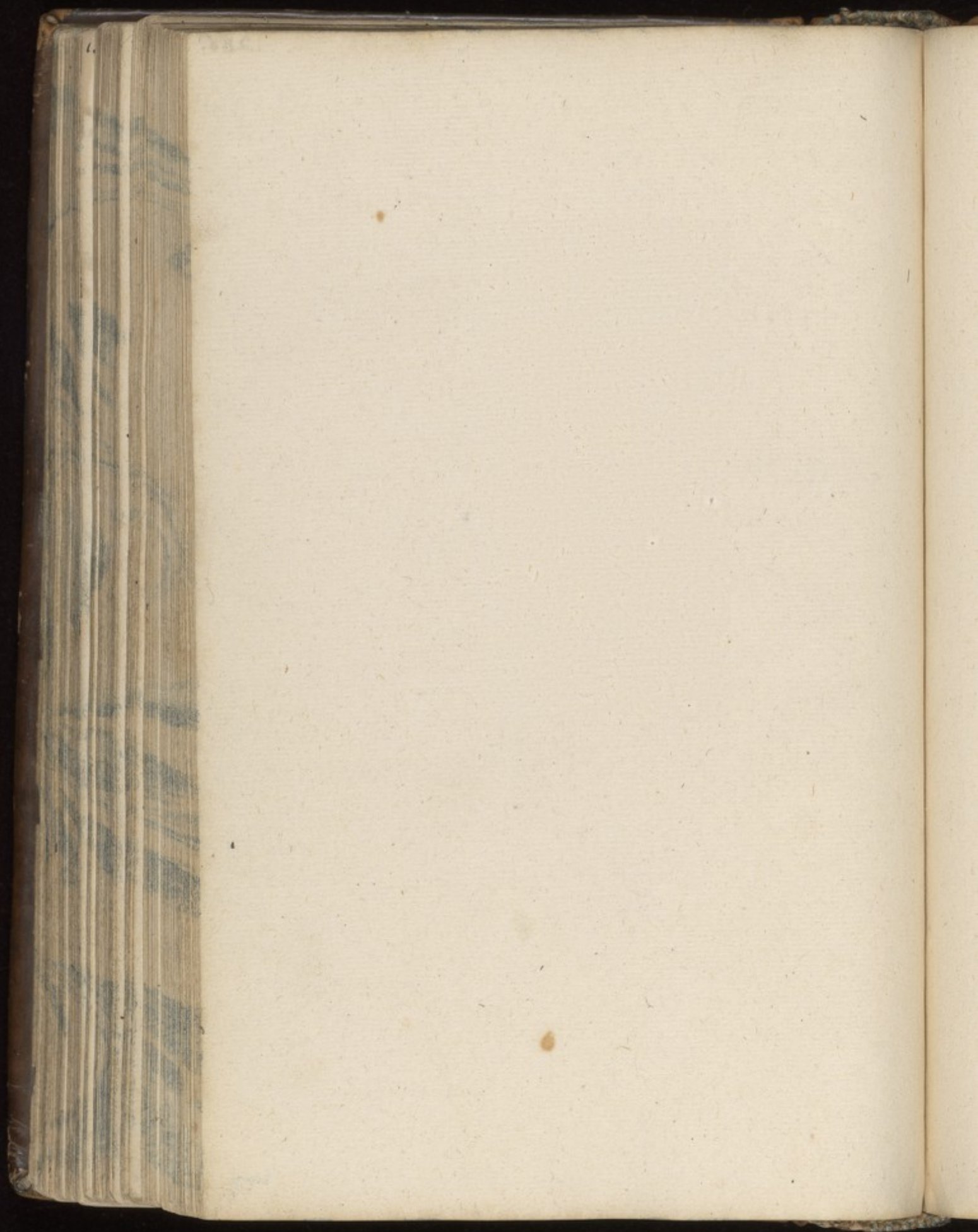
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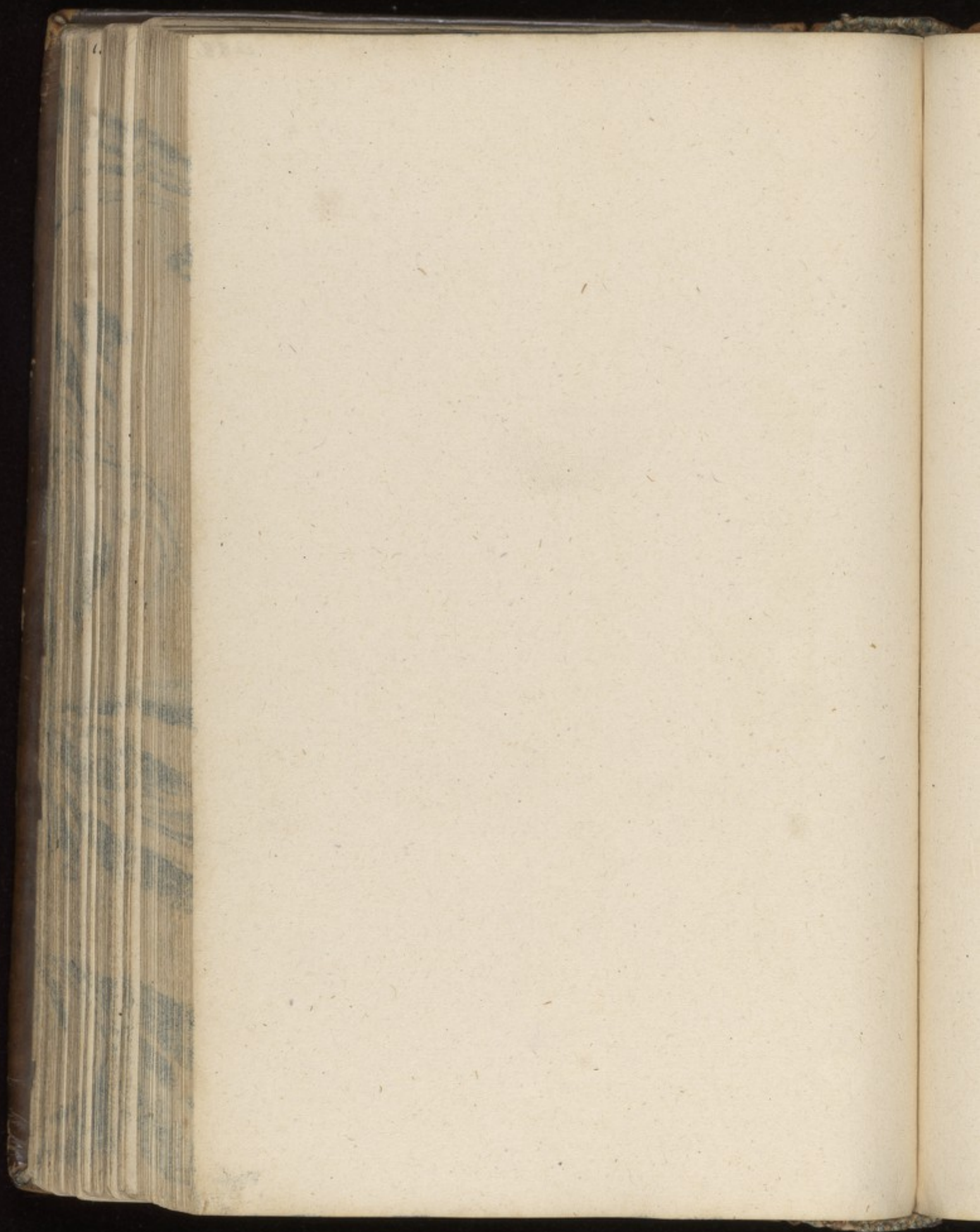
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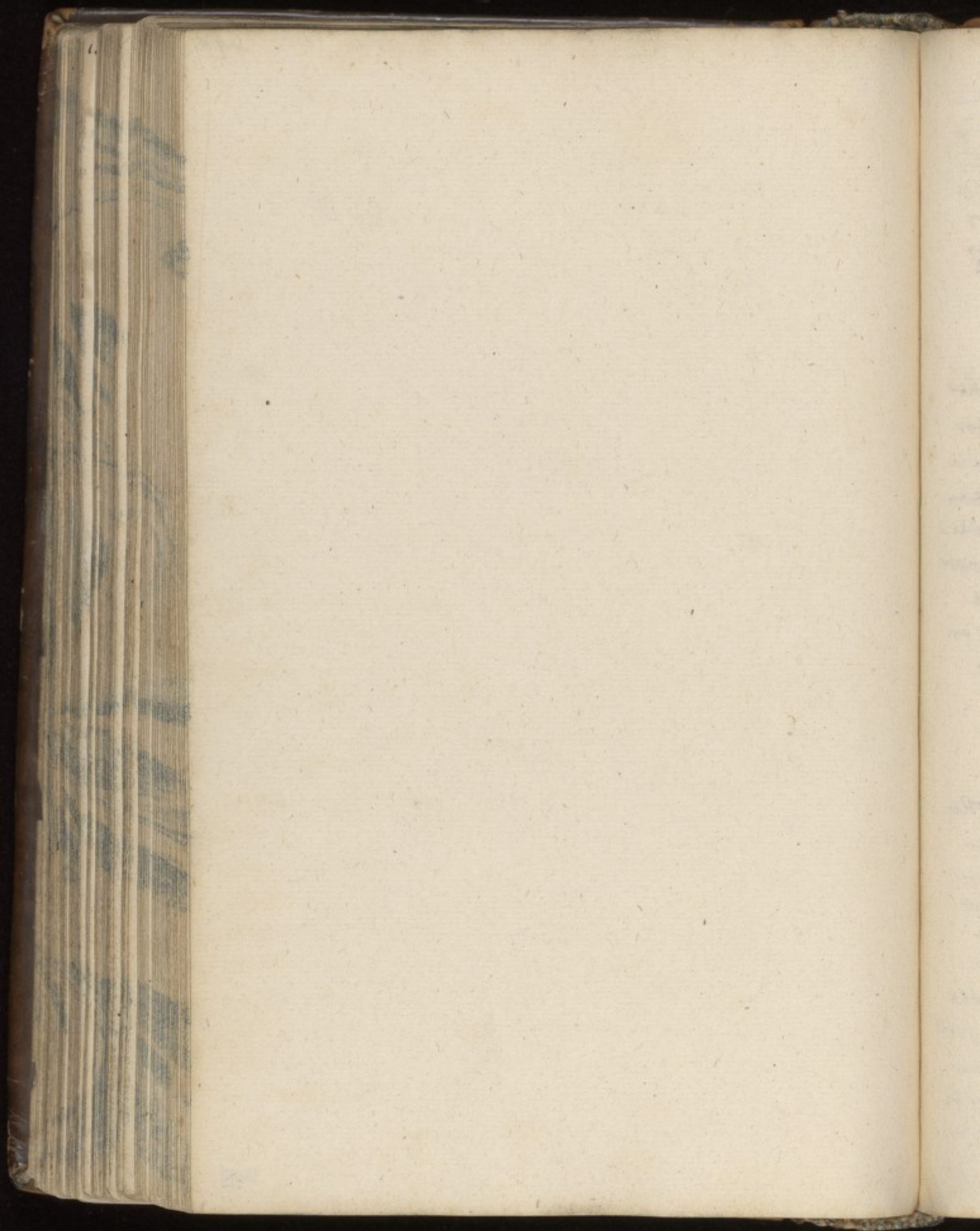
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To make Pomatum.

Take of fresh new hoggs lard pick'd cleane from the bluish specks one pound & an halfe, sheeps suet new from the sheeps bellie, & the whitest, 4. ounces & an halfe, Beat those well in a marble mortar & put them into a cleane new earthen pot, to w^{ch} addde of Pomowarts or Pippins, pared & sliced, 8. ounces, sweet water 6. or 8. ounces, Orrise root^s sliced & bruised, an ounce. Put this pot into another pot with water over the fire, & let it boyle gently for 4. or 5. hours, then take it out & strayne it through a cleane new strainer without exp^{re}sion, let it coole, then separate it from the bottom, w^{ch} will have some sediment, & put it into the mortar again with a little more sweet water, & oyle of Rodium thirtie drops, stire it very well together in the mortar with a pstle halfe an hour's space, then put it up into pots for your use.
By Mr. Hall.

Another way, to make Pomatum.

