

## **English Recipe Book, 17th century - 18th century**

### **Publication/Creation**

17th century - 18th century

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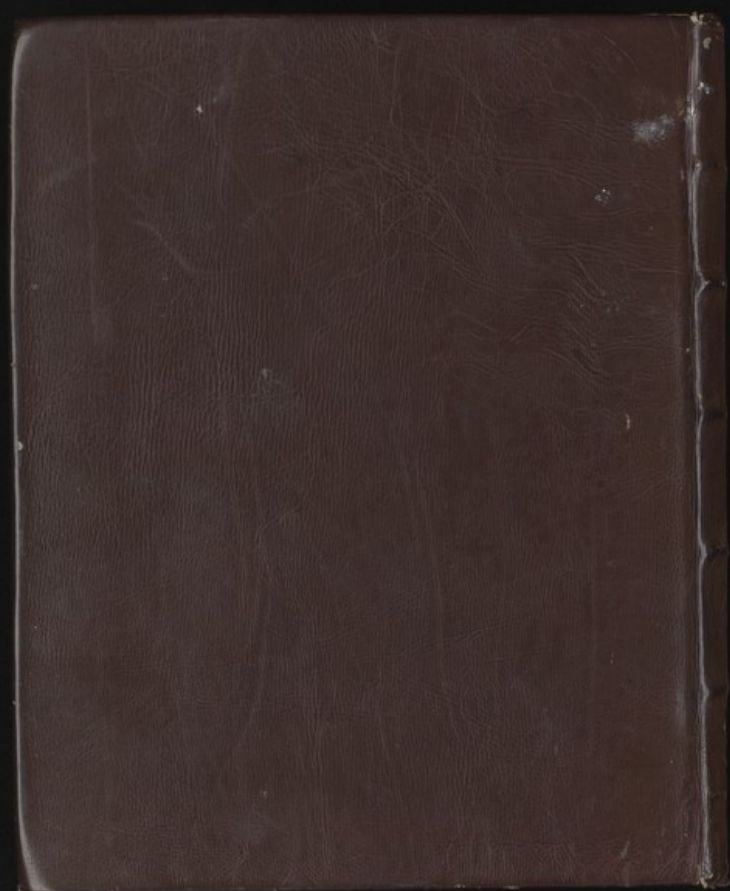
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Western Manuscript  
8097  
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Several marks used in following

gr. i	one grain.	20 grains is $\text{ʒ} \frac{10}{20}$
ʒi	one scruple.	3 scruples is $\text{ʒ} \frac{3}{3}$
ʒi	one dram.	8 drams is $\text{ʒ} \frac{8}{8}$
ʒi	one ounce.	a pound in weight
ʒi	one pound.	is a pint in measure
ʒi	two ounces.	12 ounces is a physician
ʒi	one ounce & half.	pound & is called
ʒi	so of ye rest.	roy weight.
puj	one pugill.	Apothecaris buy & $\text{ʒ} \frac{3}{3}$
o	of each.	by aver de pois $\text{ʒ} \frac{3}{3}$
mj	one handfull.	but make up the $\text{ʒ} \frac{3}{3}$
m	mingle.	medicines by troy
q. s.	as much as is sufficient	weight.
utj	one drop.	
o	make.	
ʒ	take.	

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Aloes Socotr. ʒj.

Tin. Acoet. alkal. q. s. f. ʒ. Napa

in Pilulas No. xxx dividenda

hamum sumt. ʒj. ter de die

& Coch. ʒj. lay. Mist. sequent.

R. Mist. Camphorat. 3j.

Inf. Tascarill. ʒiv.

Tinct. Cardam. comp. 3j.

ʒss f. Mist.

Bla-mong  
of jelly melt in a preserving-pan and  
the yolks of four Eggs well beat. a quarter  
of white wine. the juice of two Lemons  
pour taste, stir all these together and  
set <sup>fire</sup> but not to boil. but simmer and be  
it then take it off the fire stir it  
little more than blood-warm put <sup>in</sup> a little  
water into it: and pour it <sup>into</sup> what  
pleas;

After a Bilious Complaint or Fever  
Take Bark in powder half an Ounce  
Snake Root one Dram & half  
Infuse these six Days in a pint of port wine  
then pour it off fine, & Drink three or four  
Spoonfuls Every four hours—

one ounce Bark  
2 Drams Snake Root  
Boil in a pint & half of water  
then add to the Decoction one Ounce of strong mint  
water, & half a tea Spoonfull of Spirit of  
Lavender—

in newas disander  
n' Moat oring  
h half an ounce  
ed in a mortar  
dy or whiskey  
a Gable <sup>Just</sup> ~~Stomach~~  
water after  
e Breakfast

with MS. 8097

To Make Bitters for  
2 quart: of malt. ~~Is in~~  
the Reils of 14 rings. Pant  
of exantian Root. Sliced &  
of Snake Root 2 dr: of Sap  
1 dr ~~of~~ ~~the~~ ~~same~~ ~~as~~ ~~the~~ ~~138~~ Page in  
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Physicall and Chirurgery receipts.

To make the red powder.

*R* of venus belesmonack in fine powder  $\mathfrak{ss}$ : of Cardus dragons, Angelica, vervain, torminted, bettony, rosemary, scabious, fumitory, rue, sage, pimpinell, St Johns wort, Agrimony, ye leaves of violets,  $\mathfrak{ss}$  strawberries, dandelion, plantain, ribwort, burage, Endive, such. Every  $\mathfrak{ss}$  half a small handful, let y<sup>e</sup> be cut & stamp & put into an earthen pot well glazed, put to y<sup>e</sup> a pottle of good Whitwine, stop it very close, & shake it often, when it hath stood a whole day presse it out hard, & put it into bottles; y<sup>e</sup> put y<sup>e</sup> belesmonack into a bason, & put in as much of the wine, as will make it of y<sup>e</sup> thickness of honey, y<sup>e</sup> set it in y<sup>e</sup> sun, stirring it often with a cleane stick, & as it dries put in more, to keep it alwayes of that thickness, untill it have drank up all y<sup>e</sup> wine, when y<sup>e</sup> last of y<sup>e</sup> wine is in, put in of saffron in fine powder  $\mathfrak{ss}$ , of allhermis a quarter an ounce, of mithridate  $\mathfrak{ss}$ , of Diasecordium  $\mathfrak{ss}$ ; putt these in & stir it well, & let it dry untill it be thick enough to mould, y<sup>e</sup> roul it up between your hand in little cakes & dry y<sup>e</sup>; this powder must be scraped & taken at night going to bed, with poppet drink or plague water, is good in feabours, Agues, to procure sweat, and all Infections diseases whatsoever.  $\times$

A powder for y<sup>e</sup> Cough of y<sup>e</sup> Lungs.

*R* of fox lungs prepared in fine powder of liquorish, of Anniseeds, of Sulpher of brimstone, & in fine powder  $\mathfrak{ss}$ : of Licompans roots in fine powder  $\mathfrak{ss}$ : of broome sugar Candy in powder  $\mathfrak{ss}$ ; mingle all these together & take as much as will lye on a good groat at any time, when y<sup>e</sup> cough troubles you, letting it dissolve in the mouth by degrees.  $\times$

To make Gascoine Powder.

*R* of pearl, red corall, white amber, burnt hartshorn, crabs eyes & of these  $\mathfrak{ss}$  all in fine powder, of y<sup>e</sup> black tips of crabs claws, let all these be severally prepared thus, you must have a marble stone & mullet & take one of these powders & put upon your stone & grind it with water till it be very fine & no grittiness, which sucks up all y<sup>e</sup> water, & when it is dry lay it by it self, & so all y<sup>e</sup> rest in this manner, this is called prepared pebble.  $\mathfrak{ss}$ : set all these powders be thus well prepared, then weigh them, y<sup>e</sup> take  $\mathfrak{ss}$  of Orientall Beres, break it & grind it on y<sup>e</sup> stone.

very fine with viper wine. (if you cannot get that ym do it with good Canary) when this is ground do not dry it but put all y<sup>e</sup> pot together & it on y<sup>e</sup> stone, mix ym all very well & add as much of y<sup>e</sup> rothe as will make it into a past, & role it into balls & dry ym in y<sup>e</sup> sun or by y<sup>e</sup> fire side. *℞*  
The Countesse of Kent is made just as this, y<sup>e</sup> onely difference being Occidentall Bezoar instead of Orientall Bezoar: but the Orientall is y<sup>e</sup> richer therefore y<sup>e</sup> gascoins powder is reckoned the better but both good. *℞*

### Lapis Contra yerva.

*℞* pearle, crabs eyes, red Corall, white amber, burnt hartshorn, all these must be finely prepared (as y<sup>e</sup> gascoins powder) *℞* *℞* contrayerva root *℞* finely powdered & sifted. Occidentall Bezoar *℞* crabs claws prepared to y<sup>e</sup> weight of ym all & with good sack make it into past & role ym in balls & keep ym for your use, the powder is a cordial & is much used. *℞*

### A rare powder for a fistula.

*℞* *℞* of bolusmanack, as much of white Copperis, *℞* of Camphor boyle your Camphire & Copperis together in a black earth pot till they become thin, keep ym continually stirring with a knife breaking allways y<sup>e</sup> hard lumps till it become a dry powder, y<sup>e</sup> beat it in a mortar, & beat y<sup>e</sup> bolusmanack by its self & mingle ym together & keep it close in a bladder, when you use this take 2 quarts of running water boyling hot & put 3 spoonfulls of this powder & mix it well y<sup>e</sup> let it stand till it be cleave in y<sup>e</sup> upper part y<sup>e</sup> take of y<sup>e</sup> clearest of it & wash y<sup>e</sup> soar with it very warm & dry a sinning cloth 4 times double wet in y<sup>e</sup> water, & bind it on fast to y<sup>e</sup> place, so this morning & evening till it be well. *℞*

### A powder against miscarriage.

*℞* of dragons blood y<sup>e</sup> weight of a penny, *℞* of red Corall, y<sup>e</sup> weight of 3 barley corns of ambergreene, make these into fine powder add to y<sup>e</sup> weight of 2 barley corns in better stone, powder this & mix ym together, & in a little burnt closet give as much of it as will lye on y<sup>e</sup> perly morning, & night fast & last, 3 or 4 times will serve, make also some broath of plantane roots shepards purse, & knoights burnet brier leaves, drinke this at your pleasure, it is good to drinke a glass of water of red sage distilled & sweetened every morning & at 4 y<sup>e</sup> afternoon, it shold be stilled in a cold still. *℞*

### A powder to kill Wormes.

*℞* of wormseed *℞* of Rhubarb *℞* of Sena *℞* of coriander seeds prepared hartshorn, & Caroline *℞* of raw *℞* grind all in a mortar & search them, & give *℞* at a time in honey or peact drinke

### An Excellent Powder for a Consumption.

*℞* a good quantity of earth worms, wash ym cleane in vinegar, stitt y<sup>e</sup> & cleave out y<sup>e</sup> entrails within ym, then roipe ym dry & lay ym abroad in papers & put ym in y<sup>e</sup> oven after bread is stoven, so dry ym & beat ym to powder & search ym thro a fine tiffing sieve take of this in melle ale or scabious water as much as will lye in a sixpence morning, noon, & night or often, it strengthens in a fortnight & it has cured strange Cures on ym that have been roorn out with a Consumption. *℞*

### A Powder for Convulsion fits.

*℞* of black driony root (that which is y<sup>e</sup> right is very bitter) take of rosmary, mother of time, pennyroyall, spearmint, *℞* nutmeg & shamon *℞* of swiaper berries *℞* all these are to be severally dried & beaten to powder & finely searched thro a tiffing sieve, & weighed severally & ym well mixed, & kept in a glase very close, tyed with a leather & paper, it will keep a good while, for a young Infant give as much as will lye on y<sup>e</sup> in any sickned things, & for a child 2, year old, twice as much, & for an old person as much as will lye heaped on a bit this may be given 3 or 4 times or more as you see occasion, it cures young & old persons, I my self have cured a great many, it is a very safe medicine, it will cause ym to vomitt but sometimes if it meet with a foul stomach, it will cause ym to vomitt because it is a cleaver of y<sup>e</sup> stomach, it never failes of curing almost any fits (except y<sup>e</sup> falling sicknesse) for Convulsion fits it is sometimes necessary to observe y<sup>e</sup> full or y<sup>e</sup> new of y<sup>e</sup> & if they do come to be sure to give it y<sup>e</sup> but it may be given at any time, but your own observation is y<sup>e</sup> best guide, now many are sensible that a fit is a coming, before it does come, y<sup>e</sup> let them take this powder, it will take the fit away, or lessen it much, for that time. *℞* pro be.

### A rare powder.

*℞* y<sup>e</sup> roots of rosmary rood bettony, stibb bettony, water bettony, primrose root, sweet mayorum, sage root, dry these things & make ym into fine powder, & mix an equall quantity of each tis excellent to purge all y<sup>e</sup> ill humours in y<sup>e</sup> head, as also windes & humors, it is good for y<sup>e</sup> falling sicknesse, for y<sup>e</sup> palsey in the head, for women y<sup>e</sup> fall in a trance with fits of y<sup>e</sup> mother, for y<sup>e</sup> tooth ach to purge y<sup>e</sup> braine, & it hinders Impositione against Drunkenesse, you must take it as snuff in y<sup>e</sup> nose, or y<sup>e</sup> where y<sup>e</sup> pain is most, y<sup>e</sup> quantity is as much as will lye on a pence. *℞*

### A Cordiall powder of mace.

*℞* Sarge, mace steep it one night in juce of Lemons or whitenine, then take it out & dry it make it into fine powder this may be given in favours, when you would use y<sup>e</sup> Countesse of Kentis powder, you may give from 20 to 40 grains: thus you may use angelica roots or great Coldfoot roots, y<sup>e</sup> decoction of either of these leaves



4. in water & so much of ye juice of Lemons as to ye first degree of tartnesse is very good to drive any infections from ye heart, or to be taken in a feavour. \*

#### A powder for a cold. \*

R Liguorish, scraped & cut in pieces, ℥iij of Aniseeds, ℥ij of fen seeds, & ye biggnesse of a turkeys egge of whitecompere root, cut all in small peices, & steep ym in good Aqua vitæ all night & day, & take ym out & dry ym, & beat ym to powder & search it, & put in half as much brown sugar candy, fine this is good for a cough of ye Lungs. \*

#### An Excellent medicine for ye Stone in ye Bladder or Kidneys

R Sweet buyes balls, or instead take willow dryer balls, Hips, Turmericke, Bayberries, gumwellseed, egge shell, Alons, Cloves, mace, & of these, a like quantity, & dry ym in an oven & beat ym to a fine powder, & yn take ye stone, yt is in an oxes gall, & beat it to powder, when all these are finely prepared, weigh every sort a like proportion yn sift it all thro a fine sieve yt it may be well mixed yn put it up & keep it close from dust, when you need of it take as much as will lye on a 6 penne in some renish or white wine, fasting in a morning, at noon, & at night, ye last thing, continue taking of this untill you have taken an ounce, & yn you may cease. Fll your pain returns again & take it as you did before. m<sup>o</sup> Red: \* this was given by an Eminent Surgeon. \*

#### To make plague Water.

R Dandelion, Bitony, Cource, may, Spearmint, sage, Salendine, yew, rosemary, comon wormwood, Rosa Solis, mugwort, pimpernell, Dragons, Scabious, Agrimony, Balm, Scordium, Cardus Benedictus, yt Johns wort, Centre, marigold, flowers & leaves Enula, Compere Buxett, Angelica, vervain, Armander, penny royall, Camomill, m<sup>o</sup> Hyssop, Lavender Cotton, Southern wood, broad time, mother of time, fumitory, toymintill leaves & roots, tamaris, heartsease, speed well, roman, wergwood, petisits roots, Jendon roots, Buddock, roots, Feodery roots, of each of these a small handfull, but some of these herbs, are very stronge so you need not put in quite so much to let it tast over all ye rest, cut ye herbs, scrape & steepe ye roots, & put ym to steep with 4 gallons of brandy cover ym very close, & so distill it, used to make 2 stills of this quant & had 16 bottles put in each still 2 or 3 quarts of water, it may it purer & keeps ye still from burning, past up yet still very care, & when it is all skiled you may mix it altogether for strength & you please, it will keep well stopt in bottles many years. \*

#### To make Orange Water.

R 100 of Citill, Oranges & pare ym rather thick nor thin, & put ym ye parings into an earthen pan & put about 3 or 4 gallons of brandy (some putt half sack) so let ym steep a day or two close covered, yn distill it as before, keep ye strongest by its self, & at last you may mingle it for strength as you please when you bottle it make ym a Syrup with a bottle of ye smallest & a pound of loafe sugar so let it cool & mix it well, altogether, bottle it & cork it well. \* this is ye plague water if you find it too strong, you may put in 2 or 3 quarts of fair water, but for keeping a great while there must be no water, so that you may mix half of it with water for present drinking; but this you must do by y<sup>r</sup> own discretion. \*

#### The Surfeit Water.

R half a pint of Damask rosewater, & ℥ss of white sugar Candy, & let it steeping day & a night ye next day take cloves Cinamon, nutmegs & anniseeds to ℥ss, with a slice of liquorish, of Dates ℥ij; bruse ye spice a little, yn take 3 quarters of a pound of raisons stoned, half a pint of poppy water, 2 quarts of brandy, 3 grains of ambergreese, 3 grain of a half of musk, these 2 sweets should be brused with a little white sugar Candy & syed up in musling & hung in ye pot where all these ingredients are to steep, covered close with a plate & cloth remembering to stir it twice a day, yn let it stand 3 days longer ye 4th day put in a sprig of Angelica a handfull of balm with a handfull of dried poppies leaves, then let it stand 3 days longer so strain it thro a Cotton bag, m<sup>o</sup> Jurell of Dunster. \*

#### The Golden Cordiall.

R 1 quart of old malice, 3 pints of brandy, & put it into an earthen vessel & ye peels of 24 oranges paired thin, Angelica, Spearmint, balm, sweet mayorum, & 2 handfulls, 6 sprigs of rosemary, 1 handfull of hyssop, shred these herbs small & put to ye wine, then take Coriander seeds, Aniseeds & of Juniper berries Cardimon seeds, Caraway seeds & ℥ss; beat all these in a morter, yn put ym into ye earthen vessel into yest & let ym stand close covered 16 hours, yn distill ym not with too hott a fire, cover y<sup>r</sup> still with a woollen cloth well often while ye water is distilling, & a paper up close to ye neck of ye bottle put 2 or 3 leaves of gold into each bottle, you may put in some ambergreese so mix it according to your fancy. \*

#### The Snail Water.

R a peck of garden snails wash ym 2 or 3 times in bray yn put ym in a Cullender to run yn stamp ym in a morter shells & all, yn take a quart of earth worms slit ym & yveto ym with safe till they have purged out all their filth yn wash ym with bray & beat ym yn







for poppies. Some put  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of bistort root, & but  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of virgin  
 8. Snake root, but if either is as Mrs. Hobby made it.  $\times$

### Walnut water, called water of life.

$\mathfrak{R}$  Walnuts in the beginning of June, beat ym in a mortar & ym  
 ym in a lead still & keep ym water ym you must make a second new  
 & gather ym walnuts about midsummer, 3 days after use ym as you do  
 ym other, & keep ym water also by its self, & about a fortnight after ym  
 must gather ym 3d time more walnuts, & use it as you do ym other  
 & keep ym several waters by its self, ym mix ym altogether & still  
 ym in a stillitory of glasse & keep it close stoped for ym use. Its ve  
 rities are these. First it will heal all manner of Dropsies, paises, &  
 with wine, 2d It is good for ym Complexion if it be drank moder  
 ly in wine one spoonfull a day it will make one fair if ym face be  
 washed therewith 3d It is good for ym eyes if it be droped in ym  
 4<sup>th</sup> It is good for all infirmities within ym body. 5<sup>th</sup> It will drive  
 out all Corruptions out of ym body drank with wine moderately. 6<sup>th</sup>  
 It killeth all worms in ym body either drank with wine or by its self  
 7<sup>th</sup> This water whosoever drinks it shall live as long as habite shall  
 continue in him. 8<sup>th</sup> If you have any paine ym it turned put a little  
 dial of it into ym wine stoped close, & it restores it in 4 days  $\times$

### The Lady Allens Cordiall Water.

$\mathfrak{R}$  Sage, Salendine, rosemary, herb & flowers, rue, wormwood, mugwort  
 burnet, pimpernell, dragons, scabious, Egvimony, balm, scordium, Co  
 benedictus, Centaury, flowers, bitony, flowers, piony roots, rosa solis,  
 mary gold flowers, Cowslips & bugles, Elicampne roots, buidock root  
 sedwell, Zedary @ a handfull pick ym clean, gather ym in ym heat  
 of ym day, wash ym not but wipe ym with a dry cloth, shred ym  
 put ym into 6 quarts of whitewine, ym take ym roots of gentian to  
 minstrell, Angelica, @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , lickorish  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , slice all ym roots & put ym  
 into ym herbs & let ym stand steeping 2 days in an earthen vessel  
 stoped very close, ym distill it in a linbeck, it should be stilld in  
 one day, fill 3 quart bottles therewith, ym first is best, ym 2d very  
 good for old people; 3 or 4 spoonfulls warmed with a little sugar, ym  
 3d is for Suleps; 4o a Child a lph proportion. This water is good to  
 drive any infection from ym heart, as ym plague, measles, smale pox  
 or any contagious disease, to strengthen ym stomach  
 Convolutions, & tremblings of ym heart, women with child in tremble  
 of ym heart or passion, good for Stone or gravel.  $\times$

### The Palsey Water.

8.  $\mathfrak{R}$  of Lavender flowers clean pick'd & striped, fill a glass ym rest as many ym give it againe ym same, & when that quantity

of a gallon, ym pour on ym good Spirits of Canary to fill ym glass, ym  
 let ym infuse in ym sun, or some warm place 6 weeks very close stoped  
 if you cannot have spirits of wine, take ym best Aquavite, ym take ym  
 flowers of sage, rosemary, & bettony @ 1 handfull, ym flowers of burrage  
 bugles of ym Lilly of ym valleys @ Cowslip flowers @ 2 handfulls pick'd  
 all very clean, & gather these flowers in their prime digest ym also  
 into good spirits as ym other by ym selves after 6 weeks infusion 12  
 put all these together, ym take balm motherwort, spiknard, bayleaves  
 & if you can ym leaves & flowers of orange trees @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : ym cut &  
 Chop these flowers & herbs & put ym in a glasse & put in 3o much  
 of ym spirit of wine as will cover it stop is close & let ym infuse 6 weeks  
 in ym sun, ym take Citron peels ym yellow thinly pared, & for want of  
 these Lemons peels of piony seeds kull'd @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : Cinamon  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : nutmeg  
 mace, Cardamons, Cubile, yellow saunders in powder @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : Saffron, all  
 $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : put these into the aforesaid spirits in digestion & add to ym of  
 Junibear ym kernels or stones taken out of shred smale, let these  
 digest together in ym sun 6 weeks, ym distill these in a Linbeck rece  
 viding it in several bottles until ym vertue be out, put in this water  
 of fine prepared dissolved pearl @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : of prepared red roses of yellow & red  
 amoygrease, musk, & saffron @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : of dried red roses of yellow & red  
 saunders shafon smale @  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ : put these in a white sarinet bag & hang  
 ym in this disclued lickow in ym bottle close stoped, this water will  
 keep good 38 years: It is good for fastening of any limb, you make  
 any part, limb or tongue, or for ym strengthening of any limb, you make  
 take it in a spoon upon crums of bread, or upon sugar as often as  
 you see occasion, & bath ym greiv'd place with it:  $\times$

### A Water to purify a Childs blood

### & for weak Children.

$\mathfrak{R}$  harts tongue liverwort, coltsfoot, femal fern, balm, succory,  
 bugles, waterfleskes, fumitory, @ a handfull mellipides half a pint Exotic  
 rooms half a pint, 50 snails a pint of malago sack a gallon of milk,  
 scour ym earthworms & snails in water & salt & cut ym herbs ym night  
 before you still ym, & mix ym altogether, & still it in a cold still  
 take 3 spoonfulls at a time & sweeten it, ym Child should fast after it  
 an hour you may give it twice a day, my nephew took it  $\times$

### For weak Children that are

### Inclinable to ym Rickets.

$\mathfrak{R}$  of hysoy water, of harts tongue, water of Syrup of clovegilly  
 flowers @ 3 Spoonfull, of ym Confection of Alkermis ym signet of a laph  
 pea mix it well with ym Syrup & water, & sharpen it with a few drops  
 of spirit of vitriol to make it pleasant give ym a spoonfull in  
 morning fasting, & fast an hour after it, so do for 3 or 4 mornings  
 & when that quantity



is done, make it againe tis not so good to stand longe, mixe  
10. Shake ye bottle alwayes before you give it continue this for a  
month. Cos. Iustrell of ven: it did my nephew a great deal of  
good, & many more. ✕

### Black Cherry Water a Cordiall.

R. W<sup>o</sup> of black cherries bruise ym in a mortar stones & all  
put ym into a gallon of claret wine (some instead, puts hal  
whitewine & half strong ale) ym take. Rosmary stript, balm,  
sage (a handful) & chop ym & put ym into the wine, ym pu  
in  $\mathfrak{z}$ ij of cinamon,  $\mathfrak{z}$ ij of mace, 2 nutmegs all bruised, steep  
these altogether for a day & night, ym distill it in an Ordinar  
Still, or a limbeck, you may sweeten it with white sugar cane  
this water is good against any hot disease. ✕

### Lime Water.

R. 6 or 8 gallons of spring water, & to every gallon put  
lib of ye best unslacked lime, let ym stand together in an  
earthen pan 2 days & 2 nights, ym scum off ye cream, or  
ye top, ym take out a gallon of ye clear water & put to it of  
sacchar thinl sliced, Cucumber & aniseed bruised, licowish  
sliced (a  $\mathfrak{z}$ ij) let all stand 30 or 40 hours, ym let ye patient  
drinke of it a pint 3 severall mornings, and at 4 in ye afternoon  
& last at night, when this gallon is drank off, draw off another  
if clear & put in ye same ingredients as before & drinke it as fo  
merly, so oo as long as it will come clear, ye persons may dr  
it 2 months together, tis good for people with soare or ser  
folous humours. ✕

### Water of Swallows.

R. 40 or 50 young swallows when they are ready to fly out  
of their nests, ye more ye better, bruise ym in a mortar feathers  
all, ym add to it  $\mathfrak{z}$ ij of choise Castorian in powder, put ym into  
still with 3 pints of strong white wine, venigar distill it as an  
other water, untill there be a pint of very good water, draw  
more may be drawn but it will be weaker you may give 1  
spoonfull, 2 or 3 at a time with a little sugar.  
This water is good for ye passion of ye heart for ye mother,  
ye falling sickness, for ye Susan sounding fit, for ye dead pail  
for ye Apoplexy, for ye lethargy, or any other impediment pro  
ing from ye head, comforting ye brain, it is good for those  
are distracted, & in ye greatest extremity of sickness it being  
one of ye best things ye can be administrated. ✕

If you cannot conveniently get so many ballons at once take  
such as you have kill ym & set ym into an oven after draining  
of bread on a sieve & dry ym, you may keep ym 4 or 5 days & mix  
ym with such others as you can get to make ye number re: m  
= sumer is ye best time to make this water good. ✕

### Lord Bullingbroke's Cordiall Water.

R. a gallon of ye best Aquavite, a pint of damash rosewater, 4 of  
sugar Candy beaten, & so let it steep 24 hours, ym take half a pint of  
poppy water & put ym altogether into an earthen pan with  $\mathfrak{z}$ ij of  
oats sliced & stoned,  $\mathfrak{z}$ ij of cinamon broken to peeces,  $\mathfrak{z}$ ij of cloves,  
 $\mathfrak{z}$ ij of aniseeds, 2 nutmegs sliced, one stick of licowish, 6 gr. of amber  
greece, 2 gr. of musk tied in a cloth, so let these infuse together  
close covered 9 days: ym add thereto a great handfull of poppy  
leaves, a sprig of angelica, another of balm, & so let it stand 3  
days, longer, be sure to stir it twice a day, ym strain it thro a Jelly  
bag & bottle it for ye use, take 2 or 3 Spoonfulls at a time, it is good  
for a sweit. ye ingredients ye are left put a little wine or brandy, will  
make a good water if stilled you may put in likewise some poppies. ✕

### Dr. Burges's Water for ye plague.

R. 3 pints of malmsen, boyle in it of sage & rose (a handful) till  
one pint be wasted, ym strain it & set it over ye fire again, & put  
in a pennyworth of long pepper,  $\mathfrak{z}$ ij of ginger a quastet of an ounce  
of nutmegs all beaten together, let it boyle a little & put thereto 4  
pennyworth of mithridate, 2 pennyworth of treacle, & a quarter of a  
pint of hot angelica water, take it 4 times morning & evening, a spoon  
full at a time, or 2 if you be already infected & sweat upon it, &  
on ever you take it this is not only most soveraign for ye plague  
but also for ye smale pox, & measles. ✕

### Another for the plague.

R. rose, Arimony, wormwood, Valerine, sage, balm, mugwortleaves,  
featherfen, Scivill, burnet (a good handfull, a little root of Licom  
pane scraped & sliced, & as much more rosmay as of ye other herbs  
ym steep ym in a pottle of ye best whiterwine 3 days & 3 nights, ym strain  
ye herbs from ye wine, & still ye herbs by ym selves & afterwards  
distill ye wine, ye water of ye wine is good for Agues, but ye water  
of ye herbs mingled with a little treacle, or mithridate, will drive away  
sickness from ye head, if ye person be infected with the plague, if  
he keep it after has taken it he is recoverable, but if vomit it up he  
is in great danger, cause ye person to walk an hour after it if he be  
able, this is good for any infectious disease annoying ye stomach,  
this hath been often approved. ✕



### To make Askabah.

Draw off a quart of ye best Consary & put it in an infusion glase, take ye flowers of 3 bundles of ye lillies of ye valleys a handfull of ye bloth of rosmary, a quarter of an ounce of annise handfull of ye bloth of rosmary, a quarter of an ounce of annise 3ij of lickerish, 3ij of dates peeled, & thin sliced, 3ij of raisins of ye sun washed & stoned, put all these into ye spirits stop it close & let it infuse 30 dayes, yn strain it out & put it into a bottle, yn take of ye best Saffron & put it in tiffing, & hang it by a thred, ye bottle when you se it of a deep amber colour it is enough take out ye tiffing bag. \*

### The Queen of Hungories Water.

Take a quart of ye spirits of wine put into it 3ij of rosmary flowers cut with a pair of sheers very smale, 3ij of salt of tart so past up ye still & still it with a gentle fire & when you have drawn a pint & half yn take off ye still, & strain what is in ye still into a bottle, so distill over ye spirits againe with as many more fresh floweres, so distill it 3 times, & strain out what is left in ye still & put it into ye bottle to ye other, & keep ye spirits very close stoped. \*

### D<sup>r</sup> Ridgleys Black Cordial.

Take 2 parts of Spearmint Water, & one part of Sack, & put in a lump of double refined Sugar, & set it on ye fire, & let it simmer till ye Sugar is dissolved, so take it off, & to a pint of this lickerish 2 new coaks & burn ym in a wood fire to a live coal, & when the 2 coaks are cold pound & sift ym fine, & stir it into ye lickerish, for y<sup>e</sup> grippe in a child give it half a spoonfull, so for a bigger body a wine glass full, this they say is great secret & which ye D<sup>r</sup> told to a very few. \*

### Arave Water for a Stich, Consumption, plague, surfeit, ague, or any Ordinary disease.

Take 12 large balls of stone horse dung, of a horse sound & eat corn, sques ym into 4 quarts of white wine, or strong ale, if the be not sufficient to make it as thick as pancake batter, take as much as will, yn put to it fenill seed & parslly seed 3ij, 3ij of pennis treacle, butchers broom, lemnwort, polipodia root, & handfulls, cut ye herbs, bruise ye seeds, slice ye roots, mix all these together with 3ij of ginger grosly beaten, put it into an ordinary still, & distill it very leaswly, give of

this 4 or 6 spoonfulls at a time with syrup of clove gillyflower, or Sugar, 2 or 3 times a day, one shew put into this a pint of moscovus before she stilled it. \*

### S<sup>r</sup> Theodor Miron's Cordial.

Take ye flowers of corn poppies cut of ye black bottoms yn put into ye best sack & thrust ym down under ye wine yn cover it close, & let it infuse 24 hours in a well glazed vessel, yn still it in an ordinary still, let it drop on white sugar candy, keep it for use & take half a quart of a pint at a time first in ye morning, & ye last at night for 2 days together, for a surfeit. \*

### A smale poppy Water.

Take ye poppies & put ym into ye still & sprinkle ym all over with white or greenish wine, besure they be all well wet yn still ym till when ye glase is full, pour it into ye still againe with fresh poppies, & so do 3 or 4 times, ye water will be ye stronger & take this water & put it into a glase, & put into it asprigs of rosmary 2 or 3 whole nutmegs a handfull of fresh poppies a little sugar & let it stand a suning, & pritty while & strain it, so keep it for your use. In pluresies or stiches give 30 or 32 spoonfulls 2 or 3 times a day, in surfeits give as much with a little anised & wormwood water, In want of sleep give a good draught in ye midst of ye night another if ye first faile; In all extremities of pain in ye stomach, back, bladder or quies if mine be ye cause give a good draught with a little grated nutmeg & sugar, in feavours to temperate & coole ye parts, naturall in heat to compose & quiet ye spirits & to procure sweat, give good draught once or twice a day, with ye juice of an orange, or to help sweat with gascoins powder, or treacle water, in pestilential feavours with a little diascordium or London treacle or Confection of Aquacint, In beatings & throbbings of ye heart with confection of Alkermis, in extremity of heat smale pox, or meakels with gascoins powder or diascordium. \*

### Clary Water.

Take 6 quarts of melle beas put to it 6 good handfulls of clary, 3ij of raisons of ye sun stoned, of anniseeds of lickerish 3ij, ye whites & shells of 12 eggs break ye shells & mix it with ye whites, put in ye tops & bottoms of 2 loafs of white bread, still all in a limbeck, & keep it close stoped, drink of this 3 times a day, morning noon and night, sweetned with white sugar candy, this



revives ye heart, strengthens ye back, procures a petite  
14. it drives away melancholy. \*

### An Encomparable Water.

Re a gallon of white wine,  $\mathfrak{z}$ ij of gentian, 24 ounces of Centaury, stamp ym together put ye wine to ym & let ym steep 5 days, ym distill ym in an ordinary Still, & keep ye water in a close bottle, & when you use it take 2 or 3 Spoonfulls mornings & evenings. This water cureth impostumes, resists y plague, cures stuffed stomack, breakes ye stone in ye reins, drives off watrish humours off ye spleen, purges choler & corrupt blood healeth all inward roundes, & pisonous bitings, & cleares ye sight if you drinke it for any inward wound, drinke it with as much powder Centaury, as will lye on a great. \*

### An Excellent Water.

Re of Liverwort, mugwort, Kingwort, bittony, Egrimony, plantain, Coustmary, march, coltsfoot, & a good graspe, Especially of the Kingwort called Sanicle, boyle ym altogether in a kettle filled up with running water on a good fire, till half be consumed ye stronger ye better, you must likewise boyle in ye water ahead full of broom, you may put in figs & raisons of ye sun to make it pleasant, but it does not to ye vertue, let ye party drinke of it first at mornings & last at night a wine glasse full, & oftner if they please, ye oftner ye better, ye disease will sooner be cured, but ye quantity will soon effect it, this water is good for ye kings evil, or any wounds. L. N. \*

### A Water for the palsey.

Re ye tops of Lavender when it is flowered distill ym as ye doe rosmary, ym put ye water into ye Still, & Still it over again with fresh flowers, so keep it, with this water bath ye ye wrists & let it dry in twice aday, & if ye face be drawn away bath ye side often, & let it dry in. L. N. \*

### A good Water for the gripes.

Re balm, Cardus, Angelica, & rose a handfull half shad of wormwood, after ye herbs are pick'd shred ym grossly & put ym into an earthen pot or wide mouth'd glasse, add to ym as much Canary & brandy as will cover ye herbs & alike quarte so lye it up close, & let it stand 3 days ym still it off in

simbeck or cold Still, draw it off as long as you can & mixe ye strong & smale together, sweeten it with double refined sugar not to much, so bottle it up for ye use. If ye person have griping & looseness very violent, put ym into a warm bed & give ym a large Coffee cup full, & 3 hours after as much more if it continue. Mrs Willot. \*

### A Water for ye Stone.

Re a gallon of full ripe haws stamp very well stones & all, & put ym into a pot with 3 quartes of whiterwine to cover ym, & put into ym 4 fenill roots, as much parsley roots, & as much march mallon roots, & leaves take out all ye pith of ye roots, & bruise ye roots, & put in of fenill seeds & anniseeds a  $\mathfrak{z}$ ij boyle ye seeds & steep ym altogether, if ye wine do not cover ym put in more, so put it in ye Still & past it up, you may draw 2 quartes & a pint out of this quantity, & mingle it, & take 6 spoonfulls of this water, & 6 of whiterwine & one Spoonfull of Syrup of Elder, & drinke 3 days befor ye new & 3 days after, & so again at ye full & after, or when ever ye stone troubles you. Cosen: Nightrick. \*

### A Compound Water for oppression of melancholy vapours & wind in ye night.

Re ye strongest aqua, otupuelpta langu  $\mathfrak{z}$ ij. Spirit of castor  $\mathfrak{z}$ ij, tincture of castor  $\mathfrak{z}$ ij, water of rose, sage, rosmary, & piony  $\mathfrak{z}$ ij, mix ym well, at times of using add as much fine sugar as will make it grateful & take of it 3 or 4 Spoonfulls going to bed. \*

### A smaller Sort for ye same.

Re ye waters of lime flowers, of lilly of ye valley, of piony flowers of rose, of black cherries &  $\mathfrak{z}$ ij, spirit of castor  $\mathfrak{z}$ ij, mix these well as the other, and sweeten, it when you take it. \*

### To make Lucantellus's Balsome.

Re lvs of ye best bees wax cut it smale & put it in a brass kettl with a quart of sack, melt it & take it from ye fire, & take  $\mathfrak{z}$ ij of venus turpentine, wash it in roswater or plantain water, changing ye water 3 or 4 times it will use a quart to wash it as it should be, ym take 3 pintes of ye best salett oil & put it in when ye wax is melted & ye turpentine, & boyle ym together with a soft fire, till they be well incorporated, it will be about 2 or 3 hours a boyling. ym set it by till ye next



16 day, & scrap ye dross off ye bottom & melt it again, & when it is melted again, put in ℥ij of naturall balsome, & ℥ij of a pericomel (yt is oyle of St Johns wort) & ℥j of Scutchion oile, & ℥ij of ye best red Saunders these two last to be finely searcht & stir it continually till its cold, you must rearm ye naturall balsome before you put it in, or else it will be knoby. The uses are. First it is good to heal any wound, inward or outward, being squirted warm into ye inward wound, outward being applyed with fine lint anointing those parts all about, it not only takes away ye pain, but also keepeth it from inflammations, & draweth forth broken bones, yt might putrify or fester, its good for ye bruis or inward, if ye hearts quill or liver be not touched, if with heal is in 4 or 5 times dressing, so ye no other thing be applyed, It healeth any burning or scalding by fire or water, it helpeth any bruise, or cut first anointing, & with ye said oyle, & a piece of cloth or lint dipes in ye oyle warmed & laid to ye place it will heal without any scare remaining. It taketh away any pain or greiv, yt might grow by reason of cold, moisture or aches in ye bone or sinews first anointing ye parts so effected with ye said oyle & a warm cloth laid upon it, it helpeth ye head aches only anointing ye temples & nostrills therewith it is good against ye Colic or Stick in ye side, applyed thereto warm with hot cloths 4 mornings together every morning a quarter of an ounce. It is good against poison & healeth a surfeit taking therof ℥j in a little sack warmed, It helpeth a fistula or ster he it never so deep in any part of ye body being used as for a cut, It cureth ye biting of a mad dog, or any other venomous beast, It is good against ye plague anointing ye nostrills & lips in ye morning before you go out good for ye meazels or ye like so it be taken presently in warm broth a quarter of an ounce 4 mornings together by sweat upon it, It helpeth digestion with anointing ye stomach & navell therewith, when ye person goeth to bed, It is good against ye worms or cockles used as to a cut, It also keepeth one from vermine, It will stanch ye blood of any green wound putting a plaister of lint upon it, & ye it hath, this may be kept 26 years ye longer ye better.

#### St Ferdinands Georges green Oynment.

R Sage, ren, @ G, wormwood & bay leaves @ ℥j of mellilot herbs & flowers, Camomill flowers, Spike rosmary, red rose leaves St John wort, Dill @ a good handful, marsh mallons 2 handfuls, yn weigh yn & take their weight in pure sheeps

Suet Chop it fine with ye herbs, & stamp yn in a Stone mortar yt there be none of ye Suet seen but all appear green yn put it into a clean pot or pan putting thereto 2 quarts & a pint of ye best oyle olive, yn work it altogether with yr hands in ye pot, yn cover it very close with past yt no air come to it so let it stand 7 or 8 days, yn take it out & put it into another pan on a soft fire always stirring till ye herbs begin to wax parched, yn take it from ye fire and strain it into a clean pan, put thereto these things following, Oyle of roses, oyle of Spike, oyle of camomill, oyle of white lillies, oyle of violets & strain it altogether yt they may incorporate, then put it into pots for your use. It helpeth Stiches, aches, bruises, palseys, gouts, shrinking of sinews, pluxies, ye Colic, spleen, cold, droopies of ye liver, good for burnings, scalding to take out fire, if it be presently anointed therewith.

#### Another used by ye mountebanks of Italy.

R plantane leaves, ye green rind of Elder, & hawthorn @ ℥j boyle yn in a quart of good Sallet oile, till ye vertue of ye herbs be out rich you shall know by ye crispness of ye herbs yn strain it thro a canvas into a clean Shillet & set on ye fire & put into it as much virgins roat abt 3 quarters of a pound as ye fire put to it 2 spoonfulls of whitewine vinegar, & so put it up for your use. anointing a burn or scald immediately with it, & lay upon it white paper rubb till it be soft, & keep it warm this is very good for ye suddain curing of any scalding or burning: this is made in May.

#### Captain Greens White Lead Salve.

R a pint of ye best oyle of roses, ℥v of castle Soap thin sliced boyle these together till ye sope be dissolved, yn take ℥ij of red lead, & ℥ij of white lead, let these 2 be in powder as fine as may be, yn boyle all these together till they will spre yn put in ℥j of dogs grease, & a quarter of an ounce of oyle of baye these 2 must not boyle long, yn dip into it steeley holland & make a scarcloth therof, or else make it into rulls, & use it for yr occasions it must be boyled in an earthen pot no pipkin.

#### The Vertues

It is good for any swelling or soar breast, but it will not heale any soar till it hath crann out all ye corruption, it will keep a Cancer from ever breaking so you never let ye breast



be without a searcloth, but put on every day a fresh one  
 18. to break a scar breast make a poultice with about a pint of  
 new milk & 5 spoonfulls of new Cream, & when it boyle  
 put in a peice of roach allum, & take it off ye fire & it  
 is stand a little, yn take off ye curd & lay it to ye bre-  
 this will break it in a short time, & when it is broken  
 overse it with ye aforesaid salve, & tent ye holes with  
 lint dypt in this salve warmed in a spoon & put into hole

#### Almost precious Oynment Called

#### Flus Unguentorum.

By rosin & perozin in the virgins wax & frankincense, & 3  
 pound of mastick, & dears suet, & 3 lb of camphire, & 3 lb melt y<sup>e</sup> rosin  
 & put it to be melted, & powder y<sup>e</sup> which is to be powdered & find  
 search ye same, & yn boyle ym over the fire, & striars ym  
 a canvas bag into 3 pint of white wine, if y<sup>e</sup> wine be good,  
 you may boyle y<sup>e</sup> salve 6 or 7 hours before y<sup>e</sup> mast (if you will  
 you may put in 3 lb of Olibanum, it is best for y<sup>e</sup> pain in the  
 back & y<sup>e</sup> whites with Olibanum, some puts it in others leave  
 it out) when all y<sup>e</sup> medicines are strained in y<sup>e</sup> wine y<sup>e</sup>le  
 it seeth till all y<sup>e</sup> waterine be almost consumed, y<sup>e</sup> let it  
 cool till it be no hotter yn blood yn put thereto 3 lb of turp-  
 sine & stirring it till it be through cold; but beware y<sup>e</sup> stuff  
 be no hotter yn blood, when you put in y<sup>e</sup> turpentine, for if  
 it be it will marre all, yn make it up in rolls, you must oyle  
 y<sup>e</sup> hands, & work y<sup>e</sup> salve well in making, it up for it looks  
 y<sup>e</sup> better, & role it up into cyles papers & keep it for y<sup>e</sup> use  
 for y<sup>e</sup> most precious salve y<sup>e</sup> can be had; when you use  
 this plaister for aches as sprains spread it on y<sup>e</sup> rough side of  
 sheeps leather, & prick it full of holes, but for wounds & soars  
 spread it on old linnen.

#### The Vertues.

The intreat is called y<sup>e</sup> flower of oynment, for it is good for  
 all maner of diseases, y<sup>e</sup> is to say for all wounds, & it is most  
 cleansing, & searshing, it engendeth flesh, & it healeth more  
 in a week yn any other in a month, for it suffereth no corrup-  
 tion to be in a wound, nor any ill flesh to be engendered, the  
 in it is good for y<sup>e</sup> head-ach, & swimming in y<sup>e</sup> braine, & all  
 maner of aches in y<sup>e</sup> head, & for all maner of imposthumes  
 in y<sup>e</sup> head & in y<sup>e</sup> body, & for y<sup>e</sup> boyling in y<sup>e</sup> ears & cheek  
 or sinews sprang, & it draweth out a thorn, or broken bone, or  
 any thing y<sup>e</sup> is in a wound, it is good for pricking, or biting  
 any venomous beast, it rotteth & healeth all maner of botches  
 it is good for a Cancer or a noli me tangere, & it draweth

all maner of aches out of y<sup>e</sup> liver, spleen, & reins, it breaketh y<sup>e</sup>  
 imposthumes, it is good for boyling in y<sup>e</sup> members, it ceaseth y<sup>e</sup> fluxe  
 the it be great, if it be laid on a womans navell, it healeth y<sup>e</sup> Cancer  
 & it is renowned good to make a searcloth for gouts & aches for y<sup>e</sup>  
 pestilent botches & y<sup>e</sup> intreat is called Flus Unguentorum, they say  
 it came of Jesus Christ by an angel, to a house of religion as y<sup>e</sup>  
 red hill in Almaine, wch wrought these many miracles, and never  
 had any other, but this.

#### M<sup>rs</sup> Staples Seaden plaister or Searcloth.

By apint of sallet oyle, put it into an earthen pipkin, & then  
 take half a pound of red lead finely sifted & mingle it with y<sup>e</sup>  
 oyle & with a stick stir it for a quarter of an hour yn scrap  
 of castle Soap, & set it on a gentle fire without flame, keep  
 stirring it with y<sup>e</sup> stick all y<sup>e</sup> while, let it boyle till it be  
 enough, wch you'll know by its changing, its colour to a very  
 brown, & y<sup>e</sup> head will sink to y<sup>e</sup> bottom, & you may dip in  
 a bit of cloth & let it cool & if it be enough it does not stick  
 to y<sup>e</sup> finger when its cold; have y<sup>e</sup> cloath ready, & y<sup>e</sup> stick  
 tryd to ym to hold ym up, so with y<sup>e</sup> stick dip it all over, & yn  
 shake it smoth & hang ym on sticks to dry, which will be pre-  
 sently, y<sup>e</sup> rock is left you may make into a reel, some make  
 it into roals at first, but yn you must put in as much frank-  
 cense as a walnut, if must be done in y<sup>e</sup> same maner &  
 could in water to role up be y<sup>e</sup> Seaden cloth m<sup>rs</sup> staples y<sup>e</sup> famous  
 baconnoman used most & liked best, & y<sup>e</sup> finer y<sup>e</sup> cloth y<sup>e</sup>  
 better free from daime hems or knots.

This Seaden cloth is good for any burn or scald, wounds, aches,  
 sprains, swellings, or to draw a thorn, soar breasts, blons, or bruise  
 y<sup>e</sup> it will never come to a Cancer, good to lay on a womans breast  
 to drive back her milk, it layd all over a scalded face is good  
 if it be cold or any thing else, y<sup>e</sup> best remedy in y<sup>e</sup> world for  
 a broken bone, or a bone out of joint after its set, tis not amiss  
 indeed for any thing. She taught me this her self. &  
 She likewise told me, its much castle Soap (finely scrapd) as  
 will lye on a sixpence taken in poppet drink, is a present help  
 for y<sup>e</sup> stone. She told also me of a poultice wch was good for a  
 swelling, by reason of a broken bone y<sup>e</sup> it could not be set  
 till y<sup>e</sup> swelling was swaged, & y<sup>e</sup> was to take Omeal finely  
 ground & milk, & St Johns wort shred, & little mutton suet  
 these boyled gently over y<sup>e</sup> fire to a poultice, tis very good  
 for any swelling, for a sprain, or any cause whatsoever.

#### To make the tobacco Salve.

By 1 lb of English tobacco leaves & flowers, cut ym smale,



29. Beat ym well in a mortar ym put to it a pint of oyle olive & boyle it till it grow blackish, but keep out a little juce of the herb to put it in when it is boyled to keep it green, when it is boyled strain it thro a strong cloth ym put it in a skillett againe, & put to it 3 li of good bees wax, 3 li of rosin 3 li of turpentine & so let it melt together & seum it & so put it in pots for y<sup>e</sup> use. y<sup>e</sup> herbs & boyle with boyle a great while till y<sup>e</sup> herbs are crisp, you must spread it on lint & so lay it to y<sup>e</sup> soar, & put a sticking plaister over it to keep it close this is best to be made when y<sup>e</sup> herb is in its prime, it heals a soar old or new.

#### For Soar nipples Chapt.

Re. lethrage of gold let it be y<sup>e</sup> right, if it be in y<sup>e</sup> lump it is very heavy, & you must put it into y<sup>e</sup> fire & burn it till it be red hot, ym take it out & cool it, & beat it very fine (sometimes you may buy it in powder) ym put it into a pot, y<sup>e</sup> if it be a quarter of a pound, take half a pint of white wine vinegar, let ym boyle a quarter of an hour, ym take it off, & let it stand till it be cold, ym pour it into a gally pot, & pour in some sallet oyle stirring it all y<sup>e</sup> while y<sup>e</sup> oyle is pouring in, till it stie like a salve, so much oyle as it will work up.

#### A plaister for a soar breast y<sup>e</sup> Efficacy

of which canot be exprest 1664. Sept. 24.

