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It should be as plain
that which is a plain
which is the same
that be & among in all

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[illegible]

The Land of Promise
well Flowing
With Milk & Honey.
Containing
A Feast of Fat things.
A rare Cabinet of rich.
Honey.
In the Discourse of the
precious promises.
Hebr. 6. 17. 8. God willing more
abundantly to show us assurances
of Promise if immutability of his coun-
sell, confirmed it by an oath,
That by two immutable things
in which it was impossible for
God to lie which might haue served
for consolation who haue fled for refuge
to lay hold on one thing it is sett
before vs

for an aggue take 4i drops
of galatamorch in 3 spoonfulls
of water 2 howers before
the fitt go to bed and try
to sweat with it take it
3 times for ye bloody flux

a large tea Spoonfull of clove
nail bruised fine half an ounce
or more of Cinnamon 3 ounces
of loaf sugar put it in
two quarts of spring water
boiling & stirring it over a slow
fire till it comes to 3 pints drink
half a pint milk warm & ye rest
agill at a time warm as their com-
mon drink let em drink nothing
while it lasts if ye above do not
quite cure repeat it when ye flux
is stayed if their is again in ye stom-
take 2 Spoonfulls of Daffys Elixer or
Rhubarb. eat no meat nor

2
The word is a spacious & rich
field; & ye Promises are the
treasure; it is hid in it; & ye
Christians, Live the Life of beg-
gers; by begging & by giving;
trades with which ye against
steward was not acquainted;
for he said they could not digge
& to begg they was a shame;
but whosoever will Live by
faith; & Live godly in Christ
Jesus; must be good at both;
We are wise salomon prou. 23.4
If thou cryest after knowledge
& Lifest in thy voice for
understanding; If thou cry &
cry Lowd; it is it but begging;
It follows If thou seekest
for her as silver & searchest
for her as for hid treasures;
If thou Labr like those ye
Labr in gold & silver miness

It is not is yt but bigging & dig-
ging Deere; Then shall thou
vnderstand ye feare of ye Lord
We find ye knowledges of god;
Amongst all ye mercies yt ye
God of all mercies; & Israels
Keeper did vouchsafe vnto yt
beloued y^e people; it was ye
creame of thare temporalls y^e
they were placed in of Land
of Canaan; which was call'd
ye Land of Promise; because
they had it in Promise; long
before they had it in y^e pos-
session of it; & there they
were fed with Canaans
flowing for it was ye glory
of all Lands; ye Land of plene
as well as Promise; a land
flowing with milke & honey.
But it was a mercy beyond yt
it be good all outher; yt god gaue
himselfe to y^e people to be thare
Counant God & rescued them

Into Close Communion with him
selfe to be his Couenant people;
those 2. y^e of the Couenant Dauid
notes doe make up double blessednes;
Blessed are y^e people whose god is
ye Lord Israhel; & Blessed are
ye people of his faith chosen to him
selfe to be his inheritance; nay
he giues thare blessednes arise
a bove all outher blessednes; y^e a
blessed are y^e people whose god is
ye Lord. P. 144. y^e Last Adams
great Earthstruck mercy was ye
garden of Eden; yt he was placed
in paradys; but Christ in y^e promise
like a babe in. Clitres
was greater then yt; the seed of
ye woman shall breake y^e Serpents
heat: When man fell:
Vnderneath were y^e Everlasting
arms: as Moses his Expression
is deut. 33. 27. otherwise he had
fallen without recovery & had
perished without remedy but y^e
promise fetcht him up when
he was sinking: & saved him
from drowning though he fell:
he did not fall a way: The Ever-
lasting arms y^e were under
neath: what were they: but y^e
arms of loue: & free grace:

yt were spread a broad: yea ex-
ceeding wide: from everlasting
in y^e Loue of Election to ever-
lasting in y^e Loue of glory
fication: where God giues
himselfe as a Coudnant God
ther^e he giues himselfe
as Ieshoua: & all: sufficient
so you may see him giuing
himselfe to Abraham Gen.
17.1. I am Ieshoua: or y^e All
mighty God: walke before
mee & be thou perfect:
It is y^e meaning of Gods
Allsufficiency is declared
Gen 15.1. feare not Abraham:
I am thy Shield & thy Exceeding
great reward: God giues out
himselfe according to y^e needs
of his seruant: Abraham was
going out of his owne country
from his kindred & fathers
house: & y^e Land of his
inheritance: & God giues
himselfe to him as a reward
a great: an exceeding great re-
ward

Abraham was going he knew
not whether: for ought he knew
into an Enemies country: & ther
for God giues himselfe to him
as a shield: or buckler whose
office it is to saue & frame
harme: put both together:
It will saue & defend thee
from all euill: It will bestow
upon thee all good: & myselfe
with it: which is more then
all: this is y^e meaning of
all sufficient: & as God gaue
himselfe to Abraham so he
gaue himselfe to Isaac: &
to Iacob: which made
David say blessed is y^e man
yt hath y^e god of Iacob for
his helpe: & whose hope is
in y^e Lord his God: & Davids
mercies upon y^e Coudnant
account were called sure
mercies I say. Ps. 136. because
nothing greater then gods Cou-
nant of Promise: Haue
speaking of y^e security of such

as are in the Ark of y^e Cou-
nant: saith Hee shall keepe
these vnder his wings: & thou
shall be safe vnder his feathers
his faithfulness & ~~he~~ truly
shall be thy shield & buck-
ler: His Arrow layes up
all his treasure in mercy:
I was rescued to mercy.
Jim. 1. 12. & all mercy is trea-
sured up in gods faithfull-
ness: & faithfulness relat-
unto y^e Promise: faithfulness
is he yt hath Promised: who
will also performe it:.
God could neuer haue been
bound as a debtor to man: but
by his one free grace: in Pro-
mise: & faithfulness in per-
forming: by wharfore y^e Apostle
saith: 1. Joh. 1. 9. If we confe-
ss our sins: God is faithful
& just to forgive: & not
that our Confessing & repen-
ting can dissauie pardon:
but because God hath rescued

Satisfaction from his ones sin
who became our surety: & so
he is just to forgive: & he hath
Promised yt who so confesseth
& forsaketh he shall find mercy
& so he is faithful to forgive:
God can not aliter ge things yt
is gone out of his lips: & so
therefor wth him is no variab-
ility: nor shadow of turning:.
If Dauid ~~swore~~ swears &
steadfastly purpose to keepe Gods
righteous iudgments: Dauid
may faile bring a mutable &
faile man: but if God haue
sworne once by his holines yt
he will not faile Dauid: yt is
infallible: heauen & earth
shall & seasons passe away
then one tittle of his truth
shall faile This was yt yt.
Dauid yt man after Gods
owne heart did not only love
but dwelt upon. 2 Sam. 23. 5.
Although my house bee
not wth God: yet he hath
made wth me an euering
Covenant:.

ordered in all things: & sure
for this is all my saluation
& all my desire: although
he make it not to grow:
though he should do nothing
toward y^e performes of it
yet he would cast life &
house & saluation & all
upon the truth & ~~the~~
unchainableness of y^e
Promiss & y^e Promiser:)

Now those y^t will take
true profit by y^e promises
must be sure to lay this
foundation: & say it Ours

Remember y^t. they are all
precious Promises: i. Pet. i. 4.
those y^t trade in gold how
carefull will they be: that
will have a touchstone
try it

& y^e triall of our faith wch.
trades wth y^e Promises is a saw
to be more precious then gold
wch. perissheth: yea much more
precious: i. Pet. i. 7. Those y^t trade
in Jewells. & Pearles of price
will be very circumspect y^t they
be not deceiued wth fals. & ~~the~~
counterfeit ones: wth Bristol stones
of Diamons: such care yea
much more: should y^e seruants
of y^e Living God take in matters
of God: & Christ: & faith & y^e
promiss: & heauen: & their Soules
& eternitie: for to be at a losse in
these things is y^e soules undoing
Further Consider y^e y^e promises
are precious in manifold respects
In reference to God y^e great
Ishouah y^t hath promised: &
y^e children of ~~the~~ faith. Hath he
made such as offer unto Abra-
ham y^t he might bury his dead
in y^e choicest of their sepulchers

Gen. 23. 6. considering y^e t^r was
a mighty prince. & as y^e origin
all signifies a prince of God.
with a truerential fears should
be upon our spirits when we
enter into covenants wth y^e.
mighty God who is King of all
kings. & Lords of all Lords.
when we lay hold upon his
Covenant. & resigne up our
bodies & soules to be y^e habitation
of God through y^e Spirit. how
solemn & serious should we
be when we are to close wth
so great & so holy a God upon
y^e account of y^e Everlasting
Covenant. And in y^e promise
we should have y^e eye.

To his faithfulness, in comparison
of which every man is a liar, let
God be true and every man a
liar.

To his power, he is Jehovah, y^e
God of being, & hath his being
in himselfe and giue being to all

things y^e are. & call things y^e are
not as though they were. Hee.
spake y^e word & all things
were made. he commanded
and they were created. & he
nothing is too hard to y^e God y^e
promises. Isaac was prom
ised wth. Saith y^e Angel, any
thing too hard for y^e Lord.
This enabled Abraham to see
body to beget. and Sarah to see
wombs to conceive.