Take of suet, & new hogs suet halfe a pound. The fat of threescore sheeps feet boyled in faire water which being cold separate the finest fat, or oyle from the water. The fat of Veales neere the kidney foure ounces, put those together into a new pot, with a quarter of a pint of sweet water or orange flower water into another pot of water over the fire to melt with halfe an ounce of bazaarin in powder, being well melted strayne it through a cleane cloth, which when cold separate the pure from the impure, & put it into the mortar againe with one ounce & halfe of sperma ceti. worke it very well together a good while,

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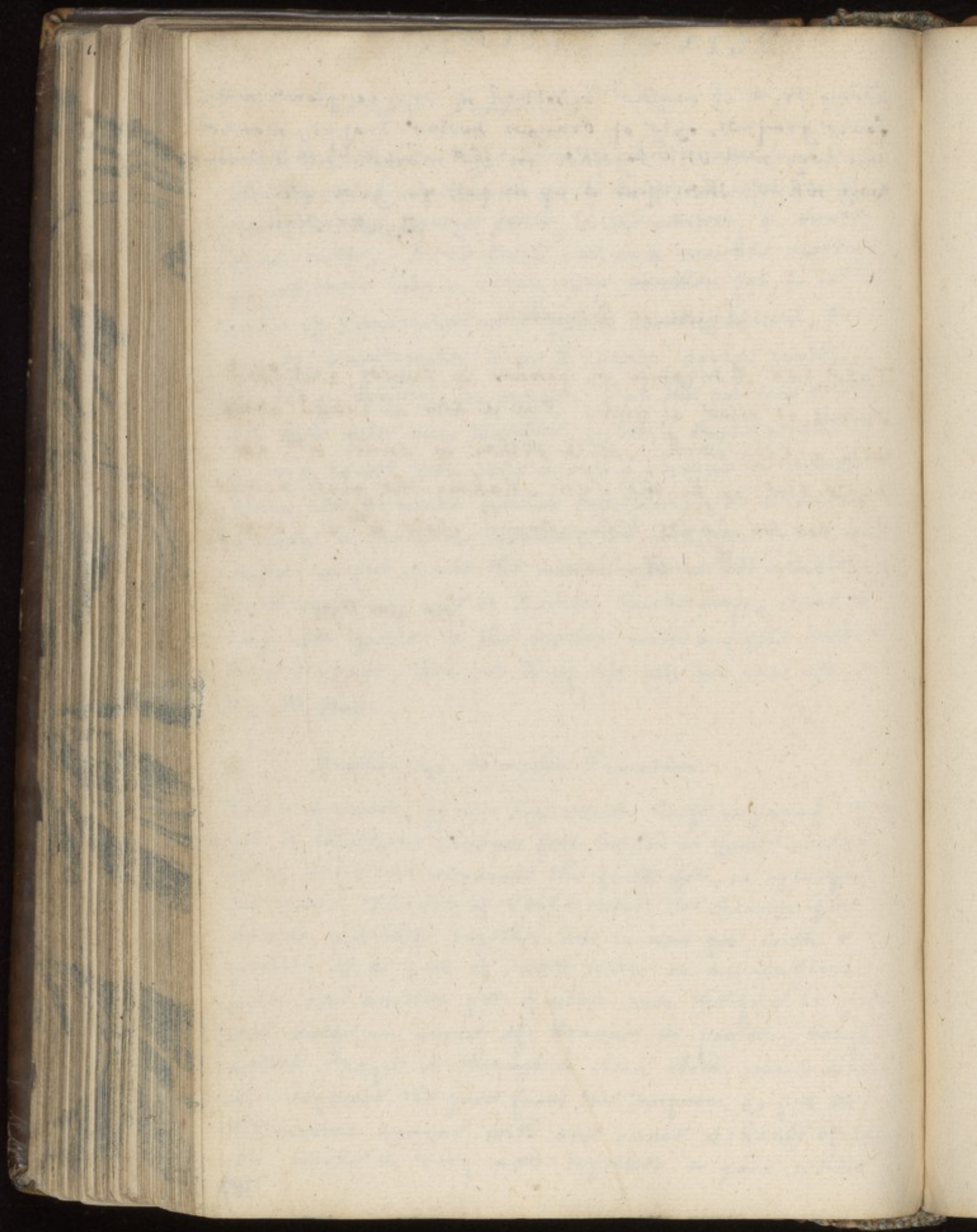
adding to it of muske dissolved in orange flower water
four grains, oyle of oranges twelve dropes, worke
this very well still together in the mortar till it become
very white, then put it up in pots for your use.

By Mr. Hall.

Spirit of Benjamin.

Take fine Benjamin in powder 4. ounces, rectified
spirits of wine a pint. Put it into a round glass
with a long neck, set it either in sand wth an
easy fire, or in the Sun, shaking the glass every
day for ten dayes, being stopp'd close wth a cork, &
tied over wth a bladder.

Mr. Wm. Post



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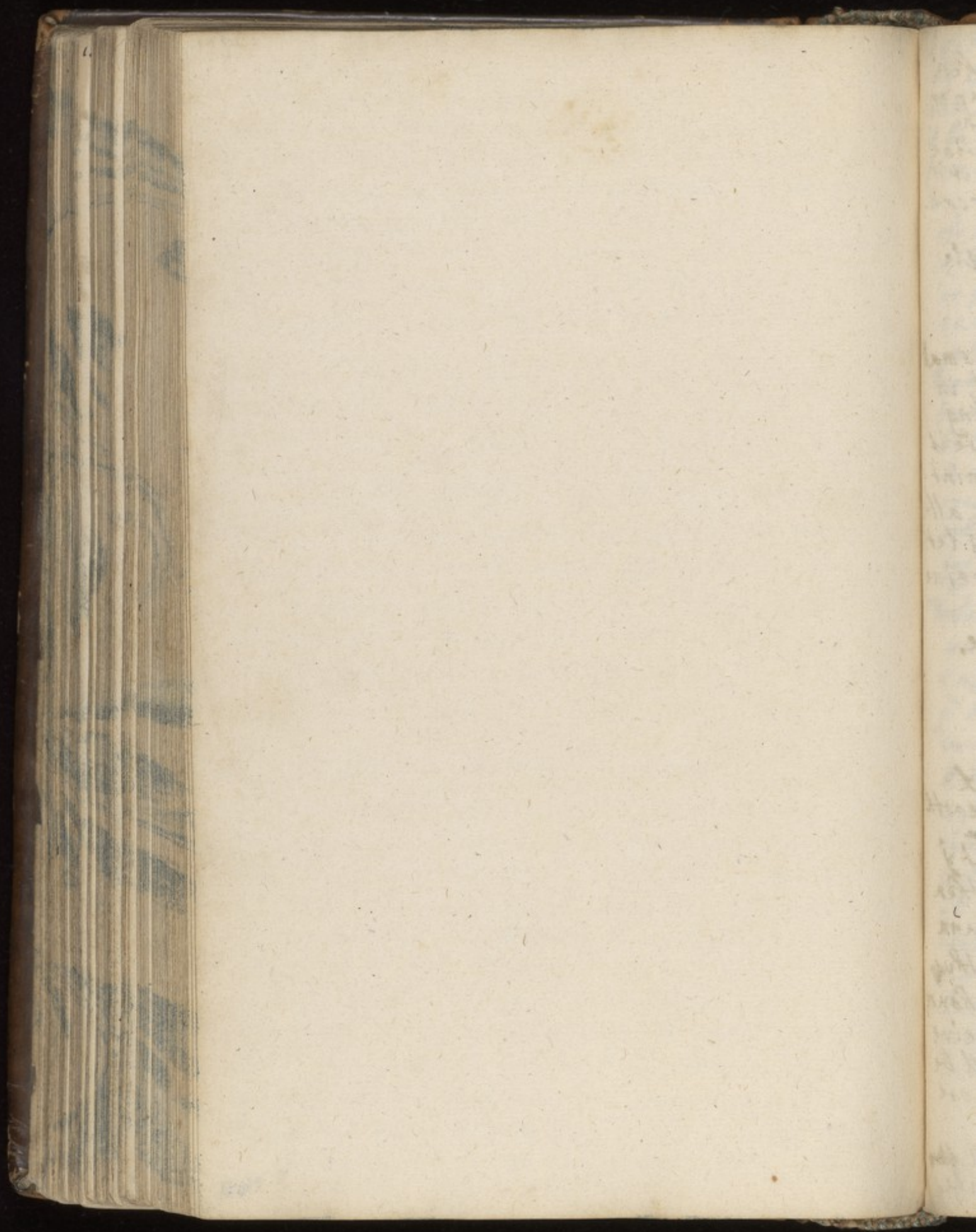
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Oyle of Camomell Bitt

Take a pound of Bay leaves & stamp them small, then take a pint of Oyle Olive, & a pint of white-wine, temper all these together, & let them stand still in an earthen vessel nine dayes, then sceth them on y^e fire till y^e wine be consumed, then straine it thro a cloath & when it is cold, put it into a glass & soe keep it, & use it as occasion shall serve, for it is well approved of.
It is excellent good for an ach, being used with Oyle of camomell by y^e fire.

Adders Tongue Oyle

Take 2 good handfulls of Adders tongue, cut it small & put it into a pint of good Sallett Oyle, y^e is sweet, in a stone or gally pot, cover it & set y^e pot into a thing of hot water, with a reasonable fire under it, where it may stand 3 or 4 dayes; then take almost Ralf a pint of y^e juce of adders tongue, & put it into y^e Oyle all together & set it upon a quick fire in a Shellitt, & let it boyle till y^e leaves be very crispe in it, then straine it & keep it in a pot.

It is very good against any wound, cut, or burne.

To Clarifie Oyle before you
make Oyle of Camomell, Oyle
of roses or any such Oyle.

Take what quantity of Sallett Oyle you thinke good, & put it into a great penten bason, or an earthen pan, & fill it reasonable full with faire water, springe water, then take a wooden ladle & beat y^e Oyle & y^e water for an houre or two together, then set it in y^e sunn upon y^e top of y^e house, where y^e sunn has his full strenght of heate upon it, you must thus remaine beating of it twice a day for half an houre together till it be clarified, which you shall perceive by y^e cleareness of it, when it is perfected, it will be as cleare as faire water, then straine y^e Oyle cleare from y^e water, then

then take of this Oyle & infuse roses or camomell flowers or lillies or any flowers, y^e you will make

Let it stand 2 or 3 dayes in y^e Sunne, in a preserv- 300
ing Glass, then take out y^e leaves, & pressing them, straine
them, & put in fresh leaves, thus shifting it till you see
it be strong enough, & soe let it remaine in y^e Sunne
from May till Michaelmas.

An Oyle for aches or swellings.

Take rose mary, lavender, lavender coter, sage, cano-
nell, Rue, brack lime, Bugle, Cost-mary, elder leaves
or flowers, Worme wood, Southernwood red mint of
each of these one good Handfull, Shred all these to-
gether, & then pound them well in a mortar, with Clove
mace, Bynamon, of each of these Ralf an ounce,
franchincence, Hens dung or partridge dung of each
Ralf a pointe, black Snails a quart, a pound of
fresh Butter, then put them all together & boyle it
over a soft fire in an earthen crocke 4 or 5 houres,
when y^e State of y^e Herbs be out straine it & keep it
for y^e use.

Oyle of Bulles.

Take red sage, herbe grace of each one pound
waste, bay leaves, worme wood of each Ralf a pound
& of Camomell soe much, you must not wast wash
y^e Herbs, cut them small & beate them in a mortar
very much, then take 3 pound of y^e Sheepes suite
Rat, from y^e Sheep, mince it small & beate y^e Herbs
wth y^e suite very well well together till it be all of a
coller, then put it in a crocke with a pottle of y^e best
Oyle of Oyle of Olives, word it all together till it be
all a like, keep it very close stoped eight dayes, then
boyle it with a soft fire, & when it is half boyled put in
4 ounces of Oyle of Spicke, & when y^e Herbs be boyled
then strained it out & keep it for y^e use.

It is good for aches, agues, swellings, straines or
bruises.