Re. 2 quarts of sallet oyle, li of dears suet, shred it exceedingly small, & put it into y<sup>e</sup> oyle, ym add a pint of beaflower, li of Enula-Campare, porodes, li of red lead in fine powder, put all these together over a Charcoal fire, keeping ym stirring till it is brown by boylng, ym take it off & whilst it is hot put in li of fair rosin clarified, & li of y<sup>e</sup> best bees wax, 3 li of white wine wax, when you boyle it, so it in a pipkin or skillett y<sup>e</sup> is thrie as big as y<sup>e</sup> quantity contained, because it will rise high, y<sup>e</sup> in stirring you will hardly keep it in, when all is done let it settle but a little, & befor it cools seum it a little, & ym pour it out in a close earthen pan, least it loose its strength, ym take the finest & use it for a breast, a scald or burn, or a cut, or any green wound, & for a plague soar, & kings evil, effectually to many whom it hath cured of y<sup>e</sup> evil, y<sup>e</sup> bottom where y<sup>e</sup> ingredients are is as good for a sprain, or indeed for any of y<sup>e</sup> forementioned cases, but only y<sup>e</sup> in y<sup>e</sup> bottom is grosse & may get into an offence, & plan it, & yet not do it so much good.

#### To make an Excelent good Searchcloth or Oyntment for a Soar Breast or Swelling.

Re. a good quantity of water betony in y<sup>e</sup> latter end of may & a quantity of wood betony, a quantity of salendng, a quantity of Camomill, & a quantity of St Johnswort (a alike) featherfeng, of y<sup>e</sup> many of red sage (a good handfull, of marshmallons, of field mallons, of violers leanes, & marygold leanes, a good quantity; take all these & boyle ym in sallet oyle or basonsgrece, which is better, let all these but just sime in a new pipkin a little, but scalding hot, y<sup>e</sup> it be not black, but as green as they went in, y<sup>e</sup> strain it & put it in a gally pot, & so it may stand a year, when you have occasion to use it, ym take out a little, & so put in some dears suet, it must be melted & strained & put to it if it be not harded enough with y<sup>e</sup> dears suet ym put in 3 li of y<sup>e</sup> of virgins wax. these 3. m<sup>s</sup> Samells.

#### To make Oyntment of roses.

Re. a good quantity of damask roses just blown, pick ym & put ym into a gally pot with li of basonhags grece, just warm it or melt it on y<sup>e</sup> fire, & ym cover it over with a paper eyed, very close & pick it, & set it in y<sup>e</sup> sun, & let it stand so may June & July (not in rain) & so strain it & put it up in a gally pot for use.

#### For healing Soar Eyes, Strengthening, well Eyes, for pin, or Web.

Re. y<sup>e</sup> herb called Oculis, still it, & put it up, when you use it take a rag, & bath y<sup>e</sup> eyes with it, it will not smart at all, this herb is gathered in June, or October it grows hard by Chelsey Cole edge, if you gather it when full blown, y<sup>e</sup> y<sup>e</sup> seeds are full, y<sup>e</sup> take y<sup>e</sup> seeds & lay ym up, & if a mole be in y<sup>e</sup> eye put in one of those seeds, & keep y<sup>e</sup> eye lid close, & it will work it out all with a white Corruption.

#### A Water Called rosa = Solis.

Re. a gallon of y<sup>e</sup> best Anniseed water, li of English fischerish bruise it with a hammer & ym cut it & put it into y<sup>e</sup> water, & li of raisons of y<sup>e</sup> sun stoned & bruised, ym in y<sup>e</sup> latter end of June take 6 or 12 leaves of y<sup>e</sup> best rosa = Solis, of fine sugar, & put in a peny worth of red Saunders into y<sup>e</sup> to colour it, when you drink any of it, put in a little Syrup of clovegilly flowers or Syrup of Coltsfoot, or both together you may keep it all y<sup>e</sup> year.



22. & as it spends feed it, putting in proportionable to ye part  
ye rest of ye ingredients, but ye leaves can only be used y<sup>e</sup>  
one time of ye year before mentioned. this is Admirable good  
for the Typhic, m<sup>r</sup>s. ~~these 3.~~

### To prevent miscarrying.

Re of comfrey roots, plantane seeds @ ʒij, of knot grasse, & sheep  
herb pouch @ ʒij, red sage, Clary, hartshorn & Jobory @ ʒij,  
yarrow, a quarter of an ounce, let all these be finely powdered  
& seached, make ym into an Electuary with conserve of roses,  
barberries, & quinces, @ ʒij, add thereto Syrup of mulberries, quince  
& gillyflowers, & beat ym altogether in a mortar & make a  
liquid Electuary, a sprig of rosmary, let it stand 24 hours,  
close covered y<sup>n</sup> strain it thro a canvas & take thereof  
2 spoonfulls in a morning fasting & as much last at night  
3 days before every full M<sup>o</sup>, set on a leach to her arm & let it  
suck till it fall off, thus continue till the danger of miscarry  
is over.

Then lay to her back this plaister

Re of sallet oyle a quart, red lead ʒij, mix it well together,  
set it over a soft fire, stir it continually till it looke of a dazling  
colour y<sup>n</sup> take it off ye fire & have ready ʒij of spanish soap  
sliced thin & put in, when it is taken from ye fire, stir this  
continually till it be dissolved & incorporated together y<sup>n</sup> pour  
in on a board & when it is coole make it into roals & spread  
it on new tanned leather prickt full of holes, & lay it on y<sup>e</sup> back  
of ye back according to this pattern, she must not drink wine or  
strong drink, nor ride nor reach to far, nor use any kind of violent  
exercise, & desire she lye not with her husband, till the  
danger of miscarrying be quite over. m<sup>r</sup>s. Willet.

this plaister must reach ye hips & goe  
downe ye peak of ye back; ye peak  
downwards.

### An Excellent Water for Soar Eyes.

Re a quart of Crowders well water, y<sup>n</sup> have ready ʒij of white  
vitriol Calined or burnt in a crucible as you doe alum, (you  
may know when it is burnt enough by its being very white & dry)  
white sugar Candy ʒij, beat ym in a brass mortar to very fine p<sup>o</sup>ss  
& put ym into y<sup>r</sup> bottle of water, shake it together for every  
day, 3 or 4 days y<sup>t</sup> ye sugar & vitriol may be dissolved, when you  
use it drop a drop or two into y<sup>r</sup> eyes at night when you goe  
to bed, tis an extraordinary medicament for any accident in  
ye eyes (except a bruise) for all sorts of Rheumes pains or soars  
whatsoever, I have proved it good. ye water of Crowders well is  
to be had nere barbicane & is called Crowders well & has a  
peculiar property for ye eyes.

### A very Good Searchcloth.

Re ʒij of ye best virgins wax, half a pint of oyle olive half a  
pint of oyle of roses & melt ym altogether, & let it coole in a pan  
till tis half cold, y<sup>n</sup> take ʒij of ye finest white lead you can get  
& pound it as fine as you can put this into ye oyle & wax, &  
stir it over a fire & let it boyle half an hour & y<sup>n</sup> take ʒij of  
ye best frankconsence, ʒij of mirth, of gum Olubinum & mastich  
& beat it to fine powder, & put it into ye oyle & wax, &  
let ym boyle half an hour take ʒij of camphire slit & put into  
it & stir ym untill they looke black, y<sup>n</sup> dip y<sup>r</sup> cloths therein and  
keep it for your use. The vertues are these, It is good to  
dry up the milk of a woman in child bed, It will also draw &  
dry up the milk of a woman in child bed, It is good to heale a burn or scald  
breast, and heal a Soar breast, It is good to be taken out with some cooling  
but blisters must be first cut & for searchcloth often, but if you lay  
ointment, you may not change this searchcloth often, but cut a hole  
it to dry away milk, let it lye without removing, but cut a hole  
for the nipple, but if you lay it to a broken Soar you must turn  
it & wipe it often, it is every day & lay one side of it one day &  
ye other side ye next day, & one piece will both draw it & heal  
it, if it be not a very foul Soar, it is likewise a very good strength  
ing searchcloth & good for old & green wounds: Coten Wightnicks

### A very Good Searchcloth for a Bruise.

Re of sheeps Suet Clean tryed, unwrought wax @ ʒij, of rosin ʒij,  
of frankconsence one Spoonfull, beat these two last into a fine  
powder & search ym y<sup>n</sup> boyle ym altogether & skim it clear  
with a feather, when it is boyled take it off, & when it is almost  
cold, dip a linnen cloth in ye same y<sup>t</sup> it may be thron wet,  
this done lay it a broad till it be quite cold, & y<sup>n</sup> rone it up.



24 this will keep a year. Before you lay on this searcloth wash  
clean the greivd place with this water.

R roots of holihocks & their leaves 3 handfulls, Solomon-seal,  
lilly roots (a)  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , seeth ym all in water, stamp ym & strain  
therto oyle of camomill, roses, & ill (a)  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of safon ym  
weight of a goat, first being beaten small mix all these to-  
gether & by a fire annoynt ye greivd place & after yt is drye  
in ym lay on ye searcloth, which you may keep on 2 or 3 dayes  
before you wash it againe. \*

#### To heale a burn especially Gunpowder.

R a pound of potted butter set it on ye fire & when it is all  
melted take a handfull of white salt & put into it & stir it on  
ye fire yt ye scum may rise, & take off ye froth as clean as pos-  
sible, ym pour out ye butter clear from ye bottom, ym put 2d  
of bolearmarch, & 6d north of cullens furnish, & ym annoynt ye  
place with it 2 or 3 times a day, & when you do annoynt it at  
lay on a fine sown cloth yt has been wash'd & afterwards on  
oynt ye sown, till it be whole, you must not stir the cloth at  
all till it be quite well. \*

#### For a burn.

R alehoof & stamp as much of it in a mortar as you may  
have a pint of juce, ym strain it & boyle it with 6 of borrons  
grece an hour stirring it very often till it is well mixed ym  
put it into a gally pot till it be cold, ym cover it close & set  
for yr use, when you use it annoynt ye place till it be well  
soaked in 3 times a day at first after twice, laying plantane  
leaves on it, or a cloth diped plantane water till it be whole,  
which will be in a short time & without a scar. \*

#### For a burn or Scald.

R oyle of roses & snow water (a) alike quantity & with a  
nish beat ym together to an oyle, ym clip of ye blisters &  
with changing of singed linnen diped in this oyle apply on  
cloth after another till ye fire be out, ym use this salve follo-  
wing, spread on singed linnen.

R 3 quarters of a pound of butter new out of ye Churn, un-  
salted melt it into a skillett ym put in of dears seed  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , &  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$   
of white frankensence in fine powder, ye like quanty  
of yellow wax scraped,  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of ye oyle of bayes, &  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of turp  
in powder, beat it well together and strain it thro a cloth  
into a cleare earthen pan and keep it for your use close  
covered. \*

R some of ye aforesaid salve & melt it & put in some veron  
grece in powder but not so much & strain it keep it for yr use  
it is good for old soars & dead flesh, ye part being first washed  
in whitenine venegas a little warmed. \*

#### A Balm, Excelent for green Wounds.

R of St Johns wort  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  ye roots of valerian  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , ye roots  
of great Comphrey  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , wheat Corne dried, ye leaves of Cardus  
benedictus (a)  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , of majorum 2 handfulls, stamp ym & steep  
ym in 3 pints of whitenine 3 days, ym boyle ym a while, &  
strain it, & to which wine put 3 pints of old oyle olive, & seeth  
ye wine & oyle together till ye wine be consumed, ym take  
 $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of turpentine, msh, frankensence, & mastick (a)  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , beat  
these 3 last to fine powder, & put ym in by little & little all  
these stirring it, & last of all put in ye turpentine, ym take it  
quickly from ye fire, else it will be too thick, and ~~settle~~ in ye  
bott, so day use it to all green wounds or and creeck in  
ye back, this balm must be boyled in a pipkin with a quick  
fire, or els it will burn. \*

#### An Excelent poultis to breack a Wound.

R a pint of new milke, put into it a good handfull of mall  
corn leaves dried boyle ym together with a handfull of red rose  
leaves till they be tender, ym take a handfull of white bread  
grated & ye pith of 3 or 4 soner apples, & ym let it boyle a little  
longer, ym take it up spreading it on a cloth for your use as  
hot as you can suffer it. \*

#### For a Soar breast.

R 2 handfulls of Camomill flowers & boyle ym to a pottis with  
a quart of mild beas of 7 year old & when it is boyled put in a  
quarter of a pound of fresh butter & stir it well, this lay on dayes  
when you feele pain or against change of weather, only this morn-  
son cured a Soles breast with a Canter, & kept it from growing  
more, for 30 years together she used it. \*

#### A plaister for a Soar.

R Cerus  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , chalk  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , hogs lard  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , ye cerus & chalk must be  
in fine powder, & mixt by degrees in a mortar & ym you may make  
it into rouls, ye salve will hardly spread, therefore when ye use it  
cut a thin slice & lay on ye soar & cover it with a diachylon  
plaister, you must wash ye soar twice a day with the following  
water, but you need not shift ye plaister but once. me Howard



### An Excellent Water to dry up an old Soare.

R. white copperis, & fine bolearmarack  $\mathfrak{z}$ ij calicine  $\mathfrak{z}$ ij  
in a Crucible. & when cold beat ym. to a fine powder, y<sup>n</sup> take  
 $\mathfrak{z}$ ij of camphire, in fine powder & mingle with it, & keep it  
a glase very close stoped, & when you use it take a spoonfull  
of this powder, & pour a pint of scalding water to it shaking  
it well together, so let it stand till it is cold, y<sup>n</sup> keep it in  
glase & with y<sup>e</sup> cleare wash y<sup>e</sup> soar & lay on a rage this  
cleaseth, & cures any Soar.  $\#$  Mr Howard.  $\#$

### To dresse Soars old or new.

Make cleare any old Soar with whitewine a little warmed,  
& make cleare any new Soar with y<sup>e</sup> parties own water, if  
proud flesh arise in any Soar & leake dryeth first put in a  
little burnt allum in very fine powder, & upon y<sup>e</sup> a little mer-  
cury precipitate, but if y<sup>e</sup> proud flesh be sprung & wet, y<sup>n</sup>  
put on y<sup>e</sup> mercury first, & y<sup>e</sup> allum, upon that, & any more till  
salve upon y<sup>e</sup> if y<sup>e</sup> Escor come off willingly, let it lye on  
another day.  $\#$

### For a fellon or Whitblow.

R. of dears suet  $\mathfrak{z}$ ij, or for want of it hogs lard, or sheeps  
suet tyed up, rosin & pitch  $\mathfrak{z}$ ij, melt & mingle ym well  
together, & let it boyle upon a gentle fire a quarter of an houre  
y<sup>n</sup> put in  $\mathfrak{z}$ ij of Venus turpentine, & mingle it well upon y<sup>e</sup>  
fire, y<sup>n</sup> strain it into an earthen pan well glazed & keep it  
for y<sup>e</sup> use; this must be spread on hand or sheeps skin, if occa-  
sion serves tint it with y<sup>e</sup> same, it makes a good covering  
plaster by putting in some bolearmarack in fine powder.  $\#$

### A rare Balsome of Sulpher.

R.  $\mathfrak{z}$ ij of y<sup>e</sup> flower of brimstone, & one pint of y<sup>e</sup> oyle of nar-  
-rington mingle these together, y<sup>n</sup> put ym. in a vial glase &  
so set it in a pot filled with water & hay to keep y<sup>e</sup> glase up-  
-right so let it stov over a gentle fire for 4 days y<sup>n</sup> take y<sup>e</sup>  
cleare lickow & put it into a glase & stop it very close & keep  
it for your use. It is good to cure any green wound, one drop  
be dropped in y<sup>e</sup> wound, tis excellent for a Cough or Consumption  
being taken 5 drops at a time in 3 spoonfulls of beas for 3 houre  
ing together, fasting an houre after it, so likewise 5 in y<sup>e</sup> after  
noon y<sup>e</sup> same quantity, after having rested a week or 10 day

you may take it againe in y<sup>e</sup> same maner: give a horse 25  
27 drops in beas for a cough or broken Wind.  $\#$

### To Cure Lamenesse in y<sup>e</sup> Joynts or nerves.

R. of y<sup>e</sup> Juice y<sup>e</sup> drops out of y<sup>e</sup> Joynts of oxen when they are  
cut up warm, which is of a slimy substance, & save it in a bottle  
& put to it some brandy to keep it from stinking, & with y<sup>e</sup> rub  
y<sup>e</sup> Joynts & nerves; it hath cured those y<sup>t</sup> have not been able  
to stand, but creep on their hands & feet, you must get a pint  
or else it will not be enough to effect y<sup>e</sup> cure.  $\#$

### Apoultis to break a Soar breast.

Boyle white Lilly roots in milk till they are tender, y<sup>n</sup>  
take ym up & pulp ym, in y<sup>e</sup> mean time boyle some white bread  
in milk y<sup>n</sup> put in y<sup>e</sup> roots & boyle it to a poultis y<sup>n</sup> str in some  
oyment of marshmallons & apply it warm.  $\#$

### To Cure Soar nipples.

R. adders tongue shred or bruise it, & mix with it may  
butter and let it stand 2 or 3 days, y<sup>n</sup> boyle it & strain it  
& keep it for your use, it is good against any inflammations,  
these two are m<sup>rs</sup> Willits.  $\#$

### Have a box with these following

#### Salves & plaisters.

Basilicon. for wounds in y<sup>e</sup> flesh that must be bruised,  
and helped to matter.

Detopio. To cleare & mundify foul wounds or soars you  
may in y<sup>e</sup> case use it by its self, or use a little  
powder precipitate with it.

Egipitacum. To mundify mightily, and to use it dissolved in  
a qua vitae or wine, when there is danger of  
the gangren.

Ballsamum. To heale dead flesh, & to cure wounds in the  
head & other parts, that are not to matter.

Peruvianum. For plaisters sake.

La rareere. You may have this at y<sup>e</sup> Apothecaries & this  
plaister alone will do wonderfull cures in all  
wounds whatsoever, in all bruises & for pain  
& lches.



28. Diacaleithers. This is very proper to cure, or heale.

Saturnium. This is very good to dry skin and

healise any wound or soar.

For wounds yt are single without bruise or losse of substance, & most part for wounds in ye head use agood balsom, or only ye plaister called La varreire, in those wounds yt must not matter or sepearte, use ye balsom of peru which is ye naturall black balsom. \*

### To make the Oyle of Balsome.

Re. ye flowers of sweet trefoyle, or garden claver, some call it balsom, these flowers as you gather ym daily must dryed in a penter dish in ye sun, yu put ym into quart of oyle Olive being in a glasse stoped, as fast as you gather them, dry ym, & put ym into ye oyle. \*

Re. ye leaues of this trefoyle & stamp ym & put in a quart of oyle olive, & put in as many leaues as will make it thick yu set it on ye fire, & boyle it half an hour upon a soft fire, before it boyleth put into it a quarter of a pint of whitewine, yu strain it & put it up in a glasse. \*

When you give ye oyle yt is made with ye flowers for any inward cause, you must put 5 spoonfulls of whitewine to one of ye oyle drink it warm, for a wound you must take oyle & set it in cold, for ye gout or any aches you must anoynt ye place greased with this oyle warm, for ye eyes you must drop it in & bind it up. It is good for any green wound, & it will cure a pin or web, & for young children yt are burst, for vlsers in ye eyes & bruises yt are inward, to avoid congealed blood by urine, yt which is made with ye leaues is good for all these things. ye dried leaues laid amongst garments keeps ym from moths & all other vermine. \*

The balsom made with ye flowers by its self or in honied water, or in wine drunk asmagas ye hot burning, & fretting of ye bowells, or seek it in water & take it for a glister for the same purpose, drank in ye same manner stopeth ye whises. \*

The flowers or leaues sodden in oyle & applyed ripens hot impostumes, & swellings, & other tumours and breaketh ym sometimes doth dissolve ym wash ye head with y decoction thereof & apply ye herbs to ye forehead for ye swelling or giddnes or turnings of ye head. \*

The seeds or leaues sodden in wine & drank helpeth y diseases of ye side, as Colicke, stone, ye falling sicknes, ye dropsy, ye 22. Stranguary in men or women, & purgeth all venestrull humours drink thereof Zij with wine to help all venomous bitings & it suffereth no venom to come within ye body, it helpeth all fiction & quarter feavours, it prevaileth against all deadly poison or venom, if 20 grains of ye leaues or seeds be drank in wine, it helpeth wounds & cankers. \*

Make lye therewith, ye head ach, drink ye seeds of it to cause urine, seeth it well, & apply it to any impostume, to break it, to cure soar eyes greiveth whatsoever drop in ye juce, take ye leaues yt hath white spots on ym & stamp ym run with honey to restore ye hair & to keep it from falling off, anoynt the head probatum. The leaues boyled in wine & drunk provoketh urine, & cleareth ye matrix, it help ye suffocations of ye mother ye leaues & roots mixed with treacle or methridate preserueeth against ye plague, or poison. \*

Trefoyle seeds must be sown in ye midst of april: in ye new of ye J. gather the seeds, a little after Michaelmas. \*

### To make an Excellent Oyle.

Re. 200 earth worms, put ym into an earthen pot & put to ym one handfull of Camomill & let ym cleare 2 days & 2 nights yu take one pint of Sallet oyle & half a pint of ye juce of Camomill and cut off ye heads and tayles of the worms, then take the middle of the worms and cut them into peices and put them into the oyle and boyle it 2 hours and the strain it into a glasse and swi it 6 weeks, this oyle is good for any ach bruise or Cramp. \*

### Oyle of mace.

Re. Zij of the reddest of the maron of an oxc melt it into roswater, when it is coole upon the water take it off, and for every ounce of ye maron take Zij of it off, and for every ounce of ye maron take Zij of of seached mace, and so beat it in a hott mortar, then cast it on a plate to coole, this is good to anoynt ye stomach. \*

### To make oyles.

Let your herbs be gathered 24 hours before you use ym, being clean wiped & pickt, but ye herbs must not be wail



30 yn take an earthen pot, & put in as much sallet oyle as you will make, & fill ye oyle full of ye herbs you make it boyle, yn set it in a pan of hot water over ye fire, & let it boyle till ye oyle have taken out ye strength of ye herbs which it has done when ye herbs have quite lost their colour, yn rving ym out & put fresh to it thus infuse ym thre week is sufficient, yn cleane ye oyle from ye herbs, & in ye glase you mean to keep ye oyle, put in some fresh herbs wherof you made ye oyle let ym be new gathered & dried. Thus may you make all oyles both of herbs & flowers, all these oyles are good to anoynt for swellings, & most of ym good to put in glisters, howsoever ye herb being applyed outwardly is good, but ye oyle is better.

Oyle of roses - is good for all inflamation or swellings.

Oyle of violets - is good & of ye same nature, but much colder.

Oyle of Conslips - is good for ye brain, & to anoynt ym.

Oyle of Elderflowers - is good for faintness in ye stomach, it being annoynted therewith.

Oyle of bittony flowers - is good for ye head, to anoynt ym.

Oyle of Lillies - is good, for women in labour.

Oyle of fennel - is good, for ye wind in ye side, & agt swelling.

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Oyle of wormwood - outwardly applyed to ye stomach.

Oyle of cammell - is good in a glisters for ye wind in ye bow.

Oyle of Adbers egue - is good for a green wound either to dip ye tent in, or to anoynt it.

Oyle of Dill - is good for any strained joynts.

Oyle of southwood - is good to anoynt ye place, wherein there is an ague cake.

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table till they be soft, & cut ym & strain out all ye juice clean from ye seeds, put to ym lickow double ye weight of soafe sugar, yn set ye tankard in a skillett let it boyle till ye sugar is melted, yn take it out of ye skillett of water, & let stand till it be cold, yn scum off ye top of it & put it in bottles for use.

### Syrup of Lemons.

R. ym pipins & pare ym & slice ym round & put ym into a stoves or earthen cullender & when you have laid one row of pipins, yn strewn it all over with sugar finely beaten, yn put another row of pipins & so sugar so do as often as you will according to ye quantity you will make set ye cullender into an earthen bason & let it stand all night to receive ye syrup so put it up for y use. this is very good for a Cough.

### Syrup of violets.

R. lbs of pickit violets, put a pint of boylng water & cover ym close, & let ym stand till ye next day & yn put ye violets down with a spoon, ye next day strain ym out & put ye lickow into a silver tankard, & put double ye weight in of double refined sugar & lickow & set ye tankard into a skillett of boylng water let it boyle till ye sugar is dissolved yn take off ye syrup & let it cool, so skim off the top and bottle it for y use.

### Syrup of Clouegilly flowers.

R. half burrage & half balm water, & take as many clouegilly flowers ready clipt from yf whites as you can well put in, & put ye waters into ye cloues boylng hott & cover ym untill ye next day, yn strain out ye cloues, & put in fresh flowers, & set ye tankard of lickow & cloues into a skillett of water to infuse & get out yf strength of the



32 clowes, so do with fresh flowers till y<sup>e</sup> lickour be of a good colour, y<sup>n</sup> strain out y<sup>e</sup> clowes out of y<sup>t</sup> lickour, & put in fresh flowers till you make it of a deep colour, & when it is deep enough measure y<sup>r</sup> Lickour & to a pint take lijs of double refined sugar, & make a syrup of it skim it if any scum arises, set it by till cold y<sup>n</sup> bottle it for your use. if you have no burrage or balm water you may do it with spring water.

#### A Syrup for a Consumption or Cold.

R of hyssop, rough barley, & roots of Elecampain & Coltsfoot @ one handfull, horehound half a handfull, Lickourish & figs @  $\frac{3}{4}$  one head of garlick boyle these in 4 quart of spring water till it be consumed to a quart, y<sup>n</sup> strain it thro a cloth & add to it lijs of double refined sugar, boyle it to a syrup, & take of this 2 spoonfulls in a morning 2 more at 4 a clock, & 2 last at night, this syrup is very good. & it is called my 3d mount alexanders syrup, I have known it done much good. #

#### A Syrup for a Cold.

R 3 handfulls of red sage pickt clean & put it into a pint of white wine vinegar & boyle it till tis very strong of y<sup>e</sup> sage, y<sup>n</sup> strain it & boyle it up to a syrup with a quarter of a pound of brown sugar candy, so keep it for y<sup>r</sup> use, tis a very good Syrup for a Cough & to cut y<sup>e</sup> flegme. #

#### Another Syrup.

R white wine veniger & hyssop water @ a little

33. quantity, & make it into a Syrup with sugar & use. this sometimes, & sometimes y<sup>e</sup> mount alexanders syrup a spoonfull, or 2 at a time, as y<sup>e</sup> person can take it, this & y<sup>e</sup> other of y<sup>e</sup> 3d syrup is good for a horse & wheezing.

#### Another Syrup to Cut flegme.

R 6 spoonfulls of fair water, 2 spoonfull of good veniger, one spoonfull of rosewater, & y<sup>e</sup> juice of one great orange or 2 if they be little, boyle all these together with sugar make it into a syrup. #

#### A Syrup for a Cough in man or Child.

R turneps & pare y<sup>m</sup> & quarter y<sup>m</sup> & put y<sup>m</sup> into an earthen pot, & put between every Laying turneps a Laying of hyssop, & put y<sup>m</sup> to bake with household bread, & when it is throwly bakt, you must take y<sup>m</sup> out & squeeze y<sup>m</sup> out & to a pint of y<sup>t</sup> juice put a pound of brown sugar Candy & boyle it to a syrup, & you must take 3 spoonfulls at night when you go to bed, & a spoonfull now & then when y<sup>e</sup> Cough troubles you. #

#### A Syrup for a Consumption.

R 3 pints of Coltsfoot water, lijs of Lickourish finely scraped & bruind,  $\frac{3}{4}$  of anniseeds bruind, of organs & unreck hyssop @ a handfull, boyle all these together till it comes to a quart, y<sup>n</sup> strain it, & to it take lijs of loose sugar & boyle it to a syrup & keep it for y<sup>r</sup> use, this is good for Consumptions or any thing y<sup>t</sup> lies heavy upon the stomach. # Syrup of blackberries.

R your blackberries juce done in balmie, & to a pint of y<sup>t</sup> juce, take lijs of loose sugar, & boyle it gently to a Syrup when it is cool put it up for use. you may so Elder burris or mulberries thus.



### The Balsamick Syrup.

℞  $\frac{3}{4}$  of balsam of Tolu powdered put it into a quart of spring water in a glassed pipkin set it over ye fire, & let it gently boyle (often stirring it till it comes to a point) yn strain it thro' a musling & boyle ye lickour with  $\frac{1}{2}$  lb of double refined sugar (some takes brown sugar Candy) till it comes to a syrup, let it not boyle too fast, if any scum arised take it off, when it is a good syrup take it off, & set it by till cold, yn bottle it for yr use. this syrup is to be taken a spoonfull at night, & in ye morning for a cold & horsness, it is very good for ye lungs, some constitutions are to hot, & it may not agree so well with them. # Some makes a slight barley water & to a quart of it they put in  $\frac{1}{2}$  lb of this balsam finely beaten, set it over ye fire & stir it till ye goodness of ye balsam be out, yn strain it, & sweeten it to yr tast with ye best sugar, & take 2 wine glasses of it every day. #

### Syrup of Saffron.

℞  $\frac{3}{4}$  of saffron pull it out into rags & put it into a quart bottle, & put thereto a pint of red rose water, let it stand 10 days, shaking it often every day, yn take a quart of mallago sack, & pound of double refined sugar, boyle it to a syrup, & yn straine the saffron thro' a Jelly bag & put to it, & give it a boyle, up, so put it into a bottle for yr use, it is good for fainting fits, & in syngs inn, & to be light hearted.

### Syrup of Steele.

Put  $\frac{3}{4}$  of ye filings of Steele into a pint of Whitewine

35. let it stand 3 weeks till ye wine be of a darkish browne colour, yn pour it into a nether joint bottle upon  $\frac{3}{4}$  of mace bruised let it stand a week longer infusing, yn pour it off thro' cap paper into a funnel so into a bottle, yn dissolve into it as much loaf sugar broken as will make it a thinn syrup without boyling, of this take every morning a spoonfull & half with  $\frac{3}{4}$  of Cream of tartar & dissolve it in a draught of water or what else you like. #  
This is a preparation of  $\frac{1}{2}$  lb of roses yt he used & is very good but ye body should be prepared before it be taken & pills taken every week during ye whole course to purge off ye Steele which is known by those yt are acquainted with ye method of phisicians who are indeed to be consulted whether a calybeat course be proper in ye case, if so, how long to be continued, & if this syrup taken with good advice, hath done great cures, & if ye patient should bleed, these pills are to be taken in the Steele course. ℞ of ye powder of Rhubarb  $\frac{3}{4}$  of pill ruffi  $\frac{3}{4}$  of salt of tartar  $\frac{3}{4}$ , make these into pills with a few drops of Elixer proprietatis, take once a week going to rest 3 or 4 of them pills, & not forbear ye Steele ye next morning. #

### Conserve of Roses.

℞ red rose buds & pluck ym out of ye husks & cut off ye white yn take ye red part & beat ym fine in a marble mortar, & take double refined sugar ye weight as you have in roses & beat ym very well together & put it into a pot wch will not be above half full & let it stand all summer in ye sun it will work it may be, but yn there is room for it, so keep it for yr use. you may so rosmary flowers, but yt must stand but a month in ye sun.

### Another Way.

℞ red rose buds clean pickt & cut from ye white ly, beat ym fine in a marble mortar, yn add of double refined sugar ly, beat very well together yt you cannot se any white specks yn put it up for your use: after this manner you may make any Conserve as, of herbs or flowers, but they must be pulped, except roses,



36 gillyflowers or violets. this was Mr Fords way an  
Eminent Apothecary. #

### Sugar of roses.

R ij of double refined sugar, & Juice of red roses, &  
of rose water @ ℥ij dissolve these & boyle it to y<sup>e</sup> consi-  
-stance of sugar againe as for loosinges, yn add of red  
in fine powder ℥ss, let ym be y<sup>e</sup> smallest buds for this  
are y<sup>e</sup> best, pick ym off y<sup>e</sup> stalks & cut of all y<sup>e</sup> yellowes  
from ym as clean as you can, but besure you do not put  
in y<sup>e</sup> roses till it is a hard sugar, for if you do it will  
loose its colour, when you put in y<sup>e</sup> roses take it from  
y<sup>e</sup> fire & sprinkle ym in, & keep stirring ym yt they may  
incorporate yn while it is hot Cast it on a plate &  
cut it into what form you like. Mr Ford. #

### A Conserue for a Consumption or a Cough.

R ℥vj of raisons of y<sup>e</sup> sun stone ym & beat ym very smale  
& put to ym ℥ij of brown sugar Candy beat ym very very  
well together, yn put to ym ℥viij of conserue of red roses  
mingle it very well with a pestle & put into it 12 drops  
of spirit of vitriol, & 24 drops of spirit of sulpher, mix  
it very well, yn put it into a pot, & let y<sup>e</sup> person take y<sup>e</sup>  
bignesse of a nutmege night & morning, or at any time  
when y<sup>e</sup> cough troubles you. Lady How. #

### Another Conserue for a Horseneys or Coto.

R ℥ss of honey, ℥ij of Conserue of red roses of sirup of  
coltsfoot, & sirup of maiden hair @ ℥ss, of powder of lickerish  
℥ss, of y<sup>e</sup> powder of anniseeds ℥ss, of y<sup>e</sup> powder of Ellicampane

37 of y<sup>e</sup> flower of brimstone @ ℥ss mix all these very  
well together, & put ym into a gally pot, & take of  
it y<sup>e</sup> upon a sickorish stick bruised, this I knew pre-  
scribed to a gentleman, yt recd great benefitt by it  
for a cough. #

### To make the Anodine pill.

R tartar crude, & salt peter @ ℥ss, reduce ym to a  
very fine powder, yn put ym into a crucible & calsine  
ym in a strong fire (but besure you put it in by degrees  
for if put in altogether it may do mischeife by its  
blasing) then while it is hott put it in a mortar &  
beat it to a fine powder, yn immediately put it in a wide  
mouth'd glase, & cover it 4 or 5 fingers height with y<sup>e</sup>  
oyle of turpentine, & let it stand for 6 months stirring it  
every day with a wooden spatula every day, & it will  
become like a soap yn take of opium dissolved with spirit  
of wine ℥ss, white Heliobore root in powder, sickorish pow-  
der @ ℥ss, gascoins powder, Sapis Contra yerva (that  
what you call y<sup>e</sup> Countess of Kents powder) ℥ss of each.  
with as much of y<sup>e</sup> former soap as will make it up in  
to a soft mass for pills (y<sup>e</sup> powder all must be extraordi-  
nary fine) y<sup>e</sup> Dose is from 4 to 12 grains, or 14 to strong  
people, beware of giuing it to very young children. This  
pill is to be taken in one pill going to bed, It is good for  
a cold, all cold rhumes, tooth ach, it sweats & composes  
to sleep: if not to sleep yet you are insensible quiet &  
easy, but lye a bed next morning till late, & do not  
catch cold after it. Mr Ford kept this as a great secret  
but I had it from Mr Howard his man. #

### Pilli Camapitheos.

R Hiera piera ℥ij, bitter apple ℥ij, scamony ℥ij, -



38. Rhubarb  $\mathfrak{z}\mathfrak{x}$ , turbith root  $\mathfrak{z}\mathfrak{v}\mathfrak{j}$  &  $\mathfrak{z}\mathfrak{j}$ , lavender  
flowers, mastic, stocador of arabia @  $\mathfrak{z}\mathfrak{ss}$ , ginger  
 $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , gum oppoponax  $\mathfrak{z}\mathfrak{j}$  &  $\mathfrak{z}\mathfrak{j}$ , castor, salt  
 $\mathfrak{z}\mathfrak{j}$ , spiknard  $\mathfrak{z}\mathfrak{j}$ , oyle of rosmarey, oyle of majo-  
-rum @  $\mathfrak{z}\mathfrak{ss}$ , yt is 30 drops make it into a mas  
with ye juce of Camapitheos (or for want of that  
syrup of buckthorn) keep it in a pot very hard  
cram'd for your use. about  $\mathfrak{z}\mathfrak{j}$  makes 8 pills;  
each take for 4 mornings after your first sleep,  
drinking something warm about 9 a clock, you may  
go out in ye afternoon, it purgeth but little & is ver  
good physick for ye head, I have taken it often, if  
you have a mind you may take 4 or 5 of these  
pills, but yn you must keep home yt day. Mr fford.

### Turpentine Pills.

R  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of siany turpentine, put it in a little skil  
& let it heat, you may <sup>know</sup> when it is enough by dropping  
it in fair water, & if it be enough it will mould, yn put  
it hot into water, & make it into pills, & keep yn in  
powder of licetorish, you make take 2 or 3 every morn  
ing fasting as long as you please, they are a great streng  
-ner of ye back & good for ye whites. Mr fford. I know  
a gentlemoan took ye turpentine & mingled it with ye  
powder of egge shells so stiff as to roul it up into pills  
& gave 5 or 7 at a time for ye same distemper, ye inner  
skin of ye shells should be taken of, & yn ye shells should  
be dried in an oven & finely beaten & sifted in  
a lawn sieve before you use them. #

### Another turpentine Pills.

R  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$  of ye best turpentine & wash it in red rose water &  
beat out ye water clean, & add to ye turpentine  $\mathfrak{z}\mathfrak{j}$  of ye  
conserve of roses,  $\mathfrak{z}\mathfrak{ss}$  of ye powder of mastic, temper these  
together in an earthen dish & make it up into pills as big  
as you can take yn, roul yn up in sugar & take yn &  
take a drafft of burnt claret after yn with good store of  
Cinamon in ye burning it, after takeing ye pills 6 morning  
together yn take this following drink. take a pint of red rose  
-water &  $\mathfrak{z}\mathfrak{j}$  of cinamon grossly beaten & steep it in ye  
water all night, & take 3 whites of new laid eggs & beat  
yn to oyle & let yn stand all night yn take off ye froth  
& to ye oyle put 7 spoonfulls of ye rosewater yt you steep  
ye cinamon in, season it with sugar to yr tast, before you  
take it make water, & yn hold it as long as you can, tis  
good for ye Whites & ye running of ye reins. #

### Pills to Strengthen, & for ye whites.

R gum araback, bole armanack, dragons blood @  $\mathfrak{z}\mathfrak{ss}$ , red  
corall, powder of crabs eyes, species of Stiacinth @  $\mathfrak{z}\mathfrak{j}$   
balsum of peru as much as will make it into pills, &  $\mathfrak{z}\mathfrak{ss}$   
take every morning, tis reputed very good. #

### Dr Ratclifs pills.

R of crabs claws prepared extract of gentian, steel prepared  
with sulphur stomatical pills with gum @  $\mathfrak{z}\mathfrak{ss}$ , Compound  
powder of arum  $\mathfrak{z}\mathfrak{ss}$ , salt of wormwood  $\mathfrak{z}\mathfrak{j}$ , Elix: proprie-  
-tatis as much as is sufficient to make it into pills, to be taken  
3 every night going to bed, & 4 in ye morning, drink 4 or 6 spoonfuls  
of ye following Julap, take of Compound mint water mint water,  
steel wine @ half a pint, Compound wormwood water  $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ , Dr  
stevens water, & aqua marabillis @  $\mathfrak{z}\mathfrak{ss}$ , gentian root sliced  $\mathfrak{z}\mathfrak{ss}$



40. make this into a Julap S: A: my Cos. Ambrosio  
manaton took this, he was weak & Consumptive.

### Excelent Stomach pills.

R of sal prunello & of pulvis sant @  $\mathfrak{z}\mathfrak{j}$  of washed  
aloes, of rhubarb @  $\mathfrak{z}\mathfrak{j}$ s, make ym up into a mass of  
pills with conserve of <sup>romar</sup> wormwood in a hard past (for  
ye head we add  $\mathfrak{z}\mathfrak{j}$ s of mastick powdered) 6 of these  
pills as big as a pea is a sufficient dose for a  
soluble body, but to a hard 10 or 12, take ym at  
4 in ye morning & sleep after, but to hard bodies  
after night, persons yt are in health need not  
keep chamber, nor diet with them. #

### Pills for the Wind of ye mother.

R one pint of ye juice of seuroy grase, 2 pints of ye  
juice of sage, boyle ym till they be so thick as you can  
mould ym up for pills, but before you mould ym up  
put into it ye weight of 12 in Castorium made into  
a fine powder, & as much oilibinum in powder, mix it  
well & keep it for your use, roul up a pill or two in  
sugar, & take ym as you have occasion. #

### Pills for ye head, good agt Vapours.

R white amber finely powdered  $\mathfrak{z}\mathfrak{j}$ s, piony root  
polipodia of ye oak @  $\mathfrak{z}\mathfrak{j}$ , of ye best aloes  $\mathfrak{z}\mathfrak{j}$ s, of  
castorium  $\mathfrak{z}\mathfrak{j}$ , make this into a mass with syrup of  
as much as is sufficient. Dr Bonne. #

### Pills before ye purging waters.

R pill ruffi, & pill macri @  $\mathfrak{z}\mathfrak{j}$  species hiera & aloes

41 Rosat @  $\mathfrak{z}\mathfrak{j}$ , chymicall oyle of majoram 3 drops, with  
syrup of violets as much as will suffice to make ye mass into  
pills, viz 10 out of every dram, take 3 at bed time once a week  
ye next morning drink 2 quarts of ye purging waters Dr Sower.

### Pills for the Seuroy.

R steel prepared with sulphur  $\mathfrak{z}\mathfrak{j}$ s, gentian root in pow-  
der ye extract of centuary, Cassia ligne powdered, pill  
ruffi @  $\mathfrak{z}\mathfrak{j}$  salt of wormwood  $\mathfrak{z}\mathfrak{j}$ , gum armonick dissolved  
in gentian water & Compound  $\mathfrak{z}\mathfrak{j}$ , with syrup of steel as much  
as is sufficient to make it in to a mass, ym make it into pills viz.  
10 out of every dram, ye pills take 3 or 4 every morning, you  
must drink after it  $\mathfrak{z}\mathfrak{j}$  of ye following bitter draft made ye  
plain way after ye manner of tea. R Centuary & camomill flowers  
as much as you can hold between 2 fingers & thumb, gentian root  
sliced thin 10 grains, Cardus seed bruised  $\mathfrak{z}\mathfrak{j}$ , pour upon these  
ingredients a quarter of a pint of boyling water & let ym stand  
close Covered & hot for ye space of half an hour, ym drink off ye  
clear as directed. R  $\mathfrak{z}\mathfrak{j}$  of yellow dock root dried & sliced, San-  
-dalion root 2 handfulls, ash leys  $\mathfrak{z}\mathfrak{j}$ , ye yellow rines of 3  
lemons, hang these in 4 gallons of smale ale, with 3 handfulls of  
hart's tongue leaves, when it works & is fine, draw it out into  
bottles & drink it for a year as your ordinary drink. #

### Dr marrows pills.

R of ye best aloes  $\mathfrak{z}\mathfrak{j}$ s, of turbith hermadackills & agarick s  
newly made to torches @  $\mathfrak{z}\mathfrak{j}$ , ginger & cloves @  $\mathfrak{z}\mathfrak{j}$ s, saffron 7  
grains, powder all there & make ym up into a mass with some  
syrup, & dry ym in ye shade, afterwards with a sufficient quantity  
of oximel of squils make it into pills, take thereof  $\mathfrak{z}\mathfrak{j}$  or  $\mathfrak{z}\mathfrak{j}$ s,  
once or twice in a week, for a whole month, before dinner. #

### Pills for a Cough & rhume.

R aromatica rosatum, Iurthians & saffron @  $\mathfrak{z}\mathfrak{j}$  red corall -



42. white corall @ 3j mix all these together, & with 3j of conserve of roses make ym into pills, yn roul ym up in orris powder & take 2 at night going to bed, this cured m<sup>r</sup>s Willitt. #

### The Imperiall pill.

Take amone, annis, mastick, ginger, grains of paradiſe, Cardinums, Zedary, cinamon, mace, nutmegs, cloves, saffron, Cubib, signam alloes, turbit, mana, Agarick, senna, casia, & 5 mirabilons @ 3j, of y<sup>e</sup> best Rhubarb y<sup>e</sup> weight of all these ingredients, & as much of allon satirinum, & to this add of cardus & scordium @ 3ss make ym into a mass with syrup of roses, you take these pills at any time, at evening or morning, before dinner or supper & sleep after them. m<sup>r</sup>s Willitt. They yt continue y<sup>e</sup> use of these pills shall be sick of no disease till he dyeth, they purge all peccant humours vacuate choller yellow & black, they fortify y<sup>e</sup> limbs, in y<sup>e</sup> feable causeth mirth, hold back old age, comfort y<sup>e</sup> belly & stomach, preserve y<sup>e</sup> sight, unstop y<sup>e</sup> ears defend y<sup>e</sup> breast from Cough & pursings, cleanse y<sup>e</sup> stomach it, y<sup>e</sup> phlegm may not get to y<sup>e</sup> blood, they help Consumptions stiches, shortness of breath, they kill y<sup>e</sup> worms, gard y<sup>e</sup> teeth from all putrefaction, take away y<sup>e</sup> crumyness of eating without appetite, which causeth all winery belchings, as well soon as stinking, they settle y<sup>e</sup> head & free it from vertigors, to purge methodically they must be taken. y<sup>e</sup> first morning. 2. y<sup>e</sup> second. 3. y<sup>e</sup> third, & 4. y<sup>e</sup> fourth morn: so you take every 10. days 2 of these pills or at night, & all year if you please, & you will need no other physicians. #

### An Excelent purge for shortness of breath,

Take of tamarinds, casia with y<sup>e</sup> cane bruised @ 3j the

best senna half an ounce, sprinkled with y<sup>e</sup> juce of Orange & white wine each an ounce, cream of tartar an dram & half salt prunello a dram, y<sup>e</sup> seeds of Coriander & Lemon pills each half a dram, boyle all these in a quart of water to a pint, strain it out yn add an ounce & a half of y<sup>e</sup> best mana Syrup of peach blossoms, & violets each an ounce, yn clarify it with y<sup>e</sup> white of an egge & add to it smale Cinamon water an ounce, this is to be taken 3 mornings, having care of takeing cold. Dr Cox gave it Cos Wightwick. #

### A good purge for all scorbuticall humours.

Take ounces of choise senna, a dram of rhubarb sliced thin, Sweet fenill seeds & anniseeds each half an ounce, bruised, infuse these all night in half apint of water close covered, in y<sup>e</sup> morning strain it & put to it an ounce & a half of Syrup of Buckthorn buxies take this Spring, & fall 2 or 3 times keep yr self warm & drink hot things in y<sup>e</sup> morning of it, good also for breaking out me Moulings gave this to Cos Wightwick. #

### A Drink to be taken after y<sup>e</sup> purge.

Take sage, rose, & wormwood each one handfull, Sopwood 2 handfulls, hog lice, 4 hundred bruised in a little white wine, put these in a boubter bag, in 3 gallans of beas & ale, while it is working, let this be y<sup>e</sup> constant drink, tis good for Scurvy inclining to y<sup>e</sup> kings evil. M<sup>r</sup> Moulings. #

### Dr Southcoks purge.

Take of y<sup>e</sup> leaves of senna, 10 drams, Agarick trochiscated & Rhubarb each a dram, & half, infuse ym for a night in white wine & fountaine water each 3 ounces, strain ym & dissolve in it an ounce of Syrup of buckthorn, & Cinamon water 2 drams, mingle ym & make a portion. #



### *St Theodors Mixons purge*

Take tamarinds 5 ounces, cream of tartre 2 drams boyle ym in half a pint of water, & when it hath boyled awhile put it seething hot upon 6 ounces of Senna, 2 drams of Rhubarb, aniseeds, fenillseeds, Coriander seeds each a dram bruised, with 2 scruples of yellow saunders, let these steep all night, in ye morning warm it, strain it & roving it hote there must be of ye lickour a quarter of a pint, in which you must dissolve munnia, & Syrup of roses each an ounce, make this portion to be taken all at a time, in ye morning fasting. \*

### *A Gentell purge for a Child.*

Take Rhubarb sliced a dram & half, or 2 drams, of hartsborn a dram, fenill seeds or purslain seed bruised, drams an half, steep all these in a pint & half of beere & let the child drink thereof, if nothing appear of meazells, or smale pox. \*

### *To make Niera piera.*

Take 1 ounce of Niera piera, & put it into a pint of sack & half a pint of mint water, & stop it up in a bottle & set it in ye sun, or in a warm place, in ye chimney corner, & shake it once a day, & give 5 or 6 spoonfulls to a big body, 2 or 3 spoonfulls to a child, it is very good for ye worms, for ye pain in ye stomach, in younge or old people. \*

### *A Drink for ye Rhumatisme.*

Take Sarsaparilla 4 ounces, China 3 ounces sliced, Sarsaparilla an ounce, Gentish wood 3 quarters of an ounce, red saunders an ounce & half, hartsborn & Ivory shavings each 2 ounces, Eringo roots 4 ounces infuse ym in 12 pints of water scalding hot for 18 hours, yn boyle it to 8 pints, adding at ye latter Scurvy grase & Sage each one handfull, Lickorish Scrapt &

an ounce, yn strain it for ye use, take half a pint of it warm in ye morning, & at 4 in ye afternoon. Cos Wightwick. 30

### *To preserve Walnuts to purge.*

Take a pound of walnuts 3 or 4 before midsunex put ym in a bag, & boyle ym in water, & change ye water till ye bitterness is clean gone, yn take ym out & peile off ye black skin, yn take a pound of powdery Sugars, put ye Sugars in a dish with it with water, & stick a bitt of clove in ye grant end of ye walnutt, put ym into yr Sugar & boyle ym tender, give ye person 3 a morning, fasting & they will work, they are good for ye worms in Children, but one is enough for a child, if you would not have it purge put in loaf Sugar a pound & a quarter. \*

### *A Diet Drink to dry up humours in ye body.*

Take Sarsaparilla spilt in ye mield 2 ounces, yn cut it into short bits, ye leaves of plantane, mouse eares perimackle, Dandelion, each a handfull, Endive, Succory, strawberries & violets each one handfull, Scurvy grase, both garden & Sea each 2 handfulls, ye flowers of burage, buglos & elder each 2 pugills, ye seeds of anniseeds & Sweet fill each 2 drams bruised, 3 ounces of Lickorish, reasons of ye Sun stoned a pound & half, divide all these ingredients into 2 parts put ye one part into a bag of boulder with a weight to it, yn put it into 3 gallons of smale ale, while it is yet in working let it stand 3 days, & yn let it be ye constant drink, when you have drunk this, doe so by ye other half, approved by my Cos. Wightwick. Mr Moulings a famous Chirurgion. \*

### *A good diet drink to cleanse ye blood, & to purge gently, all humours in Children.*

Take of fox femoots, Succory, roots, mums, barberoots (which is a kind of a dock) agrimony, Scabious, fametany each 2 good handfulls, 2 ounces of Lickorish, 1 ounce of aniseeds, Slice ye roots & cut ye herbs & boyle ym in 3 gallons of ale or beere worts till ye 4th part boyled away, let ye Lickour stand in a tub covered all night, in ye morning strain it & put it into a burrell or runlet of 3 gallons in wch you shall hang a little bag of boulder with

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46. 2 ounces senna, & half an ounce of rhubarb, fill up ye runlik with fresh beere or ale, & let it work well before you use it, or put it into bottles you should give it to Children in a draught proportionable to their age, & more or less according as it works. By Doctor Collidon. \*

#### A Drink for the Scurvy.

Take of water Crepes, brooklime & scurvy, grasse each handfull, bark of ash tree 3 ounces, comon dock roots 6 ounces, wash ym very cleane, & add of Aqua fearata 4 quartes, (that is ye water that smiths quench their Irons in) Straine ye water, & put in ye foregoing herbs & boyle ym altogether as long, till ye water be very strong, & drink this aforesaid decoction for awhile together, & it will do you a great deal of good. Approved. \*

#### A Drink to strengthen ye back & to stop ye whites.

Take of ye shavings of deal board 4 handfulls, of y shavings of ash, of ye wood called lenthish, of sarsaparilla & of each 3 handfulls, dried bitony, speedwell, each 4 handfulls, 3 quarters of an ounce of nutmegs, white muscangell flowers & ye flowers & tops of ye triple yellow herb each one good handfull, put all these in a bag of boulders, & let it hang in a vessel of 6 gallons of ale or beere, put also into this proportion a pound weight of ye scales of Iron yf falk from ye smiths forge, this drink must be drank constantly at meals & at other times when y person is dry, this conserue following is to be taking every morning fasting, ye bigness of a nutmeg, & a good draught of this diet drink afterwards. both by D<sup>r</sup> Collidon. \*

#### The Conserue.

Take of ye flowers of white archangell, of purple willow herbs & flowers, of ye bud of oak & to every ounce of conserue add 3 parts turpentine in fine powder & crabs eyes in powder each half an ounce & mingle it well. So take it as aforesaid. She should use a plaister continually on her back. D<sup>r</sup> Collidon. \*

#### An Execlent Diet Drink good in Malignant feavours.

Take of Scabious, cardus each a good handfull, a lesser handfull of ye roots of butter buy, boyle ym in 3 pints of milk, & when it has boyled well pour into it as much ale as will turn it yn take off ye card & put it thro a Strainer, & let ye person drink of it as largely as he pleases, & as often, cold or warme, it will strengthen ye Stomack & abate y thought, & keeps all malignity from ye Stomack & heart wch Occasions reachings to vomitt, it has done thousands good at ye Army in Ireland. \*

#### A drink for vapours & fitts.

Take motherwort mother time, hearts ease, hartstongue, scabious, buglos, sanicle, sweetmajorum, each 2 handfulls, sage, busage each one handfull, raisons of ye sun 2 pound, cut but not stoned, 6d of saffron, 10 dram of Shaved Ivory, corall 10 grains, powder of pearl 10 grains, or instead of yt 20 grains of Oyster Shells powder, & powder of eggs shells a quarter of an ounce, put all these into a gallon of Spring water into a narrow mouthed pot, & tye it very close, & let it stand in a coole place 3 days, shaking it twice aday very well, but not open it, if ye herbs be very green & fresh ye lichen is good, yn make yr hands very clean but not with Soap, yn squeeze ye ingredients very well together & let it stand an hour close stoped, yn strain it & put to it 2 quartes of ye best mallago sack, yn bottle it up & spot it close, & keep it in a coole place for yr use. you must put in each bottle 2 or 3 seeds of scutther eld whole, if you are much troubled with faintings drink half a pint of this every morning fasting, & fast an hour after yt yn eat one handfull of raisons of ye sun & drink a glase of Spring water. this is harry drink. \*

#### The Wound Drink.

Take ye leaves of Egrimony, mugwort, angelica, violet leaves, Strawberry leaves, dandelion, Scabious, whitebottle, buglos, Comfrey, avens, Daisy roots & leaves, plantane, ribwort, sowmenshil, Oakbuds, bramble buds, hartswood, sanicle, & Johnswort, bitony, Southernwood, a little wormwood, these must be gathered in may or June, & dyed carefully without dust for yr use all ye yeare, & put ym up in bags & laid in a dry place upon a Shetling

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in a dry room.