To his mercy. he is as will
ing as able. y^e Children.
leaned upon these 2. pillars
of salmons.

Stability & strength. The
God that we serve is able to
deliver. & he will deliver.
he is willing to do all y^e his
wisdom sees to be best exped
ient for his people. The man
y^e made a stone at y^e will of
Christ & he spake him thus
Lord if thou wilt thou canst
make me clean.

that answer I will be thou canst
Mat. 8. 23. And yet other yet nat
an If upon his power. If thou
canst do any thing he has
received a suitable answer.
If thou canst believe all things
are possible to him yet believe that
Mark. 9. 23.

4 To his unchangableness:
Whom he loves he loves to
end: yea world without end.
Joh. 13. 1. To his gifts & calling
are without Repentance.
Rom. 11. 29. With him is no
variableness: nor shadow of
turning. James. 1. 17. I am yet
God that changeth not. &
therefore you genes of Jacob are
not consumed. Mal. 3.
But all those letters of his
names together: his true & true
power: mercy & unchangable
ness: & that we have yet strong
lower yet solomon points at his
a city of refuge for y^e righteous
to fly into. Prov. 18. 10.

The name of y^e Lord is a strong
power: y^e righteous runst in
to it & is safe: This is y^e strong
consolation of y^e prophet
samuel did administer unto
Israel when they were even
ready for to faint: & die away
for greife & feare: 1. sam. 12. 22.
The Lord will not forsake his
people for his great names
sakes: because it hath pleased
him to make you his people:
Moses was comforted in y^e
glorious & fearfull name:
written not in Capitall Letters
but Capitall Attributes: with
y^e Lord caused to be proclaimed
before him. Exod. 34. 6. The
Lord the Lord gods y^e words
following speak Gods power
mercy & Justice: but yet
Excells is his mercy: & is writ
ing in y^e Golden Characters of
Largest mercy: to note out
to roote sinners of his mercy
rejoiceth against his justices
& his mercy is over all his
works

and upon this great Name are
all ye precious promises founded
and established.

And if to this name we ad
word of God, we adde y^e oath
of God, it will be a most in-
pregnable bulwarke for poor
sinners, As I live saith y^e Lord
I have no pleasure in y^e
death of a sinner, God who is
Lord and giver of life, he care
by his owne life y^t he takes
no delight in a sinners death
his delight is in y^e death of
sinns, and not sinners, he would
kill y^e sin y^t he may save y^e
sinner, y^t he might save us
from wrath he would first
save us from sin. and this
is y^t w^{ch} y^e Apostle hath left
upon record for all after
ages to admire and adore
Heb. 6. 17. 18. God willing more

abundantly to shew to y^e 9
hears of promise y^e immuta-
bility of his counsell Confirmation
it by an oath, That by 2. im-
mutab^l things wherein it
was impossible for God to lye
we might have a strong consol-
ation who have fled for refuge
to lay hold upon y^e hope y^t is
set before us. - - -

2. Secondly as we must in y^e
first place look to God y^e
Father as y^e great promiser
so in the second place our
eyes must be fixed upon
Christ: y^e son of y^e promise
Isaak was but y^e type:
Jesus was y^e truth y^e true
promised seed: in whom all
y^e nations of y^e earth should
be blessed: He is called
y^e mediator of y^e covenant
y^e of covenant it self: - - -

And all ye promises of god in-
him are ysa.: & in him amen-
2. Cor. 1. 20. We must looke vpon
god in Christ reconciling y^e we
vnto him selfe. 2. Cor. 5. 19. &
so likewise must we looke
vpon god in Christ as making
those ~~precious~~ precious promises
wherby y^e hearts of b^elievers
are drawne vnto Christ & himselfe.
Our Saviour tells y^e world y^e
none can come to Christ except
y^e father draw him. John 6. 44.
& he drawes wth y^e cords
of loue: & y^e cords of aman
these cords of loue are y^e
precious promises: & y^e cords
of aman are y^e faculties of
reasonable soules: y^e meditating
is this y^e truth of y^e promises
takes hold vpon our vnderstand-
ings: & our vnderstandings
takes hold vpon y^e truth of
y^e goodnes of y^e promises
takes hold vpon our wills
& our wills vpon y^e goodnes

& so of ignorant we are made
knowing; & of unwilling we
are made willing; & so god
drawes & y^e soule follows: -
god doth not draw vs as wee
would draw stocks & stones:
but as reasonable creatures:
making us willing to be drawne.
& then drawing us: as y^e
Spouse in y^e Canticles: prays
draw me & I will follow after
the Cant. 1. 4. The Apostle was
vnder y^e power of this constrain-
ing loue vnder y^e influence of
this attracting Lords stone: -
The holy Spirit of promises when
he said this is true & a faith
full saying: & worthy of all
acceptation y^e Jesus Christ
came into y^e world to save
sinners. 1 Tim. 1. 15. wherewith
his vnderstanding & will
as wth y^e 2 armes of his
soules: he clasped about
y^e promises & broken

or rather Christ in y^e Promise
like y^e Jewell in y^e Cabinet
th^o so those double dores of y^e
soul do fly wide open to give
Entrance to y^e King of glory:
3 Thirdly Consider further
yt y^e holy Spirit is called y^e
holy spirit of Promise:
Eph. 1. 13. In whom y^e are
trussed after yt y^e heard y^e
word of truth y^e gospel
of your Salvation: in whom
also after yt y^e beleeve
y^e were sealed with y^e holy
spirit of promise: It is
called y^e spirit of wisdom
th^o revelation because being
ioyned with y^e word of
revelation th^o wisdom
It reueales ~~the~~ truth
th^o opens mens witts th^o
make them wiss unto
saluation so tis called
y^e spirit of promise

because ioyning it self with
y^e word of promise: it works
strong consolation & sett
y^e Seal of assurances upon
y^e soules: th^o thus he yt beleeve
th^o sett to his seal yt God
is ~~the~~ true: th^o good: th^o true
it self: th^o goodness it self:
thus you see how God y^e
father son & holy spirit y^e
trinity are united in this
gracious worke of reuelling
th^o giuing out free grace:
unto poore lost soules in
y^e way of y^e promise As
there was a consultation
among yt trinity of persons
about making of man so
there seems to be a com
bination of them towards
y^e making of promise
so that there is a trinity
of confidence to make up
a strong consolation or a 3.
fold cord of unspeakable love
wh^o can neuer be broken

4 I shall add but one Consideration more to make it a square fabrick wch is held to be y^e strongest stop ~~the~~ surer of all buildings: & it is this:

The children of god are called y^e heyers of promises: hebr. 6. 17. 18.

God willing more abundantly to show to y^e hears of promise y^e stability or immutability of his Counsell confirmed it by an oath: & Christ is called y^e heares of all things. Hebr. 1. 2. b. 1. 2. are called fellow heyers with Christ. Rom. 8. 17.

If some heyers ioynts heyers with Christ & others further called y^e heyers

of promise: noting y^t there inheritance is in hope: & not in hand: & its in reversion not in possession baliures are like rich men whose estate lies most in bounds & obligations. They have all in y^e promise though litle in y^e possession: It was sad of that litle army of martyrs: Hebr. 11. 39. they all have dyed in y^e faith not having y^e promises. It is a hostile faith if in this life only we had home in Christ we were of all men y^e most miserable: noting y^t y^e best part of our hope is for a nother life. Theis kingdome like theis great masters is not of this world theis inheritance is in y^e land of promise they are but soldiers: hearts in a strange land faith is sad to be y^e substance of things hoped for

The evidences of things not seen
and ye just live by faith.
As ye Apostle sayth walke
by faith & not by sight it is
with us as with servants we
receiv earnest when we enter
upon our masters service

A water good against
for y^e stone

Take y^e beard of
lilies & dry to powder
& take as much as
will y^e eye one opeine
in a glas of wit wine

¹³
A water good against the plague
small pox or Measels. Furfitts
or any other infection

Take Rue egrimonie wormwood Celan-
dine sage. Balme Rosemary Mugwort
Tormantle Dragons Dimpennell
featherfew Burnett Sorrell Scabius
and a littell of the roots of cheam-
pane scraped; Marigold flowers
Cowslips Pansie flowers Carduus-
benedictus Angelica, of all these
take halfe a pound apeece only of
Rosemary a pound, but of Cheampane
lest then shreed all these very smal
and soke them in a pottle of sack
and a pottle of white wine and a

pint more of sack and whitewine
Let them stand 5 days and 3 night
every day stirring it, put in it
an ounce of aniseeds an ounce of
Caraway Coriander and Cardemon
seeds, put them in an ordinary
rose still being close stoped
with paste;

A receipt to make a Cordiall water

Take a gallon of white wine, of
red mary flowers and Cowslip
flowers of each halfe a peck
of balm and bettany of each two
good handfulls, of Cinnaomon,
Cloues and Anniseeds of each
an ounce, of nutmegs halfe an
ounce, of Mithridate foure
ounces. Bruise your spices and
mingle them with the hearbs &
flowers and put them into an

earthen pot with the wine and lett
them stand 24 howers, then put
them into a still with the Mithri-
date close up the still with paste
and let it distill till the hearbs
be dry the sweeten it with sugar
candy or loose sugar as you please.

