

Arcana Fairfaxiana manuscripta : a manuscript volume of apothecaries' lore and housewifery nearly three centuries old / used, and partly written by the Fairfax family. Reproduced in fac-simile of the handwritings ; an introduction by George Weddell.

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Arcana Fairfaxiana ;
or,
De Apothecarie, His Booke.

NEWCASTLE-ON-TYNE :
PRINTED BY MAWSON, SWAN, & MORGAN,
GREY STREET.

V. J.

Arcana Fairfaxiana

Manuscripta.

A manuscript volume of Apothecaries' Lore and
Housewifery nearly three centuries old,
used, and partly written by the
Fairfax Family.

Reproduced in fac-simile of the handwritings.

An Introduction by
George Meddell.

Newcastle-on-Tyne:
Mawson, Swan, & Morgan.

mdccxc.



S.14471

Acknowledgments.

To Markham's "Life of Lord Fairfax," and to the "Fairfax Correspondence," I am indebted for most of my information regarding that eminent family. My thanks are due to gentlemen of the British Museum, who, beyond the courtesy always to be met with in that National Institution, freely gave me during my searches the benefit of their own reading and experience.

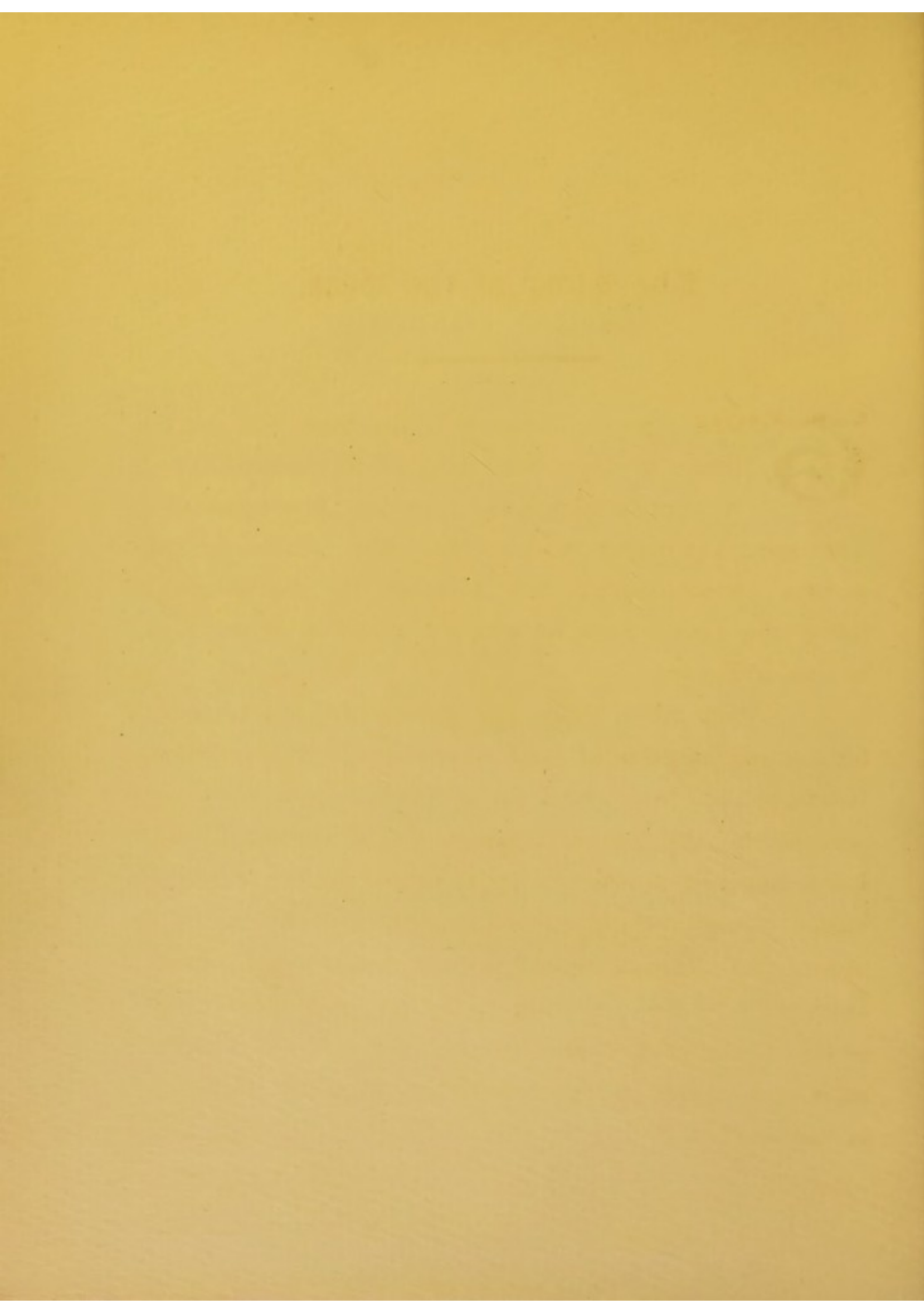
To the Reader.

References are made in the Introduction to the paging at the *foot* of the Manuscript, not to the original numbers at the head, which are irregular. From this irregular paging it will be gathered that there were numerous blank pages between various sections of the book, which of course have not been inserted in the reproduction. Should any reader find much difficulty in deciphering a particular portion which may be interesting to him, I shall be pleased to send a transcription; and should there be a sufficiently expressed desire for a type edition of the book, nothing need stand in the way. There will, however, be no reprint of the fac-simile.

G. W.

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The Story of the Book.

THOSE who are interested in this book will probably desire to learn something of its history, and of the people who have at various times possessed it. The most interesting way to give this information will perhaps be to describe how I found the book, and to follow the various steps by which I traced its origin, as far as that is known.

About seven years ago, during the re-arrangement for business purposes of some rooms at 135, Pilgrim Street, Newcastle on-Tyne, which for a hundred years have been occupied by the firm of Gilpin & Co., Chemists, in which I am associated, I observed in a box of lumber a leather-bound volume, which on examination I found to be in manuscript. Having rescued it from destruction, I carefully examined all other consignments for the dustbin, and found several books of a certain interest, but none of the same value and charm as the first, which is herein reproduced in fac-simile.

From time to time I examined the book, contenting myself at first with such portions as were most plainly written, until the interest which I found in the quaint language and curious remedies led me to study it more minutely and to search for internal evidence of its age and writers.

This was of a very fragmentary nature. The reference on page 30 to "An electuary y^t Quene Mary was wont to take for y^e passion of y^e hart," only hinted that this portion of the book was written after her time—an indefinite period. "Quene Elizabeth" also, when page 63 was written, might have been either in the present or the past. The book of "Rodolphus Goclerius, professor of Phisicke in Wittenburghe," which was published in 1608 and mentioned on page 61, might have been many years old before the gruesome recipe was copied.

Coming to a succeeding portion of the book, however, there appeared to be a lively sympathy between the writer and the names mentioned. "My Lady Fairfax, of Steeton, Feb. 25th, 1632," (page 135), seemed a person of present interest, and the other names of Cholmeley, Sheffield, Selby, Widdrington, and others were too thickly strewn to be those of a past generation. Selecting the historic family of Fairfax for my first line of research, and the "Life of Lord Fairfax,"

by Mr. Clements Markham, as my first book, I learned that the parliamentary general of that name in the time of Charles I. was intimately related to most of the persons mentioned in that part of the manuscript. Ell. Fairfax, Lady Selby, Lady Widdrington, and Mrs. Dorothy Hutton were his sisters, Lady Constable was his aunt, and Lady Bellasis his great-aunt. Sir Ferd. Fairfax was his father, Sheffield was his mother's maiden name, and others mentioned in the book were his cousins or kinsfolk.

This suggested to me that the Fairfax family might have been the original owners of the book, but the initials M. C. stamped in gold on the binding dispelled for a time this idea. In the handwriting of that portion there appears on page 132 a note, "See my brother Hen. Cholmeley's book." Was it a Cholmeley, then, who had entered the recipes, and signed them so frequently with the initials H. C.? From what I could learn of that family there were about the middle of the 17th century two brothers, Sir Hugh and Sir Henry, and from the note just mentioned it seemed possible that the former had written it. On tracing his handwriting in the British Museum, however, I found it entirely unlike my manuscript. By investigating the relationship between the Fairfaxes and the Cholmeleys, I found that the Hon. and Rev. Henry Fairfax, uncle to the great

parliamentary general, had married Mary, daughter of Sir Henry Cholmeley, of Whitby. This Sir Henry Cholmeley was the grandfather of the Hugh and Henry mentioned above and the father of another Henry and numerous children besides Mary. It appeared quite possible, therefore, that the initials M. C. on the cover referred to Mary, and that she had brought the book to her husband's house on her marriage. It seemed also possible that she herself was the writer of that portion where "My brother Hen. Cholmeley" was mentioned. In the Bodleian Library, however, I found several female handwritings of the period, and of the family, so unlike it, that I renounced the latter idea. It had also occurred to me that her husband might naturally call Henry Cholmeley by the affectionate title of brother. I then sought for the writing of Henry Fairfax, and on a subsequent visit to the British Museum, discovered a specimen of it in the exact hand of my book. As if with the object of assisting me, the piece consisted of "A note of suche nephewes and neeces as are or were allyed to us H. and M. F. when Feb. 10th 1635" (add MSS. 11,335, fol. 48). This list of nephews and nieces, to the modest number of 137, included many of the names mentioned in my book, which I had not previously been able to link with the Fairfaxes. Besides other specimens of Henry's writing, I also found

several letters in Mary's own hand, two of which have been published in the "Fairfax Correspondence" (vol. 1, fol. 62, 64). Her writing I recognised as one which occurs in several parts of this book, so I had thus the pleasure of verifying two at least of the actual writers. Other members of the family had also added small portions,—Sir Ferdinando Fairfax, Sir Henry Cholmeley already referred to, and Henry Fairfax's son Brian. The writing of the latter is not so certain as the others, being a current hand of the period, written somewhat carelessly; and although much of Brian's work in the British Museum clearly resembles that which I ascribe to him in the "Arcana," yet, on occasion, he wrote a large, flowing "magnificent" hand, probably assumed for the purpose of diplomatic effect.