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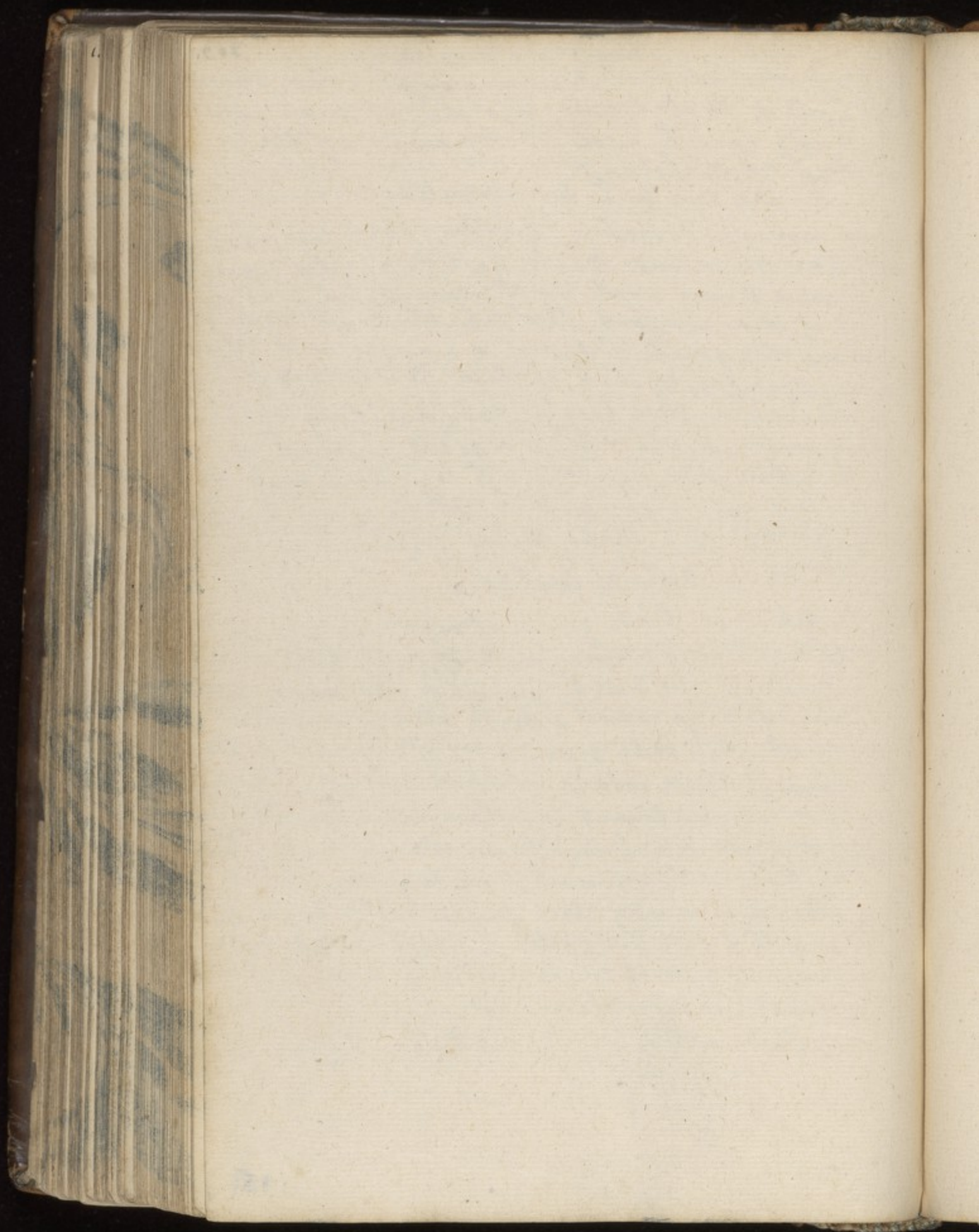
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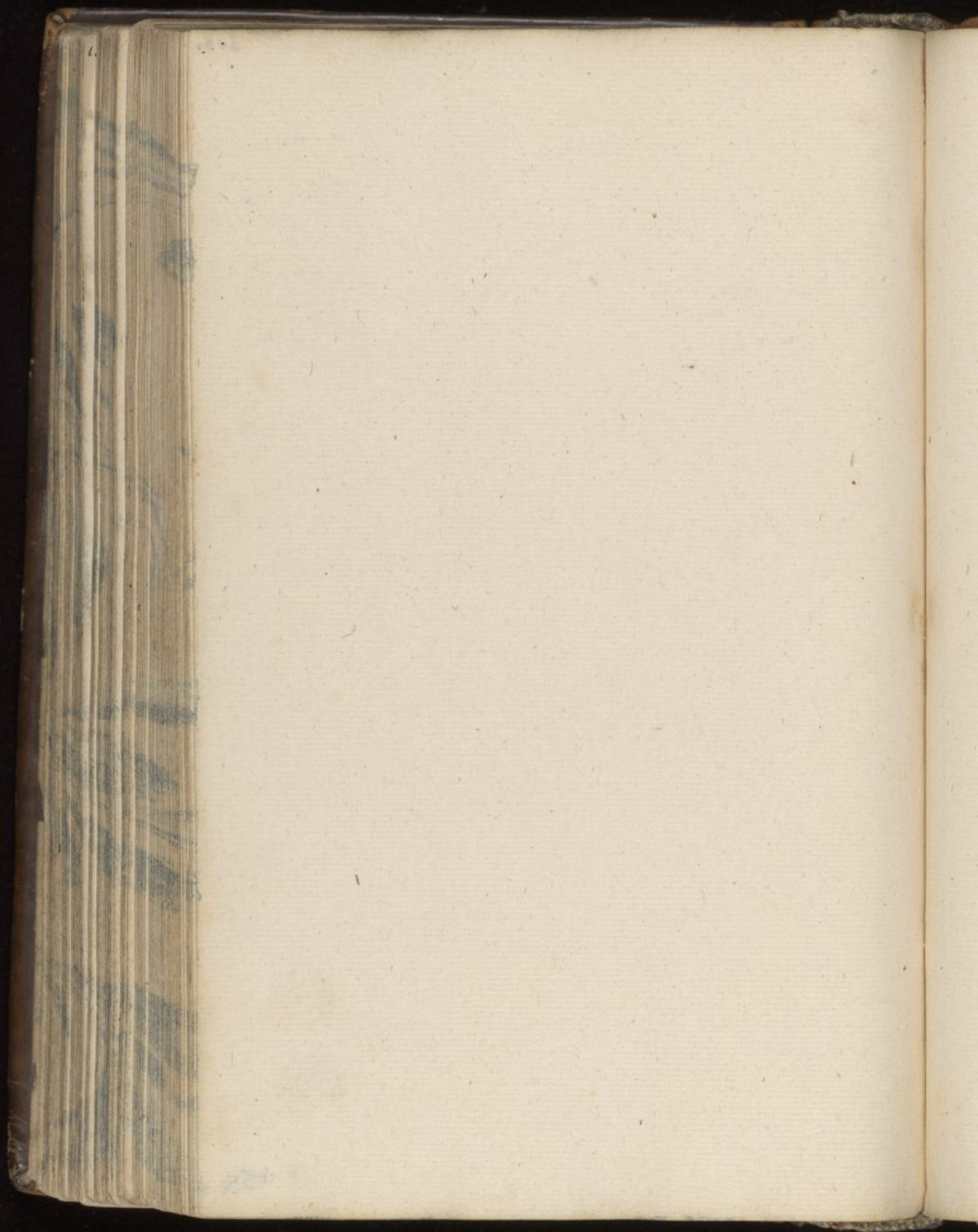
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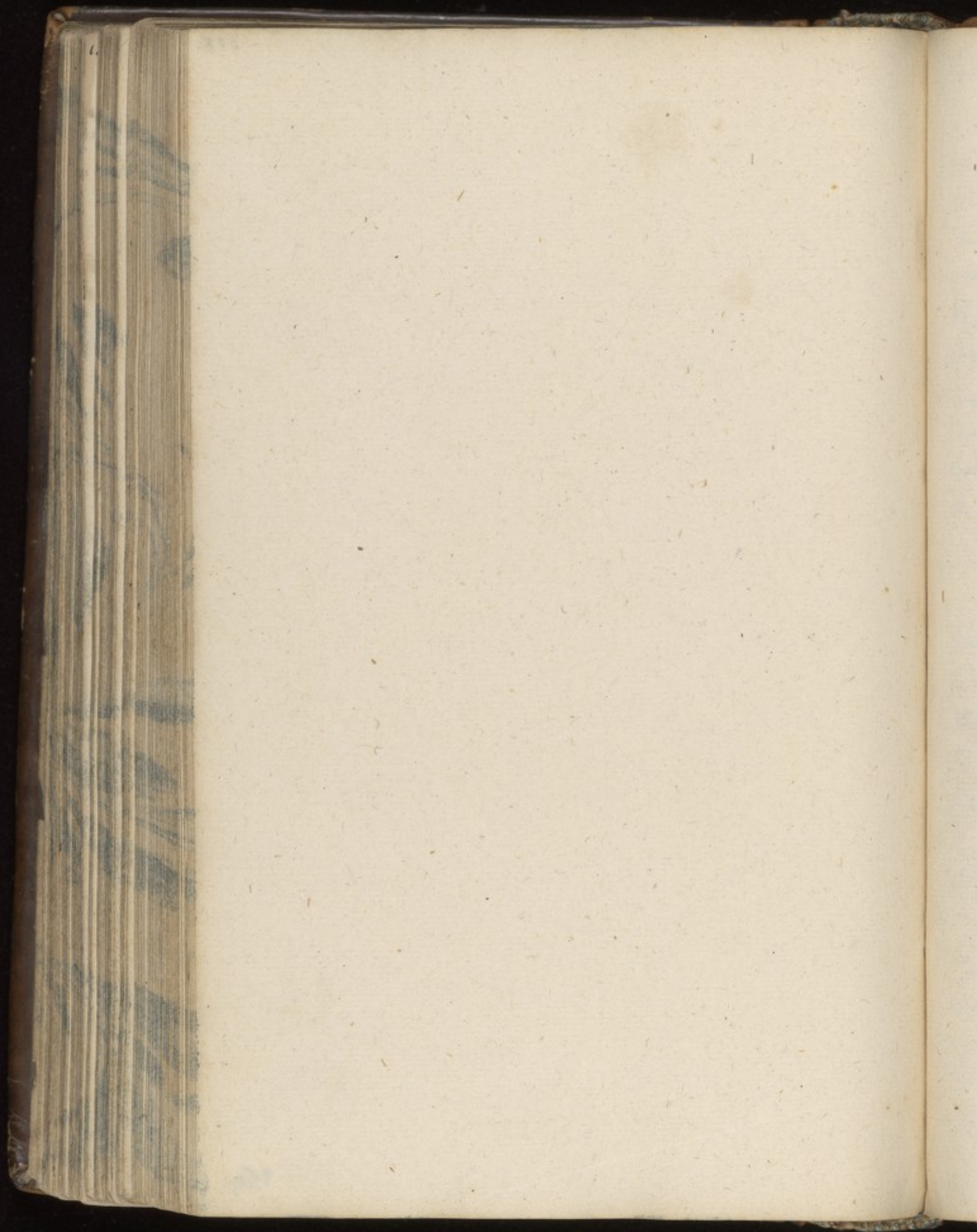
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To make syrup of Julie flowers.

Take a pound of water, & half a pound of flower Julie flowers cut, heat the water till it boyleth, then pour it upon the flowers, let it stand fourteen or 16. hours, presse it out. To a pound of \bar{y} Infusion, put 2. pound of double refined sugar, powdered & searced. Let it stand 24. hours, & stirred it often, & move \bar{y} better.

Do it in an earthen vessel, & set it in a kettle of hot water, stir it all the time it is in \bar{y} water untill it is near dissolved, & then take it out, & stir it till it is almost cold.

To make syrup of Elder.

Squeez your berries in a presse, let \bar{y} juice stand 24. hours, scum off \bar{y} top. & leave \bar{y} dregs at \bar{y} bottom, then pour off \bar{y} clear juice, & add to 2. pounds of \bar{y} juice one pound of sugar. Let \bar{y} sugar be Lisbon sugar; when \bar{y} sugar is dissolved hot, straine it again, then gently boyle it to \bar{y} consistence of a syrup.

To make syrup of Oranges.

Take clear juice of oranges one pound, add to it a pound ^{and} 14. ounces & an half of sugar, dissolve it with a temperate small heat, but first let the sugar dissolve.

Umans may be soe used; all, in earthen vessels.

To make Syrrup of Colts-foot.

Take y^e leaves of Colts-foot, & wash them very cleane then wipe them with a cleane cloath, leafe by leafe, then dry them well with a cloath, then beat them in a mortar & put them in a Strainer, & ring all y^e juce out of them, & put it in 10 Glasses & let it stand in them to settle all night, & y^e next day pour out y^e clearest of y^e juce from y^e grounds into a cleane bason, & take for every pint thereof a pound of Sugar finely beaten, then boyle y^e juce of colts foot softly on a charcole fire: and when you have well scummed it, put in y^e Sugar according to its proportion: & so let them boyle together, keeping it with due stirring untill it will stand on a stiff purle, dropping it on a plate: then take it from y^e fire & pour it thro a jelly bag, into a bason: putting first a branch or two of rosemary into y^e bags bottom: then keep it stirring with a spoon, untill it be luke warm, other wise it will have a cream upon it: so let it stand all night: then put it into bottles for y^e use.

Thus you may make most sorts of Syrrup now in use as Syrrup of Worm-wood, betony, burage, bugloss: Cardus, camomile: Succory endive, strawberries, fumitory, purlax, Sage, Scabious house-leek.

Syrrup of Roots for cooleing & opening y^e liver.

Take of Succory roots cleane scraped 2 pound, y^e pith being taken out, fennell & parslly roots of each half a pound, Endive & Succory herbs of each 2 pound, some what more of y^e endive, & of baridg flowers one pint, seeth all these in six gallons of water, till there remaineth but 6 pints, & put thereto 6 pound of Sugar & seeth it to y^e halfe, & put thereto to a pint of white wine vinegar, more or less according to y^e tast, let it seeth a little after y^e vinegar is in, & so let it coole & keep it for y^e use.

You may put into y^e Syrrup after it is perfectly made one ounce of fine Shuburb, cinamon & Spicknard of each one drach powdered grossly, & tyed up in a fine linnen cloth & put it into y^e fore said Syrrup, when you take it from y^e fire let it remain in it continually, & this is called Syrrup of suc-

-cory with the khabarb.

Take of this Syrrup of roots three Spoonfulls, to six spoonfulls of broth, it must be thin & warme, made either with Chicler or Mutton. &c.

A Syrrup for any Stopping Cold in y^e Breast.

Take y^e leaves of wood bittony, burnet, & red rose leaves fresh gathered or dried, coltsfoot & bonfry roots, scraped & made cleane, bruise y^e roots & leaves in a mortar, & of each both leaves & roots there must be a good handfull, & put them in a pipken with a pottle of ming water, cover it close & let it boyle on a soft fire to a pint, then straine it & take off all y^e scum, & to this pint of water put a pound of refined Sugar, & boyle it to a Syrrup, but let it not be too thick, there must y^e way to use it is best in bed to take 3 Spoonfulls in y^e morning & 3 last at night, & if you please to take a Spoonfull at a time, in any other part of y^e day.

A Syrrup for a Cough

Take gum dragon & steep it in red rose water all night, then take a pint of red rose water, put it in a skillett & put there too one Spoonfull of y^e steeped gum cleane pickt, & 2 or 3 spriggs of sweet marjoram, & foure ounces of broune sugar candy, & so let them boyle to a Syrrup, then clarifie it with y^e white of an egg, then straine it out & steep it for y^e use to be taken morning & evening. &c.

A Syrrup for a Cough or Cold.

Take 3 pintes of Spring Water, put it into a new pipken with 9 leaves of Bolts-foot, 9 slips of wa set jeon; a little maiden-haire, 9 blew figs sliced thin, half a Spoonfull of sweet fennell seeds, & a Spoonfull of anny seeds bruised; let all these boyle in 3 pintes of water scumming it very cleane till it come to a pint & a half then put in half a pound of y^e best white sugar candy, let it boyle till it be a thinn Syrrup, then straine it thro a Strainer from these things & put it into a glass I give y^e patient to drinck, one Spoonfull of it in the morning, a nother at ten a clock, a nother at foure a

315 Cloche & another when he goes to bed, then take
2 Spoonfulls of y^e Spirit of Strong cinamon Water, put
in it as much ally sacketrine beaten & serced as
will ly upon six pence, stirr these together but set
it not on y^e fire to warme, but take y^e hand being
hot & anoint y^e patients stomack with this water,
from y^e whole of y^e stomack to y^e navel & sprinkle
a linnen paper with some of this water & lay it to
his stomack 3 nights.