48 When you use ym take 3 handfulls of ym all & boyle in a pottle of water a good while, afterwards add aquart of whiter wine & boyle ym longer till almost half ye lickow be wasted, boyle it in a covered pipkin & on a gentle fire, ym strain out y<sup>e</sup> hells & boyle ye lickow alone with a pound of honey in a skillett till you have scummed it ym pour ye lickow into an earthen pan & let it stand till ye next morning & not be stirred, ym pour off cleare gently & bottle it, stop it close & keep it in a close seller, drink a little draught of it first in a morning in bed in ye afternoon, an hour before supper, & more last at night, it will keep but a fortnight.

A Drink to purify ye blood and  
evacuates ill humours & cures  
ye Scurvy.

Take ye juce of scurvy grase of water cressies, of brooklime, Sorrell, all depurated each a quarter of a pint, renish wine 2 quart, roots of horsradish, Elicampne, flower du luce each an ounce, & half cut into thin slices, seeds of rocket an ounce bruised, 2 nutmegs bruised put all into a stone bottle, stop it very close & keep it in a coole place for y<sup>e</sup> use, drink morning & night aquarter of a pint at a time. To depurate ye juices, let ye juce settle for 12 hours, ym pour it off gently into a pipkin from ye grosse impurities settled at ye bottom, boyle it gently & take off ye scum or cruds letting it boyle only a walm or two, y<sup>e</sup> strain it.

A Diet drink for ye kings: evill.

Take ye flowers of broom, & distill ym double in a cold still, ym take ye biting Egrimony, sinkfoyle, mugwort, dardichyon, buglose, redsage, smalage bramble leaves daisy roots each a good handfull, boyle ym in 3 gallons of water 2 hours, ym to every quart of y<sup>e</sup> lickow put 2 grains of ye best beazor, & let it boyle 2 hours longer, ym strain ye lickow from ye herbes, & to every gallon of ye lickow put aquart of broom flower water, let ye patient drink aquarter of a pint of this lickow with a spoonfull of Syrup of Elder berries in it, every morning fasting, & fast an hour after it.

Take 4 ounces of white Copperis, one ounce of Camphire,

beat ye Copperis very fine, & slice ye camphire very thin ym incorporate ym well together & burn ym in a crucible as you do allum, let it coole ym beat it to fine powder ym take an ounce of bolaxmarack in fine powder & mix with ye other, ym take aquart of fair water & make it hot as not to boyle, put a spoonfull of ye powder into it whilst it is hot & keep it in a bottle & warm a little at a time & wash ye wounds with it twice a day, if they be deep & hollow use a syring, if y<sup>e</sup> wounds are broad, wet rags & lay in ym, & bath ym well. you may use this salve. Take 3 quarters of a pound of bees wax & aquarter of a pound of hogs lard, of yosin ye bigness of a walnut incorporate ym in a pipkin well glazed over ye soft fire, yf it boyles hot & when they are thirly melted let it coole spread it on a cloth & apply it to ye wounds after ye bathings if they are deep make tents of it & put into ye bottom of ye wounds this salving powder.

Take 4 ounces of bolaxmarack, 4 ounces of camphire, one ounce of Copperis white, 4 ounces of allum beat all these powders very fine & mix ym altogether, put a little into ye wounds if there be proud flesh in ym, if ye disease be in ye lips bath ym with rose vinegar, if in ye eyes bath ym with plantaine water warmed 4 or 5 times of a day. Cos: Luttrell of ven.

A Excellent Liver Drink.

Take Liverwort, Egrimony, hartstonge, Succory, violet leaves & straws very leaves each 2 handfulls, boyle these in 6 pints of water to ye consumption of half, strain ye herbs from ye lickow, & infuse in it 4 ounces of Sena, 3 drams of rhubarb, sweet fenill seeds bruised & anniseeds each an ounce, a little lickowish sliced, let it stand & infuse 24 hours, ym strain ye ingredients from the lickow. Take of this lickow 3 ounces, of Syrup of roses one ounce, in a morning fasting, drink something warm in ye morning of it. Cos: Luttrell.

A Drink for the Scurvy.

Take of caper roots, tamaris, polipodia lickowish, Tarsafrost, maidenhair each 2 ounces, one handfull of hartstonge, 3 ounces of Succory roots 2 handfulls of water cressies, 3 ounces of broomseeds, 4 ounces of mallows roots, one quart of ye juce of scurvy grase, a pint of ye juce of brooklime, put all these into a bag, into a vessel of 7 gallons of smale ale.



### A Drink for ye Green Sicknes.

Take a pound of horse nail studs, wash & dry ym, & put ym into 2 quarts of whitewine with an ounce of ginger sliced, let it stand 9 days shaking it as often as you can, & ym take 3 spoonfuls of ye days end, ye first day, & 4 ye 2d, & 5 ye 3d & so continue adding one till all be almost gone, you must not shake it after you have began to drink it but drink ye cleare of it & fill 2 quarts more of whitewine into it, & shake it 9 days, & drink it as before only keep to 8 or 9 spoonfuls, with this 2d bottle it will cure you, but ye while you are taking this, you must purge twice a week with Syrup of Succory with rhabarb & Syrup of hop tops, you must drink no other drink for 6 weeks but middle ale with these ingredients, take to 6 gallons of middle ale of ye juice of deary grose, & of ye juice of water cresses each 3 pints, & a quart of the juice of brooklime, 6 oranges only slitt & put into it, & a pound of raisons stoned, 2 ounces of lickowish, & one ounce of horse dung roots sliced, put these things in when ye ale is working & begin to drink it 4 days old you may some to keep it from being to stale. Cos Whightwick. \*

### A Drink instead of beas in ye smale pox.

Take an of calbined hartshorn 20 Tens ears 20 grains of Scutenele baffle it in 3 pints of water till half be wasted & let ye person drink as much & as often as pleases, after they are come out drink no more. D<sup>r</sup> Colc. \*

### A Glister for the mind Colick.

Take a quart of maste, feathersfe, Elder leaues, pelitory of wall, Camomill, marshmallons each a handfull, fenill seeds an ounce, each an ounce, of barberries & Turpex berries Caraway seeds an ounce, bruise ye seeds & berries & boyle ym altogether till they come to a pint, ym strain it & put to it 3 or 4 spoonfuls of English treacle, & so give it, vseing it 2 or 3 times aday if you have occasion.

### A Glister for ye Gripes.

Take a quart of milk, an ounce. of ye grose powder of pomgr

51. ynd one handfull of redroleaues, run it with a pint of Smiths water forge & strain it out, & put to it 2 ounces of beas suet, if this does not do take another presently. #

### Another.

Take a quart of aniseeds water, an ounce of rhabarb sliced, steep ye rhabarb in ye water, & take 2 or 3 spoonfuls every morning, it should work 2 or 3 times aday, this & ye former is good for ye gripes, & when nothing comes bkt slime, & good for ye Colick. #

### An Electuary for stuffing of the Stomach, & Shortness of breath.

Take a pint of ye best honey set it on ye fire & scum it cleare ym put in a bundle of hyssop bruised smale, boyle it till ye honey be fast strong, of ye hyssop, ym strain it out, & put to it ye powder of angelica ye weight of 8 dr powder Elicompane as much, ginger ye weight of 2 dr, lickorish & anniseeds each ye weight of 8 dr all beaten very fine, severally put these into ye strained honey & let ym boyle a little space stirring ym well together all ye time, & take ym from ye fire, & pour all into a gallypot stirring it till it is thovly cold, keep it close covered for ym vse, when you are troubled with stuffing at ye Stomach or shortness of breath take this Electuary with a bruised stick of lickorish & you will find very much good by it. M<sup>s</sup> Willitt. \*

### An Electuary.

Take conserve of wormwood, of Damaskroses each an ounce, powder of crabs eyes 2 scruples, Species Dietion, Santaloni, Diarrhodion, Abates each one scruple, powder of Ivory a dram & half, rhabarb a scruple, powder of Steele prepared with Sulpher an ounce, a half Syrup of opening roots as much as is sufficient to make ye Electuary, this is very good for a pain in ye Stomach. M<sup>s</sup> Howard. I have had it made often & never fails to cure. \*

### An Electuary.

Take conserve of red-roses, 3 ounces, Steele prepared 3 drams as much Syrup of clowgilly flowers as will make it into an Electuary, take of this ye quantity of a good nut every morning, & at 4 in ye afternoon vseing moderate Exercise. D<sup>r</sup> Brown. \*



### A Lumbatiue.

Take syrup of white poppies, Syrup of marshmallows each an ounce, oyle of sweet almonds 2 ounces, mingle these well together in a mortar take a spoonfull ye 1<sup>st</sup> thing in ye morning & as much ye last at night, good for a cold, & to avoid flegm, M<sup>r</sup> Howard.

### A Lumbatiue to cut flegme.

Take new oyle of sweet almonds Syrup of maiden hair & each an ounce & half sugar candy 2 drams, bray y<sup>e</sup> in a mortar till it grow white, & make a lumbatiue & let ye person take of it often with a stick of lickorish. Sourceot.

### For A Fluorisy.

Take of new horse dung 4 ounces, cardus benedictus-water a pound & half cover ym & set it upon a fire to heat for 2 hours, then strain it & add to it Syrup of dandelion 2 ounces, Spirit of sol armoniac one dram, & giue of it 5 spoonfulls threice a day morning noon, & night. D<sup>r</sup> Sourceot. my father took it.

### Pills by D<sup>r</sup> Sourceot.

Take of stomach pills with gum, & pills of tartar each 4 scruples, resine Jalap & tartar vitriolate each a scruple oyle of Juniper half a scruple, make these into 20 pills with a sufficient quantity of gum armoniac dissolved in water of earth wormes, & let ye person take 5 or a time every 5<sup>th</sup> day in ye morning.

### The Electuary.

Take Conserue of comon wormwood, & of conserue of ye yellowisse of oranges & Lemons each 2 ounces, winters bark powdered 2 drams, Species diacoriune one dram, Salt of wormwood a dram & half, & make an Electuary with a sufficient quantity of Syrup of Siluon, & of wch let ye person take ye quantity of a nutmeg in ye morning & in ye afternoon, every day, & they be of use frome purging with wch said pills & let ym drinke after this Electuary 3 ounces of ye following water ye morn after it.

### The Water.

Take of ye water of cookupint. leaves one pound, hyssop & pennyroyal water each 4 ounces, of water of earthworms, aquamaribiles & shagite water each an ounce, of sugar one ounce, mingle ym well, this 3 I knew took & are very good, prescribed by D<sup>r</sup> Southcot.

### A powder to open ye pipes.

Take of ye flower of brimstone, & of china. each an ounce, of white sugar candy 2 ounces, beat these together into a fine powder, & take as much of it as will lye on a b<sup>d</sup> every night & morning, y<sup>e</sup> ye pap of an apple roasted. Lady How.

### A purg.

Take 4 quarts of whey set it on ye fire till it seimes & y<sup>e</sup> steam it well & let it boyle very well, y<sup>e</sup> take a peck of damask roses, pick ym clean from ye seeds, beat ym well in a mortar, take ye boyleing whey & pour to it, cover ym close to keep it in ye steam, untill it coole, y<sup>e</sup> pour it out & keep it as coole as you can, take a pint of this in a morning fasting, & it will purge you excellently without griping. Lady How.

### A Electuary.

Take Conserue of ye fruit of sweet brier 2 ounces, of conserue of consilia & redroses each an ounce, red corall, crabs eyes, & cream of tartar each an ounce, Syrup of corall an ounce, make these into an Electuary. Lady How.

### To make Loosings for a Cough.

Take a pound, & half of lickorish, scraped clean, y<sup>e</sup> cut it into flakes & beat it with a pestle, lay it in steep 2 or 3 nights, & let it be in a quart of these 3 waters, hyssop, seabious & caltfoot of each an equal quantity, y<sup>e</sup> boyle it till half be boyled away, y<sup>e</sup> strain out ye lickorish very hard, & put a powder & half of brown sugar candy, & boyle it together till it come to ye thickness, & you may se ye bottom of ye skillet, y<sup>e</sup> put 2 grains of musk into some cordiall about a spoonfull & put into it & let it boyle a little, & y<sup>e</sup> pour it into a bason, & so beat it till it looks white, & when it is cold make it up into loosings with dusting, a little sugar upon ye paper you roul it on, y<sup>e</sup> cut it into loosings.



54. & dry ym, my mother made these often for a Consumption  
54. cough & rhaumes. #

For a Cough inclining to a Consumption.

Take of blew figs, of blew raisons each a pound & half, Dates stoned  
& of currants each 4 ounces, Licorish & anniseeds each an ounce  
Succory leaves, endive, & bugloss each a handfull, half a handfull  
of french barley, cut these very small, except ye barley, & put  
altogether in 2 quarts of Cuscut water in a clean earthen pottle  
& boyle it till half be consumed, yn strain it & keep it in a  
bottle, & drink it blood warm, in ye morning fasting, & at go-  
ing to bed, or at any other time, a wine glasse full, Obleive yn  
may put 4 quarts of water instead of 2, & you may boyle the  
ingredients again with more water as at first. #

For a Consumption.

Take a white flower yt grows much amongst corn called ox eye  
& dry ym those being boyled in a good draught of milk ahead  
gripe of ym, & so drink it 3 times a day, this will do much by  
god help, for it hath cured when nothing else would doe. #

For a Cough of ye Lungs.

Take a pint of honey & clarify it on ye fire softly yn take it  
of ye fire & let it stand a little & scum it take 12 ounces of  
blew curance, of licorish & anniseeds each 2 ounces beaten  
very fine, into powder, & an ounce of Elecampane put all these  
into ye honey & stir ym well, you must put in ye curance & let  
it stand on ye fire but let it not boyle, ye rest when you take  
it off, yn take at night & at morning, ye quantity of a nutmeg  
or when you cough, approved. #

For a Consumptive Cough.

Take a handfull of ye lungs of an oake put it into 3 quarts of  
running water, 2 ounces of licorish, half ounce of anniseeds be-  
half a pound of raisons of ye son stoned, put all these into an  
earthen pipkin & let simer 8 or 9 hours till it be half wasted  
but let it not boyle, strain it thro a hair sieve as long as it will  
run without squeezing, yn make ye pipkin cleare, & put it in again  
& put to it a pound of brown sugar candy, yn put it on ye fire  
untill it mast a pint more, so let it stand till it is cold & put  
it into a bottle, & drink 5 or 6 spoonfulls of it take warm

every night in yr bed, lying upon yr left side, an hour or two  
after, so likewise in ye morning, if you be costive, you must  
take half a handfull of ye leaves of polipodia of ye oake, &  
put half handfull of ye lungs of ye oake, this has been often  
approved to be excellent. #

For ye Consumption of ye Lungs.

Then distilled water of Scabious is a very excellent remedy  
to be drunk with sugar candy mornings & evenings, in any Consum-  
ption of ye Lungs, you may to every quart of water 2 ounces of  
sugar Candy. # or for a cough take of hyssop water, coltsfoot water,  
Sennigar, & horehound water each a quarter of a pint & a pound &  
quarter of fine sugar, boyle it to a good thick Syrup & so eat it  
with a stick of licorish. #

For adry Cough of ye Lungs.

Take ye lungs of a fox, they being clean washed in whitewine  
yn lay ym to soak in whitewine, yn put ym into an oven to dry  
till you can beat it to powder use it for adry cough of ye lungs  
about ye weight of a groat, or thereabouts, & yn mingle it with  
wine for your use. #

Cock water for a Consumption.

Take a pottle of canary, a pottle of milk, still it with a hand-  
full of rosmarey, time, pimpernell each 2 handfulls, burage & bugloss  
each a handfull, halfe a pound of dates, a pound of raisons of the  
sun stoned & as much of curance, yn take a cock & kill him  
quarter him cleare him with a cloth but not wash him, yn put  
into a still of glase, or any other still, let him infuse all the  
night in ye milk & wine, & in ye morning, distill ym with a  
ambergrece 2 ounces of white sugar Candy, take of this 5 spoon-  
fulls an hour before meat, & 2 spoonfulls in ye morning, sleeping  
after it, & as much before dinner, if it be in a flux, take red wine  
or you may alter ye herbs according to ye disease as Organy,  
Sage, time, for cold diseases, liverwort, Longwort, coltsfoot, penny-  
royall. #

Snail potage for a Consumption.

Take 60 house snails, & put a handfull of bay salt to ym & 3  
or 4 spoons of rosmarey, put ym in a pot & cover it over with a  
double coarse cloth, so set ym by, to purge 24 hours, when you



56. would use ye snails take 12 of ym at a time & wash ym well from ye slime, y<sup>n</sup> put ym in a pipkin with cleane water, but wash ym when you take ym out of ye shells & put ym into ye pipkin & a calfs foot with 4 or 5 leaves of Sarcory, Indine, marygolde lettuce, Strawberry leaves, violet leaves, colts foot, bugles, burage, a little fenill roots, & parsley roots, & make every day or every other day afresh, they should be eaten 3 or 4 times aday, ye best time to get the snails is in a dewy morning.

#### A Restorative broth.

Take 5 quarts of water & ye cragg end of a neck of mutton & beale of raisons of ye sunne stoned & curance cut 4 ounces a bundle of coole herbs as parsley root a Succory root a blade of mace, 12 corns of peper 2 or 3 cloves a quantity of hartshorn, ye bottom & top of a manchiet put all these in a pipkin & boyle it well, & drinke it in ye morning, fasting.

#### A very Good Jelly.

Take a good cock chick & a knuckle of veale & lay it in water 3 hours y<sup>n</sup> boyle it in 3 quarts of water 4 hours & a pint of whitewine, boyle it till half be wasted, y<sup>n</sup> strain it out, when its stiff you must take out ye cleay, & set it on fire with cloves mace & sinamon, & while it is when you must have 8 whites eggs well beaten with rosewater, y<sup>n</sup> put it in & lade it with a spoon so put in sugar to y<sup>r</sup> taste before you put in ye whites of eggs, to clarify it, so put it thro a Jelly bag, if it run white you must let it run thro againe, you may put in a lemon cut into ye bag, when you take it off last put in a little salt.

#### For a Consumption.

Take a white pipkin, well nealed with a close cover & put into it 5 pints of cundis water, half a pint of hyssop water a pint of coltsfoot water, & a quarter of a pint of timb water put to this an ounce of Chingy roots, thinly sliced, half an ounce of Saxafrage, Slic y<sup>n</sup> cover ye pipkin close, let ym boyle upon a gentle fire & charcole till a quart of ye lickour be consumed, y<sup>n</sup> take a cock chicken, & draw him & with a routing pin break all his bones, y<sup>n</sup> put it in ye pipkin with 12 leaves of coltsfoot a little tamarind a stick of English lickowish, thinly slic & script & bound to

ther with a thrid, a spoonfull of anniseeds bruised put in a little bag, let this boyle on a soft fire till it come to 2 quarts, run it hot into a glase Jar thro a thin napkin, & keep it for y<sup>r</sup> use, let y<sup>e</sup> person take a good draught of this broth first every morning, & the exercise as walking, swinging, shuttle cock &c. ye like, quantity is to be taken at 4 a clock in y<sup>e</sup> afternoon using ye like exercise, this course is to be continued a month or 2 weeks without intermission, this cured one who had been ill for 15 years.

#### For a Consumption of ye Liver.

Take a pottle of Strong wort, a handfull of maiden hair, 9 leaves of Liverwort harts dounge, parsley roots, fenill roots each half a handfull take out ye pith of ye roots, let ym be washed clean & bruised y<sup>n</sup> together to ye half or third part, & immediately after ye first boyl ing put in an ounce of sawdure, when it is almost sodden put into it a quantity of Camomill bruised, y<sup>n</sup> strain it together, & let the person drinke every morning 5 or 6 spoonfulls before breakfast, & so at night.

#### For a violent Cough.

Take of Syrup of Diacodium, of Syrup of Iujebz each an ounce mix ym together & giue to a child half a spoonfull at night, likewise for ye cough, & ye lungs to take Loch Sanum with a lickowish, stick as often as you please: another for a cough in a child, is to take 4 ounces of hyssop water, 3 drams of lickowish pulled to peices & pounded, & let it infuse with brown sugar cany enough to sweeten it over a gentle fire being close covered, & giue ye child of it night & morning, or at any other time, when it coughs. Also this loche is good for a cough, & tickling, Thyme take Discordian 13 drams, Repenthes in powder a scruple, Loch Sanum an ounce, conserve of red roses drawn thro a sine, an ounce, Syrup of dried red roses, & red poppies each as much as will suffice to make it into a loch.

#### For one in a Dangerous Condition in his Lungs.

Take every morning, half an ale pint of milk from ye cow, & put into it a reasonable spoonfull of bolearmach in very fine powder mingle it very well & let it settle to ye bottom, y<sup>n</sup> drinke it lying on your back & so lye for half an hour, do ye like at night fasting 2 hours before & 2 after it.

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Halls portage for one inclining to  
a Consumption, or Hective feavour.

Take a pottle of spring water put into it of wild time bri-  
ed 2 handfulls of lickenwisk, & anniseeds each an ounce  
bruised raisons of ye Sun stoned half a pound, let it all  
boyled together till a third part be consumed, yn strain  
& disolue 2 ounces of brown sugar candy, & drink a wine  
glose of it first in ye morning & last at night, fast after it  
2 hours, its also good for any Cough. \*

For a Consumption.

Take a quart of muscadine with 2 ounces of hartshorn put  
ym into a pot & let it infuse upon a soft fire or embers all night  
ye next day let it boyle till it will Jelly yn put in a bit of  
Cinamon & sugar, it may be eaten at any time. \*

An abstract of malt for a Consumption.

Take of strong wort 4 quarts, 4 ounces of white sugar & boyle  
ym together as thick as for an Electuary, take it off ye fire & set  
it to coole take of this ye quantity of a nutmege, very good against  
cough of ye lungs, or any cough whatsoever. \*

A Drink agt ye Hective feavour & Consumption.

Take half a pound of french barley, a quarter of a pound of dates,  
Slicce, a pound of blew curance, 2 pound of raisons of Sun stoned,  
boyle these in 6 quarts of spring water, let ym boyle leasurly, &  
strain it & put in a quart of yest malago sack, a pint of plantain  
water a pint of redroswater, a quarter of an ounce of whole mace  
give ym a boyle together for a little time, yn sweeten it with white  
sugar candy, let ye person drink of it adraught when they awake  
out of their first sleep, & when they arise in ye morning, & at 4  
ye afternoon, & when they go to bed. M<sup>s</sup> Willits. \*

For a Consumption.

Take a good number of earthworms out of a green platt of grass  
wash ym clean in veriger & stitt ym, & wipe ym clean from

earth & dry ym with a cloth, lay ym abroad upon paper & put  
in an oven after bread is drawn, when they are dry beat ym to  
powder & seatch ym very fine thro a sieve, take of this in midle  
ale, or scabious water as much as will lye on a bed morning noon  
& night, or oftner, it strenghtens in a fortnight, tis a excellent thing  
& hath done strange cures on those yt have been worn out with  
a Consumption. M<sup>s</sup> Willits. \*

For a Cough.

Take of white sugar candy, of anniseeds, of orice, lickenwisk  
each an ounce, make ym all into a fine powder & mingle ym well  
together & when you cough take a little of ye powder, another yt  
was prescribed to Cosen manaton for his cold was this, take  
of aloes of roses a scruple, ye pill of houndstongue half a scruple  
juice of lickenwisk 2 scruples made into 9 pills, take 2 at  
night & one in ye morning. \*

An Emulsion for ye Stone.

Take french barley an ounce, ye 4 cooling seeds each adram pick-  
ed marsh mallons roots an ounce boyle all these in 3 pints of water  
till one part be consumed, yn straine ym, & with 2 ounce of almones  
blanched make it into an Emulsion & sweeten it with Syrup of marsh  
mallons, or with soafe sugar. \*

For the Stone. D<sup>r</sup> Miron

Take of ye greatest radishes & slice ym thin yn put ym into a  
great gally pot & between every row strow some sugar untill it be  
full, & which must be pressed down & stop very close for 3 or 4 days  
together yn pour out a wine glose full of ye juice & put to it as  
much whitewine, & so drink it 9 mornings fasting an hour after it  
& if at ye 9 days end ye person still finds pain, he must after take  
glsters still, as he finds pain, & yn foment ye place where ye pain  
is with a scain of raw thrid put into lye ashes made very strong &  
applied & this upon tryed prooffe has done great good. \*

Another for the Stone.

Take of ye oile of sweet almones, & of white sugar candy beaten  
to powder each 2 ounces a nutmege powdered, an ounce ye juce of  
lemon, 3 ounces of renish or whiterwine, 2 or 3 drops of ye spirit of  
dittol, you must mingle these together & warm it, & drink it as  
you find occasion & it will give you present ease, another yt  
take of ye mother of time, of passly, pelitory of ye wall, satifrage,

it boyle  
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60. yadish roots sliced each a handfull, steep all these together in red cows milk one night yn still ym & take 2 or 3 spoonfulls of ye water & as much whitewine & drink with it. \*

### For the Stone in man or Child.

Make a poset with ale or whitewine & put into it marsh mallons roots ye pith being taken out of English liquorish partly seeds fenell seeds each a handfull, bruse all in an mortar & put ym in ye poset drink & let ym seeth a quarter of an hour & strain it, yn drink it, & lay by ye Ingredients for they serve boyleng another time, drink a draught of it in a morning with a little Syrup of marsh mallons in it at 4 in afternoon.

### Glister for the Wind or Stick in ye side.

Take a quart of clear poset ale & put to it a handfull of Camomillflowers, of mallons, violet leaves, of mercury each a handfull, of fenellseed, cumin seeds, & partly seeds each a good Spoonfull, beat ym & boyle ym altogether till it is half consumed, yn strain it into 3 Spoonfulls of black Sugar, & 3 or 4 Spoonfulls of oyle of Capers, yn use this fomentation, take ye same kind of herbs & seeds & boyle ym in water a good while and take a bladder fill it with your herbs & water as hot as you can suffer it, & lay it on your side. \*

### For the Wind.

Take a quart of whitewine, of marygold flowers & sweet marjoram each a handfull, an ounce of anniseeds & boyle ym altogether & put a little saffron to it, & drink a little draught of it morning & evening. \*

### To Cause urine Stopped by ye Stone.

Take 7 or 8 bees out of a hut alive steep ym in a little dr of bear or wine, & bruse ym with a point of a knife yn take up ye substance with a spoon & let ye person swallow, and afterwards drink ye wine which will cause a longe sleep, & much water will follow & give ease. \*

### For the Stone or Colick

Take ale & saffron & boyle it together & make it just as you do tea Drench, likewise another for ye colick take as much plain seed as will lye on a bed & put it into a glasse of sack & drink it. \* another which is to take a draught of warm ale and scrape good Stone of ginger int, & drink it pretty hot. \*

### For the Stone.

Take 2 quarts of fair water & a handfull of mallons boyle it till half be consumed, mix so of this licken with 2 Spoonfulls of Syrup of althea, & so drink it beye bright time, & madden hair, & dry good, boyled in broth. \*

### For ye Strangury & a Violent Cough. ye Colick Stone of ye Kidneys or Sharpness of Urine.

Take 6 quarts of Strong honey boyle it & seim it & put to it a handfull of marshmallons roots cleare washed & sliced, one ounce of anniseeds you are to boyle this till half be consumed yn put 2 ounces of english lickenish scraped & sliced, let it boyle for half an hour longer yn take it from ye fire & let it stand always with ye Ingredients, afterward take half a pint thereof with a Spoonfull of ye Syrup of Succory & warm it blood warm & drink it every morning & fast 2 hours after it, & drink ye same quantity so prepared & 4 hours after dinner, & a little before you go to bed, Add this for a cough take conserve of red roses towards night about ye bigness of a nutmege, you may take it before or after ye former drink or at any other time when you are troubled with a stone. \*

### For the Stone.

Take a pound of green been cods & still ym with a quart of white wine when you have drawn ye water put it into ye still againe & still it over twice more a pound more of ye been cods yn take 3 pound & half of green walnuts & bruse ym & still ym as you have done ye beans yn take 2 pound of green Symphire & so by yt as you did ye beans of huts, & yn put ye 3 waters together & still ym & it which proceeds from it put into glases half full fill ym but be sure seum it a great while first, & let ye person drink 3 Spoonfulls at

it boyle walnut on a side ye place either

little in place & if you be paine it certain ay so if you for

Amen. \*

hole as very good ande I



62 atime, so continue 4 or 5 days whenever you are trouble with it. ✱

### For one y<sup>e</sup> Cannot make Water.

Take y<sup>e</sup> cloves of young garlick & slitt y<sup>m</sup> & when y<sup>e</sup> person cannot make water y<sup>e</sup> stone lyeth y<sup>e</sup> way take 3 Spoonfulls of y<sup>e</sup> water of garlick & it will break y<sup>e</sup> stone. another is to take 2 onions & roast y<sup>m</sup> & take out y<sup>e</sup> cores & where cores were, take boars greese chop it smale & fill y<sup>e</sup> holes with y<sup>e</sup> greese & it will melt in it, put these onions into a fine rag or cloth & lay on either of his groins one of these onions as warm as can be, & he shall make watter very quickly, this hath been often approved. ✱

### A Water for the Stone.

Take 3 gallons of y<sup>e</sup> best whitewine or fenish steep these herbs & seeds in it 24 hours, philipendula, Saxifrage, military of y<sup>e</sup> wall, mother of time, grumet seeds each a handfull, fenill, seeds & partly seeds each 2 ounces still it in a limbeck & take out all y<sup>t</sup> is good for y<sup>e</sup> use, & when straburries are very ripe pick 2 quarts & put into y<sup>e</sup> distilled water into a wise mouth glase stop y<sup>e</sup> glase very close & let it stand in a aridion when the sun may come to it & every 2 or 3 days you put more straburries into y<sup>e</sup> glase, so do every 2 or 3 days till y<sup>e</sup> glase will hold no more, y<sup>e</sup> stop it very close & let it set in garden, where y<sup>e</sup> sun may come to it & every night take it into y<sup>e</sup> house & set it out again in y<sup>e</sup> morning, so do for 5 or 6 weeks till y<sup>e</sup> straburries be very white, y<sup>n</sup> strain it thro a fine cloth & put y<sup>e</sup> watter into y<sup>e</sup> same glase againe, & put to it a quart of y<sup>e</sup> best Malmsiey or muscadine, y<sup>n</sup> take 2 pound of white sugar Candy beat it very fine & put into it & stir it well together, y<sup>n</sup> stop y<sup>e</sup> glase very close, & set it in y<sup>e</sup> sun 3 weeks, of this you take 3 spoonfulls when you are in extremity & as much partly water & otherwise to prevent a fit take one spoonfull of it & 2 of partly water and likewise when you to bed, when you take it to prevent a fit, it must be taken in y<sup>e</sup> mornings fasting, & at night. Lady Harrison, this has been often approved. ✱  
likewise tis very good, flint stones to be made red hot & to be put in whitewine good draught, & to be drank when you are in great pain, but y<sup>e</sup> stones must be very hot. ✱

### Another for the Stone.

Take of whitewine, & fair water each a quarter of a pint y<sup>e</sup> pap of 2 roasted apples, & 2 spoonfulls of y<sup>e</sup> Syrup of Marsh mallons mix all these together very well & drink it at 4 a clock in y<sup>e</sup> afternoon for a fortnight together beginning at y<sup>e</sup> new of y<sup>e</sup> moon, y<sup>n</sup> rest till y<sup>e</sup> next new moon do this for 3 new moons & it is a tryalian remedy. they say y<sup>e</sup> green elderbushies when y<sup>e</sup> stems be red, & dry y<sup>m</sup> & made into a fine powder a spoonfull of it being put in a good draught of whitewine, have done several good. ✱

### For y<sup>e</sup> Stone & Spleen.

Take of Ramaxis one handfull infuse it in a pint of white wine, y<sup>n</sup> strain it off & take a flint & heat him red hot quench him 2 or 3 times in y<sup>e</sup> aforesaid Lickour, y<sup>n</sup> being done add to it y<sup>e</sup> powder of one egge shell for 2 draughts y<sup>e</sup> is to every night y<sup>e</sup> half to be added sweeted with sugar. ✱

### For the Stone & Dropsey.

Eat in y<sup>e</sup> morning a little handfull of Luke olives & drink after half a pint of bean shell water distilled only from y<sup>e</sup> shell in a still & drop into y<sup>e</sup> water 20 to 30 drops of spirit of Elder, you should swallow y<sup>e</sup> stones of y<sup>e</sup> olives, use this for 6 weeks tis a rare good medison. ✱

### For the Colick.

Take Juy burries when they are full ripe & dry y<sup>m</sup> & beat y<sup>m</sup> to a fine powder & giue as much as will lye on a shilling, in a little brandy, whitewine, or ale. ✱

### For the Stone.

Take a gallon of milk from a red cow, & put thereto of pill stary of y<sup>e</sup> wall, wild time, Saxifrage, partly each a handfull, 2 or 3 radish roots sliced steep all these in y<sup>e</sup> milk one night y<sup>e</sup> next morning distill it, you should do it in may, when you use it take 4 spoonfulls of this water & of renish or whitewine 6 spoonfulls a little fine sugar & some slices of nutmeg take it luke warm & drink it fasting & fast after it 3 hours using temperate exercise, take 2 morings together & y<sup>e</sup> nights. Just before



64. <sup>ye full & new of ye moon every fortnight or oftner if need require</sup>  
this is an approved medicine. <sup>xx</sup> Lady M.

*For marrows Emulsion for ye Stone.  
or Sharpness of Urine.*

Take french barley & ye 4 great cold seeds & boyle ym & put  
in a few tamarines & after they be boyled let it stand & settle  
& take ye cleare & make almonds milt & sweeten it with Syrup  
of altheda & drink half a pint at a time, let ye barley be cleare  
washed & picked, & ye seeds peeled be before they be boyled.

*For the Stone, Stranguary, Scurvey, Dropsey.*

Take a pint of broom ashes put ym into a gallypot & pour to ym a  
quart of renish wine, cover ye pot close for 3 days or 4, stir it once  
a day at least, ym pour ye wine cleare from ye ashes & take 2  
Spoonfulls of Syrup of Marshmallons with 3 of ye wine every morning  
fasting, a hour after it. this if taken cures a soar upon any part of  
ye body. m<sup>s</sup> Willitt.

*For the Stone.*

Take apound & 2 ounces of cumin seeds & ye yelks & shells  
of 6 eggs & boyle ym in 5 pints of very strong ale wort gently  
in a pipkin covered till ye 3d part be consumed, ym strain it  
out & take of it half a pint in a morning, fasting, an hour after  
it, & another half pint of it when you go to bed, being 2 hours after  
supper, this you must do for 9 days together without intermission,  
therefore a supply of ye lechour must be made before ye other  
be done, this has done good to many. m<sup>s</sup> Willitt.

*To expell ye Stone in ye reins  
and to cleanse part.*

Drink whitewine, bitony, honey, & peper mingled together:  
for ye Stranguary distill milk & drink ye water of it, & it will  
give ease. m<sup>s</sup> Willitt.

*For Convulsion fits.*

Take a Spoonfull of Juice of rue, a Spoonfull of whitewine, verjuice  
& as much methridate as ye bignette, of a pea, mingle all very  
well together ym warm it & take a little bag twisting it round

& dip it into ye aforesaid lechour being pretty warm, put it up  
into ye nostrills of ye nose, & it is a present cure. <sup>xx</sup>

*For Convulsion fits.*

Take roots of male piony 2 drams, man scull unburied half a  
dram, castor ye species called ye species Dyanascij, dulcis, and  
Coriander seeds prepared according to ye dispensatory each a  
Serpule, musk 3 grains make of these acephalike tragaca  
Take mastick pills half a dram, troches of ethiopia 3 grains with  
ye Syrup Staccatus make ym into a mass of pills, adding thereto a  
drop of ye oyle of cloves.

Take conserve of rosemary & sage each an ounce nutmegs can-  
dled 6 drams, cardus ginger 2 drams, caroid orange peel, & melle-  
roste each a dram & half, confectio of alhermis a dram, ye species  
called Diamose dule, a Serpule, ye species Diamora half a Serpule,  
musk one grain, with Syrup of Citron pills as much as will make  
it into an Electuary.

The dose of ye powder is 15 grains every morning, fasting in a  
Spoonfull of piony water Compound.

The dose of ye pills is from 10 to 11 grains once every week.

The dose of ye Electuary is ye quantity of a filbert nut every night  
at bed time. this medicine perfectly cured m<sup>s</sup> Mary Stanhop  
of convulsions when her hands & feet were quite drawn away,  
with ye fits, m<sup>s</sup> fountain. pro ba.

*For Convulsion fits, Histericall,  
fits & Vapours.*

Take ye hearts of moulds dry ym in an earthen pan in an oven  
after bread is dunn, let ym be dried so well ym they will pome-  
nter but let ym not be burnt, take 2 piony seeds to one hart & beat  
ym both together till they be a very fine powder & sift it for an hour or  
two, take ye quantity of 2 hearts for a child one hart, if it be an  
born child let it serve, take it 3 days before ye full moon & 3 days  
before ye new moon, & take it 9 days together for those y have troubles  
ed with it much, if any body be taken with it suddenly give it at  
any time or twice aday morning or night it must be a male mole for  
a female, & a female for a male, this has been known to do several  
good.

*For Convulsion fits.*

Take ye weight of 6d of ye powder of deep red piony finely beat  
& seacht with 2 grains of beazor powder, this is enough for a



man, a 3d weight is enough for a child in a Spoonfull of Elder-  
very water & Syrup of those deep red piony, for 3 days before ye  
new moon & 3 days after, so against ye full moon & after. Col. Culpeper

### For Convulsion fitts.

Take ye root of single piony dried & powdered, take as  
much of this powder as will fill an egge shell, put in a  
drop of oyle of anniseeds & a drop of oyle of amber & give  
of ye powder as much as will lye on a 2d. let ye powder  
be well mingled with ye oyles, give it in blackcherry water,  
& to a man or woman as much more, hang some castor about  
ye neck, give it an hour before ye fitt or just as ye fitt is a  
coming, so do as often as you think fit to use it: it is very  
good. When you fear ye fitts to put a drop or two of castor  
water in ye childs beere & for a man or woman 3.4 or 5  
according to ye age, is excellent good. \*

### For the falling sickness.

Take ye powder of mistle of ye oak give as much as will  
lye on a 5d early in ye morning in beere for some days near  
ye full moon. This cureth a radicated Epilepsie, it was ex-  
perienced by Mr Boyle on a lady that had a Hereditary  
Epilepsie. Lady N. \*

### For the Rickets.

Take figs, raisons of ye sun each apound, lickerish, 2 ounces,  
anniseeds & coriander seeds each an ounce, Hyssop Liverwort,  
& maidenhair each 2 handfulls, coltsfoot 4 handfulls & pennywort  
of fox fern roots, stone ye raisons, quarter ye fox slice, & lickerish  
ye divide 3 parts of ye fox fern roots with all ye other ingredients  
into 4 parts, boyle one part in 2 quart of spring water till half  
be consumed, yn drinke it & sweeten it with brown sugar candy.  
Let ye child drinke it as often as it will. Dry ye other penny-  
wort of ye fox fern roots, & some anniseeds, yn mix 3 parts of  
fox fern roots, & one part of ye anniseeds & beat yn to powder  
& give ye child as much as lyes upon a goat every morning  
fasting, in beere, or in spoon meat. \*

### To kill worms which causes Rickets.

Take of wormwood & of Southernwood each one handfull, & an eye-  
shell of cockle seeds as much new mutton suet as will make a  
plaister of it & spread on a piece of lambs leather, & lay it upon ye  
pit of ye stomach to ye navel, let it lye 24 hours and then remove  
it thrice. \*

### A Bath for the rickets.

Take camomile, sage, rosemary, Equirmony, wild tansey boggyelder,  
taring, time, holyhock, chickweed & mallows boyle yn the water  
water, & yn put some milk in it bath ye child in this once or  
twice a week, & yn annoint ye child with ye following ointment  
mornings & evenings. Take 5 bayleaves, 5 sprigs of rosemary, 5 sprigs  
of unset hyssop a pretty deal of maidenhair as much of camomile, &  
little lavender, of time, & alchoof each one handfull, you may put  
double these herbs & boyle yn in a pound of may butter to a saube  
& it will keep all ye year, yn take all ye herbs & beat yn in a  
stone mortar, yn take half a pint of ye thickest cream & boyle it  
to an ointment, & annoint it with it for a fortnight together mon-  
ings & evenings, you must eat a rein in ye childs ear & make it  
bleed as much as you can, yn take black wool & ye blood & wanny  
ye childs breast & ribs with it. \*

### Another for the Rickets.

Take a quart of cream & boyle it to an oyle, yn put in a good handfull  
of camomile & boyle it & make it very strong of it, yn take out ye  
herbs, & keep ye ointment for your use, you must annoint ye sides &  
stomach of ye child very night & morning, if this do not do ye intended  
of ye camomile take shreds of leather & boyle it after the same  
manner. \*

### Another for the Rickets.

Annoint ye joints & sides of ye region of ye back bone with oyle  
of bay, yn lay on a plaister made thus, take of ye best alle oile  
quart boyle it till half be consumed, yn add to it half an ounce of  
bees suet & boyle it till it comes to ye body of a sal, yn spread it  
on a leather & plaister ye back, leave a wide place in ye plaister  
yt ye plaister come not on ye chine bone, shift this plaister morning  
& evening, & annoint ye child often with ye oyle; let ye child, pany  
evening, beech with an ounce of manna dissolved in milk, ye milk  
must be first boyled & let stand till it be blood warm, yn dissolve  
ye manna & strain out ye dregs from ye milk, you must smine ye  
child by ye arms every morning, & let ye child drinke this following.  
3 pints of water, half a ounce of sweet fenill seeds one of lickerish  
a small handfull of maidenhair, liverwort, coltsfoot, unset hyssop, &  
fox fern roots raisons of ye sun, Syrup of single piony roots sweeten it with



For ye knitting againe of a Rupture or bursting.

Take knotgrase, comfrey, ash buds, daisy roots flowers & lea  
each 4 ounces, chop all these very smale with half a pound of  
dears suet & when it is very well chopped put into it a pint of  
aquavite & stiffe it well together, so let it stand in an earthen  
gally pot very close, stoped from ye air for 9 days or a fortnight,  
yn put ye gally pot being close stoped into another of fair water  
& let it boyle 12 hours yn strain it into another pot & 2 day  
after put away ye aquavite & all ye settling from ye bottom &  
clarify it againe, & so keep it & when you use it baste as much  
as a flutmege & put into a spoonfull of aquavite & warm it &  
morning & evening anoint ye place wch is greivd yn take a  
double cloth & make a bolster for ye place to bear it up & wear  
a trust, night & day, keep it warm.

A Drink for a child y<sup>e</sup> is burst.

Take of polipodia of ye oak & strip it of knotgrase each a  
handfull, a quantity of comfrey roots & 6 of ye leaues boyle yn  
in a quart of running water cover ym close & boyle ym to a pint  
& so drinke it in ye morning in ye afternoon & at night this drinke  
with ye following plaister will cure without faile.

For a child y<sup>e</sup> is burst.

Take knotgrase, comfrey, ribwort & knotwort, alike quantity wash  
& dry ym yn dry ym so well y<sup>t</sup> they may be finely beaten & sear  
ed, & what you take of this powder take half ye quantity finely  
searhed too, of anniseeds, & mix ye two powders well together,  
when you use it take as much as will lye upon a sixpence for 10  
mornings together drinke it in a little malmsy fast: yn take some  
of ye aforesaid herbs & boyle ym in water till they be tender squeeze  
ye water cleane from ym & yn apply it to ye place but not to hot  
& let not ye trust be to straight, for it will make ye place rend  
farther, gather these herbs to make ye powder in may when the  
cheifest strength is in ym, put a little oyle of spike in ye herbs  
when they be boyled & ye water cleane strained from ym &  
with ye oyle of spike annoynt ye place before you lay ye plaister  
of herbs to it. pro ba.

An Infaillible cure for burstings.

Let ye person go to a young ash tree, & let ym have what

& cleave ye tree down at ye top, & let it be pulled open by two  
& let 2 other people draw ye child thro y<sup>e</sup> slitted ash bark  
wards & forwards 3 times, & yn close ye tree again & tye it  
fast together with a cord & as it grows together, ye child re-  
covers, it never fails curing. Mrs Willitt.

For an Ague.

Take ye white of a new laid egg, & mix with it of salt & gunpowder  
each 2 spoonfull, 7 corns of pepper bruised, & as much soot as make  
it stiffe, & bind to ye wrist an hour before ye fitt comes & in a  
day or two change it againe & keep it till ye Ague be gone.

For a quarter Ague.

Take venus surpentine enough to put about ye 2 wrists & put  
into it as much cobweb as a walnut & a grated nutmege & some  
some frankincense beaten to powder as big as a walnut & some  
salt & pepper spread it thick on leather & lay it an hour before  
ye fitt comes, this is good for any Ague.

For a third Ague or any other.

Take of pepper & mustard seed each half a spoonfull a spoonfull of  
salt beat all these & mingle ym with 6 clean white cobwebs & y<sup>e</sup>  
yelk of a new laid egg with half ye white & make it up into a salve  
with lye meal, & spread it on a peece of leather & lay it to ye flart  
of ye wrists about 2 hours before ye fitt comes when ye fitt is off  
make it off this proportion will serve for 3 times & you must do it  
3 times allways let it be 2 hours before ye fitt comes. Mrs Rudge.

Another for an Ague.

Drink an hour before ye fitt comes a pint of fair water, sweetned  
with ordinary sugar very sweet take it for 3 dayes & it will not  
faile to cure you, but it will be worst for ye first fitt.

For a Quotidian Ague.

Apply to ye wrists an mixture of bay salt fresh english hops each  
2 handfulls & of blew curance, without ye addition of any other  
moisture, so spread it on linnen cloth, & tye it upon ye wrists, mix  
foile or yarrow in a little lay on ye top of ye stomach, was ye  
Secret of a great Lord against agues & used it with strange  
Success.



Another for an ague.

Take a quart of strong beer put into it a handful of rednell  
tops & boyle it till comes to one pint & drinke it before &  
after ye fit as much as you can, & lay to ye wrists plaisters  
of soap & flower spread on a linnen cloth every day fresh:  
another way is to take a large nutmege, as much wood soot  
& beat ym together & work it with oyle of turpentine into  
a plaister, & lay it to ye 2 wrists before ye 3d shaking fit &

An Excellent thing for a loosness.

Take conserve of redroses ye bigness of 2 walnuts methuens  
as much as a hazell nut put to ym as much Irish slate as  
will make it very black roch I think will lye upon a b. take  
of this ye bigness of an nutmege fasting in ye morning & at  
noon, & last at night till sleep.

For Gripes or Loosness in Children.

Take apeny nutmeg, of pomgranet peile, sinamom & alom  
each ye quantity of ye nutmege beat very smale & mix ym  
together & give it at night or morning as much as will lye on  
a rd. it is good for young or old, ye child must not presently  
suck after it.

For ye Gripes in Children.

Take about 3 or 4 spoonfulls mase ale & put into it a dron  
& half of manna let it disolve in it over ye fire & give it ye  
child blood warm: powder sweet fenill seeds finely & mix with  
ye pap, or sometimes boyle camomill flowers or sweet fenill seeds  
in its milk & give it: Its likewise good to give ye bigness of a  
sea of diascordium in a spoonfull or two of black chery water  
& you sometimes give 2 or 3 spoonfulls of that water to drink.

To Stop a Loosness.

Take a tobacco pipe once taken in beat it to powder and  
sift it very fine, & then take as much as will lye on a  
skilling, in any liquod them.

For ye bloody flux.

Take ye middle vine of a young oake & boyle it in milk and  
drinke it often, & in other lickours you take glenck a peice of helle  
and forbear all hott wine.

Another.

Cut off ye claws of a hair & burn ym & beat ym to a powder  
& take a smale quantity of it in plantane water burnt claret or  
mase ale, use it 3 mornings together.

For the Gripes

Disolve one ounce of venus treacle & one spoonfull of sugar  
in 3 quarters of a pint of milk & give it in aglister warm.

For an Ague in ye breast.

