

## **Boyle Family**

### **Contributors**

Boyle Family

### **Publication/Creation**

c.1675-c.1710.

### **Persistent URL**

<https://wellcomecollection.org/works/hyf3jbn9>

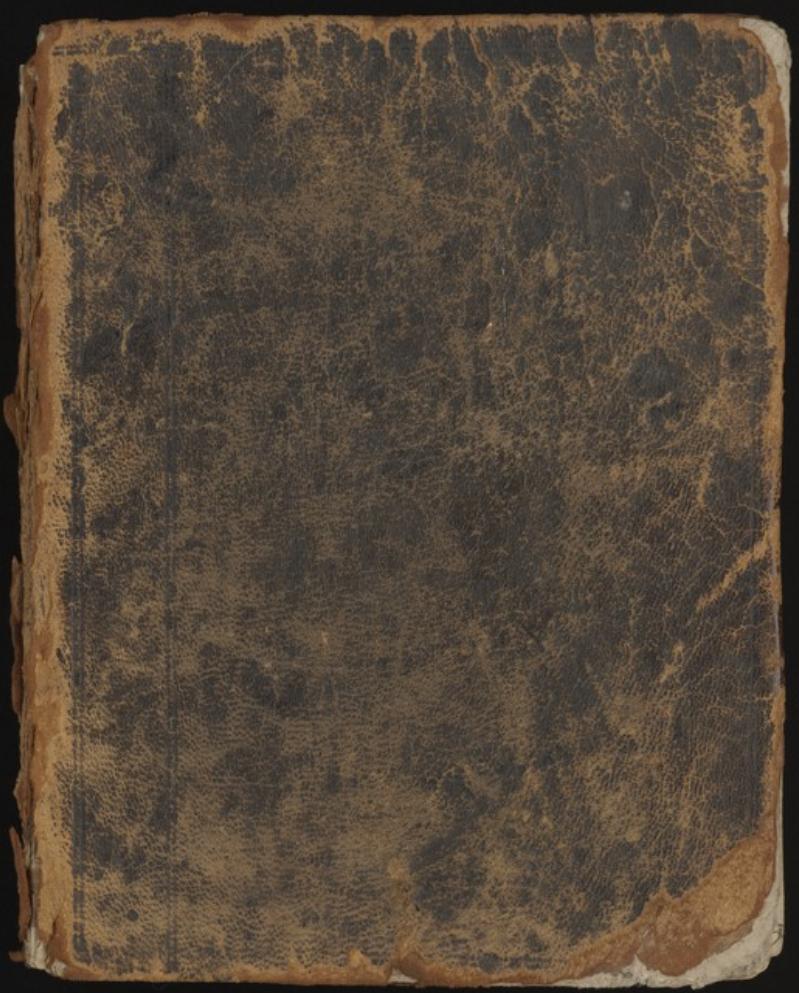
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ACCESSION NUMBER  
41929

PRESS MARK

MS 1340

7'63

41929

BOYLE Family

Collection of 712 musical, with a  
few cooking receipts

[date 17th - Early 18th cent.]

June ~~29~~ the 30<sup>th</sup>

July - the 2

July the 6

onclimed

Septemb: 2d

27

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Barberries. The Rind of the Tree steeped in Wine and drunk purgeth Choller: and being boyled in White Wine it is a singular Remedy for the Yellow Jaundice.

China wonderfully extenuateth and dryeth, provokes sweat resisteth Putrefaction, strengthens the Liver, helps the Dropsy, malignant Ulcers, Leprosy, the Itch and Morbus Gallicus. It is commonly used in Dyet Drincks for the Premises.

Dwarf Elder. Danewort or Walwort. The Roots are as gallant a Purge for the Dropsy as is under the Sun: a Drachm or two if the Patient be Strong may be taken in White Wine at a time.

Ebony clears the Sight, either boyled in Wine or burnt to ashes. Ginger expells Wind, warmeth the Stomach, helps Digestion, clears the Sight, is profitable for Old Men, heats the Joints, and is therefore good against the Scoult.

Hasel. the Rind of the Tree provokes Urine and breaks the Stone. The Husks and Shells of the Nuts dried and given in powder stay the immoderate flux of the terms in Women.

Juniper. The Ashes of it made into Syc cureth the Itch & Scabs. Lignum Vitae Dryeth, attenuateth, causeth Sweat, resisteth Putrefaction, is admirable good for the Morbus Gallicus, as also for Ulcers, Scabs and Leprosy.

Marigolds. The Flowers made into a Conserve with Sugar and taken in the Morning fasting curreth the Trembling of Heart, and is good to be taken intime of Plague, Pestilence or corrupt Air.

Monks Rhubarb is an excellent Pot herb, for being put into Pottage in some reasonable Quantity, It doth loosen the Belly, helpeth the Jaundice, the Symphy, and such like diseases proceeding of cold Causes.

Mugwort is an Herb appropriated to the feminine sex, provokes the Terms, brings away both Birth & Afterbirth and easeth pains in the Matrix, a drachm may be taken at a time.

Plantane Stamped and made into a Tansy with the yolks of Eggs stayeth the inordinate flux of the Terms altho it hath continued many years.

Sage the distillt Water hereof is very good for any rising of Wind that proceeds from the Mother or Spleen. It is also good against Rheum. You may add a drop or two of Oyle of Amber when you give it in any fit.

Sassafras opens Obstructions or Stoppings. Strengthens the Breast exceedingly if it be weakend through Cte, breaks the Stone, stays Vomiting, provokes Urine and is profitable in the Morbus Gallicus.

Silver Weed or Wild Tansy, easeth Gripings of the Belly, Stops Leaks and Fluxes, and is good against Ulcers, inward & Wounds and the Stone. outwardly It taketh away the burning, Freckles and Morphess as also inflammations. It Stops the Violence of the fits of an Aque if bound to the Wrists, & the immoderate terms in Women if but worn in their Shoes.

Spearmint is burnt Wine is good and comfortable for the Stomach, the distillt Water is good for the Head & will stay Vomiting given w<sup>th</sup> a little Sugar.

Swallow Wort taken inwardly is good against Poysen. the Gripings of the Belly, and the Bitings of mad Dogs.

Tansy the Roots eaten are a singular remedy for the Gout. the Rind may besotn the Cost to preserve it.

Nalhats preserved green resist poysen, are exceeding comfortable to the Stomach, admirable for Consumptions of the Lungs and a most Excellent Preservative against the Plague inferior to none.

✓ to make Inke very good ✓  
Take one gallon of Parne water, white wine unfermented almost a pint, Green Cypsone one pound and halfe, Game Habisch bole a pound, Green Cypres six ounces, ~~four~~ four pomegranet holes a quarter of a pound all these to bee beaten and myled to gather & stoned well in the water, then sett it in the sun for two moneths stirring it every day, to make this the middle of June in the best time to make this and in the decrease of the moon, with a handfull of Green field bards, to keepe it from mortising to be put in the Inke, when it is made, very good to keepe it from mortising to be put in the Inke when it is made.

To open Obstraciones of the Liver & to preserue from a drosey. Take everyday half a drachm of fine Rhubarb then slice w<sup>th</sup> a spoon full of Currants steamed in white wine an hour then chop them finely w<sup>th</sup> the Rhubarb and Eat them in Morning half so nine morning w<sup>th</sup> a Sprig and fall -

Lady Ranckayh. Against the Scurvy approved.

Take Six handfulls of Green tops of fir, as Many of the  
Green tops of Pine, Watercress, Brooklime, See Scurvy grass,  
Agrimony, Sorrell and Sage of Each 2 Handfulls, Winter bark  
Rhubarb and Cinnamon of Each one Ounce Distill these in 3  
Gallons of Milk in a Rose Still over a Gentle fire. Keep the  
first running whilst it runs sweet by themselves from what  
comes after Sowre or tarttish.

Lady Ranckayh A Dyet Drink.

To four Gallons of Ale. Take 8 ounces of Monks Rhubarb  
scrapped Clean and sliced thin and 8 ounces of Red Madder  
Roots used as aforesays, 2 ounces of Anise seeds bruised in  
a Morter, 2 ounces of Liquorice scrapped clean and sliced  
thin, 4 ounces of the very best Senna with a few stalkes as  
properly may be, one handfull of Agrimony and one handfull  
of Scabious. Put all these together in an Earthen pot and  
when your Ale comes in in the Morning put as much ale in  
the pot as will steep these Ingredients and Cover the pot close  
with paper and then let it stand a little distance from the fire  
to Infuse 4 or 6 Hours and then put all your Ingredients  
into a thin bag and put in as Many flint stones as will sink it to  
the bottom of your Pot and after standing 5 days close  
covered you may drink it

A Dyet Drink.

Take Agrimony & Wallern of Each 2 handfulls, Sowage one handfull  
Dandelyon 4 handfulls let them be boyled in 24 quarts of indifferent  
strong Ale with some Hops & so made a Dyet drink. Then take  
3 ounces of Sarsaparilla, 2 ounces of Chila roots, 2 ounces of Me-  
chonker root & one ounce of the best Rhubarb, Tie them all up  
in a bag and so let them hang in the vessel where the drink is

+<sup>6</sup> ✓ Lady Barkshers water for  
a Gore breſt

take 4 ounces of <sup>✓</sup> Lapis Calaminatis in  
a peceē burn ~~it~~ red hot in a charcole  
or a venn cleare fier & quench it in a pinto  
of white wine 9 times red Rob, then  
take 2 ounces of <sup>✓</sup> Lapis Sulphuris, make  
it red hot in a creuse 3 times & quench  
it in a pynt of red rose water then  
Beate these stones all together to a  
powder and put the powder & the  
water up in a stone bottle, shaking  
it every day, for 9 days together  
once a day, then take clean linen  
rags and apply it to the breſt twice  
a day & every time you apply it  
you must have fresh rags, not  
warm w<sup>t</sup> water you will take noe  
cold by it

7  
81 The Lady Caxverts urgent for  
the Bloody flux

Take Lunary sanicle, Solomons seal, mouse  
ear, plantaine, and adders tongue, of each  
a handfull stamp them altogether & put  
the same into may butter, (if it can be got)  
or els take a galon of creame and boyle  
it to an oyle and as your oyle ryes  
take it of with a spoone, and put yr  
herbs into it then boyle it a quarter  
of an hour, & lett it stand till it be  
cold and melt it againe, and poure it  
from the dross into a <sup>pot or</sup> wegett to keepe  
for yr use, you must weigh all yr herbs  
by yr lunary and if you exceed in any  
let it be the mouse care.

With this anoynt the reines of yr back  
with a warm hand by the fire, 3 nights will  
cure the cure, this is also good for aches  
scaldings or burnings & to anoynt sore eyes

for a feaver

5  
the stones that are taken out of ye  
Gizzards of young swallows, Eleven of  
them, the sanguine Coloured are best  
quill them in a riband and affix them  
to the pulse of the left wriete it  
wth turn any feauer in nine  
houres, and has made some so  
cold that they have binne brought  
to the fier to get warme.

9  
P. of Omyry. a purge for ye Gout  
Take of the Electnary of ye Joyce &  
red Rose one ounce and of Barage water  
seven ounces and mixt them togather and  
take it after a fitt of ye Gout twice in  
seven or eight days, halfe of each  
quantity is a sufficient purge for nine  
therefore you may try the halfe and  
if that doe not worke enough take  
the hole quantity the next time

To Stanch Bleeding of a Wound.  
Take adinnen cloth and burn it and spread that powder on an  
other cloth thick and apply it to the wound and it will stop the bleeding —

11 ✓ To Cure an ague

Take Sennet Cloves of Garlick and  
beat them <sup>very</sup> well. Then beat eight  
cornes of white peper and mix, then  
beat the same quantity of bay salt  
Then mixe these three togather and beat  
them <sup>very</sup> well. Then tye them up in  
a peace of Lawen or Tiffing way  
Clope & Lay it to the saluetella  
naire on the left hand. It must  
be applyed an houre befor she comys  
and continued on for 24 houres  
fast tyed to ye place & when you  
take it off if ther be a blister let  
out ye water and heale it as soon  
as you can with any ordinary  
healing playster. For a Plurisie

12 Take Stone Horse dung, and fry it in a frying pan with a little  
of the partie owne Water and a little Wine Vinegar then lay  
it to the partie side that is grieved and it will take away  
the pain. Approved - - - - -

13 ✓ to Cure the yellow Jaundise.

Put in a pinte bott of much good white wine  
with fill it within an Inch and fill up the  
whole measure with the rind of the boone  
of a walnut tree (that which is green and  
lyes betweene the outward grey bark and the  
white hard stick) Shape this with a knife  
and thrust it hard into the wine till the  
measure will hold no more, cover it close  
all night and in the morning strain it and  
wring ye shaneings hard and drinke the  
whole quantite milke warme & tye up  
it usually maketh the party nomre and  
cures for y most part at once taking  
but at twice it has not bin seen to  
faile refrey two or three days betwix  
takeing it againe according to the  
strength of the party

14 for to cleanse the Blood Open Obstracion w.  
drink half a pint of poppet drink made of Ale very cleare with  
a handfull of Banchayon and some leaves of Sage boyled in  
it till it be bitterish. Warm and fasting in the Morning for  
five or six weeks every Spring and fall - - - - -

Ley Ranelaphs

✓ New Tea good against y<sup>e</sup> Gout <sup>15</sup>

15 A drame and halfe of Saffafarilla a  
drame of Chinna wood and about i<sup>r</sup>  
leaves of sage of nerine or Jersey  
sage and don in water of the other tea  
but its best to lett y<sup>e</sup> two first  
ingredients infuse in hott watter an hower  
and then putt in y<sup>e</sup> sage which need  
stand but a ynarber of an hower before  
it be drunke.

16 to cure a chynough or any  
other cough

Take halfe an ounce of oyle of sweet Almonds a  
drame of cimicault oyle of mafe and ten drops  
of oyle of Rodium and mixe all they together  
and a noynt morning and evening the Pitt  
of the stomack with it and Lay upon it a  
Brown paper you must drinke the quantity  
for a man or woman.

Africana Drinck <sup>17</sup>

very pleasant

Take 4 Gallons of shring watter, 12  
pound of ~~saffrons~~ reasons of the sun, halfe  
a pound of loriander seed, <sup>and</sup> six good Lemons  
put all these in a vessell togather and  
work them up by you doe the of Beere  
and after 4 Days draw it off and cleare  
you Pan, and mixe a Large wine glasse  
of Brandy in it all, and then bottell  
it up and in 3 weekes you may drinke  
it.

For the Greenickrep or for them that have lost their colour

18 Take a blade or two of Saffron, a pint of Muscadine,  
half a pint of Damask Rosewater, half a pound of the  
bluest Currants you can get, a blade or two of Mace and  
one Nutmeg boyle these together between two Dishes  
upon a few Coals, It must boyle a good while and you  
must put into it as much sugar as will make it sweet  
It must be put in whils it is a boyleng, and Eat this with a  
spoon as often as you will

<sup>LADY MARY GAGE BALSOM</sup>  
to make a rare Balsom for  
Consumption Cough of ye Longe droffe  
wounds short with drest in man, or horse  
if it be broken winded,

19

Take a pint of oyle of Turpentine new  
drawn and put to it 4 ounces of flowers  
of Sulphur very fine, next them so-  
gather in a vinal Glass the Biest  
you can gett then putt the Glass close  
stoped into a deepe Skillet of water  
with hay to sett ye Glass into to keepe it from  
the bottom & sides of ye Skillet then keepe a  
fire under it for 4 daies and as late as you  
can at night when it is of a deep Amber  
Colore it is enough as the water wates in the  
Skillet it must be filled up with more hot  
water which you must keepe in an earthen  
picher by the fire the Skillet must alayne  
but be kept scalding hott allways when it  
is anough you must poure of the clear  
from the Sulphur and keepe it for y<sup>e</sup> use

the use of the Balsom  
in 5 or 6 spoonfulls of Ale or white  
wine take 50 drops of ye Balsom  
and if you beare that well take  
4 drops in either of the fore sayd  
Drinke, and 8 drops in the Evening  
and so for nine mornings and nights  
but be carefull you eat not beh  
you find this of yt stomach,  
then rest nine day, and if you  
find yr selfe not well take it  
a gain as before  
for a horse

20 30 drops 18 morning one after an  
other, without intermitting and  
keepe him from meat or water 3  
houres after it

Ed. Overy.

20

to make spirite of salt

put a pound of Bay salt in as much  
water as will borne to dissolue it all  
then if you please you may strain it, and  
in a head and body or in a redort draw it  
off first with a gentle fire let the  
water be borne over and the drynesse that  
fall downe be considerabell sharp then  
and not before lase on the receiver  
and in press the fier by degrees giving  
for the two or three last houres a consider-  
able onethat the Capel mortum may  
remain dry, after the same manner  
you may make salt of salt pether  
after it be <sup>gins to come</sup> sharp it will be a  
boute ten houres befor it be quite dry  
in the Capel mortum if dissolved and filtered &  
if salt in a cold place to shute it will be very  
pure cristals

Take one ounce of spirit of salt  
and 2 ounces of water and powder  
upon fileeingys of Steele and when it will  
dissolue no more pass it throw a filter  
and then before it sett it gett  
a littell crust over it and then sett  
it to shute <sup>rule</sup> into a green vitteron  
which after being kept a while  
in a cruseable a monyft blowyn  
cole with melle and ~~and~~ in a short time  
turne in to a blood red powder or  
crooked which must be kept carefully  
from <sup>the</sup> air this is good for all that  
salt of steele and crooked <sup>croone mayde</sup> mader  
are.

Salt pether put upon a flat and turned about  
with a fire charcole till it haue done burning  
it is good as salt of Tarter for any use

*✓ all my morn-met adition*  
for Burns or Scadys

21. Unayre four fingers a bone what  
inansyng you please of Red Lead  
weh ground put in a new fiffon  
over the fier and Kept stirring  
till the liquor be very sweet then  
strened and Kept ~~and~~ for use  
is good for Burns and few all other  
thryngs, as scald wound, &c.

To make a good Cement

22. A hound of Roken & the Brgets of  
a Bean of Bees wax melted over  
the fier and then by degrees as much  
of ye powder of Brick Steader and  
Sorced ~~leaden~~ put in to it as will  
make it very thick then take it off

the Keepe it for yr use.

23. Take Rye flower and Mustard seed beaten to powder and with Water  
make a little paste and lay a ring upon the place made of a Rush  
and apply it.

24

### The Soverent fature

Take Rose halfe a hound of much Burgrey  
pick a quarsier of a hound of white wax  
and as much o Lebinum mystick or once  
Deary suett and Sheep suet of each a  
quarsier of a hound 2 drameys of Pamphor  
make ye Goumes in fine powder and  
lift them then melt all the other  
thryngs together and thin them then  
mix the powder with them by Little and  
Little stirring them continually and so  
Boyle all gently together but not to much  
then lett it boole untill it be like  
waxme then put into it ye Pamphor made  
in powder and a quarsier of a hound of  
Bett Turpentine be degrey this is weh  
owr ye fier but not so Boyle then  
train it in to a quart or 3 pints of whit  
wine in a greet pan or Basin and work  
it very well and then make it up in  
voley, and putt them in oyld paper



## The vertues of y<sup>e</sup> Alice

is very good spread on leather for the spleen  
Layed to ye side, applied to any wound or  
Iore both old or new it healeth them  
it cleaseth well and gathereth  
good flesh it is very good for infirmities  
inwardly taken made up in pills and  
is good for Bronsies, it draweth out  
thorns and is good for all manner of  
swelless it easeth the flux of ye  
menses and Layed to the belly it stayeth  
~~all manner~~ immoderatt, Crises and is good  
for a cloath for any manner of paine  
part to wash ye hand

Take A oxe's fat and halfe a pound of Sallet Almonds  
blanched and beane with halfe a pint of whit wine  
and sett it over the fier and when it boyleth  
hale in halfe a pint of Brandy and one ounce  
of whit sugar Candy and 2 Yolkes of Eggs  
Beaten and sturte them well to gather and lett  
it boyle a quarter of an houre or tuk you  
till it be thick enough

26

## Garlick unicer

Take a peck of Clove ylfowers cut  
of ye whitt husk therin do a gallon  
of good whit wine unicer with 3  
or four muttonays quartered and 16  
cloveys brofied, then take 3 heads of  
garlick and open the Cloves with  
needles, and pres them in do ye  
unicer but all into a great  
glasse Botell stope it very wel  
and sun it 3 weeks so Leefe it  
to rife, but ye best way is  
first to put ye Garlick in to  
the Botell, and sun it before  
the unicer and flowerys about  
the unicer and flowerys about  
into it, it will be stronger so  
bor a Corn.

Pare the Corn as near the quick as may be then take the inner part  
of a fyg, and a pretty quantity of verdigrise mix them together &  
lay it on the Corn biting it fast on and this will in a short time  
eat the root of the Corn out

5<sup>th</sup> W<sup>m</sup> Courtney Receipt has 4 ounces  
of Guapic in Head of Saponum vita, but  
one dram of Eruca  
Campana, but two  
pounds & 1/2 of Scouring  
Rust & a quart of Ale  
in all things else agreed

*in all things else agreeable*

Take of Epithimum and Stachyodes of each  
halfe an ounce, & of Sassafray halfe an ounce  
it must be sliced, bay berries & Juniper berries  
of each halfe an ounce they must be bruised,  
Elephant's roots and her medactylus of each  
one ounce they must be cut thin <sup>sliced against the grain of each one</sup> & then <sup>the root of the oak</sup> be braised Lignum Vitae  
<sup>root</sup> the ounce they <sup>must</sup> be sliced <sup>root</sup> Lignum Vitae  
two ounces, Senna, two ounces, Salsaparilla  
halfe an ounce this must be slipt in the  
middle Licorice two ounces it must be  
scrapped and sliced, forty Repons of Salm  
stone, a little wormwood put all these  
into a thin lining bagg & put it into  
~~the~~ <sup>then</sup> quantity of Ale & let it hang in it 8  
days close stopper before you drinck it, then  
drink evry morning till you have it al abaine  
at a time and fast one hower after it, this  
quantity take evry shiryn and fast put in also  
one ounce of any ~~leath~~ <sup>leath</sup> (it shalnt be drunke shiryn  
& fast near the time you drinck the first

29 To Cure a sore in the leg or any other part

Take a very thin slice of a fillet of  
beale - raw, Lay it cold on the sore  
for three days shifting it morning &  
night after the venion and pain is  
drawen out of it wth the following  
playstor

Take 2 parts of paracelsay and one  
part of oxiderberium which must be  
melted together & spread on lining cloth  
that is bigg enough to goe round the  
Legg or of shes plasters with last  
a weeke, if the weale draw any  
Blitton they must be cutt, and if you  
find occasion use the weale longer  
then a weeke, it will draw out the  
pain and Anquish of ye Gout  
Scotia Com.

First pare the Corn away, then take a black Snail and bruise it and put a drop or two of the Juice thereof into the place grieved and it will take away the Corn very speedily

70

To make Broad  
Bingham.

31

<sup>a deck</sup> Take of fine wheat flower, & aboue 4 quarts  
of new milke put to it 2 spoonfulls of salt  
with a quart of new Ale yeast after  
it is mounded take hott flanch cloth  
and Covre ye pott for a quarter of an  
hour, then worke it into Babie &  
put them in hott wooden Dishes an  
Covre them with very hott woken cloths  
for a quarter of an hour then put  
them into the oven and let them  
remain this halfe an houre then take  
them out and chif them then sett  
them a gaine into the oven for a quarte  
of an houre and then lass them

A dootil Water

32 Take of Crocus Metallorum one Ounce, of Carduus Benedictus Water,<sup>34</sup>  
two pound Cynamon half an ounce Infuse them 3 or 4 days then strain  
them and keep it for your use the dose is from an Ounce to two or  
three ounces

33

✓ to dress a pick  
Lady warick

13

to Boyle it whole or in pieces lett it  
steep in venvages and salt for halfe  
an houre, then liquor to Boyle it  
in venvages & salt and a ffayett of sweet  
herbs lett it not stand in y<sup>e</sup> liquor  
longer then while it is Boyleing  
then for saunce take good store of  
horse Radice and some beaten longas  
and halfe a Douzen Anthones and doe  
beat them as fine as you can in  
a morter to past, and then putt it  
into a saunce panne or pipkin with  
a littell venvage and putt it on a  
fier and mix it with some draw  
butter and then serve it up

A dootil

Four drams of Infusion of Crocus Metallorum will an ounce  
of Carduus Major, 20 drops of Spirit of Peitor, one Ounce of  
Oyle of Sweet Almonds vndydrawn

220

## to make Tansintin water

<sup>35</sup> take four pound of the best new Tansintin  
or pound of the best salt of Tansintin  
mix them together and a quart of  
house Snails and Bruse ~~and~~  
them and mix them together and then  
put them into a glass body and head  
and sett it in a sand furnace & stink and  
the water will come first therfore you  
must take of that Glass, that hath  
the water then put an other to  
receive ye oyle, you may put one  
ounce of Camphire if you please, its  
good for ye face and other wyes to  
waste wounds, if you take it inwardly  
either in Balme water or fementory  
water or Black Cherry water from halfe  
a shooftfull to 3 shooftfull in the dose

36

<sup>m<sup>o</sup> Burke</sup>  
to cure the Scurvy

<sup>14</sup>  
Take 3 handfuls of Purslane grass 3  
handfulls of watercress 3 handfuls of  
horseradish roots scraped 3 orrings  
or Lemons with their peiles hewed all  
thess together very small lett them  
steep 24 hours in a quart of white  
wine then stink them in a old still that  
a quartle of water from the still  
and no more, drinke hys spoonfull of  
it in swop of Elder bryes or Elder wine  
morning and Evening an houre before  
supper, the stomack being empty  
then after this, and every sevener  
days take 2 drams of Sancia and one  
of Rusard infused in hys halfe a pint  
of Broth over the Ember all night and  
Drinke it hastyn next morning and keepe  
ye chamber the forenoon this doe for 3 weeks &  
take unless you ~~are~~ weill but never daile  
to drinke it shewing and fault

181

another for ye scurvy day sandy.

Take 16 quarts of new milke and Boyle it, then turn it with on quart of vynegar and take of all ye curd and when it is cold pour ~~the~~ in to it a pint of ye juice of scurvy grasse and stir it together and put it into some earthen neched close stoped, and of it drinke in ye morning fasting a good draft and so at four in the afternoon so evry day

to drinke ye water of sage stilled is very good a gaunt y<sup>e</sup> dryfey

M 38 Take of ~~the~~ <sup>For an Imposthume.</sup> roots of Flon or de Luce & roots of Siliys or caska like quantity. Deline them together and put therin a quart of Rethay Boyle them all together either in wine or ale and when they are well boyled strain it and keep it to drinke two or three spoonfulls at a time morning and Evening first and last and this will Speedily Cure -

39

m<sup>r</sup> moors purge  
for me,

15

88

Take of ye leaffes of Senne of Alex hiffe an ounce, the Bett Rubarb sliced one dram Agaricke in Trechirk halfe a dram powder of the roots of Jalappe ~~one scruple~~ <sup>in powder half a scruple</sup>, Annyseeds, sweet fennel seeds, white Tartar grossly powdered of each ~~one~~ <sup>two</sup> drams, Cinnamon and Grindes of each halfe a scruple, 3 cloves lett all they <sup>or in a sufficient quantity of spring water</sup> be infused one night in 6 ounces of fumitory water then syrve it and 20 <sup>two</sup> drams of the liquor, ~~leav~~ <sup>one</sup> 3 ounces of the liquor, ~~leav~~ <sup>one</sup> ounce of ye liquor of Anchovie with Rubarb and six drams of the purp of Buckthorne <sup>by</sup> of nitrichall six draps, oyle of Cynamon two draps, lett all they be mixt for one morning fasting. <sup>M</sup> For an Imposthume in the Head.

40 Take a good quantity of the juice of Rethay, put it into a quill and so let it run into the Tolants Ear upward & his will cause the Imposthume to break suddenly



green padding

41 Take a trophys Loafe & the whist you  
can gett and grate it then take 2 good  
shooftaues of fine flowers and mixe  
with yt bread and a sliced nutmeg a littell  
salt a good deale perly time with sunow  
a littell pott moricium and one sprig of  
penyari all chop them ~~littell~~ great  
and picke a good many maygold flowers  
and chose them a littell Ryngote yt haue  
then take a good deale of Boafe Guett  
very finly Thread or marrow is bettel  
Leapers all thes to gather and wet them  
with 6 yolkes and 2 whites of Eggs &  
a littell whit wine you must make it  
up into a Lump and not to soft and Tye  
it in a cloth and Boyle it in the Boafe  
pott and forme it up with melted  
Butter

42 For a Dropsey / Lay a Swins bray unto the patients Member and  
the Dropsey will be volded by Urine — — —

43

for a felon

Take the yeast leaven and Raffed Rose a halfe  
quantety and Boyle it togather in a croat  
oyster Shelle then shred it upon a cloth  
and lay it to y e sore you must make fresh  
every day and Dres it twice a day  
oyntment for a Blasf

44

take verainne and with a good knafall  
and argeonot, and a sprige of Hemlock,  
prick madame, Edel, and ferne tops,  
skried them very small and then take  
butter and melt it in the oven or sun  
and add to them buckfoste & ragwred  
small cutt and put them in ye butter and  
lett them rott and then enoynt the  
Blasf with it

For the Scurvy

45 In six Gallons of good Wort Boyle very well half a poach of shavings  
of fir wood instide of Hops, and when the liquor hath almost done working  
hang in it a bag containing half a pound of Cat or sicks root of Adens  
or Camphillate which is to be left long in the liquor

46

To know if a woman be  
with child or no

Sane yr watter that you make af 10m  
as you awake in the morning and put it  
into a very cleen shirt and set it on  
the fire and when it boyleth up, put  
into it a shooefull of white wine vinger  
and as much Bay Salt as will lyee on  
a sixpence and when it heath boyled  
together take it and <sup>it is</sup> into a very  
cleen thing and when it is cold enough  
put it into a urinal and set it where  
it may not be shakeed or moved and the  
next morning about ye same time it  
was boyled take it up very safely and  
tho' wt be a greate setteling in the bottom  
if the party be with child be with child  
the setteling wt be white like <sup>Crumby</sup>  
of Bread and if not with child the setteling  
wt looke reddish

47

Aquaminabilis. Count of Orrery. 29  
 Galingall, Cardinone, Embes, melilot  
 flowers, nutmeggs mace & ginger of  
 each a dram, a pint of good sack a pint  
 of white wine a pint of white agard  
 and a pint of ye juice of salendine lett  
 the splices be beaten & ye other things  
 to gather, putt them in Glasse or rosl  
 still and infuse them 24 hower  
 and then distill it, (after it begins to  
 drop) with a very slow fier ~~so~~ you  
 may putt in the receiver sugar Candy  
 in fine powder, this quantity will farr  
 3 pints of good water be fide the  
 smal it will be a Day distilling

<sup>A Cordiall Water to cause sleep.</sup>  
 48 Take a peck of Cowslip flowers, a quart of new milk, a pint of  
 Muscadine, 2 or 3 Lettuce, 3 Nutmegs bruised, 2 ounces of Sals,  
 Distill them in an Ordinary Still putt into ye receiver 3 ounces  
 of Sugar Candy finely beaten in powder with a blade of Mace  
 hanging by a thread about the neck of the Still

49

## To make of lime water

Take a peck of unplucked lime leaffes put  
to it 20 pottles of runing water / stir the  
lime well in the water & lett it stand 48 hours  
by which tyme ther will be a crusty skin on the top  
of ye water take it off and draine of the clear  
water and leane all ye dreggs into which water  
put liquoris aniseeds saffron wood of each  
one pound cut small, the seeds beaten, of mace  
or nutmegges one ounce putt them into the water  
and lett them stand till ye water lookes like  
mustardise then draine it from the ingredience  
and keepe it for ympe / you must take a quarter  
of a pint at a time thrice a day an houre before  
Breakfast before dinner and supper you may warm  
it a little and walke gently after it  
it exelent a gaintt the manner of obstruction all  
kind of vleers inward or outward it may be yed  
by way of injection to wash any sore or ulcer  
it is good against the stone in the blader or kidneyes  
it cleaseth ~~the~~ increaseth the blood it dryeth  
up superfluous humours it strengtheneth Nature  
it purgeth by urin it helpeth shortnes of breath  
it procureth appetit it killeth worms it cureth  
Consumpcion and drophes and is admirallie good  
against the dead partie sometimes it cures  
Bleeding but vij without danger and it is rarely  
good a gaintt the thinges curte

50

<sup>Col: Seal: 10th: ceare</sup> the Black Salme good <sup>11 lord</sup> another Cope in  
<sup>instead of 3 ounces of wax</sup>  
<sup>wax: Red & white</sup>  
<sup>virgin wax.</sup> Col: Seal:  
wounds and all kind of paines  
Take halfe a pint of sallett oyle 3 ounces  
of Bees wax, 2 ounces of white lead powdered  
ounce of what the <sup>white</sup> resine of ~~frankincense~~ Frankincense  
slice it and ye wax thinn, then mixe them  
all togather in a boll metch Skillet, and sett it  
one the fier stirring it with a wooden  
Plice, and lett it boyle a full houre the  
froth will be very white ~~and~~ before before  
the froth alled the Collet to take it  
from the fier, and lett it stand 3 quarters  
of an houre, then sett it on the fier a  
gain, and lett it boyle till it come to a  
darke brusett froth whiche will a bout  
an houre, then take it off, and lett it stand  
an houre stirring it some tyme, then sett  
it on a gain, and lett it boyle till it be  
as black as Jauet, whiche will be 4  
houers or more, then when it is cold  
Enough ~~make~~ make it in roles, oylering  
w hands with sallett oyle, and when yon  
use it spread it on new cloth

51 oyle of St Johns wort good for  
any eack or sore

Take a quantity of oyle shives, and at midsummer gather good stro of St Johns wort pick of the flowers and putt them into ye oyle then take a handfull of great Earth worm flite then and wre very cleen and putt them into ye oyle and some red Rose buds & Comfrey flowers of each a good quantity, and sett the bottell a good while in the sun & it will be a very pretious oyle ye longer you keep it the better it will be

for conuallition fitte

52 Take a spoonfull of Spring water and one ounce of Camphire slice it <sup>in slices</sup> thin and putt it on the fire in a silver spoon or Brode knife and when it is lighted putt it into ye water and putt it Burne so long as it will when all ye nerue is Burnt out of the Camphire take it off <sup>the water</sup> and putt ye hair out <sup>the water</sup> smoke the water and putt ye hair out <sup>the water</sup> in the morning fasting and repeat it for 3 mornings

The Water must be well made when it is taken  
if you find any lumenous of fles take 1 small  
bit longer of fles or al any place when you find  
the fles uncomely to a hale because the fles larger  
occasions you must give the same quantity to a hale  
more uncomely to them

53 To make 1f of Rose my brother  
Robert Boyle way

54 Take of Damask Rose both Leavys and  
seeds for ye seeds yead ye most oyle what  
quantity you please and 2v of many leavys  
as you can possibly grasp with ys hand putt dy  
much salt as you can cover in ys hand & in  
a ston morter beat them very well then  
take this mass out of ye morter and putt  
in the like proportion of salt & Rose and  
beat small as the other and so doe till  
you have the quantity you please then  
take them all and putt them in 2o  
some well glased Earthen pott and 2v  
every Bushell of Rose you have salted  
powd a quarte of beare wher in the  
quante of a walnut of Leavys hath bin  
first delouned this may be stiled in any: or  
left in a Limbicke and with yeald odoriferous  
water with a spirit swining at the sope  
of it of a snow white Cutler which must  
not be take off with with any thing of Iron  
or Bruse but with some Ivory or bone  
other in odour ~~the~~ matter

54

to make Birch wine

35  
in ye latter end of March or beginning  
of April pierce the tree a yard from  
ye root on ye sunny side and put in a  
spigget and a Bottell under it and take  
out the spigget and let it drop into y<sup>e</sup>  
Bottell you may doe so by 20 trees together  
then when you have the liquor boyle  
it and put into it henges and sliced  
nutmeg and some arrack roots and sugar  
and when it is boyled up scum it &  
put in yr spice and sugar Boyle it  
a little while after put in butt a hitter  
spice then when it is the warmth of  
wort put in Barne and let it worke  
like Beer and turn it as you doe Beer &  
stop it close in ye vessel for a weeke then  
Bottell it with a lumper of sugar in every  
Bottell, letke it not so hot at ye first or  
the next day knock in the Corkes very fast  
it a very brisk hottish wind

55

## Lemon Cream

Take 4 or 5 Lemons and Chife them thin  
and slice the chife very small and put them  
in a porringer then parfe all ye juice out  
of those Lemons and so lett them Steele 2  
or 3 hours or more and ther take of white  
of 6 or 7 Eggs and ye yolks of 3 and beat  
them well together and put so shone of Lemon  
Juice and Steele and a quarter of a porringer  
of Ross water Steele them well together & pou  
in a porringer full of faire water and therfrom  
it shone a canarie ffranck and leson it with  
double refined sugar, & some myrrhe and roses  
Greece if you like it then lett it on a  
Chafing dish of Clees Coales Herringe &  
continually it must scald but not Boyle  
and be kept stord lett it be ay thick  
of the best cream then putt it out and  
when it is cold serve it up  
for the falling Sickness.

56 Take a frog and Cut it along the back and take out the liver  
and Wrap it in a Wool leaf and put it in a rass Earthen pot so dry  
it that will heat to powder when heat'd small and give it to  
the patient to drink in Ale or white wine and so Continue  
till he be well - - -

57

卷之三

*Silt prouela*

Take a pound of salt butter and put it into  
a brisble sett it in ye mide of a very  
hott Chars Coale first putting the fire round  
the sides of the pot so lett it stand till it  
hast run hising then take ye quantity  
of a Lorange walnaut of ye best rock Alum  
and as much Brimstone as will ly on halfe  
a crower and putt it in by de greasy when  
it is all in lett it boyle tyl it hast run  
flamming then have in ready neare a dozen  
of siluer shooes sett in ranks on ye haireth  
take it of with 2 le Tongz and poure it  
quick into ye shooes for it will be apt  
to hang about the hott then sett ye  
shooes to coole; and when Colde bee in  
use for yt use. So stay boomiling.

Take a good handfull of Wormwood that much of Spearmint & round them of  
crumble a stale roll of Drap into them. Wash all the best of Cervel but if you  
can get no less you must make a soft wth claret Wine and boyle all there  
together till it is a thick pulape then lay it on hot to the Stomack this is very  
good and comfortable and often doth good — — — also in some

59

to cure an Ague

to cure an Aigne

Take 9 Leavys of stock wall flower and mix as  
much as you can hold in y<sup>t</sup> 4 fingers, 1 ounce of  
veneras Saponariae a pipefull of tobacco  
I bread the heaths and ye to backe very small  
them mixt them altogether with Saponaria  
and spread them upon thick leather and lett them be  
but the leathys and breadth of 4 fingers then  
that 3 leavys wort of whit Alebor rymy  
greadit all over the platter the platter  
must be spread ye thicknes of a halfe crown  
and layd to ye ~~bottom~~ <sup>left</sup> close Board <sup>on</sup> an hour  
befor the fit, if the first cure not layd to  
on the second lime 6 or 8 hours befor  
the fit, and lett not ye past put ther  
hands in cold water for a week or more  
a drincke to them  
take a quart of whit wine and Boyle it in a  
good handfull of lincystyle as much featherfew  
and a halfe the rest and drincke on glass full  
an hower before the fit come  
For the Bloody Blase

60 Take half a pint of Brandy & half a pint of French aqua-vite & half a  
pound of white Sugar and have them full a fourth part is commoner than  
Brandy to the quantity of 4 spoonfulls of Honey dung into it and give it to a  
Child 4, if to a Man 6 spoonfulls at a time twice a day  
*Mr. D'Urfey very good*

61

+ percyng did drinke to  
take away and fall a month at  
a time,

take 4 Gallons of Ale ye fift morning &  
Boyle it 3 or four hours. Run it up with  
good Hore of Borne, that it may worke  
well, then haue into it a thynck baggs  
bag with ye ingredients following. Lett not  
the Baggs stucke the bottom of ye vessell  
by 3 inches, nor float on the top with the  
Borne and after 3 or 4 dayes drinke ther  
of every morning halfe a pint and every  
night ye 3<sup>th</sup> part of halfe a pint ye  
ingredients follow

six ounces of senna alexandrina, 6 ounces  
of yr roots of polypodium of the oke whch  
must be scrafft & sliced 2 ounces of Bryberries  
huked and broyed 2 ounces of Annelys broyed  
halfe an ounce of Rubust sliced 3 ounces of  
Hch Keys broyed, 2 ounces of Sopafroy wth  
Chin griesed, 1 ounce of Sarsaparilla  
Salidenta

62

for a great Belly Comyn  
of wind or water 22

take Agrimony smallage Brooke time red-  
saye of each 2 good Handfulls a great quantity  
of Succory griesed 2 ounces of mord  
of Champeyn & sweet Ferned seed a good  
quantity of Orrany billy all broyed in  
a morter chose ye heathys and waþ  
them all together in a þree of Rye  
hast rowled out thinne then Buke it  
and afterward Booke it into þrees and  
put it into a Baggs into a Barrell of  
Ale. Lett them booke together and when  
it is stale enough drinke it

63

to sore Eyes  
take ye best Conserue of Red roses  
I spread a lóch upon a piece of new絮  
so apply it to y<sup>e</sup> Eye wher the party god  
to bed bynd it on wth a cloth thy i  
god for hott runnes. A Medicine to leue the boorsteing of  
the bourses

64

Pake hore and fry it in a frying pan wth a little Binger  
lay it hot to the Navell

65 A pretious water for ye  
Eyes, it has won great cures

Take Smaileye one ayremoney Battay  
varren scabens aynys horngtounge  
Enfrasales Eye brise pimposell sage  
of each alike quantity 5 grain of  
franckencence stch them all with a  
fint of the water of a man chid  
& a fint of womans milk with you  
must not put in ye milke but just  
it goeth into the still when it  
is stched drope the water into  
the Eye morning and evening and  
rest after it.

*A Marvellous good Medicine for  
Soefnes in the Ear - M. 66*

Take of the pulp of Colquintida the seeds clean pick out one scruple  
Infuse it 6 hours in half an ounce of Oyle of Bitter Almonds & five graines  
of Cest being well incorporated let it stand in a glas in warre wch six hours  
Reserue this and when you have use of it with a feather drop when you go to bed  
three or four drops into your Ear with a feather lying upon the contrary  
Ear and top the Ear dropped into with black Wool

67 Clouded Breane

23  
take morning milke and sett it on ye  
fire and when it doth feele power it and  
into a boyle & with a skinning dish  
scum of al the froth then take 3 pints  
of thick sweet cream and poure round  
a bout it & stirs it al togather and  
take a warme boule and poure it & lete  
it stand covered two houres then  
take of ye boule for feale of sourmyn  
and if the wether be not so hott lete it  
stand 2 or 3 days & when you have  
it out cut it with a knife and take  
it up carefullly & lay it in yr drifk with  
scrapped fuge.

*A Speedy Medicine to Cure  
a Canker in a Comass Breast.*

Take the Slicke of Clandine and of Goose dung of each an equal quantite  
Then take Pallenory of the Wall, Garlick and Ryce meal Stamp them in a Morter  
and fry or boyle them wch together in wine or vincer and let it boyle till  
it be like a Salve then make a plastron thereof and apply it to the Sore  
and so let it continue untill you perceave that it be white Then take a good  
quantite of Pimpornel and grinde it very small and add thereto a good  
quantite of English Honey and make a plastron thereof and apply it  
to the Sore and it will heale it in short time

69

### for ye Scurvy

Take 3 parts of sea scurvy grass and one part of water cresses pick them and wash them very cleen then pound them very well and strain the juice into a salver before then set it over a fire and when it is ready to boyle strain into it ye juice of a lemon which will raise a green bairn and then runne it throue a strainer put into it as much fine sugar as will make it a syrop not so thick and when it is cold bottell it up & every morning and Evening take 3 spoonfulls of it in a draft of warm Ale or white wine.

70

### to Cure the Black or yellow Jaundry

*Add this cure the Black Jaundry.*

M

gett the black thorne tree enough to make a quart of ashes which you must burn on a cleen hark of a chimney then you must keepe the ashes in an earthen pott into which you must throw them as soon as they bee burnt, the next morning after you have burnt them the diseased party must make water into it and then keepe it a fortnight or three weeks in a chimney corner wher it may be usefully warme.

71

*To Cure the Bloody flux and such ulcers in the guts caused by it.*

Take the inner rind of a logaine Oak and putt two handfulls of it being cut in small pieces into a quart of new milke Boyle it till it be redy then add thereto stale it with cold milke and plantane water so boyle and stoke it five or six times that making it the more astrigent let the patient drinke half a pint at a time adding to it if you please a little grys pepper, and a little Cinnamon boyled in water which may be drunke at meale mixt with the aforesaid milke.

24

5

M<sup>r</sup> Lovell

72

### To make Saffron cake

take halfe a peck of fine flower and  
put to it a littel salt halfe an ounce of  
Caraway seeds mixe them well together  
then take 2 quarts of new milke sett  
it on the fire let it boyle then pour  
it into an earthen pot and putt to it halfe  
a pound of fresh Butter and stir it well  
together then putt in a pound of whit  
lyng and a pint of Ale yeast and  
stir them well together and so putt  
it into yr flower be here to strain  
yr yeast and a littel before you make  
yr dough take a littel milke that has  
been boyled and strain yr saffron in it  
being well dryed and beaten in a mortor  
so strain it into yr flower and make it  
into halfe and lett it stand a gaunce after  
~~one hour~~, half an houre,  
baking with sorne them and a  
penny worth of saffron is enough

73

for the scurvin bidropsey 25  
Lady Elizay Lady Elizay  
take of the Leaneys bark of sea  
and garden scurvin grass of each  
six pound of Brooke lime and water  
call'd of each a pound & halfe  
<sup>and this being cleane and drye</sup> strain ye juice and mixe with it  
12 Lemons, fresh Bryson root,  
two pounds, of winter Barke  
halfe a pound, of Nutmegs young  
Brined, slice the roots and mixe  
all this with four quarts of the best  
Whit wine and lett all steeple  
3 days and then dry still it in an  
alumbick and dranke every  
moring six shoonfulls this shal  
cure in 9 or 10 days those that  
have been <sup>given</sup> over by the Doctors

Lady Smith.

"Por Pitts of the Mother"

74 One handfull of wild primrose roots, One handfull of Betony  
Leaves, One handfull of Eglantine Rind the fird outward skin being  
scrapped off, one handfull of Wall Rue. all these to be boyled in whit wine or  
any soft drink, and every morning and every night going to bed drinke a posy  
brought of it for a fortnight together

75

Doctor need to see  
for the droppes

Take choicer Rhubarb and having  
reduced it to fine powder give of it  
a bout a scrupule at once at bed  
time in the forme of powder or of  
a Bolus or of pills or any other  
way that is least offensive to the  
patient who the next morning  
is to drinke a draught of Brath  
Made with opening Roots wher  
in a bowl a Drachm of Cremen  
or Chrysalid of Tartar has been  
dissolved, this is to be don for a  
long time together, only if  
occasion require you may  
intermitte a day or two

76

<sup>more gentle</sup> Porashells ~~that should not break~~  
Make a pancake and cut a hole in it for the nipple to come out and lay the  
pancake to the breast as hot as you can ensure it and when it is cold  
lay on a lot one, and this will take away the Swelling and turn back  
the Milk

77

my Dauin forly cure  
for an ague it nomis

26

for a man take fine Leaves of  
Shury Loval fresh gathered and  
on a fier pan or such like dry  
them over the fier, this is kept  
when it is new don, when dry make  
it into a small powder and in a spoon  
mixt it with posset drinke and give  
it the patient and after it drinke  
a littell to wash it down and have  
stone of posset drinke to take  
as occasion serveth accord my to  
the working of the medecen, it  
should be taken an hower before  
the fit, and if it cure not ye  
first time, take it againe for  
a woman give fine of the left  
Leaves, and to a child but 3 of  
the left leaves this sildome  
fails to cure tho the Ague hath  
been of long continuall

78

~~An Excellent remedie against~~

Take Green walnutes fyne and figgs  
pound them very wel and when you haue  
so don mixe them togather according  
to yo last, this is very good for the hev  
or any paine in the stomacke and will  
if a draft of warme posset or Brown  
water or Cardis water be drunke  
it cause a brethen swett and is  
good to drine anything from the  
hart or stomacke the doth the  
bigness of a walnutt whiche for  
pains in the stomacke may be taken  
morning fasting and at night going  
to bed for a weeke togather as you thinke  
cause a litle saffron in the  
posset drinke or water for the small  
ox marshell will doe very wel

~~An Excellent remedie against~~

Lady Rose to cure the Kings Evil

79 ✓

Take of ye Leane Peakes and almonds  
much as is Green except ye root of  
watter fayfaife, Hampe it in a morter  
and strain out ye juice take of that  
two spoonfulls at a time and of  
much new milke in a morning fuling  
and eate nothing after it for two  
houers Take the like quantity  
at 4 in the afternoon in the  
same maner and continue the  
takeing this medicine for six  
weeke constantly.

Lady Southwell. For the Spleen.

80

Take a quart of White Wine and One bulmey Slic it  
and Boyle it in the Wine, then Make a Candle of it  
and put Sugar into it, Then take so much Wine  
as will yield a quarter of a pint of Juice and put  
it into the Candle letting a boyle a little after  
that divide it into three parts and Drinck it  
three Mornings - - - - -

81 Dr. Smith to give ease to all manner  
of paines and it restor Natures

Opium of it selfe without mixtus  
dissolve the opium in faire watter  
over a gentle heat then strain it  
after put to it Brandy or Spirit of  
wine and sett it to a vapour &  
a way over a dry heat in a posyng  
of sand and to a thicknes to  
make into pills keele it in the  
mass and when you use it take  
in the morning a grain at  
a time for the falling sicknes.

82 The Sticks of Elder that grows on Willow or Wistly gathered in  
End of September or beginning of October, Cut in short pieces  
and Roast made Harvain and worn about the Neck cures the  
falling sicknes.

Wist Valerian Roots in powder Cures the falling sicknes  
Inwardly taken

83 an other way of making  
the opium pills. Dr. Smith.

~~Take opium dissolved in spirit of wine  
one ounce saffron dissolved~~  
Take opium dissolved in sp̄t of wine  
one ounce Saffron alike dissolved  
one dram and halfe, Ambroisie  
and myrtle of each six grains  
yle of Nutmeg ten drops  
and about the moister a way  
as before and putt ye mass up  
for use. The Cure for biting of a Mad Dog.