It now occurred to me to enquire how Mary Cholmeley's initials came to be stamped upon the cover of the book. That such a volume, essentially belonging to the head of a household, should have been made expressly for an unmarried lady, seemed highly unlikely; and had it been presented to her on her marriage in 1626, it would have borne the initials M. F. instead of M. C. Another possibility remained, namely, that her mother's name also might have been Mary, and that the book had been hers. A subsequent search revealed the fact that her

mother was Margaret, a daughter of Sir William Babthorpe, and the initials M. C. were, therefore, appropriate to her also. Another piece of circumstantial evidence appeared on the last page of the book in the form of "A note of Mistress Barbara; her lessons on y^e Virginalle," written in one of the early hands. Now Mary was, I think, the seventh child and fifth daughter of her parents, her eldest sister being named Barbara. Mary was born in 1593, Barbara certainly not later than 1584, as about 1634 she had at least six married children, a circumstance which rarely happens to a lady before the age of fifty. Some time, therefore, about 1600, this Barbara was a young lady of the period, probably learning to play on the virginal the music of the eminent composer William Bird, Organist to Queen Elizabeth, and of the more recent Dr. Bull, who was then at the height of his fame. The latter took his degree of Mus. Doc. in 1592, and I think that, while the "Note of Mistress Barbara" could not possibly have been written earlier than that time, it was probably written before 1610. If this were the same Barbara,—which the small initials B. C. on that page almost prove, it must have been much nearer the earlier date.

Whether the book actually belonged to Mary Cholmeley or to her mother is not absolutely certain; but

I think it undoubtedly belonged to one of them. I suggest, however, from the evidence shown, that it was made for the use of the latter, Margaret Cholmeley, wife of Sir Henry Cholmeley, and that the writings numbered I. to IV. in the succeeding notes were executed during the "Cholmeley period," that is at various reasonable dates previous to 1626. In that year Mary, daughter of Sir Henry and Margaret Cholmeley, was married to the Hon. and Rev. Henry Fairfax, son of the first Lord Fairfax of Denton, and she appears to have carried this book with her to her new home.

Being a clergyman, her husband evidently prized the volume very highly, as he would be frequently called upon to minister to the sick. After their marriage he made large additions to it in his own characteristic handwriting, and Mary also entered in it her private collection of receipts for baking meats, bleaching yarn, and other homely arts. A clue to the date of Henry's earlier writings is found on page 74, where reference is made to Ell. Fairfax. This niece of his became Lady Selby shortly after 1630, and there is the strongest probability that this portion was written previous to her marriage. There is also on page 135 a recipe dated Feb. 25, 1632, which he may have obtained from Lady Fairfax at Steeton, on his return journey from London, whither he had gone a few weeks previously. Henry was

assiduous in his search for medical knowledge, and doubtless, while the first heat of his enthusiasm lasted, made himself a bore to all his relations. His brother-in-law, Henry Cholmeley, was the possessor of a similar book, and from this he seems largely to have borrowed, always, however, acknowledging the source of his receipt by adding the initials H. C. His brother, Sir Ferdinando Fairfax, had married a daughter of Lord Sheffield, and he ransacked Lady Sheffield's book, which at that time was in the hands of Sir Ferdinando's married daughter, Mrs. Dorothy Hutton. His numerous cousins were importuned for contributions, and his almost countless nieces were in turn called upon to swell the volume. Occasionally someone contributed a receipt in his own hand, as Henry Cholmeley (page 56), Sir Ferdinando Fairfax (page 146), and others unknown. How long this process of collection continued on the part of the Rev. Henry Fairfax is not easy to determine, but there is some probability that his son Brian wrote some pages (151-3) in it about the time of the great plague in London.

The Book seems to have passed at Henry's death into the possession of his elder son Henry, fourth Lord Fairfax of Denton, whose daughter Ann, following the example of her grandmother, Mary Cholmeley, probably carried it to her new home when she married Ralph Carr, Esq., of Cocken,

in the County of Durham. Her son Ralph, who was born in 1694, and married to Margaret Paxton in 1721, does not seem to have valued the book so highly as did the Fairfaxes, because either he or his son Ralph presented it as a gift (pages 1 and 206) to his neighbour Robert Green of Cocken, whom as yet I have been unable to trace. The Carrs were connected by marriage with the Hodgsons of Hebborne, and the Davisons of North Biddick, they in turn, as well as the Hedworths, being related to the families of Bellasis and Penniman of previous generations, who were kinsfolk of the Fairfaxes, and all of whom are mentioned in the "Arcana." These neighbours round about Cocken, although historically less prominent than the Fairfax group of the previous century, are highly interesting to the North Country from their intimate relationship to its notable families, the Delavals of Seaton, the Lambtons of Lambton, the Liddells of Ravensworth, the Hedworth-Williamsons of Monkwearmouth and Whitburn, the Carr-Ellisons, the Fenwicks, the Forsters, and many more almost equally illustrious.

Robert Green seems to have been a man after Henry Fairfax's own heart, as he levied literary black mail upon his friends for many miles, besides proving and recommending the recipes with hearty zeal. We have no record as to the time when much of this section was written, although in the

index at the end of the book (page 194) we see that Mr. Hedworth (who was M.P. for Durham at the time) sent down from London a recipe for an ague in 1728. Almost the last entry in the book gives a clue to the date when it was written. On page 190 we find some specifics copied from "Mr. Blackrie's treatise, *just published.*" This Mr. Blackrie was an Apothecary, who, in 1763, contributed a paper to the "Scots Magazine," in which he exposed the secret of Dr. Chittick's cure for gravel. In 1766 he expanded his letter into a volume, and he died in 1772. It is probable, therefore, that page 190 and the following, which are the latest additions to the volume, were written between 1766 and 1770.

The Fairfax Family.

One account gives the Fairfaxes a Northumbrian origin, with a seat at Towcester in that county at or before the Conquest. The name is Saxon, and signifies "fair hair." They were certainly settled in Yorkshire about the beginning of the 13th century. Since that time they have been a very notable Yorkshire family, and have on several occasions exerted a powerful influence in forming the history of England. Sir Guy Fairfax, a Judge of the Court of King's

Bench in 1478, built a castle at Steeton, which became the principal residence of the family. Sir William Fairfax of Steeton, heir to Sir Guy, became a Judge of the Common Pleas; and *his* heir Sir William, was High Sheriff of York in the reign of Henry VIII., and by marriage obtained the manor of Denton.

This latter Sir William having ample means, divided his property between his two eldest sons, Sir Thomas and Gabriel, thus dividing the family into two branches, the Fairfaxes of Denton, and the Fairfaxes of Steeton. The former has occupied the greater place in history, but the latter only is still in Yorkshire, at Bilbrough, where there has been a seat of the family for three-and-a-half centuries.

Sir Thomas Fairfax, of Denton, had a younger son Edward, a poet, and the translator of Tasso. Both Sir Thomas and his heir of the same name were eminent diplomatists in the time of Queen Elizabeth, the younger having been five times sent into Scotland to treat with King James. This second Sir Thomas, who became the first Lord Fairfax, had nine children, of whom four sons were killed in war abroad, and three others, Ferdinando, Charles, and Henry, are worthy of separate note.

Ferdinando (second Lord Fairfax) was one of the prominent leaders of the great Revolution, both in camp

and council. He was a member of the Long Parliament, and was appointed commander of the northern forces. He married Lady Mary Sheffield, and had nine or ten children, several of whom are mentioned in the "Arcana."

Charles was a lawyer, as well as a soldier, and wrote on vellum an interesting genealogical work entitled "Analecta Fairfaxiana" containing an exhaustive history of the family. I have not been fortunate enough to see this book, but a little further on I have drawn up a pedigree of the Denton Fairfaxes for several generations, showing the relationship that existed between a number of the persons mentioned. I also print in full Henry's note of his nephews and nieces, the latter portion referring to the Cholmeley side; and finally there is a list of the names in this book, with their relationship or notability stated opposite to each.

Henry Fairfax, who is the centre of interest as far as the book is concerned, was rector of Ashton, then of Newton Kyme, and afterwards of Bolton Percy, near York. As already stated, he married Mary, daughter of Sir Henry Cholmeley of Whitby, a family scarcely less notable than that of the Fairfaxes. Before their marriage in 1626, they were devotedly attached to each other, but, owing to their portionless condition, their union seemed hopeless. Mary, writing to her "assured loving cousin, Harry Fairfax," fears

that "we may both wish you had not thought me worthy of the title of dear love," but "so dear you are in my esteem, as I assure you you have no cause to doubt the continuance of my firm affection;" and she adds, "I will wear your ring until you take it from me." They were married, however, in 1626, and in 1632 we find her writing to London, whither her husband had gone on a journey:

"My ever dearest love,

I received a letter and horse from long on Thrusday (Jan. 31), and will use meine (endeavour) to send Procter's horse to Denton. I did nott so much rejoys att thy safe passage as at that Bleised and al suficiente gide whoss thou art, and whom I know thou truely sarves, y^t hath for a small time parted us, and I fearmly hope will give us a joyfull meeting. Dear hart, take eassy jernays and preferr thy owne heilth before all other worldly respects whatsoever. Thy three boys at Ashton are well, thy little Harry is weaned, all that love us pray for thy safe return. I pray y^u beg a blessing for us all, for I must needs comitt y^u to his gracious protection, y^t will never fail us nor forsake us.

"Thine ever,

"MARY FAIRFAX."

"Ashton, Feb. 2nd, 1632."

The "Little Harry" mentioned in this touching letter was their third child, but the two elder died when young, and he became fourth Lord Fairfax on the death of his cousin Thomas, third Lord and Parliamentary General, who had only one child, Mary, married to the Duke of Buckingham.

The married life of Henry and Mary Fairfax seems to have been peculiarly sympathetic. Henry's gentle disposition, no less than his sacred calling, prevented him from taking any part in the political troubles of the time, which divided almost every great family in England. To quote from an entry in the Fairfax MSS., "All the time of the civil wars, from 1642 to 1646, their little parsonage was a refuge and a sanctuary to all their friends and relations on both sides." Mary, who was delicate, and it appears somewhat lame, died in 1649, and was buried in Bolton Percy Church. Henry died in 1665, and was buried in the same place, "near to his dear wife."

During the Civil War the Fairfaxes were perhaps the most powerful family on the side of the Parliament. Henry's brothers Ferdinando (then second Lord Fairfax) and Charles held important commands, the former being the General of the Parliament in the first Yorkshire campaign and commanding the right wing of the allied army at the battle of Marston Moor. Sir Thomas, eldest son of Ferdinando, and the most celebrated of all the Fairfaxes, was appointed Commander-in-

Chief of the army by votes of the two Houses of Parliament, and it was due mainly to his resolute and skilful marshalling that the Parliamentary forces were ultimately triumphant. It is he whom Milton addresses in his sonnet, "To the Lord General Fairfax," beginning—

"Fairfax, whose name in arms through Europe rings,
Filling each mouth with envy or with praise."