Syrrop of roses y^e best

Take damask rose leaves (y^e white ends cut off) a
suffient quantity, put them into a stone pot, very hard
then pounce upon them a quarter of a pint of y^e juce of
damask roses, & stop y^e pot very close as may be, then
set them in a pot of scalding water & let them stand
soe 24 houres, then pounce all out & straine them hard
& put y^e juce into y^e pott againe, & put in as many rose
leaves as you can, & let them stand as before 24
houres & straine them; doe this nine times then
straine them cleare & put to every 2 pints & a half
of juce, one pound, of y^e very best hard sugar & clari-
fie it with y^e white of an egg, & boyle it up to y^e thick-
ness of a syrrop, then put it into an earthen pan & let
it stand untill it be cold, then put it into a pot or glass
& soe keep it.

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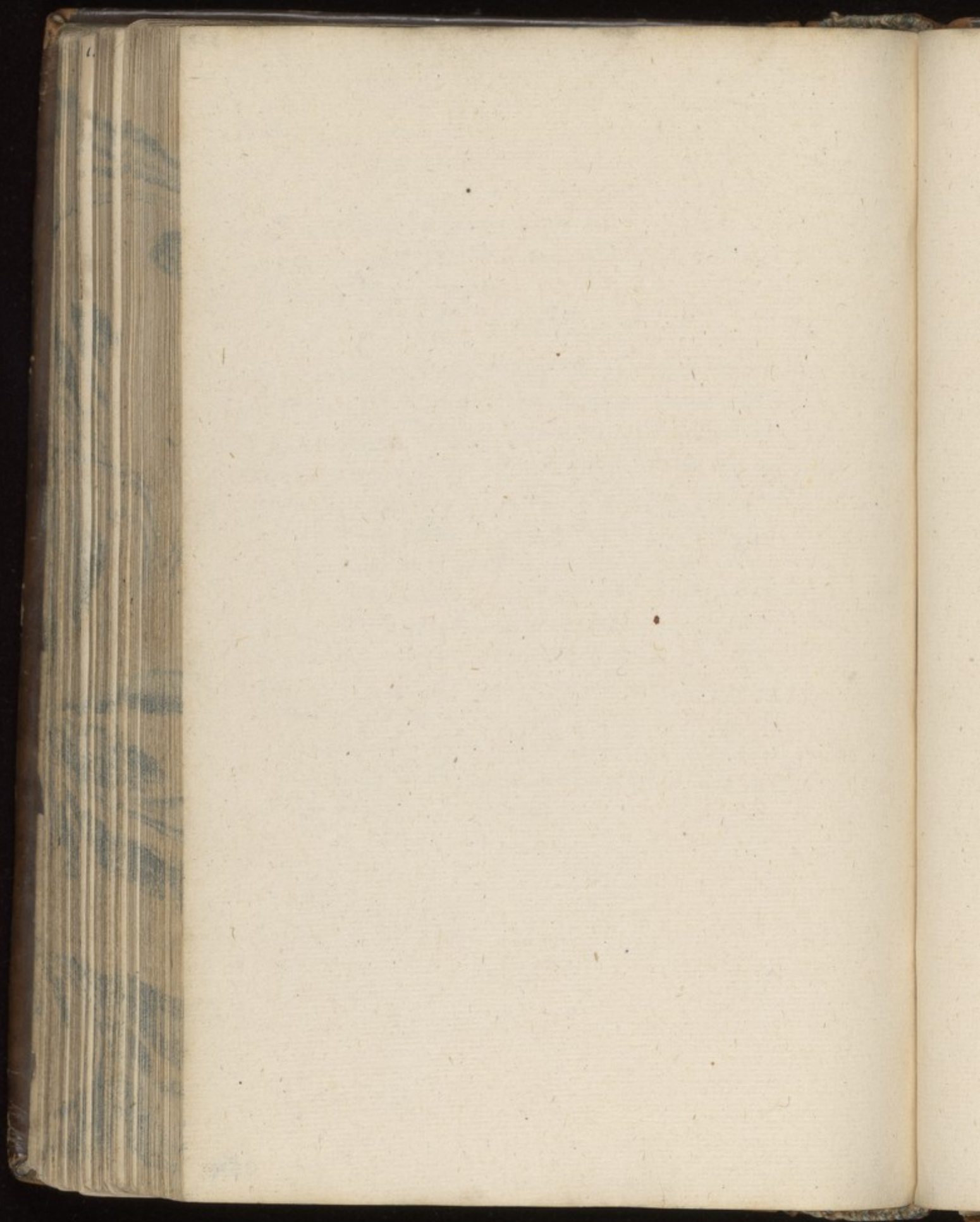
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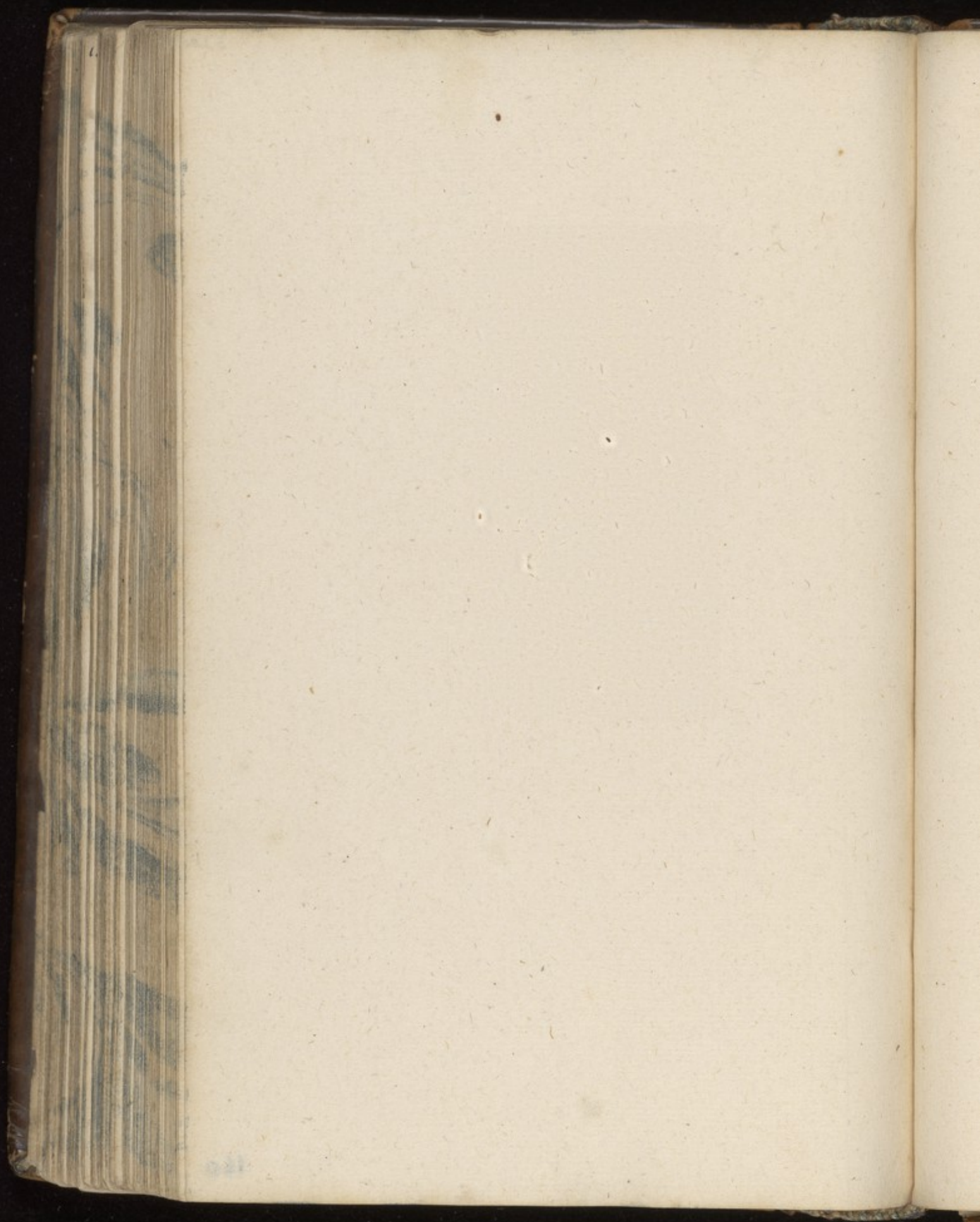
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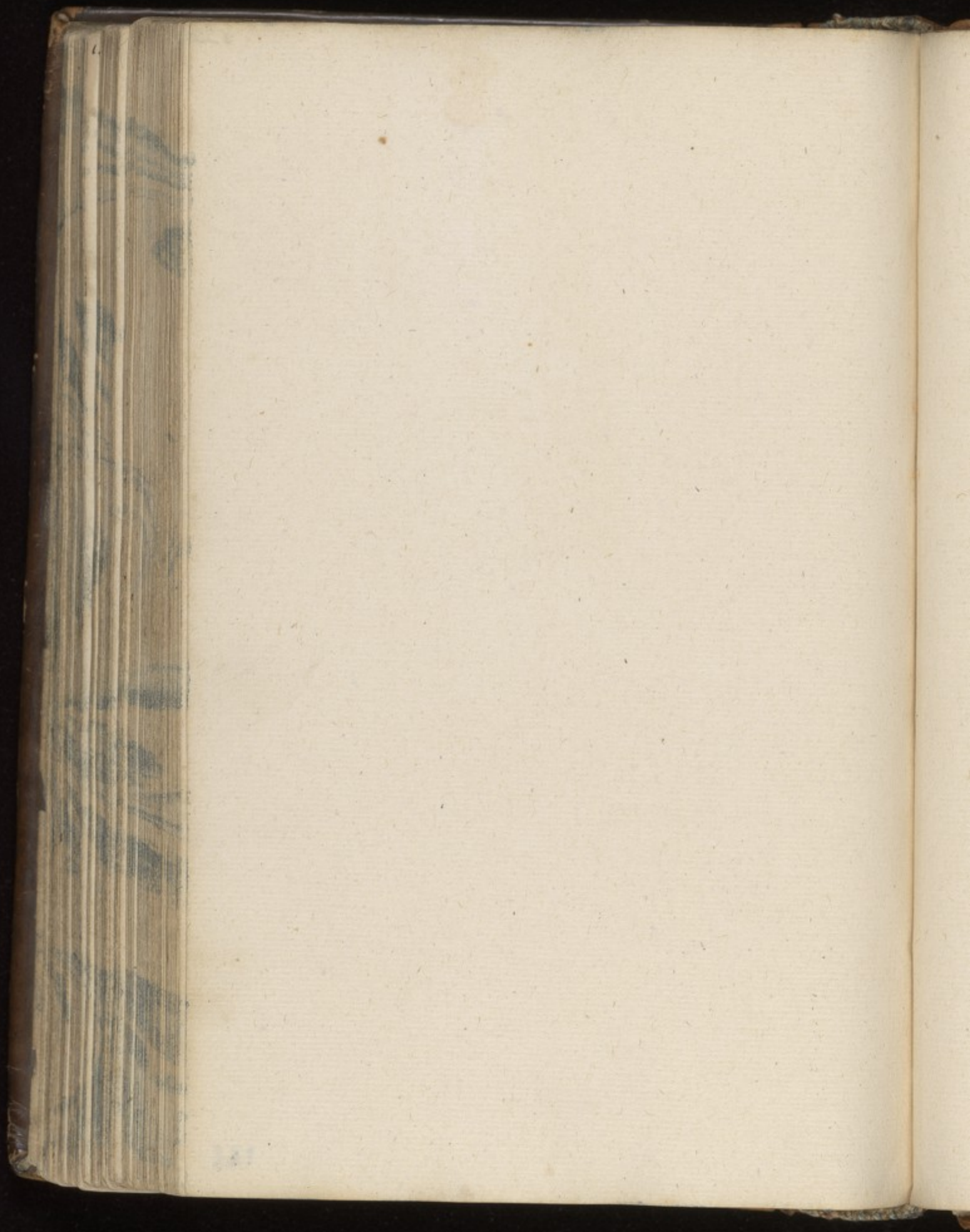
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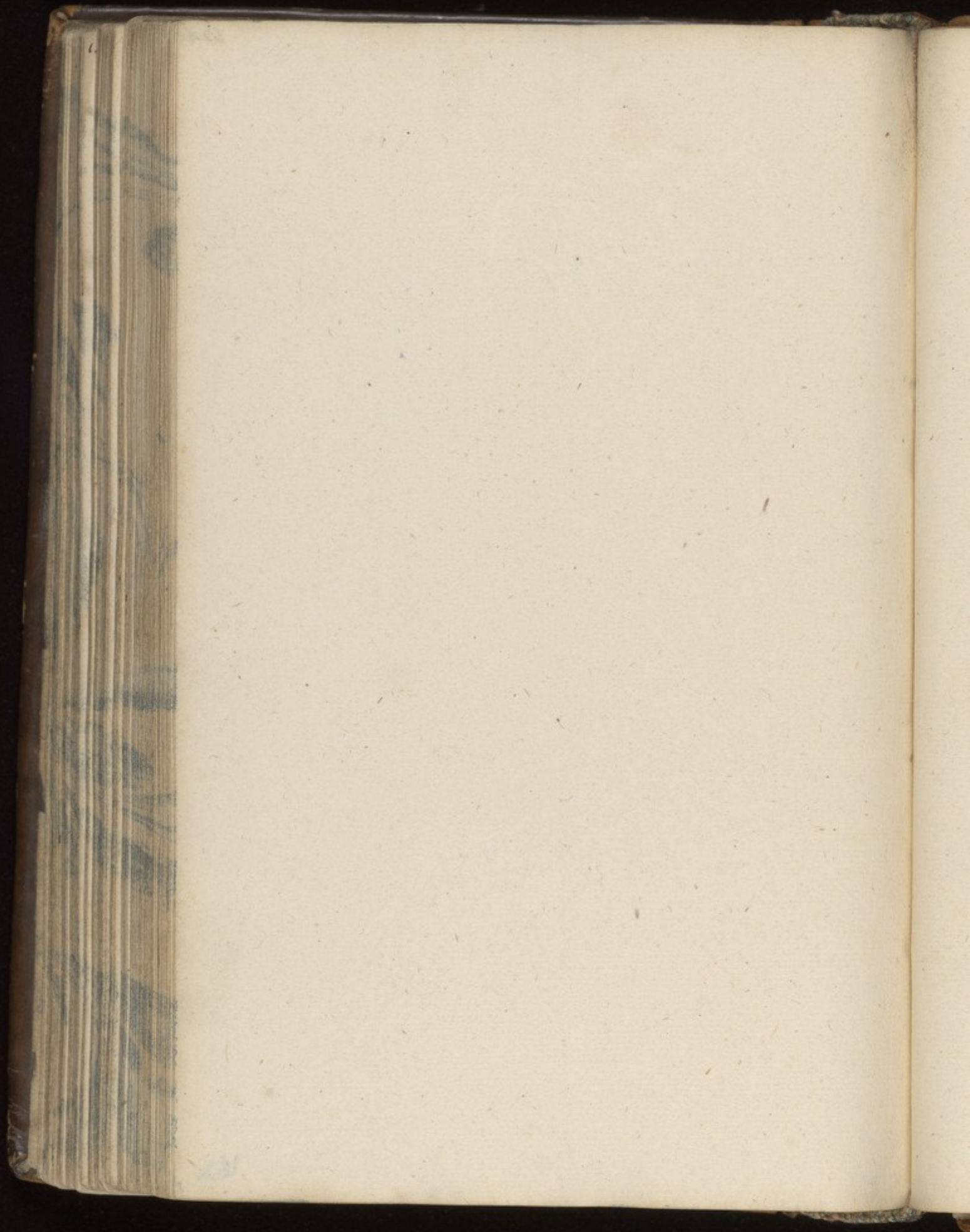
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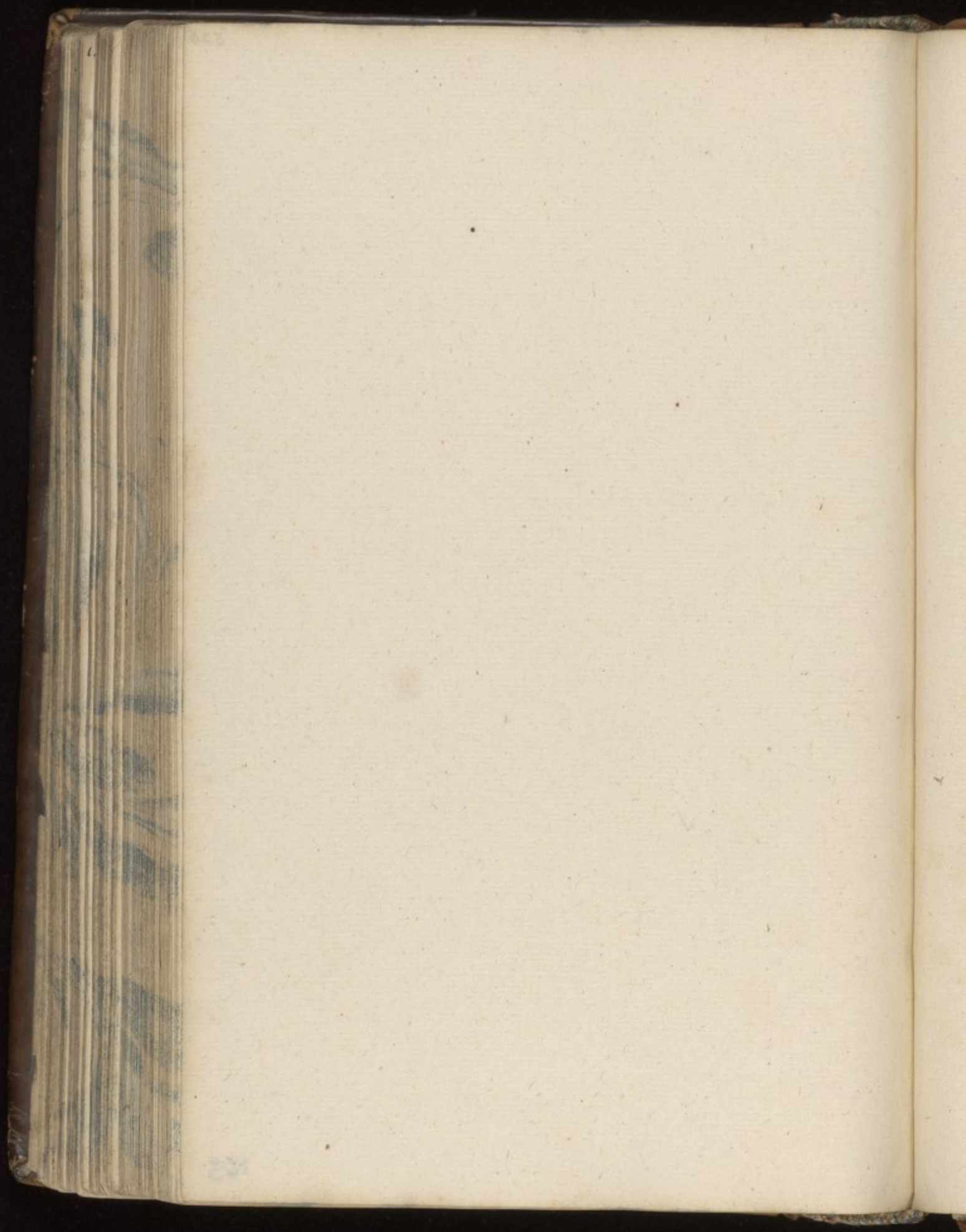
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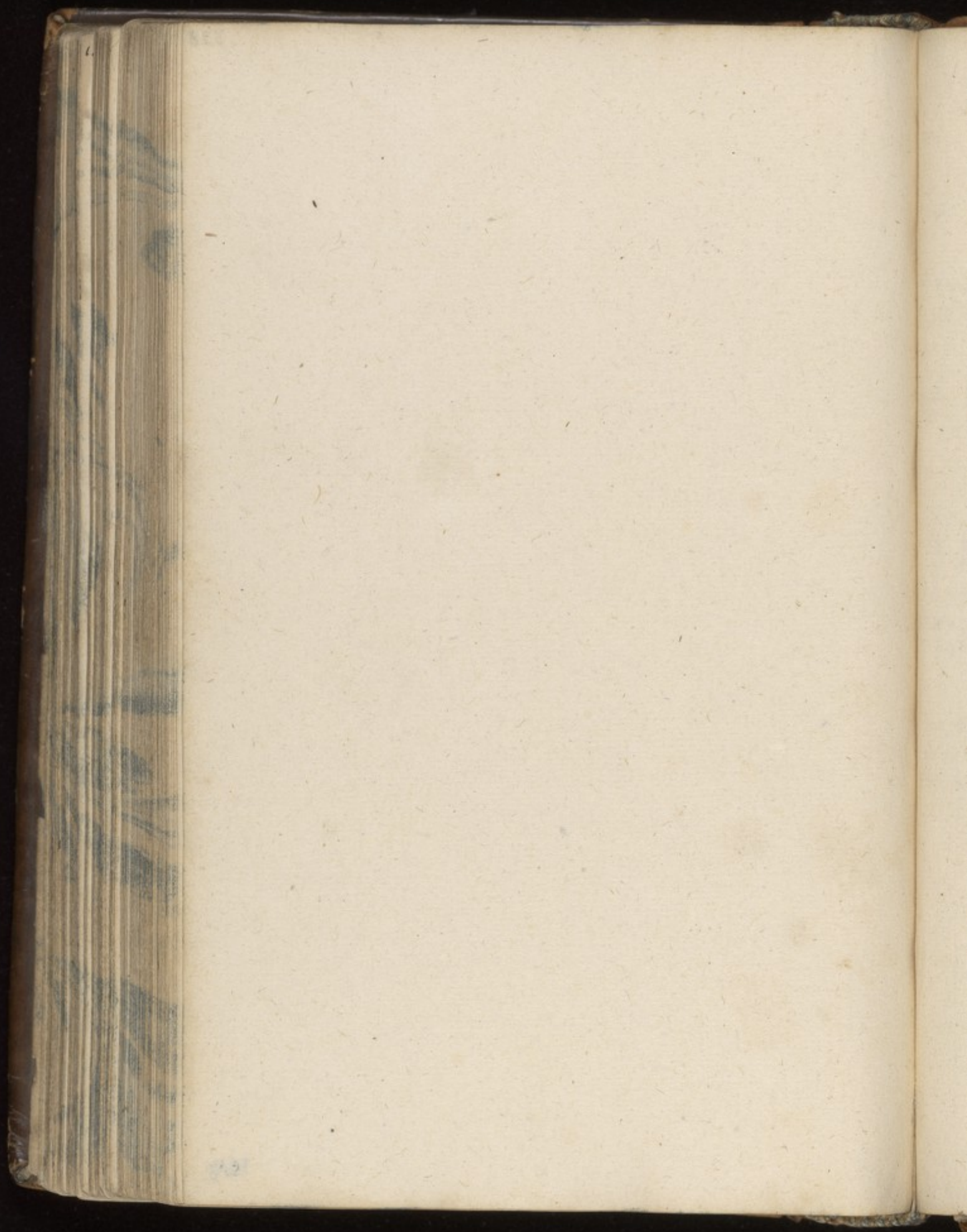
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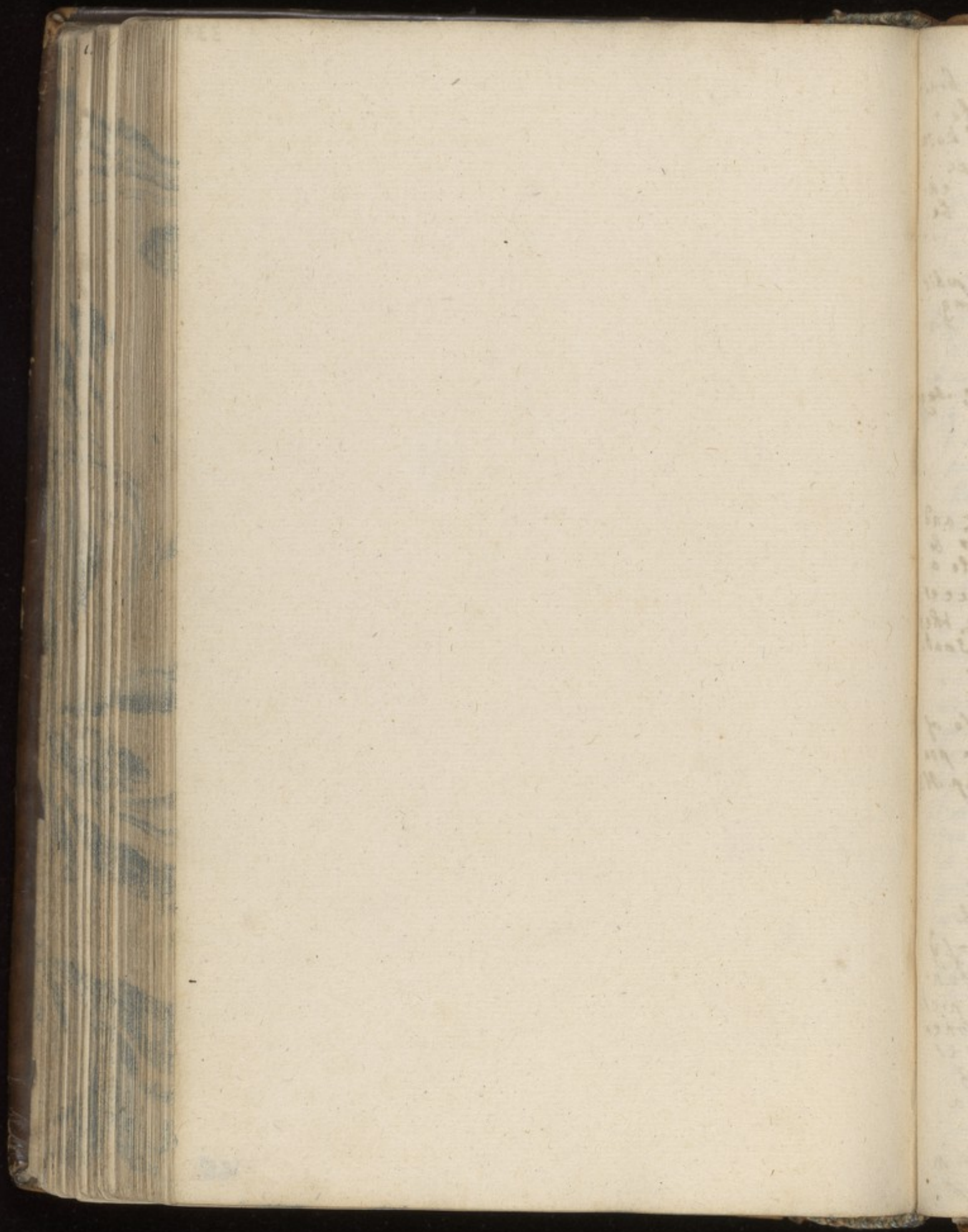
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 74

To make Conserve of Roses.