84 Take herba grace, Angelica, Borvire, Box, Southernwood may  
be added if you please, Garlick, Primrose roots & leaves, & Hysop,  
Stamp and Strain all these and give the Juice in new milk after  
blooding four Spoonfulls of the Juice is enough for the greatest  
dog, less will serve for a lesser with as much new Milk as  
will come to give it in, Six Spoonfulls for the Strongest Man  
less for one that is weaker forget not to add some of the  
black of Rabs Claws beaten to powder and put into the  
Dose immediately before it is given the sooner it is  
given after the hurt the better

The never fails.

Reported by Rogerell a small  
quantity of Salvia of the breake  
presented to this receipt by  
Dr. Smith

M<sup>r</sup> Rogers.

I Drink for the Ricketts which never yet failed  
85 Take Garvill, Tamari, Liverwort, Scabious, Maidenhair,  
Hysop, Coltsfoot, Agrimony of each of these One  
Handfull, Currants, Raisins of the Sun & figgs of  
Each one quarter of a pound, Sweet jennel seeds,  
and Anise seeds bruised of Each Half an Ounce, Dishes  
Stoned two Ounces, Boyle all these together in 3 quarts  
of Water till one half is consumed then strain it &  
put in it One pint of white wine and set it on the  
fire again till it boil byts, and when it is cold put  
it up in Bottles for use, and let not the Ale drink  
any thing else whilte it laste keep it cool else it will  
sower, the best time to make it is in May,

Lady Powerscourt. The Wounds Drink.

86 Having gathered the Herbs & Roots following and  
dried them, when you use them take of all the kinds  
together the quantity of 3 Handfulls and put them  
into a quart of white wine and a bottle of Clear  
Spring Water and boyle them together till half be  
consumed then strain the Liquour from the Roots  
and put to it One pint of the best Honey and put  
it on the fire again till the scum offe and be  
thick but let it not boyle, then season it very well  
and

29  
and take it of the fire and being cold put it into  
glasses Bottles, let the party you give it to take his  
Spoonfulls of it in the Morning fasting and fast two  
Hours after it, if it be a very great Sore let them  
drink the like quantity about 4 in the afternoon, You  
must not leav the sore (but search it well) for the  
Drink will drive the Pest out - - - - -

Oak-Buds, Hawthorn Buds, Bramble Buds, Sou-  
thernwood, Wormwood, Mugwort, Bugle, WoodBetony,  
Plantane, Janicle, Dandelyon, 1<sup>st</sup> foynes Dailey Root &  
Leaves, Ribwort, Whitebottle, Woodbine flowers, Avens,  
Wits Angelica, Mint, Scabious, Strawberry Leaves,  
Comfrey, Agrimony, violet Leaves.

Lady Orrory. For the Dropsey

87 Take a gallon of Barley Meal, shred as much red  
Sage as you can well mingle in the Meal, Make now  
a dough of it with Water and Barm and then make  
a Cake of it, Stich 6 whole Nutmegs in it up and dinner  
Bake it very well in an Oven then take it and Cut it &  
Bruise it as small as you can and put it in a Cask to  
8 Gallons of Ale and let it be your constant Drinck  
twill be fitt to drinck in 3 or 4 days

Probatum Est.

Lady Orrery For the Drapry.

88 Take the ashes of Broom & Wormwood let there be more Broom than wormwood, It must be burnt in a clean earthen Oven & according to the quantity take as much white wine or Water and boyle it to a dye, then let it stand 24 hours and strain it into a bottle, let the party drink of it every Morning and Evening and between Meals if it please.

For the Stone.

89 Take a quart of Spring Water put it in a Stone Jug or bottle add to it 3 quarters of an ounce of Elixum Nephriticum Let it in Imbers 12 Hours then boyle it a little when it is cold pour it off into a glass Bottle. Take of this Liquour 3 spoonfulls with 3 Spoonfulls of white wine & 2 Spoonfulls of Juice of Lemmons sweetned with white Sugar Candy. Take it 3 days & omit it 3 days for 3 Weeks or a Month to prevent the Growth of the Stone. Nephriticum is to be had at any Apothecary.

No Cause Speedy Delivery

90 Take of Liver & Galls of good large Salt, as many as you please & dry them in an oven after bread is taken out till they be Brittle enough to be beaten into a good powder having a care that they be not burnt red of this powder give the party in Salior the quantity of powdering in a cup of Alewh or good white wine when the Stomach is somewhat empty and if the first Draught suffice not 3 same or a greater quantity may be given a second and a third time.

30  
Lady Ponyscourt For Water to cleanse the Blood & to Cure the Scurvy.

91 Take the leasies bott of Garden & Sea Savory graft, very well cleaneed of each 6 pounds out of these being pounded draw the Juice by a press to which add the Juice of Brooklime and Watercress of each a pound and half of the best white wine 8 pounds 12 Lemmons Sliced, fresh Brionye Roots 4 pounds Sliced, Horse-Radish roots sliced and cleaneed 2 pounds, Winter Bark sliced half a pound, Nutmegs 4 ounces bruised let all these be Maperated 3 days and then distill them in an Alembick & reserve the Water to take every Morning 6 spoonfulls with 2 Spoonfulls of this Syrrup. Take of Parsley root, Grap root, Asparague root, Garden Endive root and Madder root of an Ounce boyle them in a quart of spring Water till it comes to a pint and Make it into a Syrrup with fine Sugar.

Lady Songh. For an Ague

92 Take half a pint of the best whewine vinegar and half a Nutmeg of the largest sort and the weight of the half Nutmeg in Ginger and 6 or Seven drops of the Spirit of Vitriol pound the Spices very small and mingle all together and be sure to drink all the Powder. You need take it but once.

Ms Franklyn. For an Ague.

93 Take half a pint of white wine Vinegar and five drops of the Spirit of Bistrol put it to the Vinegar and above half a Nutmeg and as much Ginger beaten powder It must be put to the Vinegar and Stand and when the fit is coming it must be all drunk off and Spice that will be left in the glass must be eaten after this you must Cease from all other Medicines for a week if it stay a quarter of an Hour and then vomit it is the best but it dos not vomit some.

2. On Approved Excellent to Cure the Whites.

94 Take Camfrey, Clary, Plantane & Yarrow of each an Equal proportion Stamp them and strain out the Juice, Clarifie it with whites of Eggs and boyle it up with Sugar to a Syrup take 3 or 4 Spoonfulls in the Morning and so when you go to Bed in Beer or Posset or what you like best

2. On For the whites approved very Good

95 Take the white of a new laid Egg and Plantane Water beaten together with a little Sugar and take 4 or 5 Spoonfulls at a time Morning and Evening

For the Consumption and Droisy

31

96 Take a Gallon of Milk or rather Whey from the Cewe 2 Cock Chicks pull them whilst they are hot, Embowell them, scald them up, Bruise them, put them in of Milk Take 30 or 40 Snails, purge them in a warm Oven, Wipe them & break their shells, put them in the Milk, Take flowers of Rosemary, Borage, Pinks or July flowers, Sage and Savory of each a Handfull, Ivorie and Branches of each Salt a Handfull, ten Cloves, a large Prig of Mace, Dates half a pound Sliced, Nutmeg oneounce, 3 Oranges, 3 Lemmons sliced Meall and all put them in the Milk. If for the Scuryv add Garden and Sea Scuryv Grap of each four Handfulls Brooklime & Water Cynfros of each two Handfulls, shred Ariony & Horse Radish wals of each two ounces, Put all together Give them a Boyle then put them in the Still, if begun Earby in the Morning it will be done by Night Skim it down in two Hours lest it burn to, Take of it as much as you please Morning and Evening with Syrup of July flowers, Violets or Convolpi to your taste, You may put in more than a gallon of Milk or whey if the Still will hold it, You may distill these in a double Bochall or Balmeo lest they burn to, Stirring them often, that the Evapor may arise and penetrate through the skin that will be at the top Observing not so Early Distills.

Lady Clarendon. The Stone Water.

97 Take 6 ounces of Saffras, as much of Sapparilla, Aniseed and Parsley Seed of Each 3 Ounces, Sassafras Seed one Ounce, as much of Rose-hounds, Water-Cresses and the Inner Kind of Elder of Each one Handfull, Juniper-Berries one Ounce, Slice 3 Lemmons with the Rindes and put to them half an ounce of the Oyle of Vitriol, put all these together into an Earthen pot and put to them five quarts of whewine and as much of Strong Beer and Stirr it together and let it stand to Infuse 24 hours then put it into a cold Still with a soft fire when it grows bark draw no more. How to use it.

Take 8 Spoonfulls of this Water in the Morning fasting and at 4 o'clock in the afternoon mingled with eight Spoonfulls of whewine and one Spoonfull of Syrup of Althaea you may take it every Month at the full of the Moon for three or 4 days together.

Lady Clarendon. The White Water.

98 Take Sage, Mint, Red Roses, Wild Pine, Pellitory of the Wall, Wild Majoram, Rosemary, Chamomel & Lavender of Every of them clean and well pickt One pound, then take Ginger, Galangal, Calamus, Cinnamon, Nutmegs, Graine, Cloves, Mace, Anise-seeds, and Caraway Seeds of Every of them a Drachm, Beat the Spice small & Chop the Herbs over night, put all this quantity of Herbs and Spices into a pot and as much groundes of Strong Beer.

Beer as will cover them, so let them stand all Night, in the morning Early put them into yo<sup>e</sup> Hembrick pot, when yo<sup>e</sup> pot Boyles put in a Gallon of the best Gascoigne Wine, parte yo<sup>e</sup> Hembrick up close, this quantity will yield one gallon and half of Water, the first 2 quarts will be very white and strong, the 2<sup>o</sup> two quarts not so strong, the last 2 quarts weak. This will be as much as can be distilled in one day, the strong cannot be taken alone, you must therefore mix the first, second and some of the 3<sup>o</sup> together, Take 6 or 7 Spoonfulls of this every morning and at night with a little fine Sugar.

His Ma<sup>t</sup> Receipt for the Scurvy.

99 Take two large Handfulls of Sea-Scurvy-grass, One Handfull of Brookleme, as much Watercresses, & Horsethaishakes sliced, & Lemmons sliced Rines and all and press them down close in an Earthen pot, and pour on them a quart of pure whewine and Stopp them very close for 24 hours then take it altogether and put it into a cold Still and distill them and you will have a quart of Water out of them of which you must take 3 large Spoonfulls in the Morning and at 5 o'clock in the afternoon in a draught of Beer or Ale and squeeze an Orange into it. It may be taken all March April and May, and September and October.

For the Scurvy in the teeth. J.S.

Take of this being prepared and Distill it a like quantity, distill then take one quart of this Water and distill it with one pint of Rosey in this Water put half an ounce of Burnt alumme and a grated Nutmeg & Wash your teeth with it Morning & at Night after Supper, then chuse a little Myrrh or Marshall Wine with a little Salt is very good also to wash the teeth with.

## Quercetans Decoction for the Jaundice

- 101 Take Celadine herb of root one handfull of the flowers and leaves of St John's Wort half a handfull, Ivory raph, Goose dung gather in May of each three drams, Saffron half a dram, put the Corkie Dang and Saffron in a Bag tyed up, & boyle all together in equal parts of whitemine and Hart-tongue Water to a pint and half or less to be divided into three draughts for 3 mornings in which time it Cures certainly, It must be strained and may be sweetened with a little sugar.

An Excellent Water for a Consumption, Jaundice,

## Dropsy, Wind or Obstructions of the Liver.

- 102 Take of Shell Snails half a bushell, gather them as clean as you can from Grassell or fift, keep them alive 3 or 4 dayes in some broad vessell giving them every day fresh leaves of Celadine ans about a quart of Hest Miller, Cover them but so as they may have room to cleane themselves then take them out and wash them in Beer 2 or 3 times and while they are washing have yo oven made as hot as brown bread when drawn out, Scare the bottom of the oven with a wet Mayo and throw in the Snails and let them lyfe till they make no noise then beat them in a Morter till the shells are all broken to pieces. Take also a quart of large Earthworms, first wash them in salt & water then slit them open wash them in Rose from all their filth, Beat them a little in a Morter, then lay at the bottom of your Still or alembick 2 handfulls of Angelica, 2 large handfulls of Celadine, 1 handfull of Bear foot, 2 handfulls of Betony, 2 of Agrimony & as much of wood sorrell, half a handfull of Rue, Red dock root and the bark of Barberry Tree of each two handfulls, of Rosemary flower 2 quarts, Perungreath & Turnebrick of each an ounce, beaten clover 2 ounces, Hawthorn blossoms 6 ounces, Lay the Snails & Worms on the top of the herbs, and the Hawthorn and Roots on them then putt to them 4 Gallons of new Ale or Wort that is very strong and

two

two gallons of Sack, close the still with part and let it stand 12 hours before you put the fire under it. Mingle your Waters when distill and putt to them as much Saffron as will colour it a little, and Sugar a little, for a Consumption sweeten it with Syrup of Angelica, It will keep in Bottles a great while, You may if you please keep some of the first Rassing by it selfe and take it when Mingled 4 or 5 Spoonfulls in a morning or at any time as you find Occasion. Approved Good

## For the falling Sickness.

103. Take of the fairest Earth worms one quart & putt them into a gallon of Spring water renewing it twice in 24 hours then take them forth and putt them into a small Sieve wth the Water be clear run from them then lay them one by one in a large dripping pan turning them 2 or 3 times by a reasonable fire till they are dry enough to powders in a Morter the powder being finely beaten and sifted through a Scarpe putt it into a Vial glas stop it close, keep it dry it will be good a whole year Take a spoon full of this powder in Wine or strong beer as soon as you perceive the fit coming & like wise like the same quantity morning and Evening 3 days before the change of the Moon & 3 days after & 3 days before the full & 3 days after, A balsam from Garlick, Peppercorn, Salt Meale & this by God helping will Cure in 3 months or less if not continued longer for it is a certain remedy the best worms are found in a Banister Mistkin. Lucco is not Mistkin

## How to take the Tincture of the Scurviflour powder

- Take an ounce of the Scurviflour powder very finely beaten, to that quantity of powder take 3 pints of French Wine and one quarter of a pint of White wine & as much of Minn Water if the person carng sleep take a large quantity of these 2 waters and make it up with Cherrin water this must stand to settle, then take 2 spoonfulls of this water and drinke every 2 hours for an intermitting feaver this tincture is by no means to be beaten with the fit is in the sick person, but remeber there is but an houres drincking on this whole quantity of this must be taken all out in both night & day 2 or 3 spoonfulls at a time every 2 hours & if used this way no man more need be dronged as before him in the same manner taken so long as the feaver continues

The Lady Dray's Sparrow Drop

105 Take Minium 4 ounces, Ceruse one ounce, Perovin 2 ounces  
Castile Soap one ounce, Beat the powder well and bearne them  
through a lawn Sieve, Cut the Sope into thin slices, then put a pint  
of Oyle of Roses into a biskett, put the Sope into it, Let it over a  
temperate fire until it be Melised, then put in the powders by little  
and little continually stirring it, so let them boyle gently alltogether  
and half, then drop some of it in a dish and if it come clean away  
when it is cold it is boyled enough, then let it boyle longer, then  
put in these things following flanders Oyle of Bay 4 ounces  
Oyle of Exeter 3 ounces, Venise Turnepline Salt an ounce  
Anagia half an ounce, thus stir all very well together  
and let it boyle a little and take it from the fire and  
smothe it before it is cold - The vertues are -

It healeth all Wounds new and old, Burns, Scaths, felonies,  
Impethumations, Ulcers, Fistulas, Potters, Ringworms,  
St Anthony's fire, Sciaticas, Sprains, Bruises, Aches, Kings-  
Evil, Strengelans, Scours, Drawn out Horns, Realleth the  
Gout, Realleth the Cholick, being laid to the Belly and  
if laid to the back it easeth the Stone in the Kidneys -

To make an Oyle that cureth all Strains, Fractures, Crampes, Bruises,  
Burninges of all sorts, all outward Grieff, It easeth the fistulae  
and Gout with all swellings in the face or aque Swellings in  
the legs or sore Breaste Cills or Achill -

106 Take Rue and Sage of each one pound, young Bay leaves 4 handfulls of  
each halfe a pound shred all that small then put to them 3 pound of shreds  
and hot out of the Sheeps belly then stamp them all together and stop alleyn  
close man Earthen Crock, then let it stand 8 or 10 days in an oven to  
be put into the Oven when the Oyle or Oyes come full once a day  
then boyle it softly 2 hours then put into it 2 ounces of the Oyle of Spille  
then let it boyle one hour more then strain it into a Jelly pot for your use  
Chafe it upon the place grievous over Embois layng gray paper over  
the place which must not be changed untill it is consumed -

M<sup>r</sup> Nekelin A Sogt Drink

107 Take Sassafras 3 ounces, Skirke 4 ounces, Sandors  
red and yellow of each an ounce, Starckhorn and Ivory of each  
an ounce, Burdock Roots 4 ounces, Let all these Infuse in four  
gallons of Spring Water upon a gentle fire for 10 or 12 Roast.  
two hours before you take off your pott add to it of Coriander  
Seeds bruised half an ounce, Wild Carrot seed bruised half  
an ounce, Cinnamon Rayf an ounce, Raisins of the sun stoned  
a pound, Liquorice two ounces Put these Ingredients together  
into the pott and let them Infuse 2 hours before you take off  
the pott, Let the pot be close stopped till the liquorice be cold  
then Strain it out & put it into Bottles well wash'd and stopp'd  
This Dring as your common Dring -

A Cordiall Water for Surfeits or Consumptions.

108 Take a gallon of the best Aquavite, a pint of Damask Rose water  
a pounds of white Sugar candy beaten fine let it steep 24  
hours then put to it a pint of red poppy water a pound and  
half of Raisins stoned, a quarter of a pound of Dates stoned &  
slicid, one ounce of Cinnamon broken in pieces, one ounce of  
Cloves whole, one ounce of Anise seeds whole, 2 sliced Nutmegs  
one stick of Liquorice, Let all these steep together close covered  
4 days, straining it very well twice evry day, then add to it a  
great quantity of poppy Leaves ready dryed one Sprig of An-  
glica and one of Balke so let it stand 5 days longel stirring  
it as before, then strain it into Bottles.

For a Quatidian or Corkian Tongue.

109 Take 2 handfulls of the freshest English Hops well pickt, 2 handfulls  
of Bay Salt and a quarter of a pound of blue Currents Beat all  
these till they come to a kind of brittle rath and make of them 3  
couple of West bands which are to be applied some 2 hours before  
fit is Expected, a couple each fit day for 3 days if the Disease so long continue

Lady Northumberland To Make the Green Ointment for a Bruise or  
Old Ach the Spleen or Gout.

110 Take 8 pounds of Butter in the Month of May, fresh without Salt, and a bottle of Black Snails, Put the Butter first into a Kettle & being melted then put in the Snails and let them boyle half an hour stirring it with a stick all the while, then take it off the fire and take 2 handfuls of each of these Herbs vizt; Rosemary, Balm, Lavender, Cottor, Southernwood, Cost-Mary, Elder-leaves, Rue, Rosemary, Chamomile, Sage, Burn-leaves, Herb of Grace, Mint, Wormwood & Salt Reed, there must be gathered in the heat of the day, not worked at all but shred very small then set the Butter again on the fire and put in all your herbs letting them boyle till they come to an Ointment, then your herbs be half boyled put in a little pottinger full of Consuung and a like quantity of Hens dung newly made, Put in these to boyle with the following spicet, 3 quarter leers of a pounce of Frankincense, two ounces of Nutmeg sliced, 2 ounces of Mace bruised, when it is boyled to an Ointment take it off the fire, Strain it and so let it stand 2 days than Clarifie it upon Coats and so put it up for your use.

Anquerium Populeum mingled with this Ointment and of powder of album Grauem adding 2 or 3 drops of Oyle of Oder when you apply it is a most excellent remedy for the piles.

Eliz. Duffe is by Mr. Ariss thought better than Oyle of Oder.

Mrs Bearey To Cure a Cancer in the Mouth or Throat

111 Take an Egg and make a hole in the leifer end thereof and let all the white run out but leave the Yolk in, then pound Allome & fill up the Egg and stir the Yolk and the Allome togather and Set it on a soft fire and it will boyle till the Egg, and when it is cold crumble it to powder and put it into the Mouth or Throat and wash it with any thing this I have cured many with without anything else I never knew it fail.

35  
Lady Ingram A Drink to heal diverse Infirmitys. Lady Dore

112 Take a pound and a half of Unslated Lime, let it stand eight hours in a gallon of spring water, then pour off the Water and put into it English Liquoris, Annes-seeds and Sopafras of each a quarter of a pound, blan Currants beaten a pound, Make a quarter of an Ounce, Let these things be infused one night in the water, then pour off the liquor from the Ingredients & keep it for your use. Take of this half a pint at a time thrice a day will a spoonfull of Syrrup of Violets a little warm, vizt an hour before Breakfast and so before Dinner and Supper & wash a little gently after it. It is good against all Obstructions, It is good to wash an Ulcer, It cleanseth the blood, It is good against a Consumption and the Droopy and excellent for of King's Evil. Take by the 3<sup>rd</sup> appointment a full quarter of a pint twice a day in the Morning & at 4 in the afternoon —  
Lady Kaneagh. St. Genelme Highys Cordiall

113 Take of the Black of Crabs Claws 4 ounces, in June when the Sun is in Cancer, of Crabs Eyes, of Magister of Pearl, of Magister of Coral of each one ounce, Yellow Amber one ounce, and a half, Contriorce root, Indian Snake Head <sup>one</sup> of each six drams, Oricatal Bazaar Stone 5 drams, the stone of a staggy heart 4 Scruples, Reduce all into a very subtle powder, the Crabs Eyes and Claws must be moistened with pure Juice of Lemmons in the beating) and let them so ferment one night, Minyle all the powder adding to them of Extract of English Saffron two Scruples, and while you are kneading of them together pour upon the whole Mass 3 or 4 Spoonfulls of the spirit of Honey ther with Earthorn I say carefully knead it with your hands and make them up with your hands into what form you please & dry them gently in the shade —

A Course of Physick much tryed and approved  
to purge the womb of superfluous humours and  
to promote Conception in Barren Women

- 114 Take Roots of Madder, of Masterwort of Each an Ounce, of  
Sinaloe and Acons of Each half an ounce, leaves of Mugwort, Penny-  
royal, Calamint and Savins of these 4 two ounces, all newly dried  
and of Bittany of Creek of Each a good Handfull. Orange Peel half  
an ounce, Galangal 2 drams. Mace and Cinnamon of Each a  
Dram and half. Saffron a scruple. Boile these in 3 pints of white  
wine for the space of 6 Hours in a narrow mouthed Vessel that  
will contain double the quantity of all the Ingredients stopping  
the Vessel well and covering it besides with a Closter that  
nothing may exhale and let that weppell. Boile in another of  
hot Water when it has thus boyled for the space of 6 Hours let it  
cool and then strain it with a strong Expreſſion and so receive it  
for your Use. Let the Patient take 4 ounces of this being heated  
in a Morning and at 4 in the afternoon when the accustomed  
time of her Courses draw near taking two hours after it when  
this has been continued for 3 days in which time the Detraction  
will be spent, let the Patient take 2 scruples of Pillule fatica  
in a Morning fulling or more or less according to her Strength  
keeping warm in her Chamber afterwards let her take in a  
Morning and at 4 in the afternoon the quantity of a Pint of  
the following Electuary drinking after it 3 or 4 spoonfulls of Malaceous  
Take concord of Balm an ounce and Ralf, Concord of Rosemary flowers  
half an ounce preserved Palmers, Candice Orange pills of each 3  
drams the Specis of Gallicum Gallae & complex compound.  
Syrup of Balme sufficient quantity Mix these according to  
art and make an Electuary, afterward let her drink  
3 or 4 times a day a little glafs of Wine when a Rose  
Solas has been infus'd in this Manner. Take Rose Solis  
green or dried 6 handfulls white wine two quarts Infuse  
them

36

Hem in a narrow mouthed glass well stopp'd and incelen the wine  
with Sugar this Wine won't fully avalleth to strengthen and  
excite nature. Let the patient abstain from Dietary all the time  
of her taking the potion or Bills and let her not return to the  
use of it again till she has taken the Electuary 3 or 4 times  
let her be carefull to avoid all violent Motions avyding  
Dancing etc

M<sup>r</sup> Decays A Water to drink for a red face.

- 115 Take a quart of furnitory water and put half an ounce of powder of  
Rhubarb & 4 ounces of white Sugar candy into it, and drink half a pint of  
it every morning & fast an hour after it and use some Exercise & a four  
a clock in the afternoon when your Stomach is empty, you must drink  
half a pint more & fast an hour after it & use Exercise after it & when  
you drink it you must shake the bottle that the powder may not  
lie in the bottom this in 3 or 4 months will keepe strong then the  
Liver and Cool it

M<sup>r</sup> Decays A Water for the Face

- 116 Take a quart of furnitory Water and a quarter of a pound of bitter  
Almonds and blanch and pound them and mix them into the furnitory  
water and then strain them out and put the almond water into a bottle  
and take of quantity of an Egg in Salt water & many worth of Camphire beaten  
very small and put them into the bottle and wash morning and night  
and at night let it dry in the sun if the face be very red this  
will cure it with the help of the work before mentioned

M<sup>r</sup> Decays For a Scalp

- 117 Take the fur of a Hares skin and pull it off, and dip it in the  
white of an Egg well beaten and lay it on the place that is scalded  
as thin as you can lay it on but be sure it covers it all and let it be  
very well wet with the white of the Egg and let it lay on till the party is well  
and it will fall off of its self I cured a Mans head at Lemire that was  
scalded with Boil the white of the Egg takes out the fire and the fur of y  
Hare heals and dries that no infection comes to it, but they must not  
run about but sit still

### A Medicine for a sore Breast

118 Take two yolks of Eggs and beat them on a trencher and putt to them one spoonfull of Rony then take about the bigness of a Walnutt of pure Lard tarr'd without Salt and bruise it amonst it with the point of a knife, if you see the Breast be like to break putt in half a spoonfull of verjuice turpentine and mix it with these other things, putt in as much fine wheat flour as will thicken it like a fine past so as to spread upon hottens or foyntoulles, so warm the plaster a little before the fire and putt it on, as the Breast drys it, still putt on a fresh plaster and keep the breast wash clean with warm Milk and Water, if the Breast do break make Lent's of Lent and spread them with this plaster and putt in and wear the plaster a top of the Lent and continue it till the Breast be well, this plaster put on any womans Breast as soon as she is brought to bed will putt back the Milk and keep her from a sore Breast, if you find that there be an ague in the breast take a wooden dish and putt it into a pot of boylng water that the dish may boyle in the water then take it out and putt it as hot as the breast as it can be endur'd on a hot cloth upon the breast this will sweat the breast and take the ague out of it then drifit with the plaster

### A Drach for an Imposthume approved

119 Take two handfulls of Organ, a handfull of Morelouine, a handfull of Rag, two handfulls of Lase & Yron, two handfulls of young hellebore tops or roots, shred them all together and putt them into three gillons of spring water boyle them till half is wasted then strain it and let it stand till it be cold and pour off the clear and putt to it a quart of Honey and give it one boyle and when it is cold strooke it up and give about halfe a pint or little more at a time in the Morning fasting or before dinner and in the afternoon two or three times in the day

### For a bloody Flux.

37  
5  
With the Juice of full ripe Elder Berries, make flour into Cakes which must be baked as hard as Bisket for Seamen is wont to be, then having grated these Cakes or otherwise reduced them into fine powder, now one must be made with fresh juice of Elderberries this also must have a baking fit for bisket. this must be done in all four or five times at least having a care that the last time the bisket be putt into the oven it be very thoroughly baked that it may keep the whole year, this to be grates to powder at the time of use which is chiefly in fluxes especially in bloody ones wherein this to be given once or twice a day in any convenient vehicle in the quantity of about two scruples or a dram

### Pills for the Stomach and Head

120 Mr Purnell  
121 Take of white or other Amber and Mastic of each a quarter of an ounce, Aloes 3 drams, Agaric one dram and halfe Right Bristolochia half a dram these being all beaten very small and tempered with the Syrrup of Normwod make thereof a Mass of Pillis and form 7 fulls of one dram of this Mass take always two or three of them when you go to bed this proser with the Stomach from all Manner of Diseases, and suffreth nothing to putrefie therein, It causeth Milk & Strengthens the Heart and Head

### Dr Willis

122 Powder for Convulsion fits  
Take of Peony roots and heads mans scull of each one dram & halfe of the root of an Ash and white amber of Zael halfe a dram of Red Preysor 6 grains, let these be made into powder and Divide it into ten papers Take one paper in the Morning and one at night in the following Dullen Take of Sanguis water 3 ounces, of Peony Water and Syrrup of Peony of each halfe an ounce then mingle these for the Salap, A child must take a lep quantity but a man or woman a whole paper, The Sanguis water is to be had at the Apothecary, sometimes a paper will take away the fits if so putt the rest in a dry place for this was approved

Lady Shrew.

For the Falling Sickness, Giddiness in the Head and Convulsion fits.

- 123 Take a good quantity of single peony roots newly gathered they are fullest of virtue at the full of the Moon pare the roots and slice them as thin as may be, then beat them in a Morter by two spoonfulls at a time grating it very small and adding thereto Cherry, Sack and so do till you have reduced it all and beaten it fit to strain through a canvas cloth, to keep it in a stone bottle stop it very close take of this liquor & spoonfulls in the Morning and the same quantity in the Evening before you go to bed 3 days before and after of change and full of the Moon, shake the bottle when you use it.

For the Falling Sickness and Good for  
Lady Kanelagh Convulsion Fitt

- 124 Take of the Mole Peony roots grated or beaten to powder one ounce of Mugwort an ounce and Rall put the Herb and the powder into a quart of whiter wine let it stand on the fire and simmer softly till it come to a pint then let it stand till it be cold & strain it give the party a quarter of a pint in the morning and as much in the Evening to drink at the full and at the change of the Moon if you can discern when the fit will come take it but before the fit a quart of this drink do usually do the Cure. You must likewise grate about an ounce of the peony root and put it into a new Lockham bag and let the party wear it about their neck 6 months together this hath cured hundredes.

For the Palsey.

- 125 Take of flour of Sulphur about 3 ounces, of Oyle of Paraffina about a pint or pound, Digest them for 7 or 8 days till they be perfectly Incorporated, which the colour and consistence thereof will discolor this give about 15 drops over of day in some convenient Cephalick section (they commonly have use decoction Anthoy) (if the patient be rectified). A Doctor who was well acquainted with the Physician to the Hospital told me that they often administer a much greater dose of the Medicine, and probably in some cases such a dose may do better.

38

For the Tickets or Tibbles

- The Powder Take the roots of Foxfern being gathered in february or the beginning of March, pull off the Leaves One by One & Cut the ends and scrape them very clean & take none but the sound ones, that are greenish and have no black in the middle and dry them gently in an Oven when the thread is drawn out, when they be dry enough to beat, keep them in a dry place and when you have need of any powder than beat some of them very small and with them about a fourth part of Anise seeds, Liquors and a little sugar Scorie it and keep it for your use.

Op. the powder you must give a child under two years old as much as will lie upon a two pence to an other child as much as will lie upon a threepence in the Morning fasting in any Syrup or roaster apple or such like if you find of Tickles have taken the lungs then give the powder in a spoonfull of this Syrup. 3 vint

Make the Syrup with Coltsfoot, Succory, the roots of foxfern, Savile, Cowslips of Jerusalem, Speedwell, Liquoris and Anise seeds a small quantity Liverwort and Harts tongue, & when you find Cholick short breath and have any Cough give them the powder in a spoonfull of this in the Morning and a spoonfull at night and if the Cholick be very gone and of any bigness that it will take it, make a poultice of these herbs and give a draught three times in a day warm and give it the powder a mouthful at a time.

The Ointment Take of the root of foxfern a pound of common red Hay hoof (alias) Meloof, wormwood, red sage & fennel Clivon.

Red Minke

Clivers, Brooklime, Scurvy graft, Rue, and Whitewort of each  
a good Readfull. Beat them in a Mortar and boyle them <sup>with</sup> six  
pounds of fresh butter unwoaded, a pint of Muscadine and a  
quarter of an ounce of Mace, Boyle it well and Strain it and  
keep it close in potts and use it as followeth.

Melt some of the Oylment in a Sancer and therewith  
anoint the Chilts Breast and Chest and Ribbs, Anoint  
it as high as the Bone below the Throale called (Os Brunale) or the  
Kernell Bone, for thence it will grow narrow and with yo<sup>r</sup>  
Ran spread the Chest or Breast, Rubbing up <sup>the</sup> Head one  
way and then another way pretty hard, but great care  
must be taken that it be not rubbed hard where it groweth in  
on the Ribbs, nor under the arme but the lower & short  
Ribbs that usually stand out by reason of the bigness of the  
Belly, there you may carry your hand pretty hard, when  
you have well anointed it then put on a warm and thick  
cloth next the skin, and keep it on as long as you anoint it, change  
it not the first week anoint it only at night, and but for a  
month at a time and the other three weeks, night & morning.

But if the Chilts be far gone and very narrow cheated,  
take 4 ounces of the Oylment and two Ounces of Oylment  
of Irania Rootes and two ounces of Oylment of Althaea  
and hingel them together and so anoint the Chilts after  
the maner aforesayd.

The Drinck for the Ricketts. Take Liverwort, Harttongue,  
Tamaris, Collyfoot, Consilius of Jerusalem, Clivers, Comfy  
Succory, Agrimony, Speedwell, the Middle bark of Ash,  
of Eoll a great Readfull. Boyle them in 2 or 6 gallons  
of Middle Ale neither too strong nor too small and

let

39  
5  
let it be worked and turned and when it is turned take  
4 Readfulls of Scurvy graft and two Readfulls of red Water  
Cresses, Stamp them and strain them and put the Juice into  
the ale and when it is 6 dayes old let the Chilts drinck of it at  
all times that it daiveth to drinck.

If the Chilts head be big It must be phlebotomized in  
the Ricket Veins in the Ear otherwise hot.

Before any of these Medicines be applyed let the  
Spring be a little forward, the Weather indifferent warm  
leadt the Chilts take cold and let it first be gently purg'd

#### To Causse Conception.

Take of Rhubarb half an ounce, of Saffron, Mace, Nutmegs,  
Cloves, Cardamomes, Cabots, Long pepper, of each a quarter of an  
ounce, Pale of Ginger, Annis seeds, Rigories of each an ounce,  
of Sugar 3 quarters of a pound, of poumon half an ounce, let all  
these be coarsely well boyled and then put together in an earthen pott  
which contains 3 scold pints (Guttae) of the best sherrish wine, the mouth  
thereof being well stopt, set it in a cellar under ground amongst Earth  
or Sand, let it stand there ten dayes, thereafter drinck of it twice a day  
3 iij. in the Morning fasting two hours after it, at 2 o'clock in the af-  
ternoon, and when you go to bed take a good ready draught thereof  
when the wine is warme, then put other three pint into it.

Before using the aforesayd drinck take the following powder  
Take Libanum, Myrrh, red purging Marlich of each anounce,  
Pray them small, and for four dayes together take the weight of a  
Sixpence thereof and drinck in a glasse of sack every Morning before  
your monthly courses come, and presently after your monthly  
courses are gone drinck of the drinck compoide as above  
written, till they come or shoule come again.

128

A Plaister that easeth the Gout and if it doth break and only a thin humour come forth the Water following will cure it with of plaster but if there be only Chalk stones come forth by plaster will cure it it self; as soon as you find any part full of pain and begin to swell you must lay on the plaster It hath cured those that have had all their fingers broke and Chalk stones come out and they were before only with using this plaister.

Take two pound and four ounces of Oyle Olive and twelve ounces of Spanish Sope (Castile Sope, Shave Sope) and Incorporate them well together in an earthen pot well glazed, then set them on the fire and when the Sope is melted take a pound of white lead & a pound of red lead finely beaten into dust and put them in by little and little, then set it on a soft fire continue the stirring it for an Hour and half and when it begins to be gray it is enough, then whilst it is on the fire add two ounces of Barrow hogs grease and an Ounce of Oyle of Baye, Stirr it well together then dry a little on cold ground if it come up without sticking it is enough then take a little Oyle and make it up in rolls It will keep twenty Years the older the better.

It being laid upon the Stomach It provokes appetite, and It takes away pain in the Stomach - It being

Layd

<sup>40</sup>  
lays upon the Belly It present remedy for the Pholick, and layd unto the reids of the back it good for the bloody flux, the running of the urine, the heat of the kidneys, and for the weakness of the back It is also good for any old Sore or grief, It doth break felonies and other Inposthumous and health them, It draweth out any running humour without breaking the skin, It Releath the Piles and applyed to the Neck it is good for the Eyes, It doth all this of it self but with this following Water it is admirable for any old or new Sore if it were a fistula it will heal it without doubt.

#### To Make the Water

<sup>55</sup>  
129 Take two ounces of white Copperis and two ounces of Koch allome and burn them together in an Earthen pottinger when they are thorowly burnt then powder them to dust and keep it and when you will make the Water Take a quart of running water and set it on the fire, let it boyle, then take it off the fire and put to that quart of Water one Spoonfull of the sayd powder, so let it work in the Chimney Corner for it will make it boyle again when it hath done boylung let it stand till it be almost colde then put it up into glasse bottler and keep it for your use. this and the plaister will heal any old sore though never so great if you perceive the strength

strength of this makes the sore smart or red  
then make some a little weaker but continue the  
water for after the sore is drawn awhile the water  
will cure it self. Bath it warm twice a day or  
thrice with a cloth, and syringe it if need be the  
time you syringe it if you can find above & below  
the sore dip a cloth in the water warm and lay it  
upon the sore and bind it up, this is good for a  
sprain also being used very hot and a piece of  
flannel wet and lay upon it

Ldy Orrery For an old or new Cough and to remove  
Obstructions.

130 Take Collyfoot, Maidenhair, Cat's-ear, Liverwort, Hartshorn,  
Sungwort & Spleenwort of each a large handfull, Elecampane  
Roots them sliced half a handfull, Marigold flowers, Cow  
slips, Borage and Bayleaf flowers of each half a handfull  
as much Liqueuris, two small spoonfulls of hares-seeds, a large  
handfull of Raisins stones, half as many figgs sliced, Put all  
these into a gallon of Spring water in a pippin, Let them  
stand so one night, then set it on a slow fire close covered  
till a third part be boyled away then strain it through a thick  
cloth and let it settle Strain it so 3 times from its settlings  
and pour off the clear from its last settlings, then put to it  
half a quarter of a pint of the juice of baked Turneps, to every  
pint of this Liqueur put a pound and half of good Sugar then  
boyle it a little only to scum it. This will keep good two  
years. Take of it a spoonfull going to Bed and another

in

in the morning and at all times take it with a stick of liquorice  
by little and little as you cough. if Turneps be out of season  
take the Syrup of Turneps. Try herbs in the winter will serve.  
Ldy Orrery For an Irward Impethume

131 Take a pugil of Hyssop, as much Rime, half so much Centaury,  
and as much Burdock roots after you have taken out the  
pith as you can hold between your thumb and four fingers  
Boyle all these in a gallon of strong Wort, or if it require  
hot strong Beer, but if Beer then you must put double pro-  
portion of Honey) till half be wasted then take out of herbs  
and put in a quarter of a pint of Honey if it be wort or Rime  
ale let it settle a very little only till it begins to boyle when  
it is done let the party drink a quarter of a pint of this if  
he be able more of it Milk warm Morning and Night.  
if the ale be new, or if it be made with wort, after it is  
boyled it must be workt with Barone

Ldy Orrery For all affections of the Spleen or Liver

132 Take six pounds of Garden Scourvy graft, two pounds  
of white Bryony roots, one pound of horseradish a  
quarter of a pound of Winter Radish, six Lemmons, two  
ounces of Nutmegs these must be shred and sliced &  
infused in a bottle of white wine twenty four hours  
and then distills in Balneo Mariae. Take a quarter of a  
pint of this cold with a little Sugar Morning & Evening  
Night.

Lady Orrery.

133 To Heal all Old and New Wounds, Burns, Scalds, Pelons, Imposthumations, Ulcers, Fistulas, Boils, Petters, Ringworms, St Anthony's fire, Sciatica, Sprains, Bruises, Aches, Strengthens Sineus, Cures the King's Evil, draws out Thorns, Easeth the Gout, and Cloath being laid to the Trotty - Word for Word the same with Lady Dray's Sparrow drop before written, only this <sup>alligation</sup> at last ~~and~~ then take it off the fire and dip in yo<sup>e</sup> cloath, and reserve the rest in a gall pot -

Lady Orrery Snayle Water for a Consumption.

134 Take half a peck of Snayls purge them well by throwing Salt on them three or four times and stirring them well in it, and washing them well between every time in small Beer, and so repeat the Salt till they purge no more the last time Wash them in Luke warm Water and dry them well in a linen Cloth and bruise every shell cracking them a little then put them into a common still and to them put the Waters of Collyfoot, Hyssop, Scabious, Pimpernel, Agrimony of each one pint, half a pint of Saccory Water, add to these one pound of Raisins of the Sun Stone and sliced, two ounces of Liquoris scraped and sliced, one ounce of kniit-seeds, Seal the still with paste, and keep a fire softly under them at first then Increase the heat a little, you may draw this as long as it will run but the first six pints hath the greatest vertue -

135

### A Good Remedy for the Ricketts.

Take a pint of Muscaine and Boyle in it 3 parts of an Oxe Gall and a good handfull of Northwood will halfe be consumed away then Morning and Night stroke the Chilid Breast, Thighs, Kibb, Thighs and Belly with the Barm before the fire a good while together

The Childe is to drink as followeth

To 3 Gallons of small Ale put in one handfull of Tamaris, and of Liverwort, Hartstongue and the Inner Kind of <sup>the</sup> ~~the~~ <sup>the</sup> Ash of these two handfulls apiece, one handfull of Long <sup>the</sup> ~~the~~ <sup>the</sup> and as much Capers Brwne there are Boyle them a little in the Wort and so let it work like other ale and after it is turned and fitt to drink let the Childe take always of that <sup>8</sup> No other

Then It must be let under the arme and swung every Morning and rolled up and down upon a Bed which is very good for that Disease

To Cure the Scurvy or the Drosyry

136 Take half a peck of pine tree tops, about halfe a handfull long, split them in the shiest and let them boyle them in a gallon of small Beer till all the Liquour be consumed away, then put to them a potle of Strong Beer or Ale and Boyle them in that whilte it comes to a quart, this must be taken three Mornings together fasting Dividing the quart of Liquour into three parts In 2 or 3 makings this bath cured those that have been sicked up to the throat

Lady Worcester For Sore Eyes. <sup>approved good</sup> <sub>Lady Randolph.</sub>

- 137 Take a pottle of whitenine, 3 handfulls of Evebright, a handfull of Celandine, a handfull of red fennell, a handfull of white rose leaves, & a handfull of Agrimony. Wash all the herbs clean and chop them a little and lay them in the wine than take 4 Swallows and beat them quicke feathers and all and put them into the wine and Rerbe and let them lyce steeping there two nightes and a day than put them into a still and distill them with a soft fire putting into the midle of the herbs one Ounce of Aloes Succotrine before you begin it, and when yo<sup>e</sup> Eyes are sore than drop in two or three drops Morning & Evening and It will cure them.

For the Stone

- 138 Take half a pint of ale and slice into it Castle Rose the quantity of a Ratnay, set it on the fire until it be Melted, Strain it and then put in half a pint of whitenine and a spoonfull of the Juice of Setwell while the ale is hot, and give it the patient to drink.

Take a wooden Dish of a pint fill it full of Wood Ember, put in offetherfenn, red sage and a mornile of all together one handfull lyce a cloth over it and apply it to the patient where the pain is.

The Golden Salve.

- 139 Take of frost butter, yellow wax and Rosin halfe a pound of each Clarifie them well over a soft fire and Scum them when they are well cold put to them two spoonfulls of fine wheaten flour stirring it well of it Let not two spoonfulls of good honey, one of powder of frankincense and a little Saffron. Shewell well together and boyle them softly, then Strain it into some wafell through a course Strainer that you may have a cake which keep for your use.

For a Burn or any hot humour in the legs or other parts.

- 140 Take of Meloof and Elder leaves shred small of each one handfull a quarter of a pound of Handdung the Rose and Yellowest that can be gotten half a pound of Nutton Suet shred and shred Melt the Suet first then put into it the herbs and boyle them together a quarter of an hour Strain it out and keep it for yo<sup>e</sup> use.

To Make the Electuary of Rhubarb and Currants.

- 141 Take Rhubarb finely powdered or grate, Currants clean washed and pick of Earthallike quantity Minyle them well together and Beat them up into an Electuary. Moistning them with one spoonfull of fair water, one spoonfull of Mint water, and half a yero full of good Vinegar mixed together, Some take two parts of Currants to one of Rhubarb. Take the quantity of a Walnut at a time or more if you please.

St Ketel in Digbys Receipt for Ulcers. To sores &c

- 142 Take one pound of good unlaked Lime & on it pour 3 or 4 quarts of Spring water let it settle on the lime for 2 or 3 days unlesst there be need of Dispatching for then 2 or 3 hours will suffice pour off this Water & filter it, then take 48 ounces of this aqua Calis & Lime Water and a Dram & a half of Sublimate, Grind the Sublimate with Spring water (not with Lime water) Shake these two well together till the Sublimate & Lime Water turn to a Muddy Liqueur which must be suffered to stand 3 dayes (unlesst you require hast) in a great Salt Head or long glass much inclined to one side that it may be the Easier pour out then it must be decanted or pour off dore kept for use, which is in old Ulcers or festred sores they are to be wet twice or thrice a daye with it at first but not so often after, wares, dipping Raggis in it & applying them till the Inflammation be tolerably assayed & so brought into a better condition and then it may be keepe with other remedys and it likewise powerfully appeases the Inflammation of wounds & stony Gangrene & old festred sores, half a spoonfull at a time may also be successfullly taken inwardly in Wounds Drinckes. <sup>43</sup> <sub>55</sub>

P<sup>r</sup> Walter Rawleigh's great Cordiall after  
P<sup>r</sup> Robert Killegrew's Way

Take the flowers of Burrege, Rosemary, Marygold, Rosasoli, Elder-  
berries, Red Silyflowers, one potte of each after they are dried in y  
shales, Of Scordum, Cardam, Angelica, Balm, Mint, Majoram, Lettuce,  
Betony & handfulls of each after they are dried in the shales, of the  
Roots of Sassafras of Virginia, Lignum Aloë of each 4 ounces beaten  
to powder, of Kernis, Catebs, Cardamome, Tediany one ounce of each  
of Saffron half an ounce, Juniper Berries, Pormantil root, & round  
Birchwood roots of each one ounce, Gentian root half an ounce.  
Draw the Tincture or Extract of these with Spirit of Wine in Balnes  
& save all the Ingredients after you have taken their tinctures and  
Burn them and putt their Salt to their tinctures.

Take 6 ounces of the Extract of all these with their salt, and putt to  
them 3 ounces of the tincture of Corall, of Terra Sigillata 4 drams,  
Pearl prepared 2 ounces, Bezoar stone 3 drams, Hart horn Collected  
4 drams, Ambergrise 4 drams, Musk 30 grains, Sugar Candy one pound  
and half, Grind the sugar Candy very small and scatter it through a fine  
Searce, the Musk and Amber must be ground and by little and little mix-  
ted with the sugar Candy, the more you grind the Amber the better,  
after these putt also all the other dry Ingredients to the sugar Candy &  
make them as small as you can, and then upon a great Palors grinding  
stone mingle the tinctures and dry Ingredients together which must  
be done by a strong Man used to that Labour and whilst they are  
grinding putt of the Syrrup of Red Roses and Syrrup of Lemmons  
Equal parts to them for otherwise they will be so dry they will  
rather grinde nor mingle.

To Make the Tincture of Corall for this Cordiall  
Take 8 ounces of Corall and putt it unbroken into a Alcining pot  
unluted, and let it stand 24 hours in a Calcining glas furnace  
full

<sup>50</sup>  
fill the Corall be as white as Snow then putt it into three quarts  
of distilled Vineger in a long glas with a narrow mouth and  
with another smaller glas putt into the mould of it (the belly  
upwards to save the Vineger from wasting) thus <sup>44</sup> and sett it  
in a Sand furnace so as the sand may be as high as <sup>44</sup> the Vineger  
let it boyle without Interruption 24 Hours by which time the Vine-  
ger will be red when its cool pour off the Vineger into a glas  
Bason or Bell glas and wippe away all the Vineger in Balnes  
and gather the Corall together being perfectly dry for yo<sup>r</sup> Use.

Strike down yo<sup>r</sup> pearl with Oyle of Vitriol and Oyle of Sulphur  
equal parts for that is the best way to do it.

P<sup>r</sup> Rob<sup>t</sup> Killegrew did the to prepare his pearl with Juice of Lemmons

The Melancholly Water.

<sup>55</sup>  
144. Take flowers of Wall Silyflowers & handfulls, of Rosemary  
flowers 3 handfulls, Damask Roseleaves as much Burrege &  
Bugloss flowers 2 handfulls of each, Balm leaves 6 handfulls  
Marygold flowers 1 handfull, Pinks 6 handfulls, of Cinnamon  
grossly beaten half an ounce, 2 Raisins one ounce of Aniseeds  
grossly bruised, 3 penny worth of Saffron, putt all these into a  
potte of Sack and let them stand for the space of two dayes now  
and then Stirring them together afterwards distill them in such  
a Still as yo<sup>r</sup> desire, stopping the top of the Still very close  
will pass, in the nose of the Still hang two grains of Musk in  
a fine cloth that the distilled water may run thorough into the  
receiving glas underneath, in which glas you must putt 6  
ounces of fine white sugar Candy beaten to powder that it  
may incorporate with the same Liquour. My Lady Southcole  
doct<sup>r</sup> Shrodes, Cowslips, Violets Cloe Silyflowers & Hartcree  
This Water is very cordiall to comfort the heart to quicken  
the spirit, to provoke sleep, being given with a Cordiall  
powder it striketh all opposition from the heart - - -

## A Gargarism.

145. Take of the Roots of Horsetail one ounce, the root & leaves of Plantane, Mouscar, Selfheal, Honeyuckles, Columbines of each one handfull Red rose buds half a handfull, French Barley, Course Bran, of each a pint & Half, Jew's ears one ounce and half of all these make a decoction in 3 pints of Water till half be consumed, in the cleavess of the Straining Bi-polar Syrup of Raspipes, and Syrup of Mulberries of each one Ounce and Half, Elder Vinegar so much as will make it a little sharp, Rock alone one dram Mingle them and make a Gargarism which is to be used warm often times in the day until the humour be expellit. This is good for a sore Throat that is swelled and red directed by J. Thed. Mayow.

For the Bookrack.