Notwithstanding the prominent part he played in the Revolution, he was a man of moderate views, and only fought against the king through a stern sense of duty to his country. He resolutely opposed the extreme party when they proposed to execute the unhappy monarch, and by every means in his power, short of violence, sought to prevent or delay the last act. He was afterwards largely instrumental in the restoration of the monarchy, whose atrocities and excesses, however, he lived to mourn and abhor.

His two cousins, Henry and Brian, sons of the Rev. Henry Fairfax, were frequently guests in his house at Nunappleton during his latter years, and the former succeeded him as the fourth Lord Fairfax. Brian played rather an important part in the Restoration, and recounts in a little book entitled "Iter Boreale," his adventures during a perilous journey in mid-winter from York to Kelso, to consult with General Monk. He was a poet of considerable merit, and

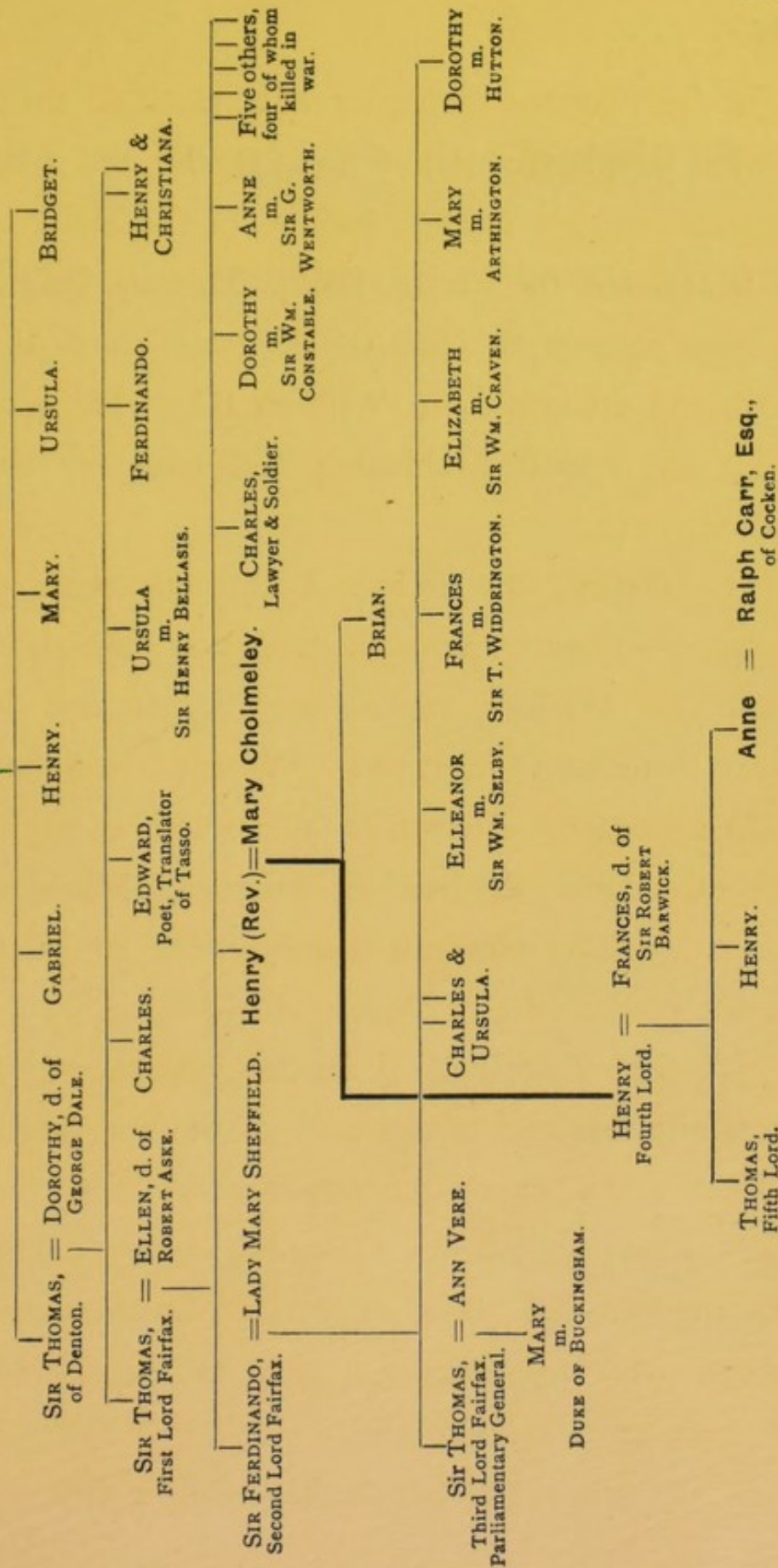
might have further distinguished himself in the literary art had he been sufficiently serious to apply himself assiduously to any one pursuit. He wrote a memoir of the Duke of Buckingham, and translated the life of Philip Mornay, Seigneur du Plessis. He was equerry to Charles II. from 1670 until that king's death, and afterwards to William III. He acted as secretary to his old friend Archbishop Tillotson for three years, and died in 1711.

Henry, the fourth Lord, left, with other children, two sons—Thomas, who succeeded as fifth Lord, and Henry whose son William settled in Virginia, and is the ancestor of the American Fairfaxes. William's son Brian, the friend of Washington, afterwards succeeded as eighth Lord, and his descendants all live in America (Markham's "Life of Fairfax.") The eleventh Lord resides in Maryland, U.S.A., and has graduated as a Doctor of Medicine.

The Fairfaxes, of Steeton, the second great branch of the family, has had its warriors on sea and land. Sir William, cousin to the great general, died gallantly at Montgomery Castle while leading his troops to victory. His son William, who married the niece of Sir Philip Stapleton, had a son, Robert, who commanded a ship at the taking of Gibraltar, and became a vice-admiral in 1707. His descendants now reside at Bilbrough, which has been a seat of the Fairfaxes since the time of Henry VIII.

Genealogical Table of the Fairfares.

SIR WILLIAM FAIRFAX = ISABEL THWAITES.



Nephews and Pieces of H. and M. F.

“A NOTE OF SUCH NEPHEWES AND NEECES AS ARE OR
WERE ALLYED TO US, H. & M.F.”

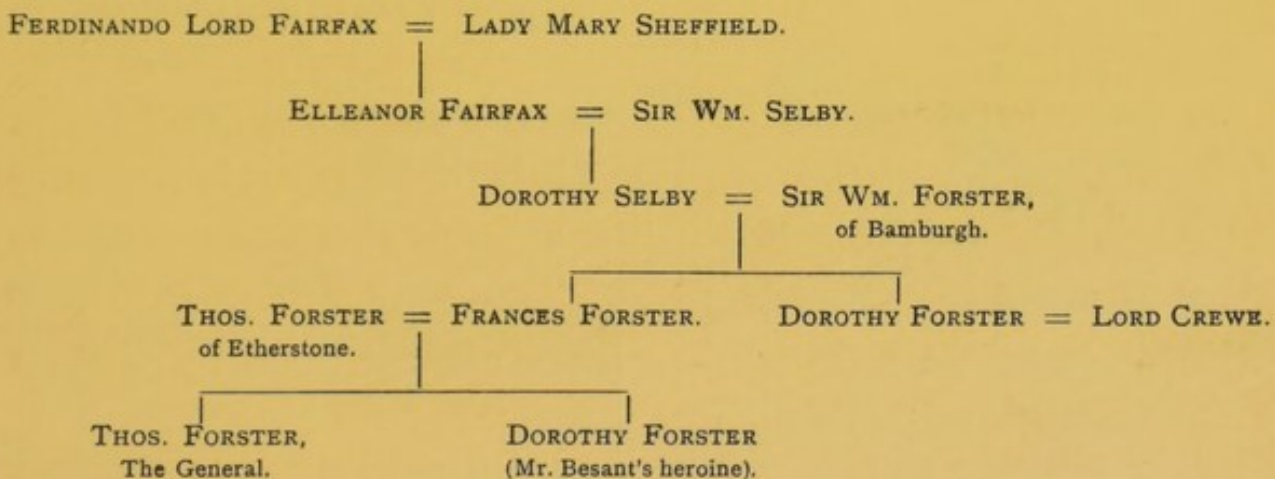
FEB. 10, 1635.

(BRIT. MUS., ADD. MSS. 11,325, FOL. 48).

<hr style="width: 20%; margin-left: 0;"/> Sir Fer. Fairfax, his 9 children . . . 9 Mr. Charles Fairfax 7 Mr. Thos. Widdrington 1 Mr. Richard Hutton 1 Sir Geo. Wentworth's 1 ————— 19 ————— Sir Hugh Cholmeley and his Ladies had 9 Barbary, y ^e La. Bellasis had . . . 11 Dorothy Bushell 14 Hilda Wright 5 Margaret Comin 16 Susa Theakeston 7 Annabella Wickham 4 ————— 66	Sir Hugh Cholmeley (Sup.) his Lady and 5 children 6 Mr. He. Bellasis, his Lady and 7 children 8 Sir Ed. Osborne and 2 children 3 John, Lord Darcy and 1 child . . 2 Sir Hen. Hugesby and 1 child . . 2 Brown Bushell's wife and 2 children 3 He. Bushell's wife and 1 child . . 2 Mr. Conyers and 7 children . . . 8 Mr. Dobson and 3 children . . . 4 Mr. Newton and 5 children . . . 6 Sir Wm. Strickland and 3 children 4 Mr. Trotter and 2 children . . . 3 My La. Twisleton, by Sir Hen. Cholmeley 1 ————— 118
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Fairfax and Forster.

It may interest north country people to note the relationship between these two families. Elleanor Fairfax, daughter of Lord Ferdinando Fairfax was married to Sir William Selby of Twizell, and was the Lady Selby mentioned in the "Arcana." Her daughter Dorothy was married to Sir William Forster of Bamburgh, whose daughter Dorothy was married to Lord Crewe, and was the aunt of the younger "Dorothy Forster" of Mr. Besant's romance.



Sir William Forster had a son Ferdinando, named after Lord Fairfax, who was killed in Newcastle by a member of one of the neighbouring families.

Seventeenth Century Names.