Clary water for the back and stomack

Take three gallons of midling beer
put it into a greate brass pot of
four gallons, and put to it ten
handfulls of clarey gathered in
a dry day. Raysons of the sunn
stoned three pounds, Anniseeds
and Licorice of each foure ounces
the whites and shells of twenty four
eggs, or halfe so many if there be
not soe much need in the backe,
the shells beaten smale, and mixe
them with the whites, put to the

bottoms of three white lones; put
into the receiver on pound of white
sugar candy, or soe much fine
softe sugar beaten small, and
distill it through a Limbeck;
Keep it close and be seldome
without it, for it reviveth very
much the stomack and heart
strengtheneth the back, procureth
appetite and digestion drieth
away melancholy, sadness, and
heaviness of the heart;

How to make Squamirabilis

Take Cubebs, galingale, Cardamus
melilot flowers, Cloues, mace, gingo
Cinamon, of each, on dram bruised
small, iuyce of Celandine on pint
iuyce of Spearmint halfe a pint
Iuyce of balme halfe a pint

15
sugar on pound, flowers of Cowslips,
Rosemary, Borage, Bugloss, Marigolds
of each two drams, of the best sack
three pints, Strong Angelica water
on pint, and red Rose water halfe
a pint, bruise the spices and flowers
and steep them in the sack and iuyce
on night, the next morning distill
it in an ordinarie, or glass still,
and first lay hartstonge leaves in
the bottom of the still;

Hotte surfit water

Take on gallon of the best Squawits
and put it in a pott that will hold
5 or 6 quarts. Take on pint of Damask
rose water and put halfe a pound of
white sugar candy beaten in to it and
let it stand a day or two before you
put in the Squawits; then put
halfe a pint of Poppy water to it,

then take one pound and halfe of rays
of the sun stoned and sliced, a quart
of a pound of oats stoned and sliced
a quarter of an ounce of Cloves, and a
quarter of an ounce of Mace, halfe an
ounce of Nutmegs sliced in the midst
two ounces of Anniseeds made very
clean not bruised, and on stick of
Licorish sliced, lett all these stand
7 days soaking together close covered
one in a day stir it very well together
and 4 days before you straine it
put into it 2 handfulls of red Poppy
Leaves to couler it with, on Sprig of
Balm and on of Angelica; when you
straine it out into your glasses
you may put Musk or Amber-
Greece as you please;

To make black Cherrie water

16
Take of the best black Cherries twelve
pound, and beat them in a mortar stone
and all then put them to steep 24
houers in two quarts of the best sack
and put to it two ounces of finamon
beaten, two ounces of nutmegs a handfull
of thyme, and a handfull of tops of
Rosemary, and then still them all to-
gether in a cold still, this water is
good for the paine of the heart and
all risings that proceed from y^e Mother
three or fower Spoonfulls is sufficient
at a time, and if you will you may
sweeten it with a littell syrreup
of Iuly flowers;

A Medicine against the Plague
Measles small Pox surffits, &c.

Take Malmsey or Muscadine 3 pint
and boyle therein of sage and heard
of grace of each a handfull, untill a
third part be wasted; then take it
from the fier, and straine it; and put
thereto a penny worth of long pepper
halfe an ounce of Ginger, and a quarter
of an ounce of Nutmegs, be all first
well beaten, and put them therein &
set it on the fyre againe, and boyle
it a little longer, then take it off and
putt therein fower penny worth of Me-
thridate, 2. of London treacle, and
a quarter of a pint of hott Angelica
water;

Take this always warmed mornig and
evening, a poonfull or 2 if you be in-
fected and sweat (but not too much)

after it: If you be not infected halfe
a poonfull will suffice during the time
of infection.

There is no dainger to give it to
sucking Children abating the pro-
portion; Probatum est;

If you can gett noe hott Angelica
water, then boyle sage and Rue and
Angelica leaves (if you can gett
them) if not then a quarter of a pint
of distilled Angelica water in halfe
a pint of aquavita, till it be halfe
wasted, then straine it and this is
as good as hott Angelica water;

For the Rickets

Take of hartstung leaues
maiden haire maiden tsope
liuer wort strybery leaues
voilet leaues Speedwell of
each a small handfull 6 figs
half a pound of reasons of
the sun stoned a peice of tow
of gold and some amber boyle
all these in tow quarts of water
water untill half be consumed
then strain it and put to it
a little saffron and tow of 3
ounces of suger candy let it
boyle a little after: let the
child be weaned and giue
it a matter of 4 or 5
 Spoonfulls at a time
morning and euening:
mis Codarrintons receit

For the Rickets

18

Take a pottle of water put into
it the leaues of lauender
Bettony Endiue Spinnage
notter time selfheall tops
of sweet margerum of each
of these half a handfull or of
so many of these as you can
gett also of sordell Butrage
egtymony & liuer wort of each
the weight of ij senned seeds
carraway seed & dill seed tow
good spoonfulls beatten licorish
scraped & sliced a pennyworth
with half a handfull of the
inside of ashen rinde boyle
all these together untill a
quart be consumed then
Straine it out and sett it on
the fire againe sweeten it with
suger let it boyle a little and
keepe it and let the child

Drink of it blood warm three
times a day 5 or 6 Spoonfulls
att a time

~~For An inward Bruse~~

~~Take yarrow self heale a com
fre root washed and sliced
of each of these a handfull
set them on the fire in a
quart of runing water and
let it boyle untill half be
consumed keep it by it self
then take a pint of claret
wine burn it with suger
and a sprig of rosemary and
keep it in another pott then
3 times a day as first and
last and at 3 or 4 a clock in
the after noon take 4 or 5
Spoonfulls of the water and
4 or 5 Spoonfulls of the wine
warmed together and put in it
as much pallasitty as will lye
on a four pence and drink it
Approued~~

ointment for the rickets

Take of butter maid in the
may one pound of camamit
featherfew maiden haire
liue wort and colts foot of
each a handfull chope these
herbs small and boyle them
in the butter untill you thinke
the uertue by be out then
strain it and keep it for
your use.

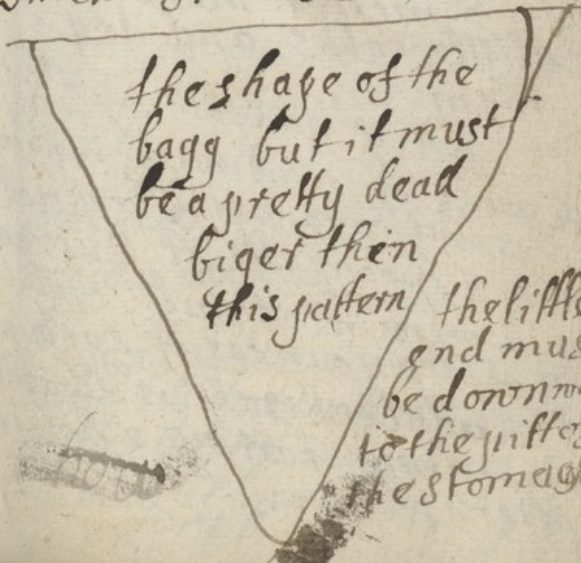
Goody barnes receipt

For An inward Bruse 19
Take yarrow self heale a com
fre root washed and sliced
of each of these a handfull
set them on the fire in a
quart of runing water and
let it boyle untill half be
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Spoonfulls of the water and
4 or 5 Spoonfulls of the wine
warmed together and put in it
as much pallasitty as will lye
on a four pence and drink it
Approued

An Approved medisine
for the falling sickness or
convulsion fits

Take 4 penny worth of red
corall in fine powder
and four penny worth of
mans skull and four penny
worth of piony seeds all
in fine powder mix them
to gether and if it be for
a man let him take as much
as will ly one a sixpence if
a child as much as will ly on
a threepence in a little mutton
broth three days before the
full of the moon and three
dayes after the full and
again three dayes before
the change of the moon and
three dayes after the change
and that must be a bagg fast

quilted with singgle piony²⁰
roote and a little of the
powder strowed on it in a
serisnet bagg is best it must
be worne about the neck
next the skin: and put a
little mithridate on a bitt
of scarlet to the pilt of the
stomack and let the party
smed oft to kee /:



the shape of the
bagg but it must
be a pretty dead
biger then
this pattern

the little
end must
be downward
to the pilt of
the stomack

to make amber cakes
good for fitts or
consumption

Take a pound of soft sugar
beaten and scarched very
fine drop in it a 100
drops of oyle of amber
put to it as much gum
dragon as steeped in
black cherry water as
will make it in to a past
beat it all together well
in a mortar make it in
little cakes and dry
them

for y^e sandos

A pint of whis wine infuse
in it one dram of Turmeric
and 2 spoonfulls of Currant
12 howers wth strained out
add to it 2 ounces of syrups
of Raluberb take it ^{at} 3 draughts
3 mornings fasting 2 howers
after it

The Drinke for the Dickets ²¹
mis sands receipt

Take of Harts-tongue fix or seven
Leaves, of Liverwort, Speedwell
violet Hyssop, wylde Yarrow, wood-
Betony, Coltsfoot, Plantaine, Agri-
mony, Violet leaves, Strawberry
Leaves, Maidenhair, All hogg, or
Gillge by the ground. of each of these
on handfull.