145. Take a Stick of Ash wood Scrape off the ruffel bind take  
the other end clear off from the wood burn that end  
so as her of thos ash will your Spittle make two little  
Balls, put those balls upon each side just where y<sup>e</sup> Under  
lawn both part from the upper, which will be easily found  
by holding your finger thereon and moving your lawn as if  
you did Eat, Rose them on with your fingers till the pla-  
ces begin to smart much, then let them fall — — —

## For Children for the Worms

147. Take half a pint of white wine vinegar & a goodly worth of  
Norfolk Turnips. Have add brown Sugar enough to sweeten & to a  
Syrup, this give one spoonfull for 3 mornings together, and  
fast an hour after it.

To draw out a nail or splint running the foot.

- 148 Take Sarsaparilla Root & lay it on the place with a plaster  
of Bran flour or Else the Dung of a Cat - - - - .

## *A Salve for all Sores.*

- Take a quantity of Turnep-skinne as much Bees wax & May Butter or fresh Butter & one peynworth of Oyle of Spike Boyle them together into a Salver.

## Spirit of Roses.

- First Bress strong ale & when it is ready turn it up into a  
bottle that it may work out, when it hath done working draw  
out the one half pint as Her Dapple and fill up the English with rose  
leaves (being very well picked & sifted from the seeds) as full as  
ever it can be thrust. Stop it up but so that it might have a  
vent to work and still as it works fill it up with ale so let it stand  
8 or 10 days or more if the weather be hot so let as to scarce it  
keep it close stopp'd and in a Cellar when you will if you much  
take out the head of y<sup>e</sup> Bapple and so take the ale and roses to  
gather and Distill it in an Alembick there must be great care  
had of it in the distilling and the first running must be  
kept by it self for that will be strongest and the second will  
be very good too if it be kept apart from the last of all.

## A Water for Wounds or a sore throat

- 151 Take Sage Rosemary & Brier tops of each one handful, Oak bark 2 handfulls Boyle all there in spring water till Ralp & the water be boyle away then strain it and to a pint of the water full one haugin of Honey one knaggin of Vniger and four ounces of Rock allome and let it over the fire again and let it boyle a little Skimming it very well then take it off and keep it for your use.

## A Pillip for a sore throat.

- 152 Take Camomile, pennyroyall Rosemary Sage and Hyssop &c  
Chop them small then take a good quantity of album gracion  
and beat it then boyle all these in grounds of Bear or ale and  
thicken it with Meal or Bran and when it is well boyled ap-  
ply it hot to the throat - - - - -

- For any pain that comes with cold

153. Take a brick and make it red hot, then quench it in water then take it out of the water and pour as much salt upon it as it will soak up. Then wrap it up in a double cloth and lay it to the pain. It will give Ease in an hour.

To Make Manchet or white bread.

154. Take a peck of fine flour of the best wheat, you can get either white or red, then take a quart or 3 pints of new milk & let it on the fire till it be warm but not scalding hot and as much fair water as in your judgment will serve for your paste then put to your paste somwhat above half a pint of new ale yeast if you can get it if not beer yeast will serve if it be new you must have a care of scalding it for then it will not rise, and you must put 2 or 3 spoonfulls of Salt into  $\frac{1}{2}$  Lemon, Break & Stirre the Salt & Yeast together till ~~the~~ the Salt then strain it into your flour and Make it up pretty stiff, then put the fire into the oven and by that time your oven is almost hot you past will be ready to make then moist it into rolls or loaves which you please and let them stand a little while till they be risen then prick them and put them into the oven and let them stand almost an hour or albegather close stopped — — —

Lady Baget: Snails Water.

155. Take 2 gallons & half of strong ale & a gallon of sack then take a peck of garden shell Snails those amongst rosemary are best and make a fire of Charcoal & when it is fully kindled make a hole in the middle of it and put in your snails and let them roast till they continue Ryping then take them out of the fire and wip them clean then bruise them in a Rose Mortar and then put them into the wine and ale & put 8 ounces of Bartholomew & 4 ounces of cloves bruised into a Mortar with 2 handfull of Angelica leaves & stalks and all & as much Celadine & as much rosemary flowers and let them infuse all night close covered will past it will yield a quart the first running which keep by it self & as much at the second which will be as good and a quart the third running. When you use it take a spoonfull & half with about 3 spoonfulls of Beer & one spoonfull in the afternoon when it is small take more — — —

156. To Make Water  
Take a pint of flour put it into a little Cream with two yolks of Eggs and a little rosewater with a little sauced Amamon & Sugar work them together and bake the past upon hot Irons — — —

For the swelling of the Almonds of the Ear. 46

157. Take an Egg and road it very hard and cut it in the Middle and lay one half to one side of the throat and the other half on the other side and bind it on — — —

Syrup of Violets

158. Take double refined Sugar then take your Violets after they are pickt and stamp them in a stone Mortar then boyle your sugar till it be pretty thick then put in your violets two quarts to 3 quarters of a pound of Sugar whil your Syrup standeth on the fire let it stand on half an hour then take it off and straine it through a coarse cloth — — —

For the Grease in a Horse's Heels.

159. First Drench the Horse well, then two days after, <sup>take</sup> two quarts of Ale Grounds One pound of Aleone, One pound of Salt, Dissolve them and boyle them till they are half consumed, Rub it hot on the Horses Heels three times a day after the hair is cut off, Keep the Horses legs from wetting till theill humor is dried up. His neare fail to cure.

A Plaister for Liver or Hardness of the Side.

160. Take Liverwort, Mairdenhair, Daize roots & leaves, Violet leaves, and Hart's Tongue leaves, of each one good handfull, the whites of three rawlays Eggs & half a pound of fresh Butter that has not been salted, and work it with Barley meal till it be well mixt and thick enough to spread, then spread it upon a piece of a Rose cake, and lay it on the liver.

A Drink for the Ricketts.

161. Take 4 bottles of strong sweet Wort & 2 handfulls of each of these following herbs, Mairdenhair, Liverwort, Hart's Tongue, one pound of Raisins of the Sun, 2 good sticks of Liquoris scraped and Cut, & half an ounce of Aniseeds tied in a cloth, Boyle all these in the Wort till it come to 2 Bottles, then cool it and put a little Barm to it and let it work, when it has done put it in a convenient Bessell and let a Child drink of it in the Morning and at four a clock in the afternoon a quarter of a pint or more at a time.

An Oyntment for the Rickets.

162 Take 2 good handfulls of Liverwort & half a pound of Butter & has not been salted. & Boyle them together till it be very green, then strain it, and lay the herbs hot to the sides, and anoint the breast and sides with the Oyntment morning and Evening before the fire, and chafe it in well with your hand, and let the Child eat of the Oyntment in its Meate, about half a spoonfull in a pottinger full of whatever you give it to eat, and if the Child be narrow breasted, make an Oyntment with Butter and Sanicle as the other is with Liverwort and with the Sanicle Oyntment Rub the breast well down Morning and Evening, but about the Belly and Liver with the other.

A Bath for the Rickets.

163 Take of Fox gloves leaves & flowers, & of Dane wort which some call Ground Elder, of each good store, with some Ruff leaves and Groined Ivy, of these make a strong Bath boylng of herbs till they are very tender & the Water very slippery, when it is ready Bath the Child therein as hot as it can suffer it, putting it up to the neck, & Keep it in an hour if it can endure it, when you take it out let it be presently dryed & put to bed, the Child will sweat much, be carefull it take not cold, one bath will serve 3 times, Bathing it every other night, whilst of Child is in the bath Rub down its sides well with the herbs and all its joints.

An Excellent water for the Kings Evil and cures a Consumption It is called the All-Flower Water.

164 Take Bramble leaves, Violet leaves, Strawberry leaves, Medlar leaves, Hysop, Sage, Liverwort, Cinkfoile, Bugle, All-heal, single

Avens, Llewellyn, Scabious, Agrimony, Plantane, Solomon's seal, five finger'd Grap. & Elder buds of each of these a good handfull. Let them be gathered without Dews or wette. Distill these by themselves which will yield near 4 quarts of Water.

Then Take 4 ounces of Chira, 4 ounces of Lignum Vitae wood, 4 ounces of Hartshorn all shaved thin, steep them in a pint of Sack and a quart of the herb Water six days and then distill them by themselves.

Take a gallon of Snails with their shells on their backs and put them into an earthen pot with a quarter of a pound of brown sugar & let them stand 24 hours to purge themselves, then crack the shells and take out the black gutt, then wash them in sack and bruise them in a mortar and put to them a pint of sack and a quart of the All-flower water and Distill them.

Then Take the Pith of four Oze backs & blanch the skin off, and put the pulp of it into two quarts of the All-flower water and Distill it.

Then Take Cowdung when the Cows have purged themselves, but choose your pasture where Cinkfoile, Daisies & such like flowers grow, put into a still 3 quarts of dung, take it at 2 or 3 a clock in the morning & so much at a time as will serve 24 hours because it must be fresh, put into every still full of dung, one ounce of bruised Anise seeds and ounce of bruised Cardamome Seeds, this Dung Water is called the All-flower Water.

Five quarts of this will serve to all the former quantities, the herb water and the All-flower Water must be distilled over again with the things which are to be steeped in them and when all these things are thus distilled by themselves, pour all of them together into a great pan and then being mingled together put them into glasses and sett them into the still to heat for 24 hours, but let it not be more than blood

Avens

warm, after this it will keep seven years.

You must Batter the Still very well for the Dung. Snails and Pits, or else they will burn to the still, Do not fill your still more than half full of the Dung at a time because it will worke up in the still, and Stirr the dung sometimes in the still.

This Water must be taken half a pint in the morning fasting & a quarter of a pint in the afternoon & as much less at night, if the Patient be far spent at the first drinking of it, afterwards a lesser quantitie will serve and for a Child a quarter of a pint of 4 spoonfulls as need requires.

#### For the Dropsey.

165 Sircum Catharticum pounded and Strained 8 8 Spoonfulls of Juice thereof taken morning and Evening mixed with something pleasant to the Palate and continued till the Symtomes of the Disease cease.

It grows like Flax but not so high, and is usually found on the sides of dry hills.

Use only the leaves and stalks and not the Roots, you may keep it all the years but if it grow dry Infuse in 4 or 5 spoonfulls of wine as much of it broken as the wine will contain and then drink the wine and fast 2 hours after it.

It Usually gives a couple of Stools extraordinary, but if it does not give one Extraordinary Increase of Dose till it does.

Lady Polham.

Chicken Broath.

166 Take a Chick, Dress it, and take off the skin, then bruise the bones, and put into the body a handfull of Sage of Jerusalem, as much Balm, a spoonful of Carrabbi, as much Hark & Corn, and the same proportion of French Barley, then put it into an Earthen pipkin and put to it a pint of Burnage Water Distilled in a Cold Still more or less if the Chick be small and cover it close and put the pipkin into a pot of water which

which must be kept constantly boiling till the flesh be all consumed according to the strength of those that are to take it let y<sup>e</sup> Water be more or less but the Chick must be well grown, and so take in a Morning a quarter of a pint at your first waking.

A Water for the Scurvy, and to cleanse the Blood.

167 Take of Garden Scurvy Grap 12 pounds, Pick it, Wash it, and Shake it in a Cloth, so let it lie and dry, then bruise it in a Mortar and Straine out the Juice. Take fresh Briony Roots 3 pounds, Horse-Radish roots 2 pounds, Winter bark half a pound, Scrape and Slice all these. Take 20 Lemmons sliced, 9 ounces of Butterscotch quartered and 8 pints of White-Wine, Let them all steep together 48 Hours, then Distill them in an Alembick, Let it stand a fortnight or 3 weeks. Then take 6 spoonfulls of the Water and 3 spoonfulls of the Syrrup following mixt well together and so drink it every Morning for a Month together. This is good against the Scurvy and Yellow Jaundice.

The Syrrup of the s-opening roots.

168 Take Bruscas roots, Asparagus roots, Fennel roots, Smallage roots, & Grap roots of each one ounce, Wash and scraze them, cut out the strings that are in the middle of them, do slice them, and put to them a quart of Water, let it boyle till it come to a pint then Strain it out and put to it a pound of sugar and Boyle it to a Syrrup. Approved.

A Remedy against the Scurvy.

169 Take Sea Scurvy graps, Garden Scurvy graps, Brooklime, Water-Cresses, the stalks of eight Rubarb, Barberry leaves, Woodsorrell, of the Juice of each of these prepeared severally half a pint, then mingle all the Juices together and let them stand all night, next Morning pour off all the clear and put it into half a pint Glasses, Stop them close, and take every Morning half a pint with the Juice of an Orange.

170

## Almonds &amp; seeds case

Take on pound of Blanched Almonds put them in  
Cold water over night Cut Almonds very  
ways thinne take a pound of Soufe sugar very  
finchly scrached mingle the Almonds and Suges  
with ys hand, that halfe an oune of the  
seeds and poure a montayn them vpon  
whit of an Eye Beater & froth & halfe  
a spoonfull of Gum Dragon steeped in Rose  
water mynel theys and ye Egges together  
and put to ye rest, myne them with ys  
hand to mingle them so drope them  
on wafer & Biske them that ye may  
no Burne if you can not gett wafers  
Drope them on fuster platy

171

## orange pudden

the yolle of 6 Eggs beat them very well then put to  
them halfe a pound of fine sugar very smale hounds &  
mixe them well to which add halfe a pound of melted  
Butter and halfe a pound of prepared orrany pele  
she red all which well mixt together put into  
a dish with hufe past under and over it will  
requir halfe an houre Baking

172 to make excellent cheescakes

Take 4 quarts of new milke & 2 quarts of cream  
mixe them together then put in forme vntill when  
it is come put it into a cloth and hanye it al  
till al the whey be cleare draine from it then  
beat it an houre then put to it 14 Egges halfe  
of the whids taken a way & add to it a  
quart of sweet cream a pound of sugar & a  
halfe a pint of Rose water 2 nutmeggs  
grated halfe a pound of melted butter mix  
all theys together & haue ys halfe ready &  
fill them as you sett them into the oven

173 to make whit Biskott

Take a pound of duble refined sugar finchly  
scrached & 2 grans of mynke & 4 grans of  
Ambergreece then take ye froth of y white of  
Egge & haue them together with a much Gum  
Dragon steeped in Rose water as with mixte  
to past then Butter ys flats & spread it with ys  
knife and so Biske it

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49

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174

### Current Cakes

Take a pound & halfe of flower keepe y<sup>e</sup> halfe  
pound ouz to knead them up with as you make  
them halfe a pound of fine sugar two lasses  
nutmegs grinded, minyke thi in y<sup>e</sup> poud of  
flower take 2 yolkes and one white of Eggs  
and as much melted Butter as will make this  
a past, put a littell ambergreece if you like it  
then take 2 pound of currants washed them  
and ~~dry~~<sup>dray</sup> then Iquise the ~~juice~~  
Joyce of 4 Lemmons, & sweeten them  
to y<sup>e</sup> past, then lett them by 5 or 6  
houers a sokeing, then when y<sup>e</sup> past is  
ready roled out very thin of what  
bigness you please Cut them round and  
put a Spoonfull or 2 of the currants on  
the middel of ye bottom then lay an othe  
roe of past on the top of them and  
make them al very close then prick them full  
of littell holes and doe them over with y<sup>e</sup>  
ycle of an Egge just as you putt them into  
the oven.

175

### To make Cutlets

Take thick fassett cream putt to it large  
mace ginger sliced nutmeg and pinacion  
then lett it on the fyre to have a boyle  
then take it off and sweeten it with sugar  
stir it some tyme to keepe it from scumming  
when it al moft colde putt into every quare  
6 Eggs y<sup>e</sup> white taken a way but first  
Beat them very well with rose water then  
put this mixt into littell pots and brak  
them. Let not y<sup>e</sup> oven be to hotte

#### To Make Oyster Sausages.

Take a quart or 2 of good large Oysters, and have the Gatts prepared  
to make them. Take only the heads of the Oysters and beat them with some  
Mutton or Veal in a stone Morter then season it with Cloves, Mace, Pepper  
and salt and the yolks of 3 or 4 Eggs & some Suet or Marrow, then putt in  
some of the heads of the Oysters stide amongst the Shift, so fill the Gatts  
with it, and Boyle them and eat them hot.

If you like this addition it makes them very good, putt in some  
Crums of bread, or fine Partphalia Bacon minced very small on an Achorie  
or two and you may hang them in the Chimney 2 or 3 days and soak  
them cold or hot as you like.

#### Oyster Sausages.

Take the lean of a leg of Mutton and bire it very small, then take  
twice the weight of it in Beef suet as finely sliced as you can,  
then take a quart of great Oysters liquor and all, and cut them small  
amongst it, half a handfull of sage shred very small, and for Pepper  
and Salt season it as you please.

50

55

### To make Jelly

Take a Cocker & 2 pair of Neats feet or Calves feet wash them cleare and beat & pick all ye fat from them and lett them boyle an hower or 2 in faire water then take them out and dry them in a Closse Cloth and then in a pipkin or some convenient vessell boyle them in a gallon of faire water, stoope on a safte fier keepe them close covered but skine them well till halfe be consumed and yt you find it jelly then runne it thorow a Jelly Bay being of good thick flane and when it is cold put it into ye pipkin again and with it a quart of whit wine sweeten it to yt taste about a pound, some thicke nutmeg ginger mace pinonion or any such splices as you like then give it two or 3 boylings on the fier, to take a littell relish of the spise then take ye whits of 16 or 18 Eggs beas them very well together to a frash and when yt jelly boyles soft put in the eggs and stirr them a bout and when it

<sup>51</sup>  
has boyled up very well take it of and have yw severall Boays ready lett it run thrown them according to y<sup>e</sup> severall Colours you make, to make an amber Coloured take a littell saffron wet it in a shooftal of y<sup>e</sup> jelly and then putt it into yt Baye to make red take g or 8 feedys of French red bruse red take in a shooftal of yt jelly you may use muske and amber greene if you like it in every bagg breake the white of an Egge to clear it

### To Make Orange Cakes.

179 Take the Rindes of 4 Oranges cutt them in quarters and boyle them in 2 or 3 Waters till they be very tender, then cutt out all y<sup>e</sup> whites and dry them well in a Cloth, then cut them very small, then take y<sup>e</sup> Juice of 6 Oranges and one lemon, strain it and putt the Cutt Orange Rindes into it, let it on the fire and let it boyle till it is grown thick and look clear, then take it off the fire and putt in a pound of fine sugar finely scarred, Stirr it well and sett it on y<sup>e</sup> fire again and let it just scald, it must not boile. Then dropp it on plates of the bigness of Macaroons, and sett them in an oven after Bread has been drawn, then with a knife take them off and clapp the two wett sides together and lay them on papers and putt them into a Warre Stove.

180

87 Theodore Mayerinus recetd for  
a Col with a great Cough.

Take China roots (not small) 3 drams of Marsh  
Scorzonera, of Comfrey Succory Sowthistle, meale  
tearne, strawberry violets of each one  
ounce, of Rubia Linctorium wth 3 drams,  
of ye leaves of Bistony of both  
Louny wortes of Liner wort of Hymone of all  
Sorts of maiden haire a handfull of each  
of ye flowers of Borage Bragloze Jonethel  
of Stock Gilliflower red or purple Coloured  
of Cowslips of each 3 handfulls, of Aniseed  
& Coriander seed prepared of each 3 drams  
of ~~Pistachio~~ Peisins / Loned, & of Juniper  
, of myrs Sweet and sound cut in pieces  
Rindes and all 4 Boyle all these in sherry  
water and then strain the liquor which being  
clarified must be reduced to 3 punds when  
dissolve of ye sprouts of maiden haire of violet  
of colty foot & Juniper of each 2 drams  
mingle it for 8 dayes to be taken once a day

fair from meale times and doe this for 8 dayes  
together every other day adde in ye morning  
Dose of this Recetion, the Infusion of 2 drams  
or 3 (according to you find it worketh) of ye  
Leaves of fenna pickt very cleen for all  
mythe all Colts, in equal parts of Scabious  
water & juice of oranges frith night, one  
the purgative

181

Take of Chinna roots 2 drams of the leaves  
of Bittony Liner wort & Lettice or Honfearn  
& a handfull of each, of ye flowers of Cowslips  
Borage & violets to a handfull halfe a handfull  
of each of ye leaves of fena wel pickt  
and ye pulpe of Tamarind to an ounce of each  
of cream of Tartar & Tarraga Communis 2  
drams of each, make a decoction of all  
these and then strain them into ye Liquor  
strain in fuse all night of Cassia fistula root  
taken off of ye leaves 2 ounces, in ye morning  
heat it a hatch and so strain it when in debole  
of people of colts compounded with Agarick &  
Sophia somerstris 6 drams of each of calubin

Manna 3 drams wherof make a potion  
which to be given in ye morning early  
and dranke no brook sed 4 hours after  
182.      a Channa Brooth

Take of channa cut small 2 ounces of this ~~leaf~~  
of Harts-horn 2 ounces Ivory and sea Wolfe  
tooth 3 drams of each of Hairing stoned &  
Tinibey of each & an ounce of Peasted  
Bony 2 shooftalls stafe all in the Belly  
of an old Cokē which being sewed up  
Boyle together with a piece of Neck of  
veale when they are all mott Boyled and  
the tenre leane of Scabious stoked  
Lounywert Agimony Liverwort and a pce  
of Morden Head off each & a roundell of ye  
Flowers of violets Borage Bungly & Sweetbist  
of each a smal handful of Coriande seed broken  
3 drams of Nephritick wood & an ounce of  
yoking unbarred and in slices 3 when all this  
is well Boyled strain it let not be a bone left  
it which must be devideed in 4 parts which  
be taken ~~twice~~ a day at night in the moring &

at noon in every draft before <sup>53</sup> ~~55~~  
Crabbes eyes prepared w<sup>e</sup> Red Corall  
prepared 3 grame,

183.      the Lozenges for the Cough

Dock Coke  
Take of y<sup>e</sup> pulpe of marsh mallow roots  
extracted by decoction in the distilled water  
of Scabious & Hyssop or ounce of y<sup>e</sup> finist  
powder of Spainish Lignum Vitae 3 drams  
of ye white gumme of Binionia 3 scruples  
of ye whitest hard sugar a quarell of a  
pound or sugar Candy mingle all the  
very well in fine powder and with as much  
of ye cleanning juice of marsh mallow as  
will suffice made it into paste add thereto  
but a quarell of an ounce of the present  
wheat flower, of this fast you must make  
Lozenges to be hid under the Tongue  
Toongue which will melt and so by degrees  
to be Swallowed downe

for Sore Eyes. Mr Boyle  
184. Take of the Water of the greater Celandine 6 ounces of Goccus  
Metalorum one Drachm Infuse them together and drop 3 or 4 drops  
of the Water a little warmed into ye Eyes 3 or 4 times a day for a long  
time together.

## (couplie wine)

To ever gallon of watter take 2 pounds of good white soper boyle it an hower ther  
strain it and lett it to coole to every gallon  
of liquour putt an ounce and halfe of syrope  
of Lemmon or Citterony and so let it fallow  
putt two shooftulcs of ale yeast beaten with  
the syrope, and spread it on tow Brown  
bastes, and putt it hotte into ye liquour  
lett it worke to gather 200 days, and in  
workynge putt in ye couplie flower, they  
first bruyed in a ston morter, to ten  
gallons of liquour halfe a bushell of  
flower, ~~being~~ picked before the green  
at the bottom of ye flowers, be taken  
out when it is well pickaed with  
out. when it is well pickaed with  
out. putt it cleen from ye flowers then  
workynge putt it cleen from ye flowers then  
it putt in a vessell and when it haue stand a month  
booke it,

## To make up Saken

Bent y<sup>e</sup> calffew very fine scarse it through  
a pairc of Lawne & to an ounce of that  
powder putt 6 graines of Amber grecce  
ground with a littell fine soper  
then take some Gum dragon that haue been  
heated in orange flower watter & mixt wt.  
grind this powder upon a marble stell it shal  
come to a stiffe past then roule it in  
what forme you please & let it dry  
in some warme place near the fire,  
of y<sup>e</sup> fire — To Make sweet powder.

187 Take one pound of Orris Roots, ten ounces of Rose leaves,  
four ounces of Cyprah, ~~four~~<sup>one</sup> ounces of Calamus, two ounces of  
Majoram, 2 ounces of Common peels, 2 ounces of Benjamin,  
2 ounces of Lignum Rhodium, one ounce and one dram of Storax  
one dram and half of Labdanum, 2 drams of Cloves, and 2 drams  
of Soper. The Cloves and soper must be bruised by themselves  
very fine, and let the Common peels and the Rose be  
dryed in the sun or by the fire and dry the Rose  
last.

188

Lady ~~Matthew~~ Bremet

## To make a Creame Cheeze

take 3 quarts of new milke hott from  
the cowe one quart of cream lett it  
be made scaldy hott, boyle a pint  
of water & then putt all togather,  
and when it is Bladd warme putt in  
as much rennet as you thinke fit to  
make it come, if it be fett 200 cōd  
it will never be good, when it is come  
take it up in a pluming dish and ~~putt~~  
it in a cloth ~~&~~ whay my it between two.  
When it is whayed enough putt it into  
fatt. Lay a pound waise on it, turn it  
3 or 4 times in dry cloth, at night in  
a huck salt on it, next day lay it in  
dry cloth, and every day change it in  
dry cloth for 3 or 4 days, then lay it in  
Nettels and cover it up close, laying fresh  
Nettells next ~~therer~~ once in 2 dayes, and in a  
franights time it will be ready to Eate but you must  
wipe it every day.

189

Lo Brownckend Cheeze <sup>55</sup>

Take 4 quarts of new milk  
2 quarts of water putt them to-  
gather, then mixt run it, turne  
it to curds, putt the curds <sup>in a cloth</sup> into  
the cheeze fatt without breaking  
them, and when the whey is fully  
well run out putt halfe a pound  
weight upon <sup>turn it into a dry cloth and</sup> the Cheeze, and for  
five hours after putt halfe  
a pound weight more upon it,  
<sup>and leare it turned and piped 3 or 4 times a day</sup>  
~~first~~ ~~then~~ ~~when~~ ~~the~~ ~~cheeze~~ ~~is~~ ~~done~~  
~~cheeze~~ ~~and~~ ~~when~~ ~~the~~ ~~Cheeze~~ ~~is~~ ~~ready~~  
ready to be taken out of the  
fatt keepe it bewest to drye  
wiping and turning it 3 or 4  
times a day till it be soft  
<sup>still</sup> ~~cleaning~~ ~~the~~ ~~cheeze~~ ~~and~~ ~~when~~ ~~you~~ ~~see~~ ~~the~~ ~~Cream~~ ~~run~~  
~~out~~ ~~of~~ ~~it~~, then it is ready to eat.

190 To make flowers of Brimston  
Take Brimston and hewe it and mixe  
it with sand then put it into a pot  
and put an other pot upon it &  
Lise them well togather then  
put them ouer a gentell fire  
the pot that has the Brimstone  
Dowenworts the uper pot  
must have a hole in the top  
of it which you must keepe  
stoked only now and then looke  
to see when it is woky

191  
The Preparacion for the  
Cordiall Water. This is made of  
the leau of the Star Wine  
Balm, Spear-mint, Hellebore,  
Pennyall, Rosemary,  
Sweet Marjorans, Carduus  
Root, Saffron, Lavender,  
Sage and Liverwort  
of each two handfull.  
Pome-wood and Rue  
of each one handfull.

Ladanum, Sassafras, Cloves,  
Mace, Cinnamon and  
Sugars of each One  
Ounce.

Saffron and Salleting wort

192

56  
for the making of spirit of Saffron  
an ounce of Saffron to every quart  
of sack and so make what quantity  
you please by destilling it in a glass  
or other Pot, either in mal or mace  
or saffron, or by percolated the old  
style and having sages Candy in  
the receiver according to yr taste

193

to make Extent water  
Take Green walnuts one and  
figs hewe them very well &  
mix them accordanly to yr taste  
The best way of drawing all sorts  
of spirit of Essences by fermentacion  
take what Earthe you please and heat  
it well with rye bread so meshe  
it with water & it will suffice to make  
it ferment and then sett it in a sunne &  
let you find it be turned then draw it  
over either in spirit of wine or of  
it selfe and you will haue the perfitt

194 Doc<sup>o</sup>ors A Syrue to banke  
in Bloody urine

Take of the roots of Comfrey madder,  
Liquorice, Turnersill, Althea or  
Each on ounce of leaves of pavonian  
ground myg, plantain, strawberry,  
with the roots of Eryngioney Betony  
Goldenrod primroses Linguepole  
redrobed helitory of the wall & each  
one handfull, twenty winter cherries  
six shynnes quaremed the 4 cold roots  
of each halfe an ounce one large  
holly head with the seeds a littell brayes  
let the boyle in 3 quarts of water  
to the consumption of helite, strain  
it and add to it 3 pound offine  
sugur then boyle it to a syrup and  
clarifie it with the white of an Egg  
this Syrup is very profer ~~and~~ <sup>but</sup> bark

in the clearing of ye kidnays and <sup>57</sup>  
flatting of ye gaines if it is to be taken  
often ther in affer or Cowe milke or in  
Aile or soffit drinke a draught of  
any of which may be sweetned with it  
in case of fresh bleeding evre draught  
of Table drinke may be sweetned  
with two spoonfulls of it,

195 an other syrup to be used  
in the same case and in y<sup>e</sup> same  
maner

Take of the leaves of plantain of nettes  
each 10 or 12 handfulls a pound of holly  
comfrey roots 4 handfulls of ye roots and  
Leaves of marsh mallowe cutt / stomp &  
straine them all adding to it so much  
sugur as will suffice to boyle it to  
a syrup / a pound to be used in

196 Bloody water  
Take of Juniperbac and comfrey roots dryed  
6 ounces of sugur candy make all into fine  
shouders and greate it fine drinke after  
milke sweetned with it,

197 pills to be taken in A poplectick or  
Convulsion pills  
take of the pill called cochia minces  
of ye extract of Rudius of each two  
Scruples, of Dec<sup>w</sup> Coxe Epileptic  
powder halfe a dram, of capter halfe  
a scruple, of salt of Amber six  
grains make all into a masse with  
halfe water and it into 16 pills of  
which 4 are to be taken every  
3 hours.

198 4 pills to be used  
for ye same

Take of cardias seeds halfe an ounce  
of yt flowers of Cammed Elder and  
Malilot of ye leaves of fine and  
mori orum of each a quanser of a  
handfull boyle them in a sufficient  
quantity of spring water adding toward  
the end 3 ounces of sack brandy and put  
to a pint of it an ounce and halfe of  
crocus maties Horrem, of Brown syrop

and of Leniflue Electuary and spirit<sup>58</sup>  
of capter of each one ounce a  
quanser of an ounce of salt mixe all  
together and po spire it,

199 the bitter purging liquor  
take of ye powder called Species  
hieroo one ounce Epileptic powder  
one dram Compound piony water one  
pint Great halfe water or compound  
spirit of Lavender two drams ounces  
left them infuse in a vessel close  
stoppt in a cold place for yr use

200 the ~~old~~ anti epileptic  
Julep to be Laken with the powder  
of compound piony water 6 ounces  
of ye compound spirit of Lavender one  
ounce, of syrop of Gloucestre flowers  
and syrup of litteron of each 6  
drams mixe all together for a  
jel of four spoon full of which is to

64 taken morning and evening after  
one scruple of Dr cost Epileptic  
powder which is to be taken in one  
shoonfull of the same Liquor

201 purging fitt prescrib'd upon  
the same occasion

Take the fitt calld Cochlin maiores  
24 grains + Salt of Amber one grain  
of the Epileptic powder 4 grains  
with syrup of fiony flower water  
make it up into 3 fitts to be  
taken at bed time

202 a Bollie for the ston

Take of the more compound powder of  
Senna two scruples six Turpentine half  
a dram Salt of Frene one scruple of  
ye Electuary calld Diaphaniscorn and of  
Lexitine electuary of each a quarter of an  
ounce & grains of ginger with a sufficient  
quantity of syrup of Rorbewrys make  
a Bollie to be taken at bed time

Dr Cox 59  
203 a purging drinck for the ston  
Take of Cappia Bruised cane and all  
one ounce of the leaves of Senna 3  
drams, of the seed (of parsy, nyl  
carrot, and caraway, of each one  
scruple, infuse them all night  
in 9 ounces of whit wine in the  
morning boyle them aliall and  
~~and~~ strain out the liquor to  
which add of manna and juice  
of Lemmons of each one ounce  
clarifie it, with the whit of  
eggs and take it the next morning  
after the Bollie before meationed

To keep Roses | Decr 1700 all the year  
Take Roses cut off the whit and all the seeds, then cover y<sup>e</sup> bottom  
of a pot with bay salt, then put a laying of roses very close and  
so between every laying of roses a laying of salt till the pot  
be full then cover them close with a bladder.

M<sup>r</sup> Naylor.

To Take a pearl off the Eyes, or a white Bellon.  
It will take away a Pearl at 3 or 4 Washings  
but for a Bellon it must be washed till it be  
taken off which will not be long a doing if  
it be washed thrice a day and lye still half  
an hour after.

205. To make it Take a handfull of Daisie roots and leaves, and of  
Brooklime and Haymaides, Hysop and red Gerrell of each a handfull  
and of Pearl Grap and Calandine and Rue and Houseteak of  
each a quarter of a handfull, poure them and Strain them and  
let them settle, after you have put in a spoonfull of Honey  
Strain it again that it may be clear, then take a new layd  
Eggs and beat the white to a froth and let it settle till it be  
clear Oyle at the Bottom, then add that Oyle to the double  
Strained Water, and put it in a bottle and stop it close and  
use it as before mentioned.

You must make a Water for the Well Eye to keepe the  
distemper from troubling it during the cure which must be this.  
Take a quart of distilled water of Eye-bright, put it in some  
Silver vessell and add to it the weight of two Silver Groat of  
White Copras made into fine powder, Brew it well together  
and then Bottle it up and it will keep good seven years, with  
this Water wash the Well Eye. This Water will preserve the  
sight of any one that doth use it many years and quicken the  
sight as I do find by the constant use of it my self.

After the Pearl is off you must have the Water of Quince  
leaves, which must be distilled in the month of May, and add some  
Eye-bright Water to it but no Copras at all; Wash the sore Eye  
with it after the Pearls are off, and this will cool and take the  
Spots off that the Pearls do usually leaver.

v. 206.

For any Sore Eyes except a Cataract.

60

Take May weed (of that sort which stinketh which is it that  
bears the smaller flower) of the youngest you can get about  
half a handfull, half a nutmeg, a little Cinnamon (but if the Eye  
be very moist with Blewnes) take somewhat the more Cinnamon,  
Pound them all very well together and Strain them out with a pist  
of Ale or Mild Beer, and so you may pound it again and Strain it  
through with the Beer (which you need not putt all through at first  
but keep some for the second Straining) of the Drink Take 2 good  
Spoonfulls at night when you go to bed for the last thing you take &  
2 Spoonfulls in the Morning early, and Sleep after it and keep out  
of the wind and from cold all the time you drink it, which must be  
till the pinte be out; if the Eye have been long sore there may be  
occasion to take it often, and then you must Intermit for a few days,  
and take it as often again as you find cause, still staying some time  
between, as 5 or 6 days, especially if you find it operating on the  
Eye to cause any blistering or swelling, which sometimes it does  
and that a good sign. With this Drink use this plaster at night  
only, unless one Eye be very sore and ther wear it all day upon y<sup>e</sup>  
sore Eye.

Take 3 Leaved Grap (of that which has the white Spotts in y<sup>e</sup> leaves  
and bears a kind of Honey-suckle) and Boyle it in May butter (having  
first sliced it) until the herbes be <sup>almost</sup> dry, then Strain them out &  
put in frell, and when they are boyled, Strain them out, and putt in  
as much Virginnes Wax as will make it into the consistence of an Unguent;  
this must be spread upon little round pieces of new Bowles, & lay  
upon the Eyes, the Eyes being shalld, and bind them on with a piece  
of broad Ribband or Cloth, because it will not stick. If the Eyes  
happen to swell and be hot, then take Houseteak powdered and the  
Juice

Juice strained out, to which add a like quantity of Cream, and Boyle them a little together; and so anoint about the Eye brows and under the Eye, if the Eye be very Alarming after the use of the aforesaid Drink. Make this which followeth.

Take 8 or 9 wild daisy roots and leaves, and make them with the same splices, and the same quantities, and a pint of ale as of former Drink with the May weed, and so drink it in the same quantity as that, but in the taking of this you may go abroad. They must be both sweetend with a little Loaf Sugar.

This is for a Pearl, a Pin & Web, Dimness, Rheum or any other Distemper but a Cataract.

#### Raspis Cream.

207 Take a quart of Raspis and Strain them from the seeds, and dry the pulp in a Silver or Brass Dish, and when it is of a good thickness season it with Sugar and lay it up round in the middle of a dish, put Sweet Cream over it and so serve it up.

This way you may also Make Cooling or Gooseberry Cream.

#### Lemon Cream.

208 Pare four Lemmons and Squeeze the Juice into a skillet and let the Rinds lie therein an hour, then take them out and put to the Juice a pint of Spicing Water and the Whites of 7 or 8 Eggs, 213 Sweeten it to your taste, strain it and set it on a soft fire to thicken, Stir it all the while and let it not boyle, when it is as thick as Cream take it off, and if you please add a little Rosewater.

#### Lemon Cream.

209 Take the peel of one Lemon and Boyle it in a quart of Cream very well, then take it off the fire and Stir it until such time as it be but luke warm, then take a white dish and put 3 or 5 spoonfulls of Sugar upon it, and Squeeze the Juice of one Lemon upon the Sugar, Stir them well together and then put in Cream by degrees, Stirring it constantly till it be thick, and so Serve it up.

61  
Take a quarter of a pound of Hawthorn and Boyle it as you do for Jelly, when it is boiled enough put to it a quart of Cream and sweeten it with Loaf Sugar, then Boyle it up and strain it into glasses, when tis cold beat your glasses with your hand and it will fall easily out, so serve it up putting Clouted Cream upon it.

#### A Fine Cream.

Take 3 quarts of new Milk and Boyle it (having ready in a bowl one quart more) and as it boyles up pour in the quart upon it at 3 times, letting it boyle up 3 severall times between, then take it off and pour it into a Bowl and Stirr it till it be cold then Divide it into 3 Milk pans, and let it stand 2 days and 2 nights then thin it very clean off, and put a spoonfull of fine sugar to it and Stirr it all one way till it be as thick as Almonds Butter.

#### Apple Leach

Put Singlars in a pumpkin and set it on the fire with Rosewater, Cinnamon, Ginger and Sugar and Apples tenderly boyled, so Make the Leach to boyle, then take it off the fire and strain it and when tis cold Cut it out.

#### Almonds Butter

Take a pound of the Sweetest Butter, and a pound of Almonds, Blanch them and Beat them very small with Rosewater, then Work your Butter and your Almonds together, taking 3 yolkes of 3 new laid Eggs boyled very rare and putting them into the Butter with 7 Spoonfulls of the powder of fine sugar then work them all together and put it into a Silver Collander and work it with a spoon through the Collander into the dish you intend to serve it up in.

#### Cakes of Orange or Sweet Lemmons.

George Rub or Grate them and lay them in Water till next day, when they will be so tender whole that you may run a straw through them, then take out the meat and pick the skins and seeds from it and beat it

in a Mortar. Beat also the Peel very small and strain it with a little Stock of pippin, for a pound of Orange take a pound and a half of Sugar. Boyle the Sugar to a height & then put in the Meat and the juice of the peel, let it boyle no more but stir it on a soft fire till it be well mixed. Drown them on plates, Stove them, and when they stand on the bottom, take two and clasp them together and let them dry a little.

Lemon Cream.

- 215 Take a pint of thick Cream and set it to boyle and when it boyles up put in the Juice of one Lemon, then put it in a York Pan, lay it up all night, next day boyle some Lemon-peel thin sliced in it, and beat it well with a spoon, then season it with Sugar and lay it in the middle of a dish and pour raw Cream upon it.

Lemon Cream.

- 216 Take 4 Lemmons and pare them so thin that there be no white on the peel, shred the peel very small and lay it in the Juice of the 4 Lemmons 6 hours, take out the peel and have 7 whites and 3 of the palest yolks of Eggs, beat them very well with the Juice, and pull in a pint of Spring Water to them, then take a pound of fine sugar and put half a pint of Water to it and the white of an Egg to clarifie, clarifie it and when it is clarifie put in all the rest of the Ingredients and set it on the fire again, keeping it stirring till it be thick but be sure not to let it boyle nor so much as simmer, if you leave out some of the Water twill be the better.

Clouted Cream.

- 217 Take a Gallon of new Milk and when it boyles up, pour in a pint of Cream, and let it boyle up again and so to till you have put in a potle of Cream, then set it in broad pans and the next day against noon take it off and dish it up.

62  
To a quart of Cream when it boyles, put in the whites of 3 Eggs very much beaten with a little cold Cream, and if you like keepe Rose water nor Orange flower Water, then boyle a little Mace in fair Water and season your Cream with it, and whiten it with very fine Boat Sugar, after your Eggs are in, It must be put upon a very soft fire a little while, and then dish it up.

Sodwell Cream.

- Take 3 or 4 flat earthen pans and put in every pan 3 or 4 Spoonfulls of Water, and a quart of new Milk and a quarter of a pint of Cream, set it on little trivets on a little fire that it may stand 2 or 3 hours warm before it be scalding hot, then keep it so for 4 or 5 hours, so leave it on the trivet till the next day, then cut it in quarters and take it up with a skimmer and lay it in the dish, strewing Sugar between the pieces as you lay one piece on another till all be in the dish.

Mounting Cream.

- Take 3 gallons of new Milk, one Nutmeg and 6 blades of Mace, bruise the nutmeg and the Mace and boyle them in the Milk bying them in a cloth, and when the Milk boyles up, put in a full quart of sweet Cream, Stirr them well together, and then take it off the fire and put it into pans and stir it till it be cold, then let it stand for 24 hours, then take off the Cream and season it with Rosewater and Sugar, steeping a grain of Muske or Amborgreece in the Rosewater, then take a whisk and whip it till it break as for Butter, but not come to Butter, take it up with a spoon and place it in heaps on your dish or plate and so let it stand all night.

Orange Plumerry

221 Take Plumerry as thin as you can, and set it on the fire and stir it till it boyle, be sure it be not thicker then drinking Cande if it boyle thicker put water to it till it be of that thickness, then to a quart of plumerry put the Juice of 6 Oranges sweeten it with loaf sugar to your tast and let it scald on the fire if it be good it will Jelly.

Cordiall Water. very good

222 Take Sage, Celadine, Rosemary, Mugwort, Petherfew, Burnet, Sorrell, Broom, Maywedo, Avers, Rue, Balme, Rosa Solis, Carduus Benedictus, Centaury flowers, Betony flowers, St John's Wort, Dragons, Lilly Conval flowers and Marygodes of each of these a good handfull, of the Roots of Gentian, Damerall, Zedoary, Petanitis, Peony, Citron Kinds & liquoris of these 3 quarters of an Ounce, of Angelica a pound, of Erula Campana roots 3 ounces. Pick the herbes and shake them in a cloth till they be dry, Scrape the roots well and slice and mix them all together and put the herbes & roots into an earthen pott, pour upon them as much of the best sack as will cover them and as more, let them stand Infused and close covered 5 days & 3 nights stirring them every night, distill them in an ordinary still or in an Alembick with a gentle fire, keeping your still or Alembick covered with Cloths often wetting and changing them in cold water, Close the Still with paste of dye flower made with whites of Eggs and Vineger, the quantity whiche this will yield is a quart of the Best, of the second as much as you can gett that is any thing strong, Draw on the rest of the water tho it be small till it begin to be sourre, then leave, for the strength is spent, you must not put your leaves above an inch thick in your still, for that will make it sour before it be halfe out, It is good for 20 disorders and Diseases.

223

To Make Sausages very good  
Take a full pound of the leanest of a leg of a Beale (which is best) and slice it small, shred also 2 pounds of beefe fat as fine as possible, mingle them together and season them with pepper and salt, one nutmeg grated, a little sage shred small, stir all these well together, then put in the yolks of six Eggs & work it into a paste with your hands then roll it upon a treacher into Sausages of the bigness of a finger and fry them brown with a very little Butter.

Almond Butter

224 Take 3 quarters of a pound of Almonds & blanch them in cold water, then beat them with few water, then wring out all the liquor from them, and beat the Almonds again wetting them with the same you wrung from them, till do till you have got all the Strength of Almonds, then take a quart of Cream and set it on a quick fire till it be thorough hott, then take the Yolks of six Eggs and beat them into the Cream and Almond Liquour & a little Salt and let it boyle all together till the Butter begin to gather to the top, stirring it gently from the Bottom, then take the Butter from the Whey and Drein it in a clean Cloth 12 hours then put to it half a pound of fine sugar and a little Orange flower water & so稀 it.

Almond Butter.

225

Take 2 pounds of Almonds & about a pint of Water, a little of which putt in when you beat in Almonds the rest afterward, then wring them hard out through a cloth & with that liquor beat them over again and so wring them as before till you have all the Strength of the Almonds then putt a little salt in the liquor and in a Skillet set it over the fire alwayes stirring it, when it is boyled pretty thick putt it into a clean cloth and when it is cold hang it up till the whey may run out, then putt a little sugar to it, and Rub it with a spoon through a Hair sieve, & so serve it up. Another way is in your Water to do it with Cream, when it boyles putt in 2 or 3 yolks of Eggs and lett it boyle till it begins to turn, then putt it into a bag as before.

Sugar of Roses.

226. Take of Red Roses not too much blown one pound the whites cutt off clear, Take a quart of spring water and set it on the fire, and when it is ready to boyle put in the Roses by little & little until they are all in, so let them boyle till they are very tender then put to them 3 pound of loaf sugar finely scarred, then boyle it till it come clear from the bottom. in the boylng of the leaves before the sugar is in, you must take out some of the Water & putt it in again with the sugar.

Orange Lozenges. for the stomach.

227. Take the peels of Oranges, Lemmons & Citrons candied of each an ounce, Roots of Oringo candied half an ounce, Pine kernels and Pistachios of each 20, Almonds blanched 10, Aniseed powdered half an ounce, green ginger 2 drams, Species Aromaticum Rosatum 3, halmy of each half a dram, Root of Galangal one dram, Cloves 10, Ambergrace 4 grains, Musk 2 grains, white Sugar boiled with rose water to the Consistence of Tablets to fit Make according to art Tablets.

To Candy Orange flowers.

228. Gather your Orange flowers in the afternoon, and put them in Water over night, boyle them in the Morning but let your Water boyle before you putt them in, keep them covered so long as they boyle, when you find them tender Straine them in a Sieve, then lay a laying of sugar and a laying of flowers till they be all in, then cover them with sugar and let them lyse two days and two nights, beat Loaf Sugar very fine and rub them in y<sup>e</sup> dry sugar, some by some at a time, ring them as long as they will wet the sugar, then putt them in the stove in a sieve with little heat.

To Make the Spanish Pastilles, the richest Sort.<sup>64</sup>

229. First you must have Gum Pragacanth which hath been dissolved in Rose Water 3 or 4 days (with a little Orange-flower Water if you please) then take a quarter of an ounce of Musk & putt thereunto half an ounce of the best Ambergrace; Grind the Musk as small as possibly you can, then putt in the Ambergrace and grind them both together very small, putt in a little powder of sugar to make it grind the better that it stick not unto the bottom of the Mortar, then putt into it half a spoonfull of the Gum Pragacanth and Grind them all together so long that you cannot distinguish the Musk from the Ambergrace, then take a pound of double refined sugar, beaten and sifted through a treble searse which you must putt into the Mortar by little and little, and as at the first, beating and grinding it well together, till y<sup>e</sup> whole pound of sugar be in the Mortar, then beat it to a perfect paste and so make it into cakes of what size you please, if the paste grow stiffe dip the top of the pestle in the Gum Pragacanth and beat the paste with it till it be of a fitt temper, Lay your cakes on paper till they be dry, then paper them and keep them in a warm room. By this will make very good Pastilles.

Dandelyon Posset Drink

In Posset drink made of Ale very clear, Boyle a handfull of Dandelyon and some leaves of Sage till it be bitterish, Drink half a pint of it warm in the morning fasting for 2 or 6 weeks every Spring and fall.

### To Preserve Raspberries.

231 Take half a pint of the Juice of Raspberries, and as much of the Juice of Currants, and one pound of Sugar, with a pound of large pickt Raspberries, and put them together to boyle as fast as you can, and in the boylng Strew in another pound of Sugar on them, when they begin to Jelly they are enough, then put them One by One in Glasses or pots, & strain the Jelly through a hair Sieve, or strain that no Seeds may go through. No Sweet heats must be stird till they are quite cold.

### To Make Bisket of any Fruit.

232 Put your fruit into a white flagon, if they be plumbs put them in whole, if Apricocks pare and Store them, So Set it a Steaming in a skillet of Water, till the fruit be enough, So as to pulp through a sieve, when you have pulped it through, weigh it, and to 9 ounces of pulp add 12 ounces of sugar beaten and scarsed, then put the pulp & sugar into two severall things, and so heat them both very hott, then beat the white of an Egg to a froth, and put y<sup>e</sup> sugar and fruit together into a Basin and a little of the froth to it, and beat it up about an hour till it be white and very thick, then put it in paper pans, or drop it in round Cakes, or any way you like, and so dry them in an Oven that is but a little warm, or in a Stove, when they will come from the bottom paper they are enough & may be taken out.

Lord Epes. Herbs for a Sallet

233 Young Lettaces, Young Spinage, Garden Cress, Garden Cempire, Young Cervile, Hartshorn, Tarragon, Burnet, Young Onions, Young Radishes and horturium Indicum.

### To Make Sugar Cakes.

65

234 Take a pound of Butter wash it clear from the Salt, and squeeze it well from y<sup>e</sup> water, put it in a wooden bowl & put to it one pound of loaf Sugar beaten and scarsed, leaving enough to Strew over them when you Ice them. Work the butter & Sugar very well an hour together with your hands, then put in one Nutmeg, and a little Mace beaten and four yolks of Eggs with two whites and two spoonfulls of Rosewater mix them well together, then have ready one pound and two ounces of flour dried and scarsed, and by degrees and by degrees Strew it all in, then have a pound of Currants wash'd pickt and dried and Strew them in, and when they are all mingled put them in your pans, (but butter your pans before you put them in) then wash them over with Rosewater and scrape some sugar over them, So set them in the oven which must be no hotter then to make them rise and look of a yellow colour, Half an hour will bake them, they will keep a quarter of a year if you put them in an earthen pot with y<sup>e</sup> paper between them that they were baked on clean wiped, That is if you bake them without pans.