Make a poultis of white bread milk & saffron boyled together  
& put in oxe gall a good spoonfull in every poultis you lay on  
& keep it still renewing when you find it cold, if ye ague be not  
new come apply a cabbage leaf hot & often renew it, & let ye breast  
be well drawn, this last will take it away at first coming, m. c. c. c.

For an Ague

Take a large & sound nutmege scrape of ye outside clean, prid  
it with a great needle full of holes, ym take a large onion scraped &  
put ye nutmege into ye onion & fill ye hole with ye onion, you  
took but & with ye nutmege you scraped, ym having fill'd ye  
hole up squeeze in ye juice of an orange, & put on ye top of ye  
onion you cut off, sew it together againe, rost it in embers &  
when it is enough, take it up & cut it & take out ye nutmege  
& wear it in ye pocket & dry it a day or two, & ym grate it &  
give it in a cup of beer & let ym walk after it, for a child take  
little nutmege, & a bigger for an older person.

A poultis for apain in ye Side.

Take a pound & 4 ounces of red cons dung just newly done  
put it into a frying pan & put to it a pint of sherry sack, fry  
it a little, ym put into it 2 handfulls of camomill dried, it must be  
flowers, mix ym very well & put in a handfull of wheat bran  
& fry it a little more, ym put it into a pot, & put to it just ym



72 4 Spoonfulls of y<sup>e</sup> oyle of Scorpions, a spoonfull of y<sup>e</sup> gall of an oxe which is red, 2 ounces of y<sup>e</sup> ointment of Marshmallows mix it well together & keep it for y<sup>e</sup> use. it is used as follows you must keep y<sup>e</sup> bed & spread some of this on each side of y<sup>e</sup> child, very hot & change it morning & evening for 3 days together if y<sup>e</sup> person be very bad change it every 4 hours for a day & night this cured my friend m<sup>r</sup>s holford, when all other medisons failed, a famous Cirurgeon did it for her. \*

#### For the Wormes.

Take of Syrup of roses & rhubarb Dried & powdered each one ounce of wormseed powdered a dram, Caroline half a dram, Sacory water sufficient to mix it well together with y<sup>e</sup> powders, y<sup>n</sup> put in y<sup>e</sup> Syrup of roses & mix it well if you give it a child, give a spoonfull in y<sup>e</sup> morning & let him fast an hour after if y<sup>e</sup> child have 2 or 3 stools more y<sup>n</sup> ordinary y<sup>t</sup> day, y<sup>n</sup> increase y<sup>e</sup> quantity next day so continue taking. This medison for a week if you see cause for those of Elderly years must take a larger quantity, if they may have 2 or 3 stools every day they take it. \*

#### Another for y<sup>e</sup> Wormes.

Take of rhubarb burnt hartshorn, Carbine, Senna, & sinamon each a dram all powdered & searched very fine, & mix y<sup>m</sup> together & if y<sup>e</sup> child be not in a feavour, give one of 2 years old as much as will lye on a bed in 2 spoonfulls of sack but if y<sup>e</sup> child have a feavour give it in Syrup of violets or a Spoonfull of ale, but you must put as Sugar as powder when you give it, if it a child put no Senna in. \*

#### An Ointment to kill Wormes.

Take southernwood, Lavender cotton, walnut leaves, wormwood, tansey, ribwort, spearmint, cowmary, each one handfull Savin, & bearfoot each a little, apennyworth of aloes suchetins gather y<sup>e</sup> herbs in y<sup>e</sup> summer, cut y<sup>m</sup> small unwashed boyle y<sup>m</sup> in a pound of fresh may butter y<sup>n</sup> drain y<sup>e</sup> herbs out, take of this ointment y<sup>e</sup> quantity of a hazell nut & mornings & evenings anoynt y<sup>e</sup> belly of y<sup>e</sup> child, for 3 or 4 days together when y<sup>e</sup> herbs are strained out put in y<sup>e</sup> aloes in fine powder & stir it till y<sup>e</sup> ointment is cold, it is best made in may. \*

#### For the Wormes.

Take as much of y<sup>e</sup> seed of garden creepes as will lye on a bed bruse it & mix it with comen treacle & take it at night going to bed. \*

#### For the Wormes.

Take a pint of whitewine, put in half an ounce of rhubarb sliced, a lemon sliced, & a little Saffron beaten, sweeten this with Sugar Candy, & give y<sup>e</sup> child 3 or 4 spoonfulls of it in morning fasting & eat nothing 2 hours after it, an excellent thing. \*

#### An excellent Water for soar Eyes.

Take a quart of Crowders well water, y<sup>n</sup> have ready half a ounce of white vitriol calined or burnt in a Crucible Cas you do this when it is right burnt it looks very white & dry, white Sugar Candy 2 ounces beat y<sup>m</sup> in a brast mortar to very fine powder & put y<sup>m</sup> into y<sup>r</sup> bottle of water, shake it together every day for 3 or 4 days y<sup>t</sup> y<sup>e</sup> Sugar & vitriol may be dissolved when you use it drop a drop or 2 in y<sup>e</sup> eyes at night, when you go to bed, tis an extraordinary medecament for any accident in y<sup>e</sup> eyes (except a bruise) for all sorts of rheums, pains smartings eyes, or soars whatsoever. I made it my self & if you please upon an occasion you take a bit of white vitriol & put in a little viall of water & shake it till tis melted, & use this presently, but this must be made fresh every 3 days, but y<sup>e</sup> former water I have kept a year. \*

#### The Lady Stradlings rare Eye Water.

Take of good alloways, of Sugar Candy each an ounce pound y<sup>m</sup> by y<sup>m</sup> selves very small, y<sup>n</sup> take an ounce of tuty beat it very well y<sup>n</sup> put it to steep 3 days in breast milk changing it 2 or 3 days y<sup>n</sup> put to it white rosmarie & chang y<sup>t</sup> as y<sup>e</sup> milk. y<sup>n</sup> a quarter of an ounce of camphire & beat with almonds blanched, & put all these together in a quart of the best sack & stop y<sup>m</sup> well, & put y<sup>m</sup> in a bottle, it will keep 7 year if it be close stoppt shake y<sup>e</sup> bottle for 3 days at first 2 or 3 times a day when you use it you must shake y<sup>e</sup> bottle, but let the bottle stand & when it is half spent, y<sup>e</sup> may put in a pint of sack more, & it will be as good as at first, when you use it let a drop or two fall into y<sup>e</sup> corner of y<sup>e</sup> eyes, y<sup>e</sup> person lying on a bed, it is good to clear y<sup>e</sup> eyes & divert any rheumes. pro ba: \*



### For Soar Eyes.

Take ground Ivy, Salendine & daisies each alike quantity, stamped a little, sugar, rosewater mingle ym all well together, & dropulike with a feather into your eyes it taketh away all manner of inflammations spots, welts, itch smothering, or any greif.

The neck plaister for Soar & Rhumatick Eyes, tooth ach, or Rhaumes in y<sup>e</sup> head or face.

Take of gum fragrant half an ounce, of mastick & Olibanum each 3 drams, of balsamanack one dram & half, mittle seeds, Spillan seeds, & pomegranet flowers each a dram, of burgamy pitch 6 ounces, Caronia strained ten ounces, gum Eliam 3 drams, of Venus turpentine half an ounce, let y<sup>e</sup> gum fragrant mastick, Olibanum, mittle seeds, Spillan seeds, & pomegranet flowers be all beaten to fine powder severally, y<sup>n</sup> take y<sup>e</sup> Caronia, gum Eliam, burgamy pitch let ym be set on a soft fire to melt, & a pipkin well glazed & stir ym well together, y<sup>n</sup> take y<sup>e</sup> powder & put ym in & incorporate ym well together, last of all put in y<sup>e</sup> Venus turpentine, & mingle it well & pour it into Coffins of double paper well oyled, it will keep 7 years, spread it upon leather as broad as y<sup>e</sup> palm of ones hand, & lay it over y<sup>e</sup> 2 first joynt bones of y<sup>e</sup> neck, & y<sup>e</sup> temples if you think fitt. Cos. Jurell.

The Lady Grys water for y<sup>e</sup> Eyes.

Take 2 ounces of white vitriol, of fine bolaxmanack & caprine each 2 drams, beat ym to a very fine powder, y<sup>n</sup> put ym into 5 pintes of eye bright, or plantane water, stir it altogether & cover it close, for 24 hours now & y<sup>n</sup> shaking ym together after y<sup>e</sup> 20 clear y<sup>e</sup> water from being, red make funills of brown paper & strain y<sup>e</sup> water thro it, by putting spoon in y<sup>e</sup> tunill & let it drop leisurely as from a still, if you find y<sup>e</sup> water does not come clear y<sup>n</sup> double y<sup>e</sup> tunill by putting two in one, y<sup>n</sup> put it into a glass or a bottle & stop it very close, & drop it in or wash y<sup>e</sup> eyes therewith & take y<sup>e</sup> draining, of y<sup>e</sup> water y<sup>e</sup> comes from y<sup>e</sup> tunill & save it & when you drop y<sup>e</sup> water into y<sup>e</sup> eyes take some new white bread & put y<sup>e</sup> crum into a poranger, & so it put as much water as comes from y<sup>e</sup> tunill as will moisten y<sup>e</sup> bread, & when you have dropped some water into y<sup>e</sup> eye take as much of y<sup>e</sup> paper as will cover y<sup>e</sup> eye & when y<sup>e</sup> pap is warm take it off & put more on, & so change it for 6 times, y<sup>e</sup> person all this time lying

on his back after you have done with y<sup>e</sup> pap drop some of y<sup>e</sup> clear water againe into y<sup>e</sup> eye & let him lye still for half an hour after, but observe to wash his eyes with a sponge, & sprinkle water after every changing of y<sup>e</sup> pap, y<sup>e</sup> pap after it is taken from y<sup>e</sup> eye may be put into y<sup>e</sup> poranger againe, again for a fortnight only, if it be dry moisten it with some of y<sup>e</sup> water, you must dress y<sup>e</sup> eye 4 times a day.

For a pearle in y<sup>e</sup> Eye.

There is no better thing y<sup>n</sup> a drop or 2 of pimpend, just tempered with a little of womans milk & a grain of sugar dissolved therein, & 3 drops into y<sup>e</sup> eyes once or twice a day, it is much if in 2 or 3 days it be take it away, thro for y<sup>e</sup> time it is sharp, which is allayed by adding a little more milk.

For a speck in y<sup>e</sup> Eye.

All night when you go to bed lay y<sup>e</sup> back & drop into y<sup>e</sup> eye 2 lice y<sup>e</sup> first night increasing one every night till it comes to 9 in which time y<sup>e</sup> eye will be cleared, but if not quite cleared, continue using, & till it be, be sure after y<sup>e</sup> lice be in, do not rub y<sup>e</sup> eye at all, but go to rest.

For a black & blew Eye.

Chop parsley very small, and beat it with the white of an ege into an Oyntment, lay it on cld.

For a Web or Spots in y<sup>e</sup> Eye.

Boyle an ege hard & take out y<sup>e</sup> yelk & immediatly put into it white roman vitriol, & white sugar candy, in fine powder with a little rosewater strain it & keep it for your use.

An Oyntment for Soar Eyes.

Take of hogs grece very new 3 ounces, wash it, & steep it 6 hours in red rosewater, y<sup>n</sup> wash it 5 or 6 in good white wine, therein lapis calaminaries hath been 12 times quenched, add to this one ounce of tully well prepared & finely powdered of red corall, y<sup>e</sup> Stone Hemittes each 2 scruples, 12 grains of albesuecoring washed & made powder (y<sup>e</sup> albes must be dissolved in fenell water & dried in y<sup>e</sup> sun, & so made into powder) 4 grains of pearl mace, into powder incorporate these with a little red fenell water, & make ym into a Oyntment y<sup>e</sup> best time to make it is in may, y<sup>e</sup> Calaminaries will take up all quart of wine to quench it, must be y<sup>e</sup> bigness of an ege,



76. If ye eyes be very soar put in ye dignet of apins head into ye corner  
of ye eyes other-ways annoynt ye edges of both for eyes yt are raw it  
is good to annoynt ym with oyle of rully, it is of agny colours. *℞*

For Soar eye occasioned by a Rhume yt  
swells ye eye & make it bloodshed, & like flesh.

Take 6 breads of new laid eggs, & half a spoonfull of plantane  
water, a quarter of a spoonfull of red or white rosewater as much  
white sugar candy as will make it as thick as a syrup it should  
be finely sifted, beat all these together till it be a froth y<sup>n</sup> as  
as occasions require now & yn drop into ye eye it will cut away  
ye film, stay the Rhume, & coole ye eye. *Mrs Wilkitt.*

Amadison of D<sup>r</sup> pinslows Suffragan of York  
who could not see without Spectacles at 50. yet  
at 125 years of age, needed them not.

Take oyle of eggs made as follows, separate ye white of a new  
laid. eggs cleane from ye yelky & beat it with a broad pointed  
knife ye space of half an hour by wch time it will be in a haw  
white froth yn smooth it up with a knife into ye shap of a sugar  
loafe, & let it stand 6 hours to settle, yn softly pour away ye oyle  
yt will be under it in to a little viol spout close from ye air, &  
oyle will be as cleare as quick silver, yn put to it as much live  
honey yt runs out of ye comb adding thereto ye juce & roots &  
knobs of wild daisys while they be green, wch must be care-  
fully picked washed, dyed, & strained thro a new linnen cloth,  
yn mingle ym altogether & strain it thro ye same cloth, yn put  
up till it grow cleare, yn put adrop or 2 every evening & morning  
with a feather till recovery, & afterwards when you find a  
decay in y<sup>r</sup> sight, it will be good to sleep an hour or 2 after it in  
ye morning, this will also cure any pearl, pin, or web in the  
eye used as above. *℞*

To cure a fistula, or any Rhume in ye eye.

Take 2 handfulls of red sage & one of rein wash, & dry then  
herbs very well, shred ym grossly & put ym into a bottle of ale  
& put into 2 or 3 spoonfulls of wood lice, or sows bruisse ym a  
little & put ym into ye ale, when they have steeped a night  
cleare a glasse full in ye morning & drink it & another at

77. a clock in ye afternoon, another at night when you go to bed,  
these herbs will serve twice if ye ale be renewed but you must  
put in fresh sows every day, if they be to be got. *℞*

For Soar Eyes.

Take fenill one handfull, white sugar candy 4 ounces, white  
vitriol one ounce boyle all these in 2 quartes of spring water  
to one, this hath cured one yt was blind 3 years & if you  
add ye juce of selendine will take away a pail in ye eye. *℞*

A Medison for the Eyes.

A Gentleman wch. was 80 years of age & haueing so far lost  
his sight yt he could not go without a guid, yet being willing  
to try remedies for ye recovery, did it effectually, but using these  
plaine & easy remedies following, morning & evenings he took a pipe  
or two of tobacco, & dipping his finger in ye spittle while it lay  
upon his tongue wetted is eyes gently therewith, gently touching  
ye ball of his eye; within few months he found, his eye sight cleare  
& stronger & in 18 months found it so perfectly recovered, yt he  
could read ye smalest print without Spectacles, wch he had used  
many years before. A knight & an old woman yt were his neigh-  
bours being likewise of great age & dim sighted, recovered their  
sight by using this remedy.

The said gentleman did likewise morning & evening, rub gently  
ye inside of his lower eye lids, & also ye balls of his eyes with  
a piece of allum & yn shutting his eyes close, there used to rub  
out some drops of cleare water, this he did every day, as he did  
ye tobacco, so yt his somewhat uncertain to wch remedy ye allum  
true vertue is to be ascribed, excepting, ye knight & old woman  
used only ye tobacco spittle, & were perfectly cured. *℞*

For a Rhume in Eyes.

Take a pound of rosin, 4 ounces of Stone pitch, of virgins wax  
& dears each 2 ounces boyle all these together untill they be in-  
corporated y<sup>n</sup> strain ym & beat adue proportion of cloves &  
mace & Saffron in fine powder & mix it well together & put  
it on ye fire again till tis melted, yn pour into it some white  
wine & work it together till it looks yellow, a plaster of this  
laid to ye nape of ye neck, draws ye Rhume out of the eyes  
& also out of ye teeth. *℞*



78. For ye Jaundies, or weaknes in ye Stomack.

Take a peck of garden snails, wash ym in beere, & put ym in an Iron dripping pan on a hot fire of charcole stirring ym up & downe, & set one end of ye pan higher yn the other, & ye licken may run from ym, & take it out with a ladle, & when it hath done coming, they are broyled enough, put ym in a mortar & bruisse ym shells & all, take a quart of crink worme securre ym with water & salt & wash ym very cleane & beat ym in a mortar yn take angelice, 2 handfulls & lay in ye bottom of y<sup>e</sup> pot, 2 handfulls of Salentine on ye top of ym, a quart of red flowers, Egrimony, & bittany, each 2 good handfulls, beere foot red roots, bark of barbery tree, wood sorrell each a good handfull & half, of red half a handfull, of fenigreech & turmarich each a ounce, before dried ye weight of 60 a handfull of clare, when these are put together in ye pot, put y<sup>e</sup> worms & snails & 3 gallons of y<sup>e</sup> strongest ale you can get, & cover it close for 24 hours, & when you go to put fire under it put in 6 ounces of hartshorn shavings, but stir not least you make those things go to ye bottom y<sup>e</sup> should be atop, & set on y<sup>e</sup> limbeck, & still it with aspit fire, you may draw 5 or 6 quarts.

To strengthen ye back.

Take a quart of white wine, & ye pith y<sup>e</sup> runs down ye oxes back, half a quart of dazes, of marigolds, plantain, bitony, parsley, fenell roots of all 2 handfulls, boyle all these together till ye wine be half wasted, yn strain it drink 9 or 10 spoonfulls, for 8 or 9 mornings together.

For a throsch in a Childs mouth.

Take a spoonfull of y<sup>e</sup> juce of red sage & ye quantity of smale nut of burnt allum, twice as much honey, & put blith at a time in a childs mouth, this will cure a throsch although it be quite through.

For a Straine in the Leg.

Take a quart of claret, & boyle in it a handfull of redreslede & let it boyle till half be consumed, & then bath the place & lay on some of y<sup>e</sup> leaves as a poultice, tis a present cure.

79. For a sprain.

Take oyle of st Johns wort a spoonfull, or more if ye hurt be much, & beat it with ye white of a new laid egge very well, yn take some of ye oyle & anoynt it, rubbing it in well before a fire, roet a rag in ye oymment & warm it & bind it up with a filitt to strengthen it, & if there be occasion you may renew it every day, till it be well.

An Excelent Drink against ye plague.

Take 3 pints of y<sup>e</sup> best muscadine or malmsey, boyle therein red sage, each one handfull, till half be boyled away, yn strain out y<sup>e</sup> herbs, & put into y<sup>e</sup> licken, ginger, long pepper, nutmegs of these an ounce, yn let all boyle together a while, yn take it off y<sup>e</sup> fire, & put therein an ounce of methridate, 2 ounces of y<sup>e</sup> best treacle, & a pint of y<sup>e</sup> best angelico water, & keep it for y<sup>e</sup> use, give about a spoonfull morning & evening & sweat after it, drinking posset drink with marygold leaves & flowers, after they have sweat & well dried with cloths, this is good for ye smale pox sweating, diseases, surfeits, for prevention take half a Spoonfull 3 times a week.

A powder to open ye pipes.

Take of y<sup>e</sup> flower of brimstone, of china each an ounce, of sugar candy 2 ounces, beat these together into fine powder, & take as much of it as will lye on a sd morning, & evening, in y<sup>e</sup> pap of an apple.

For the yellow Jaundies.

Take y<sup>e</sup> inward rind of barbery bark, & goose dung y<sup>e</sup> feeds on grase, & wash off ye white of ye dunge, & put in a little saffron & steep it in ale & drink half a pint of this morning & evening, put it a steeping over night.

For the Stone.

Take 3 handfulls of dandelion roots, one handfull of parsley roots, boyle ym in a gallon of spring water, till it comes to 2 quarts so drinke a draught of this in a morning, good for y<sup>e</sup> stone & gravell. Id godolphin.



For pains in ye legs & back y<sup>e</sup> proceeds  
from ye scurvy, or want of ye termes.

Take 4 ounces of ye oyle y<sup>e</sup> comes from ye neats feet &  
mingle 1 ounce of ye oylment of neats feet with it & unoynt  
ye legs with it & up to ye back where ye pains is. D<sup>r</sup> Cox.  
A Drink y<sup>e</sup> time you shall have  
ye termes by. D<sup>r</sup> Cox.

Make posset drink turned with whitewine & boyle in it  
pennyroyall & dittany of crete, & strain out ye posset drink  
into a tankard to 23 leaves of Jewry grass, & drink it every  
morning, about 3 at y<sup>e</sup> time, sweeten it with 2 spoonfulls  
of Syrup of mugwort.

For Deafness with cold.

Take methridate & spread it on a rag, & wash it y<sup>e</sup>  
methridate side with ye ear & put black rool to keep it on  
for 24 hours, & when you take it out stop it up with wool.

For the piles.

Take your own water & heat it scalding, hot & with a  
rag, dab ye place. Fill it hardens it, severall times as hot as  
you can bear it, if you do thus as soon as ye piles begins to  
come, it will never be bad, if this medison be applyed to a  
wound & only with it kept clean & wash't, it cures it, or  
any cut. pro. ba.

A Cooling Iulep in a feavour.

Take a pint of baln water, a pint of water of angelica,  
a quarter of a pint of Syrup of clouegilly flowers & as much  
of Syrup of conslips, & 4 ounces of aquamirabilis & shaper  
it with a little spirit of vitriol, if continue Syrup of Lemons.

For the Gargle or Soan mouth.

Break an egge at one end & throw out ye egge, & fill it

ye Shell with honey & a pretty deal of burnt allum, & let it roast  
by ye fire, simeing, & rub ye soan mouth therewith, 4 or 5 times  
a day. Approved.

Off the Soan mouth comes by a feavour take of wheat flower &  
of honey each a spoonfull, & burnt allum in powder as much as  
will lye on a b'd mix ym well together & let ye person take a  
little upon his tongue, & dissolve down ye throat by degreese 5  
or 6 times a day. Cos Luttrell.

For the Gout.

Take of ye best & deepest Coloured oranges pair ym thin if no  
white at all be in ye pairing, & lay a lyeing of salt & ym day  
of ye pairings & fill up ye pot & stop it close & pitch it so no  
air can come in, & set it in a cool seller for 6 months ym open  
it & pour out all ye oyle y<sup>e</sup> will be on ye top with which  
anoynt ye persons place grieved. Lady Croack.

For a Cough & to thicken ye Rhume.

Take an ounce of Diasecordium & divide it into 3 parts &  
take one part every night drinking, after it a good draught of  
penyroyall tea, or warm ale, till ye 3 nights be over, you must  
not gite so much to a child, but according to y<sup>e</sup> descretion.

To bring ye termes.

Take a quart of renish wine & boyle in it pennyroyall, ger-  
mander & mugwort, each a handfull, a pennyworth of Saffron,  
boyle all these well together till it fast smell of ym & drink  
every morning, & night a good draught of it, & it will help you.

For Childblains.

Dip a rag in Linseed oyle & lay on ym if they be broke  
& it will heal ym presently, to keep ym from breaking, bath ym in  
brine & ym own water & salt & if you do this at first they will  
not be very bad, it is very good to smoke ym over hay y<sup>e</sup> has  
been dipped in your own water, or alum posset curd to  
bath ym in, but not so good for ye feet.



### For a Tetter.

Take ye fairest end of a neck of mutton & rost it & bast it with oil of tar & when it is rosted as dry as possible yn make up ye tar & draping into a salve, & anoynt the tetter therewith. This is Excellent.

### For the dead palsey.

Rub ye person all over with new mustard where he finds ye deadnes, it hath been often approved, use it often till the person finds ease. & put plaisters of it spread on brown paper, ye mustard must be very fast, it is good to eat it much, & to swallow ye seeds, & to make apopet on any way.

### An Excellent Iulep for Cooling.

Take a gallon of water, 3 spoonfulls of french barley a handfull of violet leaves, 2 ounce of aniseeds, 4 ounces of raisons of ye sun, 2 pipins sliced, take ye cores out but do not pair ym, tamaris & burage each a handfull, & boyle it till it comes to a pottle, & strain it take apotenger full after ye fitt is over, but not eat any thing, for 3 or 4 hours after.

### Aprescription of Dr Southcots.

Take of amber pills adram & half, resine of Ialep, tartar vitrolate each grains 4, gum armoniack dissolved in snail water as much as is sufficient, make 5 pills to be taken early in ye morning.

### The Spirit.

Take of spirit of sal armoniack 4 drams let ye person take 12 drops in one spoonfull of ye following, lickour, & drink after it 5 spoonfulls of ye lickour morning & evening, take of ye water of ye leaues of Cuckopint & ground Ivy each 8 ounces of pennyroyall, elderflower, & carnemill flowers each 4 ounces, of majesterial water of earthworms 2 ounces, sugar one ounce, mingle it well.

### Dr Pridons precaution against the plague.

The first rule is to remove soon & far off & not to return hastily, publick places are to be avoided, & all things y<sup>e</sup> may heat ye body, as dancing, drinking, walking, yn ye sun, & bodies are better brought to a mediocrity of temper by moderate diet yn by bleeding, or purging, yet in full bodies it is not amiss to open a vein, or to purge in those y<sup>e</sup> abound in ill humours, for breakfast eat bread & butter with vinegar use sage, burnet vervain, scordiam, or carous, or use in a morning, these following compositions.

Take 12 kernells of walnuts, about a 100 leaues of rose, 20 berries of Juniper, 12 sage leaues, let these be beat very well together put ym into a pound of high boyled Syrup made with an equal quantity of honey & ye best vinegar, ye dose is the quantity of a nutmege.

Make Lozenges of 4 ounces of Sugar, 3 ounces of methridate, one dram, of Alkermis, ye dose is ye weight of 12 eating, after it some bread & butter vervain & burnet.

For to hold in y<sup>e</sup> mouth, take cloves steeped in vinegar & dryed againe, or ye roots of Zedary, formintell, or a little mirth, worm about you when you go abroad.

### To make ye Extract & Salt of wormseed or any herb.

In a fair day gather a pound of wormwood, lay it to dry in ye shade till it may be bruised, to powder yn pluck it from ye stalks & put it into a glase, & pour upon it as much rectified spirit of wine as will stand 3 fingers higher yn ye herbs, close it very fast & let it stand in hot water but not boylng 24 hours, yn pour out ye spirits & put in new as before, & let it do as ye other 3 times, yn mix ye 2 first tinctures & put ym into a glase, still away all ye spirits of wine, untill ye ye remainder (which is ye tincture of ye herbs) be as thick as honey, you must sometimes look therein & se it become, to perfection yn keep it in a glase for uses following, the third spirit of wine will be to weak it must be refreshed with



34. fresh herbs, & ye rest of ye herbs burn to ashes & boyle y<sup>m</sup> in whitewine. & make a lye therof such as is made to wash cloths, ye most ashes & ye left wine, so will ye lye be weak or strong, strain it thro a cap of browne paper clarify & keep it in a glasse for ye uses following, otherwise make a lye of yr ashes with water as strong as you can & strain it as before & boyle away all ye water, & ye remainder will be ye salt, boyle it & strain it so long till it be very white: The use of ye tincture is yt contains all ye vertue in a little quantity & is to be taken in wine or beere, the third part of a spoonfull, in half a pint of wine or beere, tis good for a cold flegmatick stomach take of this 4 mornings together, The uses of ye lye is take a spoonfull of ye same quantity of wine or beere as aforesaid & sweat upon it 4 mornings together, for staying in ye Liver, & in doubt of a dropsey: The use of ye salt it may be taken 3 pennyweight of this salt in a glasse of whitewine or beere 4 or 5 mornings & sweat for ye same diseases before mentioned. \*

#### A Blistering plaister.

Take yellow wax. Scraped 2 ounces of olive 4 ounces let it melt on ye fire, yn put in of venus turpentine 5 drams stir y<sup>m</sup> well till they be incorporated. so take it off ye fire, & put in 2 drams camphire & stir it well, y<sup>m</sup> have these things well pound & searched, of cantharidice, 2 ounces Olbinum, mastick mih, & anniseeds each 4 scruples mix y<sup>m</sup> all well together & keep it in a gally pot for yr use, & when you want a blistering plaister yn spread it as big as you please, & before you lay it on do ye place well with veneger, & put on ye plaister wch may lye on about 12 hours, & as it runs dress it with mellilot plaisters morning & nights. \* M<sup>e</sup> Howard. \*

#### To cure Childblains.

M<sup>e</sup> Boyle saith a very Eminent physician assured him y<sup>t</sup> he had cured many childblains when they came to be broken, only by strowing on y<sup>m</sup> ye powder of quinkes, ye quinkes must be paited, sliced, & rped, pained & searched very fine. \*

85.

#### Apoplective Balsome.

Take of ye oyle of nutmegs by expession half a ounce, musk, civit, ambergreece each a scruple, ye distilled oyle of amber cina- mon, cloves, majorum, & lavender each of these oyles half a scruple, mix y<sup>m</sup> well together. \* M<sup>e</sup> Howard. \*

#### Perfumed loosings

Take pearl prepared, Ivory, red corall prepared finely each 2 drams species cordiac majestral, diarrhody Abbatis each one dram, citornpeils half a dram, ye distilled oyle of citorns drops 10, double refined Sugar a pound, dissolve it in orange flower water 6 ounces, & boyle it to ye consistence of hard Sugar, yn add ye powders to it, & if you please you may put in 4 or 5 grains of musk, & while it is hot cast it on a pye plate & before it is cold cut it in what shape you please, if it be cold it will crumble, & not cut. \* M<sup>e</sup> Howard. \*

#### A Draught to Cause sleep.

Take of gascions powder a scruple, of antimony 4 grains of diascordium half a dram, mix these well in a mortar, yn put in half an ounce of Syrup of popies, a little treacle, water ye like of black chery water, a little Scordium water, mix it all together & give it going to bed. \*

#### To Extract ye juce of things for a mass of pills.

Take a vipers skin & boyle it in water viz will be a perfect Jelly, this is good to make up ye gascions powder or Countess of Kent's powder for ye Camapithec's pills, take some Camapithec's (wch is grownd fine) put it into askillit with a good quantity of fair water so let it boyle till ye strength be out yn put in fresh so do 3 times, yn strain it thro a Canvasbag, & boyle it to the consistence of a pill, so make ye mass with this, you may do ye like by any other, these 4 M<sup>e</sup> Howard. \*



### To preserve Walnuts.

The first full moon after midsummer gather yr nuts put ym into a good quantity of water set ym on a soft fire (if y<sup>e</sup> fire be to quick it will make ym crack) boyle ym very tender y<sup>n</sup> take ym out & let ym stand to cool y<sup>n</sup> just pair off y<sup>e</sup> bottom & y<sup>e</sup> top, y<sup>n</sup> weigh yr nuts & take to 6 pound of nuts 5 pound & half of sugar, y<sup>n</sup> put to every pound of sugar a pint of water let it stand & melt, y<sup>n</sup> put in yr nuts cold & set ym on a soft fire & let ym boyle a full hour take off y<sup>e</sup> scum, y<sup>n</sup> take ym from y<sup>e</sup> fire & cover ym close & let ym stand 2. or 3 days, y<sup>n</sup> set ym on y<sup>e</sup> fire again & y<sup>n</sup> boyle another hour y<sup>n</sup> take ym off & cover ym close as you did before, so do 3 times, y<sup>n</sup> let ym stand a week, & if you dry ym in a stove, or in a sun, or oven; If you keep ym in syrup take out yr nuts after they have stood, y<sup>t</sup> beech & boyle the Syrup to a height y<sup>t</sup> will keep, & put in yr nuts & let ym have one boyle, so keep ym in a gally pot close covered you may take one or two at a time, according as they work at night going to bed, they are a great Cordial, & very Comfortable for y<sup>e</sup> stomach, Dr Harbottle Grinstone found great good by these, but he used to eat ym dry & going to bed; you may one at any time of y<sup>e</sup> day it is good & Comforting, either in Syrup, or dried, when you do ym you may try some both ways. M<sup>r</sup>s Martin. \*

To fetch away a dead child or after birth, or to recover pains y<sup>t</sup> are gone & to quicken slack labour.

Take grains, saffron, date stones, white amber, cumin seeds, each an equall quantity, & dry ym by a fire, & beat ym to fine powder & sift it very fine, & give as much as will lye heaped on a 3d, give it either in wine, or omeale Caudle, one dose seldom fails, but it may be given oftner if occasion requires it was given to one woman 4 times & brought away a dead child, & y<sup>e</sup> woman safe, it may be given as much as will lye on a shilling

ye ingredients should be well mingled, it is very good to burn Lavender under her nose. \* M<sup>r</sup>s Willitt. \*

### Another.

Take of borax 4 ounces of white amber, cinamon, mirrh, each one ounce beat ym into a fine powder, & give 60 grains in 4 ounces of red wine, repeat it once in an hour, this was M<sup>r</sup>s Levistones experienced, medison agt hard labour. \*

### Another.

Take y<sup>e</sup> Liver & all y<sup>e</sup> inward squits of an elle, & dry ym in an oven till they will powder, & give as much as will lye on a good 6d, in any thing. most excellent. \*

A present remedy for warts & for hearing.

Take black snails, sprinkle ym with bay salt, tye ym up in a linnen cloth, hang it up & set a dish under it, save y<sup>e</sup> oyle y<sup>t</sup> dropeth, & anoynt y<sup>e</sup> warts, this oyle being dropt in y<sup>e</sup> ear, one drop at a time, 4 days together will likewise recover y<sup>e</sup> hearing. \*

For y<sup>e</sup> back bone out of Joynts.

Take oyle of Swallows & anoynt y<sup>e</sup> place twice or thrice aday, y<sup>n</sup> take bumbast & quilt it upon a cloth, & wet it in y<sup>e</sup> oyle & shew a little powder of nutmegs upon it & keep it to y<sup>e</sup> place with a trupper or some other devise, till it be well you may anoynt it as often in a day and new warm y<sup>e</sup> oyle. this helped y<sup>e</sup> Lord. Bitchurst. \*

Directions to order y<sup>e</sup> smale pox.

Till y<sup>e</sup> 6<sup>th</sup> day or longer give this to drink a quart of beay 2 ounces of Sugar Candy, one ounce of lickorish, 2<sup>nd</sup> figgs to a child, but for a man or woman 4d worth of Saffron, y<sup>e</sup> beay must be boyled to a pint & half, y<sup>n</sup> put to it a Spoonfull of Syrup of gillyflowers, if any den spots appear at first, wch you must delgently looke after, y<sup>n</sup> give as much Scutellene as will lye on a 6d y<sup>e</sup> 6<sup>th</sup> or 6<sup>th</sup> day they usually begin to fall, y<sup>n</sup> give some gascen powder.



88. For y<sup>e</sup> face when it hath done smelting, & y<sup>e</sup> smale pox runs yellow & are full ripe, this oymntment is very good. Take one ounce of spermacity & a powld. of bacon roasted & driped in redrosewater, & wash it in y<sup>e</sup> water till it be hard, y<sup>n</sup> melt it with y<sup>e</sup> spermacity in a silver dish & add to it as much cream as they were. bacon lichous y<sup>n</sup> beat it altogether till you make it a salve, first bath y<sup>e</sup> soars in milk as warm as you can indure it & when it is dry, anoynt it with a feather with y<sup>e</sup> aforesaid oymntment, as often as they dry, till bathing in warm milk first, which must always dry before this oymntment is used, when it is gone off y<sup>e</sup> face, to take of y<sup>e</sup> redness, take a pint of white wine, y<sup>e</sup> juice of 3 Lemons & 3 Oranges, let it stand in a glase bottle in y<sup>e</sup> sun a week, wash y<sup>e</sup> face with this, but bath it first in milk, which is to dry before you wash with y<sup>e</sup> water, and that must dry on, you may continue y<sup>e</sup> use of y<sup>e</sup> oymntment likewise. \*

#### For a Soarthroat in y<sup>e</sup> smale pox.

Take half a pint of fitches, bruise y<sup>m</sup> & boyle y<sup>m</sup> in 3 pints of smale ale y<sup>n</sup> strain it & give y<sup>e</sup> person to drink as they desire it, & to keep y<sup>e</sup> smale pox from whealing, when they begin to harsh & dry, wash y<sup>m</sup> with y<sup>e</sup> persons own water warm as it comes from y<sup>m</sup> & bath y<sup>m</sup> with a cloth, & when it is drye y<sup>n</sup> anoynt y<sup>m</sup> with y<sup>e</sup> oyle of bitter almonds with a feather, use this 3 times a day or as often as you find stiffness, to keep y<sup>m</sup> from pitting, take y<sup>e</sup> flower of pearl barly finely prepared at y<sup>e</sup> drugsters tye it up in a linnen rag & about y<sup>e</sup> 9 or 10<sup>th</sup> day when they be in blisters & begin to be moist, dab y<sup>e</sup> rag often upon it, you may do it 30 or 40 aday at least, tis said to be good. \*

#### For y<sup>e</sup> Shingles.

Take Sweet Cream & y<sup>e</sup> juce of honsleek a little quantity & it well together y<sup>n</sup> take a cat & cut y<sup>e</sup> ears & taile & let her blood in it till it become redish, stir it together and with a feather anoynt the place greived. \*

89. For a noise in y<sup>e</sup> ears, deafness, or pain in y<sup>e</sup> head. Take a red onion & rost it very tender & pile of all y<sup>e</sup> out side & take y<sup>e</sup> inside, which is y<sup>e</sup> very core, & mix with y<sup>e</sup> oyle of bitter almonds, & a little softon, mix y<sup>m</sup> all well together & tye up some of it in linnen & put it in y<sup>e</sup> ear, keeping it in 44 hours, you may put in more if you se occasion. \*

#### To Cure Deafnesse.

Take your own water, & setting it into y<sup>e</sup> ear, & this hath cured several, tis likewise very good to haue y<sup>e</sup> ear often sucked with ones mouth, it hath cured 20 years deafnesse. \*

#### For the yellow Jaundies

Take earth worms y<sup>e</sup> biggest you can get (but not from adunghill) put y<sup>m</sup> on a knitting needle, & slit y<sup>m</sup> & wash y<sup>m</sup> clean in white wine, bear or water, y<sup>n</sup> take y<sup>m</sup> & lay y<sup>m</sup> on a pentier dish & put y<sup>m</sup> into an oven after bread is drawn y<sup>e</sup> next day turn y<sup>m</sup> & let y<sup>m</sup> dry enough to pound in a mortar & sifted very fine, & mix with aquavert so much Turmericke, take as much of it as will lye upon a bit in a Spoonfull of whitewine, and drink a smale draft after it, take it 3 or 4 mornings, & fast 3 hours after it. \*

#### A good water to Set up y<sup>e</sup> Vuala.

Take a pint of Spring water, & boyle in it sage, woodbine, cink foyle, & Strawberry leaues (but most sage) let y<sup>m</sup> boyle till half y<sup>e</sup> water be consumed & strain it, & add thereto as much allum as a great hazell nut, & half as much white Copperis, & a Spoonfull of ran honey, keep it in a glase bottle, & when you use it warm a little of it & gargle y<sup>e</sup> throat often with it, keep the neck warm. \*

#### To prevent miscarriage.

Take y<sup>e</sup> inside skin of a hisard of a hen, wipe it very dry & dry it in an oven, powder it very fine, give as much as will lye on a shilling in a smale draft of white wine. To smelt too. \*



### Another to prevent Miscariage.

Boyle a pint of ale & scum it very well put to it 9 spoon-  
fulls of juce of clara, beat y<sup>e</sup> whites of 2 eggs very well & mix  
it by, degreest with y<sup>e</sup> ale being a little cooled, grate in some  
nutmege, give it a warm over y<sup>e</sup> fire, drink half of this at a  
time in y<sup>e</sup> morning, fasting, & do so for a month or two, &  
y<sup>e</sup> drink for this, for 3 or 4 days between: take 3 or 4 whites  
of eggs & 4 spoonfulls of red rosewater half a nutmege grated &  
sweetened with white sugar candy, put it over coals in a  
silver thing, & stir it till his blood warm, & drink it for  
3 or 4 mornings together, at y<sup>e</sup> same time you should wear  
this following, 2 grains of civit put in cotton as big as a sty  
pea, y<sup>e</sup> cotton must be put in a tiffiny & tye it fast with a  
long peice of smale riban & wear it up as far as you can  
in y<sup>e</sup> body, changing it once a fortnight for 2 months. La: Nevill.

### An Excellent Lip Salve.

Take 2 marrow bones & pick out all y<sup>e</sup> marrow, & steep it in  
water 6 days together shifting y<sup>e</sup> water 3 times aday, y<sup>e</sup> take  
some good bees wax & shave it very thin, take 2 spoonfulls of  
bees wax to one of marrow put it in a silver posnet over y<sup>e</sup> fire  
& is clear & let it boyle about a quarter of an hour straining it  
have ready 20 raisons of y<sup>e</sup> sun stoned & cleaned ripe d. spoon-  
full of medera sugar, stir it together & let it boyle a little longer  
y<sup>e</sup> scum it & put in 2 spoonfulls of orange flower water y<sup>e</sup> wash  
y<sup>e</sup> cherry dishes in orange flower water & leave a little at y<sup>e</sup> bottom  
so strain it thro a gentill into y<sup>e</sup> dishes & when it is cold turn it  
but this is good for chapt lips, or any thing, to heale m<sup>r</sup> richardson  
it is good to make a little Syrup very thick with a little water & booke  
sugar & do y<sup>e</sup> lips with it when you go to bed and let it dry in  
in y<sup>e</sup> morning, it is well.

### To procure good Labour.

Take a pound & half of figs & slice y<sup>m</sup>, raisons of y<sup>e</sup> sun stoned, sick-  
ovish scraped & sliced, each 4 ounces, one spoonfull of aniseed  
bruised, boyle all these in 2 quarts of spring water, till a pint is

wasted, y<sup>n</sup> strain it out & drink a quarter of a pint in y<sup>e</sup> morning  
& as much at night going to bed, this manning a good midwife  
made her women drink this 6 weeks or 2 months before they  
were brought to bed. mes Holford gave this to me who had  
experienced it.

### To Cause one to Sleep.

Take 4 spoonfulls of rosewater as much vinegar 2 spoonfulls of  
oyle of roses, half a handfull of roseleaves made into powder ming-  
y<sup>n</sup> together & take y<sup>e</sup> crumb of seavened bread made with  
wheat & make a plaister therof & lay it cold on y<sup>e</sup> forehead & a  
long y<sup>e</sup> temples & it will cause sleeping.

### For a Straine.

Take y<sup>e</sup> grounds of strong ale or beer & put to it some chickweed  
some wheat bran & let these boyle together a great while till it be  
thick, y<sup>n</sup> spread it on a red cloth, & lay it to y<sup>e</sup> place & keep it as  
warm as you can.

### For the Sicatica.

Take a pint of very strong aquavitee, half a pint of neats foot  
y<sup>e</sup> gall of a red ox, 3 or 4 tops of rosmary, boyle them together  
till half be wasted, y<sup>n</sup> use it.

### For fiddiness in y<sup>e</sup> head.

Take primrose leaves, y<sup>e</sup> roots of beat y<sup>e</sup> leaves of bitony each  
one handfull, wash y<sup>e</sup> roots & serap y<sup>m</sup> very clean y<sup>n</sup> stamp y<sup>e</sup> roots  
& leaves very well & strain out all y<sup>e</sup> juce, & put it into a glase,  
& pour out a little into y<sup>e</sup> palms of y<sup>e</sup> hands & snuf it into y<sup>e</sup> nose  
so often as you need it, & take consense of bitony flowers the  
bigness of a walnut every morning.

### For y<sup>e</sup> Itch.

Boyle in beer, ale, or popet drink as much box as will make it very  
strong, & drink every morning, fasting, half a pint & as much at 4 in y<sup>e</sup>  
afternoon, you need not anoynt it with any thing, this will bring it  
out very much, & in a month or something more will cure it with  
great safety.

geranium to smell too.



To Stop bleeding at y<sup>e</sup> nose.

Take out ye meat of an egge & let ye person bleed into ye shell roth  
Set on ye fire till it be hard, after burn it in ye fire to ashes, & it  
will stop ye bleeding. ✕ another is to dip an old linnen rag in nine  
venegar & burn it to ashes, & take ye ashes & stop ye nose: or  
put it into any wound to stop bleeding. ✕

For the piles.

Take a quantity of white lead & search it w<sup>th</sup> y<sup>e</sup> like quantity  
of frankincense & melt ym on y<sup>e</sup> fire, y<sup>n</sup> take a spoonfull of  
two of honey according to y<sup>e</sup> quantity of y<sup>e</sup> former ingredients  
& mix ym together & spread ym on a fine rag & apply it. X

For the Gout. 6

Take may butter & boife broom flowers in it, & make an-  
oynt<sup>mt</sup> therof: tis likewise good take y<sup>e</sup> gaul of a swine <sup>rears</sup>  
killed & anoynt y<sup>e</sup> place grined with it. ✱

A Remedy against Obstructions.

Take a pugill of dittany of cret, as much camells hay & infuse it in half a pint of whitewine & half a pint of water to make a tea, & drink a glase every morning. \*

For the Green Sickness.

Take of horse radish dried & powdered of licampare roots pond:  
two each half ounce, of madder roots powdered & of y<sup>e</sup> fillings of steel  
each an ounce, of beaten cloves two drams one hutmeege grated,  
mix all these powders with as much comon treacle as will make  
it into an Electuary take y<sup>e</sup> bigness of a hutmeege every morning  
fasting, & at 4 in y<sup>e</sup> afternoon using to walk or some moderate  
exercise after it. these 10 m<sup>o</sup>s will it. ~~XX~~

To Stope y<sup>e</sup> whites.

Give y<sup>e</sup> person a little quantity of Conserve of Nixtoses. an approved <sup>medicin</sup>  
I have also heard, a good hand full of yarrow Stamp & Straine it into

newmilk and drunk every morning is very good. ✕  
 33. A rare secret to preserve from  
 plague approved of in y<sup>e</sup> year 1348

Take aloes hypaticum or succatrine, fine Siramon & mirh each 3 drams cloves, mace, figam, aloes, mastick, boleormaniack each half a dram, let all these be made severally into fine powders y<sup>e</sup> mingle y<sup>m</sup> altogether & keep y<sup>m</sup> in a close box in y<sup>e</sup> pocket take, Every morning 2d weight of it in half glasse of white wine with a little water, drink it is soon as you awake, so you may boldly go abroad. Jas Nevill. ✕

For ye imoderate flux of ye terms.

Plantane leaves stamped & made into a tansey with y<sup>e</sup> yolks  
of eggs stayeth it altho they have continued many years, it is  
otherwise good to drink a draught of ruring water taken up  
against y<sup>e</sup> stream. ✱

To Stop those in y<sup>e</sup> smale pox. or any other time.

Take 2 grains of ambergrece, 3 grains of beere Stone, of red corall  
 & dragons blood each adram make these into powder to give as  
 much as will lye on a 2<sup>d</sup> in popet drink or suck if you please  
 another is to take an ounce of cinamon beaten small as much  
 of y<sup>e</sup> powder of pomgranet as will lye on a shilling & a quarter  
 of a handfull of redrose leaves bruised, boyle these in a quarter  
 of a pint of red wine yn make along bag & stuff it with this  
 & put it up into y<sup>e</sup> birth. ~~XX~~

To bring down those.

Tale of pennyroll mugwort each one handfull, sweet majoran  
 & torminell roots each one ounce, boyle ye roots very well in  
 about 3 pints of water & yn pour it into ye herbes in about it katha  
 close cover, & let it infuse, till is very strong yn drink ye quantity  
 of a wine glase of it as often as you please. \*

Another, to stop it, or to bring it.

Take Saffron aurich, a good quantity of it Stamp it & strain, the  
juice of it & clarify it with y<sup>e</sup> white of an egg, & to a pint of  
Egerabillum to smelt, 100. #



94. Juice take a pound & half of loafe sugar & boyle it gently to a  
syrup, let ye person take 2 spoonfulls of this Syrup every morning  
fasting, this is an admirable thing, to cleane ye wound either  
way. ✱

For a woman y<sup>e</sup> lies inn, & those stops  
& flyes up into her head & Stomach. ✱

Take 2 or 3 handfulls of hearts ease flowers & buds & some  
mother of time, & take some mud out of a nasty kennell &  
put it into a frying pan & ye herbs to it & fry y<sup>e</sup> till they be  
very dry, y<sup>e</sup> put it into 2 bags & lay it as hot as you can in  
Dure it upon y<sup>e</sup> womans belly, & when it is cold lay on y<sup>e</sup> other  
as hot as you can, this in an hour cured a gentlewoman y<sup>e</sup>  
was so, & her sister likewise. ✱

#### A Sovereigne Balsome. ✱

Take of y<sup>e</sup> newest beeswax 4 ounces, Dragons blood 2 drams,  
mummy pound adram, Sweet majorum half a handfull, Sweet bay  
leaves, tops of rosmary each a quarter of a handfull, these must be  
put in a pot by themselves & over a gentle fire continually stirred y<sup>e</sup>  
Take another wide earthen pot, & put in of licquor Storax 3 ounces  
Venus turpentine 2 ounces, Oyle of hepericum half a ounce, a pint of  
Oyle olive, fountain water a pint, rosewater & plantane water  
each 5 ounces, red saunders finely powdered 2 drams: put one thing  
after another by degrees inn continually stirring it over a gentle  
fire, y<sup>e</sup> strain y<sup>e</sup> wch was in y<sup>e</sup> little pot into y<sup>e</sup> great y<sup>e</sup>  
put in an ounce & half of natural balsome continually stirring  
y<sup>e</sup> wch remains in cake dissolve againe.