Take red rose buds clip all y^e Whit off & any y^e is bruised or Withered from then, then to every pound of roses take three pound of sugar beaten small & sifted, then stamp y^e roses very small; putting thereto then a little juce of lemons or rose water as they be come dry. When you think y^e roses small enough, put y^e sugar to them, & beat them together till they be well mingled; then put it up in pots or Glasse.

In this manner is made y^e conserve of flowers, as violets which doth cole & open in a burning fever, or Ague being dissolved in almond milk, this is excellent good for any Inflammation in the throat Children.

Thus you may make conserve of cowslips, marigolds, sage, Sage, Scabious & y^e like, &c.

To make Conserve of Cowslips
y^e best Way.

Take to an Ounce of Cowslips 10 Spoonfulls of Water, and three Ounces of sugar, then boyle y^e Cowslips very tender before you put in y^e sugar, then put in y^e sugar, & let it boyle a pretty while, then squeeze in y^e juce of a lemon & some peeces of preserved Citron & lemon peece & let it boyle a little, then put it into glasse y^e Citron & lemon peece must be cut very small. *M^{rs} Hobey.*

Conserve of Apricocks.

Boyle y^e apricocks one hour in a close pot, in a Kettle of water, then straine out y^e juce, & to every pound put a pound of sugar & boyle it up to a conserve, then put it up &c.

A Cordiall Conserve to comfort
y^e Sta Heart.

Take y^e buds of red roses Clipt, y^e like of damaske roses of each 2 ounces, of y^e flowers of burridg, of Bugles of blew violets, of Harts ease, of cowslips, of red clove gilliflowers, of each of these flowers 2 ounces, all these flowers must have y^e bottoms clipt off, & pick 2 ounces of rose mary flowers, Stamp all these in Stone mortar adding to every ounce of flowers three ounces of sugar, they must be stamped very well together & kept close & take it but y^e quantity of a wall nut at a time, as need shall require.

You must take these flowers, severally as they come in theire season, & mingle them together after wards.

Conserve of Barberries.

334

Take y^e Barberries from y^e stalks, then weigh them, & take to a pound of Barberries a pound of Sugar, then put y^e barberries into a shellit & sprinkle a very little faire water on them with y^e hand, then set y^e shellit on y^e fire & stirr y^e barberries still with a spoon and when they be thro hot, with y^e hand rub them thro a peece of fine cushion carvis, & get out all y^e juce as cleane as you can, then take a pound of Sugar finely beaten & seared & stirr it in by little & little till y^e sugar be all in, then set y^e dish on a pot of seeth- ing hot water, & stirr y^e conserve as long as it is on y^e pot, & as you see y^e scum rise let it be scimed off. & set a little in a spoon to trie whether it be thicke enough, it will be ready in little more then half an hower, & soe put it up into a gally pot as soon as it is ready.

A conserve of Rose leaves
without beating an excellent
conserve.

Take y^e roses when they are a little more then half blowne, & cut off all y^e white, & when you have a pound of roses take to them a pint of faire water, put them into a pipkin with a cover, & put y^e pipkin into a brass pot orettle with water on y^e fire to boyle for 6 houres soe as noe water goe into y^e pipkin, you must now & then turne them with y^e spoon, & cover them close againe; at y^e 6 houres end if you perceiue them to be very tender & of a good colour, put into y^e 3 pound of best loafe Sugar finely beaten, & let it boyle together an houre stirring or moving it now & then as before; then take y^e juce of 2 lemons & put it into them & let it boyle a quarter of an houre longer, then take it from y^e fire & put it into y^e pots. 6.

Conserve of roses.

167

Take red rose buds well colliered picke of y^e best tea leaves, & cut off y^e whiter, to a pound of rose leaves put a pint & half of red rose water into y^e you must infuse as many rose leaves as will cover it; Straine out those leaves, then put in y^e pound of roses which you have picke into a greater pipkin, set y^e pipkin in a greater pan of water & let it boyle ten houres, still filling it up with hot water, then take 3 pound & a half of Sugar beaten finely, strow y^e into y^e pipkin by a little at once

385 Soe let it boile an houre, then take y^e juce of a good
big lemon, make it hot in a silver porringer & poure it
into y^e pipkin still stirring it, & soe let it boyle a quarter
of an houre, then put it into y^e gally pott.

Conserve of ~~the~~ roses

Take a pound of red roses, cut them & pick them as be-
fore, then take 3 pound & a half of sugar & with a pint
of water & y^e white of an Egge claifie it, then
boyle it a little while, to a reasonable sirrop, then take
those roses & beate them as quick as you can, & with as
much Rast as you can put them into y^e Syrop, still
stirring it as fast as you can, then take y^e juce of a
lemon & warme it & poure it in & let it stand still over y^e
fire stirring of it y^e it may not boyle but simmer, then
take it off & put it into gally pott & when it is cold cov-
er it with papers prickt full of holes & let it stand
in cold water a fortnight shifting y^e Water once a day
for you must doe y^e preserved roses a bove.

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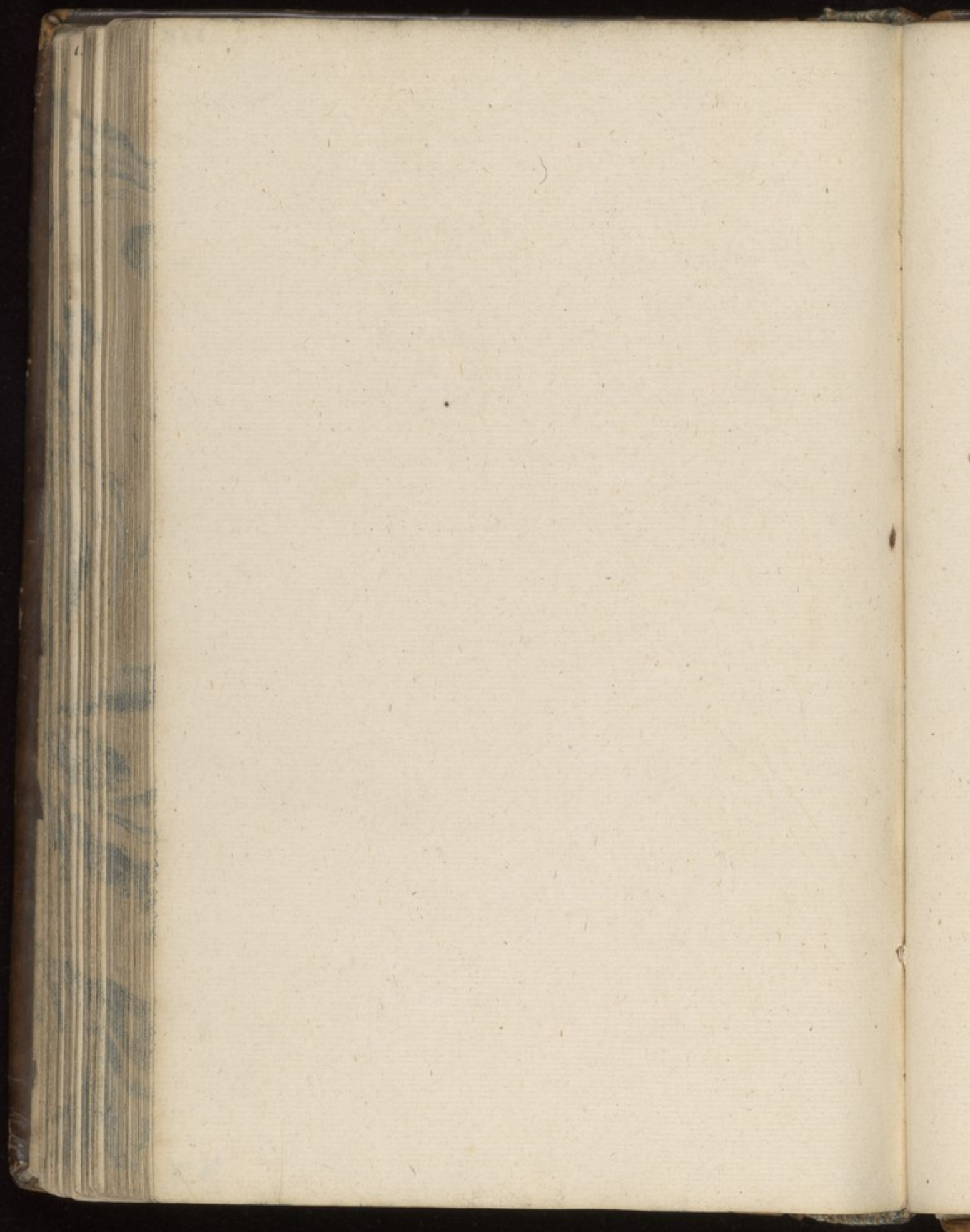
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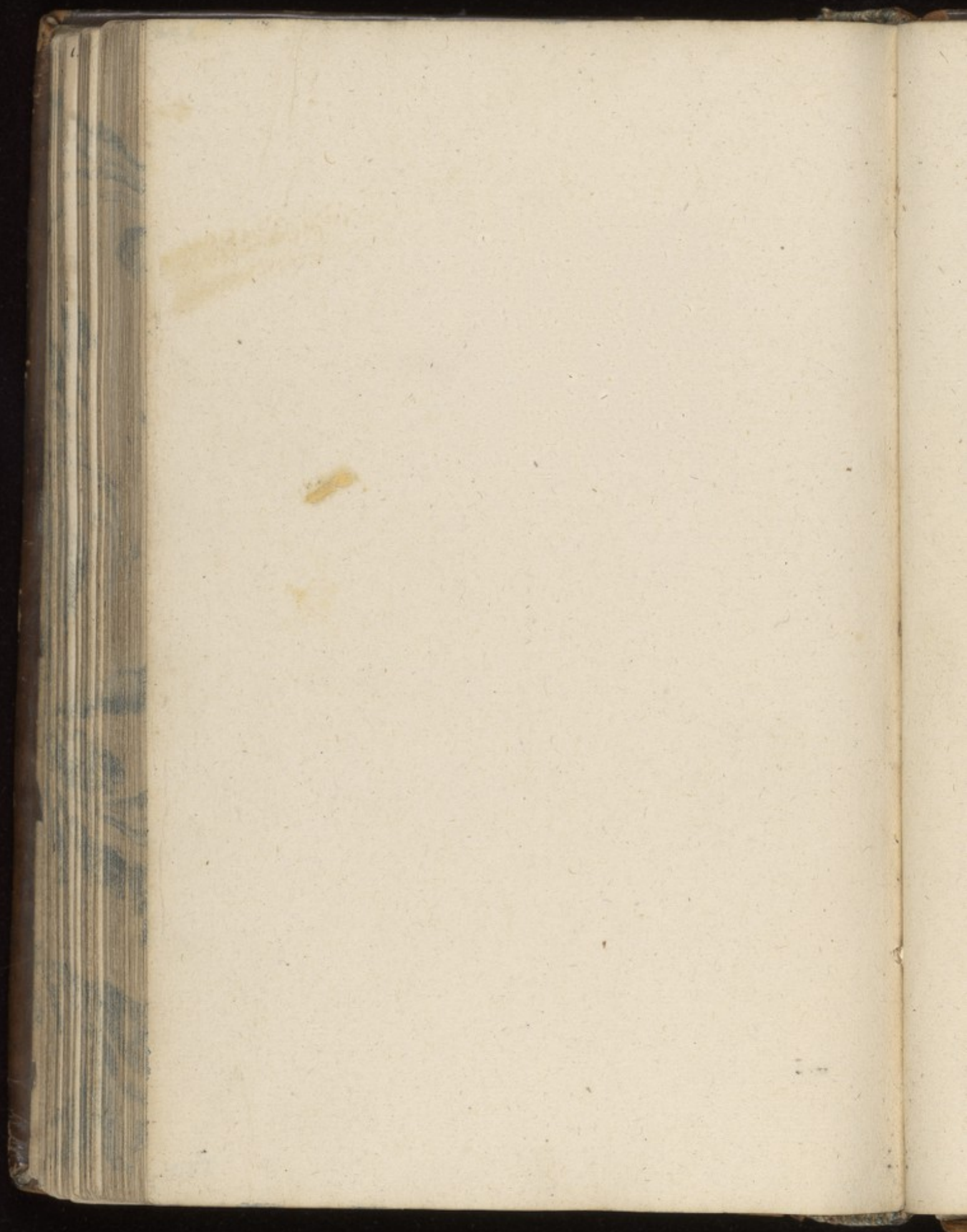
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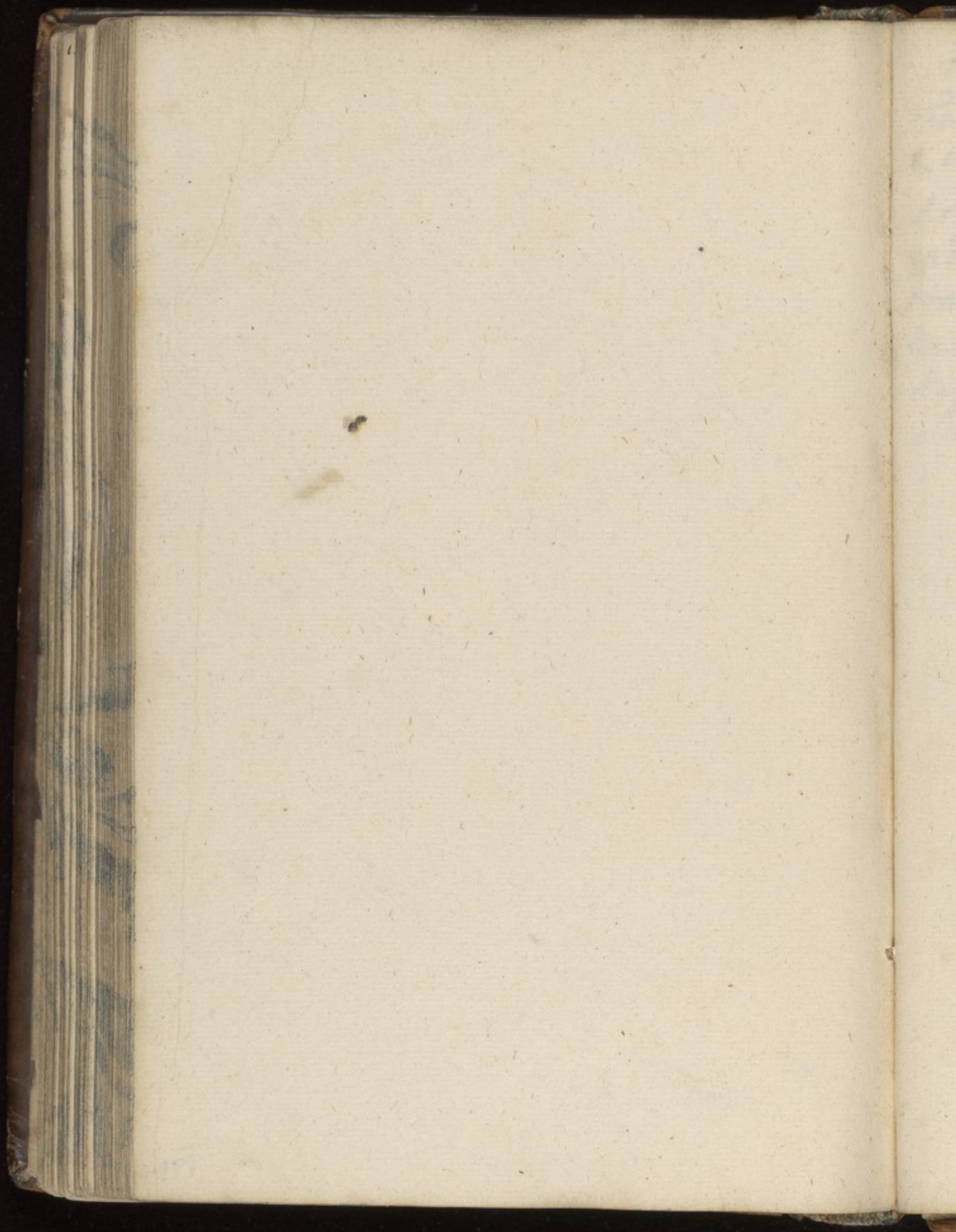
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To make y^e best Snuff