### An Excellent Water for the Race.

235 Take a dozen large Cucumbers, pare them and slice them very thin, and put them in an Earthen pipkin with as much sack as will cover them, ty the pot up close & let them stand all night, the next day beat the whites of ten Eggs very well & mingle them with a pint of Milk and put them to your Sack & Cucumbers and put them all together into your Still, but if there is too much you must keep enough out for another Stilling, into y<sup>e</sup> glass that receives the water you must put 3 ounces of white sugar candy beaten to powder (or 3 grains of musk if you like it) but the water is not to be used without the sugar Candy, A little of this water dranck is good against the Heart burning.

### Pomatum.

236 When you kill a mutton and the Card is taken out, it must be put immediately into a pail of spring water, then you must take off the skin, and after that keep it in spring water ten days, shifting it twice a day; at the tenth day, take it out of the water and rub it between two napkins to dry it, and beat out the water, then put it into new milk, and shift it twice a day, and so do for 3 days together, then take it out and do it as before; then take two white lily roots and one marshmallow root and clean them and cut them in small slices, and one shilling worth of the colo seeds from which you must take the outward shells, then take an earthen Pugg and put at the bottom of it a handfull of y<sup>e</sup> Suet, then put in a laying of your roots and seeds, and then a laying of your Suet, and so do to it all, then putt up your Pugg so close that nothing may come into it, and putt it into a bottle of water, and there let it boyle softly for 4 hours, then take it out and strain it through a fine Sieve into a white Basin, then putt to it one ounce of spermaceti and a little lump of white Sugar Candy, and let one beat it with the hand for two hours without ceasing that it may not be cool or stiff till that time is over, then it will be as white as Milk, and so you may drop it on sheets of white paper and keep it in a box and use it as soon as you please.

### To Make a Slipcoat Cheese.

237 Boyle a pint of Spring Water, and put it to a gallon of new Milk and a pint of Cream, and when you find it about as warm as Milk from the Cow Put in your Rennet, and let it stand close covered till

till it become very well, then take it up in a thin Skimming<sup>66</sup> dish and lay it in thin slices in your Cheese fat, till it be full to the edge, then throw the strainer over it and have a round board that will go within the Cheese-vate and press it with two pound weight, and when it is a little settled fill it up again with Card as before and press it again with two pound more weight, and add two pound more weight every time till all the Card be in, then lay a stone weight over it all, and in half an hours time turn it into a clean wett cloth, so let it stand till night, then shift it into severall wett cloths wett in Edd water, and so let them stand till next day at night, then putt it in a weak Brine for twelve hours, then lay a bed of green Rushes, and on the top of them some fresh kettle leaves without stalks, or Ash tree leaves, then lay on the Cheese, and a good quantity of kettle leaves again upon it, and on the top of them some more Rushes; and Renew your leaves every third day. in ten days or thereaboutt it will be ripe.

Lady Rompson.

### A Winter Cheese.

238 Take the Mornings Milk Strained, and the Cream of the morning and night before strained into it, if it be too cold warm some of the Milk: Put a little quick Rennet into it the left the mitter it will be, Cover it and let it come leisurely when it is come turn it gently with a thin dish, pressing it down with warm hands, whey it and leave it into a Cheese vate, laying a plank on it press it by degrees, Cloth it and turn

burn it as you see cause, about 4 hours after when it is well wrung turn it out of the wate into a clean tubb and with a long knife slash it in thin pieces and wipe them dry with a cloth and put them in fair water in another tubb, then dry them in a cloth and put them in the former tubb, Mash it all to crumbles, and having saved 3 pints or less of the nights Cream set out into the Cheese before your that Cream into the Crumbled Cheese now, mix it very well and then heave it gently into the Cheese-vate having a wet Cloth in it, Lay the plank very warily and weight very little at first, burn it that night in moist Cloth and next day you may put on more weight but with care salt it. Some like Butter instead of Cream in the masking. It may be made from the beginning of May till the latter end of August.

M<sup>r</sup> Progers      A Cream Cheese.

239 Take the yolks of 6 new laid Eggs, Beat them and put them into a gallon of new milk warm from the Cow, Boyle two quarts of Cream and put it to the milk and Eggs and put also a quart or 3 pints of fair water scalding hott & mingle them all together, then put as much Rennet to it as will make it come, then take it up very gently into a Strainer with as little stirring of it as is possible! It must never be prest but let it lie in a Cheese-vate or in a Sieve till it be firm or fit to turn.

Lady Essex      A Cream Cheese

240 Let 8 pints of Cream be made scalding hott, then put half of it to a gallon of new milk but let the other half boyle and then

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then put that in likewise, then heat a pint of Water scalding hott and put that in also, then let it be as warm as milk from the Cow and so sett it with Rennet, when it is come take it up and do not break it too much, Lay it in the Cheese vate with a cloth under it, So put a board on it and prop it with a two pound weight at first, then add a little more weight, Change it into fresh Cloaketh often, when it is well wryed rub it with salt and lay on a 12 pound weight, the next day lay it on Kettles and so you must do for 14 days together and in that time it will be ready to Eat. It must be wiped often with a dry Cloth and when it is ready it must be kept between two pewter or silver dishes.

A Cream Cheese. M. S.

241 Take 8 quarts of the best Strakings as they come from the Cow, and put to it 3 spoonfulls of Rennet, if it be very strong less will serve, Stir it about, cover it with a cloth, and when it comes put a floating dish full of cold water into it, then Rose a fair Sieve with a fine Cheeze cloth in it wet in cold water, and take up the Curd as whole as you can, and when it is half out, put another dish full of cold Water into it, and when it is all in the Sieve, move the Cloth softly till all the whey be run from it, then take the Cheeze and Cloth together & put it into the mole & lay on at first one pound, & a hour after another and an hour after a third pound weight, when you lay on the second weight, turn the Cheeze into a dry cloth & wash the whey & following in cold water and pull it in again, at the Evening take it out and lay it upon a dry Cloth and salt one Dore and about an hour after turn it again on a dry Cloth and Salt the other side, so turn it twice a day on dry Cloth till the 3 morning, Then have fresh Kettles lay under and over the Cheeze, so keep it riyed in fresh Kettles morning and evening & in nine days it will be ready to Eat.

To Make a Cheese from Milk till Alkalon side. M. S.

242 Take 6 quarts of the best Stroakings, let them stand till they are cold, then take 2 quarts of Cream. Set it on the fire let it be ready to boyle, then take a quart of fair Water and the yolks of 2 Eggs and a Spoonfull of Sugar and two Spoonfulls of Curcums and Mingle all these together with the Stroakings and Stir it together till it be blood warm. When the Cheese is come put it into a sieve as the other Cheeses and turn it into dry Cloth 3 or 4 times in the afternoon, and with the same weight as the other and salt it at night, and the 3 day put it in Kettle leaves only, laying One by one over and under that cheese. It must be turned and riped and the Kettles shifted once a day and in 3 weeks it will be ready to Eat.

To Make Cheese. M. S.

243 Take two Gallons of Stroakings, Strain it and put as much Renrot as to make it come, before it be come too hard begin to take it up with a Skimming dish by little and little, so that you must be 3 hours filling the Cheese-Mote or Date, and lay a wet cloth vnewing hard upon it, and a Cheese board upon that half an hour after put half a pound weight upon it, and Every half hour increase the weight half a pound till it comes to 3 pounds, and so let it stand with the 3 pounds 3 hours, then turn it into a clean Cloth and Salt it, then set the weight on again, and let it stand till next morning, and then turn it out upon a clean board, so keep it turned thrice or thrice a day rying it with a clean cloth, and making the board clean till it be 3 days old, then put it into clean fresh Rusks, Turn it twice or thrice a day rying it with a clean cloth and in 3 or 4 days it will be ready to Eat. Note the best way is to make them into little Cheeses, and then the Cheese-vates must be equally filled, the Cloth wet in orange flower gives it a good taste, these Cheeses may be

Made

made in Winter in a warm Room, to the two gallons of Milk adding a quart of Cream, but the Milk must be made blood warm before the Cream be put in, and the weight must then be 5 pounds, if you put the Cheeses between two Woollen Cloths they will be ready the sooner, or you may put them in kettles, or dried Rusks.

To Make New Milk Cheese. M. S.

244 Take your tubb that you put it in and put in it scalding Hot water, then take the Milk as it comes from the Cow, and put into the tubb, and sett it with Renrot, and when it comes put in a Bowl Dish of fair cold Water, then break the Curd as little as you can, when it is whayed put it in the preep, but prepe it not too hard, but even as it might hole together, you make two or three at a time and Cut them asunder with threads, two hours is long enough for them to ly in the preep, turning them often with a wet cloth, then Sprinkle them with Salt and let them ly till the next Morning, wash off the Salt with fair water and dry them in a clean cloth, and so lay them in Grap, turning and Ryping them once a day till they be ready.

To Make a Slip coat Cheese. M. S.

245 Take the Stroakings of a Cow, and boyle a pint of it with Cloves and ~~Cloves~~ large mace enough to give the Cheese a taste, set that Milk to cool and when it is cool Mix it with the rest, and put such a quantity of hot water in to the Milk as will make it blood warm, then put your Cheese to it, and when it is come, take up the Curd with your Skimming dish without breaking, and lay it gently in the Date till it be fully then prepe it with a light weight and shift the Cloots often, at the Second changing throw a little Salt upon it, and after three days pull it in fresh Grap, hanging it every day when the Grap is dry, and when you find the Coat will slip off it is enough.

### To Make the Italian long Cheeses

246 Set 3 quarts of Cream on the fire with 4 or 5 blades of large Mace, and when it is ready to boyle take it off and stir it that it creams not, and putt it to 3 quarts of Broakings &c, Stirr them well together, and when its but luke warm putt your Casset to it, Cover it with a napkin, and when its come pretty hard, take it up with your fletting dish without breaking the Curd, (and be sure you touch it not with your hands) and putt it into wheaten Straw or green Rushes which must be ordered after this manner. Take the biggest you can gett, and sett them together half a yards Breadth, make a dozen of them, and lay them in clean Water before you use them, then being held at y<sup>e</sup> two ends putt your Curd into them, and let the whey run from them without forcing, and so by degrees tye your rushes at the ends that the Cheeses may be shaped like a Rowl of Bread, the thicker they are in the Middle the better, as your whey runs out you must tye up<sup>2</sup> Rushes closer, and let the Cheeses lyce so till the next morning, then change them into fresh rushes, and sprinkle them then or in the afternoon with a little Salt, and let them lyce 2 or 3 days in the rushes, changing them every day, and then lay them on a clean board which will ripen them best, at ten days old they are at the best, keep your rushes very sweet & clean, and let not any Cloth touch them at all: this quantity makes 3 cheeses.

### To Make Collops.

247 Take a leg of veal, cut the knuckle pretty large, and putt it on the fire to boyle, then take the other part and Cut it into Large Collops, Beat them extraordinary well with the back of a chopping knife

knife, take 2 or 6 pound of Gravy beef and cut it into thin slices, and putt into a brass or copper pan, putt some of your odd Bits of Veal to it, and Cut some fat bacon in little blets and putt to it, then take an Onyon stuck with 2 or 3 Cloves, a sprig of Rosemary or 2, a piece of lemongrass & half dozen pepper corns whole, then putt in the quantity of 2 or 3 walnuts of fresh butter, putt all these together on the fire, keep it stirring with the fletting spoon, and let it grow as brown as you can, so as to stick to the han but not to burn, when its pretty brown putt a handfull or two of flour & Strew it upon the beef & like things, and stir it, and let it grow as brown as you can without burning, then take some of the Water the knuckle of Veal was boyled in, and putt into the pan a little at a time, stirring it still, and so adding more and more broth till the brown goes off the Collops and pan, let the quantity be a good deal above a quart when its strained, then Squeeze in the Juice of half a lemongrass, and forgett not to putt Salt in it, then sett this part by, and take your Collops and Strew a little pepper and Salt on them, then putt into the frying pan a quarter of a pound of butter & an Onyon quartered, let your butter be very hot and then fill the pan with your Collops, fry them very brown and as you fry them putt them by in a Cullender to dreip the Grease out, for one pan will not hold them, when you have fried all, make a clean your pan and putt all your Collops in, and pour your Gravy upon them, Melt almost a full pound of butter very thick, and putt it by, then you must have Spinage boyled green, and you must reserve enough out of your Gravy stuff to streep your Spinage in, which you must putt out of a roll and putt it in, then putt the dish over the fire & let it stand covered with an Internets so that the bread may soak, then uncover it, and take the knuckle of veal and putt it in the middle of the dish, and the Collops being thoroughly hot putt round about it, Squeeze your Spinage from the broth, and putt some butter to it stirring it with a spoon, then putt it in 4 places about the dish, then you must have 2 pound of bacon boyled, which must be cut the slices and lay round the dish, to serve it in. To Garnish your Spinage, let the Water boyle before you

You put it in, then boyle it very well, then Strain it from the water and put it into that Deale Broath to warm, It must be in a lett or in a Cullender setting the bottom of it into the Broath pott, that it may be hott before you batter it with that you melted.

To Make Lemonn Sallie.

- 248 Take 4 great Lemmons, Squeeze out all the Juice, and putt to it 6 spoonfulls of Spring water, Pare some of the Lemmons, and Cut the peal very small, and putt it into the Juice and Water, Cover it up close till it taste pretty well of the peal, then putt 4 whites of Eggs well beaten, and mix them together gently through a hair Sieve, and putt to it a pound of double refined Sugar, and then putt it into a Silver Skillet over some Coals, and keep stirring it one way till such time as You perceive it thick like Cream.

To Make Lemonn Water.

- 249 Take of the best and fairest Lemmons and pare off the outward kind as thin as you can, then Steep them in sack 3 or 4 days, then distill them in a glass Skillet or an Alembick, let your Water drop in a glass where there is Sugar Candy finely beaten, you may distill the second parings and putt in some bruised Cloves into it and it will make very good Small Water, You must putt some sack or Ale to these peels for your small water, to 20 Lemmons you must take two quarts of Sack at first, and a quart more you must putt to it when you distill it and to these Lemmons You may putt the parings of two Citrons, thus you do Citron Water only the Cloves left out.

To Make Jelly of Pippins

- 250 To a peck of pippins add half a peck of John Apples and pare them, and Cut them into quarters, taking out the Kernels but not the Cores, and as you quarter them putt them into fair water and shake them out of that Water into another, then putt them in a clean

Kettle

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Kettle in as much water as will cover them and set them over a quick fire and boyle them up as fast as you can, when they be tender take them off the fire, and let them run through a Straine or a thick piece of Cotton, then let it stand an hour untill it be set, then you may take to almost a pint and half of this Syrrap a pound of the best Sugar, only keep a little of the Sugar to strew on the Oranges when they come in. Choose Oranges of the thickest kind and the clearest, and lay them all night in water, and putt them into quarters, and in the morning slice them very thin, and putt them into fair water, then set 2 Skillets over the fire half full of water, and when one of them is a little more than warm putt in your Oranges, and let them boyle but a little while, and let the other Skillet boyle, then take them out of this & putt them into that, and there let them boyle till they are tender, then take them up, putt them in a pott and drain the water clean from them, and strew a little Sugar upon them to keep their Colour, and let them taste a little of the Orange, then set 2 Sugar and Syrrap over the fire the Sugar being beaten, Stir it about untill it be all melted, then boyle it as fast as you can about a quarter of an hour, and keep it clean skinned & when it begins to be a little thick, then putt in your Orange and strew in also that Sugar you kept back of the pound, one sliced Orange is enough for a pound, when the Orange hath boyled a little while in it, then putt in the Juice of a Lemon and a half to a pound of Sugar, You may know when it is boyled by the back of the Spoon, Skim it very clean and when it is ready to take off, then putt in some Ambergrise and let it only have one Boilme afterwards and so fill it into your potts.

### To Preserve Roses.

251 Take fresh red Roses of a deep Colour & Cut off the white Ends of them, for a pound of Roses take 3 pounds and a half of the best hard sugar, and a pint and a half of red Rose Water, being first coloured with red Roses ordered as aforesayd, then Boyle your Roses in the Water till they be very tender, then strew in your sugar by degrees being finely beaten, and let them boyle leisurely an hour, then putt in a little Juice of Lemon, and let it boyle half an hour more, then if you please you may putt in a little Amber or Musk, if you putt in no Lemon an hours boylng will be enough, so putt them into glasse, and when they are cold cover them close, and prick the paper full of holes, and let the glasse stand a month in fair water, It will make it look the finer.

### To Make Clary Water S<sup>r</sup> Walter Rawleighs way.

252 Take Clary flowers and leaves and Distill them in a cold Still, and draw it into a glasse close stopped, for one quart of Water which you putt in draw out but a pint, and putt into your Receiver some Musk and Amber very finely ground & tyed up in a bag, then for every pottle of Water take a pint and a half of spirit of Wine, and a pound of Sugar Candy, mix them together, and when your sugar is melted let it run through a tunnell made of paper which must have no holes in it, but it must soak through the paper into a glasse wherein you must hang your Musk and Ambers, and so use it when you have Occasion.

### To Dissolve Pearl or Corall M<sup>r</sup> Lady Kent's way

253 Take the Seeds or Rags of Pearl and putt them into an open Glasse with as much Juice of Lemmons as will cover them, the next day putt in as much more and so do for 9 days together, and

than the pearl will dissolve, then pour out the Juice and putt to the pearl pure water, and so continue shifting it in water till the Sharpnes of the Lemmons be gone, then Strain y<sup>e</sup> last Water from the pearl, and in a cloth hang up the pearl in the fire to dry, and the sooner it dries the better, but not by the fire, With Juice of Lemmons you may also dissolve Crabs Claws, Branches of Corall and Griffis Eyes, and it is esteemed the best way.

### Balsome of Sulphur.

254 Mingle well together 5 parts of pure Oyle Olive and one part of flour of Brimstone, And set them on a gentle fire in an Earthen or Silver pan not very deep but pretty wide and flatt, let it not boyle but simmer, and keep it still stirring with a silver or glasse Spoon till the flour of Brimstone be fully melted in the Oyle, then take it off the fire and let it stand and Cool a while, then set it on again still stirring it till it be thoroughly Melted, and grown pretty thick to the Consistence of a Balsome or Oyntment, then Keep it close covered for your use.

This mingled with Oyle of Aniseeds or sweet fennel seeds & white sugar candy powdered to your tast, and a little of it taken on the point of a Knife day or night as there is occasion is an Excellent Remedy for Coughs.

One part of this Balsome, and 3 parts of Oxycrocian plaister, mingled together and applied warm to the Swellings of the Kings Evil that are not broken will dissolve them.

Where the Kings Evil is broke, this Balsome alone dropped into it warm, and some of it putt upon Lint and layd warm upon it, and dressed fresh once or twice a day cures it.

This.

This dropped warm into Ulcers generally heals them especially if they be washed in Water having Sackarum Saturat dissolved in it.

It is also excellently good applied to Strains, and to take the fire out of Burns.

Also for all Ulcers and Distempers of the lungs taken inwardly.

The best way for Inward taking is to make it with Oyle of Eggs, and for Outward Applications with Oyle of St John Wort.

#### Marmalat of Oranges.

Take 12 Oranges, Rub them with Salt, grate or pare off y<sup>e</sup> outer Rinds very thin, Quarter them, Take out the Meats & boyle the peels in fair water till they are very tender, dry them in a Cloth, Beat them and to a pound of Peels take 3 pound of Sugar, and a pint of Pippin Liquour, Mingle the Peels the Pippin Liquour and half the Sugar together and boyle it apace, Straining the rest of the Sugar as it boyls, then put in the Meats and Juice of your Oranges w<sup>ch</sup> you must have in readiness (the Seeds and Skins being taken out) and the Juice of two Lemmons added to them, make them scalding hot before you put them in and then let it all boyle so as to scumme it but no more.

You may mince one half of the peel and Beat the other which doth best, Beat but a little at a time and as you beat it put it into the pippin liquour else it will look black, if the Oranges be Rina put the Juice of Sevill Oranges because their own is too sweet, the pippin Liquour is made by boylng about 40 or 50 pippins in a gallon of water as fast as you can till y<sup>e</sup> Pippins sink to the bottom, then strain it and take the Clearest, you may put in Ambergreece if you like it.

#### Lemon Water

256 Put the Rinds of 12 Lemmons pared very thin into 2 pints of strong Brandy, Boyle 3 pints of Spring water and when it is cold put into it one pound a half of double refined Sugar, let y<sup>e</sup> Brandy and Rinds be put into a Stone Jugg, and the Water and Sugar into a wide mouthed glass, Stop them close and let them stand 24 hours, then mingle them together, Strain it through a jelly bag, & filter it through paper, so bottle it up.

#### A Pisan to quench Thirst.

257 Take of Barley Water one spoonfull, of Maidenhair and Raisins stoned, of each one handfull, Of candied Figgis roots as much as 3 fingers, of Liquorice as much as one finger, of Figgis 5 in number, Boyle all in 3 pints of Water till One pint is wasted, Strain it and put to it one pippin sliced, letting it stand close covered, Drink a quarter or near half a pint at a time a little warm.

#### For Baked Apples in a dish

258 Take a quantity of Apples according to the bigness of your dish, pare them and cut them off the Core, then boyle them with water and Sugar till they are very thick, so putt them into the dish, then take other Apples, Cut them in two but do not pare them, take out their Cores with a sharp pointed knife, and lay the haloes round the dish and all over upon the pap, (the pap it self being laid most towards y<sup>e</sup> brimme of y<sup>e</sup> dish) then putt them into a hot Oven, and just as they are putt in putt half a pint of fair water into the middle of the dish, Put in no Orange because it will grow bitter in long Baking, when they come out of the Oven you may squeeze an Orange upon it and a little Rosewater if you please, It must be in the Oven an hour or longer according to the bigness of the Dish, Some Orange peel shred and sprinkled on them and baked with them do not do amiss nor the Juice neither.

To Bake Beef:

259 Take the short Ribbs or a Buttock piece of Beef about 4 Stone, and let it hang two or 3 days to Mortifie, then take away the Bones, Gristles and Thins which you shall find between the flesh, so beat it softly with a wooden Pestle to make it tender, then Season it with Cloves, Mace, Pepper & Salt, and if you love it larded, Lard it with lard as big as your little fingers Put it in a strong Earthen pot covered with coarse paste, with 3 or 4 pounds of Suet Minced in the bottom of the pott or in a pyc made with strong coarse paste & made with a vent to bake it 6 hours or according to the discretion of the Cook a day or two after pour the Gravy from it and it will keep a fortnight but if you intend to keep it longer, when you pour the Gravy from it fill it up with Clarified butter and so spend it cutting it the Cook way of the Lard. It Eats better than any Roast.

To Fatt Pewtts or any other fowls of that kind Quails and Swans.

260 They must be kept in a little house or yard where they must walk on green Grass, but have very little compass to walk in, their food must be Buttocks and Sheep's Liver broyl'd, and cut in little and long on a board and sett before them, sometimes for variety, they must have it raw, when they begin to be fatt let them be slightly fed with Cheescakes made offletton Milk but least they shoud be foyd with it, give them now & then a little of the Liver, the place where they are kept must be very often cleansed, and they must not lacke fresh Water.

The food of Quails is only compised, a good many of them may be kept in a Coop together, but the Coops must be often shifted and kept clean, and they must always have fresh Water by them.

Swans must be kept in a little yard, where they must not have much compass to walking, and must be fed only with Dats layes in Water, but it must be given them very often, and plenty of very fresh water.

To Make Westphalia Hams

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261 Take good Gammons let them Mortifie 2 or 3 days, then Wash them with half white wine and half Water, Dry them with a towel, then rub them with white Salt, and a tenth part of Salt petre, Take then some great basket or powdering tubs, put at the bottom there of a fingers thicknes of Salt ground very small, and there upon put a laying of Mignon, Savoury, Sage, Bayleaves and Rosemary, then lay the flesh side of your Gammons therupon, Making another laying of Herbs & Salt on the back of them, continuing so till the Basket or Tub be full, pressing them very close and leaving them so 14 days to take Salt, after that time take them out and hang them in some very stanch Closet and for 5 or 6 days make a fire of Juniper wood under them (for want of Juniper I take the shavings of Firr will do well) letting it every day burn out to smoak them, Hang them afterwards in a Garrett and they may keep 3 or 4 years, when you intend to eat them if they be too dry beat them well with a pestle, and pour upon them during a day 3 or 4 times luke warm Water and a handful of Bran, and when you will boyle them, wrap them in good hay and put them in a kettle flowing still cold water as is common hethill they be enough.

To Make Pottage

262 Take a leg or some lean piece of Beef and a leg of Mutton, put them into two gallons of water and boyle it to strong broth, Take some lean beef and cut it in pieces & roast it and when it is almost rosted take it off the spitt and prep out all the Gravy and then putt that beef into the pot to boyle in the Broth, then take some Turneps & cut them into pieces like Dices, and in a frying pan fry them something brown, then take a piece of Butter & in a sauce or New pan with a little flour boyle it brown and with it thicken the broth and cut a Mandrel in square pieces & have Barrage & Sorrel or such pot herbs boyled with your broth, Season it with whole Cloves, whole pepper & Mace but very little or no salt, Pat all these together and serve it up.

J. Harrison

### To Make French Bread.

- 263 Take a quart of new Milk made as warm as Milk from the Cow, put to it a pint of Ale Yeast and half a spoonful of Salt, Stir them well together and then mix it with three quarts of the finest flour. Make it presently into Rolls and put them into wooden dishes and cover them with a Woolen Cloth so let them stand almost half an hour, then put them into the Oven & let them bake an hour.

J. Harrison

### To Make Household Bread.

- 264 To two gallons and a half of Water made Milk warm put three pints of Ale Yeast, season it with Salt according to your discretion and so mingle it with half a bushel of flour, Kneed your Dough well and let it stand a quarter of an hour covered with a woolen cloth, then make it into loaves the bigness of a two penny loaf and let them stand about a quarter of an hour more still covered warm, then put them into the Oven and let them bake an hour & three quarters.

### To Make plain white Hogs puddings.

- 265 Take about a pound and a half of Almonds, Beat them very fine with Rose-water, Take 12 yolks and 6 whites of Eggs, Beat them very well and put them to your almonds, put also a pint of more of Cream and a two penny loaf finely grated, Mix all together and season it with Salt & as much Muske as will give it a tart and put in as much beef suet finely minced as you think fit.

### To Make white Hogs puddings.

- 266 Take half a pound of Almonds, Blanch & Beat them very small, they cannot be too small, than Beat 6 whites and 4 yolks of Eggs, some Cloves, Mace, Nutmeg, Sugar and Currants, a little Salt and as much suet as you think fit & a two penny loaf of white bread grated, Make it pretty thin with warm Cream and fill the Guts very well but not too full.

### To Make Liver Hogs Puddings

- 267 Take the Hogs liver and boyle it very well, then grate it till you have a quart of the grated liver, 3 pints of grated Bread, a pint of flour, 5 pints of warm Milk, 3 pounds and a half of Beef suet, small cut, 10 yolks and 5 whites of Eggs, Half a pint of Rosewater, an ounce of Mace and a little Wall, Mingle all these together, fill the Guts with it and so boyle them.

### To Make a Haggas Pudding.

- 268 Parboyle the Chatfern, then take half a pound of Mutton Suet sliced small, a penny loaf grated, a handfull of sweet Majoram, a small quantity of Thyme, the like of Winter Savoury, 3 or 4 Eggs, and a cable Nutmeg, Cloves and Mace.

### M<sup>r</sup> Heather: To Make Wafers.

- 269 To a pound and a half of the best flour, Take 20 yolks and 10 whites of Eggs, 8 Pottingers of Milk lukewarm, 4 pottingers of melted Butter with a spoonful of Yeast mingled with Milk, let it stand 24 hours or more to rise.

Then make your Wafer Iron warm upon the fire, and with a little Butter in a leaven cloth or Bag rub the insides of the Iron, then put in the batter and turn the Iron up side down, when the Wafers are baked you must put them in a little basket up an End and so let them stand a little before the fire, till they are stiff, otherwise they will fall flat.

### M<sup>r</sup> Moody: To Make Fritters.

- 270 Take a pint of ale & a pint of Cream, & a small quantity of Sack, a little Nutmeg, Ginger & Mace, the whites of 6 and the yolks of 12 Eggs, and so thicken it with flour till it be so thick as to hang about the Apples, then fry them in a good quantity of Beef suet very well clarified, Make it first very hot, then put in the fritters and the heat will make them rise above the apples, so Turn them once or twice over according to discretion.

### To Dress a Pike.

271 Take a Pike lay it on a table and wipe it clean with a Cloth, then Rub it with Salt till all the scales be off but wash it not with Water, then Open it from the Gills downwards till you come to the Guts, if there remain any blood wash it in whitemeare, then Cut it a croft the China into pieces according to the largeness of your pike, In the mean time put over 2 parts water, one part whitemeare and one part Vineger with a little Salt, let the liquor boyle before you put in the fish with a little bundle of Winter Savoury, Pot Majoram, Parsley, a little horseradish root sliced, and a little lemon peel, Put the Whitemeare that washes out the blood into the Liquor where the Pike is boyled, and when it is boyled enough take it up and upon a pye Plate lay the fish before the fire that it may be very dry. In the mean time make ready the sauce. 314

Draw about two pound of fresh butter very thick, Wash 20 Anchovies and Melt them in left then a pint of the Liquor the fish was boyled in, put 2 handfuls of horse Radish root scraped and a dragon of Elder Vineger to the Anchovies over the fire and heat it all together then strain and bruise it through a little hair rance into the Butter and put about a spoonful of Seared Ginger into it, then Dish up the Pike, the sauce must tast a little tart and biting upon the tongue and strong of the Anchovies.

### To Pickle Cucumbers.

272 Wash them in Vineger and lye them very dry and clear and put em in as much Vineger as will cover them, a good quanthy of salt and a handfull of whole pepper and half a handfull of Mace, lay a laying of Cucumbers and then some of your Spice and some Dill, so till you lye them all, then put in Vineger & salt as much as will cover them and let them lye so a week.

### To Make Spirit of Elder Berries.

75

First gather your Elder berries in dry weather than bruise them, (it ought to be) with new Cyder, youl have more of the spirit if you do so & do as good, if you have not the Conveniance of Cyder to pull with it, you must leave it to stand after bruised by it self 5 weeks in some open Kynshole or Bravelle with the head out, when it will work of it self as if Barn here in it, then squeeze out the Juice with some convenient press and putt it into your pots where I choose to putt it with brish pipes rather then an Alembick, there is nothing more to be added but Distilling twice as you do other Water, less of Wine will do as well as Cyder.

Lady Warwick.

### To Preserve Gooseberries.

274 Take of the fairest Gooseberries when they are just at their bigness, before they begin to turn, Store them and have a care you do not take out the heat in the Storing of them, to 3 quarters of a pound of Gooseberries put a pound of double refined Sugar, lay half the Sugar at the bottom of your preserving pan, then lay in your gooseberries and then Cover them with the rest of the Sugar, Only keep out some to strew in whilst they are boyled, to this putt 12 spoonfuls of Juice of Gooseberries.

To make the Juice Take some of the Gooseberries and stamp them and strain them, let it stand till it be very well setled and clear before you putt it in, then set them over the fire and let them boyle as fast as they can, Skimming them very clean, shake them often stirring in the Sugar as they boyle, when they are clear then they are enough, let them stand till they are almost cold before you putt them into your glases, shake them often as they cool otherwise they will burn them they be from the fire.

### To Make Clear Cakes of Gooseberries.

275 Take a good many Gooseberries and a little water and putt them together and make them boyle up quick, and when they are all broken putt them in a Jelly bag and let them drop, then to a pint of that Liquor putt a pound and a quarter of Sugar, Met the Sugar with a little water & make it boyle but not too fast till it come to Sugar again always stirring

Stirring

Stirring it, then heat your liqueur and put it into that dry  
Sugar, so keep it stirring till the sugar is melted, then put it into  
the little clear Cake plates, and put them into your Stove to dry  
when it has a crust on the top turn them out with a knife on  
plates, and keep them in the Stove. thus do Currants and  
Raspes with some of their own Juice without Water.

To Make Puffs the french way.

- 276 Take 2 quarts of new milk, put it into a Skillet that will hold 3  
quarts, Set it on the fire, when it is almost ready to boyle, put into  
it a good handful of ~~flour~~ Honee flour, keeping it stirring that the flour  
do not stod, and so put in more flour till it comes to be as thick as  
a hashy pudding, but be sure you keep it stirring from the time you put  
in the first flour till you take it off the fire, that it do neither cloe  
nor burn, when you take it off the fire pour it down on the Drefor  
where you use to make paste and spread it very thin that it may cool,  
when it is cold putt a little beaten Cinnamon over it and the yolks  
of 6 or 8 Eggs and work it together very well with your hands then  
take a wooden Pottle and beat it very well for half an hour adding  
now and then in the beating 4 or 5 yolks of Eggs till you have put  
in 2 dozen Eggs, then you must have on the fire a broad kettle full  
of Melted Tripping or clarified Butter before it be clear from drogs  
& scum, then you must have a yewster thing about a foot long made  
round and Rollow as big as a rolling pin, both ends open, only there  
must be a cover to put on at one End and to be made fast with a  
round hole. Half the bigness of the Rollow of the long one, then you  
must have a flat piece of Brash just to cover the end of the Siringe  
to be made fast with the Cover of the End, and a hole through that  
piece of brash of what shape you please, then there must be a  
piece of wood made fit to go into the Siringe to squeeze the  
aforesaid paste through the Siringe, then let your kettle of  
Liqueur be hot over the fire and put a good piece of the paste

into

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into the Siringe and with the piece of wood squeeze it through  
into the kettle over the fire to what length or fashion you please  
let the kettle stand on the fire but not to burn them, turn them  
and when they are fyred enough take them up and lay them in  
a dish and set them in an oven but not too hot, but just to  
keep them warm, when you have enough for a dish, dish them  
up, and scrape a good quantity of leaf Sugar over them, and  
if you like it Sprinkle some Orange flower water over them &  
and Serue them to the Table hott, Squeeze an Orange or two  
over them in the dish.

To Make Small Mead.

- 277 Boyle 2 quarts or 5 pints of Honey in 24 quarts of Water  
till a third is wasted, scumming it well which makes it clear, add  
to it one Nutmeg, 3 race of Ginger, 6 Cloves & a blade of Mace or  
two, when it is cold putt 2 or 3 quarts of it into a pail with 3 or 4  
Spoonfulls of Yeast stirring them well together, let it work as you  
do beer putting in now and then a little of this mixture till it  
be all gone, let it stand a week in a Tunlet, then bottle it putt  
ing into each bottle 2 Raisins of the Sun and a piece of Lemon  
peel. Tye the Corks down well least they fly.

To Make Mead.

- 278 Set over the fire 3 pounds of Honey & 3 gallons of water very well  
mingled together, then putt into it Cloves, Nutmegs, Cinnamon  
and Ginger of each half a spoonful tyed up together in a fine  
cloth. then boyle it as fast as you can for halfe an hour, scumming  
it all the while then let it stand till it be lukewarm, then putt a  
pint of new Ale Yeast into a Dephell and pour the Liquor upon it.  
As soon as it has done working stop it up, let it stand 3 or 4 days and  
then bottle it, and stop it close. It will be ready to drink in 15 days.  
If you would have it sooner, set it in a warm place & it will be ready in  
3 or 4 days.

To Make Cock Ale.

279 Brew ten gallons of Ale of what Strength you please, &c.  
when you have tund it, take 2 Corks or more, parboyle  
beaten and shred small, bones and all together, a quantity  
of Mace and Lemon peel shred with it; put this muced.  
Stuff into a bag, and put it into the Befell at the Burghole,  
with a cleas pebble stone in the bag to make it sink in the  
Befell, and so let it work, after a week draw it into Bottles,  
& within a week more it will be fit to drinck.

To Brew Small Ale.

280 Mote the first Liqueur boylng hot with a little bran it, which  
being pul into the Meash fat must stand a quarter of an hour  
to cool that the Meash be not scalded, then put into it two  
buskells of Malt which must remain unstirred until y<sup>e</sup> second  
Liqueur be hot, when it is hot put it immediately into the Meash  
and stir it a little, and so let it stand till the third Liqueur be  
also hot as before, then let run from your Malt as much as  
you can conveniently boyle in your furnaces, putting the thirs  
Liqueur into the Meash fat as before; that first Wort you may  
boyle but half an hour, which time being expired take it off  
and set the second a boylng one whole hour.

With the first Wort get your sun when it is cool and by  
degrees as it comes to a head pul in the Wort and stir it above  
proportion your third liqueur before mentioned to be 2, 3, or 4  
or thirty gallons for so much may be made of two buskells of  
Malt, when all the Wort is worked together in the sun then  
Cleansse it when it hath a good head and Stop it close when  
it is in the Befell. You may if you please put half a pound of  
Malaga ruiins braised or cut in a bag & hang it in the Befell where  
the Ale is tund. 2 or 3 handfuls of oats boyled with the Malt will make  
it look very pale.

The Manner or Way of Making  
Norhallerton Ale.

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281 Take what quantity of Malt you think fit and as you  
will have it in Strength, let it be ground a fortnight before  
you use it.

First boyle your liqueur, then put it on your Malt in your  
washing tubs, Stir it well together and let it stand 3 hours, then  
Draw it off, and while the Meash fat runs quick Take it, but when  
it fails having ready some boylng Water with a bole throw it on  
the Meash fat 3 or 4 handes at a time & let that run off also, but when you  
find your liqueur to run weak draw no more, let it stand in the Befel  
till it be blinke, (that is the best changed) It must not be  
blinke too much for then it will lose its spirits and never recover, It  
must be blinke else it will not work, then pul into it two handes of  
Hops to the quantity of a Hogshead, and so in proportion, put the  
Liqueur over the fire and boyle it 2 hours, Take it off and let it stand  
all night to cool, then pul it in the quicke fat and pul Yeast to it to set it a  
working, when it begins to work, Lad it up & down with a bole often times in  
a day whilst it is in the quicke fat It must be there 3, 4, or 5 days for it will  
ripen sooner or later as the Weather is hot or cold, when it is enough  
it will be very clear and have a perfect Ale taste, Then Scum off all the  
Yeast, Run it up, it will work once after it is pul up, Then Stop it up  
close and let it stand till you intend to drinck it, in a fortnight  
or three weeks it will be very good.

M<sup>r</sup> Wilkes A Purging Ale  
282 Take 4 or 5 gallons of Ale Wort and let it be purged with Yeast as o-  
ther Ale and when it hath done purging, Put loose into the Befell 2  
handfuls of Pine Tops, 2 handfuls of Hart's Tongue, one good handful of Band-  
lions as much Agrimony, of the Roots of the greater sort of Garden Rubarb  
one pound, Senna 3 ounces, Anniseeds & Sweet Rennel seeds of each an ounce & half.  
Shred & bruise the herbs & roots small & put them loose into the Befell, but the  
Senna & the seeds put into a small bag with some ponderous thing to sink it,  
then stop

than stop up the Boyle and at 7 days old Drink a pint in  
the Mornings as long as it lasts, but if that purges not to  
your Mind drink as much more in the afternoon. This is to  
be used in the Spring when the Weather is warm.

A Strengthening Broth.

- 283 Take China sliced thin one ounce, Infuse it 12 hours in 3  
quarts of Water, then put to it a lea or a knuckle of Beal let it  
boyle a little and skim it, then add to it of Harts horn & Ivory  
of each an ounce, Roots of Strawberries and Scorsanova of each  
half an ounce, the Herbs Barrage, Bugloss, & Balm of each a  
pugil, A sprig of Rosemary, a blade or 2 of Mace, 6 Dates,  
a quarter of a pound of Raisins of the sun stoned, 2 Spoonfuls  
of Currants washed and bruised, and the top & Bottom of a  
Manchet; let all these boyle together till the flesh comes from  
the bones, then strain it and take it twice a day.

A Broath for a Consumption.

- 284 Take 2 sheeps hearts newly killt & cut off the skin & fat and  
wash out all the blood with them first with a little white-wine  
and after with red Rose Water, then cut them in small pieces and  
put them into a Stone Bottle, then put to them one ounce of white  
Sugar Candy and half a nutmeg cut in 2 pieces, & 3 or 4 pieces of  
Cinnamoh, then stop the bottle and let it boyle 3 hours in a skillet  
of Water, then pour out the liqueur from the meat. This will  
serve two Mornings being made warm. Approved good.

Dr Graves.

To Make Snaile Milk.

- 285 Wash very often in several waters one dozen & half of Snails,  
when they are well cleansed then Wash them again in sweet  
fennel or Marsh Mallow Water. Boyle them in 3 pints and  
half of new Milk, with Strawberry water and Red Rose

Water

Water of each ~~against~~ half a pint. Boyle them with a gentle  
fire till almost a pint and half be consumed, then strain  
the Milk and add unto it two ounces of Sugar Candy finely  
powdered, afterwards put it into a phial glass and keep it  
in a cool place for your use.

For the hardness of the Side

- 286 Anoint as far as the hardness extends with Oynment  
of Althea & Oyle of white Lillies equal parts mixed &  
apply on the part carded Wool basted on a Linnen Cloth  
to use it for some time.

A Present Remedy for a Surfeit.

- 287 Take a thick piece of Manchet cut round the Loaf like a bout,  
then toast it brown and hard, and Dip it in the Strongest  
Aqua vita you can get, then apply it to the Stomach as hot  
as possibly it may be suffered, and keep your Self warm, for fear  
of taking cold. This hath helpt some at once doing, if not  
do it fresh every 24 hours, And in 3 times doing it never  
failed me. Do it first at night going to Bed.

For an Extream Cld.

- 288 Take a Candle and Scrape it with a knife, and spread it  
upon a piece of the brownest paper you can get, let the  
paper be as long as your hand and the breadth the same,  
lay the scraped tallow upon the paper, and spread it  
with a Warm knife, then prick holes in the paper with a pin  
and hold it to the fire so as the tallow do a little melt by then straw a  
little Camomill seed thin upon it, Bind it on your Stomach with a piece  
of cloth that will go round your Body, that so the paper may stay on your  
Stomach and let it lie on night and day. Do it first at night going to  
bed, and so keep it carefully on yo<sup>r</sup> Stomach a better thing cannot be used.

For an Ague.

289. Boyle a good handful of Rosemary in a quart of strong Ale & Beer till one part is consumed away, then take out the Rosemary & brew the liquor with Honey or Sugar to sweeten it to your liking, then drink it as hot as you can, when you go to Bed and so in the morning half an hour before the Ague fit comes, sweat upon it if you can & Beware of taking Colic.

This alone (with Gods blessing) cured One that was given over by the Kings Dr Harvey after he had done all he could, and has been administered to several others yet never failed.

It is also very good for a Colic, Lay the Candle Grease (as in the foregoing Receipt) to the Stomach, and drink this Rosemary Drink and (God willing) It will cure any Colic, if it be taken in time.

Boyle an Egg very hard, take off the shell, Cut the Egg asunder long ways, and drop upon the cut side of the yolk & white a few drops of Strong Aqua Vitæ, and strew a little pepper upon the aquavita, so bind it presently upon the wrists with a fillet or Cloth about an hour before the Ague fit is expected, Lay a fresh Egg so done about an hour before every fit comes, and take it away again as soon as the fit is quite off which will be in 3 or 4 hours & so long let it ly the fit be sooner off. this outwardly and the Rosemary drink with it taken inwardly has seldom been known to fail.

It is scarce credible (without the Experience of it) what an Excellent Drinck this Rosemary Drink is for a Colic, an Ague, and a feaver too, but withall sweat as much as possibly you can, and if the party so please they may drink no other drink till they be recovered, but that is at their own choice.

<sup>79</sup>  
Take a handfull of Rue pickt from the hard stalks and as much Yarrow, Heat them very hot between two tiles, 2 bricks or 2 fireshovels, when tis thorough hot beat it upon a linen cloth and lay it to the pit of the Stomach and bind it on close, keep it on continually (only once in two days applying it fresh) till your ague & feaver wear away, which will be in a little time. Taking the Rosemary Drink at the same time according as before directed.

Take a white Snail in the Shell, and put as much beaten pepper upon her in the shell as you can stop in, then sew a little piece of linen cloth close round about her shell so as to keep the snail in (Gaffata or Larmel will do as well as linen) then sew a piece of tape to the linen or Gaffata and so hang it <sup>about</sup> upon your neck next to your skin. Wear it continually and as that consumes, your Ague will go away, this helpt One that had an Ague three Years together.

Take a white Herring out of the pickle, Cut off its Head, Split it and take out the Back bone, then warm it a little at the fire and apply the Inside of one half of the split Herring to the Sole of one foot, & the other half in like Manner to the other foot, This do about an hour before the Ague fit is expected and Apply fresh an hour before every fit till you lose your Ague.

In three times this Cured one who had had a Persian Ague twelve Months.

An Excellent Medicine to dry up Moist  
Humours in the Body & good against Moist  
Distempers.

290. Take 3 Gallons of pure Spring Water, in an earthen pot well  
luted, Put into it a pound and a half of unsalted Lime (newly  
burnt is the best) Cover it till it have done rising, then Stirr  
it with a Stick and let it stand about 8 hours, then take off  
the scum that is on the top of it and stirr it again & Scum it,  
and let it stand 8 hours longer, then Scum it and Stirr it and  
Scum it again, so do 3 times till it hath stood 24 hours in  
all, then Stirr it and lett it settle clear, then pour off the  
clear Water and put into it, Saffron, respt, Liquorice and  
Aniseeds bruised of each 4 ounces, Blue Currants bruised  
3 Ounces, 2 Nutmegs cut in pieces, 2 or 3 flakes of  
Maca, Let these Infuse 2 days then let it run through a Selly  
bag, and drink of this Water 3 times a day half a pint  
at a time first in the Morning fasting, an hour before  
dinner and an hour or two before supper. this do 8 or 10  
days together.

For the Scurvy and Dropsy

291. Take Elder leaves, Rue, and Scurvy graft of each one  
handfull and a handful of red Sage, Wash them and Dry  
them in a clean Cloth, then Stamp them in a Stone Mortar  
and strain out the Juice, put it into a quart Bottle  
and fill up the bottle with whitewine and stop it close  
and drink of it every morning fasting a good draught  
as long as it lasts, Using some Moderate Exercise  
after you have drunck it. Approved.

A fine Drink for the Scurvy.

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292. Take 2 quarts of whitewine and 3 pints of running Water  
and put into it 3 handfuls of garden Scurvy graft and two  
handfuls of Water-Cresses, and 4 or 5 Oranges cut in thin  
round slices and boyle it as much as you think good, then  
pour it clear from the herbs and keep it in a cool place,  
Drink a draught of it in the Morning and in the afternoon &  
as often as you please.

A Dyet Drink to be given with Scurvy graft  
Excellent good against the Scurvy and Dropsy  
coming of it.

293. Take Guaiacum 4 ounces, Sarsaparilla 6ounces, China  
1 ounce, Liquorice 2 ounces, Raisins of the Sun Stored three  
ounces, Aniseeds half an Ounce, Steep these together in six  
quarts of spring Water 12 hours, then boyle this to 4 quarts,  
then putt in it Agrimony, Mauden hair, Betony of each One  
handful Boyle them moderately with a soft fire, then sett  
them from the fire and let them settle, then let it run 3 or  
4 times through an Hippocras bag and let it be very clear  
then take of this dyet drink a pint and a half at a time  
and set it on the fire to boyle and when it doth boyle  
Pour into it suddenly half a pint of the Juice of Scurvy-  
graft, and it will presently cast a great scum like a  
Popet card, Take off the Card clean and strain it.

Drink of this Morning and Afternoon six ounces  
at a time warms and Make more as the other is drunk  
with the Juice of Scurvy graft It must be made new.

### To Make Juice of Liquorice.

293. Take a pound of Spanish Liquorice not too dry nor too green, and Scrape it very clean till there be no blackness or Rotteness in it, then slice it very thin, and bruise it very flat in a Stone Mortar but not to powder. Then take a pint & half of Collyfoot water a quart of Hyssop Water, a pint of Horehound water, a pint of Hartstongue water, 2 ounces of red Rose water and one ounce of Rosemary water. Put these waters and the Liquorice together in a Gally pott & infuse them one day & a night, then put them in a watr Thillet & boyle it on a charcoal fire till it be as thick as cream, but let it still be stir'd or it will be apt to spoyle, then Strain it in a basin with the Juice in it, and set it in a Kettle of Water on the fire of Charcoal & there let them boile 10 or 12 Hours, sometimes stirring it and that will make it the thicker, the best time to make this is May or June because it must be set in the Sun to dry & when it is dryng, it must be coverd with Laven or Tiffany, and be sometimes stirred till it be of the thicknes of past, then take half an ounce of double refined Sugar, or if you please white sugar candy Sugar and if you like it a little Amber, Mingle them well together and being well mingled take it off the fire or the fire will take away the vertue of the Liquorice, having so done make it up in cakes as you shall think fitt, and keep them in a Marmetake box near the fire that so it may keep dry and they will be good 2 or 3 years.

### The Fistula Water.

295. Take an ounce of Bole Arminack, an Ounce of white Coparis & half an ounce of Camphire, Beat the Camphire and Coparis together and put it into an Earthen pot, and set it upon the fire till

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till it melt and grow hard again stirring it all the while then beat it to powder again with the Bole Arminack and set a pottle of fair running Water on the fire, and make it boiling hot, then take it off and put in three spoonfulls of the powder. This will heal a Fistula or any other sore, with only washing it with this twice a day, and dipping a thin rag in this water and leaving it on the sore, it must be warm when you wash with it and no other thing used with it, you must take the clear of the Water and never shake the bottle when you use the Water.

### Felix Wurtz his Liquour of Vitriol.

296. Take of Vitriol 2 pounds, Dissolve it in pure Spring Water, and then Filter it and Coagulate it again, then Calcine it till it be yellowish, then pour on it 8 pounds (pints) of pure Spring water and so dissolve it and then Coagulate it again: then Reverberate it till it be reddish, then put it in a glafs, and pour upon it of the best rectified Spirit of Wine, that it reach three inches over, and it will grow red. then Decant the Spirit of Wine and pour on fresh, which being red Decant likewise and add it to the former. this red Spirit of Wine Abs tract per Balneum ad Melleginem. upon which remainder pour fresh Alcohol Brini to extract y Pinture: which Decant as exactly as you can, & then Abstract y Spirit of Wine in Balneo till to y Consistencie of a Liquour, & then it is prepared.

To Make Spirit of Sal Armoniack.

297 Take of quick Lime that has been slaked by the Air not by Water six parts, of good Sal Armoniack 4 parts, powder these Ingredients well apart, & then rub them as well in a Mortar as the very strong stink that will result from Mixture will permit. this done put them into a large and strong glass Retort, & late to it a good Receiver very carefully to prevent the evaporation of the very subtle spirit, this Retort being placed in a sand furnace, you must for 8 or 10 hours administer a very strong fire but by degrees lest the wild spirit break y<sup>e</sup> Retort in pieces. the Liquour which will come over may be if you think fit once rectified by it self. this spirit must be kept in a strong glass well stoppt or else y<sup>e</sup> subtlest parts will fly away.