Lychoris on ounce, Anny seeds on spoon-
full, Currans a quarter of a pound,
Lent figgs 4 sliced, Darts two the
bones taken out, Raisins of the sunn
stoned on handfull,

Boyle all these in 3 quarts of running
water, till it comes to on quart, then
straine it forth, and put in to it
an ounce of brown Sugar Candy,
give the Child a draught of it 3

times a day, first in the morning at 4
a clock in the after-noon, and last at
night, three or four Spoonfulls at
a time is enough.

The Ointment.

Take Cammomile, featherfew,
Rosemary, Lavender, Southernwood,
Bay leaves, Rhus Hyssop time
Hellebore, of each on handfull;

Take a pound of unwaght Butter
boyle it and Scum it cleane, chop
the herbs very small, and boyle them
in the butter halfe a quarter of an
houre, then straine it forth, and
annoynt the Child with it for three
weeks or a month together on the
breast and back bone, and rub it
well in with your hand against the
fire.

To Make Juice of Licorice

22

Take 4 ounces of Licorice beaten small
and searched; and 5 or 6 handfulls of
the tops of young vnset hysop, & hand-
fulls of Casts foot, cleane wiped, on
good handfulls of flowers of rosemary =
Stampe all these together in a stone
morter and straine them into a faire
basin with a pint of hysop water, put
thereto the powder of Licorice and boyle
it, continually stirring it, untill it be
as thick as good creme, then straine it
through a fine strainer, and set it on
the fire againe, and lett it seech
againe a good space after stire it
till it be very thicke, then put into
four ounces of browne suggar Candy
beaten, then boyle it till it part from
the bottom of the basin, and then you
make it into cakes, the best time
to make it is in May.

An excellent Cordiall water,

Take a quart of Sacke, a quart of
Aquavita of 4^s the gallon, put to it
a quarter of a pint of Dammaske
rose water, a quarter of a pint of
Draggon water, a quarter of a pint
of corne Poppy water; half an ounce
a pound of Rayson of the Sun
stoned and sliced, on quarter of an
ounce of Mace, as much Cinamon
the like of Anniseeds; half a quar-
ter of an ounce of Cloves, as much of
Liquorice scraped and sliced, Take
all these spices bruse them a littel
then put Raysons, and the waters all
together in a stone pott, with these
flowers Rosemary Marigold Cowslip
Clougill flowers Borrage of each a
handfull sage flowers 2 handfulls;

23
Violets Dried on; handfull. Then take on
handfull of these hearbs following Penny-
royall Sweet Margerum Balsme. Mother-
time; let all these ingredients remaine
steeped and close stoped with a cork 12
days shaking it 3 or 4 times a day, then put
it into a hott still, and keep the first
quart by it selfe, and for the second which
you may mixe with it so keep aparte as
you please, when it is distilled put to it
on pound of white sugar Candy finely
searched, for the Cordiall take 2 grains
of Muske, 3 of Ambergreece, 4 of Beazor
12 of Maestrie of Pearle. beat all these
together add to them a littel saffron +
put them into a tiffeny bagg, and hang
them in to the water;

ist
n
m
r

To Make Short Cake;

Take a pound of butter flower, and half a pound of butter, half a pound of sugar 3 spoonfulls of barme, 3 yolks of eggs on ounce of Caraway seeds knead it all together, the sugar is to be stroued on the cakes when they are sett in the oven, they are to be layd on papire on a pewter plate or fine pan;

To Make Almon Cakes

Take a pound of sugar 7 eggs one whit taken out, beat this together for an hour put in to this quantitie, on quarter of a pound of almons blanchd and beaten fine, and 9 ounces of flower put in but iust before they are put in the oven;

To Make french Macaroons ²⁴

Take on pound of Jordan Almons and wash them in 2 or 3 waters, then lay them in warme water all night to blanch them then drye them in a cloth, and beat them in a mortar very fine, and put to them half a pound of sugar, and beat them to a perfect past, then put in 6 spoonfulls of rose water, and 1 graine of muske and 3 graines of Amber greece: and when you have beaten all these together drye it on a chafing dish of coales till it grow white and stiffe, then take it off the fire, and then put in it the whit of 2 eggs beaten to froath and stir it well together; and lay it in long bunns and bake it in an oven as hott as for manchett, but the heat of the oven must be over before you put them in, and when you see them white and high, take them out and sett them in a warme platter

and sett them in againe, and lett them
remaine 4 or 5 howers and they will be
drie, soe you may box them and keep
them;

To make a Cake

Take 3 gallons of flower, 8 pound of Curr
3 pound of new butter, then take better
then new milke, and put 2 or 3 pound
of the currans into it and warme them
well together, mixe the rest of the
Currans with the flower, 1 ounce of sinna
mon, 2 races of Ginger, 2 nutmeggs and
3 three quarters of a pound of new barin
which being tempered together, make
a hallow in the midst of the Cake flower
and put in y^e butter milk and currans
y^e butter being first gently melted
that it be not cleare, put in there with
three graines of musk being first
dissolved with a littell sack in a

23
fawcet. after this putt in a pint of mahgo
jacket then temper all together with a
gentle hand that it be not stife, for it
is the cheifest thing in it, lett it worke
an hower or more then bake it in a quicke
Oven. If you make it thick lett it stand
in y^e oven an hower and a halfe; soe candi
y^e cake topp; soe soone as you draw it wash
it over very well with butter and damask
rose water then strew it with suggar
and sprinkle it with rose water. soe strew
it with suggar, and sprinkle with rose
water 3. or 4 times more; and sett in
the oven awhile;

How to make biskett bread

Take one pound of suggar and one pound
of fine flower, put thereto twelve eggs
take out five of y^e whites, mixe them
together and beat it 2 or 3 howers, then
put it on a plate, rubbing a littell butter
one the plates;

A receipt how to make Macaroons

Take one pound of almonds and blanch them in cold water; then beat them very small in a stone mortar, with soe much rose water as will keep them from drying, put thereto 3 quarters of a pound of sugar finely beaten, the drye it in a dish over coals, stire into it white of eggs, the put it upon wafers and soe bake it;

How to make Sugar Cakes

Take one pound of sugar, one pound & quarter of flower, 3 quarters of a pound of butter, 3 spoonfulls of rose water and vinegar mingled together, mould all this in a paste, soe make it into littell cakes, and bake it, you must heat your rose water and vinegar a littell;

A receipt to Make Cowslip wine ²⁶

Take 3 gallons of faire water put to it six pound off loaf sugar boyle it to gather halfe an hower and better, as the scum rises take it off, then power it forth and sett it a cooling: when it is almost cold take a littell Spoonfull off yeast beat it well with six ounces off sirrup off cytron or lemmon brew it up and downe well with a dish in the liquor and lett it worke to gather two or three days, then straine it forth & put it into a caske or earthen stean it may be filled with it. when it hath done working stopp it close: three weeks or or a month after bottel it, into each bottel putt a lump of the purest loaf sugar;

when it worke when the flowers work up putt them downe againe
X then take a gallon off pickt Cowslips bruse them in a stone mortar putt them att into a liquor

60 To Make a Cake

Take a peck of fine flower, 8 or 10 pound of Currants 4 pound of butter, rub it in y^e flower a quart of very good barme, a pint of Sack a pound & halfe of fine sugar, 8 or 10 eggs, 2 Nutmegs, & a little Cloves & mace and Sinnamon, take a quart Cream & boyle it and with your sack make a posset but first put your barme in y^e flower and lett it stand a little while, then put in your spices, and posset, & a little rose-water, mingle it all together, & lett it be pretty tender, the Currants you must not put in till it is ready to go in the oven, and then put in 3 ounces of Citron, & a quarter of a pound of perfumed Comfits, put them in with your Currants & Citron.

M^{rs} Dophams Receipt

for

To make a cake my ^{Lady} Jenkinsons way 27

Take a quarter of a peck of fine flower, and a pint of ale barme, eleven yokes of eggs, beat the eggs very well with rose water, take two pound of currants, 2 pound and halfe of raisons of the sun stone and cutt small, mingle the flower and little nutmeg and cloves and mace beaten and some salt, and your fruit first, and a little sugar if you please, then put to your barme a pint of creame, and 3 quarters of a pound of butter warme your cream and melt your butter in it, then put it to your flower and knead it well together, and wyape it in a cloth, and lay it by the fire halfe an hower to rise, then make it up and put it in the oven, when it is almost baked, take it out and wash it over with rose water, and a little muske and ambergreece and strow sugar upon it and sett it in the oven againe, the oven must be pretty hot.