Page.	Relationship to Henry and Mary Fairfax or otherwise notable.	
152	Abbot, Dr., Archbishop of Canterbury	
136	Asheton, Old Mrs. M.	
144	Attwell, Mrs.	
67	Ayres, Mrs.	
206	Barbara, Mistress (B.C.)	probably B. Cholmeley, m. Sir Thomas Bellasis: if so, a sister.
99	Bastwick, Dr.	A Political Anti-Romanist.
149	Bellasis, y ^e La. Hen.	Aunt.
145	Bowes, y ^e Lady	? Wife of Sir Francis Bowes of Thornton Hall.
134	Burges, Dr.	
144	Bush, D. (Dor. Bushell)	Sister to Mary F.
142	Bushell, Mrs.	Sister to Mary F.
64	Butler, Dr.	
147	Carington, Mr. J.	
152	Chambers, Dr., "Phesition"	
56-132 137	} Cholmeley, Henry	Brother.
69		
147	Cholmeley, y ^e Lady Eliz.	Sister-in-Law.
150	Constable, y ^e Lady	Sister.
140	Dodsworth, Mr.	Historian and Antiquary. Generously supported in his work by Lord Fairfax.
1	Fairfax, Henry	(The Hon. and Rev.) owner of and writer in this book.)
74	Fairfax, Mrs. Ell.	Niece (afterwards Lady Selby).
135	Fairfax, My Lady, of Steeton	Cousin (Feb. 25, 1632).

Relationship to Henry and Mary Fairfax
or otherwise notable.

Page.		Relationship to Henry and Mary Fairfax or otherwise notable.
146	Fairfax, Sir Fer.	Brother.
62	Fioravanti, Leonardo	An Italian Count, Physician and Author.
64	Fleetwood, y ^e Lady	Related by Marriage.
134	Gee, Mr.	
61	"Goclerius, Rodolphus"	"Professor of Phisicke at Wittenberghe."
153	Gower, Sir T.	
150	Harcourt, Vere	
69	Harrison, Mrs., of York	
150	Hickornsgill, Mrs.	
67	Hunt, Mrs., of Oldham	
143	Hutton, Mrs. Dor.	Niece.
68	Hunton, Dr.	
1	Lister, Ursula	A Daughter of Sir W. Fairfax of Steeton m. Lister.
136	Lister, y ^e Lady	Related by Marriage.
141	Lucatelly, Math.	
145	Matthews, Mrs.	
60	Margaret	probably Daughter of Sir Ed. Osborne: if so, a neice.
153	Miars, Dr.	
153	Mullen, Dr.	Surgeon to Chas. II. and Jas. II.
145	North, y ^e Lady	(Northumberland?)
146	Oglethorpe, Mrs.	
62	Phioravanti, Leonardo (Fioravanti)	
64	Penniman, Mrs.	Related by Marriage.
134	Ruthin, Mr.	
68	Selby, A.	Related by Marriage.
134	Selbye, y ^e Lady	Niece.
143	Sheffield, y ^e Lady	Brother Ferd.'s Mother-in-Law.
99	Slingsby, y ^e Lady	Niece.
132	Stephens, Dr.	
142	Theakeston, Mrs.	Sister.
146	Vauasour, Lady Ursula	Niece.
136	Watson, Mrs. Mary	
149	Widdrington, y ^e Lady	Niece.

Eighteenth Century Names.

Page.		
187	Anderson's Pills	
190	Blackrie, Mr.	An Apothecary, see introduction.
160	Carr, Lady	
1 & 206	Carr, Ralph, of Cocken	m. M. Paxton, 1721; father m. Anne Fairfax.
190	Chittick, Dr.	See introduction.
179	Davison, Major	m. in 1717, Fortune, daughter of R. Carr of North Biddick.
122	Davison, Master	
190	Dunbar, General	
178	Dunn, Richd.	
180	Granby, Marquiss of	
155	Green, Eliz.	
1-164 206	Green, Robt., of Cocken	owner of and writer in this book.
189	Hall, Mrs.	
194	Hedworth, Mr. (after 1729)	M.P. for Durham, 1727, &c. (?)
189	Hodgson, Lady	? of Hebborne, <i>née</i> Frances Carr.
170	Hodgson, Mrs.	
178	Hopper, Betty	
187	Husley, Mrs.	
170	Johnson, Mrs.	? of Kebblesworth, related to Carrs.
168	Lyddle, Mrs. (Liddell)	? Wife of Thomas Liddell, daughter of Sir William Bowes.
168-9	Mead, Dr. (1673-1754)	Physician to Queen Anne.
185	Paxton, Joseph	Ralph Carr m. Margaret Paxton.
121	Roper, Jos	
162	Robinson, Miles	
154	Watson, C.	

The Handwritings.

In giving specimens of some of the handwritings, I have not arranged them according to their position in the volume, because the large gaps left between the sections by the original writers, allowed later comers to interject stray receipts, and even small collections. They are arranged according to the periods when they were written. First, there is the "Cholmeley" period, including all writings previous to the marriage of Mary Cholmeley to Henry Fairfax in 1626; second, the "Fairfax period from 1626 to 1660 or 1670; third, the "Green" period, relating only to the 18th century writings, its utmost limit being from 1730 to 1770.

Having already brought the earlier writings to a period after 1600, I shall not be misunderstood when I give comparative examples of similar hands dated prior to this. The exact dating of a manuscript from the handwriting alone is very difficult. The "Court" hand of one age might linger on in the country districts, and be taught by old people (who were generally the schoolmasters and schooldames) fifty years after the time when they themselves had learned to write. Or the "Law" hand might show a conservative

tendency, and retain an ancient character long after the literary or other classes had adopted a more convenient style. Hence, without knowing the location, profession, or standing of the writer, the handwriting only brings us to within fifty years or so of the date when it was written. I shall not, therefore, attempt to fix a date to any of the earlier hands, but give examples of their occurrence elsewhere, so that those readers desirous of doing so may have the pleasure of comparison and criticism.

I.—The “Shakespearian” Hand.

(Page 3).

How to best my eyes a goodly long
 in October digg by a goodly long
 hid by digg round about, to let the all
 by a goodly long a full of ground
 but they are by a goodly long

(Page 98).

Shope one drum, a full of Tubor and
 as the mist in the down of togan,
 downy at dull to no of avarings and
 dark full of sun at the of the work
 full of morning, fasting by the
 a full of downy, full of a down
 to show, but downy a downy of the
 rocher, with down of a full of the
 up put my bread or fruit into the bowl

id est (Page 3).

“How to use my hopes [hops] and hop-garthe, being sett.

“In october digg the hop-yard betweene the hills and rid the diches
 “[ditches] round about, so lett yt lye all the wynter tyll marche
 “lyke a fallow ground, but styrr not the hills tyll marche.”

(Page 98).

“Steepe one-dram-and-a-half of Ruberb one whole night in six
 “ounces of whay, wringe yt out the next morninge and drinck
 “that whay at six of the clock that same morninge, fastinge
 “tyll X^o and at a XI dyne wth som p[ar]t of a henn stewed,
 “but drinck a draught of the water wherin the henn ys stodd,
 “before yⁿ putt any bread or freut into the broth.”

I call this the “Shakespearian” hand because it occurs in the Stratford and many other records of the time of Shakespeare and his father. Good examples of it in that earlier form may be found in the “Outlines of the Life of Shakespeare,” by the late Mr. Halliwell-Phillips, and in “Shakespearian Facsimiles,” by the same author. In the seventh edition of the former work, vol. II., fol. 236, is an excellent specimen showing how John Shakespeare, the poet’s father, was replaced as an Alderman of his Guild because he “Dothe not come to the Halles when they be warned, nor hathe not done of longe tyme.”

A much later development of the style is seen in the “Percy Folio,” from where Bishop Percy largely culled in 1765 his “Reliques of Ancient English Poetry.” This manuscript, which is exhibited in the British Museum, is

supposed to have been written about the middle of the 17th century; but the writing is more characteristic of an earlier part of the century, and was probably done by someone past middle life. A specimen of it may be seen fac-similed in "Bishop Percy's Folio Ballads and Romances," published by Trubner and Co., in 1867. Careful comparison of this will show that the letters f, g, h, k, s, t, also st, and th, are generally of a more modern character than those of the examples in this book. A hand almost exactly similar to that on page 3 of the "Arcana" is found in the British Museum, Add. MSS. 30,305, fol. 19. It was written by Thomas Wynter, in 1606, and consists of "A Collection of the Earll of North[umberland] his cause, on his alleged complicity in the Gunpowder Plot."

II.—The “Secretary” Hand.

(Page 117.)

To Cramme Capons. //

Take ffine wogate meale and mingle it wth Sugar
 or honney) and soe make itt into Rowles, and soe you
 may) make a Capon fatt in six dayes. But for
 wogate meale must be moulded wth Butter or
 Sewette. // //

id est

“TO CRAMME CAPONS.

“Take ffine wheate meale and mingle itt wth suger or honney and
 “soe make itt into Rowles, and soe you may make a capon
 “fatt in six dayes. But the wheate meale must be moulded
 “wth Butter or Sewette.”

This is the more official style of the time of Elizabeth and onwards. In the Sloan MS. No. 1832 and the Harleian No. 3885 we find writing masters of Elizabeth’s time calling it the “Secretarye hannde,” Long after this, William Fairfax uses it in writing to his brother Henry at Trinity College, Cambridge. Even so late as 1660 it was taught to schoolboys, and was then known, I think, as “Henry VIII. writing.”

III.—The “Glossyng” hand.

(Page 124.)

How to dy a french grene /

first make it a good blewe, then washe
it up in faire water, then taik allome
accordinge to the first proportion, and boyle
it thre houres, alwaies when you use any
allome; then taik it up, then taik faire
water, and grene grasse, and boyle them
an houre togith; then taik out your grene

id est

“HOW TO DY A FRENCH GRENE.

“First make it a good blewe, then wash it up in faire water,
“then taik allome accordinge to the p[ro]portion, and boyle
“it thre houres alwaies when you use any allome; then taik
“it up, then taik faire water and grene grasse and boyle them
“an houre togith then taik out your grene,” &c.

Although this differs so widely in effect from the hands I. and II., there are many examples in the British Museum which seem transitions between I. and III., and between II. and III. Thus the MS. 17 A. vi., which is of the 16th century, has the characteristics of I. and III. combined, being more finely written than the former, but of distinctly earlier hand than the latter. The nearest

approach to the "Glossyng" hand which I have seen occurs in the Add. MS. 30,305, fol. 17, which was written in 1600 by "Ra Fure."

IV.—The "Italian" hand.

(Page 14.)