It is good for outward wounds being applyed warm & bind  
it up it will heal in 48 hours it is good also for inward wounds  
it being made up in little pills & rowled in sugar & swallow  
ed: & if the distemper be cold a little mulled, each after it:  
It keepeth from inflammations, it draweth out broken bones:  
It cureth y<sup>e</sup> heart, Liver, gall, & braine touched: It cureth any  
burning, or scalding, it is good for bruise, taketh away any pain  
or griefe arising of cold, & ach in any of y<sup>e</sup> bones or sinews,  
tis good for y<sup>e</sup> headach if y<sup>e</sup> nostrills & temples be anointed  
therewith, it preserveth from y<sup>e</sup> plague, & other infectious  
Diseases, by anointing y<sup>e</sup> nostrills & lips every morning be

fore you go into y<sup>e</sup> air: its good for y<sup>e</sup> stone & colick being  
applyed warm. Me<sup>thod</sup>: Hughes brought this from rome. ✱

#### Another fine Balsome. ✱

Take y<sup>e</sup> flowers of St Johnswort of y<sup>e</sup> leaves of cardus benedictus  
of valerian roots of leanes each 4 ounces, camphry, wheat dried be  
fore y<sup>e</sup> fire each 2 ounces of Sweet majorum 2 handfulls, lay all  
these in steep in a quart of whitewine in an earthen pot or pipkin  
for 24 hours kept very close, y<sup>e</sup> boyle y<sup>e</sup> till y<sup>e</sup> strength of y<sup>e</sup>  
herbs boyled out, y<sup>e</sup> strain y<sup>e</sup> herbs & wine, & put to it 3 pound  
of sallet oyle y<sup>e</sup> ranchoy y<sup>e</sup> better let it boyle till all y<sup>e</sup> wine  
be boyled away y<sup>e</sup> nothing but oyle remains, y<sup>e</sup> take of y<sup>e</sup> best  
turpentine, of incense, of mastick, & mish in powder each 3 ounces  
put all these into y<sup>e</sup> oyle, & let it boyle but a little after least it  
grow stiffe, this balsome will look reddish if it be right, y<sup>e</sup> mish &  
mastick should be as fine as flower, you may put a little oyle  
to dissolve it in y<sup>e</sup> mortar with y<sup>e</sup> pestle, there will remain some  
dregs in y<sup>e</sup> balsome, wch you may make excellent salve of, by  
putting to it wax & resin, & dissolve it well in a mortar, so make it  
up as you think fitt. To order this balsome when you use it, you  
must wash y<sup>e</sup> wound with a little whitewine blood warm, when  
you have well washed it dry y<sup>e</sup> wine out of it & have ready in a  
saucer y<sup>e</sup> balsom blood warm & drop it into y<sup>e</sup> wound with a  
feather, if y<sup>e</sup> wound be deep pour it in & dip a cloth & lay it on  
y<sup>e</sup> top of y<sup>e</sup> soar, & upon y<sup>e</sup> day a double cloth dipped in warm  
whitewine, drese y<sup>e</sup> once aday, it will need no tent nor you shall  
never se any dead flesh or corruption in it, & it will be whole in a  
short time, this is an experienced balsom, mas made by a Spanish  
& given to y<sup>e</sup> King, who gave him a yearly pension for his life. Me<sup>thod</sup>:  
Hughes gave it me for an excellent thing. ✱

#### For weaknes in a Consumption. ✱

Take 3 pints of fair water as soon as it boyles put in 2 drams of Salop  
let it be continually stirred for 3 quarters of an hour till you think it  
washed away to a pint & before you take it of y<sup>e</sup> fire sweeten it  
with double refined sugar as you like, y<sup>e</sup> strain it for your use.  
they y<sup>e</sup> take it may add y<sup>e</sup> Juice of an orange, every time they drink  
it drink half a pint in y<sup>e</sup> morning: Ed Bullley. ✱

our vegetalium. To smelt. 200. #



### For ye Seurvy in ye gums.

Take 2 drams of mirth boyle it with aqua vitae 12 leanes of red sage, 2 or 3 rosmary tops, boyle it to a pint, & strain it through a cloth, tis good for ye gums, tooth ake, & seurvy in ye gums.

### To make one fait.

Take 9 Spoonfulls of ye Stroakings of red cows milke, of red rose water, of milk water, of succory water each 3 Spoonfulls, ye water must be made as warm a milk from ye cows, & when they are mixed sweeten ym to yr tast with white sugar candy drinke it a mornings. La: Nevill.

### D<sup>r</sup> Gilstrups, plague Watter.

Take ye roots of masternort, angelica, piony, & bitter but each half a pound, succory roots 4 ounces, virginia snak root 2 ounces, rosmary balm, cardus, mint, each 4 handfulls, Scordiam, marygolds with ye flowers of ym, dragons, goats ren each 4 handfulls, Spring water 4 gallons, ye best spirits of wine 2 gallons, yn distill ym you may take out of this 4 gallons to every pint put an ounce & half of loafe sugar into every bottle, you may put in half an ounce of saffron, & hang a little in every bottle.

### D<sup>r</sup> Shorke medison for a Cough.

Take Syrup of violets, Syrup of white poppies, Syrup of dried damask roses, & ye Syrup of balsam made with ye balsam of pers each 2 ounces of ye oyle of sulphur 8 drops, mix all these well together & take 2 Spoonfulls going to bed, Syrup of balsam is hard to be got, being a majesteriall of ye D<sup>r</sup>s.

### For the Stone & gravell.

Take Sasaparilla wood, Sarsaparilla thin sliced each 6 ounces, on niseeds saxifrag, seeds partly seeds each 3 ounces horehound, super berries each one ounce, ye inner rind of elder & watercress each a handfull, steep these in 3 quarts of whitewine for 14 hours

in an earthen pot close covered yn put to it 3 whole lemons sliced, & half an ounce of ye oyle of vitrioll, after they are well stirred together put ym into a cold still & distill it off with a gentle fire, be sure do not burn it, yn mingle it all & keep it for yr use in glase bottle close stoped, of this water take 8 Spoonfulls with as much whitewine, & 2 Spoonfulls of Syrup of marshmallons 3 daies together every new & full of ye moon, in ye morning, fasting, & at 4 in ye afternoon, after each use moderate exercise, & take care of cold, this will gently break & bring away ye Stone, & prevent gravell, you may also take this glister, take marsh mallons, camomill flowers pellitory of the wall, each a handfull, coriander seeds, partly seeds, ground seeds, sweet fenill seeds, caviway, seeds, anniseeds, each half an ounce, boyle all these in a quart of Spring water till it consumes to half a pint, yn add of Lemnarium half an ounce, one pennyworth of swete oyle, Syrup of violets & Syrup of roses each half an ounce, give all this in a glister. my L<sup>d</sup> Goodolphin found great benefit in this Receipt.

### Another for the Stone.

Take of oxe dung, when they go to pasture put it in a still, & still it with a soft fire, receive it into a pot or glase well glazed, this will take away spots or blemishes in ye face, wetting it morning & evening, keep this water well stoped, yn take 3 or 4 radish roots cut ym in thin roules, & put ym in a glase with whitewine set it in ye sun 2 daies, & take one part of that water & 2 of oxe dung water, half a part of Strawberry water, & a spoonfull of ye juice of Lemons, or Citron, let all ye waters make a quart put to it some Sugar or honey of roses, powder of red corall, & virga aurea as much as will lye on a groat, so give it ye person, & you will see wonderful effects in 3 or 4 times it will certainly bring away ye Stone.

### Preparation to dissolve ye Stone.

Take a good draught of popot ale in which an ounce of Juniper berries have been bruised & boyled in add to it as much salt prunella as will lye upon a groat, drinke this every morning & evening, when you take not this, take this following powder, take of Lepis Indica an ounce powder it very fine, divide it into 7 parts, & take one every day with as much fine sugar in a glase of whitewine, do this 14 daies together, & it never failes.

to omen too. #



### The Vertue of Set.

Take Set & beat it to powder & put a dram of it in wine or ale, it will bring down ye terms, & provoke urine, take set powdered put it on burning coals & let ye person receive ye fume up her body, this will set ye mother right in its place, it is good for the Stone.

### A water for ye Cough of ye Lungs.

Take a quart of red cons milk, a pint of red rosewater & yells of 10 eggs, wch first break into clean water, take away the breads, beat ym well & mingle ym together & sweeten with Sugar, so still it, & drink of it mornings & evenings, this is very good for a cough of ye Lungs.

### For a Soar mouth.

Take plantane, cinkfoll, strawberry leaves, violet leaves, culling pine leaves, scabious, honeysuckle leaves, & sorell each a handfull, rosmery, sage, & hyssop each a little boyle all these in a pot of water till it come to a quart & strain it & sweeten it with honey & wine venegar, wash it & wash ye mouth.

### For a Canker in ye mouth or gums.

Take plantane water & sweeten it with Syrup of mulberries, yn drop into it spirit of sulpher to give it a sharp taste, so wash ye mouth, or rub ye teeth therewith it is very good.

### For a Sprain, or weak leg & to Strengthen ye nerves.

Take 2 quarts of malago sack ye older ye better ye pith of an oxe, & 100 snails with ye shells, bruisse ye snails & put all together and boyle ym over a gentle fire till half be consumed, so strain it and anoynt the leg by a fire, so bind it up.

### For ye Scurvy & to cleanse ye blood.

Take brooklime & water cresses each a small handfull, garden scum, myrrace half a handfull, cut ym smale & put to ym a pint of white wine, popet drink hot & let it stand close covered by ye fire, every morning for half an hour, yn strain it & prepe it out hard, & add to it ye juice of an orange, & drink it warm every morning fasting, & fast an hour after it.

### For a Cough or Cold.

Take half a pound of honey, a quarter of a pint of hyssop water, & a little lickerish sliced, boyle it to a syrup & add to it a little juice of orange, so clarify it with ye white of an egge, & take a little with a lickerish at any time.

### To bring down a Childs great belly.

Take 2 gallons of smale ale & put to it 3 good handfulls of fennel root & boyle it a quarter of an hour, yn work it, & run it up, so let ye child drink of it when fit.

### A Cordial water made of tobacco.

Take 2 gallons of ye best muscadine & put it into a clean well glazed earthen pot, yn put in a pound of ye best leaf tobacco with out any stalks, cut in peices of an inch long yn put in 4 ounces of lickerish, & as much anniseeds both dried & bruised, a little, yn cover ye pot as close as you can, & let it stand steeping 4 days, yn still it in a limbeck very temperate with changing of wet cloths, & a soft fire very gentle, for if one drop runeth white it spoyleth all, you must make 3 degreese, ye 1st running is ye best for strong bodies, ye 2d for weak, ye last for children, give 3. 5. 7. or 9. Spoonfulls as you see cause by ye distemper, this is a wonderful Cordial for a Surfeit.

### A good Water to preserve health.

Take forminell, scabious, Dittany, & pimpernel each a like quantity, & still ym altogether, so keep it close stoped and drink of this water often in a morning fasting, it preserve health if it be frequently drunk.

you find it  
sal Vegetabilium. To smelt 100.



*A Sovereign water that hath all ye  
vertues of venus treacle.*

Take ye composition called Antidotus mathioli 2 ounces & put it into ye best spirit of wine, let it stand a whole week & stir it often, & it will be an amber colour, y<sup>e</sup> pour off the cleare, & put to it ye equal quantity of ye Syrup of ye rine of pomeitorns & keep it close, this water is excellent against all poysons, if you take 3 or 4 Spoonfulls as occasion requireth & sweate upon it, it driueth y<sup>e</sup> poysons from y<sup>e</sup> heart, it is good in y<sup>e</sup> plague, a Spoonfull of it preserues you from all infection, it strengthens y<sup>e</sup> heart, brain, stomach, & all the inward parts wonderfully, & is y<sup>e</sup> best thing to keep one from an infectious air, take a linnen cloth & dip it in & smell to it take some of y<sup>e</sup> antidote & as much of y<sup>e</sup> water & put some cloues, beniamine, ambergreene, & a little musk untill it be thick like a past & smell to it, & to be sure use y<sup>e</sup> water in the morning, & smelling often to it, no poyson will hurt or infect you, or sting with Snakes. J.M. \*

*For the Green Sicknesse.*

Take 4 ounces of white Sugar of rutinegs, Sinamon, & cloves each an ounce of Steel very fine 2 ounces let y<sup>e</sup> spice be dyed & beaten very fine & sift y<sup>m</sup> altogether thro a tiffny Sine & take thereof every morning, one Spoonfull & every evening, you must take Soluble broth after it once in 2 days, because y<sup>e</sup> powder is binding, you must fast 2 hours after in y<sup>e</sup> morning you must eat light Suppers & take it after Supper: if they be very much in y<sup>e</sup> green Sicknesse, they may continue taking of it till it is spent, or if otherwise they may take it till they find y<sup>m</sup> selues well for it is a special powder, y<sup>e</sup> broth is to be taken with y<sup>e</sup> powder follows, take one of y<sup>e</sup> paps of China with y<sup>e</sup> roots, set it onto steep in a quart pipkin with a pint of water on warm Embers 6 or 7 hours, y<sup>n</sup> take a smal chicken & set it on y<sup>e</sup> fire with a quart of water, & when it boyles & is well scumed put y<sup>e</sup> chicken with its lickour unto y<sup>e</sup> China, so set y<sup>m</sup> on y<sup>e</sup> fire to boyle together till half be boyled away you may put in a Sprig of rosemary.

... it to Make. it fit for any other use  
time, y<sup>e</sup> bottom of a white loafe, a blade of mace, y<sup>n</sup> strain it, & of this you may drink a draught every morning, after y<sup>e</sup> powder, & at 4 in y<sup>e</sup> afternoon without powder. \*

*For Obstructions in y<sup>e</sup> Stomach &  
Imberillity in the Breath.*

Take one pint of rining water, as much white wine verigay of hyssop & red sage each a little handfull, a good peece of angelica root sliced, a good handfull of raisons of y<sup>e</sup> sun stoned, 10 figs cut smale, half an ounce of anniseeds broaken, half an ounce of lickowish bruited, half a dram of thubarb, 3 good nutmegs sliced, 3 peeces of ginger sliced, 3 Spoonfulls of honey, boyle it till half be boyled away, y<sup>n</sup> strain it, & infuse into it near half pound of refined Sugay & let it seeth again, & scura it & put it into some fit pot to keep & take a Spoonfull or more when you go to bed, y<sup>e</sup> first in y<sup>e</sup> morning, also at any other time when you find y<sup>r</sup> self trouble with stoping or imberillity in breathing, it is a very good thing. \*

*A good Cordial.*

Take of brage, balm, & cardus water each an ounce & half, Syrup of citroth rinds, & of gilly flowers each 2 drams: alhermis a scruple: mingle y<sup>m</sup> together, & take it at night y<sup>e</sup> last thing. \*

*To purge y<sup>e</sup> throat of fleame & colley  
malancholy & y<sup>e</sup> head.*

You should chew y<sup>e</sup> weight of 4d of fine thubarb sliced thin & lapped in raisons of y<sup>e</sup> sun stoned, do it in y<sup>e</sup> morning, fasting, & fast 2 or 3 hours after it, y<sup>n</sup> drink a draught of some thing warm, you may take it when you are Costive. tis a pritty thing. \*

*Loosinges of Albecompain.*

Take white Sugar candy a pound, lickorish powder an ounce, powder of Albecompain 6 drams: maiden hair 3 drams beat all these into a past with gumdragon dissolved in rosewater and dry them. \*



For a tickling Rheum, or heeking Cough.

Take Syrup of coltsfoot, Syrup of maiden hair & Syrup of lickerish of each a like quantity, & dip a lickerish stick in it, & lick it, do this pritty often. \*

To restore one fallen way.

Take a handfull of Sheperds pouch, & a little bark of a young sapling oak & seeth it in a pottle of water till it come to a quare and strain it, yn take 2 ounces of rice & seeth it yn running water till it be very fast, yn take 3 ounces of almonds & 3 ribbleaves or more if you will, & pound ym altogether & strain ym with y<sup>e</sup> water of y<sup>e</sup> Sheperds pouch was boyled in, yn put it to y<sup>e</sup> rice & let it seeth together a little while, yn take a quantity of sugar & some cinamon as much as you please, eat it fast. \*

For the passion of the heart.

Take conserve of roses marygolds, gillyflowers & fondon treacle each 2 ounces: methridate 3 drams, mitch half an ounce, powder of y<sup>e</sup> roots of angelica, tormintill, dictamnus each a dram: bolus mahack half an ounce: with a quantity of Syrup of sorill, make it into y<sup>e</sup> substance of a conserve, of which take every morning, noon, & night, y<sup>e</sup> quantity of a walnut. \*

For the tooth ach.

Take a great handfull of Sallery & boyle it very well in a quart of water till it be very strong, of y<sup>e</sup> herb yn cleave it from y<sup>e</sup> herbs & hold some of y<sup>e</sup> water in y<sup>e</sup> mouth as hot as you can, & when it begins to be cold, put out that & put in more, & so do till y<sup>e</sup> pain abates, if y<sup>e</sup> pain be violent & is more effectually, and the person being once cured with this medison, will not have it in 7 years. \*

For a pain in the Ear.

Take y<sup>e</sup> juice of bittony, & an equall quantity of breast milk, which a boy sucks, drop it in y<sup>e</sup> ear, it gives present ease. \*

another, rost an onion & mix some saffron with it & put a little in a fine rag, as far in y<sup>e</sup> ear as you can: another, take a clove of ger: lick & prick holes in it & put a thrid thro it & so thrust it into y<sup>e</sup> ear. another take rue, & stamp it & put it on a rage & lay it behind y<sup>e</sup> ear. another take camomill & lay it in a Chaffinodish & a few fiery coals on that, & camomill on that & cover y<sup>e</sup> head with a cloth & let y<sup>e</sup> smook go up y<sup>e</sup> head, & yn lay down and sweat, it ease y<sup>e</sup> head ear & teeth. \*

For the Dropsy.

Take 2 quarts of y<sup>e</sup> best high Country whitwine, 1 quart of can: put it in to an earthen pot with a top, put to this half a peck of sea scurvy grase, of garden scurvy grase, red sage, rosemary tops, roman wormwood, horse radish, Steapt, each one handfull, put in 4 or 5 cloves of garlick stop all these close for 48 hours, yn draw it off & drink a wine glase of it morning & evening. \*

To open Obstructions & for pain & sickness in the stomach & short windyness.

Take 10 heads of garlick & peile y<sup>e</sup> cloves & put ym into a quart of old malaga sack, with a handfull of good powder sugar & let ym steep together till it be altogether of a thicknes, & y<sup>e</sup> garlick is very tender, & let y<sup>e</sup> person take a spoonfull every morning, fasting, and stir moderately. \*

A Pritty drink in a feaver.

Boyle a few sage leaves in some water & put 2 parts milk, & one part of that water, & let y<sup>e</sup> person drink now & then of it, tis good to quench thirst. \*

For the Gout.

Make a quart of ordinary posset drink, & put into it a good handfull of Elderflowers a little bruised, boyle it to a pint yn strain it, & drink one half in the morning, & fast 3 hours after it, & the other half at night, do this for 3 days together. \*

gumum. to smell too. \*



## For the Vuale or pallet downe.

Take as much rye leaven, or wheat leaven for want of it as a great walnut a handfull of featherfens & chop ym together smale & boyle it with just as much whiteswine venigar as will cover it upon agently fire, untill it be very thick, ym Scrap in half a nut mege of son it into two linnen bags you must have a snake of venigar standing upon some coals & as one bag drieth lying on y<sup>e</sup> nap of y<sup>e</sup> neck, y<sup>e</sup> other bag must stey very gently upon y<sup>e</sup> sower & changing ym still as they be dry, this will put it up & sette it altho it hath been downe a month.

To stop bleeding at y<sup>e</sup> nose.

Take red nettle roots & cut ym in peices of about an inch long, raise y<sup>e</sup> upper skin a little & scrape it not off, put one peice at a time into y<sup>e</sup> mouth, & hold it betwixt y<sup>e</sup> teeth grinding it y<sup>e</sup> backwards & hold y<sup>e</sup> nose & y<sup>e</sup> breath as long as you can, y<sup>e</sup> spitt out y<sup>e</sup> roots in y<sup>e</sup> mouth & put in fresh, this do often, & it will certainly cure you.

## For a Squinsey.

\* Take as much curdled honey as a walnut out of y<sup>e</sup> green shell mix it with half as much white dogs turd made in fine powder & make it into balls & let y<sup>e</sup> person swallow ym by degree when he goes to bed, & let ym take y<sup>e</sup> like quantity y<sup>e</sup> next morning, & fast 2 hours ym take as much dogs turd as honey & mix it well together & spread it on a thicke course brown paper & lay it close y<sup>e</sup> soreness about y<sup>e</sup> throat, this has certainly cured severall.

## For the Piles.

Take y<sup>e</sup> leaves of elder tree, boyle ym in water till they be very soft, & when they be almost boyled, put in a little oyle of sweet almonds, & lay it on a scarlet cloth, & apply it as hot as can be suffered upon y<sup>e</sup> part untill it be cold, haueing y<sup>e</sup> like in readyness applying one after another for y<sup>e</sup> space of an hour, & ym bind some to y<sup>e</sup> place, & let ym lye a bed.

## Excellent for a Hirapary.

Take 10 pound of black cherries pick off y<sup>e</sup> stalks & pound ym in a stone mortar, stones & all, ym take a gallon of red cons milk & mingle these together, take also of brier leaves, woodbine leaves, & of y<sup>e</sup> herb called prunello each 2 handfulls one handfull of violet leaves still these together, & let y<sup>e</sup> person drink half a pint at a time, morning noon & night.

## For Spitting of blood.

Take 3 Spoonfulls of y<sup>e</sup> juce of red nettles put a little Sugar in it & so take it, or in a little beere, for some days together.

For pains in y<sup>e</sup> head or any part of y<sup>e</sup> body.

Take vngent of populoum alone, or if you will make it stronger, take half an ounce of it, & add to it 2 or 3 grains of opium, & as much of balsom, if you annoynt y<sup>e</sup> temples it will procure sleep, & take away y<sup>e</sup> pain of y<sup>e</sup> head, it is likewise good for a burn or scald.

To cure y<sup>e</sup> bite of a Viper.

Hold a red hot Iron to y<sup>e</sup> part bitten, & it will take away y<sup>e</sup> venom, so yt it will sticke to y<sup>e</sup> Iron in a yellow spott.

To take out y<sup>e</sup> venom of y<sup>e</sup> biting of a Snake, or any venomous thing.

Take methridate mix it with plantain water & spread it like a plaister, & being warm lay it to y<sup>e</sup> bitten place & round about y<sup>e</sup> arm & shoulder part & lay another plaister upon y<sup>e</sup> so keep it from swelling, & shift these plaisters after they have been applied 2 hours, & lay on fresh, & so let it rest a whole day or night, y<sup>e</sup> person must take inwardly some methridate twice, between 2 hours.

For y<sup>e</sup> Stinging of venomous beasts.

Take green leaves of Elder & apply ym to y<sup>e</sup> place, they draw y<sup>e</sup> venom out, & so let y<sup>e</sup> person drink some of it.



106. put ye poison & dry ye wound: Diaseordus comends ye same beaten & applyed to ye biting of a mad dog. ye oyle made with ye flowers of elder, or ye roch is preped but of ye kinde of ye berries mettigates ye pain & swelling in a short time, yt is occasioned by ye sting of wasps or bees.

#### For the head ach.

Take bittory & warm it between 2 tiles till tis very hot & put it in a cloth, so bind it to ye place where ye pain is most & it is a certain cure.

#### For a woman in hard labour.

Take adram or adram & half of fine powder of benjamin, put it into 4 ounces of ye malmsley wine, & give it to ye woman to drink in her extremity, & if ye after birthen stick, give her againe ye same quantity, this never failes, was a famous midwife used it.

#### For pissing a bed.

Take ye stones of a boar & dry ym in an oven, & beat ym to powder, & take as much of it as will lye on a half crown every morning, & evening, fasting, an hour after; pigs bladder & a hog hog dyed, have ye same verue, take ye powder in beer.

#### For a bone yt sticks in ye throat.

When you are eating, & a fish bone happens to stick in ye throat take a thimble full of gunpowder & swallow it downe, immediately in a spoonfull of beer & it will make you bring up ye bone presently.

#### For ye biting of a mad Dog.

Take sage & ren handfull, 4 pennyworth of best treacle 4 heads of garlick, put these into a gallon of ale, and

boyle ym well in balnea maria, give 5 or 6 spoonfulls triu a day to man or beast, for 3 days together, before fup or change of ye d, yt happens next after ye biting, yndrain out ye herbs, & put to ye place bitten.

#### To make Esences of Iesamy, Orange, Roses, or Lemon. Time, or any other flowers.

Take ye best oyle of ben yt has no smell & some Cotton finely picked, & lay ye cotton in ye bottom of a chery bason, or a glase yt has a cover to it, & pour as much of ye oyle of ben upon ye cotton as will wet it very well, yn lay ye flowers upon ye cotton, shifting ye flowers every day with fresh, you must shut ye glase, with ye cover, & put a cloth upon that & set it in ye Sun, doe this till you think it strong of ye flowers, yn take out ye cotton & strain it, & put ye lieken into a glase, & stop it close, this Essence is very fine, and keeps a year or two.

#### To make perfumes to burn.

Take 3 ounces an half of benjamin lay it in rosewater one night yn beat it fine, & take half a pound of damask rosebud cut off ye white ends, beat ym in a marble mortar very fine, yn put ye benjamin to it, & beat it altogether till it comes to a fine past, yn take it out & mingle with it one ounce of a fine civit finely beaten, & mould it up with an ounce of half of double refined sugar seached, make ym in little cakes & dry ym in ye Sun, or warm roome.

#### For Damask powder.

Take Iris roots grossly pounded apound 3 ounces, of rasped rhodium 3 ounces, sembr, peile, dried, 6 drams: cloves 2 ounces 2 drams: cyress roots 1 ounce 4 drams: damask rose leaves dried 11 ounces: benjamin & storax each 2 ounces: sandal wood 5 drams: sweet majorum dried ounce 5 drams: of ye best musk cod 3 drams: beat all these severally into a powder, cut & break ye rest, yn mix ym altogether, yn add to every pound of ye powder, of ambergreene & musk each 12 grains, 6 of clove, 12 grains of spirit of roses, rub ym well to- gether, & put in a vegetable, to smell too.



108. together in ye powder, & it will make ye powder very rich & high scented, put ye same into paper bags, or you may make packets, ye more ambergreene you put in ye better ye powder will be, & last longer, this was ye quantity I made, but instead of benjamin & storax, I put some Calamus aromaticus, it was very good. \*

### A pomander.

Take of benjamin & storax each 2 ounces, Laudanum one ounce: of Lignum aloes 4 ounces: ambergreene 12 grains, of musk 3 grains of civit, beat all these things fine, (but Laudanum storax & civit will not beat) then mingle altogether ye powders & ye others so put ym into a hot mortar & beat ym exceedingly well with some gourdagon infused in roswater, beat ym to a past yf must not be to soft, yf oyle yf moulds with what Essence you fancy most, & put a wire thro ym before you take ym out of ye moulds to make ye holes; yf lay ym to dry upon paper, you may use Cinamon, cloves, or nutmegs, or what you please & like. \*

### A powder for sweet baggs for linnen.

Take ye moske of sweet aple trees & put it into a quart of damask roswater, & put it in adish drying it in an oven in the sort dried & wetted twice, & put into it of benjamin, storax & calamite each one ounce ye 2 gums must be beaten with a few dried rosleaves yf put to it musk, civit, ambergreene each one dram, 4 drops of oyle of Lemons, one ounce of orange flower water, work all these with yr hands into ye moske into another pint of roswater yf dry yf moske againe, & you may put it into yr silk baggs & it continue a most excellent smell 20 years. \*

### An Excellent perfume, ye Imperial Balsam.

Take 2 drams of ambergreene, half a dram of musk, 10 grains of civit half of oyle ben, grind these exceedingly well upon a marble stone for an hour, untill it become like an ointment, this is ye richest perfume that can be for gloves, fan, or any other thing. \*

### Chare Spice Water.

109. Take a quart of damask roswater to which put mace, nutmegs & cinamon each half an ounce: 6 cloves, cut small ye nutmegs, break ye cinamon, but let ye cloves & mace be whole, stopp it close in a glase bottle & let it stand in ye sun 3 weeks, yf keep it for yr use, it will keep 2 years, tis good to put in any thing, to be used in puddings or such like, instead of spice. \*

### To perfume White gloves.

Take a small quantity of ambergreene, & half as much musk & civit dray it together in a mortar, yf add to it 5 or 4 drops of strong anniseed water or ye best aqua vitee, ye juce of a Lemon, & a spoonfull of oyle of ben, & as much of what sort of Essence you will, & 2 spoonfulls of roswater make it warm & rub it with a sponge strongly, let ym ly aday in ye air, dry ym in a bed. \*

Another yf will never out.

Take benjamin 2 ounces, storax callamite one ounce, beat fine together yf done take oyle of sweet almonds & mingle it with yf powder grinding it upon a stone, & put it into an earthen pot with more oyle, so let it stand stoped close, & when you will perfume yr gloves wash ym annoynting ym with this oyle, either with a hand, sponge, or a fine brush. \*

### A Water to perfume linnen in ye folding.

Take 2 quarts of damask roswater 3 handfulls of lavender flower one ounce of benjamin, storax, callamus 2 ounces, Laudanum one ounce: french flower de luce roots half a ounce, cut into thin slices, musk a dram, civit 6 grains, bruste all ye things & put ym into ye glase of roswater & set it into ye sun, & when you fold ye close, sprinkle ym with this water. \*

### To perfume Starch.

After you have made ye starch something thick put in some roswater where musk & ambergreene has been steeped all night, & it will make yr starch smell very pleasant. \*



### To dissolve Ambergrece.

Grind ambergrece with ye juce of lemon upon a stone, if you think it to be too thin put as much powder of sugar as it will thicken it, & keep it close stoped in a bottle for your use.

### To make Tincture of Ambergrece.

Take 1 quart of ye best spirit of wine, ambergrece 1 dram: 3 grains of musk, both ground very fine on a marble stone, put ym into a bolt head close glase luted & set in a water bath, wshes or sand, or any other digesting, heat for a month. I beleive y<sup>e</sup> suns heat may be ye softest & best, when you use it knock off the head of ye glase, & keep it close stoped for y<sup>e</sup> use, twill be very rich perfume, & very wholesome in any thing to eat. L: X: \*

### To make past for hands.

Take 4 ounces of bitter almonds blanch ym & beat ym in a mortar to a fine past & in ye beating put in a little milk if they do not rise, y<sup>e</sup> take a pint of milk & yelks of 2 eggs & a peice of camphire, put altogether & boyle it to a thick past, keeping it always stirring, so it in a pot for your use, you must rub the hands dry, with it but not wash ym. \*

### To make Snush.

Take ye root of white heledore, 2 drams, tobacco half an ounce, majorum, lavender stredoes, sage, rue, bittomy mastick, nutmegs, cloves, mace, each 2 scruples: ginger half a dram: ambergrece, & musk each 10 grains if you like it: let all these be beat into a fine powder. \*

### A Damask powder.

Take ye leaves of some roses well dried, 3 each of musk, one ounce of cloves, beat all these together, & it will be pretty good sent for taffity bags. \*

### Captain Green powder.

\* Take 1 ounce of camphire thinly scraped, 4 of white copperis, beaten & searched & put ym into a calcining pot, put ye pot upon a chaffin dish of coals & calcine it with a gentle fire covering ye pot with paper & savees upon y<sup>t</sup> that ye fume may not come out, these ingredients will first turn to water, & after harden to a stone, fell it on ye top with y<sup>e</sup> finger & find it hard you may know it is fully calcined, when it is cold break ye pot & take out all y<sup>t</sup> is in it, scraping ye camphire which turned upon ye paper (it stick like a white powder) put it to ye rest. \*

### Captain Green Water.

Take half an ounce of ye abovesaid powder & it will make a quart of water (if for soars a wine quart, if for y<sup>e</sup> eyes an alle quart) you must make it thus put ye powder into a bason with a quart of running water boiling from ye fire & pour it upon ye powder & so stir it about till it be cold enough to put into a glasse, put it in grounds & all & stop it close, (ye grounds preserve it in its full force) & therefore if you use it in ye morning shake ye glase over night, it will be settled, against you use it. \*

### The Vextues.

Being gargarised & spit out, it cures ye canker in ye mouth, it takes down ye swelling of ye gums proceeding from dry corrupt or Rheumatick cause, & fastens ye teeth, it cures any soars or ulcers which is raw & open, being washed as hot with it as y<sup>e</sup> person can indure, being injected it cures ye fistule & any wound, it helps sear & weak eyes, when you use it for ye eyes, you may put a little red rose water to it, & take away ye sharpness, using only ye clear of it. \*

### For a Rheumatisme.

Take half a pint of right nants brandy & put in it some camomile flowers & let it stime upon ye fire till its very strong of ye flowers, y<sup>e</sup> strain it out & take a pint of ye gall of a red oxe, & put to it & let it stime againe upon ye fire a quarter of an hour, so put it in a bottle for your use, bath the place where ye pain is very well by the fire & in a week it takes away any pain, or Rheumatisme. \*



### A perfume to burn.

Take 2 ounces of ye powder of Juniper, benjamin & storax each & ounce 5 drops of Oyle of cloves, 10 grains of musk beat all these together to a past with a little gum dragon steeped in rose or orange water, y<sup>e</sup> roul ym up like big, please y<sup>e</sup> flat ym, & dry ym in dish in ye oven or Sun, & keep ym for use they must be put on a shovel of coals & they'll give a pleasing smell.

### An Encomparable balsam for hands.

Take venetian sop half a pound, white virginia honey 2 ounces & half, venetian talk & white sugar Candy each half an ounce in fine powder: Oris root in fine powder 2 drams: salt of tart, of broax & Spearmacitay, peruvum balsam each 2 drams: Oyle of cloves & Oyle of cinamon each a scruple & half: a spoonfull of tincture of ambergreene, bottle of benjamin water, y<sup>e</sup> sop must be put in an earthen glazed pot & dissolve it over a gentle fire, in 2 ounces of juce of Lemons, y<sup>e</sup> add y<sup>e</sup> honey & Spearmacitay y<sup>e</sup> balsam, y<sup>e</sup> take y<sup>e</sup> pot from y<sup>e</sup> fire, & by degrees incorporate y<sup>e</sup> powders, & lastly y<sup>e</sup> distilled oyles, y<sup>e</sup> tincture & y<sup>e</sup> water: & some musk if you please 10 grains y<sup>e</sup> talk must be laid before y<sup>e</sup> fire for a quarter of an hour y<sup>e</sup> pulverised in a mortar, heated w<sup>th</sup> y<sup>e</sup> pestle. This balsam is of an incomparable & comfortable odour, it whitens, cleanses & smooths y<sup>e</sup> skin beyond any past or pomatum y<sup>e</sup> can be prepared, tis aough to rub y<sup>e</sup> hands with it, nor is there any need of washing afterwards (but y<sup>e</sup> hands must be clean first) so put on y<sup>e</sup> gloves, I have made it.

### For a Chirn Cough.

Boyle a pint of milk, & a little Hyssop water with a handfull of Chincups, half a handfull of allehoof, & 3 shells of white popies with out y<sup>e</sup> seeds, when it is well boyled strain it out & sweeten it with sugar of roses, & drink it as often as they will.

### Caraway Water.

Take, to a pound of smooth caraways a quart & half a pint of the best brandy put ym into a bottle, & cork it very close y<sup>e</sup> on a fire to it, so set it in ye sun for 12 or 14 days, shaking it 2 or 3 times a day, y<sup>e</sup> filter it of cleane, so put it in bottles for your use.

### The Queen of Hungers Water.

Take a gallon of spirit of water 2 pound & half of y<sup>e</sup> tops of Rosemary flowers & y<sup>e</sup> green heads, steep ym 48 hours y<sup>e</sup> distill ym in a limbeck, & you may have 3 quarts or a little more, of good water, y<sup>e</sup> let this water stand 2 or 3 days, y<sup>e</sup> take to every quart of water half a pound of rosemary flowers cleane picked, without any green tops, let it steep 24 hours, y<sup>e</sup> distill it in y<sup>e</sup> limbeck, you may have 2 quarts of very good water from this quantity, if you double y<sup>e</sup> quantity of this & still it over againe, it will be y<sup>e</sup> better water, you may make it with rosemary cleane striped from y<sup>e</sup> stalks, if you cannot procure so many flowers, m<sup>ost</sup> effectual.

### The Lady Killigrew for a Soar breast.

Take a Sheeps head with y<sup>e</sup> woolon, & boyle it in a sufficient quantity of running water 3 hours, y<sup>e</sup> take y<sup>e</sup> clear broth, & put it as much whole rice as will boyle it to y<sup>e</sup> thickness of a poultis, breaking y<sup>e</sup> rice as it boyleth, when you find it very soft, take it from y<sup>e</sup> fire, & put to it 2 yells of eggs beaten with a little Saffron, & something more y<sup>e</sup> a Spoonfull of Oyle of Camomill.

This poultis is to be applyed before y<sup>e</sup> breast be broken, & laid warme, & y<sup>e</sup> thickness of 2 fingers, spread on a cloth y<sup>e</sup> it may come off y<sup>e</sup> breast moist, cut a hole in y<sup>e</sup> cloth for y<sup>e</sup> nipple continue this aday or two after y<sup>e</sup> breast be broken, y<sup>e</sup> take goats dung, dry it & sift it to a fine powder, y<sup>e</sup> take english honey, if y<sup>e</sup> honey have melt it on y<sup>e</sup> fire and it coole it againe like Syrup, & put as much of this powder to it as will thicken, but not to stiff, apply this but warme morning & evening, without any tenting.

### For a Cold.

Take 4 ounces of diacodiam, 2 ounces of conserve of roses 18 drop of spirit of sulphur make these into an Electuary, & for a man or woman take a Spoonfull of it when you go to bed, & a little upon a sickourish sick in y<sup>e</sup> day when you cough, so a less quantity for a child: & to give children for a cough, tis very good, some hyssop water sweetened with 1 ounce of Syrup of mellesear give of this a Spoonfull at a time, mine found good by it.

### A plaister for y<sup>e</sup> Worms.

Take honey & juce of wormwood boyle ym together & spread it on leather & take aloes beaten fine, & strow on the plaister, if they have worms it will stick, if not it will fall off.

### For a Canker in the mouth.



114. Take plantane water sacpen it with Syrup of mulberries then drop in it Spirit of Sulpher to give it a sharp taste, so wash your mouth, or rub your teeth therewith, it is very good. ✱

For a tetter. ☉

Take roach allum hold it in your mouth in a morning fast- ing & with y<sup>e</sup> Rhume y<sup>t</sup> runs from it, wash the tetter, for 3 weeks together, & it will cure it. ✱

A Blistering plaister. ☉

Take cera citrina 2 ounces: Cantharides 2 ounces: Oleum Olivaram 4 ounces: Terebint ver 5 drams: Olabinum mastichy mirrha each 4 scruples: Semina anisa 4 scruples: Camphora 2 drams: misce fiat Emplastium. in English pag 89. Mc Howard ✱

For a Cold by Dr Millington. ☉

Take flower of brimstone adram & half: powder of diareos & powder of Lichenish each 2 scruples: balm of gilead as much as is sufficient make 8 pills of a dram: & take 4 every night going to rest & drink after it a draught of Lichenish posset drink with y<sup>e</sup> leaves of rosemary & dittany infused. ✱

In the morning. ☉

Take balm of gilead half an ounce, balsam of Sulpher with Turpentine 2 drams, take every morning, from 12 to 15 drops, in a spoonfull of the pectorall decoction & drink after it a draught of the same instead of tea. Dr Millington. ✱

An Oynment for a Creak in the neck. ☉

Take oyle of Elder 1 ounce, of Scorpions half an ounce, Queen of Hungaries water 2 drams, mingle ym & boyle ym to a consumption of y<sup>e</sup> water (which will wast presently) then add Cymical oyle of Rosemary flowers 6 drops. ✱

Pills. ☉

Take pills of amber & macri each 15 grains, rosin of Jalap 5 grains oyle of amber 2 drops: Syrup of roses soldatue as much as is sufficient & make it into 4 pills. this y<sup>e</sup> before it, y<sup>e</sup> bp: of danger took from Dr Millington. ✱

115.

To Clarify Honey. ☉

Take y<sup>e</sup> honey & set it on y<sup>e</sup> fire in a skillett & let y<sup>e</sup> scum arise & take it off, & desire it do but just boyle, if you use sack in y<sup>e</sup> medicon, you may put it into y<sup>e</sup> honey, it will rise y<sup>e</sup> better, this called to Dispumate, or Clarifying honey.

The Medicines I took of Dr Broome when I had y<sup>e</sup> pain in my Side. June. 1687.

Take milk water 3 ounces: plague water half an ounce: Syrup of white popies 1 ounce: Siquid Laudanum 15 drops to be taken when you go to bed, & y<sup>e</sup> Stock Epson water one day. ✱

Take balm water milk water each 6 ounces: Dr Steven's Compound piony water each 2 ounces: Syrup of marshmallows one ounce & half: Syrup of white popies 2 ounces & half: Siquid Laudanum 2 drams & half: Confection of Alkermis unperfumed 2 drams & half to be taken 7 spoonfulls when y<sup>e</sup> pain returns. ✱

Take Syrup of Steel 6 ounces: to be taken a spoonfull once or twice a day. Take pill matri half adram: Querciton's pills of taster adram & half take 4 pills one dram: pill Mecephangine 2 drams: Steel prepared one dram: pills of Storax 4 scruples: Syrup of violets as much as will. ✱

make ym into a mass for 50 pills, to be taken every 3<sup>d</sup> or 4<sup>th</sup> night. ✱ Take pills of dogs tongue roots or of cynoglossie 2 drams & half: pills of Storax 2 scruples & half: Steel prepared 6 drams: y<sup>e</sup> powder Dialacea it one dram & half: mix a dram: Tackamahac 2 scruples: oyle of Sassafras 6 drops Syrup of mugwort as much as will make ym into wafer to be taken 3 in y<sup>e</sup> morning, & at 4 in y<sup>e</sup> afternoon, & you must take 4 or 6 spoonfulls of this Julep after them. ✱

Take milk water a pound & half: Compound piony water, Dr Steven's water each 4 ounces: fine sugar 1 ounce. ✱

The Medicines I took for y<sup>e</sup> gripes of Mc Howard June. y<sup>e</sup> 14. 1695.

The first night I took 20 grains of gasconie powder in some of the hartshorn crick, y<sup>e</sup> next morning I had 2 scruples of rhubarb sliced & dried by y<sup>e</sup> fire finely powdered & made into a bolus with half a ounce of Syrup of roses or rhubarb in y<sup>e</sup> working of it I took posset drink, or thin broth, if you can take pills better make it thus. ✱

Take rhubarb in powder 2 scruples make it up to a mass with Syrup or rhubarb & divide it into 6 pills, so take these: ✱

Then in y<sup>e</sup> afternoon you may drink either of these, following drinks to smelt too. ✱



116. for you must wholly abstaine from heat while ye gripes are upon you, but ye hartshorn is best for constant drink. Take one ounce of burnt hartshorn in fine powder & boyle it with 3 pints of spring water a crust of bread & a balde of mace till come to a quart, so sweeten it with loafe sugar & drinke it when you will, but not in ye working of physick. Another drinke is to boyle a quart of water with a crust of bread & a little stick of cinamon & when tis cold add half a pint of claret, sweeten it to your tast with loafe sugar & drinke of this now & then for a change. When you take physick in ye morning, that night when they go to bed take this following comfortable Cordiall. Take prepared pearle, red corall, burnt hartshorn each 10 grains in fine powder mix ym with as much diascordium as big is a nut & take it & drinke a draught of ye hartshorn drinke after it. Your best way is 2 or 3 days after to take ye pills or ye bolus againe, & ye prepared powders at night for this is apt to bind to much, therefore the body should be kept open.

#### Kattys Decoction in her feavours.

Take 2 quarts of spring water & put to it 2 ounces of burnt hartshorn in fine powder ye bottom of a peny loafe a bladder of mace or cinamon, let it stand upon ye fire till ye third part be wasted, y<sup>e</sup> strain it thro a fine sieve sweeten it to y<sup>e</sup> tast with fine sugar you may drinke of this if you think it will be too cooling when it is cold put in a glasse of sack: Sometimes for change & if they be very dry drinke a draught of poppet turned with alle & a glasse of sack in it a little grated nutmege this agreed very well with her & at night she took gaseous powder & y<sup>e</sup> gorse stoke she was well in a week. Mr. Howard

It is also very good to roast an orange till it be hot thro but not to be hard, & cut it in half & spread it all over with methridate & lay it to ye stomach. To make your sack whey for a feavour, a pint of milk a pint of water, & half a pint of sack, sweeten it to y<sup>e</sup> tast. my sister in y<sup>e</sup> extremity of ye stone one night took 2 ounces of Syrup of Althea & ounces of Sassafras, water mingled all together & drank it off, it immediately gave her ease & cured her.

#### To make good Inke.

Take of y<sup>e</sup> best gum Sennaea (or gum Trabeck) 5 ounces: y<sup>e</sup> best blew galls 3 ounces & half, pound y<sup>e</sup> galls into a grose.

117. powder 3 ounces & half of green copperis 2 quarts or better of water, put y<sup>e</sup> galls into most of y<sup>e</sup> water into an earthen jar, & put y<sup>e</sup> gum at y<sup>e</sup> same time into y<sup>e</sup> rest of y<sup>e</sup> water in a poringer of a gally pot & cover it, stir y<sup>e</sup> gum once or twice a day till tis very well dissolved, y<sup>e</sup> put y<sup>e</sup> gum to y<sup>e</sup> galls & mix ym well with a stick & let ym stand 3 or 4 days, y<sup>e</sup> put in y<sup>e</sup> copperis & let y<sup>e</sup> pitch stand in y<sup>e</sup> sun a month or 6 weeks, stirring it allways once a day, but keep it still covered, at y<sup>e</sup> months or 6 weeks end if you find y<sup>e</sup> ingredients well wasted & y<sup>e</sup> Inke of a good colour, you may strain y<sup>e</sup> Inke as fine as you will, so keep it in bottles for y<sup>e</sup> use, you may shake your bottles now & then especially in Summer time because tis apt to mould, my brother makes this with half white wine & half water, but I never did.

#### The Wort Inke.

Take 2 quarts of river water as much of new alle wort y<sup>e</sup> first running before any yeast put to it a pound of y<sup>e</sup> best galls grossely beaten, near a pound of y<sup>e</sup> best gum Sennaea, & 5 ounces of y<sup>e</sup> best green copperis, put y<sup>e</sup> wort into a glasse Jar with part of y<sup>e</sup> water & all y<sup>e</sup> galls cover up y<sup>e</sup> glasse & let it stand for 2 or 3 days & shake it twice a day & let it stand in y<sup>e</sup> sun, put part of y<sup>e</sup> water with y<sup>e</sup> gum into a pan glazed & keep it close covered stirring it 2 or 3 times a day, & let it stand till y<sup>e</sup> gum is quite dissolved, y<sup>e</sup> strain y<sup>e</sup> froth off & strain y<sup>e</sup> gum thro a cloth into y<sup>e</sup> galls & cover up y<sup>e</sup> glasse, let it stand 2 days then put in y<sup>e</sup> copperis & stir y<sup>e</sup> very well y<sup>e</sup> cover it up very close & let it stand in y<sup>e</sup> sun a month stirring it allways 2 or 3 times a day, strain it thro a fine cloth once or twice to make it fine, & put it up in bottles for y<sup>e</sup> use, keeping ym close tyed up, shake ym now & y<sup>e</sup> then that it may thicken alike, my brother Luttrell makes these both.

#### Directions for y<sup>e</sup> use of medicines in a physick Chest, fit for travelling by Sea or Land.

The spirit of mardus to be taken 2 or 3 Spoonfulls when either faint feavourish, or y<sup>e</sup> stomach oppressed by eating, or drinking, to liberally & upon any other occasional disorder, no time of y<sup>e</sup> day improper, provided you sleep half an hour, or an hour after it. The spirit of Saffron & cinamon in some wine at pleasure. The lique Laudarium 30 or 40 drops going to rest when you find it needfull. Apoplect: Balsam, and sal Vegetabilium. To smell too.



118. Balsom of Sulpher Anis 8 or 10 drops in sugar 2 or 3 times aday if a cough or shortness of breath troubles you.   
 Sal Volatiles — Spt. cornu ceu Spt. vini & peneris.   
 Balsom of Turpentine to be applied as hot as you can bear to any cut, fresh bleeding wound with some cotton dipt in it, & an Emplaister over it.   
 Ag. Stript. Reg. for any Hemorrhages whether at ye nose or else where, a plegitt dipt in it cold & so appled.   
 Tartar Emelt: 6 grains to 10. as an easy & gentle vomit in a draught of popet drink, & so drink after in ye working with ye usuall government. But now ye paster & easy vomit is 25 or 30 grains of ye root Hypocistis Lye Indian root & take with thin water & well with due government of your self.   
 Mathers pill: 20 to 30 grains going to bed upon any cold taken or pains in ye bones, with feavourish symptoms a head ach, thirst & renewing ye dose in ye morning if you find your condition will bear, or need a second dose in Epidemicale water.   
 Purging, Spt. of Seuryr grase. 80 drops in a quarter of a pint of ale warmed in ye morning, fasting, & warm broth or gruel an hour or two after, good in all Scabbutick effects if it purge you gently take it every other day a week together.   
 Essence of wormwood 20 drops in glase of hock before meals an excellent Stomatich, & so is Spt. of sulphur where ye acid ferment of ye stomach fails. It may likewise be used in pinch instead of lemons.   
 The Extr: Peruv: 20 grains or more twice or thrice betwixt each fit, either in intermitting feavours, or agues in ye form of aboles with a little Diascordium or in pills.   
 The Oymment for burns to be used with a feather gently twice or thrice aday.   
 The Dentifrice to whiten ye teeth & fasten ym, & to preserve ye gums.   
 The salt for thirst to be taken either with or without a feavour, as much as will lye on a shilling, 3 or 4 times aday.   
 The white plaister is healing & drying & as such to be used ye other is drawing.   
 The gripe water to be taken 6 or 8 spoonfulls at a time when trouble with wind.

119. More medicines I think very Convenient.   
 Essence of Amber: to take 40 drops or a tea spoonfull in some liquid thing is a present remedy for ye colick.   
 Essence of Castor: to be taken 40 drops in a glase of wine, good for ye vapours, or such like Distempers.   
 Red powder: to take as much as will lye heaped on a shilling. tis good in a feavour, ague, measells or smale pox to strike but any thing from ye heart, at ye first coming of a cold to be taken at night going to bed in a spoonfull of plague water drink 3 or 4 spoonfulls after it, you may take it with pennyroyall tea, it is also for ye gripes. it causes sweat to come.   
 Gaseoin powder: to take 30 or 40 grains at night going to bed it comforts & cheers ye heart & spirits to a child. 10 grains.   
 Diascordium: very good at night going to bed in man or a child it causes rest, stops ye gripes, you must drink something warm after it.   
 The Stiptick powder: stops bleeding in a cut or wound, it being immediately appled to it.   
 Convulsion powder: stops all Convulsion fits or any other fits (except ye falling sickness) to be given as much as will lye heaped on a d as often as you see occasion.   
 Flos ungentum: an extraordinary plaister to draw out any Conspition, splinter, or bone.   
 Innocent Salve: for any other soar or hurt but not so drawing as ye other. these things which I can make, you may look in ye receipts & see more of their vertues, for they are very good.   
 Dutch Salve: good for a hurt, bruise, or wound, but not so drawing.   
 Bitter drops: to take a tea spoonfull in a little glase of wine an hour before dinner it is very good for ye stomach & so create an appetite.   
 White oymment: very good for a burn it draws out ye fire & heals too, but if ye burn be very much after ye fire be out, it must have a plaister to heale it.



### Fretninick apples, a secret.

Take some Eldesbury flowers when they are in their prime & dry ym in ye sun throlly, yn lay ym up, & when y<sup>e</sup> golden pipins are ripe take ym, & strom a lay of y<sup>e</sup> flowers & yn put a row of pipins, & yn flowers, so do till you haue as many as you please, & let ym lye a fortnight or longer, it will giue ym a delicious tast, they call ym fretninick apples & tis. praly secret, y<sup>e</sup> person who did it might haue got money for to know it. \*

### To cleane a looking Glase.

Take a cleane cloth & some water & wash y<sup>e</sup> glase very well from all spots, yn before it is quite dry take some samblaek & rub it all over thus doing makes it look very cleane & well it must not be wet againe after y<sup>e</sup> samblaek but wipt well with a very dry cloth. \*

### A purge for a Child.

Take rhubarb in powder 5. grains, rosin of Jalap 1. graine. Syrup of rhubarb half an ounce, this will purge gently & take away y<sup>e</sup> cause, when a child is griped & goes often to stool, & very stinkings Stooles. \*

### For the heat of y<sup>e</sup> Liver.

Take a quart of barley put thereto a gallon of well water & boyle ym untill y<sup>e</sup> barley be so tender as wheat for furnity yn strain thro a cleane cloth & take y<sup>e</sup> water & put thereto as much good wort with apenny worth of sickorish bruised, yn take a good handfull of raisons stoned, of hasstonge & Succory each one handfull, boyle all together till one half be wasted, yn strain it into a cleane vessel & let it stand a day & night drink it first & last. \*

### A Restoring, water for one in weaknesse.

Take 3 pints of good new milk, 1 pint of red wine 14 yells of new laid eggs beat ym with y<sup>e</sup> milk & wine, & put y<sup>e</sup> same into a Stillatory still it with a soft fire, take a spoonfull of this water in y<sup>e</sup> drink, or potage, this will recover a Consumption in a month.