To make the sope sud possett
Take 12 eggs leave out 2 or 3 whites, and
halfe a pint of sack and some sugar, and
beat them very well together, and then
set them on a chafin dish of coals beat
them very well on way and but in one
place, till they froth very high, then
boyle on quart of cream or milk very
well, and power it into your eggs boylng
power it ~~as~~ in all the same place you
beat your eggs

To make a Lady tarte
Take pipins pare them, and core them,
and slice them in small bits as you pare
them, and throw them into cold water,
and to a pound and halfe of pipins, put
one pound of sugar loose sugar a bone
halfe a pint of water, boyle the sugar and
water to a good surrup, then scume it
very clean, then putt in the pipins, and
lett it boyle very fast uncovered,

when they are tender ⁷⁸ take them off the
fire, and break them with the back of your
spoon, sett them on againe boyle them
till they are cleare and etife stirring
them, and iust before you take them off
squeeze in the iuce of 2 or 3 lemons, and
some orange pill cutt small if you please,
then putt it in gallipots, ~~It~~ Take halfe a
pound of flower a quarter of a pound of
sugar and a quarter of a pound of butter
two spoonfulls of baryne two yolks of eggs
make this in a paste, and roule it very
thin and cutt it in what shap you please
then bake it and when it is cold lay
your aple vpon it as you use it, stick
it with sweet meats or fittorn

Ann Delabear

To make a Carroway Cake

Take 3 pound of flower, rub it, into 2 pound of sweet butter, put in a little Cloves and mace beaten, then warm one quart of cream, and put to it 10 eggs & one pint of ale yest. For make it into a paste, and wrap it in a warme cloth, and put it into a bed to make it rise; and lett it lye one hower; then mould in it 2 pound of Carrowayes, and Citron, and Oringe pill if you please; and on quarter of a pound of Almonds beaten with rose water; when that is done, put it quick into your oven

To make Jam balls

Take a quarter of a pound of fine flower and two ounces of suggar two eggs one spoonfull of sack and one spoonfull of sweet cream then make this up to paste; and mould it up with sugar and anniseeds and for role it and make it in what fashion you wish and bake it

For a fistula, or any old or new sore

29

Take 4 ounces of white Copperis, and one ounce of Camphir, beat together, and put them in a black ash pott, sett it on the fire, and it will melt, and after it will thicken againe, and dry to powder with continuall stirring, and scrape it from the sides; but doe it with a few coals in a chimney that the smell trouble your not, and when it is dry like to meale, then mix it with 4 ounces of boyl-alminack in fine powder, and when it is done, then to a spoonfull of this powder, you may put a pottle of water, being just boyled up, then put in the powder and take it off the fire, and stir it a while, and when it is coole, put it in a bottle; and use the cleare, if the sore have any hole, as it is to be tented, then you may lay a little linte on it with a little of the bottome of this water;

Receipt off Snail-water;

Take Scabius, ground iuy spotted Longwort,
Jerusalem sage, freedwell, Pauls Bettiny of each
of these a good handfull, a pound of Reasons of
y^e sun stone, a pound of Dates, a pound of blew
figgs, 4 ounces of Liccorish, halfe a pound of y^e
Bringo root candid, a pound of conserve of red
violet, halfe a peck of snails, cut your herbs small
slice your Liccorish, and figgs, put your snails into
a good quantitie off beere to purge them, after
a time chaing them into fresh beere and haueing
well fered themselves, then lay them into a
drizzling pan before y^e fire, but not very neare
y^t y^e pan frooping y^e y^e stime matter may
run from them and take it out with they
broke y^e shell but take them not away and
y^e night before you fill itt putt halfe a pound
of harts horne, 6 ounces of China, making all
all night in two quarts off spring water, and
haueing all this done, take two Cock chickings
and wash them clean, and breake all there
bones to peices, and put all this into a
gallon of new milke, and still it with

a soft fire, and lett y^e water run vpon sugarcandy,
Take of this water in y^e morning fasting, and att
4 m y^e afternoone, and att night when you goe
to bed a quarter of a pint, pretty hott as you
may drinke itt

30
Receipt for the womes
Take Coralline a quarter of an ounce, harts horn
prepared y^e weight of tyelue pence, Red Corall
prepared, Pearle prepared of each y^e waight of
a grate y^e flowers of Censory, y^e Roots of white
Diclammus of each y^e waight of 6 pence sugar-
candy a quarter of an ounce; make all these into
powder, and giue as much as will ly vpon six
pence out of a spoone with a little of y^e Julipe
and lett him drinke 3 or 6 spoonfulls of y^e Julipe
after it, lett him take y^e powder morning and
euening for 6 days together, once every six
weeks. To make the Julipe
Take y^e distilled water, or instead of it the
decoction of y^e roots of knotted gras halfe a
pint, Syrupe of Lemmons and of violets of
each an ounce, spirit of Vitrioll as much
as will make it pleasantly sharpe; mixe all
for a Julipe

To anoynt the Naueil and Belly

Take a fayer Lemmon or Citrone, cut of the topp and take out parte of y^e pulpe, and fill him vp with y^e best Venice treacle or Mithridate then put on y^e couer, and wrape him in browne paper and soe roast him, as you doe a warden then beate him in a morter, and straine out his iuyce, and keepe it for your use, with this you may anoynte his belly morning and euening

To Make Cordiall balme water

Take two quartes of white wine steep in it four and twenty howers two good handfulls of balme a handfull of broad time or kill time, a handfull of sweet marierum, a quarter of an ounce gunce of Cinamon, and two lemons rinde and all, still it in an ordinary still close pasted vp, you may if you please lett it drop on sugar candie, and put a clove or two in every bottle.

To Make a pudding in a legg of mutton³¹
Cut out all the meat, and leaue the skinn whole, and the bone, mince that meate very small, put in neare the same waite of stuet as meate you must put in 8 Eggs, season it with nutmegg peper and salt and put in all manner of sweete hearbes with a little onion, the hearbs must be minced very small

To make a Calfe foot Pudding

Take a p^{er} of Calfe feet boyled till tender y^e chop them as small as possible half a pound of sweet chips small six Eggs four Whites a little salt Nutmegge Sugar half a pound of Currants three or four Spoonfulls of sack one spoonfull of flower a peny soafe grated mix all this well together put it in y^e pott boyl it one hour for sauce sack Butter and Sugar be sure y^e pott boyl when y^e put it in

The best way to make red cherrie wine
Let of cherries be dead ripe then wash them with
cleane hands very well and put them into deep
earthen pots, and lett them stand 2 days close
covered, which helps of color by of skins lying
in of juice, then press out of juice in haire bags
in a cider press, and to each gallon of Juice
put a pound of sugar in, Let of Juice stand
in deepe pots close covered a day and a night,
the take off of thick scum, and turn vp of Juice
in a vessel of a fitt size, order it in working
as in of former recepe filling it up with some
of of same liquor as it waste, and when it has
done working stop it close, draw it not off
under 2 months standing in of vessel,
two fives of Kentish cherries will yield seven
gallons and 3 quarts of Juice if fully ripe
and thoroughly pressed. Take out of stones
of of cherries for it is of best way!

To make nigg piddings
Take a pint of good milke 6 eggs
a spoonfull of good Balm a litle salt
a litle nutmeg a litle sugar put in
as much flower as will make it a litle
thicker ym butter seat to of fire to
rise for 2 hours stir it often butter
som ten pence e fill ym but half
full bake ym a quarter of an hour
in a quick oven butter sake e sugar
for saces

32
To make biscuits
Take four eggs leave
out one yolk then put in
a spoonfull of flower and
a spoonfull of sugar untill
you have put in as much
as you think will make
it thick enough stir
stir it with your finger
and put in flower and
sugar untill it be stiff
enough to roll them out
it in round bards as
big as a walnut or
less if you please and
lay them on fine plats
or paper sliced with a
slice stone ~~but~~ just as
you put them in the oven
dece them down a litle
a bout the edges you
may put in a few
carraway seed ~~and~~
you please

To make portingall cakes
Take a pound of butter and
a pound of flower worke
it together then take five
eggs put out ten of the whites
then take a pound of suger
and beat them all together
for an hour then put in
a pound of currere washed
and dried then bake them
in bisket moulds

To make Jumbals
Take five spoonfulls of
fine flower and five
spoonfulls of suger sifted
mix it together put in a
few coriander seeds and
caraway seed then beat
in it ten yolkes of egges
stir it with your finger
if it be not stiff enough to
role then put in a little more
flower and suger untill it
will role then make it in
what shap you please and
bake them on tin plates

33
To make cakes
Take one pound of butter
one pound of suger finely
beaten worke the suger &
butter together with your
hands untill it lise crumb
then have six eggs well
beat three whites well beat
ten put them in by de
grees stirring it still then
put in a pound of cur
rene clean washed and
picked and dried and
warmed by the fire and
then strow in it some
of fine flower dried
then drop it one quarter
and bake them and
boyle a little rose water
together as thick as a
sirupe and with a feather
doe them over iust as
you put them into the
oven twice the m

34
Doctor Freeman's excellent receipt to make
a water to break the stone fetch it away &
procure much ease to y^e partie; if it be
well and rightly used.