Take of Vergina tobacoe in fine powder
sifted two ounces, of sweet marjorm
dry'd & made in fine powder half one
spoonfull, of sitty dry'd & made in fine
powder half a spoonfull, one nutmeg in
fine powder, mingle all these together &
dry them by a gentle fier, giving them
a tincture of orange flower water. &c.

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to make 1 pint of
Stale of Virginia tobacco in five pounds
I sifted two barrels of sweet virginian
tobacco & made in five pounds half one
spoonful of history oil & made in five
pounds half a spoonful one red wax in
five pounds, mingle all this together
lay them by a gentle fire, stirring them
a mixture of orange flower water.

Storax 4 ounces, Beniamin 4 ounces, calamus one ounce,
Cloves one ounce; y^e cloves & Calamus must be dried be-
fore y^e fire; When y^e Storax & Beniamen is beaten, put
it in a quart glass & put to it nigh upon a quart of y^e
best rose water & shade it up & down to mingle it; then
beat y^e cloves by it self & y^e Calamus by it self, & put
some of it in y^e bottle glass, where y^e Beniamen & Stor-
ax is, & set it by y^e fire & shade it up & down, & let it
stand by y^e fire 2 or 3 dayes; y^e Storax & Beniamen
must be beaten together, twice as much Beniamen as
Storax, & serced, then there will remaine some y^e you
must beat with 4 ounces of White Starch, & when it is
very snall, you must put it into a quart of Sweet
water & a pint of Rose water, put this into a scillett
& half y^e cloves & half y^e Calamus & let it stand 3 or 4
houres, then set it on y^e fire stirring it continually
untill it hath boiled a quarter of an houre, then put
it out into a Gallie pot, & let it stand till it be cold,
then take y^e dried rose leaves & anointe y^e hands
all over with some of y^e stuff in y^e Gallie pott & soe
rub y^e rose leaves with it, & part then, soe doe till
you have don out all y^e rose leaves & y^e starch; then
put them into y^e tubb, which tubb must have a litle
Lind of Sloop within almost half a yard off y^e top, where
on you must fasten a buckon Canvas Strainer or
botter to drage y^e rose leaves on stirring it now & then, &
soe put fire in y^e still, & as you see cause renewe y^e fire
till they be drye:

Then take 2 ounces of Storex, & beate it by it self, & as
much Beniamen & beate y^e by it self to powder, then take a
pint of y^e best Aquainta & devide it into 2 preserving
glasses of half a pound a peece, half a pint in a glass, then
put y^e Storax in one glass & y^e Beniamen in y^e other, & set
them over some cabers for an houre, then set it by to
cole, & y^e next day, poure out y^e liquor out of both y^e
glasses cleane from y^e is in them into one Glass, then

Set y^e Glasse into a glass Stilllet of Water over y^e fire, 3
or 4 houres. tell it be almost three parts consumed, then
set it by to coole.

Then you must take one ounce of gun dragon, & put to
it a quarter of a pint of rose water & let it stand all
night, then in y^e morning take 2 Spoonfulls of this jelly
& some of y^e liquor y^e was made of aquavita & soe
grind it upon a stone untill it be well mingled together
putting in some times a litle of y^e first water you infused
& soe grind it till you have well compounded it together,
then take it up & put it into a glass & let it stand by you.
Then you must take 2 drams of Water anber greace &
grind y^e upon y^e Stone by it selfe tell it be very small,
then put to it a dram & half of Bivet & grind them together
a litle, then put to y^e a dram & a half of muske & soe
grind them altogether, putting in still some of y^e stuff that
stands by you in y^e Glass; soe grind it together till it be
well compounded, & not one graine of it hard but all as
smooth & soft as may be.

Then take it off y^e Stone, & put it into a glass & cover it
with a bladder, with all y^e you did grind upon y^e Stone
before, y^e next day take this stuff & all to beanease
y^e paper (which must be soyal paper) with it one one
side, & soe let y^e papers drye & drye: then take y^e bottom
of y^e first infusion & put it in a litle stone bason, and
put fire in y^e Still, & set y^e bason on y^e top of y^e Still,
& soe let y^e fume goe up into y^e roses, if there be to much
sprinkle it upon y^e roses & stir them up & downe; y^e next
day, take y^e tubb of y^e Still, & take out y^e roses in this
manner; take a box, let it be as broad as you can & lay
a lay of roses, then strow on a handfull of Cloves, then a
handfull of orrice powder, & soe a lay of roses, then Cloves
then orris powder, & soe lay it in this manner till y^e roses
are layed out.

When you make y^e bags, in this manner; when you have
taken y^e length & bredth of y^e Bagge; then take for soe
many Bagges as you meane to make soe many sheetes

of imperall paper & cut them even & as fitt with y^r 350
bags as you can; then take y^e last perfume you ground
upon y^e stone & all to be smeare y^e sheets of paper, every
sheet by it self, then lay them where they may dry, then
take y^e paper & doe soe it to y^e inside of y^e bag, with y^e
smeared side next to y^e fill, soe soe them up leav-
ing one end open to fill y^e bag up, these quantitties
require ten pound of dried roses.

To make perfumes to burne.

Take one ounce & 3 quarters of Beniamin, beate it very
fine & put it into an earthen pott with as much damask
rose water as will stand an inch a bove y^e powder.
Stirre up y^e pott very well & let it stand 3 dayes in-
fusing; then put y^e rose water cleane from y^e powder
& put y^e powder into a marble mortar, with 4 ounces
of damask rose buds, which must have their out-
ward leaves & there bottoms cut off; they must be
beaten as small as for Conserve, then beate all very
well to gether, then take 2 graines of muske as much
Civet, & ambergreace, bruse these very well together,
then take y^e broadest leaves of damask rose water
roses y^e you can finde, & take as much of this paste
as you can beath very well between 2 of these leaves,
& lay then one by one upon a paper, then lay them into
a broad thin box & lay these papers one upon another
with y^e roses, soe y^e box must be close shut & set in y^e
sunne, when they have stood theire 5 dayes, turne them,
& dry y^e papers & y^e box & soe keep them for y^e use.

Sinture of Ambergreace.

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Take of Amber grece one ounce, of muske one dram, of
Sprit of Wine half a pint, or as much as will cover your
ingredients 2 or 3 fingers breadth, put all into a glass
bottle with a blind head, & set it in horse dunge y^e space
of 10 or 12 dayes, then unlute y^e glass & powre y^e Spirit of
Wine gently off, which you will finde of a redish or yell-
owish Colowr, & keep y^e in a glass close stopped, then put
more Spirit of Wine upon y^e Amber y^e remained & set it in
horse dung as before, as long as it will yeald any tinc-
ture, then powre it off & keep it as you did before, the

351. longer it is kept y^e better it groweth & turneth some-
what more towards a yellowe. The amber y^e remaines in
y^e bottom of y^e glass after y^e extractions being dried in
to powder will serve for any ordinary vse.

A Sweet powder

of Orrice half a pound, Gallanus 2 ounces, Beniamin
2 ounces, cloves an ounce, Sivet one dram, muske one
dram & a halfe, Oyle of Orange flowers half an ounce,
& amber greece one dram.

A Spanish perfume.

Take half an Ounce of amber greece, a quarter of an Ounce
of musk, half a quarter of an Ounce of Sivet grind them with
as much Oyle of cinamond as will make it wond, then lay
gun dragon in Steep in Orang water, grind y^e perfume with
gun dragon & lay it on Kid Shins, Lady Ey in borrow

To make hair grow.

Take a quart of Malaga sack, 2. handfulls of rosmarin flowers
(if you cannot get y^e flowers, rosmary will serve) lay in a cold still
& put 2. or 3. spoonfulls of honey in a canker, & set it upon the
rosmary, & so still it off.

When you use it, warm it, & wash your head with a peece of
sponge dipped in it. 1.

To make Face water.

Take two white Lilly Rootes, six parshie roots, & three or four fennell roots, wash them cleane, & chise them. Take a handfull of red sage, & a handfull of fennell & as much violet leaved, & one handfull of Lavender, one handfull of Egrimonie, two handfulls of wild tansey, one handfull of rosemarie, one handfull of Balme, one handfull of sparmint, & one handfull of parshie, put all these into two quartes of new milke in an earthen pot, & let them steep 24. hours, then put it into a still, let it infuse two hours, & then still it off quick, put into one quart six pence worth of Camphire, & two ounces of Bitter Almonds to the same take three quartes of mayke, & break the shells, & still them with a pint of white wine, & soe done mixe it altogether.

To wash with.

Take oyl of Tartar a quarter of an ounce, oyl of Ben half an ounce, Elder flower water half a pint, put your 2. oyles first into the bottle, & then put in your water by degrees shaking it well till for one hour or two. Likewise shake it well, as you use it.

Take Bitter almonds blanched a pound, beat them with sack mixed by degrees till they come to a paste, put to them 8. yolles of Eggs & three spoonfulls of crum of bread, put all in a pot.

Take a pint of milke, put into a new pipkin, let it stand over the fire till blood warm, then put to it the iuyce of 2. Lemmons, let it stand 2. or 3. hours, then strain it, & keep both the liquor & curd for use.

To make Mercury Water?

Take 2 ounces of Whit mercury finely powdered & put it in to a pater foringer & have a long coore of a botell ready then put to y^e mercury a spoone-full of water & with y^e forick keepe it continually stirring round all one way. with a gentell motion & all in own place & ever ~~now~~ now & then put to it a spoon-full of water & thus keep it stirring till it is enough which you may know by dipping a peece of silver in, if it be not enough y^e silver will turn black & gold whit. But when t^{is} through killed & changes nether; when it is thus don poure this to better then 2 quarts of water, poure it gentelly out for feare of y^e black y^e is round y^e sides of y^e foringer, & y^e quicke silver run out with it.

To this ad y^e Juice of 2 lemons, & y^e white of 2 eggs beaten very well, & 2 peneworth of Campher, & a quarter of a pound of bitter allmons blackt in cold water, then beat them & ring out all y^e Juice of them, & put it to y^e rest, & bottle it up & when you use it shake it well, a bout, it will keep 7 years

To Clean y^e Teeth.