### The Fistula or Wound Drink.

Take Southernwood, wormwood, bugle, mugwort, wood bittony, Sanicle, plantain, Dandelion, Cinquefoile, Riwort whitbottle, Gaiter & roots, Avers Hawthorn buds, wild angelica, Comfrey, Stranbury leaues & violets leaues of each alike quantity, dry ym in a rooster without air, turn ym often to keep ym from being misty, and when they are dry keep ym in canvas bags, gather them in may for all y<sup>e</sup> year. \*

To a handfull of these herbs put 2 quarts of running water boyle it gently in a pipkin close covered, Cor a Dyett port which is better 4 or 5 hours: when it hath boyled 3 hours put into it 2 quarts of whitwine, & when it hath boyled y<sup>e</sup> other 2 hours or less, strain y<sup>e</sup> sickour from y<sup>e</sup> herbs, yn put y<sup>e</sup> sickour again into that pipkin it was boyled in & put thereto a quart of Honey, & let it boyle about half an hour taking off y<sup>e</sup> scum if any rise, yn put it into a cleane earthen pan & let it stand 2 or 10 hours till tis prily well settled, yn pour off y<sup>e</sup> cleare from y<sup>t</sup> which settles in y<sup>e</sup> bottom & put it into bottles for your use. \*

Take off this a large wine glase or a smale beer glase full in y<sup>e</sup> morning, fasting, & y<sup>e</sup> last in y<sup>e</sup> evening. This drink will keep a fortnight or 3 weeks at y<sup>e</sup> most during y<sup>e</sup> time you take this drink, keep a spare Dyett & refraine drinking wine or strong Drink. It cures all sorts of men wounds, sores, breasts, putrified bones, Riches in y<sup>e</sup> stomach, Impostumes, fistula's timponies, Dropsey, & sporsens y<sup>e</sup> appetite, stops inward bleeding, & cures all maner of botches, boyles & sickness. \*

Tent no wound, but search & cleanse it with a tent & cover y<sup>e</sup> place affected with a cleane cloth wetted in y<sup>e</sup> drink. \*

### The drying, Dicke Drink.

Take of Sarsaparilla 2 ounces: Sassafras 3 ounces: burdock roots 2 ounces: China an ounce & half: Hermodactiles an ounce: sickorish 3 ounces: raisons stoned a pound: Rhubarb half an ounce: sickorish roots 2 ounces & half: fenell roots an ounce. Some bruised too: infuse these 24 hours in a close vessel well luted in 4 gallons of water, yn boylng it gently wast one gallon for y<sup>e</sup> first Decoction, for y<sup>e</sup> 2<sup>d</sup> Decoction put in y<sup>e</sup> same quarter water, and new raisons & boyle it to half. \*

My Lady Anne Grunstone used more of y<sup>e</sup> Sarsaparilla & left



122 out ye Sassafras, & put in allways ye finest sort of chiney: & if you haue not haue it purge, you may leane out ye rhubarb, the Parsley roots & fenell roots, my Lady did not take it to purge at all. This drink is best, when it is not kept aboue a week or fortnight, at most it must be kept in a coole Seller. of this drying drink, you may take half a pint warmed in your bed in the morning, & so much at night.

### Lavender Water.

To every gallon of brandy put a pound of Lavender flowers stripped from ye stalks. I put in some of ye young green stalks. So put it into ye Limbeck & put in 2 or 3 quarts of water. So still it not to fast at first, you may draw ye some quantity of water as you put in brandy, to every gallon thus stilled, put in a pound more of Lavender flowers & still it over again & you may put in 2 or 3 quarts of fresh brandy. So still it & you may draw off as much as you haue put in off brandy. (but besure keep a bottle of ye first running of all will be good to wash your head for any pain) 2 or 3 days after it is stilled take a bottle of ye smallest & set it on ye fire with some loose sugar about half a pound to a gallon, and boyle it just up to melt ye sugar & put it in ye pan you intend to mix it. So when it is quite cold pour ye rest into it & stir it well. So bottle it up for ye use. This is very comfortable water for ye stomach & all paralitick cases, you may colour some to disguise it by putting in some Guichenelle bruised into ye bottle & letting it stand, & pour it off clear into a fresh bottle. M<sup>rs</sup> Richards.

### A past good for hands.

Take a quarter of a pound of bitter almonds ye yolks of 6 eggs, & a peice of white stale bread ye bigness of an egge & almonds must be blancht & beaten very smale, & beat your eggs very well, & take a quarter of a pint of whitewine, & 2 or 3 spoonfulls of milk one ounce of white lead beaten very fine, ye bread must be grated, put these together & boyle ym in a pewter dish over a Chaffinish of coals, still keeping it stirred & when it comes to a priety stiff past put it in a gally pot for use.

### The Lady Smiths Cordial Water.

Take of cardus, dragons, pimpernel, Scabious, Scordiam, angelica each of these waters a pint distilled severally in a rose still, & put

123 ym altogether & put to ym a pound of venus treacle, let it dissolve well, & still it in a glasse still & keep this for a special Cordial.

### An Excellent Oynment called Valanta Scabiosa.

Take very good hoggs greese cleensed, & put it into a pot & yn fill up y<sup>e</sup> pot with ye juce of Scabious being strained, let it stand 9 days stirring it every day an hour, after ye 9 days take ye juce from it & let it stand 15 days, yn take here juce of Scabious & stir it daily as before, much being done take ye juce from it & fill it up again with here juce, & put it into a fresh pot yn let it stand 15 daies beating of it every day as before, yn take out ye juce again & put in here juce, & let it stand other 15 days stirring as formerly, & if it be not green warm it over ye fire, or expose it to ye sun all ye aforesaid time, & the greener it is ye more effectual. It is Excellent to anoint a weak breast, to facilitate expectoration, good for all Stitches, aches, & wounds, for ye Hectue favours to apply it to ye breasts and for all Consumptive people.

An Oynment to help Swellings, Splens, aches, ye gout & all Obstructions taught by a Jew.

Take fresh butter 6 pound, a pottle of black Snails, half a pound of Frankcomence, a handfull of hens dung, elder Camomil Sage, Savin, Bay, mint, wormwood, & bugles each 2 handfulls, broodlime, here agreed & Southernwood, each one handfull, Lavender, Cotton a little, take butter never salted, nor washed, melt it in a kettle, & gather the snails over night, & pick ym clean from their shells & put ym in ye horse dung into ye butter & yn mingle all ye herbs together, chop ym very smale, as to ye pot, & after stamp ym in a mortar, when you haue so done put ym into ye kettle with ye butter and snails, & after it is thro hot ready to boyle, put in ye Frankcomence, beaten, & make a quick fire under it & take a stick & keep stirring it while it is boyleng, enough, which you will find, when it will not rope upon ye stick but ye stick come up cleane, yn strain in best of it, it will come red in ye spoon, & when you haue taken ye best of it, it will come red in ye spoon, put not y<sup>e</sup> in.

To dissolve any hard Swelling y<sup>e</sup> is red, and will not break.

Take a handfull of snails in ye shells & take ym out of ye shells & put to ym a good peice of Sober leaven & a peice of rusty bacon, chop ym all together & spread ym on a cloth & lay it to ye warmed place, & so renew it once in 12 hours.



## Syrup of Garlick.

Take maidenhair, Egrimony, bitony, celsfoot, pennyroyall each alike quantity put ym into a pottle of running water, put to it as much good lick as you think fitt ym boyle ym altogether till ye water be half consumed, ym strain ym out & boyle ye lickour with sugar till it come to a Syrup, it is good for tickles, cold stomach & old Coughs, for ye Lungs, & Liver.

## Syrup of Wormwood.

Take 3 handfulls of wormwood clean pickt & washed, boyle it in a gallon of water till tis pritty strong, ym strain it into a cleane bason & let it stand covered all night, in ye morning strain it softly & fairs from ye grounds ym put in a shag & let it seeth, till it steech up to ye pans side, ym put in a spoon & it will come upon ye spoon, ym strain it again into a cleane bason & let it stand till it is cold, ym put it up as you do others Syrups.

## Syrup of Hyssop.

Take of Hyssop one handfull, of figs raisons & dates each one ounce boyle these in 3 pints of water to a quart ym strain it & clarify it with ye whites of 2 eggs & take to yt 2 pounds of sugar & so boyle it to a Syrup & being boyled enough it will keep a year.

## Syrup of alle-hoofs or Ground Ivy.

Stamp ye herbs & strain ym, & to a pint of Juice take ye whites of 2 eggs & beat ym well & when it boyles put ym in & ye scum arises take it off, & strain it, & to every pint of ye Juice put a pound and half of sugar & boyle it gently to a Syrup, so put it for ye use.

## Apoultis to break any Wound.

Take a pint of new milk put into it a good handfull of mallons leaues & a good handfull of red rose leaues dried, boyle these together in ye milk untill they be tender, ym take a good handfull of peny grated bread & ye pith of 3 or 4 Sowre apples ym let it boyle a litle longer, then take it up & spread it upon a cloth for your use as hot as you can suffer it.

## For ye Cough of ye Lungs.

Take fox lungs anniseeds, fenill, seeds, Coriandars seeds each ones ounce, of lickorish 3 ounces, & make ym in powder & put ym in ye drink or potage, if you can eat it dry it is best, put sugar Candy to it. ye oftner you drink it ye better, but besure mornings & evenings.

## For a Cold.

Take Conserue of hips 2 ounces of Syrup of red poppies & Syrup of Solu each one ounce, mix these well together in a mortar & take ac ye bigness of a nutmeg every night & morning, ye first & last thing, this has been often taken with good success.

## For inward piles.

Take brimstone & treacle mixed well every night & morning as much as lies on a point of a knife, this I am told cures any inward piles. Mrs Lancaster. Honey a Spoonfull in half a pint of warm ale is one of ye healing medisons going to bed for ye same.

## For outward piles.

Take some vngentum & spread it like a plaister pritty thick & an ym throw on it ye powder of mussells Shells made very fine & sifted it thrd a tiffany sieve so lay it to ye place to bed, the next of a gentle man once doing, it was cured.

## Apoultis for a Soar breast.

Take bread & milk boyled together with Elder flowers red rose leaues & drop a litle oyle of roses in it, change it night & morning till it breaks.

## For ye Gripes.

Take ye whites of 3 new laid eggs & beat ym & let ym stand till ye froth is hard, ym seim it off, & put ye cleare 3 Spoonfulls of red rose water, & 3 of plantain Sweeten it with loaf sugar & drink it every morning, for a week blood warm. Mrs peircehouse.

## Another for ye Gripes.

Take some powder of rice & boyle it a pritty while in some water & a stick of cinamon, ym strain it & to a pint of this water, put a pint & half of milk, & boyle it a quarter of an hour more.



126 So sweeten it with loofe sugar & drink some of it as often as you please, it must be warmed when you drink it. \*

### Lord Abingtons powder.

Take powder of pearl coral crabs eyes, saffron, each one dram, nutmegs & mace together half an ounce, of diapente & coriander each half an ounce, alicompane half an ounce, all these must be made into fine powder & made up into balls with y<sup>e</sup> jelly of hartshorn & venus treacle, to be given as much as will lie heaped on a pence, to a man or woman to a child, proportionable, this is good in most distempers, to be taken in plague water.

### A Convulsion. Powder.

Take of dead mans skull y<sup>t</sup> neas never buried, mistletoe of y<sup>e</sup> oak each an ounce, majestry of coral of single piony roots, each compain roots each half an ounce, majestry of pearl one ounce, make all these into fine powders & y<sup>n</sup> mix y<sup>m</sup> well together, it must be given 3 days before y<sup>e</sup> full & 3 days after & when ever there is a sign of a fit, as much as will ly on a shilling to a man or woman, to a child in proportion, Mrs Calvert. \*

### For a Canker in the Mouth.

Take half a pound of bitter short boyle it in a pint of smiths foure water till it come to half a pint and wash your mouth with it, & it will cure you. \*

### For y<sup>e</sup> tooth ach.

Take bran & milk & make a poultice of it, & put to it a tea spoonfull of camphoreted spirits, & put it to y<sup>e</sup> side of y<sup>e</sup> face that y<sup>e</sup> pain is on, put it very hot & change it often, & do not let it lye cold to y<sup>e</sup> face, Cos. Wightwick. \*

### For a Burn.

Take good sallett oyle and boyle it with some cerus finely searched half an hour, y<sup>n</sup> dip rags & lay y<sup>m</sup> on the burn 3 or 4 times a day till all y<sup>e</sup> fire is out, Mrs fancy Ireland. \*

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### An Excelent Water to be taken by a woman with child, & by y<sup>e</sup> child when born, to prevent Convulsion fits.

Take half a peck of walnuts when grown something bigger y<sup>n</sup> the biggest sort of nutmegs, beat y<sup>m</sup> well in a stone mortar & y<sup>n</sup> pound by its self a good handfull of balm, put these together into an earthen pan with a quart of sack, stir it well together, let these stand 4 days close covered, & then distill y<sup>m</sup> in a cold still well pasted downe: of this water let y<sup>e</sup> mother take 3 spoonfulls in a morning, fasting, 3 days before y<sup>e</sup> full moon, & 3 days before y<sup>e</sup> change of y<sup>e</sup> moon, a child may take half y<sup>e</sup> quantity at a time, sweetned with a little sugar but it is best sweetned with syrup of Balme. Mrs Gates gave it me. \*

### Turpentine Glistet.

Take one ounce of venus turpentine put it in a marble mortar & pound & bruise it with y<sup>e</sup> yelk of an egge y<sup>n</sup> take 3 quarters of a pint of milk heat it luke warm & by little & little mix it well & sweeten it with some sugar y<sup>n</sup> give it for a glistet. \*

### A Drink for y<sup>e</sup> Stone Colick.

Take y<sup>e</sup> yelk of an egge & beat it & pour upon it a cup of marsh mallow tea very hot & stir it very well y<sup>n</sup> put to it a cup of white wine, sweeten it & so drink it every morning fasting, these two things did Mrs fancy Ireland much good, & cured her in y<sup>e</sup> stone colick. \*

### To prevent, or cure Chilblains.

Take 6 quartz of spring water dried wormwood, sage, Stranberry leaves & bay leaves, each a good handfull, wood ashes 2 handfulls, boyle y<sup>m</sup> altogether till 2 quartz are consumed, & then wash y<sup>e</sup> hands or feet with it as hot as can be born every night. \*

### A Glistet for y<sup>e</sup> flux.

Take a pound & half of y<sup>e</sup> serag of a neck of mutter, put it into 2 quartz of water, cutting it into pieces, put a penyworth of camomil flowers, a handfull of fneted majorum shind, small half an ounce sinamon, & let it boyle altogether till it come



129 To a pint & half, yn strain it out & put in half an ounce of  
veness turpentine, work it up with y<sup>e</sup> yelks of 2 new laid eggs,  
coole y<sup>e</sup> broth & yn mix it altogether, if too coole for use,  
set it buer y<sup>e</sup> fire stirring it till fit, if any fall upon y<sup>e</sup> murther  
y<sup>e</sup> better, this quantity will serue twice. This has done a great  
deale of good. Mrs Warcups nurse gaue it to several when  
this disptemper preuailed in. 1718.

The inner rind of a slow tree, boyled strong in water, &  
sweetened with loafe sugar is good for y<sup>e</sup> gripes. ✕

### Preparation of Steele.

Take 2 penyworth of powder of Steele one penyworth of powder  
of Licorish, 2 penyworth of y<sup>e</sup> powder of Senna, 2 ounces of Syrup  
of red roses, mix all these well together & take y<sup>e</sup> bigness of a  
Smale nutmege in y<sup>e</sup> morning, fasting, & att 4 of y<sup>e</sup> Clock in y<sup>e</sup>  
afternoon, & 4 Spoonfull of white wine, after each time. Mrs Rhodes.

### For the Stone.

Take half a pint of Spring water a Spoonfull of y<sup>e</sup> Smalest Ot.  
meale & stir it into y<sup>e</sup> water to mingle it well, yn let it stand  
an hour & stir it againe so strain it & put into it a Spoonfull  
of virgin honey mingle it well, & Drink this quantity night &  
morning, y<sup>e</sup> first & last thing you take, you may make it new  
every time, this dissolues a Stone within you. Mrs Cole. ✕

### D<sup>r</sup>. Amys Pills.

Take one scruple of pill maeri: 2 scruples of species of  
Hira pieras: 3 drops of oyle of cloves, as much methridate as  
will make it to a mass so make 30 pills of this quantity take  
3 at night going to bed, you may take ym 3 or 4 nights to:  
gether they do not work much if you take these pills, you  
will need no other physick. ✕

### For a Cold.

At night going to bed take a pint of your housald beas &  
boyle it scum it very well then put in 2 Spoonfulls of Syrup  
of Elder mix it well and drink it & go to bed, 30

129 To 3 nights together and it will cure you. ✕  
For a Consumption.

Take some house snails a live & pick it out of y<sup>e</sup> shells y<sup>e</sup> is  
exack y<sup>e</sup> shells & dip it in sugar you may cut y<sup>e</sup> snail in bits as  
you can swallow ym you may begin with one, so increase one  
every morning till you come to as many as your stomack will  
bear, there was a person in a very bad condition given over by  
physicians & this only cured y<sup>e</sup> Consumption & is now a live &  
well as ever, they eat so many till at y<sup>e</sup> last they came to eat  
60 snails every morning & no other breakfast. ✕

### To Steru pruens.

Take 3 pints of water & boyle it & put into it one ounce of  
Senna, tied up in a rag & a few caraway seeds, when it is well  
boyled let it stand to be cold, yn take out y<sup>e</sup> senna, & put that  
lickour into y<sup>e</sup> Skillet againe with a pound of course sugar when  
its melted strain it, & put in a pound of pruens, & let ym gently  
boyle till y<sup>e</sup> pruens are plump & it looks like a Syrup, so let ym by in  
a pan & eat 6 or more as you see occasion in a morning & take a  
Spoonfull or two of y<sup>e</sup> Syrup. ✕

### Against fits in Children.

Take ren & feather stamp ym singly & strain out y<sup>e</sup> juce, each by  
its self, yn take some sack, & some water, & take of each an equal  
quantity of y<sup>e</sup> 4 things, & put a little sugar, & give a great Spoonfull  
of this to a child newly born, y<sup>e</sup> first thing it takes, this purges it,  
& keeps y<sup>e</sup> child from ever having fits. Mrs Richardson. ✕

### For the Green Sickness.

Take powder of Elicompane, flower of brimstone, powder of Lic:  
orish filings of Steel each one ounce, half a pint of white, anniseed  
water, & 4 ounces of Honey, as much of treacle, melt y<sup>e</sup> honey and  
mix altogether & take a Spoonfull morning & evening, going to  
bed, stir it well up every time. Mrs Wright. ✕

### For a Consumption.

Take 2 ounces of pearl barley, half an ounce of Shaved Hartshorn.



130. Take half an ounce of candied Bringo roots sliced thin, 12 house  
snails (if it be in ye spring or summer) well washed & dried,  
boyle all these in 3 quartes of spring water till half be boyled  
away, yn strain it off & drink a quarter of a pint 3 times a day  
with as much new milk, between meals, Mrs palmer. ✕

### Mrs Waitons Cordiall.

Take a quart of rum or Brandy put into it 10 snails with their  
houses, let it stand 6 days & yn strain it off very fine (but not  
squeeze it) afterwards let it stand till tis very fine, put it into  
an open glasse & put to it ye rinds of 20 Lemons, pained so thin  
that nothing of ye white remains, put to it also a pound & half  
of double refined sugar, let it stand 3 daies more & then bottle  
it up. Let ye Lemons be hard & fresh & without a spot. ✕

### For a Cold.

Take of ground Ivy, of Hyssop each one handfull 6 tops of ros-  
mary longer then yr finger, a penyworth of black maiden hair at  
ye druggsters, half an ounce of Lichrish scraped, a peice of Eliecom:  
pain root as big as yr thumb sliced, put all these into a new eath-  
er pipkin with 2 quartes of all ale, cover it close & let it boyle till  
half be consumed, yn strain, & squeeze it well upon 4 ounces of  
brown Sugar Candy, drink of this a good Coffee dish full every morn-  
ing, warmed, fasting, an hour after it, & another cup ye last thing at  
night warmed, 2 makings of this Mrs Clifton saies cures any Cold,  
if never so bad. ✕

### Spirit of Clasy.

Take 2 pound of ye top-leaves of clasy & ye flowers to each pound  
put a gallon of ye best brandy & half a gallon of cleas fair water,  
distill it in a still with a worm & tie a little upon ye still head,  
if it will flame tis well, but when it leues off you must take away  
ye receiver & put another to take ye weaker sort, which will make  
a Syrup with double refined sugar & mix it with ye spirits either  
for sweetness or strength as you like, you may put a little amber-  
greece, some does it with Sugar Candy, which they say is  
better then Sugar. ✕

131.

### For a Cold or Cough.

Take 2 ounces of white Sugar Candy & grind it extramly fine  
either upon a stone or a marble mortar, yn take one of ye balsoms  
of tolu & grind it with ye sugar candy & besure to grind all  
one way, or else it will clod, yn put ym both into a pint of hy-  
sop water, & yn a pint of sack, so shake ym well together & take  
of it often when yr cough is troublesome, you must besure to put  
ye hyssop water in first to ye balsam & ye sugar candy or else it  
does not mix so well. Lady Laurene. ✕

### To make plague Water.

Take Celendine, Beltony, Speas mint, reio sage, Rosmary, roman  
wormwood, mugwort, Dragons, scabious, Agrimony, Scordium, Balm,  
Cardus benedictus, St Johns wort, marygolds, Centra, Angelica,  
Penroyall, unsex Hyssop, Comon wormwood, mother of time, tormen-  
tal leaves & roots, Enula Companey, Burdock roots, masterwort root,  
Bitter but roots, Succory root, take a bundle of each as they sell ym,  
take ye best of it all ye uper part (except of wormwood, of carons  
for those are very strong herbs) & roots pick scarp & slice ym,  
but you must put in as much as you fancy, ye elecompane root  
is very strong, therefore you must have a judgment, this quantity  
herbs I had 3 gallons of brandy & it hapned to be ye best water  
I ever had in ye years 1722. & 1723. which I have now set down  
haueing, left off a great many herbs which I thought superflous, &  
which I used formerly. ✕

### To cure Buggs.

Take two pounds of Tobacco stalks two large  
handfulls of wormwood, one pound of Cologuintida  
Seeds bruised one pound  $\frac{1}{2}$  of Stavsaere, boyle  
these things in six gallons of water for half an hour  
then quench in the water half a peck of quick lime. ✕



### A good Surfeit Water.

Rx 4 quarts of Aquaville. li of red poppies, of burage  
 & hylos flowers (a) one handfull, 6 pennyworth of Sat-  
 for, 3ij. of Sechenelle, of anny seeds, Coraway seeds,  
 & Sweet fenill seeds, (a) 3ij. of Lickorish. 3ij. Sugar  
 red & sliced, li of figs, li of raison of ye Sun. Stone  
 put all these together & let it stand 14 days, & yn  
 Straine it out, & bottle it up for use, it will keep  
 7 years; 4 Spoonfulls is enough for a man: \*

### For Soar Mouth.

Rx a peice of roman. Vitaoll. & put it in a mull with  
 some plantane water & a bay leaf shred, & let it  
 be well melted so wash yr Soar mouth, you may put  
 some water to it just as you use it in a spoon. Accor-  
 ing to ye strength you like it, for tis a very strong  
 thing. \*

### For a Cough or Housnespe.

Rx a pint of unset hyssop water & boyle it yn brew  
 it well with a yelk of an egge & sweeten it with  
 Sugar candy, & drink this 3 times going to bed  
 at night this is a pritty thing, & very pleasant &  
 has done severall good. I. Keink: \*

### A Poultis for a Swelling.

Rx a good handfull of ye flowers of St. Johns wort &  
 boyle ym either in milk or water & let it boyle till  
 it be thick & like a poultis (milk look red as if it  
 were boyled in claret) when tis so done put it to  
 a swelling or any soar, tis a very extraordinary thing

133. to Lay upon it, to make it fitt for any other medicine  
 to work upon. Mr Staples comends it as such. \*

### An Allum Poultis.

Rx a pint of milk & set it on ye fire & let it boyle  
 yn put in peice of roach allum. As big, as a walnut  
 & keep stirring it, & it will turn into a hard Cure, yn  
 Straine out all ye whey from it & lay it upon a  
 Swelling, & you find will break, as Breast, ye Side  
 of ye neck, or Jaw ye when it is broak, Tent ye place  
 with Suceantellus balsum, & put on a plaister, either  
 ye yellow salve, or Mr Staples Beascloth. \*

### An Infalible Remedy for Burn.

As soon as you have burnt any place, Spit a little  
 on one of yr fingers & rub it gently over ye place. &  
 say this following, to yr self 3 times together you  
 may do it againe or 2 or 3 times a day, if it be pain-  
 full (but always repeat it 3 times at a time) it certai-  
 nly cures without plaister or any thing, you may do it  
 to others as well as yr self, & let none hear you for  
 tis a sure remedy;

There was two Angels come out of ye East.  
 The one brought fire & ye other brought frost,  
 Out fire & in frost.

In ye name of ye father Son & holy Ghost. Amen. \*

### For a bone Sticking in ye throat.

Rx 2 whites of eggs swallow ym Downe, whole as  
 you can, it is heavy & slippery & therefore very good  
 for such a thing. \* put Downe ye throat a candle. I  
 have heard yt has done it. \*

## A Milk Water.

Rx Cardus, balm, mint, & 6 handfulls wormwood 3 handfulls, cut yr herbs grossly so take ym up gently in yr hand but not grasp it, so fill yr limbeck with it & pour in 6 quarts of milke & still it gently you may put in a quart of water yt yr still may not burn, this may be drank all ye summer a glasse every morning, sweetned with Syrup of violets it cools & body cleanses & purifies ye blood, & is good in surfits, if you do not like Syrup of violets you may sweeten it with Sugar. Balm onely by it self stilld in a limbeck, & 2 quarts of water to keep ye still from burning is a most comfortable cordial.

## The Bitter Drink.

Rx Gentian roots Cardus seeds & 3s. Centary flowers & Comomill. flowers & a handfull slice ye roots & bottle 2 quarts of water, half an hour & pour it upon the Ingredient let it stand close covered 12 hours & strain it & put it into a bottle, you may add to it a pint of white wine. Drink this half a pint in a morning, you may put in 3s of Senna if you will have it to purge, use exercise after it. Mrs Irelands.

## For a Deafnesse.

Rx Hairs urine, & drop one drop in ye ear & it is a present Remedy. L N.

## For flooding of those.

Rx Chalk scraped as much as will lye on a 6. in any liquod thing twice a day.

## A Milk Water.

Rx of balm & cardus & 4 handfulls mint 2 handfulls Comom wormwood 2. or 3 Springs, a slice of bread round a 6. d loafe, well toasted & a whole nutmeg ruled upon it, 2 or 3 handfulls of garden snails bruised. So distill it with a gallon of mornings milke or 15 quarts, & this will yeild about 3 quarts, this is cooling & good. Mrs Nichol's.

## The Lime water yt Cured Mrs Stourtons Breast.

Rx Lj of Lime Stone put it into a gallon. of water cold, & let it stand 24 hours, yn pour off all & clean, & put into it 3ss of Lapis Medicamentosa, dress ye soar with it 4 times a day, warm ye water a little & dip fine rags in it & fill up ye soar after it is healed, wash it often, & lay rags on it Dipt in this water The Doctor ordered her to purge twice a week with Hira piera, & not to eat too much flesh meat.

## To make Syrup of Tolu.

Rx Lj of brown Sugar Candy, & a little above a pint of Spring water, let it stand an hour or two together, yn set it on a fire & stir it till it is all melted, yn take 3ss of ye balsom of tolu & put into it & keep stirring. yt it may not stick to ye sides of yr saucepan or pipkin, it will take a full quarter of an hour to boyle ye balsom, yn when you think it is enough take out ye balsom & keep it, it will serve ye same quantity againe keep yr Syrup in a bottle & take a spoonfull a night go to bed & in ye day time whenever you cough. Pro. Bals.



### A Stiprich Powder.

R. Green Copperis white Copperis rochadum Venet. Ceruse, & Terra Segillata of each of these halfa pound: Beat ym severally to a pounder y<sup>e</sup> take of y<sup>e</sup> green & white Copperis a handfull strein it into an earthen pipkin (which is not leaded) & upon it put about 2 ounces of water, put y<sup>e</sup> pipkin on a fire & strein y<sup>e</sup> powders by little & little keep it continually stirring till it becomes a hard stone, & when it is cold break y<sup>e</sup> pipkin & take it out & reduce it to a fine powder so keep it for use.

When you use it for a wound, let it be y<sup>e</sup> ground dry on a cleane grinding stone to a fine powder, take y<sup>e</sup> weight of two french Crowns of it, & put to it 3 half pints of fountain water & one of plantane water, make it luke warm & often wash the part afflicted.

For an ordinary cut, or bleeding I use to put some of y<sup>e</sup> powder to it wch stops y<sup>e</sup> bleeding presently.

### Oyle of St Johns wort.

R. of y<sup>e</sup> flowers of St Johns wort & pick away y<sup>e</sup> husk very cleane, & take a quart of y<sup>e</sup> best Sallett Oyle & put it in an earthen pipkin & put in as many of St Johns flowers as will make it thick, y<sup>e</sup> set it in hott embers & let it boyle very softly, (some does it in balmis) & when you thinke y<sup>e</sup> strenght is boyled out, strain y<sup>e</sup> flowers very hard, & if they be boyled enough they will be as crispe as herbs dried in a pan with butter, & when you have strained all cleane out put in as much fresh flowers as you did before & let y<sup>e</sup> boyle in y<sup>e</sup> like maner, & so shift it till y<sup>e</sup> oyle look as any liquor shal

137 red as a ruby, & strain it in a glasse & keep it for y<sup>e</sup> use close stoped, this oyle is good for any green wound or any bruise in any part of a mans body, & is good for any ach, have a care you do not over boyle it. with this oyle you must make y<sup>e</sup> sweet salve.

### M<sup>r</sup> Bishes Loosinger.

R. 1/2 of Loafe Sugar & put to it a quarter of a pint of samash roswater & boyle it to sugar againe, & y<sup>e</sup> mix with it 1/2 of Japan earth very fine, so stir it well make it into Loosinges, or put it into Card dripping pans & when dry take ym out & keep ym dry for use, you may cut ym into bits these are y<sup>e</sup> best y<sup>e</sup> ever met with in my life for a Cough. They are called Caticha Loosinges, or Loosinges of Japan earth.

### The Sweet or Innocent Salve.

R. a pint & half of old oyle of St Johns wort of Lithrage of gold, & Lithrage of silver (or 1/2 of cerus 1/2 of best venus turpentine 1/2 of yellow bees wax 1/2 of naturall balsom 1/2: have all these drugs in fine powder & sifted y<sup>e</sup> wax cut in thin slices put y<sup>e</sup> Lithrages into a brass skillet, powre y<sup>e</sup> oyle to ym & stir it well together with a wooden puding beater, y<sup>e</sup> sett it on y<sup>e</sup> fire continually stirring, it till it is well mixed, take it off & stir in y<sup>e</sup> cerus, y<sup>e</sup> sett it on y<sup>e</sup> fire, but care it does not rise but is well mixed y<sup>e</sup> take it off & put in y<sup>e</sup> wax of stir it well for a quarter of an hour y<sup>e</sup> drop a drop into water, & if it does not stick to y<sup>e</sup> finger it is enough, take it off & put in y<sup>e</sup> turpentine, put it on y<sup>e</sup> fire for a quarter of an hour & try it as before, y<sup>e</sup> take it off & stir in y<sup>e</sup> naturall balsom very well, y<sup>e</sup> take it into a pail of cleane water & rub y<sup>e</sup> hands with y<sup>e</sup> oyle of St Johns wort, & take it out of y<sup>e</sup> water & work it well, & make it into roles, y<sup>e</sup> more tis worked y<sup>e</sup> better it looks & it will be better.

To make ye bitter drops.

R<sup>e</sup> a quart of nark brandy & in it put ye peels of 12 oranges paired thin, ℥ij of gentian root sliced very thin, ℥ij of Scutchen elle, ℥ij of Snake root, let it stand a week, yn pour it off, you may put in a pint more of brandy to ye same ingredients & let it stand another week, it will be very good. This is good for a weak stomach, & a good Digestian, Lady wayer. \* a dram of ye Snake root may be enough, for it may be too bitter. \* ℥ss of Saffron add.

To cure a red face.

R<sup>e</sup> 3 or 4 ounces of red taster which is ye bottom of a renish wine vessel, & put it into a clear fire, wrapt in a brown paper & dip it with ye tongues into lace, let it be red hot, yn put it with ye tongues into a pan which has in it a gallon water, & so cover it & let it stand close covered, & next day strain it & keep it for yr use. which when you doe take about half a pint & drop about ℥ss of oyle of bitter almonds newly drawn wch will turn it white, with this dab yr face every night & do not come near ye fire afterwards. This at first will rather bring ye heat more out, but be not discourage, for it is a certain cure, yn you may do yr face every night with only ye water for some time, & as you find you are well, you need not continue it but as you find occasion, this is a secret.

For one yt floods in a miscarriage. &c.

R<sup>e</sup> half a pint of veniger & boyle it, & yn dip some blew lining in it & wring it out & put it up as close as you can to ye womans body, so do till it stops, let ye cloth be as hot every time as she can bear it.

Mrs Chapman the midwife

To cure a Sick or weak Stomach.

R<sup>e</sup> ℥ss of Snake root, a quarter of an ounce of Salt petre or nitre bruise ye root & sprinkle ye salt petre upon it & let it lye 2 hours, yn put it into a pint of brandy, take 2 Spoonfulls of it in a morning, fasting, if it be to strong, put half a Spoonfull of water to it, Sally took it an hour before dinner wch agreed best with her.

For bleeding at ye nose.

R<sup>e</sup> Some white vitriol & beat it small, & snuff it up ye nose & yt stops it & thickens ye blood holding your head back, & yn drink a Spoonfull of veniger & for 4 Spoonfulls of water wch kindest ye blood from clotting in ye Stomach.

To cure a Cough & to cause rest.

R<sup>e</sup> a poppy head, ye seeds boyle in water till it be strong you may sweeten it drink a Cup of this Strained going to bed at night & it will ease yr Cough & cause rest.

Mr Gallavert

To cure the Dropsie.

R<sup>e</sup> ℥ss of brown ashes, ℥ij of horse radish, scraped, 2 physick handfulls of Scurvy grass, 2 large nutmegs sliced, 3 oranges & 3 Lemons sliced with thore peiles, Infuse ym in 2 quarts of whitewine for 3 days, Strain, yn 4 times a day, & drink every morning a quarter of a pint sweetened with Syrup of Elder an ounce.

To make Hydrep wine to cure the Dropsie, Scurvy or Rheumatisme.

R<sup>e</sup> orris roots, Squills & Elecompane roots lb. ℥ss: of hyssop & horehound leaves lb. one handfull, ye inward rind of green Elder scraped downward, & waste Elder lb. one handfull: of Seana ℥ss: agarick ℥ss, ginger ℥ss: the



140 leanes bruised & y<sup>e</sup> roots cut thin & all put into 2 quarts of Lisbon white wine, & let y<sup>m</sup> boyle an hour & half on a gentle fire in an earthen mug, very close, stopp with a cork tyed down with a bladder & sett into a large pot of water with y<sup>e</sup> neck of y<sup>e</sup> mug above y<sup>e</sup> water in y<sup>e</sup> pot, when it is almost cold straine it out very hard into a flagon. & let it settle there for one night & a day y<sup>n</sup> bottle it off fine & take it as follows. The person must take 30 Spoonfulls betimes in a morning fasting, without poppet drink, y<sup>t</sup> it may work w<sup>th</sup> y<sup>e</sup> faste dinner, & let him not misse for 6 mornings together, & y<sup>n</sup> let him rest a day & go on till y<sup>e</sup> bottle be out. & brother Jutrell gaue me these two receipts m<sup>r</sup> mick Baker

#### Wormwood Water.

R<sup>x</sup> lb of dried wormwood tops: 3j of anniseeds: 3j of carawayseeds, 3j of cinnamon: 3j of cloves, 2 handfulls orange & 2 of Lemon peels, bruise y<sup>e</sup> spice & seeds & infuse all y<sup>e</sup> ingredients in a gallon of brandy & y<sup>n</sup> distill it, & in a week take a quart of water & put half a half apound of loafe sugar & boyle it to a Syrup & mingle it with y<sup>e</sup> water, So bottle it, & keep it for use. m<sup>r</sup> Baker

#### The Scotch Pills

R<sup>x</sup> of rosmary Cardus, wild Succory, Balm, Centaury, y<sup>e</sup> Leper, Dordier of time, arabia Spikenard, raisons of y<sup>e</sup> Sun Stoned, Cal a handfull boyle these over a slow fire in a quart of water to a pint: let y<sup>m</sup> stand infusing all night, & adding to this infusion 3j of Senna, Strain off y<sup>e</sup> liquor, prepare 3j of y<sup>e</sup> best aloes in fine powder washt twice in Succory water, afterwards disolve these aloes in an earthen vessel, with some of y<sup>e</sup> decoction over a

141 very slow fire, keep it stirring, least it burn, add the decoction by little & little untill it be consumed & y<sup>e</sup> aloes are brought to y<sup>e</sup> consistency of pills at which time stir in 3j of rhubarb in fine powder & 4 grains of mace, when cold make it into pills.

#### To make a Woman Conceive.

The first day of Christmas take a Lettice, huts run to to seed, chop it smale & boyle it in an ale, Omeale, Caudle strain it & be drinking it allday. y<sup>e</sup> second day take a large handfull of Parsly chop it smale y<sup>n</sup> boyle it in Omeale, Caudle, as before, drink it 3 times y<sup>th</sup> day. the next day take 2 Spoonfulls of white wine, & 2 spoonfulls of y<sup>e</sup> juce, of tansy continue taking it morning, & night for 30 dayes. after this take 2 Spoonfulls of y<sup>e</sup> juce of red Sage, in 3 Spoonfulls of y<sup>e</sup> best Scent every morning, for some considerable time, as you think fit.

#### For the Itch.

R<sup>x</sup> brimstone as much as will lye on a shilling, & milk for 9 mornings together. & red powder every night, this will bring y<sup>e</sup> itch out, y<sup>n</sup> take yellow dock roots, wash y<sup>m</sup>, & slice y<sup>m</sup> thin, & put y<sup>m</sup> into a marble mortar & beat it with cream as you beat almonds, y<sup>n</sup> straine it thro a cloth into a gally pot, keep it in a coole place & anoynt with it every night till you are well. we boyled y<sup>e</sup> root in veniger & anoynted with y<sup>t</sup> too & it cured Sally. m<sup>r</sup> Frederick.

#### To make y<sup>e</sup> Barbadoes.

R<sup>x</sup> 2 gallons of Brandy, y<sup>e</sup> peels 4 oranges & 16 Lemons Balsam of peru 3j, a penyworth of cloves, cinnamon 3j, a half penyworth of ginger, Long peper a penyworth, 2

142 rutmegs, mace 3ij, Coriander seeds 3ss anallia seeds 143

3j Spirit of Cedar 12 drops, as much of Bergamott.  
Shredings of Cedar with 50. Let all these ingredients  
steep in ye Brandy 24 hours & yn distill ym in dish  
ation you will loose one third part which must be  
made up with boyled water & 2 pound of double  
refined sugar mixed with the Spirit when the  
water is cold. Mrs Howard \*

### Syrup of mulberries.

R bout 5 or 6 pound of 6 penny Sugar & just  
wet it with a little water so set it upon y<sup>e</sup> fire  
when it is all well dissolved before it boyles have  
y<sup>e</sup> mulberries full ripe & fresh gathered, so put in as  
many as y<sup>e</sup> pan will well bear, or as you would have  
ym for thicknes so boyle ym very fast & a good while  
shaking ym, but do not stir ym to break em, so scum  
ym gently & when it is to a thick Syrup, but not to  
Jelly tis enough, so take y<sup>e</sup> mulberries up & put ym in a  
pot & pour y<sup>e</sup> Syrup over ym, this is a pleasant thing  
to eat & is better y<sup>e</sup> Syrup for a sore mouth and  
throat. M<sup>rs</sup> Cardinell. \*

### A Charm for y<sup>e</sup> tooth ach.

Abraham, Abraham, art thou asleep or awake,  
What shall I doe for this wretched Tooth ach.  
Trust in God & Christ his Son.

And this wicked Tooth ach, will be gone anon.  
this shoud be writ in a long bitt of paper near an  
inch wide, yn roul it up as hard as you can & seal  
it upon y<sup>e</sup> Side & as top & bottom & so let y<sup>e</sup> person  
constantly carry it about ym, but they must not know  
what it is. \*

To cure any mange, or scaly  
heads in children.

R Staues-aker (Sold at y<sup>e</sup> Drugsters) in fine powder  
mix it with Linseed oyle, & when you use it stir it  
with y<sup>e</sup> finger & anoynt y<sup>e</sup> place severall times & it  
will cure children, Dogs, or catt. \*

### Compound Liniment of bark

Take of peruvian bark tow  
purses sliced & mingled  
and Cinnamon of each half  
an ounce. Let the bark be  
powdered and the other in-  
gredients bruised then infuse  
the hole in a pint and  
a half of Brandy for 5 or  
6 Days in a Cloase vessel after  
strain off the Linture the Juice  
is from w<sup>ch</sup> you draw to three or  
4 it may be taken in a  
suitable dishwar & a few drops of  
oil of



to prevent the gout  
at the Spring and autumn  
take 3 Grains of Rhus toxicaria  
magnesia and after that  
take Bitter Teas in a morning  
and Stomach Elixir at 2 1/2  
Clock to make the Stomach Elixir  
Take of gentian Root two ounces  
Cinnamon orange, brown, virginia,  
Snake Root half an ounce but  
these in gradient be immersed and  
in quick for 9 or 10 Days in 2 pints  
of french Brandy afterwards  
strain out the liquor - this is a  
valent Stomach Bitter for  
indigestion and a grain of the  
gout in the stomach

Date of Portland's Receipt for the Gout  
or Rheumatism.

R, Aristolochia rotunda or Birthwort } Root  
Gentian }  
Germander }  
Ground pine } tops & leaves  
Centauray }

Take of all these well dried & powdered, & sifted, as  
fine as you can, equal weight, mix them well together, and  
take one Drachm of this mixt powder every Morning  
Fasting in a cup of Wine, and Water, Bitter, tea, or  
any other Vehicle you like best; keep fasting as long, &  
a half after it, continue this for 3 Months without  
interruption; then diminish the dose to 3/4 of a Drachm  
for 3 Months longer, then to 1/2 a Drachm for six  
Months longer, taking it regularly every Morning  
if possible. After the first Year it will be sufficient  
to take 1/2 a Drachm every other Day, as this Medicine  
operates insensibly, it will take perhaps two Years  
before you receive any great benefit, so you must not.

be discouraged tho' you dont perceive at first any great amendment, it works slow but sure, it doth not confine y<sup>e</sup> Patient to any particular Diet, so he lives soberly, and abstain from those Meats & liquors that have always been accounted pernicious in the Goat as Champagne, Drums, high Lawceses.

N.B. In the Rheumatism that is only accidental, and not habitual, a few of the Treacher doses may do; But if so habitual or that has been of long duration, then you must take it as for the Goat, the Remedy requires Patience, as it operates but slow in both the Disorders.