Another Way.

298 Dissolve what quantity you please of good Sal Armoniack in as little fair water as you can, then sift some good Wood Ashes & put of them to the height of 2 or 3 fingers into a glass Body, upon these Ashes pour of the former solution till they be thoroughly drenched and the liquor swim almost a fingers height above them (which you will not be able to do without enduring a strong offensive Smell) to this Body you must late on a head Receiver as exquisitely as you can b<sup>t</sup> m Balles, or in sand or any other gentle heat you must draw off as much liquor as will readily come over, and this liquor being rectified by it self in Retorts & by a heat like the former will yield about

about half or a third part of its quantity of a subtle and volatile spirit which must be very carefully kept tis so very fugitive.

To Make Ers Beneris

299 Take of any kind of good blw Coperis (as either Hungarian or Dantzick Bitriol) what quantity you please Calcine it in an open Earthen Retort, and with a naked fire till it be all reduced to a deep red Colour at least, and more it inclines towards blackness, the better it will serve, for it cannot be too much Calcined but may easily be too little. Upon this Calc<sup>e</sup> pour a good quantity of warm water, stir them well together, let them stand a while to settle, then pour off the clear Water, and pour on fresh and proceed as formerly, and this do so often that the Water will no more draw the least saltneſs from the red Matter. This deliſtied Colcothar must be gently dried on brown paper and Mixed with an equal weight of pure Sal Armoniack. This Mixture must be exquisitely incorporated on a painters Stone or in a clean Mortar & then it must be put into a glass retort well luted over, which must be kept 8, 10, or 12 hours in a naked fire administered by degrees, the Retort being broken the Sublime Matter (which may be about a third or 4<sup>th</sup> part of the Mass) may be taken out of y<sup>e</sup> Retort & upper part of it & very well rubbed in a Mortar in case any part of it appears white, and this Sublimate must be put into a clean Retort like the former and be Resublimed by it self, and after this 2<sup>d</sup> Sublimation wherein almost all the Matter will arise, the Retort being broken y<sup>e</sup> yellow

Yellow or Reddish Sublimate must be taken out, and reserved for use in a glass vessel very carefully stoppt.

Two, Three, Four or Six grains may be taken in a spoonful of Sack or other liquour in the Morning or at 3 in the afternoon or (which is best at bed-time) It inclines to Sleep & works gently by Sweat & Urine and is very good for the Spleen and affections proceeding thence and for Obstructions.

Note that if you evaporate the Salt Water which was pour'd off from the Calcind Copperis, you will find in the bottom of the Glass a kind of Salt of Vitriol which is by Many credid up for an excellent Remit. You may administer it from 4 to 10 grains.

#### For a Swelling of the Throat.

300 Take fine Bole Armirach one Ounce, Burnt Alome half an ounce finely powdered and sifted, then mix them up with Syrup of Mulberries, to the Consistence of an Electuary & with some of it put into a spoon warmed drop by Swelling with a piece of flanne upon a Stick.

#### Oyntment of Elder.

301 Take of the flowers & leaves of Elder half a peck, Bruise them in a Mortar and boyle them with two pound of May Butter over a gentle fire till the flowers and leaves be parched, add to it 3 ounces of Bees wax & when it is melted strain it into a Gally pot.

The Italian Green Salve for Burns & Scalds  
to be made in the End of May,

Take of the leaves of Avens, Smooth Plantane & the inner rinds of Elder twigs as big as your finger of each one pound, Stamp them together small & then put to them a quarter of a pint of Vineger, of old & fallow cotton Candles 4 ounces, Oyl Olives 3 pints, boile all these together 2 hours still stirring them, then strain it through a new Canvas ~~Bag~~ Strainer, put it on a fire again, Mix with it 4 ounces of Yellow Wax sliced and let it boyle a quarter of an hour then strain it again. This close stopped in Gally pots will keep good many years, when you use it take fire white paper, rub it betwixt your hands till it be soft, then spread & salve on it & having anointed the sore with some of the same, Lay on the spread paper, Dref it Morning & Evening, in half an hour this will take out the fire from the greatest Burn or Scald and in an instant Ease the pain, you must use no other thing from the first to the last, only at least you need dref the sore but once a day.

#### To Make the black Salve.

Take of Rosemary, Tyme, Lavender, Dill, Balme, Brook lime, Yarrow, Lovage, Smallice, Bervine, Chamomiles, Orpine, Plantane, Night shade als St Johns wort, Herb Robert, Adderstongue, Polypodium als fern that grows on an Oak, Daisies, Woodbine & Comfrey of each one handfull Beat them small & put in a quart of Verjuice or more Strain them & put to the Juice thereof two pound of New Wax

wax, one pound of Pitch, one pound of Castle honey, One pound of May Butter, a pint of Oyle Olive, and boyle all these together till they be melted, and stirr it well on the fire for running over, till it be thick, then take a gallon of running water in a clean vessel, take also a yard of Strong linnen Cloth, and let two persons hold the cloth over the water, and Another with a Ladle take up the Salve, and strain it all through the cloth into the water, then let it be cold and make thereof round rolls, anointing your hands with Oyle or May Butter.

To Make a Green Oyntment of y<sup>e</sup> said Herbs.

Take the same quantity of all the herbs aforeswitten for the salve, shred them small & put them all in a pan & take a gallon of Oyle Olive & 2 pounds of May Butter, & half a pound of New Wax & put all together in the pan with the herbs and let them stand 10 or 12 days stirring them once a day then put it on the fire and boyle it till all be Melted & then Strain it out. This must be made betwixt May and Bartholomew tide. Put your Oyntment in an Earthen pot that hath had Oyle or fresh Grease in it.

An Oyntment for a Swelling & Ach.

Take Rosemary tops, Bays, Souternewood, Lavender, Lavender Cotton, Rue, Foxglove leaves, of each One handful, Pound it very small and boyle it in 2 pounds of May Butter, let it boile two Hours, and then Strain it and Keep it for your Use.

To Make Flos Unguentorum or  
the Flower of Oyntments.

<sup>305</sup> Take Rosin and Perrosin of each half a pound, &  
gins Wax, Frankincense & Staggs Suet of each a quarter  
of a pound, Mastich one Ounce, Camphire two Drams  
your Gumms being bruised, melt them with your Suet  
together in a clean pan, then strain them through a  
Canvas bag into a pottle of Whitewine, then boyle it  
with the Ingredients till it be well Mixed with the Wine.  
Stirring it continually and so take it from the fire still  
stirring it till it come to be no warmer then blood, & then put  
to it a quarter of a pound of Turpentine, still stirring it  
till it be cold, then making it up into Rolls keep it for your Use.  
The Roll must be but half full for if it boyle over it is spoiled.

This is exceeding good for all Wounds, It is of a clearing  
nature & heals more in a Week then others in a Month, It  
suffereth no Corruption to be in a wound nor proud flesh,  
It is good for the Head Ach and for all Imposthumas, for  
Singing in the Ears, for Strayned sinewes, that bestift or  
skrunke, It draweth out Thorns or broken Bones, It is  
good for the Biting or Stinging of any venomous Beaste,  
It healeth all Boils, or festering Cankers, or Nolme targore.  
It helpeth all Pains in the Liver, Spleen or Back, It  
Stoppeth all violent Plurisies, If it be applied to the  
Favel of a Woman It stayeth immoderate Carse, It helpeth the  
Emrods, It is special good to make a Care cloth for Gout  
and It healeth the sores of the Plague.

### Sucatella Rij Balsome

307 Take of pure Sallet Oyle 3 pints, Oyle of S. John's wort a quarter of a pint, right Canary Sack 6 spoonfulls, beat them exceeding well together; of the best Venice Turpentine two pounds washed in 2 or 3 several waters till it be pure white, Yellow Wax thirty, scraped half a pound. Boile all these together an hour and a half, but not on a fierce fire, for if any flame come to it, it will fly about and be spoiled, then put in an ounce of red Saunders finely powdered. It must be new & not used with Vineger as the common Way is after this is in Boyle it all together till it be perfect Syntment. Probatum est.

### Sucatella's Balsome.

308 Take one pound of Venice Turpentine, half a pound of yellow wax unroughed, 3 pints of Sallet Oyle, One ounce of Red Saunders, Wash your Turpentine once or twice in fair Water and 2 or 3 times in Rose Water till it look as white as Snow. Then take an Earthen Pippin with a Bodkin make a hole in the bottom, Stop it close, put in your Oyle, and some fair water, set it on the fire and let it boyle a quarter of an hour, put Wax into A bray Skillet and Melt it, then put in the Turpentine take it off the fire and Stirr it with a Spoon till it be a mingled Oyle, then pull the Stopple out and let the Water run out into a Basin, and put the Oyle into the Skillet, Set it on the fire and Stir it a little while then put in the Saunders being made into fine powder, let it boyle a little, then put it into an Earthen pot, the next day make a hole in the Heads of it and draw out the Water, for some will remain in it, then melt

Melt it and Stir it till it be cold. It will be the better if you set it in the Ground covered with a piece of lead and a piece of wood over it.

It is good to heal any green Wound applyed as hot as you can well endure it.

It is good for the Head Ach if you Anoint the temples and nostrills with it.

It is good for any Inward Bruise, if you take the quantity of a Walnut in a little warm Sack.

It is good for a Consumption, or Colds or any Inward Weaknes, if you take the quantity of a Nutmeg at night going to bed, and the like quantity in the Morning fasting an hour after it.

It is good for all pains coming of Colds, or Achs in the bones, if you Anoint the part affected therewith and then lay a warm Cloth thereon. See more. N° 310.

### A Clyster

Take half a pint of new Milk hot from the Cow, and put it in a Skillet over the fire and put therain as much butter as a good big Walnut, keep it stirring that it neither boyle, nor Cream, then having half a pint of y<sup>e</sup> own or other wholesome Urine by You, Take the yolks of two Eggs, casting away the whites & traddles of them, Beat up the yolks in a pottinger & put therain a spoonfull of dear brown Sugar which beat up well together, then Cast in the Urine by Spoonfuls 2, 3 or 4 at a time and when all is ready pour all together stirring it well all the while that you are pouring it in, & if it be of a lukeable heat, put it into the Clyster bag and Apply it and Keep it half an hour.

More Vertues of  
the Sycatella's Balsome

It is good for the Wind Colick and Stitch in the side applied with hot Cloths & mornings together allowing each Morning a quarter of an Ounce.

It is good against poison or A Surfeit taking an ounce in warme sack.

It is good against Biting or Stinging of venomous Beasts as Vipers, Adders, Snakes, Scorpions, being drunk warm in Milk.

It is good to prevent the plague or any Infectious distemper, anointing the nostrills & Lips before you go out. It is good for Fistulas or Ulcers applied as for a Cut.

It is good for any One Infected with the Measles or Small Pox, taking a quarter of an Ounce in Warm Broth and sweat after it.

To Preserve Quinces white or Red.

Take your quinces, pare them and quarter them, if you would have them white put them in Water as you pare them take to a pound of quince a pound of fine sugar. Boil it with a quarter of a pint of Juice of quince & a quarter of a pint of pippin water, boyle your Syrrup and thin it, then put in your quinces boyle them as fast as you can till they be tender & clear, then take them up & boile the Syrrup till it will Selby then pour it to your quinces

If you would have them red allow to every pound of sugar half a pint of pippin water, boile your Syrrup and thin it and put in your quinces, cover them close and when they have boyled a little while put to every pound of quince half a pint of the Juices of quince & the Seeds of your quinces tied up in a bit of Tiffany, so let them boyle till they be free. If you would have Marmalad Break up

quinces

Quinces with a spoon and give them a good boyle & take them up, when you preserve them white if your quinces be not extraordinary good Boyle them a little in water before you pare them.

To Remedy Barrennes and to promote  
the faculty of Generation.

The Salt of Mugwort chemically prepared especially if it be made volatile, Openeth the womb which is shutt up, cleanseth the same, Cherisheth the Seminal Vessels, Comforteth and Revivisheth the womb & maketh it fit for Conception. Doe is 10 or 12 grains at a time in half an ounce of Spirit of Balme & salt an ounce of Balme Water mixt together and taken in the morning fasting every day of the last quarter of the Moon, fusing 3 hours after it.

The Carlina Root which is a kind of Chameleon called Boars root in Germany gathered in its Balsamicke time that is in the end of August or the beginning of September & rubbed or stroaked at the 7 planetary pulses & so hung at the neck of the barren party & if the Barren party wearing it root walks with a strong lusty fruitfull Woman in sun shinning days & breads & goes in her shadow which she casts, the Party so treading will attract the strength and fruitfulness from the other whose shadow she treadeth upon.

There is in Hungary a certain kind of Earth or Ochre of all sorts of colours (such as of Rainbow casteth forth) found near the Gote mines, some quantity of the same gathered & sorted from its faculonies and theronred with its Romofencall Balsome & digested & circuladed together till it for Henry Kall Colour to be perfectly coagulated & fixed is as high a Remedy to remove Barrennes & to promote the faculty of Generation as Nature can afford. The dose of it is one grain in a spoonfull of Spirit Balme mixt with two spoonfulls of Balme Water.

A Sure Remedy to be used to a Child  
as Soon as It is Born to secure it  
from Convulsion fits for the future.

313 Take 2 quarts of Vinegar, wherein dissolve half  
an Ounce of the best Castoreum, and put to it three  
Peony roots bruised and Boile all together, afterward  
Pour the same into a small Bathing tub, and so soon as the  
Child comes from the womb lay it into this bath and  
wash the Childs Head and Body all over with it, which done  
before you let it Eat or Suck, Take 30 drops of Oyle of  
Sweet Almonds new drawn & mix the same with one Spoon  
full of Lavender flower Water and give it to the Child  
so as that it come rightly into the Childs Body, & within  
a little while after the Child has taken it, there will  
come up a Slime from the Child, which being come forth  
you may then feed or Suckle the Child, and thus done  
the Child will for ever after by the Grace of God be free  
from Convulsion fits.

To Cause Safe Delivery and Bring forth  
the After Birth.

314 Take of the biggest and best sorts of Eels alive as many  
as you please, Cut them up & take their Livers and Gills  
which being well cleansed put in some Earthen Vessel but  
not close together but at some distance from one another  
Cover the Vessel with a paper & set them in Balneo Fuso  
or in an Oven after the Bread is drawn, so dry them  
till they may be beaten to powder. Of this powder take

two Scruples, and mix the same with one Scruple of  
Salt of Cinnamon clinically prepared, and give it to  
parry when she is near her Labour in a little draught of  
Rhenish Wine heated with a Stick of Cinnamon and a  
Sprig of pennyroyal in it, & sweeten it if you please with a  
little Sugar & let her drink it pretty hot.

This will cause her to have both a safe and easy deli-  
very & bring forth the After birth cleaverly. In the time  
of her bigness let her sometimes Eat off Eels well dressed  
and especially of their Livers, this will hinder the After  
birth from growing to the Matrix, and so by that means  
It will come the easier forth in the Birth.

A Receipt for Worms in Children.

Take Earth worms, which are the long Worms that 315  
come out of the Ground, you may sometimes find  
them in meadows knit together, if you can you must  
take them when they are soft, and put them into  
a Browne and put to them a good handfull of Bay salt,  
and let them scour themselves in the Salt two or 3 hours  
then Wash them, take out the Guts of them, dry them  
in a linen Cloth and then dry them between two Tubs  
in a Sheet of Brown paper, or in an Oven & then beat  
them to fine powder. Take also Savin & dry it & beat it  
to powder, then take of the powder of Worms & of Carolina  
an equal quantity & half so much powder of Savin as of either  
of the other. Mingle these well together & put as much as will lie on a  
farthing piece into a draught of Muscadine with a little sugar & drink  
it morning & Evening 3 days together at the full of the Moon in Yane.

- To Kill Worms.
- 316 Take Pansy Seed and beat it to powder, then put it into a little Beet with a little Sugar, and drink it 3 days together at the full and Wane of the Moon.
- To Kill Worms.
- 317 Take an Apple, and cut out the Core, and put in the room a little beaten Wormseed, then Roast the apple, and when it is roasted, Mix it with a little Honey, and give it to Eat 3 days together Morning and Evening.
- To Children that have Worms.
- 318 Take a Stewed Prune and pull out the Stone and fill up the hole that the Stone lay in with Rock Almonds finely beaten, then let the Child Swallow the Prune, let it take it 3 mornings together, and fast an hour after it, It will kill Maw Worms and Stomach Worms.
- To a Child that is in a feaver with Worms & Teeth.
- 319 Take Earthworms and sow them in a linen bag, and bind the bag to the Navel of the Child all night, this will take away the feaver.
- To Kill Worms.
- 320 Boyle Peach leaves in Milk, and give it to young Children to drink, It kills Worms, or being applied in a plaster to the Navel, it kills Worms and drives them forth.
- An Approved Medicine for Chest Worms.
- 321 Drink fasting for five Mornings together Savender Cotton boyled in Posset Drink, or else Cut a lock of your own hair as small as you can Cut it and take it in Beer or other Liquour.

322

For the Stone.

Take the Buds of Elder, Dry them in an Oven on a Plate, after the Bread is taken out, being dry Pound them in a Morter and then Searve the Powder through a fine Daffy, Take of the Powder as much as will lye on a six pence in a convenient draught of White Wine 7 mornings successively, 3 days before the full Moon, the day the Moon is at full, 3 days after fasting a convenient time after the taking of it, which is to be used constantly at the time prescribed It may be used in a fit tho the Moon be not at full. It is most proper for the Stone in the Kidneys.

For a looseness for all but especially for a Woman in Childbed.

Take a quart of Smith's Water, and a quart of Garet Wine, 323 of Plantane, Shepherd's Purse and Knot Grap of each a handfull, a little Sorrel and some Comfrey, an ounce of Pomgranate flowers, an Ounce of Pomgranate Seeds, and an Ounce of Mirtle Berries bruised and boyled all together until it be half consumed. Dip Linen Cloths in the Liquour very hot, and apply them to the Belly one after another, and this will stay the Goosnags.

For the Stone

The Distilled Water of Arnsmarck drunk in a Morning fasting is 324 good. To drink Safafas Water with a little Sugar is approved good.

### The Plague Water. Dr Burges.

325. Take 3 pints of the best Malmsey or Muscadine Wine, therein a handfull of Rue and as much Sage until One Pint be boyled away, then Strain it, after that Set it on the Fire again and Put in long Pepper, Ginger and Nutmegs of all & these three together in powder one Ounce, then an ounce of Mithridate and 2 ounces of the best London Treacle and a quarter of a pint of y<sup>e</sup> best Aqua Vitæ. & use this as followeth.

If at any time you think your self infected with y<sup>e</sup> Plague Take Morning and Evening one Spoonfull of the Water <sup>take</sup> warm, if not Infected of this but once or twice a Week & then at most but half a Spoonfull at a timer In any Plague & time do this, and next under God Trust in it, for there never was Man Woman or Child whom this Drink deceived, if the Heart be not clear Mortified or drunk with Infection too long before y<sup>e</sup> Drink be taken.

It is also good for the Sweating sickness, the Small Pox, y<sup>e</sup> Measles, Surfeits, and such like, taking a spoonfull at a time when they first fall sick and at other times as need requireth.

Assure yo<sup>e</sup> self this is better then Bezoar Stone to drive all from y<sup>e</sup> heart being drunk in time. When the sick Person doth drink first of it, they must ly down and sweat 3 or 4 hours in their Bed, and after they are well dryed & warm kept, they must drink nothing but warm Drink & Cordials that y<sup>e</sup> Sickness may keep from y<sup>e</sup> Heart.

This Drink will keep from the Making 6 months being put into a perstor Bottle, or Glass close stopped, This Drink has been often times proved, but never failed any.

### For the Stone.

Take 3 quarts of Poopet Ale very clear, Boyle in it a good 326 handfull of Pellitory of the Wall, an Ounce of Parsley seed and 7 or 8 Bay Berries, let it boyle till One quart be wasted, then Strain it, and to about half a pint ther e of Put half an Ounce of Spermia (cti) the Juice of a Lemon and a little grated Nutmeg, Sweeten it well with Sugar and Drink it in a Morning & fasting, and Take it as you shall see cause.

### For a Scald Head.

Mix any Sort of Grease with Common Turpentine & Rosin, 327 or Barretto Pitch if it be to be had, and with this make a Plaister to pull off the hair, then Boyle Bay leaves & Hogs lard together and when you have Strained it, mingle the Grease with it, and with this Keep the head anointed.

If you cannot get Bay leaves, you may use Ragweed in their stead.

### For Sore Eyes by reason of Salt Sherman etc.

Take Sengreen and three leaved Grap otherwise called Clover Grap and distill them with Fennel, then to about a quart of this distilled Water, Put an Ounce of white Soperis, a quarter of a pound of the Stone called Lapis (alaminaris) & a spoonfull of Honey, Let it stand in a Glass Bottle and use it at your Pleasure.

It will Clear the Eyes, and take away Blood shot, or any thin skin on the Eyes without Danger.

For any Sore or Rheum in the Eys.  
329. Take an ounce of White Coperis, after it is burnt & as  
much Bay Salt as will ly upon a groat at 3 times. Put  
them both into a pint of fair Spring Water and let it  
Stand 24 hours, then Scum it and pour it out into another  
Drappe clear from the Drap, then with a feather Drop it  
into the Eys Morning and Evening.

For a Bloody Flux.  
330. Take a pint of Irish Aqua Vitæ & as much Brandy &  
half a pound of white Sugar, Set it on fire and let it burn  
till of it self it goes out, then Strain into it the quantity of  
a good handfull of Pigs Dung fresh taken, then Divide it  
into four parts and give it to a Man or Woman Morning  
and Night as long as it lasts, to a Child Give but four  
Spoonfulls at a time.

For a Consumption of the Lungs.  
331. Take Liver-wort, Lung-wort, Hartstongue, Bramble leaves  
Maidenhair, and Celsfoot Leaves of each one handfull, Boyle  
them in 3 quarts of Running or Fair Water till it be reduced  
to a quart, then Strain it into a Glass Bottle and Put to it  
half an Ounce of Oxymel of Squills and an Ounce and a half of  
Brown Sugar Candy, Drink a little Draught of it 2 or 3 times a  
day. It opens the Lungs, Cuts Phlegm exceedingly and brings it  
away.

For One that hath a Rupture  
Take the Juice of Comfrey Roots, and the Juice of Roots  
of Yarrow, Mingle them with a very little Muscadine &  
Drink of it as often as they Please. But They must also &  
wear a Truss, and whereas the Common Way is to have the  
Truss only with a West Band to go round the Middle, It  
woulde be easer and much surer to have two Straps fastend  
to the Westband & so to come over the Shoulders, that the  
Weight if any may rest on y<sup>e</sup> Shoulders which will be safer for  
the Patient & sooner conduce to the Cure, then by girding  
it only about the Middle. The Patient must ly for the most  
part on their Brachs whilst they take this Medicine and  
they must abstain from White Wine and Rhenish.

For Such as cannot hold their Water.  
Take the Rennet of a Sucking Rabbit, Dry it, Beat it to  
powder, and give it the Patient to drink. You must not Wash it  
Or you may Boyle it as it is taken out of the Rabbit in a little  
Milk, and the Patient may Eat the Milk.

For those Who cannot hold their Water.  
Take Sweet Orris and Grate it to powder and let the  
Patient Drink it in Ale with a little Sugar. the Patient must  
also abstain from all fat of Meat, and from Pottages, from  
Rhenish Wine and White Wine and from all Slippery Meats,  
and from Drinking any thing near Bed time.

A Very good Broth for a Consumption.  
Make your Broth of Knuckles of Beal, or Mutton, or of  
Sheeps feet, (sometimes one and sometimes another) and  
Boyle therein a little Rosemary, Mother-Rime & Shepherd's  
Purse, and half an Ounce of Riba Root Sliced, You must also  
Boyle in it some Gold as Rings or other Gold, and with God's  
Blessing this will help. It is wonderfully Restorative and  
Strengthens the Body.

335. If the Consumption be in the Liver or Lungs use these  
herbs, Liverwort, Lungwort, Marigold flowers, Maiden  
hair, Coltsfoot Leaves and Bugloss flowers, and Make  
your Broth with the same meat as before, and use Harts  
horn.

Take also often times Conserve of Bugloss, and Mari  
gold Flowers, and Hartshorn in Muscadine.

A Good Receipt for the Dropsy, a Domit.

Take Betony, Groundsel, Motherwort, Parsley and Peri  
cial, of each one handfull, Boyle them in a quart of White  
Wine poset Drink till more then half be boyled away, then  
336. Drink a reasonable draught thereof sweeted with a little sugar.  
This will bring the Water away abundantly, and an hour or  
after you have taken it, you must Drink a little of some  
other Warm Poset Drink, but not of the same sort.  
It will help the Dropsy and Tympany. approved.

To Bring down Women's Courses. 91  
Take Falaram and Germanander and Stamp them & Straine  
them and put the Juice into Hyssop Water and Drink it with 337.  
Sugar at the Full of the Mooner approved.

To Stay them if they come in Abundance.  
Take Sanders <sup>Roots</sup> and Boyle them in fair Water with a  
little handful of Maudlin till three fourth parts of Water  
be boyled away, then Put in a pint of Red Wine and let it  
boyle well with that, then Strain it out, and let the Party  
drink of it with Sugar something sweet, and by God's helpe  
she shall be well. The Wine must not be Claret Wine.

If you be much troubled with the Head Ach Take a  
little Rosemary and Chamomel and Dry them and Rub  
them or a little Bruise them and put them in little Lanne  
Couts and lay them to your Temples as hot as you can  
suffer them and this will Ease you.

For the Whites or Running of the Reins. approved.  
Take an Ounce of Ginglaf, an Ounce of Dates finely beaten &  
a quarter of an Ounce of White Sanders finely beaten.  
Boyle these in New Milk from a quart to a pint, and  
keep it stirring all the while it is boyled, then Drink 339.  
it Morning first, and Evening last, and twice or thrice  
or as often in the day as you please. And this will  
help you.

*For the Mother.*

340. Take as much Romish Kettle Seed as will ly upon a half Crown Piece and half a quarter so much of white Suger, Let both be finely beaten, and Steeped in Mother-Tyme Water, and Drink it with Suger.

This also Easeth Convolusions, and is a present Remedy for the Colick. approved.

For a great Swelling that is very hot in the face  
or any where else.

341. Take Butter salt or fresh, and beat it well in Water 5 or 6 times, putting out the Water every time till it be very white and soft, then Wash it in Rosewater and Anoint the Inbol Place therewith. approved.

*A Good Salve for a Burning Pearse.*

342. Take Conserve of Bupios, Conserve of Ruff flowers & Syrrup of Violets of each half an Ounce, & of Juice of Lemmons one Ounce, Put all these into a quart of Succory Water, and Take thereof as often as you please. approved.

*For One that is Deaf with Col.*

343. Take Petherfens, Rosemary, Majoram, Detony, Elter-Leaves, Coltsfoot Leaves & Cowslip flowers, Boyle them all together very well, then put the Liquour & Herbs into Stone Bottles, & hole them to your Ears that if Secret may go into your head, covering your head with a Capricie for fear of Col. & when you take the Bottles away, Stop your Ears with Wool.

*An Excellent Receipt for Sore Eyes.*

Take the Shells of 7 or 8 Eggs, cleanse away the inner Slime from them so clean as may be, then put those Shells between two tiles, lay them in hot glowing Embers Covering them all over, and let them ly a good space till the Shells be thoroughly dried, then Beat them to powder, scarce it is very fine, and Blow of it into the Eye morning & Evening.

But if it be for any Watery or Inflamed Eye for any + Bruise Strige or descending Humour, then add to your powder of Egg-Shells one Spoonfull and half of the finest Scarst powder of sugar-candy. Mix these powders well + together, and with May Butter if you can get it, or for want of it, the best Sweet Butter, Work them into a gentle Salve and therewith Anoint the Eye Morning and Evening.

*An Excellent Water for a Pearl or Pin and Web,  
or a Piece of Flesh that grows in the Eye*

Take an Egg and roast it very hard but not boyle it, then 345 Cut it in half and Put Honey in One Side and Rock Allome in the other beaten very fine, then put both Sides of y<sup>e</sup> Egg together again and put it in a Cloth and Cusk, break the Shell and all together with your fingers, so Wring it out and Keep it for your Use. Dropping into your Eye one drop in the Morning and another in the Evening.

McRadoch. A Singular Medicine for a Pearl in the Eye.

346. Take 2 handfulls of Hemlock, a quantity of Sheeps Suet, as much as a small Apple, half as much Bole-Armoriae, &c. Pound all these in a mortar together, Put to it half a spoon full of Honey and mix all well together, then upon a piece of Leather spread these mixt Ingredients, and apply it to your Wrist, shifting it right and Morning for 3 or 4 days. You must apply it to the contrary Wrist, if the Pearl be in the right Eye then to the left Wrist &c.

McCoxe) For Spotts and Rheums in the Eyes.

347. Take Rain Water in May, Receive it into a pewter dish so placed as that no Drip can come at it, Strein it into a glass bottle through a fine linen Cloth & keep it for use. Then take of the finest white Alabaster unburnt and a Scrape it very fine with a Knife, Blow of this powder through a Quill into the Eye that hath the Spots, then drop in 3 or 4 drops of the Rain Water, The Patient being laid on his back, then let him shut his Eye and move the Eye lid till both the Water and Powder work out. For Rheums use the Water only often dropped into the Eye.

For Sore Eyes.

348. Distill Woodbine leaves and Pitt into the distilled Water the Powder of Roman Vitriol and so Wash the Eyes therewith.

For a Pearl in the Eye

- Take of the Smallest Hemlock and Chop it very small, then take some Silver Honey and as much Rose-Armoriae as a Small Hazel nut finely Scrapped, Temper these together then lay it on a piece of Leather and lay it on the contrary Arm, let it lie on 12 hours and then take fresh, and so do till you find Ease.

For Sore Eyes.

- Take White Wine and Red Rose Water, of each half a pint, then take a new laid Egg hard roasted, Slit it and throw away the yolk, but mince the White with the Shell (being very clean) very small. Put these all together into a Dish or Basin that hath been Scoured with Sand, add thereto Lapis Calaminaris and Lapis Putiae well prepared, of each of these powders as much as will lie at thrice upon a broad pointed Knife, which is four times in all, Infuse them all together being close covered upon a Chafing dish of Coals two hours, but have a care they do not boyle, then Strain them two or three times pressing them hard until all the Juice of the Egg shell and all the very fine stuff of the Powder may be in the Water but the Gross remain in the Cloth.

The use of this Water is to wash the Eye lids with it many times a day and at night when you go to Bed.

If you Drop some of this Water into Your Eye It will be the better.

For Rheum in the Eyes.

351. Take a new laid Egg and make a small hole in the top, and pour out all the meat both Yolk and White then fill the Shell with fair Water and put in as much white Coperis as will lyc upon a half penny, Set it on a quick fire and make it boyle apace, when it is melted putt it in a glas and let it gettle, With the clear Nash your Eyes round about, and let a drop go into yo<sup>e</sup> Eyes. Thus do ofter.

For Any Sore Eyes.

352. Take a new laid Egg and Roast it hard, Slitt it Shell and all in the Middle, Take out the yolk clean and squeeze the White and Shell through a Strainer. That Water cures any Sore in the Eyes were it the Small Pox, but the Vertue of it lasteth but whilst it is fresh.

A Water for Rheum in the Eyes.

353. Take a pint of Spring Water and set it on the fire, and take as much White Coperis as a small Nutt, and Grind it very fine, and putt it into the Water over the Fire and let it Simmer not boile a good while till the Water hath changed Colour, then pour out the Water into a glas bottom and all, and when you use it, Dip a Cloth in it and apply it upon the lid & of your Eye and upon your Temples, but let none go into your Eyes.  
Warm the Water when you use it.

To Make a Green Water for Sore Eyes.

Take two handfulls of Woodbine Leaves, One handfull of Ground Ivy, One handfull of Unset Hysope, One handfull of brown Fennel and boyle them in a quart of spring Water till it comes to a pint, then take white Coperis as much as a Nutt and between a pair of Tonges heated red hot Melt it into the Water, but you must first take out the herbs, and then putt in the quantity of two nutts of white Sugar candy, and so boyle it a littler.

If the Eyes be Swelled you may bath them with y<sup>e</sup> herbs. This Cures Catts, Burns or Brulises in the Eyes, Small pox or hot Rheums, but for Colde Rheums you must use this White Water. Take a new laid Egg and Pour out all the meat, then fill the Shell with Spring Water and put in as much White Coperis as a Pea and as much white Sugar candy as a small Nutt, so Boile it and scum it clear with a feather.

Also you must use this Powder with the White Water, and also with the Green. Diz. Take White Sugar candy and beat it small and Sift it through a fine Searved.

For Eyes that are sore or Bloodshot.

Take a pint of fair running Water, or of distilled Water of Eyebright which is better. Boyle it as much white Coperis as a Bean & as much Sugarcandy as a Walnut, & a handfull of red Fennel, Boyle it from a pint to half a pint, then Strain it and Keep it for your use.

The Way of Using it is to Drop two or three drops into your Eye at Night and likewise in the Morning.

M<sup>r</sup> Pecky. For Weak Eyes.

356. Take red Fennel, Terrain, Red Roses, Celandine & Rue, Distill each of them apart in an Alembick, then take a quarter of a pint of each of the Waters and Mix them, Add thereto two Spoonfulls of pure White Wine, two drams of Lapis Calaminaris, one dram of Aloes Hepatica and one dram of Lapis Putio prepared, Shake y<sup>e</sup> glas often and Use to drop two drops at night into each Eye and likewise before you rise in the Morning.

This cured M<sup>r</sup> Pecky of so great Weakness he had in his Eyes that he was forced to use Spectiles when a young man but by Using this Water had so great a recovery that when he was old he could very well read without Spectiles.

A Precious Water for Eyes that are bloodshot.  
357. Take budds of Hawthorn not too much blown, Red fennel & Green, of each a like quantity, as much in all as will fill a Still, Pour a pint of White Wine upon these herbs so that they may be all moist therewith and let them steep all night, in the morning let so much of the Wine run away as will drain out without crushing, then put them into the Still and Streut upon them a quarter of a pound of white Sugars candy finely beaten, and then Distill them with a soft fire. Set the distill Water close stoppt with Wax & Leather in the Sun for 10 or 12 days, then if any Mother grow on it Strain it into a clean glas. This Water is of great Vertue, One Drop of it in the Eye at once is enough.

An approved Good Water for the Eyes.

Take three drams of Lapis Putio, three drams of Aloes Hepatica, 358. and three drams of the finest sugar, Pound all these very small and Put them into a pint of the best Red Rose Water and a pint of the best White Wine, Put all these into a glas, and shake it often, Setting it in the Sun all the hottest time of the summer.

This is to clear the Sight, and for the Rheum, and Redness of the Eyes. It is good for the cataract, and to kill any thing that is breeding in the Eyes, but best to clear the Sight of those that are almost blind and dim sighted.

You must drop one Drop into the Eye once in two days.

An Approved Water for Sore Eyes  
which are troubled with Rheum.

Take half a pint of red Rose Water, three drams of Putio 359. prepared and one ounce of white sugar candy finely beaten Mix all together in a glas phial, and Shake it as often as you do use it.

For Any thing that is breeding in the Eyes.

Take Lapis Putio heat it red hot and when it is cold again 360. pound it very small and searce it through Piffary or Laven and lay it upon the speck & String that feeds it twice a day.

For Red and Running Eyes.

Take Cotton Wool very well dried & well pickt & full asunder, Bind 361. it fast upon the Eyes every night for some nights together & it will help.

A Water for a hot Rheum in the Eyes.

302. Take a pint of running Water and of white Coperis as much as a Chestnut. Beat the Coperis very small, put it in the Water and set it over the fire in a skillet, let it simmer a little while & scum it with a feather and after it has simmered a little longer. Take it off the fire and when it is cold put it in yo<sup>3</sup> Glass. When you use it make it warm in a Sowcer and bath y<sup>e</sup> outside of the Eye and the corner of the Eye, and let y<sup>e</sup> Patient lean back with their head a pretty while after you must use it two or thre times a day, and be sure you let none of it go into the Eye.

To Draw away Rheum from the Eyes.

303. Take an Ounce of Burgundy Pitch, twelve Cloves & one Nutmeg, Beat them very fine, then Melt the Pitch in a Potmet and when it is all melted put in the Spice and Stir it well over the fire boylng a little, then take it off & Butter a Frencher and pour it upon it stirring it all the while, then Butter your hands and when it is cool enough Roll it up, and when you have occasion to use it spread it upon leather, prick it full of holes, and lay it between the Shoulders and let it ly on till it falls off of it self.

304. Sight which was lost by a defluction of Rheum falling on the Eyes, has been restored by only putting into the Eyes every night going to bed five or six seeds of Clary.

A Water for the Eyes.

D<sup>r</sup> Boasts.

- Take Nutmegs and Cloves of Each two drams, of white Vitriol one dram, Beat them all groughly and putt them in to three pints of Spring Water. Sett it the first night either in a double vessell with warm Water, or in warm Embers and Shake it very often, keeping it a little warm, and Making it still for the next day, and so keep it unstrained.

It is excellent for all manner of Sore Eyes, but especially for those with much Moisture.

It must be dropped 2 or 3 drops into the corner of the Eye next the nose & so let ly in. The best time of using it is Morning and night.

For Sore Eyes.

- The Water which is drawn from Sugar of Saturn is very excellent.

The Stone called Calaminaris made very hot & quenched in White Wine thrice or thrice till y<sup>e</sup> Wine be troubled & Straine the Wine through a coarse Cloth that the finest of the powder go with the Wine, when you use it Stirr it that it may be somewhat thick and putt a drop or two to the Eye.

Take an Egg, Pierce it at both Ends and blow out the white Convey into the Shell with the yolk the weight of a French Crown of white Vitriol, Cut up the Ends, Put it into dough about the bigness of a two yeng Loaf, Bake it to Bread, then take the Egg out, and Preserve the yellow Water in it, and use it for Sore Eyes.

The Chemical Water drawn from the Gum Guiacum  
rectified and tempered with white Rosewater or the  
like is Esteemed as good a Medicine as any.

For Shortness of Breath.

367. Take a quarter of a pound of French Barley, as much  
Liquorice scraped and sliced and a handfull of Pennyrail  
Boyle them in 2 quarts of Spring Water till one quart be  
consumed, then Strain it through a Pleane and put to it 3  
Spoonfulls of live Honey, so drink half a pint morning  
noon and night for a Month together, if it be bottled  
it will both Keep and Drink the better.

To Stay bleeding at the Nose or Inwardly,

368. Take two handfulls of Bramble tops, the leaves with  
tender twiggs, and Boyle them in a quart of Claret Wine  
till half a pint be consumed, so take of this Wine 2 spoon  
fulls at a time 3 or 4 times a day or often as the Bleeding  
continues. In a very little <sup>time</sup> both generally stop  
any Inward Bleeding or Bleeding at the nose.

It is the Bramble which bears the black Berry like  
a Mulberry. In the Winter you may take the Roots  
in Stead of the Tops, which have the same Effect.

The Berries dried to powder and taken as much  
will lyse on a Shilling ie a spoonfull of red Wine &  
made hot stops a Noseblee.

For a Dropsey.

Take red Sage, Rosemary tops, Germander & Broom 369  
very green, of Each one great Handfull, Wash and dry  
them very well, and then boyle them in an Earthen pott or a  
brass Pott very leisurely with a Gallon of Strong Wort till  
a third part be consumed, then Strain it through a hair &  
Sieve before it be cold into an earthen Bottle or Pott and  
keep it for your Use.

Of this drink half a Wine pint warmed in the Morning  
fasting and likewise when you go to Bed, putting into it  
each Half pint when it is just warm one spoonfull of the  
purest Sallet Oyle and of Venice Treacle the quantity of a  
small Nutt or in stead thereof of London Treacle the quan-  
tity of a nutmeg, so mingle it well together and drink it.

If your Stomach be weak drink but the third parts  
of a pint of the drink and so of the Oyle also and of  
Treacle in proportion.

Continue taking it four or five days or as long as the  
Quantity of drink will hold out, and if it cure not the  
first time make it again, abating some of the Treacle  
in every draught but not much.

Abstain from Small Beer, Wine, Fruitt, Cucumbers &  
the like. If you Cough much take Coltsfoot in a Tobacco  
Pipe.

This is Mrs Elizabeth Boteleris Receipt and hath  
been often approved.

For the Dropsy.

370. Take the Seeds of Ebulum or Dwarf Elder, and pound them in a Morter as small as powder; then take the weight of a Crown in Ods of that powder, put it into strong White Wine and Drink it in the Morning taking nothing after it till Dinner. You must pound the Seed but just before you take it that the Virtue of it may not evaporate.

It must be taken 3 or 4 days but not successively but with 3 or 4 days Intermision, nor must it be taken on the day of the New Moon or any other of the quarters.

At dinner after the taking drink a glass of Wine to carry it off the Stomach for it inclines to Distilit.

To know the Good Seed from the bad, put them all into White Wine, and those which sink to the bottom use, but throw the other away.

This Medicine cured the Count de Rorre a Gentleman of Italy of a Dropsy after he had been abandoned by the Doctors and not able to move in his Bed.

For the Dropsy.

371. Take one pound of Guaiacum made into powder and boyle it in two Gallons of Ale Mourt till one quart be wast ed, then Work it (after it is Strained) with Ale Yeast as you do Ale; and when it hath done Working drink thereof at all times for the Space of three Weeks, and It will help as hath been Experienced by some thought past Care.

For the Dropsy.

- Take of Dwarf Elder Roots dried and beaten into fine Powder one drachm. Put it into a quarter of a pint of White Wine, Set it all Night upon warm Embers that it may infuse but not be too hott, in the Morning Shake it together and drink it blood warme. Take after it a little broth made with Beal wherein some Parsley Roots & Ranunculus Root v<sup>2</sup>. Violet Leaves and Strawberry Leaves are put but no thickning but a crust of Bread, and keep your self warm. It may perhaps work the second day more then the first. Thus do again a fortnight after. If the Patient be strong let there be two Drachms of the Powder in the quantity of White Wine. This is an Excellent Medicine.

For the Dropsy.

- Take of filings of Steel 3 or 4 Spoonfulls and as much powder of Brimstone, put these into a fire pan and set them over the fire till the Brimstone be burnt away, then take as much Brimstone as Powder and do as before thus do till it be of a pure purple Colour. Take of this powder upon the point of a Spicke as much as will lie on a Pint piece for a fortnight together one hour before Meals & at going to Bed.

An approved Medicine for the Dropsy.

- Take 3 Spoonfulls of Broom Ashes, 8s of Wormwood Ashes, Sp. 374 fuse them in Ale or Beer and drink a Glass in the morning fast ing & at 9 a clock in the afternoon. Past an hour after it

### For a Drosy

375. Take Enula Campana, Polypodium, and the Roots of Flowered Sals., of each two Ounces, Anniseeds, Caraway Seeds and Bayberries of each one Ounce and half, Wood Betony, Birthworts, Burrage leaves, Alyssop, Perennial & Rosemary, Sage, Pine, Winter Savory and Single Wood-bines, of each one handfull, and of Liquorice one pound and half. Boyle all these two hours in six Gallons of running Water, and let the Patient drink of it Morning noon and night a good Draught.

### For a Drosy

376. Take <sup>root of</sup> Monk's Rhubarb and red Madder of each halfe a pound, Anniseeds and Liquorice of each two Ounces, Scirra four Ounces, Scabious and Agrimony of each a handfull. Slice the Rhubarb, Bruise the Aniseeds and Liquorice, and break the herbs with your hands, then put all into a Stone Pot or Stear with four Gallons of Ale. So let them Steep or Infuse the space of three days and then drink of it as your ordinary Drink for three Weeks together at least, the longer the better, providing in reading another Stear so prepared that you may have them one under another, and be always carefull to keep a good Diet.

This cureth the Drosy, yellow Jaundice, all manner of Ulc. Scabs & breakings out on the skin; purifieth the blood, prevail eth greatly against the Green Stickish Oppilations and all Stoppages, bringeth down y' Cunes & Maketh a fair & fresh Complexion.

### For a Drosy

377. An Excellent Receipt which hath cured many and hath been tryed by some that have bee braken therewith with so good effect that this hath cured them.

Take a good quantity of blackshalls and Stamp them with Bay Salt and lay them to the hollow of the feet & shipp it with fresh twice every day.

Take a handfull of Spearmint and a handfull of Wormwood, put them into a quart of thick Cream and Boyle it & with continual Stirring till it come to an Oyle then strain it and therewith anoint the Swellings twice a day.

Take the Poppies of green Broom and dry them in a Oven till they be dry enough to burn, then either in the Oven or upon some clear hearth burn them to Ashes, to a quart of these Ashes put a quart of White Wine Stirr them well together and let them stand all night, next Morning drinke half a pint of the clearest of it, at four of y' Clock in the afternoon another half pint, and a third half pint at going to bed.

Thus you must do to the Soles of 40<sup>8</sup> feet, and Continue taking this drink three Weeks together.

When you take the drink take the Clearest of it without Stirring but when you have taken out the half pint for your present drinking ther Stirr the rest together and so do every time you use it.

This is Mr. Pont's Receipt given her by an Especial Friend who had often seen it approved.

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### For the Scurvy and Dropsy.

378. Take Seeds of Wormwood, Mustard, Scurvy-grab, Brandy, the leaves and flowers of St John's Wort of each half an Ounce, let all be bruised and put into five pints of the best Brandy, in which let it infuse a week and shake it once a day, after which let it settle and drink thereof two spoonfulls by it self fasting, or in a glass of Rhenish Wine with a spoonful of Syrrup of Elixer.

### For the Scurvy and Dropsy.

379. Take the Juice of Brooklime, Water-crepes and Scurvy-grab of each a pint, the Juice of Horse-radish Roots half a pint, Sarsaparilla four Ounces, Roman Wormwood half a pound, Agrimony four Ounces, Sassafras two Ounces, put these in a bag with a Stone in it and hang it so that it touch not the bottom and Infuse it in three gallons of Beer, let them work together and when it is three days old & drink thereof at pleasure.

### For the Scurvy in the Gums.

380. Take live Honey and set it on the fire and let it boyle and Scum it clean, then put a piece of Alome between a pair of red hot Tonges and so let it drop into of Honey, with this anoint your teeth and Gums very often. It is an approved Medicine.

### For the Scurvy and Dropsy.

381. Take Land-crepes and pickt Scurvy-grab of each four handfulls, Brooklime and Horseradish of each two handfulls, let all these be rubbed clear and shred small, and put into a Barrell of three gallons of Small Ale, let them work together and when it has done Stop it down. Drink thereof every Morning, Afternoon and Evening half a pint, putting the Juice of two Orages and half a nutmeg grated into every draught, the oftner you drink of it the better, you may drink it as often as you please.

If you can take two spoonfulls of the Juice of these herbs in a glass of Rhenish Wine it will work a quicker Cure.

### For the Scurvy.

382. Take tops of Water-crepes, Brooklime and Dandegon of each half a handfull, of Sliced Liquorice half an Ounce, fifty leaves of Scurvy-grab and Sixty Raisins of the Sun stoned, Infuse all in a pint and half of Orange peale drink with a little Ale or White Wine added to it in the burning of it, in a Vessel close Stop for three or four hours in a warm place of this Drink Morning and Evening half a pint at a time sweetned with some Syrrup of Pares.

The Juice of Sea-Scurvy-grab, Brooklime & Water-crepes mixed together and drank in a Glass of Whey or White Wine in the morning and at four of the Clock in the afternoon, is Excellent for the Scurvy and the Blood.

M<sup>r</sup> Don. To Make Juice of Liquorice

383. Take half a pound of good English Liquorice, Scrape it & bruise it and Boyle it in a pint of the Juice of Coltsfoot; a pint of the Juice of Hyssop and a pint of Hyssop Water, & two handfulls of Rosemary flowers and two Ounces of Aniseeds bruised, Boyle all these together till half the Liquour be consumed, then Strain it through a Cloth, and in it boyle a pound of brown Sugar Candy, and a pound of white Sugar Candy boyled to a height, Dissolve in it six grains of Ambergrace, three grains of Musk and two grains of Civet, Beat them all together till they become white, then make them into little cakes upon Paper and so let them dry.

To Make Juice of Liquorice

384. Take five or six handfulls of the tops of sweet Hyssop, four handfulls of Coltsfoot, and one good handfull of Rosemary flowers, Stamp all these together in a stone Mortar and Strain them into a Basin with a pint of Hyssop Water then put in four Ounces of the powder of Liquorice beaten then boyle it and Stir it and when it is as thick as good Cream, Strain it through a fine Strainer and set it on the fire and put into it four Ounces of brown sugar Candy so let it boyle stirring it very well till it part from the platters bottom, then it is made, so you may take it and Work it up in Balls.

To Make Juice of Liquorice

Take a pound of the best English Liquorice not too green, scrape 385. it clear, beat it into fine powder, put it into a Pippin Hat that is very well luted, and put to it a pint and a half of Coltsfoot Water, as much Hyssop Water, a good quantity of Cowslip flowers and some Rosemary flowers pluckt from the Greens, Set these on the fire continually Stirring them till they are scalding hot, then take them off and so do every day for five days together making them hot but not boyled, the Sixth day put it into a Skillet or Pan and boyle it but not to a Syrup, but till the Strength of Liquorice be boyled well out, then strain it through a Canvas before it be too cold and wring it well, then put it into the pippin again, Set it on a soft fire a whole day Stirring it often till it be of the thickness of Honey, then Cool it and when it is cold put to it a pound of double refined sugar or white sugar Candy finely beaten, and Sealst, one drachm of Gum Dragon dissolved 24 hours in ten spoonfulls of Rosewater, then Strain it through a fine Cloth and beat it very well together with an Elder, then put it into a Silver or Glass Dish and Set it in the Sun or some warm place until it be stiff enough to Roll up, then set them into a Stove to dry, You may put in some Musk & Ambergreeca if you please

For the Scurvy

Boyle a small handfull of Marsh Trefoile in a quart of Beer, or Ale, or Water adding half a pint of White Wine, take half a pint in the morning fasting and at four in the Afternoon.

Four Handfulls of Marsh Trefoile brewed in 3 gallons of Ale is very good

To Make Juice of Liquorice.

387. Take a pound of Liquorice, Scrape off the Bark, bruise it in a Morter and put it in a bray pott with a pottle of fair Water, and a handfull of Glyzop, Seeth it till the Strength of the Liquorice be gone out, then Strain it through a Cloth and Bring it out as hard as you can; then put it in a clear Earthen parr and set it in the Sun and ever as it drieth Stir it together, until it come to a hard Lump, then Cope it with your hands and make it into little Cubes, & set them in the Sun to dry.

For the Pthisick.