*For the swyming in y head: given by m^r Urs Julius
(y Emperor Charles phisition) to Quene Mary:*

*Take two ounces of the iuice of the buds of redd roses or one ounce of
very good oile of roses, one ounce of kowslip oile, and two spoonefulls
of woman's misk of a manchild, and three nutmegs finely beaten &
sereed and asmuch mace made in powder as the nutmegs is, and a little
red rose water, and asmuch Wine Cimiger; mingle all these togeather
and swarme it upon a Chasingdish, and anointe the nape of the
neck and the temples, and the crowne of the head, and Under y eares
you must rub it vearly well in, and keepe the head whott while it is
a domge and after: »»»»»*

This was not a common hand in England until about 1615, when the London writing masters Richard Gething, John Ayres, and others taught it to their pupils. Abroad, however, in Italy and in France, it was quite common as early as 1550 (MSS. 14 a. xvi., &c.) It was also taught in England by Teshe, of York, and others of Temp. Eliz., who called it the "Italique

hannde," (origin of our *Italics*) but it was regarded as distinctly foreign, and was only used in continental languages. The MS. 17 A. VII., for instance, begins in the Italian hand, the language written being French; it continues in the Secretary hand, in English; and again reverts to the Italian, written this time in the Italian language. The best specimen of this writing which I have seen is the Sloan MS. 987, written in 1586 by a young French Lady residing in Edinburgh, Esther Langlois (elsewhere called Anglois and Inglis). The style of writing used in Italy, however, in the beginning of the 17th century was more cursive than this, somewhat like that of Charles Fairfax's hand, or in a much less degree of his brother Henry, which is shown in the style V. This lends some support to the idea that the younger Fairfaxes were taught by their uncle Edward, the poet, who, as translator of Tasso, was certain to be acquainted with the Italian Schools and methods.

V.—Henry Fairfax's Writing.

(Page 140.)

For of Kings-cuill
 Take foot-stamped to his roots, of floure of y^e seeds of Lyne or Flax &
 y^e grease of a Barren hogge mixe them all together make therof a plaster &
 lay it upon y^e sores changing it twice a day. & all y^e sores of y^e dyscase will be
 resolved into sores after they be healed wash often y^e place wth white wine
 by y^e space of 10 or 15 dayes.
 How to knowe y^e Kings-cuill
 Take a ground Worme alive & lay him up^{on} y^e swelling or sore & when
 he is a leafe. If it be y^e dyscase y^e Worme will change & turn into earth.
 If it be not he will remain whole as found. A.C.

id est

“FOR Y^E KING’S EVILL.

“R. [take] Folefoot [coltsfoot] stamped with his rootes, y^e flowre
 “of y^e seeds of Lyne or flax and y^e grease of a Barrow-hogge,
 “mixe them all together, make thereof a plaster and lay it
 “upon y^e soare, changing it twice a day, and all y^e sores of
 “y^e desease will be resolved into sweat. After they be healed
 “wash often y^e place with white wine by y^e space of 10 or
 “15 days.”

“HOW TO KNOW Y^E K[ING’S] EVILL.

“Take a ground worme alive and lay him upon y^e swelling or sore
 “and cover him with a leafe. Yf it be y^e disease y^e worme
 “will change and turn into earth. Yf it be not he will remain
 “whole and sound.”

VI.—Mary (Cholmeley) Fairfax’s Writing.

(Page 120.)

to make puffer paste

138.

*Take a quantety of fine flower
 4 whits of eggs, a little rose water
 or other cold water; mold yo paste
 together & beat it wth yo rollin pin. for
 y^e stiffer yo make it, y^e better*

id est

“TO MAKE PUFFE PASTE.

“Take a quantety of fine flower, 4 whits of Eggs, a little rose
 “water or other cold water; mold your paste together and
 “beat it with your rollin-pin for y^e stiffer yⁿ make it, y^e
 “better.”

VII.—Brian Fairfax's Writing.

(Page 151.)

The Drinke for the Plage

Take hartshorne rasped one ounce, ginger slysed one quarter of an ounce, Juyesberies one ounce, ffiges half a pound, tow Oringes the rind and meate, take Turmentall roots one ounce, Angellica roots one ounce, Angellica stalkes and leaves, Elder leaves, Red bramble buds and leaves, Red sage, Rue, and Saxafrige y^e stalkes and leaves, of each of these hearbes one handfull ^{stamp} ~~of~~ all these in a Morter, put them to three pintes of white wine

id est

"THE DRINKE FOR THE PLAGE.

- "Take hartshorne rasped one ounce, ginger slysed, one quarter
 "of an ounce, Juyes-beries [goose-berries] one ounce, ffiges
 "half a pound, tow (2) oringes, the rind and meate. Take
 "Turmentall roots one ounce, angellica roots one ounce,
 "angellica stalkes and leaves, Elder leaves, Red bramble
 "budds and leaves, Red sage, Rue and Saxafrige y^e stalkes
 "and leaves, of each of these hearbes one handfull, stamped
 "all," etc.

182 Syrup of Clove July 5 Coors . —————

Take half pound of floors put $\frac{1}{2}$ into a pott
 & power 9 hills of Bayling water upon $\frac{1}{2}$ cover it
 & Let it stand 3 or 4 hours then strain it through
 a sieve & put two pound of ^{See} Loaf Sug - to one pint
 & give a boill on two & Scum it very well —————
 you may clear it up wth whites of Eggs

IX.—Nineteenth Century.

Handwriting as an art, will probably, in the course of next century, be superseded by the more legible Type-writer, and the still more convenient phonograph. I therefore add, for the enlightenment of the readers of the next century, a specimen of the present style of writing:—

In the prospectus first issued, this work was entitled 'Ye Apothecarie his booke'; but failing to discover evidence of its having been used by an Apothecary, the name was altered to "Stream Fairfaxiana" on account of its owners & writers.

The Subject Matter.

Medical Recipes.

To describe the herbs and simples used in the medical receipts would be congenial labour, and in undertaking it I should be more at home than in what I have already attempted. But that would fill a volume in itself, and would not be generally interesting to the book lover. I shall therefore only make brief reference to the subject matter, leaving the rest to the leisurely perusal of the reader.

The collections found between pages 9—58, and 75—96, although written in the same Italian hand, were evidently culled from different sources. The second, at least, seems copied from an Apothecary's book, the first may have been also. The other writings of that period, such as those on pages 96 and 97 also bear the marks of professional skill. The renowned "weapon-salve" of Paracelsus, mentioned on page 61, although still recommended by his disciple Dr. Fludd in 1606, had almost fallen into disrepute as a professional remedy, partly on account of the ban of the Church, partly from the increased enlightenment of the medical men. Almost the only auxiliary to physical remedies was the reverent invocation of "God's grace;" and in spite of occasional appeals

to the imagination, in the form of charms or talismans, the "Cholmeley" writing may be said to represent the professional method of the time.

The "Fairfax" receipts, while still dealing in charms, exhibit a greater number of remedies in which diet and régime are the chief factors. They represent, therefore, domestic rather than professional medicine, and are just what would be used by families residing at some distance from the towns.

The medical portion of the "Green" collection, as might be expected from its later date, shows a great advance in the evolution of scientific treatment. The remedies generally have become more definite, and are often chosen as on page 221 with a single and rational end in view. Cures for the bite of a mad dog are not effected by a "Hair of the dog that bit you," but by means which might have been used up to within a very recent date. This is said, however, with all respect for the more ancient treatment, for does not the method of M. Pasteur after all consist in a homœopathically diluted "Microbe of the dog that bit you?"

Housewifery.

The Sections devoted to the household arts form a large proportion of the book, and although bleaching and dyeing, brewing and preserving, are now almost entirely

relegated to the manufacturer, the baking of meats still continues to engage the attention of the housewife. It may therefore be interesting to some fair readers to try the methods of those ancient dames, for the food upon which such noble men were reared in the days of Queen Bess and of the Commonwealth, may still be capable of making healthy bone and brain and blood. A crammed capon followed by pancakes made with cream—only think of it! (*See* recipe, page 117.)

Touches of Nature.

Here and there, throughout the book, there are evidences of the same human nature which is the heritage of all time. Some one, finding it convenient for her purpose, scribbles on page 60 the copy of a letter written to some "Right noble Knight," asking him for a stag which she wishes to send to London, invoking Harry Cholmeley as a mutual acquaintance. The writer of the Italian hand, perhaps resident in the household but not a member of the family, enters on the last page "A note of Miss Barbara, her lessons on y^e virginalle, which she hath learned and can play them." On the same page a watchful housewife notes the contents of her poultry yard as follows: "i kapon, xvi Torkies, xviii dowkes, iiii henes, ii cokes, x chekins, x giесе, iv sowes, ii brawes, [? brawnes]."

There is also on page 201 a record of lost linen, including handkerchares, fallenge bandes of kambreke, and other articles. Near at hand, on page 200 reversed, some masculine penman has copied a charm "To stanch the bleeding at the nose," which deserves to be given in full, as it may prove of assistance to those who in the present day put a key down the back of the person so affected. It is written in "latin" *sic*—

"Sanguis manet in te,
 "Sicut Christus ferat in se,
 "Sanguis manet in tua vena,
 "Sicut Christus in sua pena;
 "Sanguis manet in te fixus,
 "Sicut Christus in Crussifixus.

"Say this over three times, naming the partyes nam, and then say the Lord's Prayer."

These "asides" are not the least interesting feature of the book. They show that it has passed through many hands,—that the hopeful maiden as well as the lean apothecary, the anxious housewife as well as the learned divine, the equerry of Charles the Second's court, and the country squire of a century later, all had a hand in its making, adding something of interest to them and to us. They also enable us more readily to call up the family life of those interesting days in or about 1600, when My Lady Cholmeley, having ordered her household during the morning, and instructed her many daughters in their

various duties, went round her domain from hop-garthe to hen-yard, from linen closet to larder, prying, tasting, and admonishing, until her family was called together to "dyne at XI. of the clocke." And later in the day, when Henry and John had gone out with their father to shoot, and while Mary and Hilda and Dorothy were instructed, as was the custom in all noble families, in the arts of reading and writing, Mistress Barbara, being now nigh twenty years old, played her lessons on the virginal, thinking all the while of young Thomas Bellasis, who would ere long come in with her brothers, and who would praise the singing of her latest lessons, "My trew loue is to y^e Grene wood gon."

The Reproduction, and How it was Done.

When first considering the publication of the manuscript, I was uncertain whether it ought to be printed in letterpress with merely a few specimens of the handwriting in fac-simile, or entirely in fac-simile as now produced. The former would appeal to a larger class, because many persons might read in type what in the original manuscript would be tedious and difficult; yet to the genuine book-worm a little difficulty or even utter unintelligibility in some portions would be an additional fascination. The publishers having put before me the possibilities of production in either fashion, I decided to address the book to the latter class, and publish it in fac-simile throughout. Should they or others desire an edition in letterpress, the publishers and the writer will be pleased to receive their suggestions.