Mr Cooper's Receipt to Sweeten the Blood

Pour a pint of Boiling Milk on two tea Spoonfulls of Peruvian Bark or two of Chimateone mix it well together, y<sup>e</sup> Strain it thro a Sieve & drink of the Clear

Mr Wynne for weak Eyes

Elder flower Water, Rum, Spring Water of each one Spoonfull, wash your eyes with it every Morning or Evening this is a very good thing to strengthen y<sup>e</sup> eyes



A Great List of every  
thing in Season in every  
month in the year

January	Fish	Smelts
Carp	Soles	Whiting
Grink	Flounders	Lobsters
Perch	Plaice	Crabs
Lampreys	Gurbot	Prawns
Eels	Shornback	Oysters
Crawfish	Scate	
Cod	Sturgeon	
Beef	meat	poark
mutton	veal	
	Hare Lamb	
Pheasant	Poultry &c	
Partridge	Woodcock	Pullets
Hares	Gripes	Gnawls
Rabbits	Gurkey	Chicken
	Capon	Game Pigeons

Roots &c	Lettuce	
Cabbage	Cardoon	Cress
Savoy	Beets	Mustard
Colewort	Parsley	Kape
Sprouts	Turnep	Radish
Brocoli	Chenail	Gurnips
and white	Beet	Garragan
Spinage	Endive	
Apples	Fruit	Medlars
Pears	Almonds	Grapes
Nuts	Service	
Cod	Grink	Perch
Grink	Shate	Carp
Soles	Whiting	Eels
Sturgeon	Smelts	Lampreys
Plaice	Lobsters	Crawfish
Flounders	Crabs	
Gurbot	Oysters	
Shornback	Prawns	
Beef	meat	poark
mutton	veal	
	Hare Lamb	

Grocery Continued

Turkeys	Poultry	Woodcock.
Capon.	Chicken.	Snipes.
Pullets	Pigeon.	Hare.
Cowls	Pheasant.	Game Rabbits
	Partridges	
Cabbage	Mustard	Asparagus
Peas	Rape	Kidney Beans
Coalbrook	Radishes	Carrots
Broccoli	Garnish	Garnish
Purple & white	Garracons	Parsnips
Carrots	Mint	Potatoes
Beets	Burnet	Onions
Parsley	Garnish	Leeks
Chambril	Chymre	Shallots
Truive	Savory	Garlick
Savory	Matagoran	Porcupole
Celery	all the may be had	Salad
Chard beet.	Horrad Radishes	Jerusalem
Lettuce	Cucumbers	Artichokes
Cress	Fruit	Grapes
Pears	Apples	
	Warrk	Coark
Beef	Meat	
Mutton	veal	
	Flaw Lamb	

Poultry &c

Turkeys	Cowls	Pigeons
Pullets	Chickens	Game Rabbits
Capon.	Partridges	
Carps	Fish	Sole
Gench	Eels	Whiting
Gurbot	Mulletts	Crabs
Schonnback	Plaice	Crabs fish
Shate	Flounders	Prawns
	Lobsters	
	Rants	
Carrots	Mushrooms	Rapese
Garnish	Cherry	Radishes
Jerusalem	Eggs	Garracons
Artichokes	Garnish	Mint
Brockle	Lettuces	Winter Savory
Savory	Cress	
Spinage	Mustard	
Pears	Fruit	Forced Apples
	Apple	Strawberries
Meat	Aprill	
Beef	Mutton	veal Lamb

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April Fish

Carp	Salmon	Smelts
Eel	Quahog	Herrings
Gench	Sole	Crabs
Crout	Clate	Labsters
Crout fish	Mullet	Prawns
Pullet	Poultry	Rabbits
Fowls	Ducklings	Liveries
Chickens	Pigeons	
Brook	Monte	Small salad
Apple	Spinage	
	Gruit	Small cherries
	Pear	
	May	
	Fish	Labsters
Carp	Salmon	Crout fish
Gench	Sole	Crabs
Eel	Quahog	Prawns
Crout	Herrings	
Eel	Smelts	
Beef mutton	Meat	Lard

Poultry

Pullet	Green pease	Rabbits
Quowles	Ducklings	Liveries
Chickens	Turkey Poults	
Carley	Potatoes	Pears
Carley	Cabage	Beans
Califlower	all sorts of	Kidney Beans
	Small prob.	asparagus
		Small
		Salad
Pears	Gruit	Gruit
Apple	Melons	Currents
Strawberries	Licor	for Cart
Cherries	Appricots	
	June	
Beef	Meat	Pork
Mutton	Veal	venison
Lard	Lard	
Pawls	Poultry	Wheat ears
Pullet	Turkey poults	Liveries
Chickens	Ducklings	Rabbits
Green pease	Peas	

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Grant	Fish	Herrings
Carp	Salmon	Smelt
Genck	Sal.	Salmon
Pike	Gurbot	Craw fish
Gels	Mulletts	Prawn
	Mackarel	
Cherries	Gr. fruit	Nectarines
Strawberries	Apricots	Grapes
Goshberries	Apple	Pelones
Curranth	Pears	Pineapples
	Some peaches	
Beef	July meat	Beef venison
mutton	Veal	
	Lamb	
pullets	Poultry	pheasants
fowls	Ducklings	Wheat Gars
Chickens	Turkey poults	Leewets
pigeons	Ducks	Rabbits
Green geese	young par-	
cod	tridges	
Haddock	fish	Shake
mulletts	Herrings	Thorn back
mackarel	Sal.	Salmon
	placel	Carp
	flounders	

Genck	Gels	prawns
Pike	Lobsters	Craw fish
Carrots	Roots	Small
Turneps	Cabbages	salad
mushrooms	Sprouts	peas
Caiflower	artichokes	Beans
	Coleeny	Kidney Beans
Pears	Gr. fruit	Strawberries
Apple	Nectarines	Raspberries
Cherries	Plums	Melons
peaches	Apricots	Pineapple
	Goshberries	
Beef	Acquit	
mutton	Veal Lamb	Beef venison
pullets	Poultry	pheasants
hens	Ducklings	Wheat Gars
Chickens	Leewets	Rabbits
Green geese	Rabbits	
cod	Pigeons	
Haddock		
mulletts		
mackarel		



Fish		
Cod	Mullet	Eel
Haddock	Marshall	Lobster
Plaunders	Herrings	Craw fish
Plaice	Pike	Prawns
Skate	Carps	Oysters
Shornback		
Fruit		
Peaches	Pears	Strawberries
Nectarines	Grapes	Gou. berries
Plums	Quins	Currants
Cherries	Quilberts	Melons
Apples	Mulberries	Pine apples
September		
Beef	Meat	Back Venison
Veal	Mutton	Lamb Pork
Poultry		
Geese	Pullets	Chickens
Knives	Quails	Ducks
Geats	Hares	Pheasants
Pigeons	Rabbits	Partridges
Larks		

Fish		
Cod	Shake	Gench
Haddock	soles	Pike
Plaunders	Smelts	Lobsters
Plaice	Salmon	Oysters
Shornback	Carps	
Fruit		
Peaches	Quilberts	Currants
Plums	Hazel nuts	morella Cher
Apples	medlars	melons
Pears	Quinches	Pine apples
Grapes		
Walnuts		
October		
Beef	Meat	Pork
Mutton	veal	Go venison
Lamb		
Poultry		
Geese	Rabbits	Larks
Quails	Wild duck	Partridges
Pigeons	Geats	Hares
Pullets	Woodcocks	Pheasants
Fowls	Snipe	Partridges
Chickens		

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gâteau de Sienne  
a Flare Cake  
Chop all the meat off a hare  
or a Rabbit or a fresh  
pork and 2 pound of beef

a Flare Cake  
Chop all the meat of a hare &  
a Rabbit half a leg of mutton  
2 pound of fillet of veal or fresh  
pork and 2 pound of beef not  
season them with pepper &  
salt fine. Press rounded.  
Chop parsley shalots a few  
pistachio nuts. Heat a ham  
a pound of raw ham cut into  
dice half a pound of Gruyere  
or mushrooms all so cut into  
dice the yolks of eggs and  
work glass of good brandy  
garnish a. the pie in all round  
with slices of lard put all  
in preparation. Cloas into  
it and Cover it a ves. it  
thin slices of lard stop

your pan all round with  
a Coar. Paste and Bake it  
a hour & hours. Let it cool  
then turn it over gently  
unwrap the land quiet of  
or leave a little on and  
garnish it with any. Can  
of Colars or to make it  
more even and give it  
a better form Cover it  
over with phog. Sardar.  
or Butter in order to garn  
it with. Different Colar  
according as your taste  
I shall direct

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to make Red Calam  
Boyl an ounce of Cochineal  
in half a pint of water  
for five minits - then ad  
half an ounce of Cream  
of Tartar and half an ounce  
of powdered alum Boile on  
a slow fire about a hour  
a gain it is easily known  
to be done by dipping a pen  
on a wooden ruler in to  
it and writing there with on  
white paper for if it writes  
like ink and hecks it is done  
it is then take it of the fire add  
two ounces of Sugar and let it  
settle power the Clear of  
to keep in a Bottle well  
stopd

Jelly of apples.  
Peel and slice golden pipples  
according to the quantity of  
Jelly you intend Boyl them  
to a marmalade with a little  
water and a Lemon sliced  
and lift the Juice through  
a Rieve fine Sieve - take  
a pint of this Juice to a pound  
of Sugar prepare a seven  
degrees Sympar to gather and a  
slow fire til it quits the  
Spaw Clean by Drapping it  
out of it then put it in to  
Pot. or glass.  
Other sort of apples all  
so serve for Jelly you in  
a J. servant manner peel  
any kind of sharp pipples  
Cut them in slices as the  
last wash them in several  
water then Boyl in a good  
deal of water the Pot



Being Cavendish until it is  
much reduced and become  
plutinous. Strain the  
Decarboxion in a thin linen  
Cloath Measure it and  
Refine as much Clarified  
Sugar to the twelfth degree  
and pour this pure gently  
in to it Boil a moment  
then take it off the fire to  
line it Boil it a gain till  
it come to the same Consistency  
as the last and prove it in  
the same manner

### Homak. Better Drops

2 quarts of white Brandy  
the Peels of 15 or 20 Citrus  
orings Waxed very thin -  
of gentian Roots sliced how  
of Snake Root 2 dr. of  
Saffron 1 dr. - a little

*Spiraeas*  
in proof. the Rave in a Stone  
Bottle a week & Strain it  
of for use you may add  
a little more Brandy  
to the same in good measure  
and let it stand another  
week

Folio's 90v to 130r are blank

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*[Faint, mostly illegible handwritten text, possibly bleed-through from the reverse side. Some words like "Lac" and "fir" are visible.]*



Dance of Black & Red an dance of mace  
 Quarters of a pound of ginger. Mix in your  
 Vinegar two large Spoonfulls of the Best  
 Stear of mutton. ~~and of the best~~  
 One large Spoonfull of Sassafras powder  
 Washed with a Spoonfull of Rhenish  
 Of Sassafras wood. Sassafras of Rhenish  
 Count of White mustard seed. Count of Cardamom  
 Admire. But of alum, all the spice is  
 To be Boiled in the Vinegar and follow  
 the Riddle with 2000 twice. When done  
 Set it by for use. Riddle may be added every  
 year to the same liquor and the longer  
 the Riddle doth keep the Better  
 Each year should stand a year but  
 it will be very well in seven months  
 13 Apples must be put into a strong  
 Dreame of salt and water for six days long  
 then the same as the foregoing book at the Riddle  
 Tilled up with Old Vinegar

To be tart:  
 Take a little yolk of Eggs &  
 melted butter. Beat it very  
 well with a roller and with a  
 roller. Mix it over your  
 other. Mix it with  
 and put it through a  
 just as you put them in  
 the oven

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India Pickle  
 Take the best white sugar loaf  
 Cabbage and cut it in very small quarters  
 Cut the water off with a young layer in one  
 quantity and salt it together with two hands  
 and of salt and a little vinegar and lemon  
 and lay them of large dishes to dry and when the  
 water is about the quarters and spread out every day  
 one week will dry them in hot weather  
 then put them in a jar cover the lid with  
 good vinegar and also one ounce of salt  
 Do of Day call it that all the vinegar till  
 your other ingredients are ready in  
 then pour in the young layer and mix  
 the vinegar and the salt as the vinegar  
 is ready to use and serve the  
 same Pickle as the Cabbage

When dry put them in with Pickle and good  
 vinegar and green Apples  
 When the Pickle is quite done the may  
 be put into a jar without any separation  
 When all your ingredients are put in  
 Do of Day call it that all the vinegar till  
 your other ingredients are ready in  
 then pour in the young layer and mix  
 the vinegar and the salt as the vinegar  
 is ready to use and serve the  
 same Pickle as the Cabbage

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Green oil for wounds  
Albano or Mollony  
Resin of Sassafras  
Green Sage Leaves  
Southernwood Rithing Comand  
Stem Red Rose bud of  
Each one handful Chop them  
finely & in three times in  
quantity of the best salad oil  
for 14 days let it in the sun  
and then it is ready to use  
and it cures a flow fine  
I have it & when could make  
it for me if I could find all  
rounds whether in Germany  
or not Mr. Lamm

same water with the wine  
it must be good and or it  
will be apt to break them  
put a little heat on and let  
them over a very slow fire  
till they are green without color  
be in good liquor then take  
them out and lay them on a fire  
to drain wash a thin layer  
and give them a gentle fire  
3 or 4 times make up for  
better the last time & when  
could be then close down  
with a strong paper  
over them

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Every man's business is every man's  
of murder or highway robbery  
try it in a very early stage  
or even or be from the fire  
and it will be quite white  
and hard & fit for use either  
to cover furniture or to  
set off a fire  
The process given is to be  
used with the stick and a  
leaf of iron or put a handle of  
wood in to a large  
spring water than a day of  
looking them of wine makers  
to fit the pan: & it covers it  
to lose that no steam can get out  
set it on a slow fire when they  
are soft take up the iron and  
a few more then put them in the

131  
To make gum paste for  
quint bark or cover  
Take one ounce of gum tragacanth  
steep it in a little of cold  
water all night the next morning  
of white refined sugar beat  
and set it there a little time  
but your gum tragacanth  
has then mix up against your  
to gather with a strong hand and  
in working it with the cover  
take or now then take  
make it in a very soft  
and put it in to a little or





To Make White Biskitt  
 Beat the whites of six Eggs and  
 half a pound of almond blanch  
 and beat them with the froth  
 of the whites of your Eggs  
 as it rises - then take the froth  
 with with a pound of fine  
 sugar beat those well together  
 and mix your almonds with your  
 Eggs and sugar - then put in a  
 lighter of a pound of flower  
 with the rest of 2. Lemon grass  
 and some sifter finely shreds  
 breaks them in little cake pans  
 in a quick oven and when they  
 are cold turn them on tongs  
 hear on the bottom but before you  
 set them in the oven a grain of  
 some double refined sugar on  
 them finely sifted together to  
 butter your pans and fill them  
 but half full

Almond Biskitt  
 Beat two ounces of blanch'd almond  
 with a quarter of a pint of very  
 flower water and sifted sugar  
 till they are fine whip up the  
 whites of 3 Eggs and mix them  
 with almond sugar and orange  
 flower water then as much  
 sifted sugar as will make it  
 in to paste lay it in cake and  
 breaks it in a hot oven  
 lay juice  
 some days and finally baked longer  
 and marked small a few times  
 brushed and picked clear then  
 slump them in a little water and  
 power a way the water only  
 leave a little to melt the butter  
 then put in your hands and work  
 a pound of good butter  
 your taste

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Brook west No. 2  
Munich's children used on  
linen and a little shot of  
iron water with a little white  
cream to be put in to a can of  
cream with a little butter and glass  
to make it a proper thing  
when it is cold feed on egg  
and make it up with  
cream of bread and  
slices, and fry them and put  
them on your sick with  
family

Take a pound of sugar to every pound of fruit. He  
Munich's to be mixed with a tin and covered with  
sugar. Dressed and served over them add as much  
White Corned Rice as will hold the sugar, set  
them on the fire and let them boil in once  
set them by till next day: then add half honey  
and boil the whole together for a few minutes

Take a pound of flower and a quarter of a  
pound of sugar mix them together. Add a  
pound of butter, half a pint of milk and  
together then rub into the flower mixed  
them, and to be well mixed. Then take 3 Spoonfuls  
of yeast, and beat it in well, add half a pound  
of butter, and put it down before the fire  
to rise for near an hour. before it goes to  
the oven. about an hour takes it.  
The same method better with a little vinegar.

Take 8 eggs whites and all beat them well w. some  
crumbs or fine sugar. Then take a p. of loaf sugar well  
sifted & sifted into it in by degrees, then add a p. of flower  
& the kind of fine large & strong cloth. Small. When it is all  
well mixed, it must be done w. a whisk, put it into the  
oven directly, better than half an hour baked if

Mr Angles Box Street

The Rivermouth Lake

Miss Long

You must take a ounce of Casava bread & beat it very fine  
 & make a Casava bread during  
 You must take a pound of Milk, a pint on it stirring it all the  
 while to keep it from clogging to the quantity put on &  
 you will beat leaving it half an hour. Which take half a pound  
 of butter-milk & mix a spoon full of Milk to prevent it  
 from getting the skin of a large Lemon grass, it will  
 take the same time of soaking has a Custard pudding  
 You must stir it till it goes to the bottom

Mrs Howell of Little Chaguan

Take a good bag of port and it very well with one pound  
 of Candy Sugar. Let it be twenty four hours, then distill  
 in one ounce of distill per se. beat very fine. Let it dry.  
 In warm more. Then take a pound of bag. dist. per se. fine.  
 It is as long as it lights. Lights. M. morning. In  
 it every day when the distill is gone put the drum on  
 it. It is a good sort of warm a day it may be so much in cold  
 weather. But a fortnight in warm hang it drying  
 in a jar. In warm there is a Comfort for but the  
 warm a jar.

So far a Ham like Wofford

Make the longest <sup>of</sup> short wash them & then  
 as put them into a pan then mix lime & all points beat them fine with a little  
 clay & common salt does make <sup>them</sup> <sup>as</sup> a little lighter beat fine & mix  
 with y<sup>e</sup> salt then lay a skin of <sup>your</sup> <sup>own</sup> juice & salt till you have dug  
 them all in then put in as much white wine vinegar as will cover them  
 put them in an oven & bake them

Mr Buckley

Dr. Dickle Spratt



your lady

Take 1/2 lb of butter, or Orange flower water, then take  
 1/2 lb of almonds very well beaten, with a few drops of  
 oil of rose, or oil of bergamot, to make it  
 a little of the rose water, to dissolve the almonds  
 and draw it into the net & then it will be a fine  
 cream it through a fine sieve, and draw it out  
 into a glass.

Almond milk

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Take 1/2 lb of butter, or Orange flower water, then take

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 cream it through a fine sieve, and draw it out  
 into a glass.

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143. It has some hanging. To do close it by degreasing; & drain ye juice first & when ye licken is cooling; add more or less as please you. Sister Beant.

To make Clay & Eggs.

Take a good spoonfull of flower & about 6 spoonfulls of milk mingle it well together & there be no knots; break in 8 eggs & stir ym very well till they be well mingled; ym have in readiness some clay & veins & stems cut off & shred it small so stir it into ye batter, thus the whit of butter, it will be about 3 parts some dyes & cleavages into ye batter & puts some batter upon it & this it may be like it shred, & ym think you may put in a little more milk of flower.

For to stuff veale.

Take some suet & shred it small mingle with it some grated bread a little and lay fine shred small 2 eggs whites & yolks & mix it well with ye rest so stuff your veale.

off pudding. Mrs Burnaby's.

Take 2 penny stale route & grate ym & put it into a pan & pour upon it a quart of milk, boiling hot, let it stand a little & ym still well & put in 6 eggs, 3 spoonfulls of rosewater, & nutmeg, grate a little salt three quarters of pound of suet shred small, 3 quarters of a pound of curance, 4 ounces of raisons stone & pour it in, & put on the fire & ye mixture of one bone, so boil it one hour.

To make a marrow pudding.

Take a quart of cream, 8 eggs leave out 3 whites half a pound of sugar, a quarter of a pound of almond paste a quart of a pound of naples biscuit, set this over a fire & when it is grating thick ym put (quiff) past round ye dish & when it is almost cold put in ye sack & rosewater & put it into ye dish, ym put into it scalded raisons of curants green & dish, ym put upon thin fit & marrow (leaves) so bake it, a little more ym have an hour will bake it ym (quiff) past round ye dish.

of Sago & Pudding.

Boyle at night half a pound of sago in 2 quart of milk to thicken of a hasty pudding, stirring it all ye time, let it stand till ye next day ym add to it 6 eggs but 2 of ye whites half a pound of curance, a pound of suet & nutmeg, & a little sack, sweeten it to yr pocket, & let it bake an hour.

of how Macarons.

Put them in a deep dish & when they are well dryed lay them in a dish, take the Macarons well wash them ym. Pickle & salt & put them into about a quarter of a pint of Claret in a good sweet Butter & ym still well & put in 6 eggs, 3 spoonfulls of rosewater, & nutmeg, grate a little salt three quarters of a pound of suet shred small, 3 quarters of a pound of curance, 4 ounces of raisons stone & pour it in, & put on the fire & ye mixture of one bone, so boil it one hour.



Take half a pound of butter & rub it into about 2013  
pound of flower: take a Coffee cup of good yeast one

Coffee Cake.

So, they will be hard. \* Mrs. Hestinson. \*  
not let y<sup>e</sup> Collops be so long upon y<sup>e</sup> fire, for it may  
of gravy, so tops it up & put in y<sup>e</sup> dish. Secure do  
just as you put in y<sup>e</sup> capers take a quarter of a pint  
miced meat in y<sup>e</sup> miced y<sup>e</sup> Collops round about  
in a little with y<sup>e</sup> juice of half a Lemon, so put y<sup>e</sup>  
will be enough. take 2 spoonfulls of capers & miced  
must let y<sup>e</sup> Collops be broyling, y<sup>e</sup> while, 6 minutes  
to a little brown, y<sup>e</sup> put in y<sup>e</sup> miced meat, but y<sup>e</sup>  
of butter & flower it, put it into a sauce pan & let it  
for a short while, y<sup>e</sup> chop it with a knife to make it tender  
take all y<sup>e</sup> lean of what is left & cut it as you would  
for to broyle with some crumbs of bread, & parsley.  
Take a leg of mutton & cut 6 slices for y<sup>e</sup> Collops

To Make a Dish of mutton Collops.

sugar to y<sup>e</sup> table. \*  
they are enough. serve y<sup>e</sup> up with oranges and  
as they do trim y<sup>e</sup>, & when they are done  
as you can trim y<sup>e</sup> batter, so trim y<sup>e</sup> in who y<sup>e</sup> pan  
singly, with y<sup>e</sup> fingers or spoon, draining y<sup>e</sup> in as much  
ready, roll in y<sup>e</sup> frying pan, take up these pieces  
batter y<sup>e</sup> have in ready, some good cake dipping  
cut each piece, y<sup>e</sup> short way, so trim y<sup>e</sup> in into y<sup>e</sup>  
y<sup>e</sup>, cut each quarter againe y<sup>e</sup> long way, & y<sup>e</sup>  
it very well, y<sup>e</sup> take y<sup>e</sup> spinnas pore, quarter & core  
make a batter a little thicker y<sup>e</sup> pancake batter, beat  
Take 2 eggs a pint of milk a little salt & n. m. flour

To make Court Fried.

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Take half a bushell of pickled burres to 9 gallons  
of water, & let it stand 4 or 5 days straining y<sup>e</sup> and  
squeezing y<sup>e</sup> with y<sup>e</sup> hands, every day, y<sup>e</sup> strain y<sup>e</sup> out  
out to every gallon of liquor put 3 pound of sugar  
& boyle y<sup>e</sup> in an hour at least, & clarify it as you did  
former scumming, it well, y<sup>e</sup> strain it & let it stand till  
the next day, put it into y<sup>e</sup> vessel & let stand till

To make White Elderbury Wine.

boyle y<sup>e</sup> in your water & sugar. \*  
2 former flowers if you make it with these herbs you  
or better, but y<sup>e</sup> must add more of these y<sup>e</sup> of y<sup>e</sup>  
boyle it. you may use clary flowers: balm yerbis & flowers  
soon, it may stand 2 or 3 months: y<sup>e</sup> try it before you  
tub, & y<sup>e</sup> Decant it into y<sup>e</sup> vessel, stop it not up to  
make it brisk without yest) strain it out into another  
as you do other wine, (but some think y<sup>e</sup> reasons will  
days if it taste well, put in some yest to work it  
flowers to every gallon, when it hath stood 4 or 5  
if it hath put in a quarter of a pound of Elderbury  
scum arises take it off, y<sup>e</sup> put it into a tub & while  
whites of eggs & put y<sup>e</sup> into y<sup>e</sup> liquor & when y<sup>e</sup>  
chopped) put y<sup>e</sup> to boyle for an hour y<sup>e</sup> beat 3 or 4  
every gallon of 2 of raisins of y<sup>e</sup> suny cleaned & coarsely  
every gallon put in 3 pound of good sugar (or 2 pound  
Take as many gallons of water as you please, & so

To make y<sup>e</sup> Elderflower Wine.

142  
eggs, as much m. m. maynard as you think will not  
up into a pint of caraway seeds, so yest y<sup>e</sup> flower & make it  
one ounce of caraway seeds, so yest y<sup>e</sup> flower & make it  
to rise. (if you have time any thing, y<sup>e</sup> has yest it)  
y<sup>e</sup> role, it out thin & prick it well on y<sup>e</sup> top so  
bake it, y<sup>e</sup> baker use to role it & put it on one of  
his tin pans. \*



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fe.



Take a gallon of milk set with runnet then  
 press out the whey, y<sup>e</sup> take y<sup>e</sup> curd & beat it  
 in a mortar with 3 quarters of a pound of butter  
 & 3 eggs leauing. cut one white & 2 bisket as  
 as bread grate, half a nutmeg 2 spoonfulls of  
 reswater & a glass of sack y<sup>e</sup> taken it is well  
 beat put half pound of currants so sweeten &  
 to your tast.

To Dry a Leg of mutton.

Take a leg of mutton  
 salt with salt pether very well & y<sup>e</sup> with  
 ordinary salt so let it lye a weeke y<sup>e</sup> rub more salt  
 on it & so y<sup>e</sup> next weeke till it hath lost 3 week  
 y<sup>e</sup> hang it to smoke in good smoke till y<sup>e</sup>

To Make Cheescakes.

Take y<sup>e</sup> largest Cucumbers free from spots ripe y<sup>e</sup> very  
 clean & slice y<sup>e</sup> in pretty thick lay y<sup>e</sup> in an earthen pan with  
 some sliced onions & put a good handful of salt over y<sup>e</sup> let  
 this be done in y<sup>e</sup> morning & at night put y<sup>e</sup> in a Colander  
 to drain y<sup>e</sup> next morning take all the onions out & y<sup>e</sup> take a  
 little pepper some more & cloves & sliced horse radish strong  
 of garlic (if you like it) a little sliced horse radish strong  
 some of all these in y<sup>e</sup> pickling pot y<sup>e</sup> put in a layer of com  
 numbers of y<sup>e</sup> of y<sup>e</sup> spice again with y<sup>e</sup> not be full then take  
 2 quarts of rape binchos & one quart of white wine, boyle it  
 with some of y<sup>e</sup> spice in it & put it boyling hot upon the  
 Cucumbers stopp y<sup>e</sup> top with a cork & y<sup>e</sup> stopp something  
 about y<sup>e</sup> pot & keep it warm so boyle y<sup>e</sup> liquor every morn  
 ing. pickling it hot upon y<sup>e</sup> till they are green & crisp to y<sup>e</sup>  
 lying after 2 or 3 dayes take y<sup>e</sup> out & put y<sup>e</sup> in at y<sup>e</sup> bottom y<sup>e</sup>  
 has set y<sup>e</sup> top. if y<sup>e</sup> pickle most put more vinegar for y<sup>e</sup>  
 must keep y<sup>e</sup> covered. M<sup>y</sup> rec<sup>d</sup>.

To Pickle Sliced Cucumbers.

Take half a pound of lean beef & cut it into thin  
 collops & rack it & flower it on both sides & rub y<sup>e</sup> with  
 a bit of butter fry it in a pan very brown y<sup>e</sup> put  
 y<sup>e</sup> beefe into a sauce pan with half a pint of water  
 a spoonfull or two of vinegar a little whole pepper a little  
 ground nutmeg salt to y<sup>e</sup> tast & an onion peeled & y<sup>e</sup> cover  
 it close y<sup>e</sup> fire y<sup>e</sup> run it throw a shive & put it in a Colander  
 y<sup>e</sup> take one of y<sup>e</sup> pieces of butter & half of butter in good piece  
 sauce pan cut a pound of half of butter in good piece  
 give it a squeeze or two with y<sup>e</sup> hand & so melt this  
 y<sup>e</sup> all y<sup>e</sup> rest of y<sup>e</sup> butter this makes y<sup>e</sup> sauce thick  
 y<sup>e</sup> in very small bits & put to it this is a good sauce  
 y<sup>e</sup> in y<sup>e</sup> sobby of us self. put much tickler with mustard  
 y<sup>e</sup> canbe lard.

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To Make a Sauce for boyled or fryed fish.

Take half a dozen Ridgones & stuff y<sup>e</sup> in with forc  
 meat & fry y<sup>e</sup> in good dripping very brown then y<sup>e</sup>  
 put y<sup>e</sup> in a stew pan with a good deal of beke wash  
 gravy, some mace, nutmeg, lemon peel, & y<sup>e</sup> y<sup>e</sup>  
 & 2 onions & let y<sup>e</sup> stand y<sup>e</sup> must have  
 ready some sweet breads boild & cut small  
 one ounce of butter & blancht one ounce of more  
 one ounce of butter & blancht one ounce of more  
 Chicken it up with the white of two eggs take  
 are enough. put in one glass of white wine & y<sup>e</sup> in  
 out the onions & y<sup>e</sup> must have.

To Stew Ridgones.

Take half a dozen Ridgones & stuff y<sup>e</sup> in with forc  
 meat & fry y<sup>e</sup> in good dripping very brown then y<sup>e</sup>  
 put y<sup>e</sup> in a stew pan with a good deal of beke wash  
 gravy, some mace, nutmeg, lemon peel, & y<sup>e</sup> y<sup>e</sup>  
 & 2 onions & let y<sup>e</sup> stand y<sup>e</sup> must have  
 ready some sweet breads boild & cut small  
 one ounce of butter & blancht one ounce of more  
 one ounce of butter & blancht one ounce of more  
 Chicken it up with the white of two eggs take  
 are enough. put in one glass of white wine & y<sup>e</sup> in  
 out the onions & y<sup>e</sup> must have.



To preserve Walnuts white  
with orange flowers.

East of Goodbys.

Ratifye Drops. 6

35. Item Spiritick some sugar on y<sup>e</sup> to keep thier colour y<sup>e</sup>  
take y<sup>e</sup> weight of y<sup>e</sup> barberries of strip y<sup>e</sup> of y<sup>e</sup> stalks of  
put in a pitcher steeped close & put it in balney of  
ye juce comes pour it off but do not quese y<sup>e</sup> y<sup>e</sup> taste  
the weight of ye stoned barberries & ye weight of y<sup>e</sup> juce in  
could refined sugar (single melle) & put y<sup>e</sup> barberries in  
y<sup>e</sup> preserving. pour & boyle together & as ye barberries looke  
clear & y<sup>e</sup> you think y<sup>e</sup> enough take y<sup>e</sup> out y<sup>e</sup> low y<sup>e</sup> y<sup>e</sup> pot  
if y<sup>e</sup> glasses y<sup>e</sup> boyle ye syrup quick up will it well staye before  
are taken up. My Soule. #

To preserve figs & how to dry them.

Take 4 calves feet & boyle 'em in 10 quartes of water till soft  
it come to 8 put in a little cleare of mace, y<sup>e</sup> jelly maye go to use it & y<sup>e</sup> put in 2 pound & a  
quarter of double refined sugar, y<sup>e</sup> melted of 1000 beat y<sup>e</sup>  
to a fine y<sup>e</sup> juce of 7 Lemons, half a pint of white wine, &  
mace, & a few cloves, put these over a quick fire for 15 minutes  
Straining all one way take y<sup>e</sup> piete, of one Lemon & cut out  
y<sup>e</sup> rindes, y<sup>e</sup> put y<sup>e</sup> piete into y<sup>e</sup> Jelly bag & let it lye all  
the night y<sup>e</sup> bottle y<sup>e</sup> Jelly is running, y<sup>e</sup> cut it into three slices and lay  
them y<sup>e</sup> into cold water after wards boyle it in 3 several wa-  
ters, y<sup>e</sup> y<sup>e</sup> put it into your glasses. Ray Copers May. 17.

36. a cloth to pick up milk & large pins to let out the water  
to each of nuts and vegetable of cotton flowers  
in the hot water & put together in the shape  
of a nut must make up in a bowl in the water  
in the morning & one in the afternoon in order that  
orange flowers to pouring in the morning & evening  
Gilly of Hawthorn.  
Mrs Cardinal



To make Jam of Damsons.

Take 3 pound of Damsons put in into a skillett boyle y<sup>e</sup> Jam 3 stuns about an hour, stirring y<sup>e</sup> Jam all y<sup>e</sup> while y<sup>e</sup> they may not burn to y<sup>e</sup> bottom, nor to fire a fire y<sup>e</sup> y<sup>e</sup> 3 pound of Damsons put one pound of butter & quarter of sugar, let y<sup>e</sup> boyle about a quarter of an hour after y<sup>e</sup> sugar is in, you may take as much of y<sup>e</sup> stones out as you can so put y<sup>e</sup> Jam into pots. Mrs Murrell.

The Dry Biskett.

Take 3 pound of flower one pound of butter, one pound of sugar 2 or 3 ounces of caraway seeds, half a pint of milk or cream, 2 glasses of sack: warm y<sup>e</sup> butter & make it up in a past & put it out with a glass in what shape you please so bake y<sup>e</sup> Mrs Saut.

To make Inverle Cherry Wine.

Take 30 pound of merrle cherries brack y<sup>e</sup> very well y<sup>e</sup> boyle some water & let it stand till it is blood red y<sup>e</sup> put 2 gallons of it to y<sup>e</sup> cherries & let y<sup>e</sup> stand 2 days y<sup>e</sup> strain y<sup>e</sup> water y<sup>e</sup> sugar y<sup>e</sup> put in y<sup>e</sup> in strainer y<sup>e</sup> thro a fine sieve or a jelly bag y<sup>e</sup> put in y<sup>e</sup> pound of single refined sugar y<sup>e</sup> put it up & let it stand till it has some working y<sup>e</sup> stop it close, & let it stand 3 months y<sup>e</sup> bottle it & serve it as y<sup>e</sup> pleasure.

To make Custards.

To 2 quart of milk take 18 eggs but 6 of y<sup>e</sup> whites y<sup>e</sup> be strookings or cream 12 will do, boyle y<sup>e</sup> milk with 2 or 3 balls of mace, & a nutmeg cut in two, when well boyled pour it into a pan, set it by it self quite cold for y<sup>e</sup> must not cream, y<sup>e</sup> eggs must be well beaten by y<sup>e</sup> strainer y<sup>e</sup> strain thro a hair sieve & as much sugar as you think will make y<sup>e</sup> very sweet with y<sup>e</sup> eggs, so strain it into y<sup>e</sup> milk taking out y<sup>e</sup> mace & nutmeg, serve put orange flower water to y<sup>e</sup> half, & to y<sup>e</sup> effect y<sup>e</sup> water but that is as you like, the raised custards must be done some time

To preserve Barberies.

Take y<sup>e</sup> Barberies when ripe & pick out all y<sup>e</sup> larges burses y<sup>e</sup> cut some of y<sup>e</sup> stalks off with a sickle y<sup>e</sup> take y<sup>e</sup> stones out y<sup>e</sup> to long so lay y<sup>e</sup> on a plate as you please y<sup>e</sup> at y<sup>e</sup> you

Eggs Jus.

Take 10 eggs & boyle y<sup>e</sup> very hard chop y<sup>e</sup> small, to a pound of salt, a pound of eggs, a pound of custard half a pound of sugar, nutmeg, some cloves & mace a glass of sack, 2 spoonfulls of rosewater, half a glass of clear some lemon juice cut small, & make other sweet meats you please.

cream pancakes.

Take 8 eggs & beat y<sup>e</sup> very well & put to y<sup>e</sup> a quart of cream (good milk) & a quarter of a pound of butter melted not to thick a nutmeg grated, & as much flower as will - it y<sup>e</sup> mix it thick enough but beat y<sup>e</sup> well, & fry y<sup>e</sup> pancakes with cream butter.

To make Jam of Cherries.

To 6 pound of cherries weigh 1 pound of sugar pick y<sup>e</sup> cherries & stone as many as many as you can, & pour as much y<sup>e</sup> juice as you can without squashing, y<sup>e</sup> set y<sup>e</sup> on y<sup>e</sup> fire & let y<sup>e</sup> Jam clear y<sup>e</sup> stone in y<sup>e</sup> sugar & let y<sup>e</sup> boyle quick as possible till they will jelly a bowl y<sup>e</sup> spoon, y<sup>e</sup> took y<sup>e</sup> Jam y<sup>e</sup> fire, & put y<sup>e</sup> into pots, y<sup>e</sup> stones may be taken out wa- if any should be left.







To make Elderflower Wine.

Take 3 gallons of water & 6 pounds of white powder sugar  
boyle it together as long as ye scum arises & take it off cleare  
strain it into an ewer half & let it stand half an hour  
put in 3 pintes of pickt elderflowers strain it together & let it  
stand till it be cleare & put to it 4 spoonfulls of new ale yeast  
to move it stir it twice aday & strain it thro a flannel bag  
afterwards ye up ye bag & put it into ye ewer & let it  
stand to it so let it stand a fortnight & bottle it off & let it  
stand in a cool cellar it will be fit to drinke in 2 months  
but it will keep 2 years. Mr. Frederick gave me.

Cisane Sugar.

Take 2 pounds of best double refined sugar mix it with spring  
water till it be to a candy. when it is boyled to a high canny  
take one ounce of Japan earth mix it with orange flower water  
stir it & pour it into your candy striver it over a stone fire, when  
it is well scalded & mixt put it into China saucers & in 2  
or 3 days they will turn out if you please you may drop ym on  
papers. if you will you may put ym in musk of ambergrise and  
your orange flower water. Lady Shonett gave this to me by way.

To make any fruit biskett with baking.

Take any fruit & scald ym quartering ym (take out all ye  
stones) & if it be too big cut ym again, & put ym into salt  
water with a very little water only & keep ym from burning  
ye take ye fruit up & put it thro a hair sieve with a spoon  
when that is done put ye pulp into ym skillett & pour ym  
it over ye fire to dry all ye moisture from ye pulp, ye take  
it up & put it in a skillett & take a little of ye  
of a little of ye pulp, so do by degrees & beat it up  
with ye flat side of ye silver spoon, ym have some time

To make four Cream.

Take any fruit pare it & boyle it very soft ym take it  
out & let it strain, ym pulp it thro a hair sieve & mix some  
fine sugar with it & beat it well with a waine or two of  
eggs to a froth, so set it up high in chym dish & put it  
among other creams at ye table. good in May. 34.

To make Orange Metmalade.

Take ye best small oranges you can get, pare ym very  
thin, ym pull of ye skins & put ym in spring water for  
2 days skimming ym twice aday, you must keep ye inside  
in an earthen pot whole, put ye skins in boyling water  
ye boyle ym very tender ym cut ym in little pieces ym take  
ye weight in double refined sugar, ym fadge inside pick  
from ye seeds & skins & their weight in sugar, let ym  
stand aday & a night all put together in ye sugar in  
an earthen pan ym boyle ym very well & put it in pots  
for yr use. Quicksilver comers.

To make Moor Knighs.

Take 2 french towels & cut them in slices, ym boyle  
a pint of milk and when it is cool enough put in  
eggs & some sugar, pour it upon the bread, & let it  
stand an hour or two, ym dry ym in butter till they are  
brown, ym pour upon ym some melted butter with ye juice  
of an orange. Mr. Miles.

Italian Biskett.

Take one pound of double refined sugar finely sifted a little must

be ambigretted, y<sup>e</sup> take some gum dragon steeped in rosewater and

with y<sup>e</sup> milke of an egge beaten to a froth, beat it to a perfect paste

ye gum y<sup>e</sup> egg y<sup>e</sup> mingle y<sup>e</sup> sugar with it y<sup>e</sup> make it into a

gentle paste y<sup>e</sup> in take half an ounce of aniseeds well rubbed y<sup>e</sup>

now lay y<sup>e</sup> into y<sup>e</sup> past so make y<sup>e</sup> up into little laves some

you may print with moulds, prick y<sup>e</sup> tops of y<sup>e</sup> to keep them

from rising, y<sup>e</sup> lay y<sup>e</sup> on wafters y<sup>e</sup> papers, y<sup>e</sup> so bake y<sup>e</sup> in it

will be as light as puff past, y<sup>e</sup> very white. #

To make princes biskett.

Take 8 eggs a pound of flower as much sugar, beat all these

together an hour, y<sup>e</sup> take coffins made of tin y<sup>e</sup> butter y<sup>e</sup> when

you are ready to fill y<sup>e</sup> put in some coraway seeds or what

other seeds, or some dried y<sup>e</sup> fitted orange peel, according as you

like, fill y<sup>e</sup> coffins half full y<sup>e</sup> set y<sup>e</sup> in an oven, as hot as for harden

you may take some of these biskett y<sup>e</sup> you it up in flower but into

it a little cinnamon or more y<sup>e</sup> knit it in knots y<sup>e</sup> bake y<sup>e</sup> in.

To make Cakes.

Take 2 pound of flower as much of butter a pound of sugar an

ounce of coraway seeds 6 yells of eggs 3 spoonfulls of yeast mix

ye a little honey cold, y<sup>e</sup> so route it into thin past y<sup>e</sup> bake it in time

round cakes. 1. 11. #

Colander sort of biskett.

Take 12 eggs y<sup>e</sup> whites but of two, y<sup>e</sup> 11 ounces of y<sup>e</sup> best stour

it is made of flower y<sup>e</sup> 5 ounces of y<sup>e</sup> best flower y<sup>e</sup> one pound

of double refined sugar, after you have beaten y<sup>e</sup> eggs very well

put in y<sup>e</sup> flower y<sup>e</sup> stour, searched very fine, it should be beat

2 hours y<sup>e</sup> not stand still, you must put in 6 spoonfulls of rose

water in y<sup>e</sup> beating of y<sup>e</sup> eggs y<sup>e</sup> a little musk. #

To make Biskettella.

Take a pound of double refined sugar searched y<sup>e</sup> take gum

Almond Butter.

Take a quart of good cream, y<sup>e</sup> yells of 10 eggs a quart of a

pound of almonds beaten very fine, put half apint of milke into y<sup>e</sup>

beating of y<sup>e</sup>, y<sup>e</sup> strain y<sup>e</sup> into y<sup>e</sup> cream y<sup>e</sup> eggs y<sup>e</sup> mix y<sup>e</sup> all together

is on y<sup>e</sup> fire, you must keep it on y<sup>e</sup> fire till it is thick like butter

y<sup>e</sup> hang, it up in a strainer till y<sup>e</sup> honey be run out, beat it with

rosin y<sup>e</sup> or orange flower water, you may put in a little salt in y<sup>e</sup>

beating: y<sup>e</sup> direct guide like almond butter, set curds in a curdender

or basket on purpore to strain when all y<sup>e</sup> honey is out y<sup>e</sup> curd is

very thick take y<sup>e</sup> out of y<sup>e</sup> curdender or basket y<sup>e</sup> lay y<sup>e</sup> in y<sup>e</sup> dish

with rosewater and sugar, so serve them up. #

To make Sack Cream.

Take a pint of cream y<sup>e</sup> a quart of a pint of sack sweeten

ye cream, y<sup>e</sup> have in readines a musk as soon as y<sup>e</sup> sack is in

ye beat it with a stick as cream before it comes

to butter, y<sup>e</sup> take it up with a stick with holes y<sup>e</sup> it in may

run from it, so lay it in y<sup>e</sup> basin in little knots y<sup>e</sup> beat it again

ill y<sup>e</sup> rest is done. #

To make Biskett.

Take a pound of double refined sugar searched y<sup>e</sup> take gum

it is made of flower y<sup>e</sup> 5 ounces of y<sup>e</sup> best flower y<sup>e</sup> one pound

of double refined sugar, after you have beaten y<sup>e</sup> eggs very well

put in y<sup>e</sup> flower y<sup>e</sup> stour, searched very fine, it should be beat

2 hours y<sup>e</sup> not stand still, you must put in 6 spoonfulls of rose

water in y<sup>e</sup> beating of y<sup>e</sup> eggs y<sup>e</sup> a little musk. #

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water in y<sup>e</sup> beating of y<sup>e</sup> eggs y<sup>e</sup> a little musk. #

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it is made of flower y<sup>e</sup> 5 ounces of y<sup>e</sup> best flower y<sup>e</sup> one pound

of double refined sugar, after you have beaten y<sup>e</sup> eggs very well

put in y<sup>e</sup> flower y<sup>e</sup> stour, searched very fine, it should be beat

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water in y<sup>e</sup> beating of y<sup>e</sup> eggs y<sup>e</sup> a little musk. #

Take a pound of double refined sugar searched y<sup>e</sup> take gum

it is made of flower y<sup>e</sup> 5 ounces of y<sup>e</sup> best flower y<sup>e</sup> one pound

of double refined sugar, after you have beaten y<sup>e</sup> eggs very well



125. To make quince cakes. Take your quinces after they are pared & cored & boyle in water till they are tender & then take them out & put them in a cloth to dry. Take a pound of sugar & make it into clear cakes & dry them with some of the pieces in them. To make quince cakes. Take your quinces after they are pared & cored & boyle in water till they are tender & then take them out & put them in a cloth to dry. Take a pound of sugar & make it into clear cakes & dry them with some of the pieces in them.

To preserve green plums or peaches. Take your plums or peaches & wash them well in water & then take them out & put them in a cloth to dry. Take a pound of sugar & make it into clear cakes & dry them with some of the pieces in them.

To dry any sort of fruit after it becom preservable. Take your fruit & wash it well in water & then take it out & put it in a cloth to dry. Take a pound of sugar & make it into clear cakes & dry them with some of the pieces in them.

38. To Candy Oranges, Lemons, Citrons, Musmillions, & Citric Sticks. Take these fruits & lay them in strong brine made of cold water & salt 3 days. Then boyle them in water very tender shifting them in & out 3 times. Then take them out & put them in a cloth to dry. Take a pound of sugar & make it into clear cakes & dry them with some of the pieces in them.

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123. <sup>the other 4</sup> 12 stalls, let y<sup>m</sup> boyde up 3 or 4 times so take if y<sup>e</sup> strain it into y<sup>e</sup> glasses thro a gilly bag, this cat well, y<sup>e</sup> has a finer colour y<sup>e</sup>



To preserve green pippins.

To preserve Green Plums.

To preserve pair plumbs or white bullions.

7 6 5 4 3 2 1 0

enough, so put ym in glasses, & y<sup>e</sup> 6<sup>th</sup> day

So preserve Goodburys.

So make pipin mermade.

...





Take a leg of mutton cut it on the back of long  
 cut may take out the leane, & chop it & put some  
 grated bread & herbs & spices, according as you like.  
 up with the yells of an egge, sew it up close, as  
 it was at first you may boyle or roast your leg  
 of mutton it eats well either way. \*

*of mutton stuff.*

Take 10 pound of the thickest of ye buttock beefe it must not  
 be skiny, salt it well 24 hours in lay, 3 days in pump water  
 of pepper & 7 ounces of salt & rub it seasoning in well, then  
 take 2 pound of good beefe suet it must be 2 pound of  
 of suet & butter in ye bottom of ye pot wher put a good deal  
 if in with household bread over might & let it stand till ye  
 next day noon, while it is hot take another pot & put your  
 beefe in & season, while it is hot take another pot & put your  
 & put ye fat in as you chop it, press it hard in with your  
 hand into ye venison pot, & when you have put it all in set  
 it where it may stand steady & power in all ye rest of ye fat  
 ouer it from ye ground, you must chop it as fast as you can  
 while it is hot because it must be pressed in to ye pot as  
 hot as you can do it, if you have not fat left to cover it you  
 must melt more butter to put over it, & suet must be chopd  
 before you put it into ye pot it is best to cover it all with  
 butter. *Cosmo Salter.* \*

*To make ported beefe.*

Take of ye 2 skin of ye mutton ye lay it by, & don't  
 weage as you please, in cover the bottom of ye pye with  
 beefe suet cut small, ye lay it by, & don't weage as you please,  
 in as big pieces as you can, & berry close, ye cover  
 it with the fat of a quene of weald & lay in the  
 skin of ye hair, close ye pye, and bake it, & is to  
 be eat hott. \*

*To make a shair pye.*

Take 3 gallons of water put to it a quarter of peck of fine  
 bran & boy leanes a little paper of both sorts half apiece of  
 fine oatmeal then put it one ye fire, take care it do  
 not boyle over, it must boyle 2 hours then strain it off  
 & let it stand till it is cold, ye salt it. # amount.

*To make a soule for brown.*

Take 3 gallons of water put to it a quarter of peck of fine  
 bran & boy leanes a little paper of both sorts half apiece of  
 fine oatmeal then put it one ye fire, take care it do  
 not boyle over, it must boyle 2 hours then strain it off  
 & let it stand till it is cold, ye salt it. # amount.

*To make a Calves head.*

Take 10 pound of the thickest of ye buttock beefe it must not  
 be skiny, salt it well 24 hours in lay, 3 days in pump water  
 of pepper & 7 ounces of salt & rub it seasoning in well, then  
 take 2 pound of good beefe suet it must be 2 pound of  
 of suet & butter in ye bottom of ye pot wher put a good deal  
 if in with household bread over might & let it stand till ye  
 next day noon, while it is hot take another pot & put your  
 beefe in & season, while it is hot take another pot & put your  
 & put ye fat in as you chop it, press it hard in with your  
 hand into ye venison pot, & when you have put it all in set  
 it where it may stand steady & power in all ye rest of ye fat  
 ouer it from ye ground, you must chop it as fast as you can  
 while it is hot because it must be pressed in to ye pot as  
 hot as you can do it, if you have not fat left to cover it you  
 must melt more butter to put over it, & suet must be chopd  
 before you put it into ye pot it is best to cover it all with  
 butter. *Cosmo Salter.* \*

Take oranges & grate ym, till most of y<sup>e</sup> yellow be  
 So make Orange past in slices.

As orange direct majorum, carnations, lavender, mint or any other. (M.)  
 well to garnish out sweetmeats & eat very privily.  
 sugar should be warm by y<sup>e</sup> fire on a plate, these loaves  
 leaves one by one, & so sift y<sup>e</sup> sugar over it, but y<sup>e</sup>  
 you have dipped y<sup>e</sup> hard or flower, y<sup>e</sup> pick out y<sup>e</sup>  
 beat y<sup>e</sup> mixt of an egg & mix it with y<sup>e</sup> other  
 a little, if you please instead of y<sup>e</sup> gum, you may  
 steeped & strain it with fine sugar hang it in y<sup>e</sup> sun  
 till y<sup>e</sup> keep in water where gum arabick hath been

So Candy any herb.

Take pinks, violets, cowslips & lay ym on white  
 paper one by one, y<sup>e</sup> take white sugar evenly & beat  
 it very small, & mix it in a spoon with y<sup>e</sup> water  
 set y<sup>e</sup> a drying before y<sup>e</sup> fire, in a hours turn ym  
 lay sugar candy on y<sup>e</sup> other side & put ym so dry, &  
 when they be dry they will have their own natural  
 colour & smell thro y<sup>e</sup> candy.

So Candy flowers in their natural colour

It is thus any put it up.  
 when y<sup>e</sup> moulds y<sup>e</sup> put it in y<sup>e</sup> sun to dry, &  
 into a past with gum tragacanth, y<sup>e</sup> roll it thin & print  
 it with y<sup>e</sup> moulds, & sift it fine, & make it  
 take some of y<sup>e</sup> jumps of y<sup>e</sup> above written recipe

So make sugar plate of all kind  
 of flowers, both for colour & taste.

Take a quart of y<sup>e</sup> juce of red curance and put it  
 it two pound of double refined sugar, let it boile and  
 take of the scum and put it to it half a pound of y<sup>e</sup> flowers  
 great strabwies let them boile 2 or 3 boylings, taking  
 them off each boyling, take of the scum as it riseth,  
 when they are very tender take them and put them  
 into glasses, and the belly over them.

So preserve great strabwies.

Take a gallon of good French brandy, put it into a wide  
 moulded glass y<sup>e</sup> will hold 6 quart, y<sup>e</sup> take an ounce of half  
 ounce of y<sup>e</sup> spirit of sugar, one dram of oil of clove, one dram of  
 calamus with 5 leaves of double leaf gold put into it one  
 pound of half of double refined sugar freshly beaten, put ym  
 all into y<sup>e</sup> brandy, stirring it all one way, till y<sup>e</sup> sugar be  
 most of it dissolved, y<sup>e</sup> stop it close & let it stand 40 hours,  
 shring it sometimes, y<sup>e</sup> bottle it. M<sup>r</sup>s Robison.

So make effervens.

Take a gallon of good French brandy, put it into a wide  
 moulded glass y<sup>e</sup> will hold 6 quart, y<sup>e</sup> take an ounce of half  
 ounce of y<sup>e</sup> spirit of sugar, one dram of oil of clove, one dram of  
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 shring it sometimes, y<sup>e</sup> bottle it. M<sup>r</sup>s Robison.



Take pipins pare & core ym & above cover ym  
with water & set ym to boyle very fast & when  
ye water is almost boyled away take ye juce of  
ye lemonas or oranges & mixing it into a cup y<sup>e</sup> ye  
stones may be left out but ye meat may be put  
into ye pipins with ye juce, & take some of ye  
ye boyle ym tender & cut ym in thin long bits &  
take ye weight of y<sup>e</sup> pipins in sugar & let it boyle  
a while, y<sup>e</sup> put ye peile into it, & let it boyle till  
it will jelly, so put it into y<sup>e</sup> glasses. \*

To make Orange or Lemon Mermalade.

Take 3 pintes of cream & boyle it with mace or cin-  
nabarum w<sup>th</sup> Orange flower water & sweeten it y<sup>e</sup>  
fast when it is quite cold put it into a box of tin  
made on purpoe, & put ye box into an earthen pot  
a little to dry for it, & break doe in bits & put  
under y<sup>e</sup> round ye sides of a top & set it in a cool  
celler, let it stand 2 hours, & ye cream will be doc  
y<sup>e</sup> turn it out in a dish, & some of ye same cream  
seasoned, so serve it up. \*

Ice Cream.

Take 3 pintes of cream & boyle it with mace or cin-  
nabarum w<sup>th</sup> Orange flower water & sweeten it y<sup>e</sup>  
fast when it is quite cold put it into a box of tin  
made on purpoe, & put ye box into an earthen pot  
a little to dry for it, & break doe in bits & put  
under y<sup>e</sup> round ye sides of a top & set it in a cool  
celler, let it stand 2 hours, & ye cream will be doc  
y<sup>e</sup> turn it out in a dish, & some of ye same cream  
seasoned, so serve it up. \*

Take any of these flowers & pick out ye best stam-  
en in a stone mortar, ym take double refined sugar &  
boyle it to a candy weight with as much rosewater as  
will melt it, when ye sugar is boyled, so ye heate  
put in ye aforesaid flower, & so let it boyle  
always stirring, it will be thick, y<sup>e</sup> cast it in y<sup>e</sup>  
upon a p<sup>er</sup> plate, & when it is cold box it up  
all ye year. \*

To make past of violet. Consider duryage,  
buglosses, rosemary flowers or what else you please.  
very fine past rout it thin & print it with y<sup>e</sup> moulds.  
make it into a past w<sup>th</sup> gum dragon steeped in  
orange flower water or rosewater & when it is a  
very fine past rout it thin & print it with y<sup>e</sup> moulds.

To make double refined sugar being very finely scard  
with 2 grains of musk & a thimble full of pondicord orris  
make it into a past w<sup>th</sup> gum dragon steeped in  
orange flower water or rosewater & when it is a  
very fine past rout it thin & print it with y<sup>e</sup> moulds.  
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make it into a past w<sup>th</sup> gum dragon steeped in  
orange flower water or rosewater & when it is a  
very fine past rout it thin & print it with y<sup>e</sup> moulds.

To make Orange Mermalade.

To 4 large oranges a pound of sugar fast great y<sup>e</sup> fine  
close off, quarter ym & take out all ye meat & juce,  
ye boyle ye peiles in 3 several waters till they be  
tender having y<sup>e</sup> waters newe fast to shift ym out  
ye when ye peiles are well drained beat ym as fine as  
its possible, having ye meat & juce ready skind &  
seasoned very clean, mixe ym well with ye peiles adding  
ye juce of 3 or 4 oranges to make it thin enough to  
boyle, which when it hath some as small time, have y<sup>e</sup>  
sugar finely beaten, stir it in & let it stand on y<sup>e</sup> fire  
till ye sugar be well melted, but let it not boyle, so  
put it into flat glasses to dry, it will soon Candy.



Take a quart of sweet cream boyle it with nutmegs  
with some van cream or rosewater y<sup>e</sup> put it into you  
y<sup>e</sup> take a quart of almonds beaten ready  
y<sup>e</sup> take a quart of sweet cream boyle it with nutmegs  
y<sup>e</sup> take a quart of sweet cream boyle it with nutmegs

Almond Cream or Custard.

Take half a pound of almonds beaten very small  
with rose water y<sup>e</sup> strain y<sup>e</sup> cream into y<sup>e</sup> still  
y<sup>e</sup> rest of y<sup>e</sup> cream put to boyle it gently stirring  
y<sup>e</sup> still. Take it off y<sup>e</sup> sweeten it to your taste  
so eat it cold.

Almond Cream.

Take 8 eggs beat y<sup>e</sup> well with a whisk y<sup>e</sup> beat  
in a pound of fine sugar and a pound of fine flower  
a quart of a pint of rose water when it is  
a pudding stirrer add Corriander seeds & Coriander  
as you think fitt it will take near 2 hours a  
baking in a moderate Oven. \* mrs green at Streatham.

To make a good Cake.