388. Take a quantity of Liquorice Sticks, Cut them about an Inch long and bruise them in a Morter that they be soft, then take a handfull of the tops of brown Penicil, pound them and Strain them into a pint of live Honey, then boyle it 8. or 10. Walms on a slow fire and Skim off the froth, then put it into a pot or Cup, and immediately after put in the Liquorice Sticks, and Cover it close. Take of these Sticks morning & evening or any other time, Claspe Sticks & Swallow the Juice.

To Strengthen the Back.

389. Take Betony Leaves, Marigolds, Plantane, Parsley roots and Penneel roots of each two handfulls, of Date, <sup>Cut</sup> a quarter of a pound, and the pith that runneth along the back of an Ox or Boyle all these together in a quart of White Wine till half y<sup>e</sup> Wine be consumed, then Strain it & drink 9. or 10. Spoonfulls thereof every Morning fasting for 9. or 10. mornings together. It is an Approved good Medicine.

For the Biting of a Mad Dog.

- 102  
Take two handfulls of Rue, two ounces of Peper, and two Ounces of Treacle, Seeth them in a pottle of Strong Ale till a pint or more be consumed, then take two Spoonfulls & thereof every two hours, take also the herbs the liquor being wrung out and the peper shakēn out and lay it to the Bite. This medicine is to be taken presently after the hurt.

- For the Biting of a Mad Dog or other venomous creature.  
391  
Take a handfull of Hasel-nuts, a quarter of a handfull of Rue, and a Clove of Garlick, Stamp all these together and to their Juice add a little Treacle and if it be a man that is bitten or stung give it him to drink in Beer or Wine, if it be a dog give it them in Milk, Drink also the Nuts, Rue etc from whence the Juice was bruised forth to the place that is bitten or stung.

For Rheum in the Body.

- Take with Mallows and Chamomel of each a handfull a few Chamomel Flowers, a few Anniseeds, and halfe an Ounce of Cumin seed bruised, Boyle these in a quart of Whey or Poppy Ale to a pint or less, then add to it two Ounces of Oyle of a Violet and two Ounces of Curse sugar, mingle all well together and administer it for a Gyster.

The Kernels of Asher Keys dried, beaten to powder and drunk in Beer or Broth is Excellent against Rheum.

So likewise is halfe a nutmeg rosted well and swallowed in as big pieces as you can.

### To Strengthen the Back.

393. Take the pith of an Ox's back (which is best) but for want of that take it of a Cow. Split it out of the thick Skin, and beat it in a Morter as fine as may be, then mix it well with a pint of Muscadine wine also two Cloves of Large Mace and boyle it an hour and a half & then put in Sugar and drink half when you go to bed and the rest in the Morning fasting, and make more as long as you find cause; if you cannot get Muscadine you may take Ale, it must be continually Stirred so long as it is on the fire else it will curdle, you may beat with it the yolk of an Egg or two and pass it through a Canvas Strainer before you set it on the fire.

It is Excellent to strengthen the back, to stay the Whites and running of the Reins.

### M<sup>r</sup> Waters.

### For any Ague or Fever.

394. Take 12. Oranges and 6 good Lemmons, Cut them asunder and wring out their Juice through a clean Cloth into a Silver Cup, put to this Juice a pint of Gumitory Water and sweeten it with a quarter of a pound of fine white Sugar, let the patient drink thereof half a pint at a draught three times a day morning, afternoon & at going to bed 3 days together.

395. Garlick is hot & dry. It is good against all Poisons & for such as are bitten by vidoes & venomous Beasts as Ringers & add Spiders. It provokes Urine & expells Wind.

### To Make the Ague Ointment.

Take Nightshade and Elder leaves of each one handfull 396. chop them and put them into a quart of Oyle Olive, then set them on the fire and make them boyle and when the herbs are crisp and the Oyle green Strain it, then set the Oyle on the fire again and put into it four Ounces of Bees Wax, let it boyle gently a quarter of an hour keeping it always stirring, then put it in an Earthen Pot, so keep it for your use.

It is good for any sore Breast, Ague sore or Swelling so anointing the place with a warm hand, and a warm cloth lay on it.

### The Ague Water.

Lady W:

Tale fine Aloes, Bay-Berries, Juniper Berries, leaves of Angelica and Carduus Benedictus of each one Ounce, beat them all into fine powder, scarse them in a fire scarse & put them into five pints of the best Aqua Vite you can get, let them be infused in a large Stone bottle close stopp'd one & twenty days. Give the Patient six spoonfulls of this the night before the fit cometh.

### For the Gravel.

Take Parsley Water and Pernel Water of each one pint, 398. of the best Rhenish Wine one pint, of Syrrup of Marsh-Mallows four Ounces, the fine powders of Cremon Tartar & Sal Brunelle of each two Drachms, Mix all these together according to art.

Let one pint be drunk at going to bed, another pint of next Morning, and the other pint the night following.

393.

*For an Ague.*

399. Take the Juice of two good Lemmons and as much red Rose water as Juiced, and sweeten it with Sugar; then make a toast of white bread and put it in the Liquour; So Eat the toast and drink the Liquour as the fit is a coming.

*For an Ague.*

400. Take some Pepper beaten very small and boyle it in Aqua Ditta till it be so thick that it will spread, then Spread it on Cloths and when it is cold enough, bind it on each hand Wrist when you look for the fit and let it ly on all night.  
Every fit you must boyle fresh.

*For an Ague.*

401. Take Dole-Arminack powdered, Olibanum powdered, and Venice Turpentine of Each an equal Quantity, Mix them, and apply it to both the hand wrists at the <sup>4. 12. 24.</sup> or <sup>4.</sup> fit before the fit comes, for it is proper only for cold fits.

M<sup>r</sup> Temple.*For the Stone.*

402. Take Mother Anne, Parsley, Pellitory of the Wall & Saxifrage by some called Durwort of each two handfuls, and two bunches of Radish roots sliced, Steep all these together one night in a pottle of red Cows Milk, then strain them together & drink 3 or 4 spoonfulls of the Water with as much White Wine or by it self, either fasting or at any time as occasion is. This is to be made in the prime of May & will cause to void Urine speedily.

M<sup>r</sup> H.  
394.

395.

*For an Ague.*

- Take Plantane, Sorrel and Marigold leaves, Stamp <sup>104</sup> # 403. them singly and Strain out their Juice; then take two Spoonfulls of each of their Juices, and six Spoonfulls of White Wine Vinegar, and make therewith a Posset, scalding the milk and ordering it as you would any other Posset. So let the Patient drink thereof when they begin to be in the hot fit.

*For a Surfeit or for Wind.*

- Take a full quarter of an Ounce of the best <sup>404.</sup>  
Half an Ounce of Cinnamon, two Ounces of Sugar-Candy, and 60 Raisins of the Sun stoned and broken in pieces, put all these into a quart glass Bottle and fill it up with the best Aqua Ditta, then stop it close, set it in y<sup>e</sup> sun 3 days in Summer & shake it well three times a day.

*For the Cholick.*

- Take a piece of Leather and cut it in the shape of a heart, <sup>405.</sup> then spread it first all over thicke with Capons grease, then spread it over that with Honey, and over that again with two penny worth of Oyle of Mithridate, then drop over that two penny worth of Oyle of Saree, then strew over it one penny worth of Saffron dried and rubbed to powder, over that drop Oyle of Wormwood and Oyle of Savine of Each one penny worth, lastly over all strew two penny worth of Aloes in powder, then Warm it on the wrong Side and lay the narrow Point upward towards the Stomach, and if it shalbe not stick, strew on some more powder of Aloes.

*To Clarifie Whey.*

406. Take Whey and Set it on the fire and when it begins to boyle as the Cards rise take them off, till the Whey be clear, then put in Strawberry leaves, Violet leaves and Dandelyon leaves, let it boyle then put it in an Earthen pot, herbs and all, and drink a good draught every morning

*To Prevent Miscarriage.*

407. Put 3 or 4 tops of Rosemary and a little Cinnamon into a pinte of Milk, set it over a soft fire and let it stand till it riseth with a great froth ready to run over then take it off and drink it as hot as you can, so do for a fortnight or more.

*To Prepare a Woman with Child.*

408. Let her take Oyle of Lillies, and anoint her Belly under the Kavel every night, putting a little Damash Rose Water into the Oyle, Let her use also to Eat great store of the best figges She can get, and that very often, for the Figges cause Solution inwards, and the Oyle causeth the Outward parts to Stretch.

*To Cause a Woman to be delivered with Speed.*

409. Give her the quantity of an Ordinary Nutmeg of London Breadclay mixed with five spoonfulls of Red weed Water otherwise called Surfet Water, let her drink it in her travel. It is safe & good & opereth y<sup>e</sup> Body.

*To Procure throng.*

410. Take 12 spoonfulls of Claret Wine, warme with sugar and put therin 5 drops of Oyle of Nutmeg, & drink it. This procureth throng and travel effectually if occasion be.

*For a Woman in Labour.*

105

Take a quarter of an Ounce of Cammin Seeds a quarter of an Ounce of Aniseeds, six Date Stones, the weight of six pence in Saffron and three drachms of yellow Amber, Beat all these to fine powder and searce them and give of them to drink in a Spoonfull of Candie as often as the Stomach will allow. It hath been often approved.

*To Procure speedy Labour.*

Take Date Stones, white Amber, Grains of Paradise & Saffron 412. of each an Equal quantity, and of Cammin Seeds a double quantity Give as much of these powdered well searced and mixt as will ly upon a Groat or six pence in a little warm Aleberry ale (this is pitiful for the Birth).

*To Cause a Woman to be delivered with Speed.*

Put two drops of Oyle of Amber into a Spoonfull of Aleberry 415 and give it her to drink. It will cause deliverance presently.

*To Cause speedy Deliverance.*

Take Germander, Southernwood, Penitrial and Motherwort 414. of each one handfull and of white Hollie leaves one handfull & add a half, Seeth all there in a quart of old Claret Wine till it come to a pint, then take a quantity of Cinnamon and Grate it, and put it in, if the Child be dead put into it a drachm of Spica faida and a quantity of Savine and boyle it again & Give it the Woman to drink, and Anoint her Back Bone with the Oyle of Lillies.

392  
To Procure Deliverance.

415. Take three Dragon roots, Stamp them, Divide them and Bind them to the Hollow of the feet. This procureth Deliverance; tho the Child hath been long dead in the Body.

A Medicine for a Woman that is in travail with Child, to Deliver her tho it be Dead.

416. Take a Flower Delys root and Scrape it very clean, then weigh two Drachms of it, Stamp it, Strain it and put the Juice of it in a little Drink, or in a little Oatmeal Candle. If you give this to a Cow or other Beast take a greater Quantity.

A Medicine for a Woman that is brought to bed and goeth away in swoons.

417. Take red Coral and Seed Pearl, both beaten to fine powder, of each 5 or 6 grains, and the same quantity of Angel Roots of the best sort scraped very thin, Boyle all these in 8 or 10 Spoonfulls of White Wine in some Silver Dessel, half a quarter of an hour, and so give it the Party to drink warm.

Make also a toast of brown Bread that is clear wheat and dip it in White Wine Vinegar, make this toast as hot as you can, put it in a Cloth and apply it to the bottom of her Belly, and You must often apply these hot toasts, until that be drawn down which is the Cause of her Malady.

- 393  
418. Cinnamon is an Excellent Remedy for Women in Labour, being beaten to Powder, and a drachm thereof drunk in White Wine.

106  
To bring down the Courses of a Woman in

Child bed and to take down swelling out of Stomach.  
Take a good quantity of whole Saffron and tie it long ways 419.  
in a linen Rag with thread Round it, so put it up into the  
Woman's Matrix but keep out one End of the thread, that it  
may be putt out at pleasure. Apply to her swells Stomach  
Cinnamon fried in Claret Wine, and give her thin Oatmeal  
Candle to drink, putting in it good store of Saffron.

For a Woman that is newly brought to bed and cannot have her Courses. 420.  
Take Rye and beat it and hull it as you do for Brumenty, then make  
a candle with it and when it is boyled enough sweeten it with  
Sugar, You may boyle some Nutmeg in it if you please; and  
when it is boyled enough let her drink it.

For a Soothe for a Woman that Lyes in.  
Take 2 Ounces of fair Jordan Almonds, Wash them but not 421.  
blanch them and beat them very small, putt to them one spoon-  
full of Cloves and 2 ounces of Cinnamon groughly beaten, Boyle  
these in a quart of fair running Water till it comes to a pint  
then Strain it and let her drink of it Morning & Evening or as she

To Bring down a Woman's Courses.  
In half a pint of Claret Wine Boyle half a handfull of Periwinkle,  
and a little Saffron tyed in a Cloth, till the Wine taste strong of  
them, then sweeten it with Sugar, and drink it warm when you go  
to bed at night, and in the morning fasting, so do for 3 days before you  
expect them.

## Sugatella's Balsome.

423. Scrape half a pound of yellow Wax and set it on the fire in some large Earthen Pippie or other Pefel, when it is melted put to it one pound of Berice Parfertine washed before in red Rose Water till it be very white, then put in three pints of Oyle Olive and six spoonfulls of Sack your Sack and Oyle being first well beaten and mingled together, and keep it stirring till it begins to boyle, but let it not boyle too much least it run over, then take it from the fire and let it stand to cool one night or more, then make some holes through the stuff to the bottom that the Water may run out, and let it brein as much as it will, so then set it over the fire again and as it melts put in one ounce of Natural Balsome, and one Ounce of Oyle of St. John's Wort, and when it is well melted put in one Ounce of Red Sanders powdered, stirring it continually till it begins to boyle, then take it from the fire and keep stirring it till it be cold. This is of great vertue & will keep many years.

## An approved Medicine for the Mother.

424. Take Single Peony roots, slice them very thin, and stamp them in a Stone Morter, then steep them <sup>in</sup> three pints of Sack 24 hours close coverd, then strain out all the vertue of roots as near as you can into a Bottle and let her that is sick take 3 spoonfulls in the Morning fasting, and as much last in the Evening, for 3 days before the full Moon & 3 days after.

## For Fitts of the Mother?

Take Cork cutt off the Out side, then slice the shade in thin slices, put it in a fire shovel and burn it to Ashes till it look black, take of this the quantity of a grated nutmeg and half as much Betony and Rhubarb burnt after the same manner, mingle these in 2 or 3 spoonfulls of Mace Ale, or Sope Ale drich and take it last at night or in a morning fasting, if the Party be in Extremity, let her add to these a little burnt Saffron

## A Remedy for the Spleen.

Take fresh Dervine and beat it well in a Stone Morter, or in any other thing, then apply it to the Spleen on y left Side plaisterwise, This will draw out of the Spleen the Melancholly Blood, let the plaister therefore be renew'd so often till at length there appear no more Blood on the Swelling Band with which the Dervine was tyed.

## For the Sciatica.

Take red Lead four Ounces, white Lead two Ounces, Oyle of Bay two Ounces, whiter slope two Ounces, Barron Logs & Grease two Ounces, and of Sallet Oyle eight Ounces, Boyley Sallet Oyle and the Leads together till they turn to an Olive Colour, then take it from the fire and put in the rest of the Ingredients, one after the other continually stirring them till they be cold, then make it up in Rolls, and when you have occasion to use it, spread it upon a Cloth, heat the Plaister by a fire and so lay it on.

### For the Stone in the Kidney.

428. Take Mother tyme that grows in the Fielde, Mead-Parsley otherwise called Saxifrage, Filipendula and Pierre-Stone of each two handfulls, Pelliory of the Wall one handfull, two Ounces of Sweet Burnel seeds ~~burned~~, and half a  $\frac{1}{2}$  Score Radishes sliced. Shred the herbs and steep all these things together in a gallon of Red Cows Milk, & slice also some Saffras into it. So let it stand two hours and then distill it. It is to be taken cold a quarter of a pint at a time when the pain troubles you. It is good for all pains in the back beside the Stones.

### To Make Hair grow, Stick fast and Curl.

429. Take half a pint of spirit of Sack Pav into it one Ounce of Benjamin, and as much Horax pounded, let it stand in a glas Bottell before a gentle fire till it be coloured as high as Muscadine, you must Stir it often and have a Care that all parts of the glas Bottell heat equally, the longer you are making it and the gentler the fire is, the better, You may make it by keeping it warm with you in bed, but it will be long a doing, if you make it by the fire have a Care your Bottell be not too close.

### To make Hair Curl.

430. Put one Ounce of the whitest Benjamin into half a pint of spirit of Sack in a glas Bottell, let it within the Air of the fire 10 days, shaking it 2 or 3 times a day, when the Benjamin is dissolved it is fit for Use, drop 2 or 3 drops in a spoonfull of Water, will make it white as Milk, with this wet your hair & when you curl it up, the Benjamin must be bruised into small pieces.

### A Medicine for a Burning.

- Take Turnip, Plantane, Rousleek, and the Inner Kind of Elder of each one handfull, Chop them and stump them and put them to a quart of Cream, so let them stand all night, the next Morning put them into a bras pot or Stillet and set them over a gentle fire, let it boyle to an Oyle, and as the Oyle ariseth take it out and put it into a pewter Basin, and so do as often as any Oyle ariseth, then set the Basin over a Chafing dish of Coals, and as it melts thin it clear with a spoon or a feather, then put to it a little Bees Wax, to keep it for your Use when Blister arise, clip them off, and spread this Medicine either on white Paper or Cleavort Leaves, so this thrice a day.

### To Open the Liver.

- Take the Juices of Succory and Scourvy graft of each an equal quantity, let it be clarified in the Sun, if you put a little Slice of Lemon to it, it will clarify the better, Take of this Clarified Juice 3 or 4 Spoonfulls in a draught of Beer at any time, but it will do most good when your Stomach is empty.

### A Precious Medicine for the Sciatica.

- First let the Patient go to bed, then take Pile Stones and lay them in the fire and when one of them is red hot take it out and strew thereon a penyworth of Frankincense, then wrap the Stone up in a long cloth and lay it to the pained place as hot as the Patient may suffer it, and cover as the Stone cooleth draw it till all the Retraff of it be gone, then take the second Stone and do the same with the penyworth of Frankincense, &c, so likewise the third Stone. This will cause the Evil to sweat out.

For the Kings evil.

M<sup>r</sup> Ireland

393. 434. Take one quarter of a pound of Common Allrome, one quarter of a pound of red Sage, two Ounces of the whitest Salt, one quarter of an Ounce of Roman Wormwood, one quarter of an Ounce of the root of Solomons Seal, two drachms of the Gum of the Cherry Tree, and one quarter of an Ounce of Speedwell, shred all the herbs and put all together into an Earthen Dypel, Stirring them until all the liquid Juice is mixed with the Herbs, then put all into some close Dypel which must be almost covered with burning Charcole, but be sure no flame can come into it, let it so remain until it be turned to a Goudor, which will be in three quarters of an hour, then take it out and when it is cool break it to pieces & pound it in a Morter and sift it through a fine Sieve which must have a Cover upon it and the Receiver also must be close, afterwards keep it in a close Dypel by the fire dry, Give to a Childe as much of this powder as will lye upon a six pence in a Wine Glass of Small Ale to a Man as much as will lye upon a Shilling.

A Drink for the Evil. D<sup>r</sup> Willoughby.

435. Take Houndstongue, Storckound and Foxglove Leaves of each one handfull, Boyle them together in sev'n pints of first Wort until half is boyled away, Drink of this seven mornings fasting.

A very good Drink to purge Phlegm.

395. 436. Take of Senna an ounce, Agaric sliced two drachms, Rhubarb & sliced two drachms, Sennet & fennel seed of each a spoonful, Mechouian sliced leaf an ounce, a few Saffron roots pickt, & Pepper a Mice or two, laye these in Beer all night, then strain it, and drinke a convenient Draught, or of this drink you may make a Posset, and drinke thrice or thrice a day of the Posset drink.

An Unguent for the Wounds of the Evil.

109

- Take Cladines, Foxgloves, Bear's Wort otherwise called Fox Brand Urine, and the leaves & root of Elder of each one handfull, Boyle these together in one pound of May Butter, to a Salve.

To Cure the Kings Evil after It is broke.

437.

- Take Honey, Sarr and Clary Root, a quantity of Sanicle powdered very small, a new laid Egg Shell and all well beaten by it selfe, mingle these very well together, thicker it with Barley Meal to the Consistence of a Plaister, and apply it to the sore, Sanicle grows in woods, Its no Leaf is jagged deep and glistens on the wrong side.

A Posset Drink to cleare of Reins & against Stone & Gravel.

438.

- Set 3 pints of new Milk on the fire, and when it ries put in a quart of white Wine, then strain it from the Curd into a pipkin, so big as 3 parts may be to empty, Put into it a very great handfull of white Wine, Cover it close & set it on Embars to Stew but not boyle too night that the herbs be very tender, then take out all the Wine from the Posset, and beat it in a Morter till it be like Poy, then put it in the Pipkin again to the Posset, let it boyle half a quarter of an hour, then strain it into a Glass & Cover it close, Drink of it in the Morning and 3 hours after Supper.

For a Sore Breast.

439.

- Take a handfull of Red Rose leaves, some Chickweed, as much as Ground Ivy and Mallows, and if the Breast be not broke a little Styrax boyle these in hind Milk till the herbs be tender, then take them forth, Laye them small, & put them in again, thicker it with small oatmeal and let it boyle.

For a Canker in y<sup>e</sup> Mouth or Throat or Forehead a Water  
Canker or a dry Canker?

441. Take of Woodbine leaves two good handfuls, of Red sage half a handfull, six branches of Rosemary, 3 or 4 branches of Rue and as much Myrra, two spoonfulls of Honey and dozen corns of Bay Salt; Beat all these together, and strain it wringing it as clean as you can into a pewter dish, then set it on the fire and cut a linen cloth the bigness of y<sup>e</sup> sore and double it and put it in the medicine, till it turn from greenish to be something blackish, then take the cloth out upon a trencher and you spread all the thickest of the Medicine upon the cloth and lay it without side on the sore as warm as you can, and dig a little Linen rag in the thinnest and hold it within side upon the sore, changing y<sup>e</sup> rag till your thin liquor be all spent, after 2 or 3 days if the Canker remove to the other side make a new Plaister and lay to that also, and drop that as before, there is no getting the plaster off till the Canker is quite healed, and then it will reel off some <sup>with</sup> some of it self, or you may catt it off <sup>with</sup> Scissors as it peels.

For a Felon.

442. Take the inner part of wheaten & aven and Boars grease of each as much as an Egg, of Sope as much as a Nutmeg, red sage & brads Sorrel of each half a handfull, 20 Corns of Bay salt & a quarter of a spoonfull of Sallet Oyle, Pound all these small together, Make it up in a ball & keep it for your use, When you use it, Cut a cloth of the bigness of the sore, spread it thick with the Medicine and lay it on, drop it once in 24 hours, if it be wheated, It will break it, loke it and ~~heal~~ it, if it be not whealed it will kill it without breaking.

An Excellent Plaister for y<sup>e</sup> Gout & Sciatica

Take of the Juice of Sweet Yarrow two Ounces, of the Juices of Hen-  
bane, Sorrel, Garlicke and black Hellebore of each one Ounce,  
to these Juices put of Frankincense one Ounce, Mastick 2 drachms,  
Gum Elemi half an Ounce, Rosine half an Ounce, black Pitch one  
Ounce, Purpentine one Ounce and a halfe, Camphire two drachms  
and a halfe, red Lead three Ounces, Yellow Wax three Ounces, of  
the Gal of an Ox three Ounces, and of Sallet Oyle five Ounces, &  
Boyle all these to a plaister and apply it to the place grieved.

If doth presently take away the pain and dissolveth the nodes,  
if the place be a little Scarified It will draw out all the humours,  
and heal the place and let one bound for 20 years, This Plaister  
laid to the neck behind draws back the humours from y<sup>e</sup> Eyes,  
and laid to the Ears miraculously helpeth Hearing.

An Especial Plaister for the Sciatica or  
Goutish Humour, which hath done many Cures.

Take red Lead and white Lead of each four Ounces, Bees Wax  
and Burgundy Pitch of each two Ounces, Frankincense 8 Mas-  
tich of each one Ounce, let all but the Mastick & Burgundy Pitch  
be beaten and scarsed, Boyle the red and white Leads together w<sup>t</sup>  
the Oyle for half an hour continually stirring it, then take it off y<sup>e</sup> fire  
and put in the Wax stirring it as before, then set it on the fire again  
to boyle a litle while, then take it off and put in the Mastick, Stirring  
it as before till it hath done working, then let it boyle a litle again,  
then stirr in the Frankincense off the fire, so do also as before with  
the

39  
the Burgundy Pitch, then boyle it up till it be as black as pitch,  
then take it off and stir it be cool, so Boyle a Sheet of Paper and  
pour it out upon it, make it up in Rolls, put Paper about  $\frac{1}{2}$   
thick and so keep it for your Use, when you use it spread it upon a thick Cloth.

#### To Cure the Yellow Jaundice.

445. Take some sprigs of the best Sweet Majoram, some sprigs  
of Time as much of Rosemary and Pennyroyal, a little handfull  
of Marigold Leavess, and as much of Clary, Boyle all these  
together in a pint of white Wine, till it be half consumed, then  
Strain it out, and make it pretty strong of Saffron, let the Par-  
ty drink thereof three Spoonfulls fasting until it be spent.

#### A Water for the Mouth.

446. Take red Rose leaves dried, Woodbine leaves, Bramble tops &c  
Plantane of each one handfull, Rosemary tops, Sage & Columbine  
of each half a handfull, Allum the quantity of a Gilbitt, Boyle  
all these in a quart of Ale made with Barjuice, and wash yo  
Mouth with it warm, Beat the herbs before you boyle them.

#### A Plaister to strengthen a weak Stomach.

447. Take a little Balm, Mint and Rosemary dried and powdered  
of all together as much as will lye upon a six pence, take also  
Nutmeg, Cloves and Mace dried and powdered of them together  
as much as will lye upon a Shilling, a penny weight of Saffron &  
dried & powdered and as much old Bees Wax as when mingled will make  
it into a salve, Spread it on brown Paper & clap it to the Stomach.

#### For Weakness of the Back.

- Take of fine Sugar Six Ounces and of Red Rose Water four Ounces, 448.  
boyle them together till the Water is consumed and the Sugar will  
candy, then take of white Amber finely powdered two Drachms, of  
Pearl prepared two Drachms, of Syle of Anniseeds half a Drachm  
and of Syle of Nutmegs one scruple, Mix these with the Sugar when  
it will candy, and on a plate strawed with powdered Sugar with a  
spoon make it into small cakes like Maran Christi of a drachm's  
weight, use these daily eating a whole cake half an hour before  
dinner and likewise before supper.

#### A Medicine for a Sore Breast.

- Take one handfull of Pigs Sliced and beaten small and two  
handfulls of grated white bread, Boyle these in a sufficient  
quantity of Strong Ale till it be as thick as a Pultif, then put  
in a little fresh Butter not washed, but let it hot boyle in it. 449.

#### A Medicine for a Pain in the Back.

- Take a handfull of Comfrey, half a handfull of Clary, and one  
handfull of Raisins of the Sun Stoned, Boyle all these in a Poule  
of White Wine till half be wasted, then Strain it and Drink of  
it first in a morning. 450.

#### A Medicine for Short Wind, Phisick or Pain in the Breast.

- Take ripe Strawberries and the Powder of white Pepper temper  
them with well clarified Honey and so mix them together as if  
it were Conserve, whereof Eat first and last. 451.

To Cure any Rile.

452. Take two Spoonfulls of Honey and as much fresh Butter, & boyle them together a quarter of an hour, then take it from the fire & thicken it with good wheat flour, and brewh the bife therewith twice a day. This will keepe as long as you please.

For a Rile or to prepare a Roade before a Salve.

453. Take Bramble leaves, Smaleage and Plantane of Each a handfull, the white of an Egg, two Spoonfulls of Honey and four Spoonfulls of wheatear flour, Stamp and Strain the herbs, then mingle all together, putt it on a brown paper & lay it to the Sore, you may warm it a little on the Paper before you lay it on the Sore.

An approved Medicine for a Burn or Scald.

454. Take Maidenhair and Stamp it and strain it with the yolk of an Egg, Bath the place affected with this Salve <sup>and</sup> a linne cloth spread upon the Sore, untl the Cloth wil not dry as at the first. This must be administered before the Plaster, which must be made as follows.

Take Alder buds, Maidenhair and hoary Plantane of Each one handfull, boyle them with a pretty quantity of Sheeps fat till it comes to an Oyle, then apply it to the griesed place.

For Fitts of the Mother?

455. Take a pint of Elder berries dry them and put them into a quart of the best Jack, so let them stand a fortnight close covered, then pour off Jack from them, and keep it in a Glasse close stopped. Take of this Jack two or three Spoonfulls whensover you have Occasion.

A Present help against any Surfeit either of Old or of New, or any Ague at the first Beginning whether they be Young or Old.

Take four or five Spoonfulls of Aquavite, as much Treacle as a Wal-  
nut, or instead thereof half as much Mithridate, three Spoonfulls & either of Dragon Water or *Adonis Benedictus* Water, mingle these together and give it the Patient to drink Evening and Morning and let him sweat, then half an hour after give him a Candle or a Masony in his sweat. For a Child, use discretion as to quantity, Give it in a Morning and fasting, or an hour after having Eaten.

An Excellent Pill.

Take one Ounce of the best Blos, half an Ounce of the best Mirr, and one Drachm of the best Saffron, beat these severally and searce them through a fine Searce, then take a sufficient quantity of Syrup of Rose with Agaric and two drops of Oyle of Annisees, and work all together into paste and so into Pills. Take one pill half an hour before Supper. You are not confined to any diet or to keep house.

A Dyc<sup>t</sup> Drink.

Take of sea Kervoy grash a peck, Agrimony and Saciones of Each one & half a handfull, roots of Monk Thubarb and red Madder of each half a pound, Annisees and Siquorice of Each two Ounces, and of Senna four Ounces, Put all these in a bag, hang it in a Dessel with five Gallons of the Strongest Ale, and drink a draught of it Morning and Evening or any time else.

For spitting of Blood. Take Juice of Betony, temper it with new milk and give it the Patient to drink a few days and it will help.

### For a Felon.

- 39 460. Take a pennyworth of ordinary Sarpentine, as much as a Nutmeg of Rosin finely powdered, almost as much Bees Wax as Rosin, and a spoon full of Salted Oyle; let them boyle a little together and stir it, when it is cool, spread it upon a cloth, further a great deal than the sore is, and renew it twice a day. It will not only riper, break and heal it, but if laid on in time will kill it without breaking it at all.

### To Draw out a Thorn.

461. Take half a pennyworth of Venice Sarpentine, as much Birdlime and the whites of two new laid Eggs, beat them all together till it is thick, spread it upon a piece of new leather and apply it to the Grief.

### For Fills of the Mother?

462. Take a spoonfull or two of Sage Water and three or four drops of Oyle of Amber, mingle them well together and take it in the fift, or at any time when you think the fift is coming to prevent it.

### To Stanch Bleeding at y Nose or any green Wounds.

463. Take Vine leaves, dry them in an Oven, then beat them small, sift them and keep the powder for your Use. Put this Powder in the Grief.

### For a Sprain.

- 395 464. Make a bag of linen Cloth, fill it almost full of Salt, then put it in Steaming Water, but take it out quickly and lay it on a dinner to drain a little, then lay it to the place, if it be but a sprain it will cure it, but if y Bone be out the Pain will continue.

### For a Cough.

- 113 465. Take three Ounces of good Honey, one Ounce of Conserve of Red & Rose, one Ounce of Liquorice, a quarter of an Ounce of Elecampane, a quarter of an Ounce of Aniseeds, a quarter of an Ounce of flour of Brimstone, one Ounce of Syrrup of Coltsfoot, one Ounce of Syrrup of Maeldenhair, and if the Party be very much troubled with thin Rheurn add to these a quarter of an Ounce of Olibanum, mix all these together in a smooth Wooden dish or Mortar and beat them with a Pestle, & when they are well mixt, put them in a Sally Pot for your Use.

Take there of the quantity of a small Nutmeg or Nutmeg in the Evening going to bed, and as much in the Morning when first you awake, or at any other time night or day when the Cough troubles you, only then take a less quantity as the bigness of a Bean, Trust in y blessing of God on this medicine, and use it constantly for one Month. It will keep good a year or more the Ingredients y need rendering by ready cooke.

### A Clyster for the Cholick.

- Take two Spoonfulls of Aniseeds, put them into a pint of running Water, stop it close in a Pippin and set it on Embors till y Virtue of the Seeds be out, then strain it and administer it as a Clyster.

### For a Cough.

466. Make some Posset drink with strong Ale not too clear, take off y Curd clear, then put in a good handfull of Peperid, some Liquorice slit in little pieces, some Sassafras slit in the middle, & some Sweet Fennel seed, Boyle these well together, then sweeten it with Sugar, and let the Party drink of it when in bed as hot as may be Endured.

An Excellent Powder for Wind or Phlegm.

468. Take Alexander, Parsley, and Savifrage dry them and beat them to Powder, Take also Pepper, Ginger, Aniseeds and Liquorice of each a like beat them likewise and mix all with Sugar Candy, and so take of this powder in any Liquour morning and Evening.

For the Rickets in Children.

469. Take Livers of Roosters, and dry them to powder, but take out of Galls Give to a Child as much of this powder as will ly upon a three pence in Honey, morning, noon and night, and let the Child be took up and down and swung by head and heels, the more the better.

For the Falling SICKness.

470. The fresh roots of Male Peony tyed about the Recks of Children is an effectual Remedy, but for those of other years the roots must be taken inwardly. Pr.

To Take Scabs from the Head.

471. Take twelve penny weight of Brimstone and sixteen penny weight of Cinnamon, make them into an Ointment with clarified Crams Grease, and anoint the scabs with it morning and Evening.

To Stanch Bleeding.

472. Take the white of an Egg well beaten, and as much Rich Allum as half an Egg beaten to powder, then beat them both together till it froth and grow stiff, then lay it on Linen Cloth or Blax and apply it to the temples of the head, and the nape of the neck.

To Cure Bleeding Inwardly.

- Take a little Claps of red Wine, put into it one spoonfull of natural Balsome; Mingle them very well together, let the Party drink it and lie very quietly on his back one hour after, thus do for three mornings together, Then make some Broth of the left end of a Neck of Mutton, and when it is scummed put in a good handfull of Plantane, a handfull of Root grasse, a handfull of Marthorn, a Crust of Bread, a sprig of Rose and a little Mace, let the Party drink a draught of this Broth two hours after the Medicine and at four in the afternoon (or often if hee required) and at going to bed let him drinck a draught of red Wine. This hath cured some that had broken a vein, where the giv'n en over.

To make Oyle of Savie.

- Pr. May take a good handfull of Savie, chop it very small and boyle it in unsalted Butter very softly half an hour, so set it by a while, Then boyle it again till it look green, then strain it & keep it in a Gall pot.

A Medicine for an Imposthume in the Head and for Deafnes in the Ear or to kill any thing that is crept into y Ear.

- Take Ground Ivy, Chop it and leach it in Water, when it is very well & boole put it into a narrow mouthed pot, throw a broad Cloth over your head and hold your Ear close over the Potts Mouth, that the Air of the hot Signour may strike into your head, do this till you find Ease. It hath helped many.

To a Cancer.

- Take Woodbine leaves, Sage, Fetherfew and Elder, of each one handfull, Stunge them, strain them & keepe the Juice for your use. sweeten it with Honey.

A Good Bath for Strengthening the Limbs and for Children  
that have the Rickets. Take five Sheep heads and Livers, bruise  
them and boyle them in Water a whole day, and when the fat riche take  
it clear off, and then put in Rosemary, Bayes, Nernwood, Betherfew,  
Smallage, Mallows, Knot graps and red Barrel of each a handfull and  
a little Malt, when it has boyled enough strain it and put it into the  
Bathing tub, and let the Child stay in as long as it can endure accord-  
ing as you think fitt. This will serve twice if you heat it again.

The fat you took off, set over the fire and when it is melted, putt  
some Smallage and Pilewort first bruised in a Morter into it, boyle  
it well, then Strain it out and keep it to anoint the Scnts and Knts  
and Belly of the Child, as you see occasion. when the Child comes  
out of the Bath, putt it to bed and have a great care it take no Cld.  
It must not be anointed the same day it is bathed.

### A Drink for the Rickets.

- M<sup>r</sup>  
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478. Take half a pound of currants, two handfulls of Raisins of the sun stored, one spoon-  
full of Senneds, as much sliced liquorice, twelve leaves of Hartstongue the black &  
String in the middle being taken out, and a handfull of Liverwort, boyle all these to-  
gether in a pottle of spring Water that runs, till half be consumed. Drink a Nine  
Plat of it in the Morning fasting two hours after it, and  
the use of it for three or four Months together.

### An Ointment for the Rickets.

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479. Take Chamomel, Collyfoot, Betherfew, Malveleaf and Dervis of each a good handfull,  
boyle them in a pot with an old Ductor fib. Strength of them be boyled out, then strain it  
and putt it in a pot for your use. Anoint the Chest, Knts & Scnts of the Child with it before  
a good fire, stroking it down wades.

### For the Rickets.

Take half a peck of Garden Snails, strew amongst them two handfulls of  
Bay Salt, and Shirt them well together, then putt them into a thin Canvas Bagg  
and hang them up on a nail, Take also the Gall of a red Ox, prick it with a  
needle and hang it up by the Snails, let them thus drop together into an  
Earth pan 28 hours, then putt it into a new Pypkin with half a pint of  
Mescaire, and let it simmer over the fire half an hour, with this rub the  
Back bone, the Knees and Ancles very well, but do it only at night, and  
wrap them up in Flannel.

### The Infallible Cure for the Rickets.

Take a quarter of a pint of Harts Tongue Water, two spoonfulls of Syrp  
of Cloe July flowers, half a spoonfull of the best Alkermes, and six  
Drops of Spirit of Sulphur, mix these well together, and let the Child take  
a large Spoonfull of it in the Morning fasting two hours after it, and  
the quantity last at night going to bed, let it do thus three days together, &  
then let it rest 2 or 3 days and so take it again till the quantity be spent,  
when you pour it out be sure to shake the bottle very well first, this a  
whole quantity is usually given but twice but if the Child be very weak  
you may give it three times. This Receipt was never known to fail, You  
must anoint the Child when you give it this Drinck, and this Drinck and  
Ointment is as good Remedy as any is in the World.

### For a Weak Child.

Take a good handfull of Red Sager a handfull of Salt and a quart of new  
Ale, boyle all these in a new Pypkin cover wads, till it come to a pint, with it  
Dab the Back, the Arms & the Legs very light, but needle not with the Stomach  
nor the Belly.

M<sup>r</sup>. Wilson A Bath to Strengthen Limbs.

- 39 483. Take a Sheep's head and feet, Wool and all, put them into fair Water and let them boyle, then put the Head to following into it. Viz; Balm, Chamomel, Clary, Emry, Knotgrap, Rep, Plantare, Ribwort, Rosemary, Sanicles, Shepherd's purse, Spearmint, Strawberry leaves, St John's Wort and Wormwood, of each two handfulls, let these boyle in the bath, and as it is boyl ing pour in a pail full of Water the Smiths quench their Iron in, put in also four ounces of Hartshorn scraped, and a bag containing these Ingredicents, M<sup>r</sup>. Guiaicum and China of each four ounces, Cloves and Cinnamon of each one Ounce, and four good handfulls of Red Rose leaves, Sew all these in a linnen Bag and let it boyle till the Bath be enough, then take out the Bag and put it into the Vessel, prepare for the Party to bath in, then strain the liquor from the hearts and flesh, and pour it into the Vessel, and put to it a quart of Muscadine and a quart of Red Wine, let the Party use the Bath an hour at a time but not too hot, keep some of the Liquor hot in a Skillet on the fire to renew the heat as it cools, It must be used Morning and Evening, Wipe every day after it with warm Cloths, and lay it dry in the Morning after Bathing two hours, you need not make it fresh above once in five or six days, You need heat but one large Skillet at a time and that will warm all the rest.

A Restorative Water in Sickness the Party being brought Neck

- 395 484. Take three pints of new milk from the Cow, put thereto a pint of good Red Wine and the yolks of twenty Eggs run laid, beat them all together, then put in as much Marcellat cut thin as will back up the Wine and Milk, then put it into a Skillet with a soft fire, take a spoonfull of the Water at a time in your Mouth or Drink for a Month and it will recover any Consumption.

116 An Excellent Drink for a Consumption, Cough. Lady Whiffets.

Take Red fennel stalks and all as much as will make a quart of Juice, but if you cannot get Red fennel you may take Green, set the Juice over y fire and when it is warme put into it three spoonfulls of Honey, then let it boyle gently, and when the Scum ariseth take it from the fire & strain it, then let it on the fire again and let it boyle softly till half be consumed a way or very near, then put in an Ounce and a half of White sugar Candy, and three spoonfulls of Brandy Water, Let the Party drink of the three Spoonfulls in a morning fasting and throw at night going to Bed.

To Make a Cordiall good for a Consumption.

Take a Sheep's heart hot from the Sheepe, pare off the fat at the top and split it croftways but not through to the bottom, then take out the clots of Blood and strings, but take not out the blood that lies at the bottom of the heart, then hold it in your hand and wash it within and without with Red Rose Water, put in a date, three Cloves, a little Mace and a very little Cinnamon, then close up the heart a croft with Marmors, and fill it with Sugar as much as it will hold, when you have done this set it in a Salley-Pot about a pot high and somewhat wider then the heart in compass, put a skewer in y bottom of the heart of such a length as that the heart may stand three inches from the bottom of the Salley pot, least it should drink up the Liquor, put in the bottom of the Salley pot a branch of Rosemary, then lay a thin fruit treacle on the top of it and paste it up close with Dough, set the Salley pot into another pot filled with Water so full as that the Water may be above the heart, let it boyle four hours, then take it up, pour out the Liquor from the Salley pot, add to it two spoonfulls of Red Rose Water, and drink thereof two spoonfulls at a time as you are able.

*A Restorative which cures a Consumption.*

487. Take four Sheeps hearts newly kill'd, cut off the skins and the fat, & wash out the blood within them first with a little White Wine and afterwards with Red Rose Water, then cut them in small pieces put them into a Stone Jug and put to them half a Nutmeg cut in two pieces, three or four pieces of Cinnamon, and an Ounce of white Sugar Candy. So stop the Jug very close and let it boyle three hours in a Kettle of Water, then pour the liquor from the meat, and if you will you may strain in the Juice of an Orange to make it the more pleasant. This will serve for two Breakfasts being made warm.

*To make China Broth for a Consumption.*

488. Take one Ounce of China and an Ounce and a half of Marts-horn, keep them warm for twelve hours in three quarts of Water, then put into it a good Chick and make it boyle; then add Maidenhair, Scabious and a Coltsfoot of each the third part of a handfull, a sprig of Rosemary, a sprig of Pine, two Ounces of white Sugar Candy, a blade of Mace, the bottom of a Marchet, a good handfull of Raisins of the Sun, four Dates, eight Jujubees and eight Sebestens, Boyle these till it comes to a quart, then Strain it whilst it is warm, keep it in an Earthen pot or Gally pot, and take of it seven or nine spoonfulls in a Morning fasting, the like quantity at four in the afternoon, and likewise last at night. This is not only good for a Consumption but also for any other Weakness.

*For a Cough of the Lungs.*

489. Take the Mats of Vaken Pales, dry it in an oven till it will rub to powder between your hands, take as much of it as will lie upon a six pence in Powder drink Morning and Evening.

*A Broth for a Consumption.*

- Take one and twenty Shell Snails, pull off their Shells and put the Snails into a skillet of Seething Water, then skim them and take them up presently, then you will have in every Snail a great black Gall, which you must take out and cast away, then take the white part of the Snails, slice them very thin and beat them with a rolling pin, then put them into five pints of running Water, adding thereto Maidenhair and Coltsfoot of each half a handfull, a few Raisins of the Sun, a few Currants, three tops of Pine & three small tops of Rosemary, put also a little Chick into the Broth, and boyle it till it be half consumed, then Strain it and sweeten it with white Sugar Candy as you please. Take a quarter of a pint at four a clock in the Morning, and fast after it, the like at Three in the afternoon, and the like quantity last at night. the last thing you take)

*For a Consumption. Dr Surror.*

- Take Sage of Jerusalem, Scabious, Coltsfoot, Alyssum and Marshound of each two handfulls, shred very small, one spoonfull of Mariseds unbruised, Liquorice and Elecampane Roots one Ounce and a half, three Parsley roots and two Peacock roots wash't clean, Boyle these in a pint of fair Water with as much white Wine Vinegar till half be consumed, then Strain it and boyle it to a syrrup with English Honey. Take of this as often as you please,

*For a Consumption.*

- Take Pursneys, pare them and slice them, half a handfull of Alyssum, & a good handfull of Coltsfoot, put all these together into a pot, and set them into an oven with brown Bread, covering the pot very close, when it is drawn, Strain out the Liquour, make it into a thick syrrup with Sugar, and Eat of it at any time.

For a Cough of the Lungs & for a Consumption.

493. Take Coltsfoot, Maidenhair, Redwood and Scabious of each half a handfull, forty Raisins of the Sun Stoned, six Figs, six Dates, a stick of Liquorice; and as much Elecampane root as the bigness of a Walnut. Slice the roots. Skred the herbs, and boyle all upon a gentle fire in three pints of running Water till half and more be consumed, then strain it into a Glass, Dissolve in it one Ounce of brown Sugar Candy and take of it four or five spoonfulls warm in a morning fasting, and fast two hours after it, and a lesse quantity at four in the afternoon.

A Restorative for the whole Liver & Lungs are wasted.

494. Take Fennel roots and Parsley roots of each half a handfull, peel off their outer barks and take out the hard piths that are within, take Diolet leaves, Hyssop and Sorrel of each half a handfull somewhat bruised, half a pound of Figs cut in pieces, and as much Liquorice beaten to powder, Slice also the roots and boyle all in three quarts of running Water till half of it be consumed, then put there to a good quantity of Honey, let the whole be strained through a clean linnen Cloth, & drink thereof 3 or 4 Spoonfulls Morning & Evening lukewarm.

For the Lungs and their Consuming.

495. Take three handfulls of the flowers and tops of Cladine, Infuse them nine days in a quart of middling Spirit of Wine, then set it ten days in the Sun and cleanse it by filtering, add to yet quart of Spirit of Wine and 3 handfulls of Cladine, two Ounces of Sugar Candy. Take of this two Drachms fasting and to bedward for thirty days.

An Electuary good against Gout, Dropsy, Rheumatism & Consumption.

Boyle three or four leuds of Barlick, in a Pipkin with Spring Water, till they be soft, then take them out of the Water and Blanck them, then put them into a new Pipkin, make them into a mask and put to them four ounces of the best & brown Sugar Candy bruised, then set it over the fire and let it gently boyle continually stirring it till the Sugar Candy be fully dissolved, then take it from the fire and while it is warm, put into it a penny pot of Sack and a penny worth of the best English Honey and stir them well together till it come to a thick substance then put it into Sallie pots for your use?

Take of this as much as a Nutmeg at most going to bed, if for a Consumption take it often 7 or 8 times a day the quantity of a small Nut especially before <sup>bed</sup> & after

An Electuary for the Head, which conserveth y Memory, Clearceth the Sight and Comforteth the Stomach.

Take the flowers of Bugle, Burrege and Rosemary of each a pound Aniseeds and Fennel seeds, the seeds of sea fennel and Lilly Consol of each six ounces, and an Ounce of fine Cinnamon, Beat all these severally, strain such of them as are to be stricken, and sift such of them as are to be sifted, this done, mingle them together and make an Electuary, of which take in the morning the bigness of a great Chestnut.

An Electuary for Mother, spleen & Wind y rise about y Heart.

Take Paragreek Liquorice, Fennel Seeds, Aniseeds, Coriander Seeds and Parsley Seeds of each an Equal quantity, beat these together, then take a little Cinnamon and Saffron and beat them to powder, & having sifted your Seeds, mingle all together, temper it with clarified Honey & make an Electuary of which take Morning & Evening.

For the Stone and to cleanse the Blood.

499. Take Brooklime, wash it clear and pick it from the dirty roots, and dry it very well in a Cloth, then stamp it in a Mortar, put it into a thin Strainer and squeeze it in a press if you have one, or else between your hands, then put the Juice into a Gallon pot and set it into a skillet of cold Water, set them on the fire and let them heat together till the Juice be scalding hot for it must not boyle, but when you see it clear at top and a great Cand sink to y bottome take it off the fire and let it stand in the Skillet till it is cold, then pour the clear off the top through a fine cloth and throw y green Cand away, then put a little Suger to the Juice, set it in a cool place and it will keep good almost a Week, You must take five or six spoonfulls of it in a Morning fasting in some Ale, and the like quantity at five a clock in the afternoon.

For the Stone and Gravel in the Kidneys.

500. Take roots of Marsh Mallows a pretty quantity, leaves of Ground Ivy and Wood Betony, of each two handfulls, Sweet fennel seeds an Ounce, and Raisins of the Sun stoned one handfull, Boyle all these together in five quarts of running Water till half be boyled away, adding towardes the end of the Boiling six drachms or more of Siquories, then strain it and sweeten the Siquour with Syrrup of Althea or Marsh Mallows adding also an ounce of Syrrup of the five opening roots, so put it into bottles and let the Patient drink of it half a pint at a time at four a clock in the morning and so at night blood warm. When this is spent make more and let the Patient drink it seven or nine days every spring and fall or often if Occasion be.

A Broth for the Stone and Gravel.

Take of Parsley roots pith the weight of twelve pease, of Mallows roots the weight of two Shillings, Pellitory of the Wall and tops of Parsley of each a quarter of a handfull, or a pagit, Raisins of the Sun Stoned a quarter of a handfull, a blade of large Mace, a small quantity of Parsley seed bruised, the bottom of a Marchet and a little Salt, Boyle all these things in a convenient quantity of Water with a little <sup>marin</sup> Cicker. Take a meaſ of this Broth in the morning fasting, drink after it eight Spoonfulls of White Wine with a little Sugar, and Exercise by walking moderately, fast two hours after it, then eat a Meal of Mutton, Chicken, Rabbit, or such like light meat.

An Excellent Purge.

Take Epithimum, Cream of Tartar and Coriander seeds prepared of each one Drachm, and of China one Ounce, Boyle these gently half an hour in a quart of Water, then take them from the fire, let them stand together till they are cold and then strain them. In this Siquour stow as many Prunes as it is capable of, and stow also with them half an Ounce of Manna, Eat 7 or 8 of these Prunes as you find Occasion sometimes taking a Spoonfull of the Syrrup more or less till you have your purpose of perpetual solubility, They are to be taken half an hour before dinner, and are good against Melancholly, and to disperse Dampnes of the spleen.

For the Black Jaundice.