The method of reproduction now had to be decided, the choice lying between tracing the entire volume by hand or copying it by photography. The latter would have been by far the easier process had the book been in good condition and clean, but after experiment it was decided to adopt the former, bringing in the aid of photography here and there,

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where practicable. The reproduction by hand was so successful, however, being in most instances indistinguishable from the original except by the colour of the paper, that photography was only sparingly employed, and the pages so copied (see between 108—135) have been marked in the volume. The printing has been done by the lithographic process. There is some pleasure in stating that a high authority in manuscripts in the British Museum considers the fac-simile “most successful.”

Every line of the Work has been compared with the original, and where the slightest deviation was found it has been corrected or retraced. The only features not attempted in the reproduction are, the stains on the paper—although all the blots have been copied where they do not too greatly interfere with legibility,—and the various shades of the faded ink, which indicate more clearly in the original manuscript where some writer has added a comment on the work of his predecessor.

George Wood

2, *Stannington Avenue,*

Newcastle-on-Tyne,

November 17th, 1890.

The Manuscript
in Fac-simile.



Ursula ~~Robt Green~~
Cochran

Ursula Lister

Henry

Henry Fairfax

Robt Green Cochran Ex Dono B. C.

Si vis curari de morbo nescio quali.
Accipias herbam, sed qualē nescio, nec quā;
Bonas, nescio quō; curabere, nescio quando.

id est.

Your Sore, I know not what, doe not fore stōve
To cure wth herbs; which, whene I doe not know.
Place them (well pounēt) I know not where; as then
you shall be perfect whole, I know not when.

Into smallish, polstons of the wall of eggs
 here found full round small flowers, smallish
 flowers edge of the wall found full. ~~found~~
~~found~~ yellow books. 2: found full of eggs, one
 great found full of small white part and egg for
 edge of the wall one more /

egg to be my eggs & eggs under
 part

in October days the eggs and between the egg
 and the days round about, polstons of the wall
 the egg under the smallish part in full of round
 full of the wall the smallish part

in smallish part in long of the wall a small
 found the egg a part under the wall of the wall
 found full. the egg under the wall the egg under
 of almost round. the wall under the wall
 of the wall found a lay of the wall of the
 full of the wall, the wall under the wall

In June was the egg of the wall in a round
 found full of the wall, the wall under the wall
 the wall under the wall of the wall, a part
 the wall under the wall of the wall, a part
 of the wall, a part of the wall

In June or July part away the wall of the wall
 the wall of the wall of the wall

The wall under the wall of the wall, the wall of the wall
 of the wall full of the wall of the wall, but
 the wall under the wall of the wall, the wall of the wall
 of the wall /

part

To make good ink

Take a quart of Rains water, or Blawell
 water, or Road vinegar not being too sharp
 5: ounce of Gall / 4: ounce of Copperas /
 3: ounce of Gum / beat y^e Gall and
 Copperas a little together: 2: pt of soft water
 let it stand as before / note y^e
 gum would be putt in first
 after: 5: days standing you shall have a
 little but very little by play
 of y^e wine of y^e best putt a penny
 worth of water paper

Receipt
 "Humber, 60 of y^e Gall, 20 of Copperas, 30 of Gum arab,
 in whate the bott. kni:

Take a quart of fair spring water. one ounce of Copperas. 2 ounces of Gall. &
 7 ounces of Gum Arabic. mingle the together & let the stand. Mr Medgeley

Take 4 ounces of Gum arabick beat small. 2 ounces of Gall beat gross.
 one ounce of Copperas. & 1 quart of y^e coming off of strong Ale, putt all
 these together. & stirre them 3 or 4 times a day about 14 days. then
 strain it through a cloth. Mr Dockeray.

I made Ink by above rec^t only putting half
 y^e arabick, and as good as ever was us^d
 y^e green

Mr. Mason Exciseman his Rec^t for
 making Ink, which is very good

Take a quart of Rain or other soft water
 and put to it 4oz of ^{best blue} Galls grossly beaten
 let it stand warm for 3 days Then add 20z of Copperas
 14oz of Gum, Ditto, ^{small} Alum let it stand 2 or 3 days longer
 but shake it up 2 or 3 times a day put a little brandy into

the bottle w^{ch} will
 kind of y^e same
 MacDuff

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J. Inky

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note of ppehtal wale

Anna: Synofyde of Figs a like weight or quantity.				
lib. a pound. the weight. - (of a quart) - - - -				12.
lib. f. Sulph a pound. the weight (or a Zinke - - - -				6.
℥i and ounce (℥i) - - - - -				3 8.
℥ss Sulph an ounce (℥ss) - - - - -				3 4.
3i. one Dram (3i is 3.00) - - - - -				gr. 60.
3-β: Sulph a Dram (3β) - - - - -				gr. 30.
ʒi. one scruple. (ʒi) - - - - -				gr. 20.
ʒβ. Sulph a scruple (ʒβ) - - - - -				gr. 10.
℥: Synofyde, a grain weight.				
manipule. a handfull.				
ʒi. willc. weight one may gold between for two pines one a top pound.				
m: pounds for weight nobles please.				

Not. A graine is a Barly-corne.
 a Scruple is 20 graines
 3. Scruples a Draine.
 8 Draines an Ounce.
 12 Ounces a Pound.

For a Wenn

Take a quantity of black soape and somuch good ginger, made into fine powder, and mix y^e same with soape like unto a thick salve. Then lay it plaster wise vpon a peece of fine new white cloth or rather leather, pricked full of holes: Lett y^e plaister so rest vpon the sore 12 or 24 howers, according as you shall feele it to worke; and then chaunge and renew it accordingly. Continue and renew this plaster euery day vntill y^e sore do break. w^{ch} wilbe within xv daies: and still continue y^e plaister after y^e sore is broken vntill y^e sore be as flatt and as lowe, as any other parte of y^e flesh: Do not cutt or prick y^e sore, but lett it break by y^e working of y^e medycine: Make no more medycine at once then will serue for a week, and then sweetly make fresh. /

When y^e corruption is cleane drawen forth, then will appere to remaine the bagg or skynn of the Wenn, vnto which applic natbing, but yo^r fasting spittle first forseeing, all y^e corruption to be heary cleane drawen forth: Deuise some cleaung thng about y^e edges of the plaster, broder then shall touche y^e soare therby to make y^e plaster to abide vpon y^e sore wth otherwise yt cannot because y^e soape is slippery and not cleaunge: /

For y^e same.

Take May-butter well clarified in y^e funne, Broome-budds, Durtrees flowers, Violet-leaues, red-Sage & a little-Camomile.

2^d skring

For the reddnes of the eyes or bludshod

Take redd wine, red rose water and womans milk, and mingle all these together, and cutt a peece of y^e crommes of Wheaten bread leuend, as much as will couer the eie; and laye it in the red wine rose water and milke, and when you go to bedd, laye it vpon your eyes and it will help them. ~~~~~

For Chilblanes & Ribes

Take faire water and wheat branne, and seeth it till it be very soft and laye it vpon the place greued so hot as you can suffer yt; and if it be broken it will heale it; and if it be not broken it will aswage it. ~~~~~

For an ache in any parte of y^e bodye. ~~~~~

Take two or three onions; pill them, and slice them & beate them small and putt therto iij sponefulls of sallett oile and as much aqua composita Stamp them well together, straine them thorough a cloth, then take it, warme it whott and anointe y^e greued place and warme a cloth, and it on it. ~~~~~

For y^e bleedmg at y^e nose: Probatum X

Take a Toade and drie it in marche put y^e same into some silke
or sattene bagg and hange it about y^e neck of y^e party next the
skinne and by gods grace it will stanch presently: //

For the falling sicknes

Take the harte of a toade and drie it and beate it to powder then
drinke with what drinke you will: //

A present medicine for a laske
is good for bleedmg.

Take a Toade at any tyme of y^e yere and drie it in an oven, so it doth
not breake and when it is dried putt it into some taffaty bagg and
hange it about y^e necke of y^e party greued next y^e skm: it helpeth

For a Pynn and Webb: //

Take a handfull of hemlock and y^e white of an egge, and a little haysalt
altogether beary sme & lay it to y^e pulce of y^e arme on y^e contrary side
and if it be nere y^e sight of y^e eie to y^e iuce of dases, leaves, rootes & all
and put it into y^e eie, and so use it, till it be whole: //

For swelling of any parte

Take Camomill flowers, and if you cannot get y^e flowers, take y^e herbs, and take newe milke, and put y^e herbs into yt, and barlie-meale; if you can gett no barley meale, take otmeale and seeth all these in y^e milke together, till yt be thicke, and then laie it on y^e swelling place, so hot as y^e patient can indure it, and in twice using y^e same, it will ridd y^t awaye. //

For the shrinking of y^e sinewes.

Take a pinte of neatsfoote oile, and half a pound of may butter, & half a pound of sowes grease, smalledg. ʒ^{ss}: mallowes of y^e field ʒ^{ss} & of french mallowes half a pound: chop all these verie small together, then boile it in the same butter and grease aforesayd, untill it be half boiled awaye, then straine it and anoint y^e place warming it first, both evening and morning, and it will help it. //

Anoyntment for the Palsye. m—

Take the flowers of s'Fickades, the flowers of y^e right spite, the flowers of french lauender, the flowers and cropps of rosemary, y^e flowers & cropps of Isop; y^e flowers and crops of maudline, and a handfull of kornslipp flowers, y^e crops of sage, of each of them a handfull, and of Camomill flowers, three handfuls: put them all into sallet-oile, and make it, as you make oile of Roses. y

For them theyr speech faileth. \

Take a handfull of y^e cropps of Rosemary, a handfull of sage, and a handfull of Isop and boile them in malmsey, till it be soft, then put them into linnen clothes, and laye about the nape of the neck and the pulses of the armes, as Whott as it may be suffred, daily, as it shalbe thought mete, and it will help it, by gods grace. m—

For the same: m—

Take Staues aker and beate it, and sorve it in a linnen cloth, and make a bagg, noe bigger then a beane, if he can chow it in his mouth, lett hym, if not then lay it vppon his tounge. m—

For y^e Palsey that draweth y^e smowes. mmm

Take kowslip rootes and seeth them in malmsey, and bathe them therewith where he is drawen, and strike to y^e right place, as warme as may be suffred, and if he cannot speake, rubb his tongue wth newe masterd and pepper, or els with y^e same medicine aforesaide made of staves acre, or with aguacomposita, and herbgrace, and mingle it together, & rub y^e nape of y^e neck wth it, & so under y^e eares.