Take Salt of praxella powdered, & dragons blood powdered an equall quantity & cleane y^e teeth

Take 2 pound of Suet hot out of y^e Sheeps belly, brate it small & put it into a pipkin to a quantity of may dew let it stand warme not to boyle 3 dayes, then take out the Suet & put to it a quart of fenertary, then boyle it till it is melted, then straine it & put to it one pint more of may dew & half an ounce of parmasite, then boyle it & scum in so long as any froth will rise, then let it be cold, & spread it upon a cleane wet napkin all night. then againe melt it with a pint of damask rose water, & may doe till it is white & soft, & fit to use. H.S.

For y^e Face & hand

Take Almonds blanched & boyle of White washed of each 3 ounces, whites of new layd Eggs 2 ounces, campher one ounce, Gum dragon dragon 2 ounces, beat all these together & let it lye 2 dayes only you must beat or stir y^e same every day once, this don keep it in a pan & put it into a bag, afterwards put it into a press & squeeze it hard y^e oyle may come out, which you must keep in a glass & there with anoint y^e face or hands. it preserveth.

For y^e Face.

Take a pound of White wine vinegar Orris root 3 drams fennell Seeds, flower of Sulphur equall parts, half an ounce of Camphir 2 drams, mingle it with 3 blanched almonds, take 4 apples cut in slices, y^e juice of 4 lemons put them in a large vessel & let them stand in y^e sun 10 day with which wash y^e face & let it dry on.

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

The first of these is a kind of water in the
 form of a gas, which is called steam.
 It is produced by the action of heat on water.
 The second is a kind of water in the
 form of a liquid, which is called water.
 It is produced by the action of heat on steam.
 The third is a kind of water in the
 form of a solid, which is called ice.
 It is produced by the action of cold on water.

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 The third is a kind of water in the
 form of a solid, which is called ice.
 It is produced by the action of cold on water.

To make Ind.

Take of Galls grossly powdered 3 ounces, Roman vitriol 2 ounces, Gum arabic half an ounce or three quarters, Sakers Ooze a quart, y^e Galls must be steeped 3 days

A nother way.

My Father

Take of Sakers Ooze a quart, Galls broyled 2 ounces, Roman vitriol an ounce, Gum Arabic half an ounce & a half, y^e galls must be dissolved in y^e same water by y^e fire. l. first dissolve y^e Gum by y^e fire & then add y^e Roman vitriol & y^e Galls. My Father.

To make Ind

Take a pint of vinegar & one pint of rain water or strong State beer, infuse in this one ounce of blew Galls broyled one ounce of gum-arabic, half an ounce of Coprus, one ounce of Roman vitriol, 2 penni-worth of rock alum, 3 or 4 Stones of Stone blew. a good Knob of loafe Sugar, let it stand 10 days stirring it once a day very well.

My Brother Ed ward

To make Ind

Take a pound of gall grossly powdered 4 ounces of gum-arabic & half a quarter of a pound of green copperis, put them with 3 pints of raine water in an earthen pott & stir it 2 or 3 times a day & in a week it will be fit for use, if you would have a gloss of it, put in half a pint of rich raligno Wine. The Lady Elym borrow.

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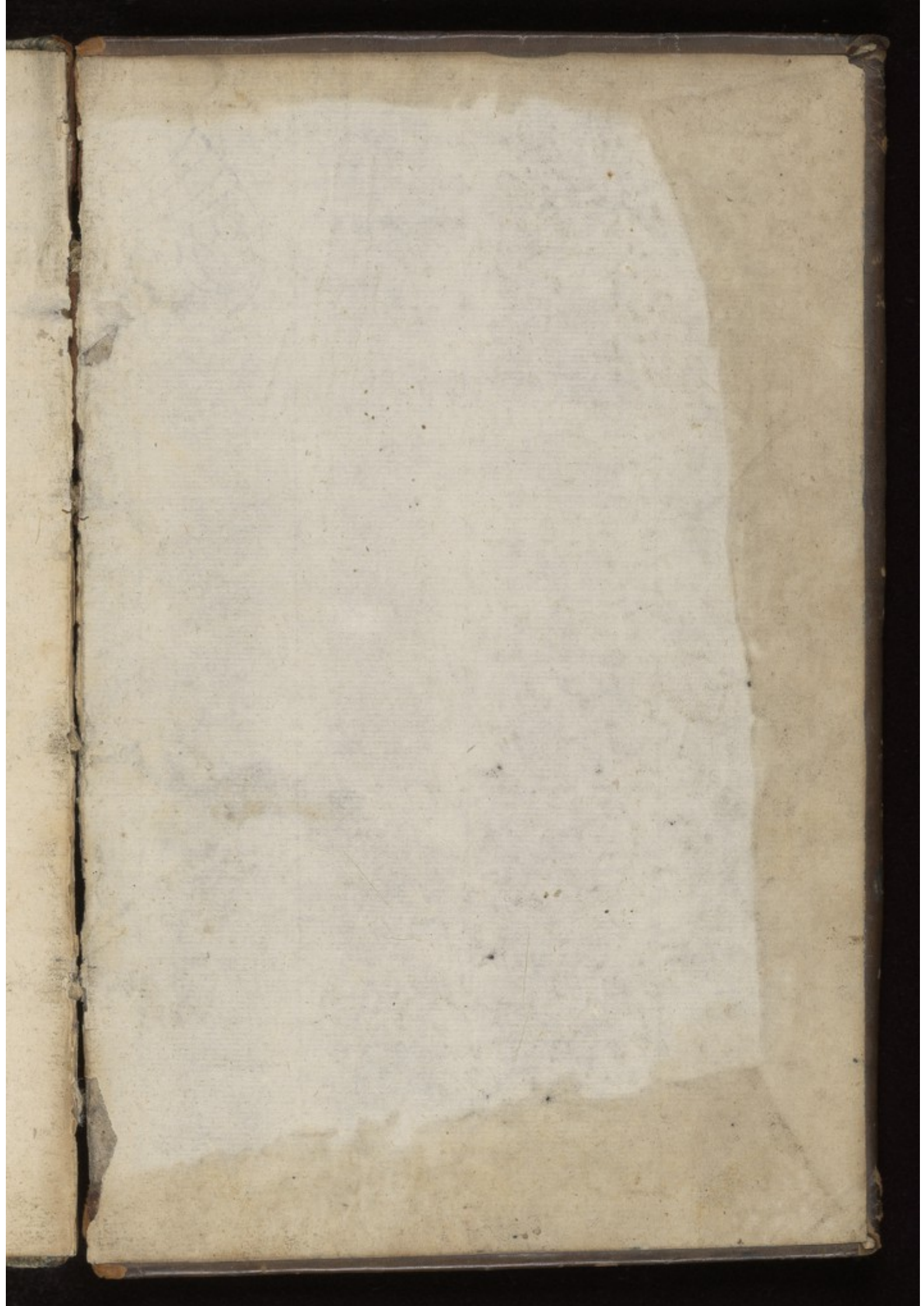
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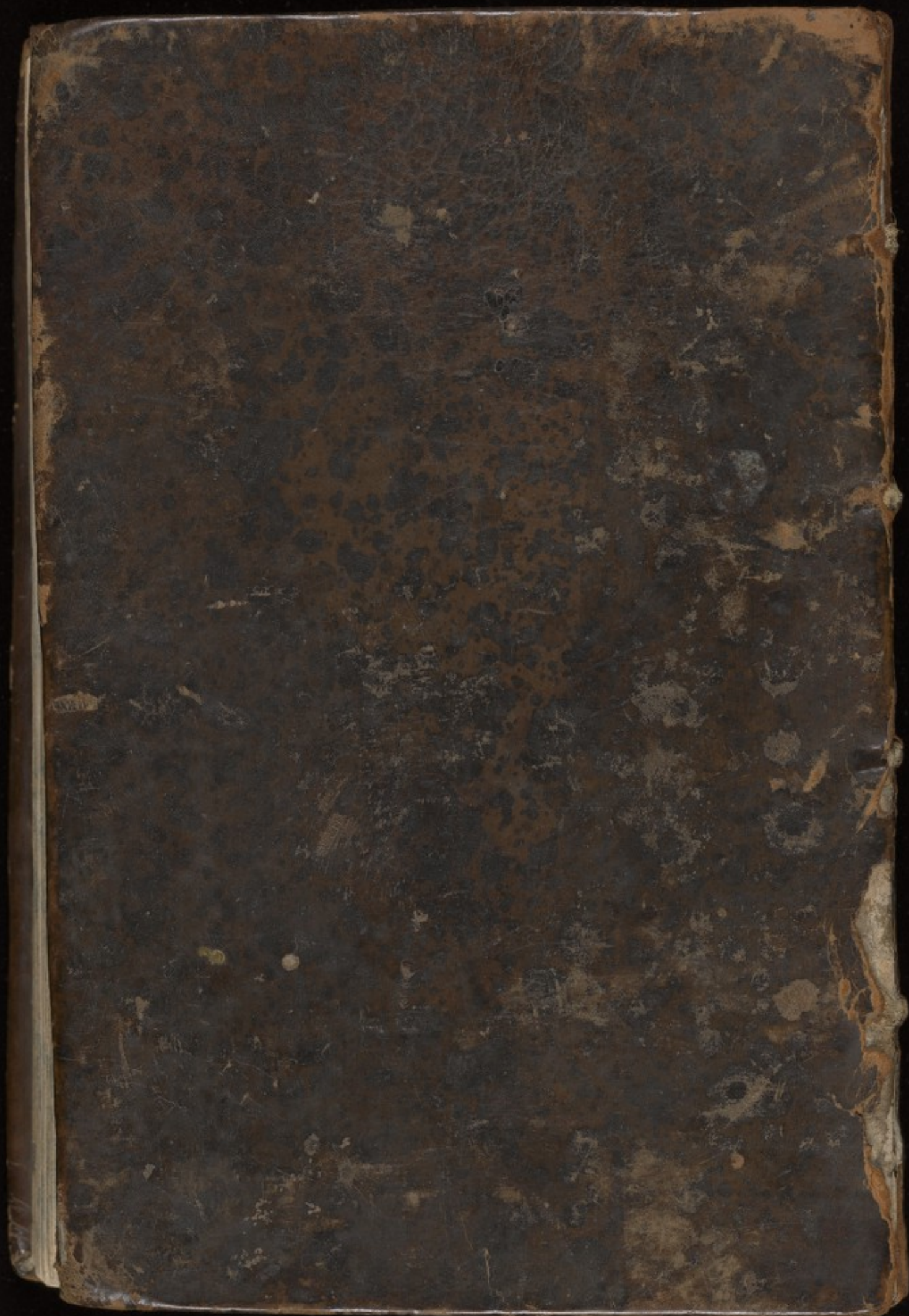
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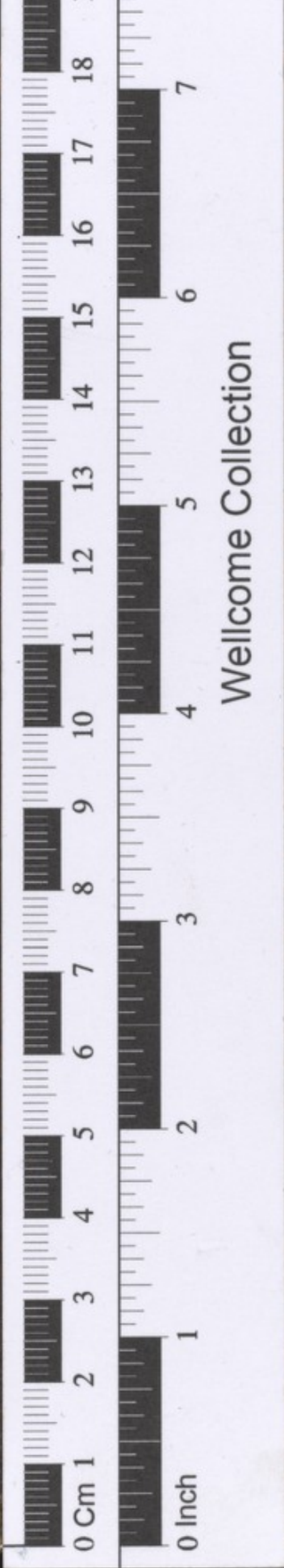




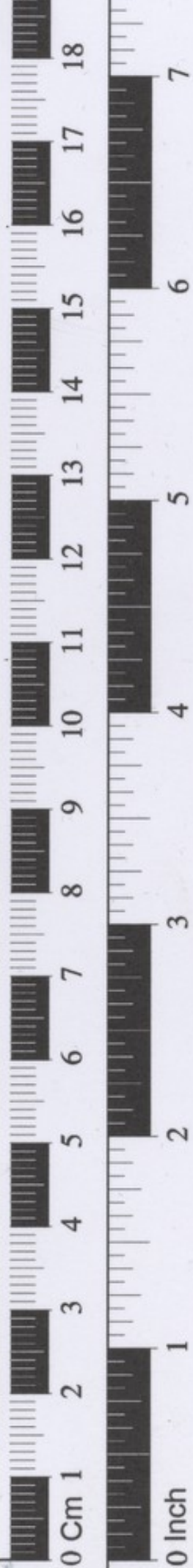








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Wellcome Collection

let them drye, very often rolling
they are hard, then waxe them
are thro drye, & deep them in a
tale as much of y^e powder scraped
pence, & a young Child, a matter

thing from y^e Heart, & comforts, it
good in a Surfit, Small Pox, or meat:
& poppies & Cowslips, put in a pound
y^e best Snuffe.
Tobacco, two ounceis, sweet Marjoram,



a water which is much better then
which tale by it selfe, & with y^e with
all quantity, which will swim on y^e top,
you may save by it selfe pouring y^e