Take Earth Worms, Slit them and take all the filth out of them, then wash them well, dry them in an Oven, and make them into powder, take as much of this powder in Beer as will ly upon a six pence fasting or at any time.

### For the Flux of the Belly and Mlood.

503. Take three pints of Plantane Water and quench a Gad of Steel in it so often till a quart of the Water be consumed, to the remaining Pint add a pint of new Milk and seeth them together in an earthen Potel till near half be consumed, then drinke a draught thereof fasting.

A Spoonfull of Parmazan (Cheese scraped and taken in a little Red Wine) will stay a Strong Flux.

A Spoonfull of Candle Grease melted taken at the mouth & hath been knowne to stay afflux.

But there is no surer Medicine then to take filings of Steel calcined with Pumice Stone Stratum super Stratum till the Pumice become tawny, then grind it into an Impalpable powder and give it in little pills with three grains of Saudanum Paracelsi last to bedward & the Patient to drinke a Spoonfull of red Wine after it and forbear to drinke any more that night, this Till in three nights stops it, you may add to the former Powder besides the Saudanum a little Terra Sigillata in english Sealed Earth, Bezoar Stone and Extract of Amborgreco, the better to strengthen the Stomach, and to comfort it.

Terra Sigillata is a good Medicine with Conserve of Roses, but Terra Sigillata with Mithridate is better, the Scouring is also done with two little pills of fine Lint steeped in Aqua Distillata & swallowed fasting and before Supper.

Sodden Mith thickend with Singlaf where with they use to stiffen Blanck Mangos is an Excellent Remedy.

To stop bleeding in Women by their abundant natural Courses, the Powder of Green Frogs tyed to the right Wrist doth it, so doth it also bleeding at the nose.

For the Flux of the Belly this hath beene seldom found to fail.

Take a good handfull of Clary Stamp it and seeth it in a pint of Ale till half the Liquour be consumed then strain it and drinke it warm first in a Morning and last at night.

A Spider put in a little Cloot and pricked with a needle in two or three parts and hels to the bleeding Rostril, stops y bleeding therof.

The very Scraping of Shooe horn stanches bleeding in Wounds, and for that also fine Meal is very good.

### Against the Stone.

The Stone in the head of the Manarie calcined and six Grains thereof given in White Wine many days together consumeth the Stone by soft degrees.

To Cure it in the fist. Take Garden Radishes, cut them in thin slices and lay them one upon another with fine powder of Sugar Candy amongst them in a Glass or Purslane Dish, set it in a cellar and you shall find no Stone of Water, Reserve it and use a Spoonfull therof in drink.

Also if you dissolve one Grain and a half of Saudanum Paracelsi in White Wine and drinke it, It easeth in the fist.

For the Strangury or rather for the Stoppage of Urine Take four Grains of the Salt of Persicaria or Arsmart dissolved in any proper Liquour.

The Water of the Mill of a black Cow distilled in May dranke once in three days both excellently Expell Gravel.

One Pottle of running Water boyled to a quart with four spoonfulls of Honey, and a Marsh Mallon root, or in place of the Mallon root, a root of a Iris or Rest Harrow, This drink cleaseth the Veins of Gravel exceedingly.

It is reported that the Juice of Germander will break a stone steeped in it, also that a stone taken out of a hart being wrapped in Chamomel bath dissolved.

Sal Drunelle. S. Theodore Mayernell

506. Put four drachms of Nitre in a Crucible and when it is melted cast into it as much Sulphur as a little Bear, for if you put on it too much at a time it will rise over the pot, when that piece is burnt off put on more till upon four drachms of Pewter you have burnt one of Sulphur, then let it cool.

This is a singular Medicine against the Stones In Sore Throats & works wonders, if it be given in Powder, but so as you must hardly perceive the salt taste, and so you may give it to cleanse of Gravel & to cool of Kidneys.

It hath cured the Natura Drapry in three days, by giving the Patient two Drachms dissolved in any appropriate Liqueur twice a day that is fasting and to Bedward.

It hath cured the Green sickness in three days, by giving one drachm in Water boiled with a very little Sanguine twice a day. in Morning and Evening.

It hath cured a Violent Fever (the Patient being faintick) at once taking two Drachms.

It coolth and cleaseth the Blood, Openeth Obstructions, & taketh away Redness of the Face by Cooling, Cleasing, resisting & Potrefaction and Purging both by Stool and Urine.

For the Falling Sickness.

507. Take a Nest of Magpies in their young feathers, and Chop them into Gobets, Intrailes, Feathers and all, then Distil them in a Glass Body & Head in Balnes, and reserve the Water. Of this Water Give one spoonfull in the Morning, one at Night, and y third y morning following.

For the same Disease a Decoction of Primrose roots in White Wine w<sup>m</sup>. Coriander seeds is a singular Remedy. Soo<sup>r</sup>y Punction of y flowers of Peony.

For the Falling Sickness.

Take the best Castoreum and off a falcide of Each half a drachm, Peony roots one drachm, add of Aromaticum Rosatum two drachms, mix & them together with Syrup of Mints and make thereof seven Pills.

Take One thrice in a Week and take with it the Punction of Peony Leaves drawn out with the spirit of Distill, and now and then a sweat of fixed Antimony, with this latter My Lord Montague's son was cured.

A Cerecloth for a Woman's Breasts that lyes in.

Take Honey pure life Honey, small Pepper ground to powder & Searded Flax, Sweet Butter of each a like quantity, Saffron, Sage dried to powder, & Searded, Boyle all these together on a soft fire of Coals, till they be so thick that they will spread, then draw flax, quilt it or linke cloth, spread this on it, and it is a plaster when cold sufficient to dry away the Milk. M<sup>r</sup> Crook.

Against the Scurvy.

Take a peck of Savory Grass, four handfulls of Water Pepper, Sage, and Water Mint of Each one handfull, Pound these herbs and put them into three gallons of new Working Ale, if the Disease be strong add also a few Rices of Horse Radish. Of this Drink a good draught in the Morning and another about two hours before supper, but after two days drink it altogether till it have done the Cure.

To Make a Woman's Breasts little.

Take Savory, Stamp it and strain it and anoint the Breasts with it, do this often and in a short time It will make any Breasts little.

### Saydarum.

512. Take Poppy new, Saicy and not Sophisticated one pound, Cut it into very small Bills, Cast these into a Glad Body, and pour upon them of the fresh Juice of Quinces (filtered so often that it be thoroughly clear) six pounds, place them in a gentle heat of Sand and pour on them about a spoonfull of Beer Barm, So the whole mixture will conceive a ferment and exalte a very Strong Kirk, leave it in a gentle heat of that Sand or Ashes till it ferment no more; then take of fresh Juice of Quinces two or three Ounces and half as much saffron as you had Poppy beaten very well or cut very small or both, add them to your mixture with almost a spoonfull of Beer Barm, So the mixture will the second time ferment, which when it ceases to do, add again to it of fresh Juice of Quinces, two Ounces, with almost a spoonfull of Beer Barm and ferment it the third time, when it has fermented, Filter the liquor with that which you have expressed out of the very plentiful Faces remaining in the bottom, This filtered liquor set to digest fourteen days and faces will come again to the bottom, then filter it again and put it into a glad Body or head with which draw or distill off a fourth part of the liquor, Digest what remains fourteen days longer, which filter again, and being filtered Distill it off till it be of the consistence of a Honey of well unit'd parts, and it will be a sweet smelling Laudarum, which half a year after will turn to a salt.

The Dose may be to fifteen Grains, tho I saith the author of this Receipt give not above five, It may be given either in a spoonfull or two of Sack or of Elixir Proprietatis.

It is Excellent in Revers, Agues, or against Colicks or Fluxes, It may be given in a Pill.

### Saydarum Paracelsi.

122. Take Opium Thebaici, Cut it in thin Slices, as thick as a blade of a Knife at the back, dry them gently and precisely in a Stove, or Oven after the Bread is taken out, make them into powder and draw out their Tincture with Spirit of Vinegar, Draw off the spirit of Vinegar gently and dry the tincture then take it up with Spirit of Wine, and Draw off to the consistence of Honey, Take of this Tincture and of the Tincture of Saffron of each a drachm, of Tincture of Coral and Distillation of Pearl of each one Scruple, of the Extract of Species Tiambra half a drachm, and of our Extract of Amber as much, Mix it well, The Dose is three Drachms.

### A Medicine to Make One Sleep.

Take half a Pullet or a piece of Mutton, Boyle it in a sufficient quantity of Water till but about a Pint remain, then take Turnel roots and Burrage roots of each half an Ounce, White Poppy seed, Melon seeds and Cucumber seeds of each two or three drachms, pull off thekins of these seeds, add to them half an Ounce of Lettuce seeds, ty them up in a linen cloth and boyle them with the roots in y pint of Liquor, then take two dozen of Almonds blanched pound them with the boyled seeds, putting in also four spoonfulls of red Rose Water, then strain it, sweeten it with Sugar, Warm it and drink it when you go to bed.

### For a Pain in the Back.

Take tops of Ash, Agrimony and Mouscar, Stamp them well together, put thereto Boars Grease, fry them upon a soft fire all together, Make a Plaster thereof and lay it to the Back.

### For One that cannot Sleep.

516. Take Aniseeds, bruise them and boyle them in a little red Rose water, then put them in a little Bag of the bigness & length of your little Fingers. Sew a String to each End of the Bag, and tie it upon your upper Side, just under your Rose. This giveth a cold smell and causeth Sleep.

### To Procure Sleep.

517. Take one Nutmeg grated, and as much green Rosemary finely sliced as Nutmeg, mix them well together, then put half of it into one or little Bag, and half into another, with nine Hog lice alive into each. Sew up the bags and apply one to one Side of the other alight.

### For the Canker in the Head.

518. Take two penny worth of Sylfe of Day, two penny worth of Quach-Silver, eight large Rose leaves, as much Boile Armirack as a small Plate, Fasting Spittle or White Wine Vinegar one or both a spoonfull or more, and beat them all together an hour or better, & if it is fit for Use,

### For the Canker in the Mouth.

519. Take Ale, a few Bay leaves, a few Columbine leaves, a little Allam and a little Honey, boyle them together then Strain it, and let the Patient gargle with it twice or thrice a day.

### For a Tetter.

520. Take the Water that standeth upon Tar, and with a feather or with a linnen Rag tyed upon a stick, Wett the Place two or three times a day, let it dry in and it will help.

### To Stay a Loosness.

- Take a piece of Mutton, let it be well roasted but not salted nor basted with anything but what drops from it, after it is well roasted take a spoonfull or two of the clearest dripping and Swallow it, by Gods blessing It will Cure.

Half a handfull of red Rose leaves boyled in half a pint of red Wine thicked afterwards with Rice flour, made into a Pultie and applied to the Belly, will Stay a Loosness.

A Lad of Steel made red hot and then quenched in a quart of new Milk so often till a pint of the Milk be wasted, the remaining Part therof for a Clyster blood warm hath cured a Loosness.

### For a Loosness.

- Take a quart of red Wine, three Nutmegs, one race of Ginger, one Stick of Cinnamon, half an Ounce of Galangal, and a quarter of a pound of Sugar, Boyle all these together in a new Pipkin till a quart or be consumed, and drinke thereof Morning and Evening six Spoonfulls.

Apply also with it this following Plaster to the Kavel. v. 3. Take three penayworth of Saffron, as much in quantity of Scarlet ~~Red~~ Stocks, half the yolk of a new lays Egg and half a Spoonfull of Honey, beat these well together, put it on a piece of Scarlet and apply it to the kavel as aforesaid. Or else this following.

Take two red Rose cakes, Sprinkle them well with Muscadine, then grate two nutmegs and straw them on the Rose cakes & then bind them to the sides of the Belly below the Kavel.

Almonds boyled in Honey till they be black, then layd a dressing and being Eaten of morning and Evening, is approved good for a Flux.

### For a Flux.

523. Take an Egg and Break it and put out the White, but keep the Yolk in the Shell, then put to the Yolk grated Nutmeg, so let it upon Coals and make it very hard, then pound it Shell and all together, and say drink it in Ale or Beer warm.

Rice beaten and boyled in red Wine with Cinnamon till it be as thick as Jap, and then laid from the bottom of the Stomach down to the Ravel is good for a Flux.

A Piece of raw Beef dryed between two tiles, then put into a Cloth and laid to the Fundament, hath been approved good.

### For a Bloody Flux.

524. Take a great Onyon, cut off his Cap, and make a hole in him, putt him in Saffron and Frankincense, so put on his Cap again, and rest of him in the Fire, then peel him, spread it upon a Cloth and lay it to the Ravel on the Belly as hot as may be suffred. M<sup>r</sup> Sandys.

Boyle an Ounce of Pepper in a pint of fair Water till half of Water be consumed, then pour the remainder from the Pepper & take a spoonfull or two of it every Morning, Eatting a dry toast after it. This hath been found effectual.

Boyle Rice in Milk till it be tender then thicken it with other's Rice that is beaten to powder, when it is almost cold, sweeten it with old Conserve of Red Roses, and Eat thereof two or three times in a day or often, refraining from drink as much as you can.

Boyle Sody Turn and Ground Sod well together and wash your Face in the Decotion as hot as you may suffer it at any time and by Gods Grace it shall help.

### For Corns on the Feet.

Take ten or twelve black Snails, putt them in a clean Linen Cloth & 525. putt to them a little Bay salt, then tye them up, and let the Cloth hang over a Clap, and there will drop therein a yellow Oyl, Use it to the Corns and it will kill them.

### For the Strangury.

Take of red Sage, red Fennel, and Time that beareth no flowers, 526. an equal quantity, distill them, and drink of the Water first in the morning and last in the Evening and as there is occasion.

### To Stanch Bleeding.

Take Barvain and dry it and make powder of it, and if it be 527. a wound that bleeds putt it upon the wound, if it be the Rosey bleeds putt of the powder into the Rose. Mr Nethipole.

### For the Yellow Sandrice.

Take the yellow Rind of the Barberry Tree that is within the Bark, being 528. finely stoved or scraped three spoonfulls, purced and perfect Rhubarb very thin sliced one drachm, Boyle these in a pint of White Wine till half be consumed then strain it and putt thereto white sugar (and yoy made into powder one Ounce). Drink half of this in the Morning & the remainder in the Evening.

Take Muscadine and Strawberry Water of each half a pint, mingle them and then stow in them a quarter of a pound of currants, & being stoked strewn them a quarter of an Ounce of Rhubarb finely ground, so Eat of it in a Morning fasting. It is Excellent for yllow Sandrice.

*For the Toothach.*

529 Take three Spoonfulls of the best and Strongest Vinegar you can get and one Spoonfull of Pepper cut or quartered & put them together in a dish, then take a piece of Brimstone and heat it in the fire and when it is red hot quench it in the Vinegar aforesaid, then hold the Vinegar in your Mouth as hot as you can suffer it, if it be a hollow tooth you may only take Lint and stop your tooth with it.

*For the Itch.*

530 Take Brimstone and Unsalted Butter a little Pepper and a race of Ginger that is white and hard, beat them all together very small and then put to them a Spoonfull or two of Aqua-Vitae, so melt them all together and anoint the Body therewith. But first the Party must be rubbed well with Cloths before a good fire to fret and scathe the skin that the Ointment may the better enter into it, for if the Body be not well rubbed the Ointment will not heal so soon.

*To Restore Speech to One that is taken with the Palsey in the Tongue*

531 Take Mithridate and put some behind in the hape of the neck, and fill the hole that is in that place with the same and bind it fast there all night.

*A Medicine for the Mother*

532 Take Fumitory and Motherwort, beat them and strain them & drink the Juice, It is a present Remedy.

*For a Swelling in the Throat.*

Take Honey and Goosedung of each two Spoonfulls and as much of white Dogs dung (the little splints being pickt out) as will thicker it, lay this to the outside of your Throat when you go to Bed.

*For a Broken Winded Horse*

Take live Honey and Barren logs Grease of each half a pound. 533 Melt them together and give it to the Horse in a horn, and let him be wrought gently in a harness all that day.

*For the Running of the Reins.*

Take two small handfulls of whited Lily roots pickt and wash't clear, Stamp them to peape and put them into half a pint of running Butter, let it stand twenty four hours then strain it through a Cork hard, and put to the Juice half a pint of the best Muscadin Drinck this each night when you go to Bed for two or three times.

*To cause One to make Water speedily.*

Take Mother-Tyme, Parsley and Saxifrage of each an handfull, boyle them in posset drink made with White Wine a pretty while, then strain it, put to it an Ounce of black Selt beaten to fine powder and drink it.

*For the Running of the Reins.*

Take two Ounces of Venice Turgentire, and let it be washed, the Apothecary will Wash it for you then dray it in liquor and make little Pills & roll them well therein and Swallow three at night and three in the Morning.

### To Make Vinegar.

538. Take about eight or ten Gallons of the best of your Wort and turn it up as you do Ale in a good Dessel then set it in the sun put into it bread newly drawn, a good quantity of Elder Blooms made very warm by the fire; You may put in also Roses and July flowers, so let it stand till you find it tart, then stop it close, but not till it be tart, till then cover it only with a Tile or Stone.

### To Make Vinegar

539. Take Strong Ale brewed in March, put it in a new and strong Dessel, and set it in the sun where it hath most force, Cover the Burg holes with a Pile and so let it stand till Damask Roses and Elder flowers blow, then take a peck of each and heat them a little till they be moist, so put them hot into the Dessel and Cover it again with the Pile and let it stand till the heat of the sun be over, then stop it close and remove it into your Cellar.

### To Make Vinegar

540. Take Whitewine Vinegar, Clove July flowers, a Clove of Garlick pricked full of holes and two or three Cloves (spice) with a little Nutmeg. So set it in the sun all the summer.

### To Wash the Teeth to Make them White.

541. Take Rose Armeriacæ and Mastick both in powder of each as much as will lie upon a broad spoon, mingle them well with eight spoonfulls of Plantain Water, and with a Rag dipped therein Wash your Teeth two or three times a day.

### To the Stone.

Take Shells in the Shells and boyle them in River Water, then take them out of their Shells with a Bodkin of Steel, and put them into an Oven, dry them well, beat them to powder and sift them through a fine Sieve. Take likewise the Stones of Thorn back which are in the backs of the fish, & beat them to very fine powder and sift them as the other. Mix them both together quantity for quantity yet rather more of the Shells & Give as much of these as will lie upon a six pence in a little Glass of Whited Wine every Morning for six mornings till such time as the Patient find ease fasting an hour after. Give the Patient also Parsley Roots in his Broth when he goes to bed at night, and two hours after he has taken his Powder.

### An Excellent Drink for the Stone in the Kidneys.

Take white Saxifrage Roots, Parsley break stone and the Kernels of Ale Rye, of each a good handful, of Eringo Roots that grow by the sea side two handfuls, Bruise all these in a Morter, then boyle them in four gallons & a half of Ale Wort that is very strong as long as you use to boyle Ale, then strain it put it in a Dessel and when it is ten or twelve days old drink of it a pint in the Morning and Walk or use some other moderate Exercise after it, and thus you must do till you have drunk it all up.

### A Receipt of Pills for the Head and Eyes. 11<sup>th</sup> Point

Take two drachms of Mastick, a drachm and a half of Agaric and five drachms and a half of Ale Luccotrine, Powder them severally very fine then mix them with four of Damask Rose into a Mass fit to make into pills, then roll them up the length of Pease, and take five at night when you go to bed, next day take warm Broth, then rest a day, so take them every other day as long as you see cause.

A Drink for a Continual Fever.

545. Take of the Syrrup of the three Poppies called Diacodium two Ounces, of pectoral Rolls half an Ounce beaten into fine powder, & of Syrrup of Mulberries two Ounces, of Jelly of Raspberries two Ounces and of Syrrup of Wild Grapes two Ounces mix all together in a Galli pot, and take a Spoonfull of it every night when you go to bed.

A Drink for all Manner of Fevers hot or Cld.

546. Take Urtica Graeca, Plantane, Dandelyon, Red Mints, Wormwood and Snailage of each one handfull. Boyle them in a Gallon of Water to a Potte, then let it stand and Clear, Drink the first day nine Spoonfulls, the next day eight Spoonfulls, thus so daily till you come to One Spoonfull, drinking every day one spoonfull less then other. Drink it not but when the Fever cometh.

For all Burning hot Fevers, Coughs, Plurisies & Stuffings.

547. Take French Barley one handfull, Raisins of the sun stoned one & halffull, Liquorice two or three small sticks scraped clean and bruised, Aniseeds one Spoonfull bruised, Fennel and Parsley roots of each two or three clean scraped and cut in small pieces the rest being first taken out, Seven or eight figgs, four or five dates washed and cut small, five or six Hartstongue leaves, a pretty quantity of Maiden hair and as much Liverwort, Boyle all these in a potte of Running Water until half be consumed, then strain it without straining, then boyle it again, and drink of it at any time.

Distill Water of sweet Hyssop is Excellent to make Syrrup for any Cough. Pericill Water is also good for the same Purpose. Pr.

For the Stone in the Kidneys.

548. Ich may gather dry Snail Shells, Break them and lay them a day in Water, then make them very clean and dry them, and beat them into powder and scarce it very fine. Of this powder Take a Spoonfull in the morning in Posset Ale or Beer, take after it a Spoonfull of Ale of Althea

For the Green Sicker.

First give the Patient a Bomit with Stibium, then make a Sulphur in the manner to Open the Liver, Take half an Ounce of Senna, a quarter of an Ounce of Rhubarb and a drachm of Agaric, Slice the Rhubarb & Agaric very thin, steep these in a quart of Malmsey (only reserve a little of the Malmsey to be used as Lervin after directed) and let them stand twenty four Hours on the Coals but it must not bothe, then strain out the Rhubarb and the Senna, and take one pound of Currants, Wash them very clean & rub them with a Cloth very dry, then put your reserved Malmsey in a new broad Paper and plump your Currants with it, then pour them into your strained Liquour, and let it have no more boylng at all, let this Patient take every Morning fasting two Spoonfulls warm, if they do not work and give two Stools, then take three Spoonfulls every Morning till all be spent.

An approved Medicine for Melancholy & the Liver.

Take Senna an Ounce, Ginger a drachm, Burrage flowers and Distels of each a drachm, Polygody of the Oak roots two drachms, Raisins of the sun stoned half an Ounce, and of Cambray Rose Water or of running Water one pint, make it boylng hot and Infuse the aforesaid Rosein one night, then boyle it a halme or two and strain it and take thereon four Spoonfulls at a time with two & Spoonfulls of Syrrup of Roses.

A Plaister for any Old or Green Wound.

551. Take half a pound of Sheeps Suet, a quarter of a pound of Bees Wax, half a pound of Rose and two Ounces of Stone Pitch, Melt all these together and add a peckynworth of Pendigrease, Boyle them well together, then Strain it and use it.

A Salve to Draw and Heal any Sore New or Old

552. Take one pound of Rose as much Sheeps Suet, and melt them together, then Strain them into Spring Water, tempering it along the time as you do Butter, Make this into Balls, & put them into a Box for your Use.

To Cure any Burning with Fire or Water.

553. Take Brine of Beef, or Cheese or Bacon, apply it cold to the Burning, wetting a Cloth in it, thus so till you find Ease, for the Shewell the fire to be out, afterwards Apply Black Sope spread upon Brown Paper, and that will heal it. Berrington.

A Good Lip Salve to Soften the Lips.

554. Take Boeef Marrow and Water it that the Blood may be soaked out, a little Bees Wax and a little Sweet Saler & Oyle, Melt them together but let them not boyle, then beat it up in a little Rose Water, so Box it, and keep it for your Lips, you may put in a little Musk to perfume it.

To keep down the Mother & those Blayours y ascend to y Head.

555. Take white Bryony Roots, Scrape them, Slice them, and steep them in Wine Mine, with some Spearmint & Balm, set them by the fire close Stopt for two hours, afterwards drink half a pint of the Cleare of it morning & Evening.

128  
A most Excellent and Sovereign Secret for the Pox,  
and all Sores, Ulcers, Cankers, Running of the Reins,  
Defluctions, Consumptions, Dropsies and Old Diseases.

Take one ounce of the best China Roots, slice them very thin and put them all night in steep in three quarts of fountain Water, the next Morning pour the Water and China into an Earthen Pot, and add to it three quarters of an Ounce of Aniseeds, as much English Liquorice well brayed and sliced, and half a pound of the best Raisins of the sea Stoned, then Cover the Pot and set it gently to boyle on a Charcoal fire till half the Water be consumed, which done take it off the Fire and let it stand half an hour covered, then Strain it through a fair Sieve

Every Morning drink a Deere Gasp of it warm in Bed, and sweat an hour and half at least, This Drink must be made fresh every day.

The second day add half an Ounce more of China, and as much every day till it comes to three Ounces, then stop and Continue at that rate, until one and twenty days be over, but the other things must be always the same quantity as the first day.

If this Drink chance to bind you that go not to stool in twenty four hours, then leave out the Raisins and put in half a pound of Brunes roots and Stoned, so Continue till you be loose, then take Raisins again.

The day before you take this Drink, Purge, so do the tenth and twelve days and the twenty second day, the Purge being an Ounce of Confectio Hamamelis dissolved in Carduus Water or wrapped up in Raffers. If the be very sore at the three Weeks end, begin another Course doubling all the proportions, Eating no salt Meats nor fish, but between Meals Eat Custis of Bread Almonds and Raisins of the sea, For all Sores, Ulcers and Cankers Wash them with the thickest of this Water and It will infallibly Cure.

A Powder to cleanse the Stomach & to defend it  
from Moist Diseases.

557. Take the Powder of Betony dried in the shade, mix it with the Honey of Roses, and make pills, whereof take four in a morning fasting, Walk after them and fast an hour.

For One that Maketh Bloody Urine.

558. Take four handfulls of Cinquefoile, and boyle it in a sufficient quantity of Water, then strain it and with sugar make a Syrup which Syrrap is to be given in Water wherein Plantane hath been decocted. It cleanseth, stoppeth & healeth. Tho: Henslow.

For any Limb that hath been out of Joint and will not abide in.

559. Take Horse dung that hath been cornded a good handfull, Smal lage well bruised and Sheeps Tallow, put them into a pan and fry them well together till they be like a salve, lay this to the Limb as hot as may be endured. Do this nine days together.

To Make Flesh grow on bare Bones.

560. Take Gladwin Roots, beat them to powder, mingle the powder with honey and drop the wound with it. It will dry up Wounds, fill them with good flesh and recover Flesh on bare Bones.

For a Wound amongst Sinters.

561. Take a good quantity of black Pidens, and draw from them a Water in Balnes and use it.

Cap. Green's Red Powder.

- Take one Ounce of Camphire as finely scraped as you can and four Ounces of white Coperis finely beaten and scoured. Put the Camphire into a pot and the Coperis on the top of it. Cover it with Paper that is very white and lay something on the Paper, then set it on a Chafing dish of Small Coals or Embers and let it calcine very gently, It will first turn to Water then congeal hard. It must be done <sup>very</sup> gently for fear of Burning, It must be six hours in calcining, You may know by the Paper when it is enough for the Paper will be hard and dry, then you must take it off and break the Pot and take all from the Dyes of the Pot and from the paper, Beat it to a powder and leare it, then take four Ounces of good Rose Armenia and leare it, and mingle all these together, Half an Ounce of this mingled pow. der will make a quart of Water, if it be for Sore Eyes a Nine quart or less, if for a Sore Mouth an Ale quart, first beat the quantity of a Powder into a Basin, then take the Water bochtling hot and pour it to it, Stir it well till it be cold and then put it into a glass, If you use it at night shake it in the Morning, if you use it in the Morning shake it at night use only the Clear, This Water is good for a Cancer in the Mouth wash your Mouth with it, It will obake the swelling of the Gummis, It fasteneth the Teeth, It dryeth any Soats or Soates, It curseth any Ulcer or sore being opened and Wash with this as hot as the Patient can suffer it, It curseth any Fistula with an Ounce of Allome beaten and scoured and mingled with it, It healeth any Green Wounds and is good for Sore or Weak Eyes.

For the Starting of the Navel.

Stamp Yarrow or Millefolie with Barren's Greese and apply it. 562.

Stamp Yarrow or Millefolie with Barren's Greese and apply it. 563.

To Remove any Stitch or Ach out of the Side  
Stomach or Heart.

564. Take Oats boyled in Milke and flowers of Chamomel, Fennel & Aniseeds, being well boyled fill two bladders. Roll one on y place that is sore, and that being cold use the other, so do often following the Pain.

To take away the Pain of the Side.

565. Take Marsh Mallows, Melilot, Chamomel and Elder leaves or the Buds of each three or four handfuls, Boyle them in Water and when they are well boyled put them into a dish till they are cold enough to put into a Bladder, do not fill the Bladder too full but let there be room enough that the herbs may ly ther and flatt, they must be One Bladders, Apply One to the Side where y Pain lyeth as hot as may be durst, and when it coolleth apply another, thus do a dozen times.

For a Stitch

566. Take Carduus Benedictus Seeds and Marigolds flowers and Figs Sliced, Boyle them together in Posset Drink and Drinck it in Morning and Evening.

A Plaister for a Stitch or Plury

567. Take some Wheaten flour and a good quantity of Chamomel seed bruised, with some Wine Vinegar make a Cke of it, and when it is bakid Cut it up in the Middle as you would do to butter it, then spread both sides of it al over with Treacle, Clap One half on the Side where the Pain is, and y Other half on the back just over against it.

For the Gout.

130

- Take four Ounces of new yellow Wax, Cut it into Slices and put it into ten Ounces of very good Sallet Oyle, Set them on the fire and when they are throughly meltid and boyled, put to them Sixtage of Bullion and Sixtage of Silver of Each four Ounces to powder and well mingled together, Stir them well with a Bed staff and let it boyle till it is grown black, then put to it four Ounces of Venice Ceruse in powder and let it boyle together till it is very black then take it from the fire and put in four Ounces of the Spirits of Sopprentine, and Stir it together, then pour it out into a pail of fair Water and Stir it with a Bed staff which will keep it from sticking to the Pail, then take it and role it into Rolls upon a Table, the Table being wet with fair Water, You may leave out a spoonfull or two of the Oyle that if it happen to be over boyled the Oyle which is left may softer it again.

An Especial Medicine for the Gout

- Take Pitch, Rose and Frankincense of each two pounds, beat y them severally, and of Sheeps Suet one pound, Saffron one Ounce, Cloves and Mace of each two Ounces, Comyn half a pound and Galbanum three Ounces, Make them all into powder, first you must melt y Pitch and the Suet, then put in the rest and melt them all together and soe let it seeth one hour, then take it from the fire and let it cool, then make it up in Rolls and keep it, Thus it must be used, Take Sheeps & leather that is strong and very soft tanned, and at Soles thereof for your feet, Spread some of the Plaister thereon, and so lay it to your foot for a Month, till it fall off.

### A Medicine for a Burning

570. Take Herbane, Sunhoof, the white of Hens Dung and Sheeps Dung, Mix them together with fresh Butter and make an Oynement, to take away the heat of the fire lay black Soper upon it, or for want thereof take Clay and lay upon it.

### For Windyness in the Head.

571. Take three drops of Oyle of Juniper in Broth a little before Supper, and when you go to supper drop three drops thereof in your Ear where the Wind or noise is and stop it with natural black Wool, This sometimes fails to cure.

### For the Stone.

572. Take Hops, Saxifrage, Ashleaves, Broom seeds, Holly berries, Bramble Berries, and Alexander seeds of each a like quantity Dry them in an Oven, beat them to powder, and Mix them in a powder called Aboras Stone to the quantity of a drachm. & take thereof a drachm with White Wine thrice in a Month and more if your Pain do not affrange.

### For Burning or Scalding.

573. Take an Earthen Pan and put therein three yolks of Eggs & set them on the fire and with a Stick stir them till they be black and begin to smell, then strain out the Oyle and anoint the Sore with it with a feather two or three days and it will be whole. You must put in a little Sallet Oyle.

A Piece of raw Oryon lyes on a Burn 24 hours, will take out the fire.

### To Open Obstructions.

- Take Coltsfoot, Maidenhair and Unsett Mysoe of each one handfull 574 Annisees and Siquineas of each an Ounce, ten figges and half a pound of Raisins of the Sun Stones, Boyle all these together in two quarts of running Water till half be consumed, and take thereof in the Morning fasting, and again in the afternoon two hours after meat.

### A Pultis for any Swelling.

- Take Fetherfew, Red Sage, Rue and Smallege of each one handfull, shred them small and boyle them in two quarts of Ma Grands, when they are well boyled and tender make the Pultis with whetten Givrons, putting to it fresh Hogs Lard or fresh butter & apply it warm.

### For a Sprain or Bruise or Siner being Struck.

- Take Chickpea, Dogs Tongue, Elicampane, Nightshade and Potom of 576 each one handfull, and of Yeabane two handfulls, Bruise them a little in a Morter and seeth them in two quarts of Sallet Oyle, when it is almost boyled put in half a pint of Aqua Vitae and a quart or of a pound of Marvoult Wax, let it seeth till it be very greasy than strain it through a new canvas cloth and keep it in a Stone pot close covered when you use it melt it and have it by the fire. It will keepe seven years.

### For a Sprain.

- Take Aqua Vitae and a little Sallet Oyle and mingle them together then take a piece of red Cloth and make it very hot, so hot that it will make the Aqua Vitae hiss when you have wet the Cloth apply it to the sprain as hot as may be suffred.

*A Cordial Julep to be Used in a Fever.*

578. Take Carduus Water and Dragon Water of each four Ounces, Syrup of Clove July flowers and Syrup of Woodsorrel of each one Ounce, Syrup of white Poppies half an Ounce, Spirit of Vitriol Six drops, Confection of Alburnes and Diascordium of each One Drachm, Mix all together and take a spoonfull or two at a time.

*A Cooling Julep for a Fever.*

579. Take some Red Rosewater, some Mint Water, and a little Conserve of Roses, stir them all together and bruise in it some Strawberries or Strawberry Water, then strain it and give it a boyle and put to it some Syrup of Violets, some Syrup of July flowers & a spoonfull of Alburnes.

*A Cooling Clyster for a Fever.*

580. Take half a Neck of Veal, a quarter of a pound of French Barley & half a pound of Raisins of the Sun stoned, Mallows, White Beets and the Herb Mercury of each one Handfull, let all these boyle together in a Potte of Water till half the Liquour be consumed, then Strain forth a pint of it, and put into that pint three ounces of Cane sugar and two Ounces of the best Sallet Oyle, let the sugar be dissolved in it and then minister it warm.

*A Cordial Electuary very Comfortable for the stomach and Diseases.*

581. Take of Conserve of Roses two Ounces, Conserve of Rosemary Flowers one Ounce, Diascordium one drachm, Spirit of Mint six drops, Alburnes half a drachm, Bezoar two Grains Aromaticum Rosatum half a drachm, Mix all these together & take of quantity of a Nutmeg at a time.

*A Very Good Pultis to assage any Swelling  
or to allay an Inflammation in the Leg or other Part.*

- Take two handfulls of Common Mallows, one handfull of Chamomile, 582, two handfulls of Elder leaves, one handfull of Garden Scurvy Grap and one handfull of Red Rose Buds dried or in the flower Boyle these in Milk till they be so tender as to break to pieces in Stirring, then & drain them from the Milk, put to this some Oyle of Elder and so apply this warm to the grieved place twice a day till it be well. D. Hugley.

- For a young Child that is troubled with Thralls.*  
Take Black Cherry Water and Sarcifrage Water of each a spoonfull, sweeten it with a little sugar and give it to the Child at night and the same quantity in the Morning. 583

*For a Thrush.*

- Take two or three spoonfulls of the Juice of Housleek, sweeten it with Honey and Stir it with a piece of Rock Alum to make it a little rough quick, and give a little Child a spoonfull at a time twice or thrice in a day and it will kill a thorough Thrush. 584

- To Ease the Pain when One is Stung with a Wasp.*  
First rub the place with Earth, afterwards mingle Bole Armeniack with Oyle of Roses, apply it to the Swelling, It will Cure it. 585.

*To Cause One to Make Water.*

- Take an Old Snails house, that is very white, beat it to powder, put some of it in White Wine and let the Patient drink it. 586

### For a Corn.

- 587 Take the ashes of the Kind of an Ash, put them into a piece of fine Lawrence and tye it up like a Button, Dip it in Water and lay it upon a Corn, in three days It will eat it away. It will also make an Issue in any place Distilled Vinegar with Leaven of brown Bread laid to a Corn taketh it away.

### For any Ach.

- 588 Dissolve Camphire in a strong Spirit of Wine in a heat of Sand in a log Bolts head, shake it often till it settle a little spaces, Have Castile Soap two Drachms and dissolve it in Aqua Vitæ simple, mix these together with some Oyle of Chamomel and anoint the place.

### For a Felon.

- 589 Take Sorrel and Stew it between two Dishes with sweet Butter till it come to an Ointment, It will Sapples Rigen and heal it.

### For the Greek Sickness.

- 590 There is no Remedy more certain then to give half a drachm of Livers excellently well refined and made into powder and dissolved in any appropriate Liquour or in White or Rhenish Wine. This must be taken diverse Days. It worketh only by Urine.

### To Provoke Sleep.

- 591 Take four drachms of Nutmegs, Pound them and Infuse them four and twenty hours in a potte of Malmesy, then draw off one quart of the spirit and pleyn together and give the Patient two or three Spoonfulls last to bed ward.

### For a Burn.

133

- Take a good handfull of Rosemary, Brays, Chamomel Gatherfew, Red Sage, Rue and Spearmint and Wormwood of each a handfull, Chop them small and Boyle them in fresh Butter, till the Herbs look yellow, then strain it out and it is fit for Use.

### For Deafness.

11<sup>th</sup> Jan

- Take 2 Spoonfulls of the Juice of Herb of Grace & 2 Spoonfulls of Breast Milk of a Woman that gives suck to a Girl, and Boyle them together in a Pomegranate Shell or in a Pottinger till they candle then strain it and put black Wool into it and drop 2 drops into your Ear and stop them with the Wool, use it for 10 times and you will find much good by it.

### For the Headach.

11<sup>th</sup> Jan

- Take 13 Clovers and one Nutmeg Bruise them small and Sew them in a little bag then Boyle them in good sack and apply it to the hollow of the Neck very hot and as it dries set it again as often as you please.

### A Very Good Ointment.

M<sup>r</sup> Snaff

- Take Goats Suck one Ounce, Oyle of St Johns Wort 2 Ounces and Melt them together. This cures all Ulcers in the Fingers and Claps in the hands and Feet.

### An Ointment.

M<sup>r</sup> Snaff

- Take fresh Barrows Grease wherein never came Salt and putt Sleep to it and Seale it together and anoint the sore. This is approved for a Burning or Itching in a sore.

### For the Shingles.

11<sup>th</sup> Jan

- Stamp Clovers and Strain them and with the Juice anoint the sore place 3 or 4 times every day and it will cure it.

### To draw out a Thorn.

598 Take Rose Nut and Chew it and lay it where the thorn is and Bind it on and it will draw out the Thorn.

599 For any great Inflammation or any sore Take the white of an Egg and beat it very well, then take off the froth of it, then dip a little flaxen Powre in y<sup>e</sup> white of the Egg and lay it to the Grief and it will take away all the redness.

600 For a Stuffing in the Stomach and a pain in y<sup>e</sup> Head Take a good handfull of Rettles, and a little Rosemary & a little Majoram, and Boyle them in Water Gruel, but bind the herbs in a Bosome, and Eat of it as often as you please. It cleanses the Stomach from all Pleghments, Slime that breeds the Worms and Cleanses the Bowels and the Lungs making the patient long winded.

601. For a very Sore Throat. Take Sage, Sorrell, Camomile, Thift, Columbines leaves, and Bramble Leaves, Boyle these together in running Water or Fair Water very well and boyle with the herbs two or three Shws Zars very well or boyle these in pocket drink and drink it as often <sup>as you please</sup> and as hot as you can, you may put in it Honey or Sugar.

602. To cause Sleep. Boyle Chamomel in Water very well and Wash the Patients feet and Legs from the Knees downward.

### TINCTURE FOR THE TOOTH ACH.

603. Take the Powder of Red Corall and Put it into the hollows of the Tooth and it will Ease or fall out.

~~Take a small piece of Cloth and wrap it about the tooth and tie it up with a string and keep it on the tooth.~~

604. A little Gun powder wrapped in a linnen cloth and tied about the tooth.

605. Close Earth the tooth hole.

~~Take a small piece of Cloth and wrap it about the tooth and tie it up with a string and keep it on the tooth.~~

606. Take Mithridate and only lay it to the place privred and it will presently Ease the paine of the tooth by calling lay it with a string to the place.

~~Take a small piece of Cloth and wrap it about the tooth and tie it up with a string and keep it on the tooth.~~

607. Take a little Dalm and a little Basil 3dbs then boile in y<sup>e</sup> Palm of your hand to a Succiour Put the same into the Ear on the aching side and it will drive away the paine immediately.

~~Take a small piece of Cloth and wrap it about the tooth and tie it up with a string and keep it on the tooth.~~

608. Put three drops of the Juice of Rue into the Ear on that side the tooth aches lying on the contrary side, let it remain there one or two hours and you shall not only be Eased of the pain but never be troubled with it more.

~~Take a small piece of Cloth and wrap it about the tooth and tie it up with a string and keep it on the tooth.~~

609. Take the leaves of Clary growing in the Middle of the plant and pound them and put them into a linnen Cloth and Squeeze one drachm of the Juice into the hole of the Ear that the drop may adorne and in a little while the Pain of the tooth will away.

- M. L. M. 60.
- To Make hair grow
610. Put the Juice of broom sticks into bottles, pour a little wine over them, put the pou and cover them with a paper and away. Rub it on the place that wants thick hair.
- To make the skin fair
611. Take Yarrow, Rue and Sage of each one handful. Boil them 48 hours in a quart of white wine, then drink a quarter of a pint every Morning till the sores are healed.
- To make Weak Limbs
612. Boile 3 pints of Slack with a pound of Rethorn to a thick jelly, then putt some Beeswax melted to it, and Anoint the Limbs twice a day for 4 months.
- To make a Consumption
613. Take the Liver of a Calf, blood it small, then putt to it half as much broad sage and distill it, so drink thereof half a more spoonfull at a time. Several times in a day sweetend with white Sugar Candy.
- To make One to Make Water quickly
614. Take Bees and strain them into Ale and Drink it.

- 135.
- Convulsions
615. For Convulsion Fitts. Take Oyle of Caster and Oyle of Sweet Balsome, Anoint the side of the Neck close to the head twice a week at least. This is y<sup>e</sup> Cure.
- To make a Bruise inwardly
616. For St. Anthony's fire, set for a Haling in the fire or any other place. Take fine Rags stipt and temper'd with Cream and Sanguine and anoint the place.
- To Cure a Bruise inwardly
617. A Receipt by way of Charm for an Ague. Our Saviour Jesus Christ seeing the Cross He laid an Agony upon him. the Jews asked him art thou afraid and he said I am not afraid nor have I an Ague. All those that fear the Name of Christ and wear the Flame of Christ about them shall have no Ague. Amen. Sweet Jesus, Sweet Jesus, Sweet Jesus. Amen, Sweet Jesus, Amen. This to be sowned in a black silk and putt to the pit of the Stomach an Hour before the fitt comes and not seen by the party but worn till all to pieces.
- To Cure a Bruise inwardly
618. Take a quart of Bringer & a quart of fair Water, Boyle them together a good Palme, let it cool, then drinke it thrice. It dissolvest Colder Blood and helps to bind it.

<sup>M<sup>o</sup></sup> Seager 619. To Make Balm Wine

619 Take a good Basket full of Balm, wipe it clean &  
620 Cut it 2 or 3 times with a knife, put it into an Earthen  
621 Stein, Boyle 3 gallons of Water well & pour  
it boylng hot on the Balm, Stop it close and let it  
622 stand 5 days and then draw the liquor clear from  
the Balm and put to it 3 pounds of Sugar & 3 spoon  
fulls of ale yeast, let the liquor be blood warm as  
Ale when it works and let it work and stand 4  
625 days then Bottle it in 6 days it will be ready to  
626 drink or left according to the weather.

<sup>M<sup>o</sup></sup> Seager 620. If you make ale wether To Make Vinegar

621 Take 6 gallons of Water and put to it 15 pounds  
622 of the best Malaga Raisins, those that are most  
623 candied which is 2 pounds and a half to a gallon  
put in the stalks belonging to the raisins and  
624 put it in the sun upon leades from the 10<sup>th</sup> of May  
625 to be there 3 or 4 Monthes till it is very sharp  
626 then set it in your Garret and drant it off into  
Bottles as you use it.

<sup>M<sup>o</sup></sup> Seager 621. A Powder to be given in gingring Salves  
Take of the wood of Cassia, & Amber of each half an ounce Borax 2 drams  
622 Saffron 4 Scruples, Savin 2 ounces and a half, Mingle & Make them  
623 into a fine powder, the quantity you give may be from 3000  
624 Scruples to a dram, to be given when they want Labour in a  
625 draught of white wine or sack.

<sup>M<sup>o</sup></sup> Seager To Make Orange Wine.

622. To 10 Gallons of Water Put 20 pound of Sugar Boyle it half  
an hour and Clarifie it with the whites of ten Eggs well  
beaten, then pare 100 of the best Civil Oranges so thin that no  
white appear on the Rinds, then put the Rinds into an Earthen  
Begell or Stein and pour the Liquor boyleing hot upon them  
when it has stood till it be no warmer than raw Milk, Mix a  
little Yeast with some of the liquor and put to it, put also  
at the same time the Juice of the 100 Oranges and the Juice of  
6 Lemmons strained, and the rinds of 6 Lemmons, let it work  
till it begins to fall then strain it into a Begell fit for the  
quantity putting to it 4 quart of the best white wine, all  
this being in and the Begell full as soon as it has done work-  
ing Stop it very close let it stand 3 weeks, then bottle it  
putting a lump of fine sugar as big as a Litle nut into each  
Bottle and in a little time after it will be fit to drink.

You may make Lemon Wine the same way adding  
only 5 pounds of sugar more to this quantity.

<sup>M<sup>o</sup></sup> Seager To Make Clary Wine

623. Boyle 2 Gallons of Water very well with 2 pounds of  
Sugar and then pour it on 2 large handfulls of Clary  
work it with a Port Spread with ale Yeast and when  
it is clear bottle it.

<sup>M<sup>o</sup></sup> Seager To Make Sage Wine.

624. Take 6 gallons of Water a peck of Sage, 20 pound of Ma-  
laga Raisins, Boyle the half an hour take it off and let it stand, when  
blood warm put in a port, let it work and stand in a Barrell  
20 days, then Bottle it, in 3 or 4 days after it is bottle  
it will be fit to drink.  
The port must be spiced with Ale Yeast & after it has done working  
it must stand 20 days in the Barrell.

M<sup>r</sup> Seager.

### For the Stone, Gravel or Strangury.

625. Take a great Stick of the Asher Tree. Scrape off the outer gray and green Rinds. Then take the Inner white Kind of, and dry it and beat it to fine powder. Take a quarter so much of parsley Seed and one date Stone beaten to fine powder. Mingle these together and take so much as will fill upon a half Crown piece and Steep it in half a pint of Haws Water & half a pint of White Wine all night. Then drink of it with Sugar twice or thrice a day, and by Gods blessing this will clear you. The Haws are the Berries of the White thorn or May tree and the Water of Ham alone will dissolve the Stone into Gravel or Sand and bring it away, often Approved.

M<sup>r</sup> Billingsley. A Most Excellent Receipt for a Cancer.

626. Take the Corns of a Stonehorse and dry them in an Oven, and powder them, and every Morning fasting and at 5 in the afternoon. Take twenty grains and ten of Hare, Drinking after it a glass of Sherry or White Wine.

### For A Cancer.

627. Take a little Burnt Allome, a little Honey and a little Peacock, of each half a pennyworth, then Stamp a handfull of Woodbine leaves and put the Juice into the other things, and Mix them and dip the place with it.

M<sup>r</sup> Anthony. For the Worms in Children.

628. In a little White Wine Squeeze Gallick, till it smell and put very strong of it, and let a Child drink this three mornings in a row for a Month together.

E. Murray.

### A Dyet Drink for the Gout. M<sup>r</sup> Hollyer.

Infuse 3 ounces of Sarsaparilla & 2 ounces of Raisins of the Sun whole, in 3 quarts of Spring Water in a pumkin close covered 4 hours, after which Boyle gently the 3 quarts to 2 quarts, Strain it when cold through a Cotton Bag & drink of it often.

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629  
To the Countess of Inskipin. May. 26. 1677. Madam. According to the access given in the letter to Yo<sup>o</sup> Hone. I can not but conclude that the Distemper of yo<sup>r</sup> Hon<sup>e</sup> the Countess of Orrery is a Rheumatical Distemper of that kind which is naturally apt to become the Gout hereafter if not timely prevent<sup>d</sup>. And it is to be prevented not by much Purging or even by kind of Purger, nor by Medicines hot and drying such as many of those too frequently advised by some Physicians are, but by Medicines of a temperate nature and of sensible operation, yet powerfully enabled to sweeten the humours of the body, by destroying the acidity or sharpness both of the Venial juice & of the blood.

Such Medicines are the Tincture of Coral if rightly prepared & the Tincture and Syrup of Steel if prepared without sharp or sour Liquors, but above all is the Tincture of Antimony rightly made. My Lady may take 15 or 20 drops of either of those Tinctures twice in a day at the least (vizt. in the morning early fasting an hour or two after them) and at five a clock in the afternoon. They may be taken in 2 spoonfulls of milk water (especiall if ditill'd with Sage, Rosemary & Chervil) and two spoonfulls more of the same Water are to be taken presently after.

And for the more speedy and more effectual alteration of the humours My Ladies ordinary drink should

should be endowed with the power of some Medicines  
that will give no offence to the palate & no disturbance  
to the Stomach, and yet powerfull in correcting and  
Sweetning the humours of the Body.

There are several things that are commonly put  
into Drincks for that purpose but I have found none  
more agreeable and more efficacious then w<sup>t</sup> follows.

Take of Sarsaparilla cut and sliced 5 ounces, Sage  
a good handfull, Antimony (without any prepara-  
tion but ~~pancera~~) a pound. The Antimony when raw  
dred is to be tyed up loosely in a piece of Linnen cloth,  
and then with the other Ingredients being putt into  
a convenient Bag is to be hung in six gallons of small  
Ale as soon as it begins to work. when it is 6 days old it  
may be tyed and drak of familiarly even at Meats.

As soon as this ale begins to grow hard or sour it  
must be forborn and so must all other Liquours  
whatsoever that are so.

I have express against much purging but not against  
gentle purging sometimes such as may be procured by  
Manna and Whay ~~and~~ pochet drink. or by the following

Pil. Partar: Quercitan:

Partar: Bontij aa Zjt Misce f. pil. g.  
Her Hon<sup>e</sup> may take two or three of these pills over night  
when she goes to bed and expect a gentle and kind operati-  
on the next day.