For the swyming in y^e head, given by m^r Vesalius
(y^e Emperor Charles phisition) to Quene Mary:

Take two ounces of the iuice of the budds of redd roses or one ounce of very good oile of roses, one ounce of kowslip oile, and two spoonefulls of womans milk of a manchild, and three nutmegs finely beaten & serced and asmuch mace made in powder as the nutmegs is, and a little red rose water, and asmuch wine Cimiger; mingle all these together and warme it upon a Chasingdish, and anointe the nape of the neck and the temples, and the crowne of the head, and under y^e eares you must rub it very well in, and keepe the head wholl while it is a dōmpe and after: mmm

For the paine in the back.

Take a quart of new milke from the Cowe, and the brisket of a brest of mutton cutt of y^e skinn and all the fatt, as nere as you can, and bente y^e bones, and putt into the milke (without washing it; Take nyne leaues of clary, and nine leaues of nepp; and a good handfull of knottgrace, and nine leaues of comfory; putt all these into the milke with the mutten, and lett it boile halfe awaye; bruse a nutmeg, and put it in, and let it seeth a waume or two after, and then straine it, and lett it stand till it be cold skim of y^e fatt & warme it & drinke eaery morne & euen a draught

Another for the same.

Take three leaues of Nepp, and fiue leaues of Clary and three leaues of Comforye, and the pithc of the oxe back and chopp all these togather, and frye with a cupple of eggs in sweete butter, and eat it euery morninge, and a little before you eat it drinke a little draught of muskadell, and an other draught after.

For the Emrods. ~~~~

Take the hoofe of a horffoote, and redd scarlett, burne them
bothe togeather to powder: take White frankensenee. Cast
this powder on a chafingdish of coles and sitt ouer them. ~//

To make a bath for Melancholy: ~~~~

Take mallomes pellitory of the wall, of each three handfulls
Camomell flowers, Nettlelot flowers, of each one handfull.
hollyhocks two handfulls. Isop one greate handfull: fene =
crick, seede of eit seede, of either, one ounce, and boile them
in nine gallons of Water, untill they come to three, then
put in a quart of new milke, and go into it bloud warme, or
something warmer. ~~~~

For the saling of the waila. ~~~~

Take some leuen and if it be not sowre, temper it with ringer.
lay it to the nape of the neck. ~~~~

Of Emroides or Pyles.

There are aboute y^e end of the fundomeb, five vemes w^{ch} are
 called *Hemoroydale, and are ordeyned of nature to purge the
 gross and melancholy bloud in men, as weomens bodies ar pur-
 ged euery moneth: ys y^e said purgations come duly, yt p^reseructh
 the body from sondry diseases, as from y^e Leper, from Canker
 and such like: They be called *Hemoroyde of Hema which in
 Greeke is blood, and roys, w^{ch} is flowing: There are diuers kinde
 of them for some be like greynes; some are like mulberies, and are
 called moralles; and some are smale as little peeces of flesh, about y^e
 fundament, and some are pamefull, and aposthum². The cause of
 these for the most parte, is aboundance of gross and melancholy
 bloud, and sometime of flegme, and somtymes of brent choler sent
 vnto y^e sayd place, or els they come thorough the receipt of sharp medy-
 cines: Wherfore by the greate aboundance of such blood, yt chan^sseth
 y^e the sayd vemes swell, and be extended out of the fundament,
 being very pamefull and aposthum²: Therfore ys y^e blud be very
 subtle and sharp; and the passion naturall and commg by courses
 Then the mouthes of the vemes are opened (without y^e melancholy
 bloud is purged by the benefitt of nature; and also the sayd matise
 bloud watrye and not grosse, then they are like little bladders, or
 graimes of raysons, and white in colour, soft in touchmg, and cause no
 greate pame: If they be ingendred of gross flegmatick blud:
 they are

*Hæmorrhoides

*αἱμορροΐς

they are hard like warts or unripe figgs, and are not very painefull except they be ulcered and ioyned with some whott humor // Their collour is betwene bleivnes and rednes, yf they be caused of melancholy blood and flegmatick mixt together, they are like little peeces of flesh of black collour. And if they be caused of brent choleric blood with melancholy, they are in collor & signe, like to a mulbery and very painefull. There be some, naturall, and some accedētall. The naturall are those which in some bodies, euey moneth, or euey yere, foure tymes, purge gross and melancholy blood: The accedētall are those which proceed of y^e forsayd causes, through ill diett, or other thinges not naturall, wherefore the patient must auoyde all sharp, salt, and tart thinges that impender melancholy blood, as all pulses, the head, the inwardes of beasts, and gross flesh as of kine, swine, goates, hares, and birds of y^e reuer: Those that are impended inwardly are naturally, and they are wont to send out gross blood: And those that were outwardly, send out watry blood, somewhat reddish. —

For the Scyatica.

Take 2^d worth of Cantarides (sow them in a spinning-bagg. steep them one night in vergers, the next morning apply y^e bagg to the side of the legg below the knee, and continue it there for the space of 6 houers, then take it thence & lay to y^e place a cabbages wafer which it draws to some hard lett out the blisters

See pag.
19, 61.

~~Flax~~ ~~and~~ ~~flowers~~ ~~of~~ ~~the~~ ~~plant~~

Take planten leaues, and elder flowers; fill them wth a quantity of new milk. When you have a pottle of that water, take half a pounce of bitter almonds, blanch them, take your pottle of water and half an ounce of Mercury boile it on the fier in a pip^lm, till the mercury be consumed; then let it stand till it be colde. and so putt in your almonds. ~~mm~~

To make excellent aqua calesis. ~~mm~~

Re. Cinamomi. 3℥
 Zinziberis 3℥
 Santhaloram }
 omniu^m singulon } 3℥
 Gariophyllorum }
 Gallanga } ana 3℥
 Nufis muscata }
 Macis cubebarū - 3℥
 Cardamomi veriusq^{ue} }
 Sem: mgellæ } ana 3℥
 Zedoria. 3℥
 S: anisi, fenicul

yt Waxeth moist } Upon the head, as it wilbe, drye the same one a dish
 Upon a Chafin dish, and coales, applyng y^e same, as often as you have
 cause ~~mm~~

Passi masi ocymi
 Rad: Angelica
 Cariophilatae
 Liquiritia
 Calami aromati
 Phu: scabiosa
 Thimi Calamintb
 Palagy Serpilli
 Majoranae Menthae a 3y
 Floru rosara rub:
 Salvia Betonica
 Rosmaria
 Sachador
 Buplosi, Boraginis a 3|8
 Pul: Corticu Citri 3 m
 Species Diambre
 Aromat: Rosat
 Diomoschi dulcis
 Dia margarito Calide
 Elec de gemmis a 3 m
 Maccrant^r f a in tib 12 Ann optm claretti siue spirit Ann
 Del aquauite dieb² xv at distillent^r et in ag: inde fluente
 Ut distillat adde Santhal odorat, id est Citrmi 3y maschi, abra
 wgran xv Tulapi rosace clarissimi tib misce et bene Cooperta, Serua:
 Bynd the

Bnde the ambergreece muske and Saunders, in a cleane
 lymen cloth, and lett y^e Water as it distilleth dropp through
 the muske and amber and y^e Saunders, and lett it be tied to
 y^e pipe of y^e Lembeck: Then afterwards add yo^r Tulipp of
 Roses onto y^e Water distilled. mmm—

This is called y^e flower of all oymments, alias
 flos oymmentorū for it is for all maner of
 maladies, aches or hurts, new or olde. mmm—

Take Rosen and perrosen, of ech half a pound Virgen Wax,
 olibanum if there be no Olibanum, then somuch frankensence
 of eche a q^r of a pound, Camfer ij or iij drames of masTick
 one ounce of harts sweat a q^r of a pound; melt y^e that is to be
 melted, and pound y^e is to be pounded, beaten and finely searced
 and being melted, first put yo^r tallowe and wax togeather,
 then put yo^r rosen, and perrosen togeather to them then your
 olibanum, then last yo^r masTick and when all is melted ouer
 a soft fier, then straine them thorough a cloth into a pottle of
 white wine, Then boile the wine with all the other medicmes
 togeather, then let it coole till it be blood warme, then put therto
 a q^r of a poand of Turpentme and be ever stirring, Anill y^e t^oe
 coole, ever beware yo^r stuff be bloodwarne (when you putto your
 Turpentme.
 ser

for if it be whott it will marr all yo^r stuff. When it is done and
 colde mough then anointe yo^r hands with oyle of sweete almonds
 and make it up in roles, and kepe it to yo^r use for the most pretious
 salve can be made for all diseases, and for y^e goute to spreade
 upon a cloth like a plaster, and put it to y^e place p^recued, and
 yt will not come off untill y^e p^rime be gon. And if it be for the
 goute take half a pound of Comen mingled wth y^e things aforesayde
 wth y^e Campher, you must pound two or three almonds or els y^e
 Campher will not come to powder. When you make yo^r salve in to
 roles then you must cast in yo^r Campher where y^e goute priets or
 akes. Laye to this plaster, and it will drawe out euell humors, &
 ease you of yo^r p^rime: and this Intreat is good for y^e goute, and for
 olde sores festred: for maney of all treats it is most cleansing, and
 a stomper, and will ingender and gather newe flesh; yt is good
 for all outd aches, and impostumations of y^e body, head, face, or
 otherwhere: for smowes sproonge or shrunk, or to drawe out venim,
 stingng or bitng of venom beasts, to heale all botches, punches
 all thinges hardened in the flesh: for noli me tangere to drawe out
 all maner aches in y^e lymes and head ache, y^e splene & y^e eies, and
 breatech all maner of posthumacons or swellngs in y^e Codd's, festers
 and cankers all fluxes of men and weomen: good for Emrods & good to
 make any plaster or searcloth, to heale any sore: This Intreat is called
 flos unguentoru, for it cometh of Jesus Christ to a recluse by an Angell
 at y^e red hill in Almaine, y^e w^{ch} wrought many maruells wth yt, and
 neuer had other medicine.