Before you put it in y<sup>e</sup> vessel.  
Take a quart of sweet cream y<sup>e</sup> mingle it in y<sup>e</sup> half y<sup>e</sup> day  
long as you please. y<sup>e</sup> day transpire y<sup>e</sup> make it y<sup>e</sup> boyle y<sup>e</sup>  
stand a fortnight longer y<sup>e</sup> it will be fitt for bottling. keep it as  
2 or 3 days y<sup>e</sup> put it to y<sup>e</sup> wine y<sup>e</sup> stir it together set it  
wine y<sup>e</sup> put to it 2 ounces of beating glass y<sup>e</sup> let it stand  
5 or 6 weeks if it is fine boyle it off if not take a quart of y<sup>e</sup>  
stirring it very well to make it not y<sup>e</sup> stop it very close for  
days or a fortnight stirring it every day y<sup>e</sup> strain it thro y<sup>e</sup> cloth  
2 ounces of delicious flowers cover y<sup>e</sup> tub y<sup>e</sup> let it stand 10  
days y<sup>e</sup> boyle y<sup>e</sup> small y<sup>e</sup> rub y<sup>e</sup> when it is 20 pound of melle

Take 2 quarts of new milk y<sup>e</sup> a quart of cream  
put y<sup>e</sup> both in a skillett stir it y<sup>e</sup> put it on y<sup>e</sup> fire  
y<sup>e</sup> take a bit of cinnamon steep stirring it y<sup>e</sup> if boyle  
y<sup>e</sup> take it off y<sup>e</sup> fire y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream  
y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream

To make Honeycomb Cream.

Take some of y<sup>e</sup> cream y<sup>e</sup> season it so serve it up.  
y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream  
y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream  
y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream y<sup>e</sup> take y<sup>e</sup> cream

Ice Cream.

Take a quart of cream y<sup>e</sup> beat it with a whisk y<sup>e</sup> beat  
in a pound of fine sugar and a pound of fine flower  
a quart of a pint of rose water when it is  
a pudding stirrer add Corriander seeds & Coriander  
as you think fitt it will take near 2 hours a  
baking in a moderate Oven. \* mrs green at Streatham.

Rice Cream.

Take a quart of cream y<sup>e</sup> beat it with a whisk y<sup>e</sup> beat  
in a pound of fine sugar and a pound of fine flower  
a quart of a pint of rose water when it is  
a pudding stirrer add Corriander seeds & Coriander  
as you think fitt it will take near 2 hours a  
baking in a moderate Oven. \* mrs green at Streatham.



1. *Phragmites australis* (Cav.) Trin. ex Steud.  
 2. *Spartina patens* (L.) Muhl.  
 3. *Scirpus americanus* (L.) Pers.  
 4. *Distichlis spicata* (L.) Nees  
 5. *Eleocharis acicularis* (L.) Rostk Schmidt  
 6. *Eleocharis obtusa* (L.) Nees  
 7. *Eleocharis tenuis* (L.) Rostk Schmidt  
 8. *Eleocharis palustris* (L.) Rostk Schmidt  
 9. *Eleocharis acicularis* (L.) Rostk Schmidt  
 10. *Eleocharis obtusa* (L.) Nees  
 11. *Eleocharis tenuis* (L.) Rostk Schmidt  
 12. *Eleocharis palustris* (L.) Rostk Schmidt  
 13. *Eleocharis acicularis* (L.) Rostk Schmidt  
 14. *Eleocharis obtusa* (L.) Nees  
 15. *Eleocharis tenuis* (L.) Rostk Schmidt  
 16. *Eleocharis palustris* (L.) Rostk Schmidt  
 17. *Eleocharis acicularis* (L.) Rostk Schmidt  
 18. *Eleocharis obtusa* (L.) Nees  
 19. *Eleocharis tenuis* (L.) Rostk Schmidt  
 20. *Eleocharis palustris* (L.) Rostk Schmidt  
 21. *Eleocharis acicularis* (L.) Rostk Schmidt  
 22. *Eleocharis obtusa* (L.) Nees  
 23. *Eleocharis tenuis* (L.) Rostk Schmidt  
 24. *Eleocharis palustris* (L.) Rostk Schmidt  
 25. *Eleocharis acicularis* (L.) Rostk Schmidt  
 26. *Eleocharis obtusa* (L.) Nees  
 27. *Eleocharis tenuis* (L.) Rostk Schmidt  
 28. *Eleocharis palustris* (L.) Rostk Schmidt  
 29. *Eleocharis acicularis* (L.) Rostk Schmidt  
 30. *Eleocharis obtusa* (L.) Nees  
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 78. *Eleocharis obtusa* (L.) Nees  
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 80. *Eleocharis palustris* (L.) Rostk Schmidt  
 81. *Eleocharis acicularis* (L.) Rostk Schmidt  
 82. *Eleocharis obtusa* (L.) Nees  
 83. *Eleocharis tenuis* (L.) Rostk Schmidt  
 84. *Eleocharis palustris* (L.) Rostk Schmidt  
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 93. *Eleocharis acicularis* (L.) Rostk Schmidt  
 94. *Eleocharis obtusa* (L.) Nees  
 95. *Eleocharis tenuis* (L.) Rostk Schmidt  
 96. *Eleocharis palustris* (L.) Rostk Schmidt  
 97. *Eleocharis acicularis* (L.) Rostk Schmidt  
 98. *Eleocharis obtusa* (L.) Nees  
 99. *Eleocharis tenuis* (L.) Rostk Schmidt  
 100. *Eleocharis palustris* (L.) Rostk Schmidt

It must stand longer for the next day or so before it will keep as long as French wine, making room for a few more bottles in a cooler. It should be put in a cooler place of the rack comes from the must be mixed with the other kinds of grapes. It is not necessary to put in a little sugar to make it palatable.



108. suppoſe, you put ym in a pan of freſh water, & ſet it over the fire & let ym boyle gently, till y<sup>e</sup> meat may be ſcooped out with a ſpoon.

Thumb, & when ye meat is all out put ye into fair water & shift  
ye twice a day for 3 or 4 days, ye draw ye on stives, & place ye  
ye in another in ye pan ye put this down to ye fire.







004. (2003 claims is enough) if we survive be wasted make me  
with sugar and matter and put it off them that then be

It out and take a pint of Rhenish wine the Juice of six Lemons  
half a pound of foot sugar part a little of the kind of







eggs very hard to stir, I fear, out out white, put some cream  
in a pitcher if not too good, bread, season it with sugar & butter or  
dole, a little salt & spice, put in as many currants as you please to

You like it little pieces of bacon fried over it, do send it to the table.\*



98 make it pretty, still & put it before ye fire & let it be half an hour & ye covered with a cloth when y<sup>e</sup> iron is ready. And

let it not be long before it is wide open, it will be in over 2 hours if not 3 hours, then close it if you please, it will keep











[illegible][illegible][illegible]

1. The first thing I did was to  
 2. go to the bank and  
 3. get some money out of  
 4. the machine. I was  
 5. very nervous but  
 6. it went all right.  
 7. I then went to the  
 8. post office and  
 9. sent a letter to  
 10. my mother. I was  
 11. very happy to  
 12. hear from her.  
 13. I then went to  
 14. the library and  
 15. borrowed some  
 16. books. I was  
 17. very interested  
 18. in them. I then  
 19. went to the  
 20. cinema and  
 21. saw a very  
 22. good film. I  
 23. was very  
 24. happy to  
 25. see it. I then  
 26. went to the  
 27. park and  
 28. played for  
 29. hours. I was  
 30. very tired  
 31. but very  
 32. happy. I then  
 33. went to bed  
 34. and fell  
 35. asleep. I was  
 36. very tired  
 37. but very  
 38. happy. I then  
 39. woke up  
 40. and found  
 41. that I was  
 42. very tired  
 43. but very  
 44. happy. I then  
 45. went to bed  
 46. and fell  
 47. asleep. I was  
 48. very tired  
 49. but very  
 50. happy.

Take a neck of mutton, cut it very thin & beat it well & fry it  
in butter, when it is well fried, dredge it with all ye leucous away & put  
it in a stewpan & put over it a little powder of sweet bread & of you  
will be roasted & covered with cream some cut a some spice, & if you  
like to gather in ye pan till ye herbs are frayed enough & put in a spoon  
full of greasy oil & drag it well together & serve it up.

1. The first of these is the fact that the  
 2. second of these is the fact that the  
 3. third of these is the fact that the  
 4. fourth of these is the fact that the  
 5. fifth of these is the fact that the  
 6. sixth of these is the fact that the  
 7. seventh of these is the fact that the  
 8. eighth of these is the fact that the  
 9. ninth of these is the fact that the  
 10. tenth of these is the fact that the

The first of these is the fact that the  
 body is not a simple mass of matter, but  
 is a complex of many different parts,  
 each of which has its own life and  
 its own functions. The body is a  
 system of many different parts, each  
 of which has its own life and its  
 own functions. The body is a system  
 of many different parts, each of which  
 has its own life and its own functions.



6. Dry. Fesc.

To refine Sydenham

Another.

To keep plums to make jarts all ye year.

and put him into ye oven very quick immediately from y<sup>e</sup> fire, he

Another Way.

To make with 4 to order. Cuds.

To make french Buns. 6

Stew on the Cheek. 9

James Frederick.



[illegible][illegible]



[illegible]

The good things which must first be cast out as unclean  
 things, as well as these, it is not to be lost, it must be kept in  
 order that they may not come in again, full of uncleanness, or left  
 them as according to your instruction, you carry up with ye rest of  
 ye past, & bear ye burden of a cross, & walk over ye top with full  
 feet, as it were, in an overjoy, but not discerning, for all may  
 apt to search. Met in Jerusalem.



To yagoo a neck of veale. 9

\_\_\_\_\_

*Agriolo of pigeons.*

\_\_\_\_\_



82. a little maitre d'hotel, rub sage whole pepper a bit of onion, let him steam a while in this, mix out the onion & the sage & put in a good piece of butter to thicken it & serve. you may put

...



80. one & seven pells, ovris roof & columns each half an ounce brass  
 we seed & spice covanted seers & covanted we left & cast  
 each half an ounce spice we roots & put all these into 3 qualls

fine sugar, you cut up about a little in the side, & stick across on  
top of it & set me one by one in a preserving pan or oil, rolling up  
it & cover it with cold water & cut into



78. <sup>off, & sell at once.</sup> <sup>to</sup> tell it will be fit to build, thus they make mud dam  
new. <sup>of another meal.</sup> <sup>9</sup>

It has a 2 coiled parabolic & thin rim & cut under & broad  
all other bones thin, a parabolic & thin rim & cut under & broad  
close & let it stand a day & it has a thin rim & cut under & broad  
it put a lump of sugar in each bottle & it has a thin rim & cut under & broad  
it has a 2 coiled parabolic & thin rim & cut under & broad



Orange flower Rastie.

Take a pound of orange flowers well picked put ym in blin-  
ding paper, set ym stand in a quart of an hour ym take ym up  
with a skimmer & put ym in cold water & wash ym in 2 or 3  
waters, ym draw ym well, & put ym into a gallon of good  
strawny, & with a pound & half of double refined sugar leav  
stand all together a fortnight or a month ym pass it thro a  
bag & bottle it ym may likewise put in a quart of orange  
flower water or less, after this strained, it will drive away  
pest better. Rastie 4. Rastie my day Newell.

Cherries Rastie.

Take 10 pound of y best cherries pull ym stalks off & put ym  
into a great Jug & take 10 pint of brandy, add 10 lb  
weight of sugar of cherries & a quart more of brandy, put in  
this quantity 5 pound of double refined sugar, a grain of musk  
an ounce of cloves, 6 corns of long pepper a good stick of  
Cinnamon, bruise ym stones from which you draw ym juice &  
put ym in a cleane bag into ym Jug, stop it close with a tow  
& ym pour it softly off into bottles.

Whitcock Rastie.

Take a do of whitcockes cut ym in little pieces ym let ym  
infuse in 4 quart of brandy, put ym some spices as you desire  
ye cherries to be dryed, half a pound of sugar  
expose it to y sun for a fortnight in a bottle well stoped  
Coll: I reckon these two.

To make Syder to cleay it.

When you have powdered y apples & squeezed ym in a  
bag, draw ym syder into a mashing, wash ym up in it, next  
day draw it off & turn it into y bestell, in less ym a week draw  
it off again, let not y tap hole, & so low because y grapes  
may be all kept back in a fortnight draw it off a gain ym  
be best cleay you may bottle it if you will, but ym which is  
to bottle it by y time his a new cold, before  
fermenting at y best to a brackish of syder take 2 ounce  
of strong water, draw ym out of y bestell into a

Orange flower Rastie.

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infuse in 4 quart of brandy, put ym some spices as you desire  
ye cherries to be dryed, half a pound of sugar  
expose it to y sun for a fortnight in a bottle well stoped  
Coll: I reckon these two.

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When you have powdered y apples & squeezed ym in a  
bag, draw ym syder into a mashing, wash ym up in it, next  
day draw it off & turn it into y bestell, in less ym a week draw  
it off again, let not y tap hole, & so low because y grapes  
may be all kept back in a fortnight draw it off a gain ym  
be best cleay you may bottle it if you will, but ym which is  
to bottle it by y time his a new cold, before  
fermenting at y best to a brackish of syder take 2 ounce  
of strong water, draw ym out of y bestell into a

Methueglin.

Take as much honey as will make ym water strong enough  
to beay an egge cold, ym take a root of angelica, a little gall  
ingale, root of a little ginger & cloves, double this an hour  
potion it ym take out y roots & spice, put ym ym quantity of  
gallons to it at night mixe it y cold let it in y morning put y  
yeat to it & let ym stand ym morning ym draw  
it up in a bottle, which it hath come newling stop it up a quart  
of a year, if you make it at midsummer let it stand till much de  
bottle it, & it will be good to drink in winter.

Meade.

Take 2 quart of honey, & 5 quart of water & let it melt ym  
set it on y fire, & let it boyle up, & put to it 2 or 3 spring  
hermon time, a sprig of sweet bray & some angelica stem ym  
let it by to settle till it is cold, so bottle it up ym a

Methueglin.

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hermon time, a sprig of sweet bray & some angelica stem ym  
let it by to settle till it is cold, so bottle it up ym a



171 Take 6 large Lemons pour in this 3 pint of Vinegar  
Let them stand 4 or 5 days, then squeeze out the  
more according to the strength you desire, if a bottle  
of Food should fill it is a sufficient quantity, if you  
if some parts are more it is cold, if thin it is  
Bottle it, some puts in much Ambergrace, but he  
X

Jo make femon

[illegible]

Another.

[illegible]

Burch Wine.

[illegible]

Page Wine. 6

but stirring up the pot of 60 needles and take it in a few broad  
it begins to look thick, it is now ready to pour into bottles very slowly, it  
thinks to let it stand in a bottle till the clay, or the poll has run  
boffe, & keep it for yr use, if you would have it last much of a  
bottle you may cut 50 of yr needles in pieces before you steep yr

with 3 fingers mix all together in ve  
having it 3 times a day but beware not  
of 6 weeks and take 1 in 4 feet.

1. The first part of the paper is a general introduction to the subject of the paper, and is written in a very plain and simple style. It is intended to give the reader a general idea of the subject, and to show that the author has a thorough knowledge of the subject.

ms of ye best brandy infuse into it  
4 cloves one ounce of yellow saunders

To make quince ruffie. Take a gallon of ye Juice of quinces put to it 3 pound of the best cinnamon, broild downe of it till ye be put in a double boyl  
If ye have of you know, ye let it stand till ye be cold & put to it 4  
gallons of ye best brayn mix it well & let it stand close covered to  
dettie idle & when it is cleay, bottle it. \*

with it full with ye best brandy do  
a you drink of it how ye cleave in a glass  
certain full it up with more brandy &c.

Black Cherry brandy. ♀  
 ♀ Take black cherries & put 'em in wide mouth'd quart bottles half full of rum, & fill it full with ye best brandy, do so till ye bottles are full.

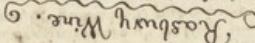
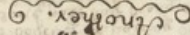
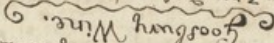
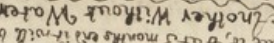
Red Cherry Brand.



72. Rickey put a pound of sugar & bottle it up presently, & in a fortnight you may drink it. \*

11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 841. 842. 843. 844. 845. 846.



A pound of half of sugar & 3 pint of water & Boyle y<sup>e</sup> sugar & pour  
 well together till y<sup>e</sup> sicken water, which take off very clean, & put in  
 pound of s<sup>e</sup>lvicels being powdered & stoned & let it continue boiling till  
 y<sup>e</sup> use use of y<sup>e</sup> opacities is out, y<sup>e</sup> strain y<sup>e</sup> let it stand till it be cold  
 spirituous put in a scrip of flower clay after you have taken out the  
 opacities & let it boyle once, & y<sup>e</sup> strain it thro a s<sup>e</sup>lly bag, & make  
 it is cold, bottle it up. \*  
 Rasbury Wine.   
 Take to aquant of water 3 pound of rasburies & one pound of sugar,  
 mix y<sup>e</sup> fruit well together y<sup>e</sup> hours, & put y<sup>e</sup> water to it make it mull  
 mull 3 days, y<sup>e</sup> strain it out & put y<sup>e</sup> sugar to y<sup>e</sup> cleare & put it  
 up into a vessel, y<sup>e</sup> when it has a thick cap over it bar  
 it up 1 month, & y<sup>e</sup> when it is mull enough, stop it close & let it  
 but more sugar for curative. \*  
 Chnohey.   
 Take a gallon of sack & a gallon of rasburies bread them & let y<sup>e</sup>  
 stow close covered, & 4 days y<sup>e</sup> put in a pound of loose sugar & should  
 y<sup>e</sup> if you think it will not be sweet enough you may put in more sugar  
 Take 5 gallons of rasburies & put y<sup>e</sup> into an earthen stean pot & pour  
 3 gallons upon y<sup>e</sup> rasburies & stir y<sup>e</sup> well together & let it stand  
 12 hours, y<sup>e</sup> strain it & put it to it 3 pound of white sugar  
 to every gallon, 2 pound of sugar & drink it enough, y<sup>e</sup> twist it up into  
 a vessel & let it stand a month before you bottle it. \*  
 Goosebury Wine.   
 Take for every 3 pound of gooseburies & a pound of sugar & a quart of  
 water, drinke y<sup>e</sup> gooseburies & put y<sup>e</sup> into an earthen pot with y<sup>e</sup> sugar  
 & water let it lie for a fortnight very close covered, covering y<sup>e</sup> with  
 12 hours it must be many times stirred up as y<sup>e</sup> forthright & let y<sup>e</sup>  
 before you bottle it, & turn it up into a vessel, y<sup>e</sup> let it stand a week  
 before you bottle it, & 3 months & it will be fit to drink. \*  
 Chnohey Without Water.   
 Take gooseburies make they be ripe & break y<sup>e</sup> in, throw y<sup>e</sup> pulp thro a  
 coarse strainer, y<sup>e</sup> cover it close & let it stand 2 or 3 days, y<sup>e</sup> put a  
 fine clean strainer y<sup>e</sup> strain it & dry y<sup>e</sup> down y<sup>e</sup> to a powder.











4. Show it well together, and so pour it on your Corps and lay it down about it, garnish it with slices of Lemon and barberries, this was approved of at Court Wightfield. \*

\_\_\_\_\_

[illegible]

\_\_\_\_\_







19







To make a Custard.

so make post. 6

Almonds &uffs.

make him up like sheets of

$\frac{2}{3}$  make toffity parts.

\* *crust. of y<sup>e</sup> afore said*

To make Cheese.

thin & flat is by the pattern of

*[Decorative flourish]*

cupful of milk in ye pan you

and which is the same as the one in the  
 next page.



4. Circumstances of town it up in a valley, and the people might be put on some of the masses of sandstone to obtain the yield of the gold. And the masses of sandstone in greater bread of mountains, but out all over it. It comes out of the country put in a valley of white limestone valleys of granite, some sets in the down a little while. \*

54.

When I made this B had a pound of meat to it & I put 4 pound of  
first I made a pound of curraway, half a pound of government  
to near a half a pound, & just 2 of curraway & half a pound of nutmeg  
a quarter of an ounce of cloves of mace, & nutmeg & pepper

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Make a Calves foot pyc.  
Take half a pound of beefe suet a good handfull of sweet herbs & 3  
eggs boyled hard mince these together very small & y<sup>e</sup> put in a quon-  
tity of oyle of cunowre some consideable quantity pille & y<sup>e</sup> put in a quon-  
tity of weal & beat it like starch collops & y<sup>e</sup> put in a quon-  
tity of weal & beat it like starch collops & y<sup>e</sup> put in a quon-

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tity of oyle of cunowre some consideable quantity pille & y<sup>e</sup> put in a quon-

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Take half a pound of beefe suet a good handfull of sweet herbs & 3  
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Take half a pound of beefe suet a good handfull of sweet herbs & 3  
eggs boyled hard mince these together very small & y<sup>e</sup> put in a quon-  
tity of oyle of cunowre some consideable quantity pille & y<sup>e</sup> put in a quon-



50. To Dry Westphalia, Stearn, or Tongues. 6

put it in a Coffin, and when it is buried put in a couple more of such eggs  
positive, or back, you may leave out 2<sup>d</sup> course if you will. \*



put in y<sup>e</sup> sauce, so dresse it up, Mrs. Richardson.

To dresse a Stags Head.

Take one of y<sup>e</sup> Staggs head, and wash y<sup>e</sup> head and all y<sup>e</sup> face about it with

vinegar, and y<sup>e</sup> face of y<sup>e</sup> head, and y<sup>e</sup> face of y<sup>e</sup> head, and y<sup>e</sup> face of y<sup>e</sup> head,

in the vinegar, and y<sup>e</sup> face of y<sup>e</sup> head, and y<sup>e</sup> face of y<sup>e</sup> head, and y<sup>e</sup> face of y<sup>e</sup> head,

To Colley Stags Head.

When they are drest, y<sup>e</sup> head and drest, y<sup>e</sup> head and drest, y<sup>e</sup> head and drest,

To Pickle Pigeons.

Pigeons and bones y<sup>e</sup> head and drest, y<sup>e</sup> head and drest, y<sup>e</sup> head and drest,

To dresse a goose y<sup>e</sup> French Way.

To dresse a goose y<sup>e</sup> French Way.

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The Collier a pig.

Chloride of amy cold meat.

Astringency of cold meat.

Frigasy of Chicken or Rabbits.

*In a number of weeks*

good broth, garnish you

1. 1871

also placed and put it in

which is so clean & fresh

in Gold model and had  
erbs, yucca & radish in

၁၈၈၁ ခု၊ ဇန်နဝါရီလ ၁ ရက်၊ နံနက် ၈ နာရီ၊  
 နေရာ၊ နေရာ၊ နေရာ၊ နေရာ၊ နေရာ၊ နေရာ၊  
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cause it is in hot weather

and very small, mix  
in 2 coffee cups it with  
it is tender to touch



**To make a Collop of mutton to eat cold.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat hot.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat cold.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat hot.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat cold.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat hot.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat cold.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.

**To make a Collop of mutton to eat hot.**  
Take a leg of mutton and cut it in two pieces, one of which you may use for a Collop, and the other for a Leg. Cut the Collop into thin slices, and season it with salt, pepper, and vinegar. Then broil it on a gridiron, and serve it up with a sauce of vinegar and mustard.







X<sup>o</sup> a leg of mutton cut into slices and fried in butter and nutmeg, the fry to be served and garnished with a slice of bread and butter.

[illegible]

*[Faint handwritten notes at the bottom of the page]*

1. Some of the best of the world is to be found in the  
 2. of the world is to be found in the  
 3. of the world is to be found in the  
 4. of the world is to be found in the  
 5. of the world is to be found in the  
 6. of the world is to be found in the  
 7. of the world is to be found in the  
 8. of the world is to be found in the  
 9. of the world is to be found in the  
 10. of the world is to be found in the

[illegible][illegible]

...



grated, 3 eggs, a quarter of a pound of sugar mix all these together cold, and bake it in a very thin oiled buttered pan. \*

Stages are the same as those of the preceding stages, but the first stage is now divided into two parts, the first part being the stage of the embryo, and the second part being the stage of the larva.







⑤ mose semer. ⑥

1840



right over the other.  
to make you may add another white of an egg and lay it very  
thick, in put into glasses, and leave a little to mill the  
yolk, and put it up, or mix it with a chocolate it will be  
good of use, some put white with too much cream, it will be  
a quantity of very thick cream, 12 whites of 4 or 5 eggs, a good  
quantity of sugar.

**Whipped Cream.**  
The morning make it over night, if at make it in the morning.  
it pour it in a high and as for from the pot cast it in  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

**of Cream.**  
it, you may have some sugar over it.  
upon it, so that it may be full of sugar of an hour before you eat  
it, it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

**of Milk and Beat in well and put to you.**  
eat it.  
a double handful and let it be of it in 2 or 3 days you may  
be not clear enough, beat the cream of an hour, in strain it  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

**of Cream.**  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

32  
and you think it will still not hold be 4 or 5 hours, when it is

turn it out on a silver paper the glass are like a sugar coat there  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

**of Cream.**  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

**of Cream.**  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good

33  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good  
it is not so good as the other, it will be very good



1 pound of butter and a quart of cream and set it upon the fire so melt. In let it cool do not mingle it till it over be hot, y<sup>e</sup> pour y<sup>e</sup> butter or

...if need require so make it moist, when they are well mixed set it before the fire to rise for an hour



To make Eggs merrallize.   
 Take of the yolke of a new laid egge  
 beaten, you may strene on Comfit if you will.   
 To make of the yolke of a new laid egge  
 beaten, you may strene on Comfit if you will.   
 To make of the yolke of a new laid egge  
 beaten, you may strene on Comfit if you will.

*The Green Bisk.*  
Take a pound of double refined sugar, 12 eggs some ground on steep  
in orange flower water, beat it together in a marble mortar, y<sup>e</sup> will in  
2 pound of y<sup>e</sup> best flower and half a pound of almonds beat it  
in by degrees till it comes to a paste, y<sup>e</sup> on roasting on mild fire  
or fashion you like till it take a row of this part y<sup>e</sup> lay a thin  
membrane of eggs and y<sup>e</sup> row of almonds, that has been beat  
so to cut in thin slices y<sup>e</sup> bread may and stretch a night in orange  
flower water, y<sup>e</sup> lay another row of part so of membrane, so of  
almonds, so do till they be 4 rows of part, 3 rows of membrane,  
make it over with y<sup>e</sup> yolk of an egg and little perfume sugar, then  
on some little water placed, it bakes y<sup>e</sup> on a quick oven. \*

[illegible]

28. With 2 or 3 pistachio kernels potted and put between. \*  
To make y<sup>e</sup> White Biskett.

Take a heaped peck of flower and put it into a pan you intend to  
make it in, and put into it a pound of Coverall, Cambric and a pound of soap  
some more may be finely beaten a pound of Curcum, which is a good  
dye, y<sup>e</sup> best is eggs but not y<sup>e</sup> whites, put into y<sup>e</sup> eggs a quart  
of y<sup>e</sup> best, a quart of a pint of rosewater, beat it well, and take

To make good plum cake. Take  
 1 lb. of butter and a pound and quarter of sugar, beat  
 good the butter, and add cream of tartar, and half a pint of  
 thick cream, when you have well mingled, your sugar set it past to  
 rise by the fire half an hour, y<sup>e</sup> work in 4 handfuls of sugar and half  
 a pound of rough Cornmeal, and make y<sup>e</sup> up like mackerel, and  
 put y<sup>e</sup> in an buttered plate, to bake y<sup>e</sup> in half an hour, double this  
 quantity makes a good cake. X

To make Buns.  
Take a pound of flower and as much again finely powdered mix it well together first a quarter of an ounce of powdered mace, y<sup>e</sup> take a pound of butter y<sup>e</sup> is well in season mix it in a little more flower and sugar so as it will be a little thicker than ordinary butter y<sup>e</sup> flower and sugar so y<sup>e</sup> other half of y<sup>e</sup> flower and sugar y<sup>e</sup> mix it well y<sup>e</sup> put y<sup>e</sup> mixed butter your eggs and fill y<sup>e</sup> half full and stir it together but y<sup>e</sup> curance if you please  
Turn y<sup>e</sup> mix out while hot these cakes keep 2 months, remember to keep y<sup>e</sup> earthen pan ~~in~~ <sup>in</sup> y<sup>e</sup> oven till cool, and they keep better in an

[illegible]



So make french Biscakes.

*So make French Biscuits*

So make Coffee Cakes.

So make Coffee Cakes.

*[Faint handwritten notes at the bottom of the page]*

*[Faint handwritten text at the bottom of the page]*

Another Way.

Another Way.

To make Biskett.

2 beaten very fine with  $\frac{1}{2}$  whites of 6 eggs, put  $\frac{1}{2}$  sugar in a deep

to beaver very fine with y<sup>e</sup> whites of 6

These are very good and to be baked in little square pans.

These are very good and to be baked in little

put in the horse and much in well, and lost of all the sugar must  
in the same money to put in the same money.

put in the flower and mix them well, and lay in the same manner, so put in the same

all the sugar which you may leave out of the half pound cake & add a boiling pan put charcoal on the top and are bottom.

add the sugar which you may leave out of y  
der a baking pan put charcoal on the top





12. you and y<sup>e</sup> in long chips, lay y<sup>e</sup> 12 hours in steep in Orange flower  
 water, y<sup>e</sup> has had a little gum arabick in it, y<sup>e</sup> took y<sup>e</sup> out of y<sup>e</sup> water &  
 lay y<sup>e</sup> on a plate by y<sup>e</sup> fire or sun and y<sup>e</sup> double refined sugar over  
 y<sup>e</sup> y<sup>e</sup> as it melts y<sup>e</sup> more these when any cut crisp and looks pretty  
 amongst other things some takes these almost never cut & boys y<sup>e</sup>  
 up in double refined sugar as a little water but not so Candy just y<sup>e</sup>  
 you may take y<sup>e</sup> clean out of y<sup>e</sup> sugar and so lay one on y<sup>e</sup> other into  
 what shape you please, it is pretty but tedious. \*

**White Dishes to lay streem-cakes on.**  
 Take y<sup>e</sup> yelke of 2 eggs, and 2 spoonfull of sack, a spoonfull of  
 rosewater, as much fine sugar as will make it into a stiff port enough  
 to hold y<sup>e</sup> round it very thin, & take silver or chivie plates and butter  
 y<sup>e</sup> very thin on y<sup>e</sup> outside, & put y<sup>e</sup> past on y<sup>e</sup>, & cut y<sup>e</sup> past fit  
 for y<sup>e</sup> plates, and put it into a cool oven to dry, and when they are  
 dry take y<sup>e</sup> out, & let y<sup>e</sup> stand till cool, & take y<sup>e</sup> off y<sup>e</sup> plates  
 y<sup>e</sup> oven will be hot enough after y<sup>e</sup> is drawn, put y<sup>e</sup> dried streem-  
 cakes in there for y<sup>e</sup> table and you may give every one a dish,  
 y<sup>e</sup> dishes may be eat. \*

**Cakes of Orange flowers.**  
 and for y<sup>e</sup> time will be as good as Orange flower water. \*

Boyle y<sup>e</sup> flowers and let y<sup>e</sup> stand 2 hours in water as in y<sup>e</sup> former  
 receipt, y<sup>e</sup> say y<sup>e</sup> water clean from y<sup>e</sup> with a cloth, and put y<sup>e</sup>  
 of y<sup>e</sup> put half a pound of sugar finely sifted, and beat y<sup>e</sup> altogether  
 into a preserving, pan and put to it as much juce of lemon as

13. will make it just thin enough to drop, but before it do not run about y<sup>e</sup>  
 put it on a very little fire to warm, drop it on glass and set y<sup>e</sup> to dry,  
 when they are over run y<sup>e</sup>, so do Candy boy still they are dry keep y<sup>e</sup> close  
 in boxes or else they will loose y<sup>e</sup> sent. \*

**The Candy Overlinks Orange flower Cakes.**  
 Take half a pound of double refined sugar and boyle it to a Candy heat,  
 y<sup>e</sup> take a spoonfull of cold water and put into it as many Orange flowers  
 as you think fit for this quantity and put both into y<sup>e</sup> Candy sugar, let it  
 boyle up very fast, and y<sup>e</sup> pour it into a silver plate and set it on a hot  
 stone for 5 days, y<sup>e</sup> cut it out and dry y<sup>e</sup> a day or too in a stove, if you  
 like y<sup>e</sup> very strong of the Orange flower you may dip y<sup>e</sup> sugar in  
 Orange flower water. \*

**Many Cakes they may to Candy Orange flowers.**  
 Take Orange flowers fresh gathered & put y<sup>e</sup> in into a silver pot y<sup>e</sup>  
 hath a close cover, and put to y<sup>e</sup> as much water as will more y<sup>e</sup> cover  
 y<sup>e</sup> and set y<sup>e</sup> not close covered into a skillet of water and let the  
 water boyle 4 hours over y<sup>e</sup> fire, y<sup>e</sup> take y<sup>e</sup> not out of y<sup>e</sup> skillet and let  
 it stand till it be quite cold, y<sup>e</sup> take double refined sugar as boyle it to  
 a Candy heat, & pour it to y<sup>e</sup> flowers scolding hot, and set y<sup>e</sup> in a silver  
 plate keeping y<sup>e</sup> stove moderately hot, if they do not Candy right with  
 standing in y<sup>e</sup> stove you may put y<sup>e</sup> dry up from y<sup>e</sup> & boyle it a while,  
 they will look y<sup>e</sup> better so have it twice boyled, when they are Candy  
 lay y<sup>e</sup> out to dry in a lamp or single flowers as you like. \*

**To preserve Orange flowers White.**  
 When they have boyled to be clear in y<sup>e</sup> afore said syrup but not  
 so high as to Candy, take y<sup>e</sup> out and put y<sup>e</sup> in glasses with some stelly  
 of pipins, made with some juce of lemon and Orange flower water. \*

**Such Orange flower Cakes.**  
 Clip y<sup>e</sup> flower every small with sickers, boyle y<sup>e</sup> sugar to Candy y<sup>e</sup> put  
 in the flowers and let it boyle till they begin to look clear put in a  
 little water to keep it from growing so thick boyle it a while after y<sup>e</sup>  
 out hole twice y<sup>e</sup> before they be quite dry with a knife in y<sup>e</sup> middle &  
 they will look like peices of sea brook in a river and yet one upon  
 another, y<sup>e</sup> stove you dry y<sup>e</sup> in must be better y<sup>e</sup> for preserving, &  
 y<sup>e</sup> get they will be a month drying, if they so not come easily out  
 of y<sup>e</sup> pan put y<sup>e</sup> bottom of y<sup>e</sup> in boyleing water and dry y<sup>e</sup>





fruit y<sup>t</sup> hath been preserved before and is tryed out of y<sup>e</sup> strength  
To Candy pipins pears or cherries

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*To muche pleasure or strange sport.*



16. Boyle it to Candy height, y<sup>n</sup> put it in glasses and set y<sup>m</sup> to dry, y<sup>n</sup> turn them out and dry y<sup>e</sup> other side also. ~~dry~~

I have first to warn they are cold take up of and make ye duties  
 in rooms, a chimney, stove, earthen ware, and things that may be taken  
 in parts as not break ye skin because it should not be wet and put a  
 piece of thing to hold it by in ye fingers so you must be by all fruit, veg-  
 etables of holding, take some of ye sugar before you can wash fruit  
 and is better for ye purposes and wash it up always with of clean water  
 like pumice, this and ye cornual drop it not to be done but just be-  
 fore you eat is its very pithy to stir but sweeten it.



To Dry Cherries. 9

20 Dry Turnsons or other Black Stubs.

14.

To Dry Cherries.

To preserve and Candy Angelico:

To preserve popping pairs. 6

1



[illegible]

\_\_\_\_\_

[illegible]

\_\_\_\_\_



To make part of red pipins.

Take your pipins and cut ym in pices and put ym in an earthen pitecher and cover ym close, and set ym into a pot of water up to ym neck. Let ym boyle till ym apple looks red, and when you find they are enough, pour ym through a cloth, & run ym pulp throo a hair sieve and hope in readynesse a pound of sugar boyled to a canny height to mix with ym. which put a pound of pulp & stir it well over ym fire but not boyle ym put it by and when it is almost cold, put it into moulds. boyle ym put it by and when ym out, ym lickour that comes from ym will make cleare cakes. X

To make green part of pipins.

Take your pipins while they be green, and wash ym tenderly ym pite ym and put ym into fresh warm water and cover them close till they are green as you would have ym. ym take ym pulp from ym core and beat it very fine in a mortar ym take ym height in sugar and boyle it to a canny height and put ym in ym pulp to mix. But not to boyle, so put ym into moulds and dry ym in the sun. or a stove. X

Part of any kind of fruit.

Take your fruit and stone it and rub it throo a hair sieve ym take ym height of ym pulp in sugar and boyle it to a canny height ym put ym in ym pulp and set it on ym fire stirring it continuallly till ym sugar be all melted, but not boyle ym turn it well, put it into moulds and dry ym in the sun. X

To make gelly of Raspberries & Currants.

Take 2 quart of Raspberries and 2 of Currants and put ym in an earthen pitecher and set it in a kettle of water over ym fire cover ym pitecher and put a weight upon it, when it has boyled half hour pour ym lickour out into a cup, and set it in a quartre when you think they have boyled long enough. boyle it into a quartre to again but do not squeeze ym at all, for a quartre and set ym boyle (carefully strain ym well and non off ym fire cover ym and let ym stand about half hour, ym take ym and let ym heat by degrees, as you can, ym take ym sugar on ym, and when ym sugar is all melted set it on ym fire 2 pound of ym take a pound and a quartre of double refined sugar. Take ym largest and clearest whorles and pare ym and to make ym Raspberries with gelly about them.

To make cakes cleare of goodburys.

Prepare 4 pint of goodburys as far forth as put a pint of water to ym boylung ym as fast as you can till they are tender ym strain ym throo a gelly bag, so each pint of ym place put a pound of double refined sugar boyled to a canny height, it must not boyle after the juice is in, only let it heat stir it and skim it well ym put it in cake glasses, fill your glasses full for it will shrink, and set ym in a stove. X

To make cakes cleare of plumis.

You may do goodbury gelly, or cleare cakes of plumis. X  
Lords preserved raspberries, and cleare up the raspberries and to let ym dry and turn ym out of ym glasses, and dry ym on ym oyster stove. Turn to dry, you may try and put into some of ym cakes ym new but before put to boyle ym put it into little glasses and set ym in a height ym put ym lickour so it, and set it on ym fire to heat well ym take ym height of ym lickour in sugar and boyle it to a canny

To Dry whorles with gelly about them.

Take ym largest and clearest whorles and pare ym and to make ym Raspberries with gelly about them. X  
Take ym are quite dry, ym sun dry ym bottles. X  
They are hard candied over ym turn ym out on glasses, so dry ym you have put ym goodburys into ym cleare cakes, let ym stand till boyle very fast, and when they look cleare they are enough after and when it boyle skim it and ym put in ym goodburys and let ym outch goodburys of four notes, set ym sugar and water on ym fire 3 or 4 goodburys to a cake some after this manner, take ym note weight ym next day when ym gelly is grown stiff you may put in ym some beat ym sugar very fine and so not boyle it to a canny dry, some beat ym sugar very fine and so not boyle it to a canny

Take of your vintification peaches and boyse y<sup>e</sup> tender in y<sup>e</sup> skin y<sup>e</sup> pelle y<sup>e</sup> and searpe of all y<sup>e</sup> pulp from y<sup>e</sup> core & put it in a glass over a chafin dish of coali, and let y<sup>e</sup> water till y<sup>e</sup> ticknowl  
a little y<sup>e</sup> weight of y<sup>e</sup> quince & peaches & boyse y<sup>e</sup> put  
the weight of both in sugar and boyse it to a comely height y<sup>e</sup> put

So make. Steway past.

Take y<sup>e</sup> bluckest rind Remons & grate y<sup>e</sup> in 3 several water y<sup>e</sup> last 2 must be boyled very tender, y<sup>e</sup> cat y<sup>e</sup> & take out the stones and  
beat y<sup>e</sup> peele in mortar & straine it and take 2 part of pulp of pipe to  
one of Remons, & weight it and set it a dayning over a chafin dish of coali,  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height

So make. Apricock past.

Take 2 pound of fair and uncolored Cherries stone y<sup>e</sup> & boyse y<sup>e</sup> on  
a quick fire, and as they boyse pour y<sup>e</sup> juice from y<sup>e</sup> and when they are  
thick put to y<sup>e</sup> a quarter of pint of cleare y<sup>e</sup> of cleare boyse y<sup>e</sup>  
till they are so thick y<sup>e</sup> you think they will sell, y<sup>e</sup> add to y<sup>e</sup> y<sup>e</sup>  
of sugar finely beaten straine it in, & heating y<sup>e</sup> after y<sup>e</sup> sugar is in  
but not boyse it to stop y<sup>e</sup> into mould as y<sup>e</sup> apricock past.

So make. Lemon past.

Take y<sup>e</sup> bluckest rind Remons & grate y<sup>e</sup> in 3 several water y<sup>e</sup> last 2 must be boyled very tender, y<sup>e</sup> cat y<sup>e</sup> & take out the stones and  
beat y<sup>e</sup> peele in mortar & straine it and take 2 part of pulp of pipe to  
one of Remons, & weight it and set it a dayning over a chafin dish of coali,  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height  
and y<sup>e</sup> weight in y<sup>e</sup> pulp and Remons it over y<sup>e</sup> fire to set it to a comely height

So make. Orange past.

Take to 4 large Oranges, or 5 or 6 small ones, grating off y<sup>e</sup> yellow  
one pound of double refined sugar, quarter y<sup>e</sup> y<sup>e</sup> & take out all y<sup>e</sup> meat  
pick it cleare from seeds & skin y<sup>e</sup> boyse y<sup>e</sup> in a cloth & mince y<sup>e</sup>  
they cannot be beaten so much, y<sup>e</sup> boyse y<sup>e</sup> sugar to a comely height  
to sugar againe, y<sup>e</sup> put in y<sup>e</sup> peele & mince it well together, & straine it  
your juice and meat, and mince it well on y<sup>e</sup> fire, but not boyse it to stop  
it into mould upon plates, & day y<sup>e</sup> in y<sup>e</sup> sun, if you make y<sup>e</sup> for colour  
water y<sup>e</sup> Oranges a night, first putting off this y<sup>e</sup> outword peele y<sup>e</sup>

So make. Cherry past.

Take 2 pound of fair and uncolored Cherries stone y<sup>e</sup> & boyse y<sup>e</sup> on  
a quick fire, and as they boyse pour y<sup>e</sup> juice from y<sup>e</sup> and when they are  
thick put to y<sup>e</sup> a quarter of pint of cleare y<sup>e</sup> of cleare boyse y<sup>e</sup>  
till they are so thick y<sup>e</sup> you think they will sell, y<sup>e</sup> add to y<sup>e</sup> y<sup>e</sup>  
of sugar finely beaten straine it in, & heating y<sup>e</sup> after y<sup>e</sup> sugar is in  
but not boyse it to stop y<sup>e</sup> into mould as y<sup>e</sup> apricock past.

So make. Cherry past.

Take 2 pound of fair and uncolored Cherries stone y<sup>e</sup> & boyse y<sup>e</sup> on  
a quick fire, and as they boyse pour y<sup>e</sup> juice from y<sup>e</sup> and when they are  
thick put to y<sup>e</sup> a quarter of pint of cleare y<sup>e</sup> of cleare boyse y<sup>e</sup>  
till they are so thick y<sup>e</sup> you think they will sell, y<sup>e</sup> add to y<sup>e</sup> y<sup>e</sup>  
of sugar finely beaten straine it in, & heating y<sup>e</sup> after y<sup>e</sup> sugar is in  
but not boyse it to stop y<sup>e</sup> into mould as y<sup>e</sup> apricock past.



Colde y quince a scape ym for y post wld y post thro a  
hair sine a scape half a pint of y juice of raw quince to a pound  
of pulp a take y weight of y scapes and pulp in double refined  
sugar so boyle y mawd to a coney height and dry in y sun a fiddlers  
over cast five a little white sill y sugar is melted y quinces must  
not be after they are gathered but come as soon as I can for any  
thing y it will be to rise y it be raw post <sup>over</sup> into this mould  
before it is cold for quartered quince y may put it into mould  
on purpose for that or you may put it into glasses for newmawd  
you must boyle let your juice settle before you put it in for  
this must be done with care because of y colour. \*

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Path well and it will keep your own counsel more than



Take 2 or 3 handfulls of y<sup>e</sup> fruit and boyle it  
very tender in aboue a pint of waty, strain it, to

or red salmbs.

So preserve Cornelion cherries

put y<sup>e</sup> jelly to ym, so so as aforesaid paper y<sup>m</sup> up.  
glases, & set y<sup>e</sup> jelly a cooling, & when it is cold  
rasburies you think are enough, put ym into y<sup>e</sup>  
sugar by degrees, after it is all in & when the  
rasburies are almost enough, & spinkle in the  
of sugar beaten fine, put in your licken when y<sup>e</sup>  
of y<sup>e</sup> licken of curance, 3 quarters of a pint  
enough, ym have in readines, 3 quarters of a pint  
above a quarter of an hour, till they be almost  
symp, ym put in y<sup>e</sup> rasburies, & boyle ym quick  
a pounce of sugar, boyle your water & sugar to a  
pint of water, & take a pint of water, &

So preserve rasburies.

put fresh, so so upon all with sweetmeats. #  
month or two look on ym & if y<sup>e</sup> paper are mouldy  
round y<sup>e</sup> edges very close & set ym by, but in a  
ym in a cloth & lay ym on y<sup>e</sup> sweetmeats, so put paper  
silk much, y<sup>e</sup> next day cut papers & with ym so dry  
glases to y<sup>e</sup> brim for when it is quite cold it will  
y<sup>e</sup> jelly boyle longer till it will jelly, ym fill up your  
look clear put y<sup>e</sup> cherries into your pots or glases & let  
2. as you can, & when you think they are enough &

Take your spirrits and stone ym and put ym take  
them, weigh in double refined sugar, y<sup>e</sup> take some water  
of y<sup>e</sup> pipin, put your licken and 3 quarters of y<sup>e</sup> licken  
sugar and make that boyle ym put in your spirrits  
and boyle ym with a gentle fire taking ym off some  
times and shaking ym and set ym on again till they  
be enough, y<sup>e</sup> rest of y<sup>e</sup> sugar let it be beaten, and  
spinkle upon ym by degrees to keep y<sup>e</sup> colour of y<sup>e</sup>  
rasburies, when they are enough, take ym up into  
your glases, and put some of y<sup>e</sup> hot syrup over y<sup>e</sup>,  
ym have y<sup>e</sup> rest to put over ym when it is cold and  
jelly, pot and when you have a mill to have any  
spirrits cream take 2 naiter of eggs and put 2 or 3  
spoonfulls of this jelly, and beat y<sup>e</sup> together till it grow  
thick and will drop into a dish and y<sup>e</sup> in a mill  
which it will do, & beaten longe enough you may  
this with any jelly that is thick and strong jelly

So preserve spirrits.

Take your spirrits and stone ym and put ym take  
them, weigh in double refined sugar, y<sup>e</sup> take some water  
of y<sup>e</sup> pipin, put your licken and 3 quarters of y<sup>e</sup> licken  
sugar and make that boyle ym put in your spirrits  
and boyle ym with a gentle fire taking ym off some  
times and shaking ym and set ym on again till they  
be enough, y<sup>e</sup> rest of y<sup>e</sup> sugar let it be beaten, and  
spinkle upon ym by degrees to keep y<sup>e</sup> colour of y<sup>e</sup>  
rasburies, when they are enough, take ym up into  
your glases, and put some of y<sup>e</sup> hot syrup over y<sup>e</sup>,  
ym have y<sup>e</sup> rest to put over ym when it is cold and  
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spirrits cream take 2 naiter of eggs and put 2 or 3  
spoonfulls of this jelly, and beat y<sup>e</sup> together till it grow  
thick and will drop into a dish and y<sup>e</sup> in a mill  
which it will do, & beaten longe enough you may  
this with any jelly that is thick and strong jelly

## Directions for a Disart.

Any sort of Biscuits, Bumbolds of 2 or 3 sorts, wafers white & brown, a large marchpane finely couched with sweetmeats, chery oranges, prunelles, Spanish plumbs, fig cherees, blew figs, soft almonds, pistachos, bunches of raisins, wick sweetmeats, bunsgriffon pears, walnuts piced, - pparemain, golden pipins, pomgranats, dried pain - of apples, several sorts of plumbs, chacolat all - mounds have sorts, shells of all sorts, this is of what may be had seasonably in winter, you may dress it up as your fancy pleases but in salvers they now reckon it most genteel amongst persons of quality at diners, but at great feasts they dress high & all sorts of things together. #

As for Summer.

All sorts of fruit y<sup>e</sup> in season, silkibuls, y<sup>e</sup> pyramide, y<sup>e</sup> heoghog cream, almond & orange butter, lemon cream, chacolat Cream, or any other cream whatsoever, if fruit be not ripe you may make white & red leach, y<sup>e</sup> gellies, y<sup>e</sup> a salver of preserved whole oranges & lemons, y<sup>e</sup> silkorns cut in slices. this may suffice for a direction, but you may do it according to y<sup>e</sup> fancy, & as you like best, this only shewes you what may be had at those times of y<sup>e</sup> year. 1696. #

## Preserving & Cookery.

### To preserve Currance.

Take y<sup>e</sup> fairest Currance you can get pick y<sup>e</sup> bigut into a bason stone ym, & y<sup>e</sup> while you are stoning ym, let y<sup>e</sup> worser be pickt into a pitecher & set over y<sup>e</sup> fire in a pot of water boyling upon y<sup>e</sup> fire (if you put a few raibing into y<sup>e</sup> pitecher it giveth a good taste) let it stev so long till you may pour out y<sup>e</sup> juice from ym, & at y<sup>e</sup> last turn ym out into a sieve but do not squeeze ym, for that will make it thick, ym weigh your stoned currance & y<sup>e</sup> lickour & take as much double refined sugar boyle ym out in y<sup>e</sup> stoned currance & boyle it gently till y<sup>e</sup> currance look clear & it will dilly which you may know by trying a little in a spoon, scum ym clean & put ym into glasses, y<sup>e</sup> same way you may do white currance but you must take care of y<sup>e</sup> colour. #

### To preserve Cherries in Jelly.

Take of y<sup>e</sup> fairest morello cherries without spot & stone ym ym take y<sup>e</sup> juice of red currance stoned & y<sup>e</sup> juice of cherries strained thro a strainer of each an equall quantity, let there be as much of both y<sup>e</sup> juices as will cover y<sup>e</sup> cherries, ym take y<sup>e</sup> weight of y<sup>e</sup> cherries & ym in double refined sugar boyle ym in down y<sup>e</sup> lickours together & scum it clean, when this is done put in the cherries & cover ym, let ym boyle an



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Rabbits to preserve.  
 Rabbits post.  
 Rabbits to dry.  
 Rabbits to make.  
 Rabbits 92. 84  
 Rabbit bogied.  
 Rabbits wine.  
 Rabbit to roast  
 Rabbit beefe.  
 Rabbit up to Oxford 92  
 Rice puddings. 131.  
 Rice.  
 Rich cakes. 99  
 Risson Wine.  
 Rice Cream.  
 Ratty drops.  
 Rattles.

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