Take Dropwort, stonebreake, browne sage, fox
sage, golden rod roots, of tormantile, mulken
mountaine time, mountaine sage, fallendine
a good handfull of each, anniseeds carraway
seeds cumine seed, an ounce of each english
Rubarb one ounce, outlandish Rubarb one ounce
and a good handfull of y^e tops of Juniper.

Take all these things and bruise them & then
infuse them in 3 quarts of brandy 2 days, and
then distill them, and after it is well distilled in a
glasse still, the partie y^t doth take thereof must
put 3 drops of y^e spirite of vitriall in to two
spoonfulls, and y^e partie when he takes there-
of is to ly upon his back, tune y^e leate.

This may be taken at any time when you
begin to be troubled with y^e stone

35
Doctor Willis his water for sharpness of urine
Take y^e tops of Pine, and fir tree of each
six handfulls, y^e tops of Cypress 4 handfulls,
Comfrey roots two ounces, crums of white
bread six ounces, water cresses 2 handfulls:
distill these in six pints of milk and a
quart of Mallica Jack. Drink a quarter
of a pint at a time, morning & afternoon

Pill by Doctor Bates

Ammoniacki cum tinctur Castor dissoluti et
exalati one dram. Galbani one scruple, salis
Cyclearia fraxini, salis gema each one
dram and six graines, salis Calib. 2 scruples
and a halfe, Rubarb sena each one dram
and a halfe; Aloes 4 scruples siccus ablythi:
Roman quantum sufficit ut fiant pillule
pro numero sex ex one dram Involuantur
in pulvere Glyc. of Lycorish

For wind in guts or Stomach.

Take of Roman wormwood, Centaury, Egring
and Stone hore durg of each one handfull
dry them and pound them and sift them together
and put them in a pot well stoppt, and take the
quantity of halfe a spoonfull in a pint of good
ale fasting in a morning, and eate any thing
that is whole some an houre after.

For an Ague

Take the seeds of burdock and boyle them
in a pint of water for halfe an houre you
may boyle the quantity of an ounce of the
afore said seeds, lett the party drink this two
or 3 times on the day on which he expects the
ague.

For the green sickness

Take two handfulls of green wheat boyle it
in a quart of spring water till it come to a
pint, sweeten it and put in two spoonfulls of
pennyroyall water, and drink this quantity for
three nights together when you go to bed.

To candy Angelica

36

Take a pound of the stalks of Angelica that are
young and green and put them in faire water when
it boyls and lett them boyle covered untill they be
tender and will fall where you have filled them put
them into a skillett of faire water boyling lett
them stand on a gentle fire about three quarters
of an hower close covered, then draw them from the
water, and take three quarters of a pound of loose
suggar strow some sugar all the bottom of your
dish so lay a laying of sugar and a laying of An-
gelica untill all be in, you must keep two or three
spoonfulls of sugar to make a thin sirrup at last to
wash the stalks in, the next morning boyle it halfe
an hower, and again the second morning, the third
morning boyle it untill all your sirrup be wasted,
then put it in your thinn sirrup boyle it a little in
that, then ~~from~~ strake it cleen out of that sirrup
and lay it in your stove to dry. / put a bit

To make biskett rings

Take a pound of sugar, and two pound of flower
a quarter of a pound of butter, 5 spoonfulls of rose
water, and four eggs yolkes and whites beaten, a
few ~~corns~~ coriander seeds, make it into past
and fashion it into rings and knots, lay them on
flowered papers and bake them.

To pickle kidney beans

Take the youngest you can get putt them into water and salt as strong as will beare an egg lett them ly in it a fortnight, then take some orange vinniger and season it with salt and put them in that and lett them ly in a fortnight, then boyle them in a brags pot in water untill they are tender they must be covered close while they boyle, take them vp and lett the water run from them, then putt them in white wine vineger as much as will couer them, and in another fortnight they will be ready to cate

To make cutlets

Take a neck of mutton cutt it in stapes then beat it well, then take the ysls of two eggs and one white, and as much faire water as there is egg beat the eggs very well, and grate a nutmeg and put into the eggs, and a little salt, then grate some stale white bread, then dip your meat in the egg, and then fry it with sweet butter, or you may broyle it on a gridiron, make your sawce with a little graue wherein a little onion hath been boyled and a little butter

arche
John D.

To rost a hare

Take sage sweet marjorum, parshly, onion, chapp them all small, then take a peice of sweet butter and put them into the hares belly, and when you laid the hare to the fire put some water and salt and slices of onion into the pan and baste it with it untill it be almost gone, then poure it out and put some milk or cream into the pan and baste your hare with that untill it be roasted, flowering it often, and for the sawce take the water poured out of the pan and put the herbs into it and some butter.

To rost Venison or beef

Take your venison bone it and skin it then beat it well and lay it in pump water and a little salt to make it look red lett it ly a day and a night then season it with pepper and salt and lay a little butter at the bottom of the pan and then top, and couer the pan with paste and bake it with bread, then take the meat out of the graue, and lett the graue stand to coole and dry the meat in a clean cloth and pull it in as little peices as you can then season it with a little nutmeg mace and cloves, then take the fat of the graue and put in the bottom of your pan and a bay leafe or two, then put in your meat and press it hard in and lay the fat in here and there some, and melt some butter and pouer it on it, and keep it covered you must doe it as

Soon as it comes out of the oven while it is
hot, or else it will not cleave.

To pickle Cucumbers

Take your Cucumbers and wipe them very cleane
and lay them in your salt, then lay a row of dill
and fenell, and a little spice, untill all be in
salt then boyle your vinegar, and season it with
salt to your taste, and pour it scalding hot on
cucumbers, and cover them up close, and let them
stand a week or ten days, then boyle up your
pickle once a day for three days together and
put it to them scalding hot againe, in the last
boylng just as your pickle boyles up put in your
cucumbers, lett them just begin to boyle, and
then take them out quickly, and lay them to
coole, and when the pickle is cold put them together
but throw out the dill and spices.

To Make Gooseberry wine

Take 36 pounds of ripe gooseberries break them
well with your hands then take 13 quart of boyl-
ing water put to the gooseberries, and lett it stand
untill the next day, then strain it and put in the
liquor 12 pounds of sugar lett it stand untill
the next day, and if the sugar be melted put
it up in a vessel, lett it stand untill it is fine
the bottle it, it will be fine or six weeks
before it be fine

To ice a Cake

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To a cake of 9 peck of flower take halfe a
pound of refined sugar and halfe a pound of
white sugar candie finely beaten and sifted then
take the whites of three new layde eggs beat them to
a froth with a spoonfull of rose water, so beat the
froth and sugar together all the while the cake bakes,
as soon as you draw your cake doe it all over with
a knife.

To make Salagges

Cut out all the flesh of a leg of mutton or
veale shred it very fine, add to it as much beefe
steak as meat shred them both together very fine
then take near a pint of oysters well washed in
their owne liquor beat them very well together
in a mortar untill they be well mixed and the
oysters not discerned season it with pepper and salt
mace and nutmeggs but not to high, and a little thyme
winter savory and sage, shred very fine mix
this with 8 raw eggs, make roule them up in little
roules and fry them in butter, these will be good
if you have no oysters.

To make raison wine

Take two pound of raisons stone them and put them
in an earthen pan then take 3 quarts of water and
boyle it, and stowe it boylng hot on the raisons, and
three or 4 lemons and put in pill and all and cover
it close, lett it stand 3 days stirring it once a day,
then strain it and bottle it up, and it will be ready
in six days to drink.

to make pises
Take four ounces of suger
one ounce of guls of
sipping or any other fruit
the whit of one egg be
beat to froth then beat
then take of the froth
and put it to the suger
and guls and beat it very
well together then put it
on cards or tin plates put
it in an oven after bread
to dry beat all your eggs
to froth if you can if the
guls be thin you may
leave a little of the eggs
cut

to make agricocke cakes³⁹
Take your agricockes scaled
therin and ~~scrape~~ pare them
and scrape them then take
the weight of suger put the
agricocke an suger together
put it on the fire and
keep it stirring untill it is
dried that you may put it
in shapes or tins mould
then put them to dry in a slow
you must not let it boyle
thus you may make
cakes of sipping of rasbury
or guine if you would make
red & guine cakes color
your put guine when you
have scraped it with a little
juice of barbares

A Receipt to make red cherry Brandy

To one quart of Brandy, putt one pound
and halfe of red cherries, halfe a quor-
ter of a pound of Sugar, 8 cloves, 2
or 3 peices of Cinnamon, one peice of
dried orange pill, one ounce of lemon
pill, a little safron if you please, bottle
this up & sett it in the Sun for a fortnight

for a sting
bathe it in milk from
the cow

for a pock in the eye
take hemlock and salt
if hemlock bruised a little lay
to the contrary rist putt on
fresh every 12 hours if it keeps
it on well quered
for the bloody flux take
of y^e dung of a pig y^e eate
grass fresh dunded putt in milk
till it is clear and drink of it