If the Sincures of Coral or Steel or Antimony cannot  
be had truly made in Ireland (as probably they may not there be  
in very few I believe either in Ireland or England that make  
what truly deserve those names) they may be procured by  
I am yo<sup>t</sup> Honours most humble Servant,

E Dickinson.

### For the Gout

D Denham

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If there be any pulsation or beating in the part  
affected by reason of the pain, or if it be red & hot  
to the touch, apply the pulp of Cypia fistula dissolved in  
nightshade water with doth dippe in it the body being  
gently purged with Cypia extracted and dissolved in Deal  
broath and a veine opened if occasion be. This is command-  
ed by Galen African and Pallotius.

To dab it gently w<sup>t</sup> the yolk of an Egg dissolved w<sup>t</sup> the  
Oyle of Rose, or w<sup>t</sup> the Oyle of Sanders and the Juice of Nightshades  
or Purslane, or the Water of Lentilles, or w<sup>t</sup> the Juice of Willow.

Oyle of froggs doth much abate the pain of this Gout also,  
by hindring the flux of humours in the part, remitting y<sup>e</sup> heat.  
Many ancient and Modern Authors use in strong pains  
aliment with Opium but that is not so safe.

But the safe way is to take flax and soake it in new  
milk and bath the part therof.

Take Corycostinum from two drachms to half an  
ounce either in Wafers or dissolved in wine. this delivers in  
the fit, and preventes it, if it be given the spring before  
the fit comes.

### A singular good plaster for the Gout.

Take the bark of pomegranates two handfulls, boyle it in  
wine till it be dissolved, then take the leaves of houllack, the  
soft tops of Bries of each an handfull, beat them, pass it  
through a Hair Sieve or Strainer this done add an handfull  
of unripe Barley Meal, and with a sufficient quantity of  
wine of the aforesaid decoction, make a plaster by boyl-  
ing them all together a little while and apply it in winter  
Rot, in the summer colds.

### A rother

Take the Seeds of Physlum or flea wort three ounces, boyle  
them in a sufficient quantity of water till it gelly, then strain  
it and add to what is strained out three ounces of wax and six  
ounces of Oyle of roses, and boyle it again till the wax be melted,  
still stirring it with a Spatula, and apply it to the part affec-  
ted.

Marsh Mallows with Olio Swines Grease laid to, appeaseth the Gout in three days.

Plantane & Salt beaten together and applied, as likewise the green leaves of black Poplar beaten & applied cures the Gouty paine and Swollen Knees.

The Meal of Beers made into a puttis with yolks of Eggs, takes away the paine and abates the swelling.

Hartshorn Shavings boyled in wine till a third part be wasted, then let it cool & it Gelly, apply it to y<sup>e</sup> part affected, it removes the pain.

The Dreggs of Vinegar, Oyle of Rose & raw yolks of Eggs mingled and applied, do the same.

Mugwort beaten with Rose greese and Vinegar cures the paines of the Thighs being applied, & bound on day & night.

Oyle of froggs bath the Jancke.

Oyle of Bultf. flowers also, they must be Wall Saly flowers

Oyle of Quinces take away the paine & strengthen the part.

Oyle of Walnuts, also Oyle of Beer, also Oyle of Cherry stoned Kernelles, also Oyle of the granes of Citrons cure the Swelling of the Soulds & strengthen the parts affected.

St Mather which is mixt of cold and hot humours after the former remedies, when the hot and subtle matter is breath off, and the swelling of the Joints remains, make a plaister with bran, the sope of wine and salt mixt together and boyled, this mitigates the remaining pain and dissipates the swelling.

Another very good in a hot Gout.

Take half a pound of the Meal of fenugreec, Barley meal and Linsdes of each two ounces, Cinnamon seeds powder an ounce & an half, Chamomel & Matilot flowers of each powdred an ounce, pure Honey six ounces, a sufficient quantity of White wine, Sprinkle the meal with vinegar and boyle them all together into a good plaister, apply it warme.

To deliver presently from the paine of the Gout.

Take the Juice of Wormwood, Saffron and Opium of each a drachm, Wax four drachms, Oyle of Iris six drachms, heat wine

wine a sufficient quantity, dissolve the wax with the 139  
Oyle, dissolve the rest ~~in~~ <sup>of</sup> the wine, & being mixed  
apply it upon the part affected, applying it upon  
soote and washing the part first with Wine.

M<sup>r</sup> Thomas Elliot of the Bedchamber his  
Receipt for the Gout. August. 31<sup>st</sup> 1675.

Gallop, Hermodactiles, Purbith root, Partar vibri- 632  
clated, 15 grains of each all beaten to powder, steeped  
in ale or whitewine all night, the Ale or Wine must be  
very hot when the powders are put in, and well stirred  
and in the morning drink it cold but well stirred Pow-  
der and all.

M<sup>r</sup> Wakeleys Drink for the Gout.

Take of the best Sarsaparilla 6 ounces, Raisins of 633  
the Sun whole 3 ounces, Coriander Seeds & Spanish  
Liquoris of each 3 drams, Infuse these in 6 quarts  
of Spring water, in a convenient Befull close stopp  
6 hours, after which let a third part boyle away,  
when cold and setted strain it through a Cotton Bag,  
to be kept in Bottles and taken instead of other  
drink, or 3 draughts a day.

M<sup>r</sup> Theodore Mayers Pills for the Gout.

Take half an ounce of Ground Pine, a quarter of 634  
an ounce of Liquoris, & a quarter of an ounce of Bo-  
tony. Beat all these into a powder and make them up w<sup>t</sup>  
as much Cypress Purpentine as will make them fit to roll  
up in pills, and take of this the quantity of a drachm  
every Morning for six weeks in the Spring & 6  
weeks in the autumn.

Some advise to make them up with Baloma  
of Sul in stead of Purpentine.

635 *For the Gout.*  
Put 5 or 6 Cloves of Garlick according to their size, peeled and Bruised into a quart bottle of Spring Water, You may begin next day to drink a small beer glass full every Morning & so continue for 14 days together, still making fresh what the other is drunk out;

The author of this Receipt is not very exact either in time of taking it or in the quantity of the Garlick, but says he drinks it often, especially at those seasons when there is most danger of the Gout, which after having been very miserable with for ten or a dozen years together, has now passed six without any return of it.

It must not be taken while the fit is upon one.

636 *For the Gout, or any other Pain or Ach in the Joints or Limbs, good also to Restore Dead Limbs.*  
Take Oyle of Sickenard, Oyle of Cypressine and Oyle of Worms of each half an Ounce and put them together in one Dial, then rub the place affected very well with a Handled Cloth before the fire to dry and cleanse the pores, then shake your Oyles together in the Dial, and pour out some into a spoon and have with a joint the place before the fire.

*For the Gout.*

637 Take a handfull of Rosemary Leaves putt upward without being strieked by the like quantity of the best Garlick, a quarter of a pint of the strongest Brandy, as much Boars Grease and the like quantity of the Marrow of Sheeps Bratters, All these must be beaten together in a wooden Morter till it comes to an absolute Salves than for three nights together before a good fire Anoint the Soles of the feet for three quarters of an hour or thereabouts preparing the Party before hand fit for his bed well warmed, this will cause a great sweat which if it be kindly he may be confident he will never be troubled more with the Gout.

638 *For the Gout.* Get the Marrow out of the bones of dead Horses, melt it with fresh Butter & a little Aqueruite & so make an Oyle.  
Pahan Roots rosted under the Embers & applied later morning to place.

140 *An Excellent Pultice to ripen or break a Sore or to Dissolve the Sore if it will not break.*  
Take half a pound of Figs, shred them small and boyle them in a pint of Strong Ale about half an hour, then thicken it with White Bread and when it is thick put in a piece of fresh Butter, so apply it to the Sore as hot as can be suffered.

639 *For a Sore Breast, to Ripen it and Heal it or any other Swelling or Ulcer.*  
Take Cordung and fresh Butter, mix them well together & heat 640. it in a pan and apply it as hot as you can suffer it, when it is drawn take Sheep's Suet and Cordung and by Gods help It will Cure.

641 *For an Ach or Swelling*  
Take a handfull of Camomile and a little Flaxseed in cream let them boyle together a pretty while, then take it off and strain it and keep it for your use?

642 *To Skin a Sore.*  
Take Cream and boyle it till it comes to Butter, then putt in a little Bees Wax and let it boyle together a little while, This is called Oyle of Cream and is good to Skin a Sore?

643 *For a Felon*  
Take a Horse Nail, Shell and all, Some Sheafers Leaves, rusty Bacon, Rue and Bay Salt, Stamp them all together and Lay it to the Felon, It will heal it at three times dredging.

### For the Falling Sickness.

634. Take the hearts Livers and Tongues of Frogs, put them into right Colerworts Leaves and dry them on a tile before the Fire, being dry beat them into fine powder, leaves and all, then take Peony & roots dry them and mix them all together, take also the skull of a hen that hath been slain, beat and grate this to powder, and scarce it, take the just weight of it with the Peony, all which being mingled together put a spoonfull of it into a little White Wine and give it to the Patient to drink in the Morning fasting and in the Evening, if it be for a sick Child give it in Womans Milk but half the quantity. Over People must abstain from fat gross Meats. This Medicine is also to be given just as the fit is coming.

### For the Falling Sickness.

635. Take a dog of a year, Kill him and take out his Liver before it be cold and fry a piece of it as big as your two fingers immediately in fresh butter, and let the Patient eat it presently, then take a draught of drink and Warm it and put into it half a spoonfull of the Dogs Gall, and drink it presently after the Liver is Eaten. This must be taken immediately before the fit cometh as near the change of the Moon as possibly you can. It must be taken once or twice at the least and fasting if you can.

### For the Yellow Jaundice.

636. Take Raspes Tarkles, Soak them all Night in White Wine Stopping it close, in the Morning putt in a little Stone of Amber powdered and drink it fasting, two mornings half a pint at a time.

### An Oyle for the Falling Sickness and for Worms.

Take Dill, Savarin, Fennel, brown Bugle, White wort and Savise, of each an equal quantity, Boyle them in Sallet Oyle then strain them out, Anoint the Stomach with the Oyle and bid the herbs to the Stomach three or four days.

### An Ointment for a Bruise.

Take a pound of Elder Flowers Bruise them in a stone Morter with a handful of Bear meat putt them into a quart of Sallet Oyle in an Earthen Vessel & let them stand till you use them.

### For the Tooth-Ach.

Take the Juice of Primrose roots, Snuff it up your nostrils and it will bring away abundance of Rheum, and make you ready to Cast, but if it heat you too much Snuff up some fair Water.

### For a Domit or Purge.

Take a good quantity of the Inner Rind of Elder, let it stand one night in a pint and a quarter of Posset drink, In the morning boyle it till it comes to a pink and drink it fasting, if it be for a Domit Scrape it upward but if it be for a Purgre Scrape it downward.

### A Medicine for a Cough.

Take Dimpernel which bears the red flower, and distill it, Take a part of that Water and Six spoonfulls of red Rose Water, and a quarter of a pound of white sugar Candy, and Boyle it till it comes to a thick Syrup. Take of this Morning and Evening and as often as you will.

### For a Bruise.

652. Take Me Grounds and green Wormwood, Boyle them together half an hour, and then bath the Bruise with it and bind some of the Wormwood to the Bruise. Dose it thus twice a day with this as warm as you can suffer it, and still keep some of it bound to the Bruise, thus do till it is well.

### For the Yellow Jaundice.

653. Take of the middle Bark of the Barberry Tree, a little <sup>thin</sup> Saffron tyed up in a rag and some Hartshorn scraped, boyle these together in very strong Ale and drink of it first & last.

- A Water to heal all Scabs as well inwardly as outwardly  
654. Take half a pint of Plantane Water, a quartier of a pint of red Rose Water and as much of Citron or Orange Water, put them all toge-  
ther into a clean pan or Phial Glass, and put to them one Ounce of  
Quicksilver mortified, let them boyle over a soft fire a quarter  
of an hour, then take it off and cool it and put it into a Glass & Wash  
the scabby Place every night when you go to Bed. This Medicine  
maketh the Face fair and draweth out all corrupt humours  
as well within as without the Body.

### A Pultis for a Red Taking.

655. Take Plantane Mallows and Red Rose Leaves, of each one  
handfull, Chop them small and boyle them in a quart of new Milk  
till they are tender, then thicker it with grated White Bread, make  
a Pultis and apply it to the grieved Part twice a day warm.

### For the Gout.

To the Right Hon<sup>ble</sup> Roger Boyle Earl of Orrery  
My Lord.

I shall not cloy yo<sup>e</sup> Lopp with any Physiological & 656.  
Discourse of the nature Causes, Diagnosticks or Prognosticks of  
several Species of the Gout, as having done it in yo<sup>e</sup> Lopp's presence  
before but fall upon the Therapeutical Part consisting of  
Diet and Cure.

The Aire is first to be consider'd which if foggy  
and moist is to be corrected, but yo<sup>e</sup> Lopp's house as much as any  
here answers that suspect.

The Drincks for Gout are all Generous Wines, and all in any  
Except Lucian saith the Podagra and Ciragra are the Sons of  
Bacchus and Venus, therefore Bacchus and Venus to be wholly ab-  
stained or most sparingly used.

What Wine may be allowed is to be medicated after the  
manner of Paracelsus &c.

Drink allowed in my Method of Curation Physick Dayes ex-  
cepted is a Diet Drink

For yo<sup>e</sup> Lopp I shall Compose it thus.

R of China Roots choiceley Elecuted  $\frac{ij}{ij}$  and half  
Sarsaparilla prepared  $\frac{ij}{ij}$ . Sassafras Root cut small  $\frac{ij}{ij}$ .  
Raspred Hartshorn and Ivory of each  $\frac{ij}{ij}$ . of red Sanders  $\frac{ij}{ij}$ .  
Marus Christi perlat<sup>e</sup>  $\frac{ij}{ij}$ . of Eupatorium a handfull.

The Ingredients must infuse in four pottles of Water twenty  
four hours on a small fire, then after a quarter of an hours  
boyleing to be strained, the Cature is to run thorow Nutmeg  
and

and Cinnamon in powder of each an Ounce which will 2.  
Dulcetate it to the tast.

Note the Manus Christi is to be at last dissolved in y Liqueur.  
This I find very much to correct the distemperature of the  
Bowells and consume the peccant humours?

Concerning Meats I have used to prescribe such as are  
tenuate and dry. Bread very well rodded & baked. Bisket &c like.

Flesh of Cocks, Partridges, Birds of the Woods and Mountains,  
Mutton, Kid, and generally all Young Beef of good Conception, yet  
moderately eaten, and sometimes it is good to fast Suppers.

All Satiety and Plenitude of feeding is to be avoided, yet if

except be in one Meal, It may be repaired by the defect of another.

In a Manner all Fish, Fruits, especially Apples and O-

ranges are forbidden.

#### The Cure;

1. Consists in Consuming and Evacuating of the  
noxious Tartarous humours already flowed into the Part.

2. In Inhibiting the flowing of humours to the Part by  
Interception.

3. By Mitigating the intolerable Symptomes, if any, by  
giving Rest and Andines.

4. In Corroborating the Weak Parts.

I evacuate the humours already flowed to the Part by  
an Electuary which from the Cloves and Costus two of the In-  
gredients I call Caro strinum not that prescribed by y College  
in London and to be seen in the Dispensatory but that I  
compose my self and of which this is the Formula.

Rx

143  
Rx of white Kermedactiles cleaned from the upper skin;  
Scammony prepared of each 2oz, Costus, Cammin and Cloves of  
each two drams, Seeds of Ebulum 2ij. These powdered and sifted  
I Conserve with Honey and Wine boyled together to the consistence  
of a Syrrup and make an Elect. in forme of an Opiate.

This not only Evacuates but also Interceptes the Humours,  
being iterated so oft as is requisite.

If Pains be intolerable or that the Symptomes do violently  
urge; I do apply raw Beale or lean Beef for twenty four hours &  
changing it every Eight Hours.

This doth very much mitigate the Heat, Swelling and Redness.

If the Person be feverish I treat him as I would One in a Fever.

After some days I use an Andrine Unguent composed out of y  
Oyles, Dulcinum, Grinum, Reirinum, Masticinum, Spica, add-  
ing some Saffron and a little Viniger, which at the fire chased  
into the Part I find most effectual of all Others.

The Tartarous Serosity being expell'd and Consumed I cor-  
borate the Part by an Emplaster made of the Bapture Plaist-  
er and Diagalma mixt as there is cause.

During this Method I comfort the spirits by the Magister of Pearls.  
I use both Sweatings and Diureticks both which much Conduce:  
Pontines also are very proper.

I shall add that I use in some Constitutions Phlebotomy  
and vomiting if it find Nature apt.

I desire they refraine Anger, and Study too soon after Easly  
both which I have found bad.

And this my Lord is the true and genuine Way of Cure  
whereby.

whereby I have cured Many and I am Confident will any pro-  
vided the humour be not impacted in the Sincts to a knottry Stony  
Substance which must require a Chirurgical care or manual  
operation as not being Dauicible by Medicinal Vertues

All which my Lord with my selfe I do submit to yo<sup>e</sup> Sopps  
Censure and Pray the Great God to preserve yo<sup>e</sup> Sopps to Our  
further Advantage in Health and Honour.

So Prays

My Lord  
from my Lodging  
In Castle Street  
Apr. 16. 1662.

yo<sup>e</sup> most Faithfull and most  
Rumble Servant.  
Christo: Davenport.

### To Make Lips-Salve?

657. Take Sheeps Suet and mince it small, and put it in a dish by  
a little and little at a time and set it on a Chafing dish of Coals,  
and when it is through hot Strain it through a piece of  
Lanvne and in any Case let it not boyle on the fire then take  
fresh Butter and Melt the suet and that together not boyl-  
ing them, then with a spoon drop it into Rose Water in cakes  
as broad as six pences, you must not put so much suet as  
Butter least you make it too hard.

### For One that cannot hold his Water

658. Take the Claws of a Cat, burn them and make powder of them &  
let the sick use it in his Pottage. *To Dr. of Rochester*

### For an Ague

Take a handful of Sage, a Spoonfull of Soot, the White  
of an Egg, a spoonfull of Vinegar and as much Frankin-  
cense as a Walnut, Stamp them well together and bind  
them to yo<sup>e</sup> Wrist. *Mrs Susan Townsend.*

### To Cut Phlegm. *Mr Brooke.*

Take as much of Elecampane dried as a Hazel Nut, 660  
of Saffron dried a penny worth, Cinnamon a penny worth  
Aniseeds half a penny worth, a Race of Ginger two sticks  
of Liquorice, and two Ounces of white Sugar Candys pound  
all these into fine powder and take half a Spoonfull there-  
of at a time at Morning, Night or any other time.

### For the Stone

Take a handfull of Parsley, Steep it all night in a pint or a  
quart of Strong Beer, then drink the clearest of it and it  
will cause you to make Urine often and to Void the Gravel.

Take a pint of White Wine a penny worth of Sallet Oyle and a  
Gumm, squeeze the Juice of the whole Gumm into this Drink  
It will make the Stone fall out of the Back in two hours.

White Wine and Lemon is good, Note if you drink a  
mighty draught at a time It will Scour the back and Kidneys.

Also if you keepe your Water long, It will then gush out w.  
such violence as to Carry Stone Gravel and all before it.

This was Dr Ashlows Opinion, and one Mr Browne Who was  
much troubled with the Stones and Voided at one time thirty  
Seven always used these Medicines. *Mrs Saunders.*

To Lady Oxford.

For the Colick in the Stomach.

662. Take an Apple, make a hole in the top of it and take out the Quore then put into the Apple the powder of Sheense then wet some flax and wrap it about the Apple saving the top and rost it in the Embers, so let y<sup>e</sup> sick eat the Apple.

To Lady Oxford.

For Deafness.

663. Take Calamint, Chamomile, Hysop, Melilot, Periwinkle, Stechados and Wormwood of each one handfull. Boyle them together in fair running Water the space of an hour, then take a Spoon (It is Spoon in the Original but perhaps may mean sponge) and dip in the same Water and as hot as you may suffer it hote it to your Ears that no Blas enter into your head and by Gods Grace It will help yo hearing.

For an Ague.

664. Take Betony and Plantane both leaves and roots of each one handfull, pick them, wash them and dry them again, Take also three leaves of Hartstongue and bruise them but first Cut off and Cast away the Ribs of them, Cinnamon and Ginger of each two drachms finely Minced or Sliced, then boyle all these together in a pinte of Spring Water until a third part be wasted, then strain it, and afterwards add unto the Liquour two Ounces of Sugar, so drink of it two hours before the fitt is Expected, at each hour & one Draught P. M<sup>r</sup> Catherine Saunders.

For all Infirmities in Men or Women  
that come by Blasts or by Taking.

- Take Chamomile, leaves of Cypress, Dill, Peacock, Herb of Grace, Hysop, Lavender Cotton, Majoram, Marsh-Mallows, Mother-<sup>th</sup>yme, Rosemary, red Sage, Saxifrage, Stechados, and Verain of each half a handfull, Gather all these when the Sun shines upon them, then pick them and Wash them as clean as you can and dry them in a clean Cloth then chop or stamp them small and boyle them in a sufficient quantity of new Milk till they be very tender, and it be of a good thicknes, then spread it on a clean linnen Cloth reasonably thick, and lay it to the grieved place morning and Evening as hot as can be well sufferedd. K. S.

A Notable Medicine to Stay Rheum.

- Take of Conserve of Quinces or Marmelade of Quinces, a piece as broad as a Pint and as thick as a six-Pence and lay therein of chosen Myrrh and clover Mastick of each a little and wrap it up therin close and when you go to bed Swallow it up and down in yo Throat and drink no more that night. K. S.

A Note to try whether One hath a Plurisy.

- Let the sick hold their Breath as long as they can and when they let their Breath go, if they do not Cough they have no Plurisy, but if they do Cough then they have it to their Peril, therefore let them take care of it in time and so soon as they know it, let them bleed blood. K. S.

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665.

666.

667.

*An approved Medicine for the Brisick.*

668. Take Malden Holly and dry it very well and beat it into fine Powder and searce it and so drink it either in Beer, Ale or Wine also Ciderfort distilled is very good for it James S. John Thynne.

*A Medicine for a Cough.*

669. Take three Parsley Roots and two Fennel Roots the piths taken out, a quarter of an Ounce of Liquorice scraped and bruised, a handfull of Raisins of the sun stoned, four or five Sprigs cutt, half a handfull of Glyzop and seven or eight Sprigs of Horehound and one Spoonfull of Aniseeds bruised, boyle all these together in a quart of fair Water with a soft fire till half be consumed then Strain it and put to it two Ounces of Sugar Candy powdered small and One Spoonfull of Syrrup of Malden Laine. So drink of it Morning and Evening. K. S.

*A Powder for those that are short Breathed and for the Lungs very good.*

670. Take Fox lungs and wash them very clear in fair Water, and lay them in Vinegar one night, then dry them in an Oven after the Bread is drawn and beat them to powder. Take Liquorice Aniseeds, Fennel Seeds and Coriander Seeds of each an equal Quantity, beat them all together to powder and searce it through a fine Lense, then mingle with it as much of the Powder of the Fox lungs as you can abide the taste of, and take thereof in your Meate, Drink or Pottage in a Morning or at any time and as often as you will the oftener the better, put some Sugar Candy to it. It will take off the taste. Lady Tedfore

*For a Sprain or Bruise on the Foot.*

- Take one drachm of Venice Turpentine, half a pound of Virgin Bees Wax, a quarter of a pound of Unwaxt Butter, two Scraps of Rosine and two of Mast Par. Melt them well and beat them together till they will run in a rope without severing then take a quarter of an ell of canvas pricks full of holes with a Bodkin and dip it in the Liquour when you have so done cutt off as much as will cover the place grieved and lay it on as hot as you can possibly suffer it and there let it stick eleven dayes and nights then wash the place with Oyle of Althaea or Juniper and put a fresh plaster or Cerclcloth for five dayes more than take Crab Berjuice and Nash it over and if need require Continue your Cerclcloth 3, 4, 5, or 7 dayes longer, then wash the grieved place for fear of the Worste every night when you go to bed with the before mentioned Oyle, and if the grieved place be apt to rise in knots by reason of the Contraction of the Nerves after it begins to grow well or free from pain, by your scratching or the like get you a plaster of Treverscos and that will Cure it.

*A Purging Iulep. St. Theodore Mayerne.*

- Take Samarind one Ounce, Cassia with the Cane one Ounce and half, Senna cut like Tobacco and moistened with White Wine three drachms, Coriander seeds prepared one drachm, Boyle all these in a pint and a half of Conduit Water, or if you like it better Succory Water to the Consumption of half, then Strain it and add Manna, Syrup of Violets, and Juice of Orange of each one Ounce, Clarify it with the white of an Egg. If your heat be too much you may take luke Water, if you think good you may leave out the Syrup of Violets.

### A Purge.

673. Take half an Ounce of the leaves of Senna cleasned, one drachm and a half of the best Rhubarb, half a drachm of Yellow Sanders, and half so many Lavender flowers as will lie on your four fingers bound together, put to these as much of the decoction of white Tartar and Tamarinds as will more than cover them by the breadth of two Fingers, let them stand in Infusion on warm ashes the space of one night, and in the morning after a very light boylng Strain them, then dissolve in a moderate Dose of the strained Liguour one Ounce of the purging Syrup of Damask Roses. It is to be taken early in the Morning drinking a draught of Broth four hours after it and keeping within all that day.

To Purge gently thir Humours.

674. Take a quarter of a pint of White Wine and boyle it a little space after dissolue therein an Ounce and half or two Ounces of Marana more or less according to the Strength of your Body So Strain it and drink it in a Morning.

### A Purge. M<sup>r</sup>. Waller.

675. Take two or three Succory Roots, as much Burrel roots & Parsley roots, a little Rosemary and three or four Bayleaf leaves. Boyle these in three pints of Strong Beer or Ale till a pint be consumed, then strain it and put into the Liguour half a pound Currants and as much Raisins of the Sun Stoned, an Ounce of Senna, half an Ounce of Aniseeds, two or three Sticks of Liquorice, and a few Grapes to rehish it, put in also half an Ounce of Rhubarb sliced in a Cloth, and drink it warm fasting.

### A Water for a Sore Leg.

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Take four Ounces of Pole Armirack, four Ounces of white Coperis and one Ounce of white Camphire, first put the white Camphire into a black pot and set it on the fire and there let it be till it come to water and then be dry as powder againe then compound all these three together and make a powder then take a pottle of Water and make it ready to boyle, then take it off the fire and put into it two Spoonfulls of Powder Stirre it well and when it is pitiful cleare take a quantity of it and wash the Sore, then take a Cloth four times double and wet it when the Water is very hot and lay it to the Sore, then take a Roller and Roll it downward. This apply to the Sore twice a day, Mornings and Evenings.

Note, this seemeth to be the same Medicina with Cap.<sup>o</sup> Green's red Powder, before inserted. N<sup>o</sup>. 562.

### A Medicine for a Sore Leg. Lady Bedford.

- Take Dock roots, and boyle them in fair running Water till they be tender, then take them out of the Water, bruise them, and Strain them, then put a little raw Cream to it and so boyle it till it wax like an Oyntment and so anoint the Sore with it.

### A Powder for the Lungs.

- Take Liquorice and white Sugar Candy of each four Ounces, sweet Burrel seeds two Ounces, three good nutmegs and three Raisins of Ringer, beat them all together and Scarse it very fine. Take of it at all times It is good for the Stomach and Lungs and excellent against the Catay.

### To Make Thisick Drink.

679. Take Agrimony, Wood Betony, Punitory, Liver wort, Mairdenhair, Seabious and Wormwood, of Each two Handfulls, Red Dock roots and Red Madder roots of Each two Ounces, Monks Rhubarb an Ounce, Melchiorachan then sliced half an Ounce, Rhubarb two Ounces, Senna four Ounces, Epithimum, Liquorish, Aniseeds and Sweet Fennel seeds of Each one Ounce, Mace, Nutmegs Galangal and Cloves of each half an Ounce. These Herbs Roots and Spices must be bruised and beaten & put into a bag and that bag put into six or seven Gallons of Strong ale that it may work together, unto which you must add a quart and a half of the Juice of Scurvy Grap. a pint and a half of the Juice of Watercresses and as much of the Juice of Brooklime together with four Ounces of Cassia Fistula, one Ounce of Polypodium of the Cab, & what quantity of Sapafras you please; if you keep at house you may put the weight of twelve pence in Rhubarb in your Cup two or three hours before you drink it.

Drink a pint at the least Morning and Evening for eight or ten days together when you shall find cause It will keep you in Health without a Physician.

### An Excellent Purge.

680. Take six penny weight of Rhubarb a few Aniseeds & Caraway Seeds & a reasonable quantity of Senna, let them burn all light on Embers in half a pint of white Wine next morning strain it and mingle it with two handfulls of Syrup of Roses. drink after it this Broth made of Veal with raisins of the Sun.

### Thisick Drink. M<sup>r</sup> Hector.

Take of Senna three Ounces, Polypodium two Ounces, Pennel Seeds and Aniseeds of Each half an Ounce, Pellitory of Spain & one Ounce and half, Liquorish two Ounces, Currants and Raisins of the Sun of Each a quarter of a pound, Rhubarb Six Ounces, Sarsaparilla two Ounces, Agarick half an Ounce, and Epithimum and Maidenhair of Each one Ounce and half.

The Aniseeds, Pennel seeds, Liquorish, Pellitory, Polypodium and Sarsaparilla must be bruised, the Agarick and Rhubarb then sliced, then Raisins stoned and the Currants clean washed. So put all into a thin lined Bag except the herbs, the Senna, the Rhubarb and the Agarick, and boyle them in three gallons of Middle Wort the space of half an hour, then a little before the Wort is taken from the fire put in all the other things also in another Sinner Bag, then take the Wort from the fire and cover it close and so let it cool still keeping it close covered, when it is cold enough to work up with Yeast then Work it up as other drink, and if you please when it is almost cold you may put all the things into one bag, and the Bag or Bags must lie therein until all the Drink be drunk up, and it must be three days old before you begin to drink of it.

Drink of it in the morning about six or seven a clock and again at three or four in the afternoon. The Quantity must be according to the Working. if your Stomach be Empty you may drink of it two hours before Meate and at least one hour or two after.

It worketh gently, and may be drunk cold as well as warm, and if a Draught thereof be drunk with an Ounce of Syrup of Lemmons It is good against the Stone.

### To Make a Dyet Drink.

682. To eight Gallons of Beer put three Ounces and half of Sassafras finely rasped or sharrach, one Ounce and a half of nutmegs then and finely sliced, two Ounces of fennel seeds whole, and Caraway seeds and Anniseeds of each one Ounce whole, put these into a Bulter Bag large enough and hang it in the Runlet with a Pebble Stone or some Bullets in it, the mouth of the Bag being tyed close, then put the Drift prepared to Work upon this filling the Runlet of Eight Gallons full, when it hath done working stop it up very close with Clay and Salt and let it ripe about fifteen days, and then drink of it ordinarily in the morning and at meals.

After this Runlet is drunk up, take out all the Spices in the said Runlet and boyle them in two Gallons of Beer till half a Gallon be consumed upon a gentle fire close covered, then take it off the fire and let it cool and settle, and when it is cold strain it, and put it into the Runlet and put to it six Gallons and a half of Sack Drift as is at first prescribed, to make up the eight Gallons, and put in also to this a Bulter Bag with the same quantity of Ingredients and in the same manner as before Only if you find the first Brewing to be strong enough of the Spices then you may put less in the second.

This is comfortable for the Stomach, Strengthenth the Liver, cleanseth the Kidneys, purgeth and doth carryeth off Watery Humours, purifieth the Blood and causeth it circulate, and comforteth the Brain.

### A Dyet's Drink. M<sup>r</sup>. Glenslone.

Take Sarsaparilla and pickt Senna of each four Ounces, the best Rhubarb and Polypodium of each three Ounces, Epithimum half an Ounce, Anniseeds and Sweet fennel seeds of each half an Ounce, Dock roots, red Madder roots, Agrimony & Scallions of each half a handfull, Nutmegs, Mace, and Cinnamon of each two Ounces, and of Kina two Ounces.

All these being beaten in a gross Manner and put into a Bulter Bag, must be put into six Gallons of Beer or Ale that is new. Keep it till it be six days old, and then drink the quantity of a Wine pint fasting and fast an hour after it and likewise at four of the clock in the afternoon.

It is to be taken Spring and fall, and neither offendeth the Stomach nor the Gast. It preserveth Health, cleanseth the Liver, purifieth the blood, drieth up Superfluous and crude humours, Suppresth Coler, and keepeth y<sup>e</sup> Brain and the whole Body in good Temper.

### An Oyle very good for Pains in the Joints coming of Olds.

Take Rue, Rosemary, Wormwood and Bay leaves, of each One handfull, shred and stamp them very small, then take one pound of Sheeps Suet, take off the film, then shred the Suet and beat it to yape, so done strain the herbs and Suet till it be green, then put them into an Earthen pot well glazed, put to them a pottle of Oyle Olive, to let it steep in the Earth for fourteene days, then take it out and boyle it till the Oyle ariseth, then take it from the fire and keep it for use.

### To Make Phisick Drink.

685. Take 3 Gallons of Strong Ale well boyled for fear of Sowring,  
to be more sure see the making and boylng thereof at home;  
Half a bushel of gross Malt will serve taking the first running  
Take of Senna 6 Ounces, Kernels of Ashen Rais 2 Ounces,  
Bay Berries hulps 2 Ounces, Roots of Polypodium of y<sup>e</sup> Oak  
5 Ounces, Fennel Seeds and Aniseeds of Each an Ounce & half  
Roots of the Wood Sassafras 2 Ounces, and if you please one  
Ounce of the best Rhubarb. Beat all these to a grif powder  
mingle them together, and put them into a bag of Course  
Canvas that is somewhat thin to let out the vertue;

The Ale being turned up in a Vessel of 4 Gallons when  
it hath near done working, hang in the bag being square  
and tyed at the mouth like a purse with 2 or 3 leaden &  
Bullets at the bottom so that it touch not the bottom nor  
the top of the Vessel, then stop it up close.

You may drink half a pint in the Morning and follow  
any busyness at home or abroad, and after 2 hours you may  
if you please take some warm Broth, and keep a good Diet  
at your Meals, Entring into your bed take somewhat less  
then half a pint, but stir not after it for fear of troubling  
you in the night. Keape you warm in reasonable Measure.

This Souerain Drink is to be taken twenty eight days to  
gether in the spring betwixt the Middle of March and May  
twenty eight days in the fall to begin about the sixteenth of  
September, which Whosoever useth orderly shall never need  
to take any other Phisick.

### A Dyet Drink.

Take Sarsaparilla Tenna and Guaiacum of Each four  
Ounces, Hermodactiles, Polypodium, Madder roots, red  
Dock roots, Liquorice, Nutmegs, Aniseeds and Sweet &  
Fennel Seeds of Each two Ounces, of the roots of the Wood  
Sassafras two Ounces, Agrimony and Scabious of Each  
one handfull, large Mace and Ginger of Each halfe an Ounce  
and of Cinnamon one Ounce. Slice those that are to be sti-  
ced and bruise those that are to be bruised, and put &  
them all together into a Linnen Bag, and hang them in a  
Runlet of four Gallons by a string to play up & down  
in the same, then put into it three gallons of good Beer  
or Ale when it is ready to be turned, and a pint and a halfe  
of the Juice of Scurvy graft, after it hath done Working  
Stop it close, leaving the bag with the Ingredients hang-  
ing in it, after three days You may draw and drinke  
thereof at all times as long as you please without &  
drinking any other drinke. It is pleasant enough and  
very good to preserue Health.

### For a Consumption.

Take of Claret Wine 4 pints, of Rosewater halfe a pint, &  
Diatamarind, Diaphenicon, Cinnamon and Nutmegs of  
Each two Ounces, Dialatirion, Spikenard & Cardanomes  
of Each one Ounce, Cloves and Rhubarb of Each halfe an  
Ounce. Let them digest 12 days stirring them every day, then  
Strain it and <sup>take</sup> every day often 4 Spoonfulls at a time.

A Dye<sup>t</sup> Drink. M<sup>r</sup> Hector.

688. Take Watercress, Brooklime and Scurvy grass of Each four great handfulls cut somewhat short; Sage two handfulls, long Pepper and Fennel Seeds of Each one Ounce bruised grossly, Currants a quarter of a pound and of Sarsaparilla bruised four ounces, put all these into a thin Linen Bag so as they may lye close, putting to them one little handfull of Hoppes, let them all boyle in three Gallons of Middle Wort the space of half an hour or a little longer keeping it all the while close coverd, then take it off and let it stand twelve hours close coverd when being cold strain out the bag from the Wort very hard, then make the Wort blood warm and work it up with Yeast, then take Aniseeds and Corianderseeds of each half an Ounce bruised and of Rhubarb half an Ounce sliced, and put in a bag so that they may hang almost at the bottom of the Vessel, then when it is wrought up stop it and keep it in a Cellar and being three days old draw of the same and drink thereof at pleasure, the often the better.  
It is good to cleanse and purifie the Blood.

For Weaknes of the Brains.

689. Boyle a small quantity of Rosemary in a sufficient quantity of White Wine, add thereto one Nutmeg or more grated and a drachm of Mace bruised, let them boyle a little then putt them through a fair Cloth into a clean Basin, then putt it in a glass Bottle & Stop it close and drink thereof Morning and Evening.

151  
A Good Drink for the Kings Evil, any Rheum or running Sore to be taken Spring and Fall without danger.

690. Take 3 pottles of Spring Water, one good handfull of white Angel, as much of Clovers Wort, Sweet Fennel Seeds and Aniseeds of Each one Ounce bruised, Sarsaparilla and Sassafras of Each a quarter of an Ounce scraped and sliced, and of Liquorice one Ounce scraped and sliced. Put all these into a Pipkin and boyle them over a soft fire till a third part be consumed then strain out the Ingredients and putt to y<sup>e</sup> Liquour two Junces of Honey of Roses.

Take of this in the Morning fasting one quarter of a pint and fast two h<sup>rs</sup> after it, the same at four of the Clock in the afternoon, and at going to bed at night. If it be for a Child or very young Person a less quantity then a quarter of a pint may be sufficient at one time. It is to be taken for 6 weeks or 2 months Spring and fall.

As soon as you see any Swelling apply the Salve which will either dissolve it, or raise it to a head and break it, and when it is broke Continue to use the Salve, washing the Sore with lawn brown Paper dip<sup>t</sup> in warm Bergjuice and fresh Butter, leaving also a little bitt of the Paper wet upon the Orifice or hole of the Sore under the Plaister, be sure that the Plaister be large enough to go on all sides beyond the Swelling and the hardness.

The Salve is called by the Name of the Evil Salve and is sold by One M<sup>r</sup> Barnard an Apothecary in King Street by Southampton Square.

To Make a Bastard Candle for the Running  
of the Reins for Man or Woman.

691. Take Clary, Comfry, Knotgrass, Motherwort and Mugwort of each one handfull, Boyle them all in a quart of white Bastard till half the Liqueour be consumed, then strain it forth from the herbs and boyle in the Liqueour Nutmeg, Cinnamon and large Mace put in also Amber-greene finely beaten, as much of each of these as you can hold between your Finger and your Thumb at thrice. Sweeten it very well with fine Sugar, put in the Yolks of two Eggs and so make it like a Candle, and let the Patient drink it every Morning. This is of such force that it will cure any Weaknes of the Back.

For the Running of the Reins. M<sup>r</sup> Brereton.

692. Take a Roll or Bunk such as be in Taverns, cut off the Sharp Ends and Crust and toast the Inner side thereof, and Sprinkle upon that a little white Sugar-candy and Mastich the bread being spread over with a new layd Egg rare roasted.

693. Take of Venice Turpentine sever times washed in red Rose Water, or Plantane Water two Ounces, Coral, Amber and Jet of each one drachm, and 2 or 3 young Comfry Roots washed and dried. Make all these into fine Powder and searce it; then mix them with the Turpentine & with a little fine sugar. Make it up into Pills. Whereof take Morning & Evening and fast an hour after or more.

A Drink and Pultis for the Gout.

Take Squinanthus (the Copy from which this is transcribed says Equines) Sarsaparilla and Herniadactiles of each three ounces, four roots of Coranara, the weight of two French Galls, Combs of Cinnamon, and a few Coriander Seeds, cut these to pieces and put them all together into an Earthen Pitcher containing eight quarts of Water. Stop the Pitcher very close with a wooden plug, and paste it about, then set it into a Copper or Kettle of boylng Water, let it stand up near to the top yet so as the Water may not run over it; & keep the Copper or Kettle constantly boylng for the space of seven hours, and as the Water in the Copper waste, pour in other boylng Water so that the pitcher may stand continually up to the neck in Water.

When you have taken out the Pitcher, strain the Drink that is therein very clear, and drink about two quarts of it every day for six days together, forbearing all other sorts of Liquour.

You may take it before, under, or after a fit, as you think convenient. Drink about a pint in the Morning and the rest at Meals or as you have Occasion, during these six days you must eat nothing but Bisket or toasted Bread, and about two Ounces of flesh a day, viz<sup>r</sup>. Mutton, Pullet or Partridge being roasted very dry.

The Pultis.

Take Rye as it is ground at the Mill, and make it into a Pultis with very Strong Beer, putting into it three or four Eggs both yolks and Whites, Apply this to the grieved Place, and change it every four hours.

152.  
694.

695.

To Make a Good Pomeratum      Lady Sharrow.  
696. Let a Spaniel of about a quarter old be so killed that the blood doth not settle into the fat, let the Outward skin also be taken off before the Belly be opened least any of the Hair get to the fat, then take all the fat from the Inside & as soon as you take it fling it into Water before it cools, and if you see the Second Skin be clear, peel it off and Water it with the other for it is rare for the facer, but be sure take none of the flesh for then the Pomeratum will not keep.

To one pound of this fat take two pounds of Lamb's Lard and Water it with the other and when it is cold break it through a Napkin and break it in pieces with your fingers and pick out all the little Veins, then put to it eight ounces of Oyle of Tartar and Stir it well together, when that is done put to it a gallon of Spring Water and so let it stand all night, next morning shift it with so much fresh Oyle and Water, and so shift it night and Morning for six or seven days wringing out the Oyle and Water every time clean with a Napkin, the day before you melt it having wrung it out by little and little very dry from y<sup>e</sup> Oyle and Water put it into three pints of Damash Rose Water and so let it stand close covered twelve hours, then wring it out hard and put it with a pint of fresh Rose water into a high Gally pot, then tye a bladder over it and set it in a pot of Water and let it boyle two hours, then strain it out into an Earthen pan and let it stand till it is cold, then cut a hole in the fat, and let out the Water, then scrape off the bottom and dry the rest with a cloth and melt it over a Chafing dish

dish of Coals, then beat it with your hands so long till it look very white and shining, then with your hand fling it in Lakes upon Sheets of Paper laid upon a lean Cloth on a Table, let it lie till it be cold, It will last 2 or 3 years.

A Water for the Face.      Lady Sharrow.  
To a pint of the Strongest distilled Vinegar, put half a Pint <sup>or more Water</sup> of Magistry of Pearl, so Stop the Glass and set it all night on a gentle fire that it do not boyle and in the Morning after you have shaken it well together put it in a new Pipkin with One drachm of Sapis Tranella and two of Litharge of Gold in fine powder, Stir it well together and set it on the fire and keep it continually stirring till it hath boyled two or three Palms, then let it settle and strain it and the Water will be as clear as Conduit Water, then take so much Oyle of Tartar as you have Vinegar & mix them together and it will be very thick and very white, then let it settle and try a little of the clear Water whether it will bear any more Oyle, for you may add more so long as it turns white, then you must put out the Vinegar and put in Water & change the Water eight or ten times till it hath no taste nor Smell of the Vinegar, then let it settle and let so much Water be left upon it as you think will be enough for that you may Order according to your fancy, It will keep seven years if you please to change it once in six Weeks.

For a Rived Heel or for Hilblains.  
Oleum Petroleum is the best Remedy.

153

697.

698.

699. *An Excellent Pomatum for the Face.*  
Take of the leaffat of Pork one pound, lay it in Spring Water five or six days shifting the Water twice or thrice a day, then dry it between cleane Linen from all its Moisture and afterwards put it into a gall pot or new pippin with half a pint of Rose water and as much White Wine and 3 or four Slices of a pared Lemon, as much of a Pippin or soure Apple and about half the root of a white Lilly. So set the pot into a boylng Bath and let them boyle five or six hours, then strain them out into a cleane Vessel and let it cool, then take it from the wet setting in the bottom, put some fresh Rose water to it and beat it till it looks pure white, so let it lye two or three days beating it still three or four times a day, then put it up into a gall pot clear from all the Rose water and keep it for your Use.

700. *For the falling of the Uvula or Palate of the Mouth.*  
Take of Woodbine Leaves, Columbine Leaves, and Calfeole Leaves, of each half a handfull, sceth them in a pint of fair Water till half of it be boyled away. Cut also a small piece of Liquorish into it as it is in Boyning, and when it is so boyled Strain the herbs hard as from the Water, then having a few blanched Almonds in readynes, make an Almond Milk with the Streined Water and let the Patient drink thereof as warm as reasonably can be drunk. This hath been known often to have given present help. K. S.

154  
701. *For the Uvula being downe.*  
Take a piece of Linen Cloth and Cut it round the Compas of the Mols of the Head, then lay thereon a laying of Flax, then take Rigella Romana seed and Cummin seed and a little Nutmeg all beaten to powder and lay the same in a laying upon the Flax, then put another laying of Flax, and upon that put Bay Salt dried very dry and beaten small, then take another piece of Linen Cloth cut round like the former put it upon the salt and then sew and quilt all this together, and lay it to the Mols of the Head and to the Raps of the neck if great need require; otherwise to the head only, you must have a great care to lay the salt uppermost & the seed next the head, and lay it on as hot as may be suffered and when it waxeth moist as it will do, then dry it again & lay it as before and so as oft as need shall require it will serve a great while.

702. *To Make Excellent Pomander.*  
Take fifteen Grains of Musk, thirty grains of Ambergreese, five and forty grains of Myg powder, and nine grains of Civet, grind all these in a Stone Morter with some Gum Dragon which must first be steeped in Rosewater with a little Civet two days, then grinde all together to a perfect paste that it works smooth, then mingle Oyment of Orange flowers with a little Civet & Musk to anoint 40 hands or Mols that the paste stick not to them, then dry them abroad.  
Another. Take half an ounce of Ambergreese, half an Ounce of Musk, two drachms and a halfe of Civet, and compose all these as the former.

703

### To Draw up the Palate.

704. Take half a pint of the best White Wine Vinegar and an Ounce of Cumin Seed bruised, and a spoonfull or two of Rye flour searses, Boyle these together till it come to the form of a Pultif, then cut a round piece of London brown paper and spread it over with the Pultif, then close another piece of Paper upon that and apply it to the Crown and back part of the Head but not too low towards the neck and let it ly till you find Ease.

### A Receipt of the Quintesence

705. Take two quarts of the best Aqua Vita that is to be had & a pint more; put it into a glass that will hold as much more then put into it two drachms of Giora Picra and set it in a place where it may keep warm nine days shaking it every day a quarter of an hour then let it stand nine days more hot stirring it but kept in the same warmth, then let it stand one day or night off of the warmth and then pour it off gently from the bottom into your Glasses, & stop the glasses close and keep it for your use.

### A Clyster.

706. Take Mallows, fied Mercury and Ramomel flowers of each half a handfull, and of Aniseeds one Ounce, boyle all these in clear Syrup drink, then strain it and put to a pint thereof 3 or 4 spoonfulls of Syrup of Rosos and some course sugar. Stir it together so let it be put into a Clyster pipe and given blood warm.

### To Make the black Salve.

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- Take half a pound of yellow Wax, and a pint of Sallet Oyle, 707. Set it on the fire let it Seeth and Scum it very clean then take it off the fire and put to it half a pound of White lead, then Seeth it again half an hour at the least, keeping it always Scum as it is Seething, then take half an ounce of Camphire beaten small and put into it and let it Seeth till it be Colde black, then take it off and when it is colde enough make it up in rolls. when you use it, it must be spread very thin on soft leather and the leather must be pricked full of holes with the point of a knife. you may use it for Achor sore.

### An Easy Domit.

- Boyle a handfull of Broadsel and a spoonfull of Currants 708. in a pint of ale till half the ale be boyled away, then strain out the Ingredients and drink the ale.

### To Stay a Domit or Purge.

- Take a dish full of Embers, and put a handfull or two of 709. spearmints on the top of it and lay it as hot as you can suffer it upon the navel. Navel.

### An Excellent Perfume.

- Take Damask Roseleaves, and Damask Rosewater, 710. put thereto a little Civet, a little Benjamin and a little Orris, and so boyle it in a perfuming Pan.

To Perfume Gloves after the  
Spanish Fashion.

711. Take a Cordovan Skin so well dressed and washed that no Lime or Salt be left in it; then wash it in Rosewater heated like warm, and if you can get the flowers of Sessamine dry the leather over the fume; otherwise dry it from the fire, still stretching it as you would have it; then take an Ounce of Ambergrise, half an Ounce of Civet, and an Ounce of Oyle of Sessamine or for want of it Oyle of Beams, put all these into a Silver Morter wherein a Spoonfull of Rosewater hath been warmed, set these over a soft fire still stirring it till it come to perfect Oyle, but take heed it boyle not; then take your leather and rub the Oyle very well into it & with your hand, then lay it in the Sun three or four hours and so rub more Oyle into it, this do two or three times, then lay your skin nine or ten days in the Sun and at night between the Sheet and your Body, this do tell it to dry, if you will not have it so rich put more Oyle of Sessamine and less Civet and Amber.

To Dress Amber for Meats.

712. Take two drachms of Amber and the fourth part so much of Civet, put them into a Morter that hath stood on the fire till it be warm, & there stir them well, and before they boyle not, then put in the Juice of a Lemon and an ounce of the Oyle of Beams and Drachm of Musk, Stir them well together and put them into a silver Box, and when you would have any thing taste of it, anoint the bottom of the Dish or Cup with some of it.

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For y<sup>e</sup> Grese in horse Heeles

<sup>159</sup>  
 first I runch y<sup>e</sup> horse wek  
 then 2 dayes after take 2 quarts of  
 the Grounds, one pound of Alkan  
 one pound of salt dissolue them and  
 Boyle them till they are halfe consumed  
 rub it hot to the horse Heeles three  
 times a day after the haire is cutt off  
 keepe y<sup>e</sup> horse Leggs from wetting 2d  
 the distemper be dryed up  
 this never failes to cure

Bl. Book L. 159.

May the 1<sup>st</sup> 1711.