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To make wigs
Take 2 pound of flower
a little mace cloves and
Cinamont small beaten
one good handfull of sugar
and a little salt mingle all
these together in the flower
then take something a beue
a quarter of a pound of butter
melt it in as much
cream or new milk as you
thinke will wet your flower
then put in the flower
~~four~~ seven or eight
spoonfulls of barm someth
it up to gether not to stiff
not to fitteth set it in
a warm cloth half an houre
take make them up cut
them one the tops base them
them one tin silks or paper
the oven must be as hott as
for manchet if you please
you may put in a quarter
of a pound of carraway &
cornish insted of sugar & mace

To make Elderberry water
 Take y^e berries in y^e stalk
 full ripe strip y^e stalk
 & pick out y^e green berries y^e
 put y^e in a tub wth water cover
 wth a cloth wth y^e water
 is cold put divided bladders
 over y^e and is str^{ain} y^e very well
 morning & evening for about
 9 days y^e put in a barrel of
 of berries a gallon & half of
 very good the barm y^e
 stir it all well together
 is about four & twenty
 flowers after begin to
 still is of in a Limbeck
 with a very gentle fire

For the speedy delivery in child birth
 Take of Eels livers dried and pound them
 and give the quantity of a quart of a flon
 full of the powder as soon as you can it
 provokes both birth and after birth
 An undoubted water for the cure of asthma
 Take two ounces of Colletes, and dry them
 of them mix them, and take a Spoonfull of
 the powder and boyle it in a quart of Spring
 water then dip a cloth double (after you
 have strained the county or hollows of the
 fistula) and apply to the place this do twice
 on a day
 To be used All long Concombers take
 the seeds and slice y^e many
 take Concombers and slice y^e many
 side and take out y^e seeds y^e many
 y^e in a strong brine of salt and water
 make boyling heat let y^e in it
 12 hours coming close in brayn
 take as much water y^e many
 will cover y^e and let y^e over a
 quick fire in a glass till as soon
 as they have boyled take y^e of
 and lay y^e in y^e water y^e many
 removed a hot cloth till cover y^e
 les half next day in 8 day y^e many
 musters seed and boyl y^e many
 y^e pot cover y^e water y^e many
 y^e drop y^e close y^e water y^e many

A drink for the Scurvy
Take 2 quarts of male beer a quart of
a pound of lignum vitæ chips, half an ounce
of anniseeds, half an ounce of sweet fennel
seeds, a little handfull of the tops of fennel
leaves and boyle all these in the beer untill
it come to a quart then take 3 pint of ale
a quart handfull of young grass a handfull
of cowslift almost an ounce of licorish sliced
boyle the herbs and seeds an ounce squared
in first & then since the full strength in
the ale all night in the morning strain it not
and put it to the beer when it hath stood
is settled put some leavin of claret to it &
boyle it up till it coole, take halfe a pint
every morning fasting before you eat wash you
kinds and fast an hour after.

Doctor Cox his medicine
for an aque
Take the flowers of sentinay
and camomile of each the
third part of an handfull
gentian roots ten grains seed
of officina and a drachmas seed
of each a dram boyle all these
in half a pint of spring water
untill it com to a quart of
a pint then strain it out and
take it if low or three hours
before you eat if corn and fast
your houses after it and you can
your bed and sweat if you can
this is one dose but if you eat
by taken three times and then
if seldomes saile of a cure
A medicine for a Scurvy
Take two penny worth of Longemake shell and
muse it into a pint of milk and drink it, use it
two or three times, with this agreeable quantity of
milk and the powder of the said shell / half
for the mearning most of young and to
trement gashes
Take of Syllist about five handfull boyle in a pint
of water, and give it the party / twice

123456781

a good ~~salt~~ salve
for the Kings evil
any green wound
Take black with buying
with with rosen beds
roa ship suet melt
the suet and roa to
gather them with the
rest of the things melt
them well together for
it boyle a little then
pore it out in to roa
roa rosen it is cool
sore it again roa the
with and rosen must
be ground

If receive to make Colonnell Thompsons P.
Take one pound of flors, half a pound of
Olyth, a quarter of a pound of oil of
all these ready powdered and sifted, then take
two quart of brandy, divide it into 3 parts, then
put in the powder into one part of the brandy
and let it stand twelve houres stirring very often
then pour of the cleare into the pan you are to
boyle it in, then pour in another part of your
brandy, and doe as before, then put in the last of
your brandy and doe as before, while this is do-
ing take half an ounce of english saffron and put
a little brandy to it let it steep twelve houres, then
lower it off and put in a little more brandy and doe
as before, so doe the third time, then boyle it all to
gather till it is like a quadding, then pour it into
a bladder or putt which you please.
The best thing to boyle it in is a mill horse left over
a Clapping of coals.
To Make fresh Oyle
Take eggs and beat them well, put them in a
pint of cream, and a quart of milky wheaten it
purer, and let it stand for 3 days, it being
all the while when it curdles put the curd into
moulds.

For the Thrush in
 a child's mouth
 Take three spoonfulls of
 red rose water and three
 spoonfulls of Stanchin
 water and the rosin of
 an oyle with a little ginge
 rose sugar mix all these
 together and offer to the
 the mouth with a syringe
 digged in it and something
 set off the go down with
 a spoon. It will not hurt
 the child.
 To make GINGER Bread
 Take 3 lb of flower put to it
 one pound half of bread or
 honey one lb of sugar set
 it over a fire in a clefthouse
 and mix it in wth flower and
 a little cinnamon and make
 care may and knead wth

Give as much as will by a great
 twice or three a day in a glass
 of Indur
 borders omnium
 Sackar rose ad
 Stee. diamargarit
 frigid 5
 34
 Oculi. Caner. 5
 31
 Corall. rubr. 2 5
 Margaret for a Reddish
 St. Edward's
 to go of 66
 begun from 30 grains
 together this good at night
 to powder and mix them
 ten drams beat them
 half an ounce dryed in
 some a dram rubat
 parts horn of each half an
 cotinardet seeds prepared
 ounces and one ounce
 take of roots red few
 for the worms
 for the worms

Lucantella or y^e Lady Doctor buydome
Take a quarter of a pound of yellow bees
wax, cut it into slices, and put it into an
earthen pan with a pint of sack, then
melt it, and when it is melted take it
from y^e fire, then take half a pound
of Venice turentine and wash it with
rose water, then take a pint and half
of sacke oyle, and pour y^e oyle and
turentine into y^e pan, when y^e wax is
well melted in y^e sack, then drye them
together with a very soft fire, till they
are very well infused, then lett it to coole
and when it is very cold take away
y^e cake from y^e sack, then melt the
cake in y^e pan againe, and when it is
melted put in one ounce of y^e best
sanders, stir it continually till it
be cold

for the worms
mycoses & the ghyans
Begin
Take half an ounce
of powder of coral
half an ounce of evaine
of statat a quarter of
an ounce of shaued
louty a quarter of an
ounce of burnt hats
ornes of burnt hats
horn mingle all these
together and give the
wait of y^e waite to a gill
of 12 or 13 waits of
morning 3 night
at 2 or 3 dayes the
waite of 6 gill one

A little drink for the scurvy
Take sugar 4 ounces, Rhenish wine 4 ounces
anhydrous, & digest of each 4 ounces
the tops of 1 lb & 2 lb of each 2 handfulls
Rhenish wine & extract of each 2 handfulls
the roots of fenell & hardwood of each 3
ounces, the shavings of cassia 4 ounces
lett these things be put in a thin canvas
bag in six or 7 gallons of ale, and these
following juices, put in the juice of a large
head of sawygrass, of treedlime and
water-cresses of each 4 handfull, & a pint
of the juice of Onions. This may be drunk
in 4 days time twice a day if you please

my sister needs salve
Take half a pound of red
lead finely sarched two
ounces of cassid some two
ounces of bees wace
one ounce of oyle of saint
Johns wort
one pint of oyle olive
put the oyle in a greasy
lage scettel and cut the
sage and wax in small
bits put it in the oyle
set it on the fire untill
the wace and s oyle be
all melted then put in
the oyle of s. Johns wort
set it in the wace scettel
put the head beginning it shing
and lett it boyle untill it
grow all most black then
giver it out in to a dish
of wace & Rhenish wine

For a weak body

Take a gallon of new milke of a goat or red cow
 10 yolks of hen eggs 2 leaved leaves of yew
 finest mace, one quart of cowslip flowers
 hick, put this in a dry still and draw as much
 as you can with a good red fire, in this water
 you may put 6 grains of Amberreece, and
 one quart of a pound of dulce refined
 sugar, you must keep it close stopp'd, and
 take of this two Spoonfulls in the morning
 fasting!

Another

Take a gallon of new milke of an ass
 or red cow, and one pint of sack, and in
 pint of hysc. harts, treacle, halfe a pint of
 pint of red rose water, halfe a pint of
 mint water, 10. or 15 yolks of hen eggs,
 on ounce of Cinamon, and distill it you
 may sweeten this with sugar Candy, and
 take 8 Spoonfulls in the morning, and 8
 in the evening

Blacke Cherie water

Take 4 pound of black cherries, and two
 ounces of Cinamon, and one ounce of nut
 megs, one handfull of the tops of badme
 and one handfull of the tops of rosemary,
 of the flowers of Burrag, Marigolds,
 clove gilliflowers, and clay, of each of
 these one ounce, distill in gallon of margo
 sack in a rose still close stopp'd!

For a burne

Take the mer rinde of Elder, and the
 mer rinde of Erme and groundsel, pound
 these together, and boyle them in red
 liquor, spread it on a fine cloth and
 lay it to the sore, there must be a like
 quantitie of the Elder rinde of Erme and
 the groundsel

and for 3 mornings each morning taking
 for 3 mornings together in a horn with a
 little white wine and drink after it a
 little glass of white wine some 3 or 4 times
 the seldom fails although it hath taken
 the moud of the head; *Involutum est*
 So made Oyle of Eggs
 Take ten or 12 eggs, and laye them
 very hard, then take the yokes and
 crumble them into a newto dish or flite
 and sett them on some quick coales;
 stirring them, and when you see the
 oyle begins to come take it off and
 keaine: if you please you may put
 in the dish, it will make the oyle com
 out the better. you must make use of
 it with a feather, as hot as you can
 suffer it

for a droppe
 Take three gallons of the best worst, boyle
 without hops, burned; then take of worme-
 wood of Rosemary of Decay of creeping
 of Watercresses, of each two handfulls, and
 these herbs put them in a Copper, and make
 from the mill made without graine or
 salt bade them with household bread,
 lett your fire be ready when the drink
 hath done working, put it into the drinke
 lett cust and keete in some days it will
 be ready to drinke.
 For the passion of the heart
 Taken quart of Claret, steep in it of Rins
 of heartmunt of cornet, of each a handfull
 a handfull of Rosemary, hang on graine of
 passion in a bag in it, when sweeten it to
 your taste, and take 3 or 4 handfulls at morning
 at noone, and at night, this is approved

In excellent ayowd medicine to cure spots or
 puchons in the eyes
 Take layns thia one ounce, which must be
 prepared thus beat it into a fine powder
 then set it a fire 3 howers in brass muller
 after y^e draine out the oil from y^e tunicid
 put in more mull of y^e same kind, thus
 keep it 3 times and 3 howers at a time
 and as often in white rose water after
 it hath been in brass muller and then it
 is prepared: take also of Camphire half
 an ounce cut it in all with a knife and
 apply that beat it as small as you can
 with a blanch almond or two put in the
 almond when you begin to beat it but
 all these in a quart of Rheny sack with
 an ounce of y^e brightest flow byantine
 you can gett and an ounce of white sugar
 candy, both will beater, make these
 things well with the sack in a glass twice
 or thrice aday for y^e have of two or three
 cays, at y^e first then pour forth the
 clearest of it into a flower and drage it
 into y^e inner corner of y^e eye first
 into one eye and then into y^e other.

In excellent powder for y^e yellow jaundies
 Take 2 egg shells and pull y^e them fine
 cleane off, and then drye them well, and
 beat them to a fine powder and 2 howers
 worth of saffron dryed to a powder, a quart
 of a lay nutmeg grated and dryed to
 powder, and a quarter of an ounce of white
 sugar candy beaten to powder may all this
 powder be gather, and then pass them
 through a fine sear, and then divide
 this mixture into 3 parts, and for three
 although but one be affected with the
 ruine and when the most is over let them
 be draged twice or thrice over before they
 rise up againe at one lying downe, when the
 water is dropt into y^e corner of y^e eye y^e
 eye must be opened y^e water may run
 all over y^e eye, and as it were wash y^e eye
 this water will stay any ruine if it be
 constantly used for a week at first y^e
 feeding of y^e cowse of y^e ruine, but after
 at twice or thrice it will repelye same

and so doo untill all the
wine be used but in the
last nothing put in six
penny worth of saffron steep
ed in the wine & strained
of mithridate & dias cordi
um of each two ounces of
Alcornoque one ounce &
make it up into balls
if you please you may put
out the old hearts and put
in fresh beginning in the
hearts all the while it is
adorny.
It is good to drive out the
small yoe or meases of
any thing from the heart
if you take it a mess red
and give it in warm
sack or cordus or dragon
water!

Page

Fluying plaster
Take seven loads of white lead in fine
powder on heat of chafin mix them
together and then work it with
lucy very well as stiff as it may, it
will dry up any old sore in y^e leg or any
where else.
A salve for a green wound
Take of the best beel wasp, wasps, juyntion
of the ordinary sort, of each of these a pound
put them in a biskin and melt them all
together, and straine them very cleane, and
of a pound unt of salted oyle, and for more
it into a pan of pure water, worke it very
well in your hand, and make it up in rolls
and soe keep it in oyle of tapers close covered
for a busnes
take 8 grains of burnt
hartshorn mix 10 grains
of red powder

4
 My first Eoderingtons
 and red girdles

Jade catclaus formelle
 Joffrey Scarius in myrmed
 Jngoffica Stragons Balme
 violet leaves Stragolery leaves
 rosemary dandelion
 Grametay the sage egtrymoy
 furrage endive succory
 & Johns wort of each of
 this a handfull chop them
 very small & put them in
 stee in a gallon of wyll
 for some twenty four hours
 then take a pound of the best
 dose at night & better &
 seached put it in a good
 basin then put in it as
 much of the wine as will
 make it wet like moister &
 put it in the sun stirring it
 once in a hour & when it
 is dry wet it if a garne

4
 For heat and rednes
 in the face or to settle
 of fang
 take a quarter of a pound of
 of bitter Almonds blanch them
 and beat them very small
 with ten Spoonfulls of brandy
 then take a pint of summer
 milke boyle it and let it be
 cold then put it to the
 Almonds with the use of
 a Spoon shp it well soge
 then strain it and put
 it in the face wash your face
 with it every day
 To make Elixir of pearls
 take one ounce of Almonds
 an ounce of Sugar & a pound of
 ounce of Water pour over them
 & let them stand for three
 or four days then strain
 a little of the liquor
 & put it in a glass
 & let it stand for three
 or four days more
 & then strain it
 & put it in a glass
 & let it stand for three
 or four days more
 & then strain it
 & put it in a glass
 & let it stand for three
 or four days more

Take the leaves of mitcham
sweet cardus quats the
of each six handfulls anglica
two handfulls bruse all these
put them in three
gallons of new milke shd
if in a common shd
if you have not goats we
you may put in a little
the quantity

For as much as will by on a
give it in draught or walking water or
Carduus baccatus, be sure to be warm and
sweet, it is good to be taken in any shape
it is a remedy of the small
toe, chills, and sometimes the water
its good against the large tumour
further, or for women in child bed for
if worms in children or any distemper
as it hath often been tried.

The milke water for
feavers

Take a handfull of camo
mille let it boyle a bout a quart
put of an harte in a pint of
water take it of the fire and
and decoule in it aspersenful
of salt strain it when it is
coole give it
for the party drink nothing
posset drink what in carnemille
flowers have fine infused
in want of the flowers
you may boyle the herbs in
the posset drink

For offdropsey
Take a handfull of wormwood
and two handfulls of hysop
in 4 gallons of milder
beare and drinke off in the
day:
Physick to ease collic
garns

off receipt for the
leech also

Take of yestern shavery leag
groat gras bed rose leades ~~dry~~
fryet leas of each a handfull
tomebine leas and woodbine
leas half a handfull of the
roofs of bisterd 2 ounces wash
ed and scraped clea shunack
an ounce steep these in a quart
of spring water till warmed
12 ~~hours~~ hours then add
if a pint of wine vinegar
saye if it gethet a quarter of
an herte desoule in if a lisse
akune and honey ~~recept~~
as you like it ^{with}
wash your mouth it every
morning

Chyliday Iobis receipt of yred leas
Take Cardus, turtornel, Tormentil
Beryny, scabus, dregones, Anglice
serdium of each a handfull gathered
in fawer water, well washed but wyped
with a cleane cloth, bruse them and
steape them in 4 bowles in 3 pintes of
good white wine, then tak one pound
of belemnack beaten and seerched
as fine as flower, then steape in as much
of the wine from y heart into an
earthen bishon key belemnack will
make it thick and smooth and as it dryes
steape in more wine, steape it off in
in the day as it dryes in y fawer steape
all y heart hard y there bene wine
left, and when it is as thick as chy take
a quarter of an ounce of softten dryed
and powdered very fine and 4 ounces of
chylidate and mix it all together
and make it up into cakes or balls and
lett them drye on y sunne and keep
them dry for your use

Scruple is 20 graines
Three scruples is a dram
which is 4 pence all penny
and so be 8 drams in an ounce

the scroll of meadows on pa
nes writing of scruple op
and to the honab
assigned in man and forme
to the pmisses unto the said
to the said and other to be done
and handfull witness to the
John (Rome) his honab & assign
in the said of durable lamp
the said