The order of this medicine

First cause it to be spread upon a fayre linnen clothe plaisterwise and laye y^e same upon any iointe (where the paine is. first anointe yo^r iointes with oyle of roses, then laye it on. The stuff of your plaister must be half an inch thick according to the property of y^e same; you must lett it stick and continued ix or x daies together although it putt you to some paine of ache in y^e mean tyme yet you must lett it lie on still for it will bothe drawe out the humors by little smale pimples and also heale againe, and one plaister must serue all y^e time of yo^r disease, without any maner of renewing

To make Oile of Exiter

Take a pound of y^e flowers of pugles in May. & Trip y^e in a smuch oyle olif as they may easely be layed in, Then take Calamint herb John Juice of sage, ambergrece, egremony, sotherwood, pennyriall, lavender, specke pellitory of spaine, rosemary, camomill, leaucs of sorrell, flowers of lillies, of each a handfull; gather them in y^e moneth of June, beate them in a mortar as smale as can be, then take y^e flowers and wringe them out of y^e oile wth cleare hands, and put y^e in white wine, a night and a daie; Then take y^e herbs with y^e wine, and boile them together with y^e oile, ouer a soft fier, so long till the wine & water be wasted

be wasted awaye. And thus you shall knowe. take of y^e liquor
 in a spoone, yf the wine and water do appere, then it is not
 boyled, but if the wine and water be consumed, then it is well
 boyled; Take yt of the fier, and putt it in a stronge bagg of linen
 cloth and strayne it betwene two staves, and putt it in a vessell
 of tynn or glass, for no other vessell will hold it; yt will indure
 three yeres, and is vcery good for y^e goutte, or where one is brused
 and for the palsie, if the patient be anointed therewith, in the
 sunne in Sommer, and by the fier in winter. —

To make Oyle of Swallowes. — infra p. 29.

Take twenty Swallowes, and put them in a mortar, and putt therein
 Lauender Cotten, Lauender specke, Camomill knotgrasse, ribwort,
 balme Gallerian, rosmary tops, woodbine tops, struges of vimes,
 french mallomes the tops of Ailehouf Strawberry strimps, tutsen leaues
 planten Walnut leaues, tops of yong bayes, Isop, Violet leaues,
 sage of vertue fine romaine Wormewood, of each of these a handfull
 y^e of Camomill; y^e of red rases, y^e ounces of cloues, beaten smale, a
 quart of neatsfoot oile, or els asmuch may butter, All these must
 be beaten together, in a mortar, and then put them in an earthen
 pott and lett it stand vnder y^e ground ix daies, and stopp the
 pott cleane, and vcery close, then take it up, and putt in the pott
 and.

halse a pounce of Wax, and a pinte of neats foot oyle or els may
butter, and then put the same pott, into a pott of water, and
lett it seeth in the same water, in 7 howres, and so take it
out of the water, & straine it & keepe it y^e whole yere Probatū

To make an ointment for y^e stomak against
the colic. m m m m

Take Capons grease y^e quantity of 7 ounces, rosemary in handfulls
and sirop of downward and stamp it small, then lett it be putt
into the grease, and lett them boile together, untill it be greene,
the stronger it is of the rosemary the better it is, and when it is ready
to be strayed, then putt in half an ounce of y^e powder of masse
very finely scerced, and then lett it be strayed, and use it to y^e
mouth of the stomak warme. m m m m

For y^e Sciatica.

Take a pound of Wax, the Juice of marjoram, red sage, 7j spoone
fulls of y^e iuice of onions two spoone fulls of frankensente nutmegs
cloues mace, and ammis seede, of each a penyworth of turpentine
and applie it vppon leather. m m m m

For y^e same.

Take Aquadite & Carnomal, in a marrow of a deer shanel or deer face
or neats foot oyle. now putt all these together in an earthen-pott or
for distill them in y^e sunne or a pott of warm water. m m m m

To make a Tisane for y^e Cough of the Lungen
or for the Cough of the Stomak.

Take harts tounge and liuerwort lungworte, Coltsfoote, mayden heare
a little elicompane rootes, raisens of y^e Sunne Bonned, liquoris stamped
annis seede a little brused: Let all these be boyled together in fayre
running water according to y^e quantity of the herbs, and when it is
sodden sufficiently strame them all, and so drinke at any tyme
when you will. ~~~~~

To make a powder for the Stone to eat with meate
instead of salt, using yt now and then. ~~~~~

Take the Lungen of a Fox, and wash it in white wine and then laye it
in white wine xy horours, and then drie it in a fayre cloth, and sett
it into an oven to be beaten into powder, then take to that a little powder
of liquoris finely beaten a little annis seede finely beaten into powder
and a little super Candy, beaten into small powder; but sett y^e greatest
quantity of your powder be of the fox Lungen, and when you eat not
this powder, eat tmo or three tymes a daye, the conserues of redd Roses.

A powder for y^e Stone.

Take Magistruum Tartari 8 graines Diagrædium 8 grames, mixe
them perfectly together in powder. & this is y^e greatest proportion
y^e you must take at one time in a gill of white wine.

A Very good almond milk for y^e bloody Flux

Take mutton and boile it in fayre water, and scome it Verie cleane
 Then putt in a handfull of borage, one handfull of prunes, some
 Whole mace, Whole Cinamom, the Upper crust of a manchett loafe
 boile all these togeather. Very well. Untill the strength of euery thing
 be boiled into y^e brothe. Then straine it thorough a Cullender,
 Then take almonds and pearch them, as you would do peason, and
 beate them very fine. skins and all, and putt them into the brothe
 and lett them boile againe. y^e or in waumes, then straine it
 thorough a faire cloth and season it well with suger, and a little
 salte & Give it y^e patient to drinke, at any time of the daye

For one y^e Stunge (with an Adder

Take musferd seede and bruse it in a wooden dish, wth dragon
 water, then opening the wound with a fine neede, binding the
 patient about the place where he is hurt, for swelling any further
 then bathe the wound all about, as farr as it is swollen wth dragon
 water, then laye the medicine upon the wounde, binding it on
 with a faire cloth: then y^e next tyme you dress it againe anointe
 it with oile of roses giuing the patient triacle and dragon water
 to drinke when you dress it first

For a greene Wounde . mmm—

Take rosen, Wax, and fresh butter, barrowes grease tryed. of them a like quantity, boile it untill it leaue boyling. power it upon a dish of colde water, then worke it in your hands in little roles and spread yt on a cloth, and laye it on the swounde, and if the Wounde be deepe, then make a tent of Linde, togeather with the salue and putt it into the Wound: mmm—

A drinke for y^ouerflowing of the Gaule: mmm—

Take half a pinte of Goates milk, half a pinte of redd rose water two ounces of man² xpi, half an ounce of White suger Candy three leaues of gould, boile these untill they come to half a pinte, and drinke it morning and euening. fower tymes mmm—

For one that cannot make Water. —

Take ij or three raddish rootes, scrape them and wash them veary cleane and slice them into a pinte of white wine, and boile it from a pinte, to half a pinte, and straine yt, and drinke yt luke warme . mmm—

For the same . mmm—

Take shell snayles, and take out the snayle Wash the shells
very cleane, drye them and beate them into powder then take
y powder, & drinck it in white wine, or els in thyn broth .:

Another for the same .

Take black Soape of the stromis if you can gett, and worke
yt with white salt very hard, untill it be like paste, and
then role it up like a bale, and binde it to your Nauell
with a clothe . mmm—

To help the Quila . mmm

Take a peece of fine linnen cloth, cut it rounde as bigg as y mould of y head.
laye on it fine flax all ouer not very thick: Then take nigella romana
nutmegs and comen, beate them altogether to a powder, then laye all y
pouder vppon y flax all ouer, then laye an other lane of flax on the same
as before, then take baye salt, drie it as drye as yo can, beate y same into smale
pouder and lay it on y flex. all ouer; cut a round peece of cloth as the other
before, quilt all these together, that y pouder run not abroade, geuing a
spetiall marke to y side y salt is on, laying this quilt to y middle of
y head very whot, the salt side vppermost from y head, and when
yt

yt Waxeth moist Upon the head, as it wilbe, drye the same one a dish
 Upon a Chafindish, and coales, applying y^e same, as often as you have
 cause

An Electuary y^e Quene Mary was wont to take
 for the passion of the hart

Take damask roses half blowne out, cutt of y^e Whites, and beate your
 roses very fine, and strame out y^e iuice, asmuch as you can, you may
 putt to it if you will a little rose water, to make it y^e more moist;
 Then take of y^e finest sugar that you can gett, and make a sirop of it
 very thick, Then take rubies and beate them very fine, and likewise
 amber and pearle, a little amber greece, and mingle all these together
 with some of the Sirop, till it be somewhat thick, then take it morne &
 even Upon a knife pointe, a little quantity, you may take it els at
 any other tyme when you think good: This medicine is very excellent
 and so approued

An aquacomposita for y^e yellow Iandize

Take in gallons of very excellent strong ale, ij ounces of Ginger ij ounces
 of nutmeggs one ounce of Cinnamon, one ounce of long pepper, one ounce
 of grames, one ounce of Galmgale, a dram of a meorns horne in ounces
 of

of annisseed and iii ounces of liquoris, all these brused, half a pound
of sallandine, half a pound of mercury of the field; as much mallowes
All these herbs, finely shred, iii or iiiij rootes of fenill, of parslye and
succorye, the piths taken out, shred them also, two ounces of english
saffron, finely beaten / ij ounces of the grene of goose tords newly
made, ij ounces of Elicampana rootes, ij ounces of redd Wormes, ^{ch}
are comonly called eases; ripp them a sunder in y^e middes, and scrape
out y^e filth, and scoure them in salt, and wash them very cleane
and drie them in a cloth, and putt them into the ale: you must
take of the shell snails, and cut of the heads of them, and slitt them
a sunder and scoure them in salt very cleane, and wash them very
cleane untill all the filth be out. Then drie them in a cloth very drie
Take ij ounces of these also, and putt all these aforesayd into the ale,
into an earthen pott, one daye and one night, and stir it fivē or six
Tymes in that space and then still it either in a lymbeck of glasse, or
of pewter, you must still it in May, and lett the patient drinke it in ale
at morning and evening, one sponefull at a tyme; you may kepe this
iii or iiiij yeres, the longer the better: ^{mm} Put also unto these aforesaid
half a pound of reasons of y^e sun, stonned, and two ounces of hart shorne
finely made into powder. ^{mm}

For y^e Green-sicknes.

Take earth Wormes open them, wash them cleane, drie them in
an Ouen & beat them to powder. geve 2 sponefulls in white
Wine in y^e morning.

A medicine for the Stone

Take an onyon, and cutt out the topp, fill it up with casle soape
and the powder of franckensence. sett the onion in the whott
embers and when it is mough, laye it plaster waye to y^e nauell:

A medicine for the Emrods

Take henbane leaues, half a handfull of purslane, as much cromes
of bread, half a handfull, the yolk of an egg with oile of roses, beate
the herbs togeather with the cromes of bread, the yolk of y^e egg, and
the oile of roses, and make a poultes of them

For any sore, or pimples in the face

First take bole armimick iij ounces, camphir one ounce, White copperis
iij ounces put yo^r camphir and copperis into a stone goddard of earth
and seeth them togeather on the fier, and they will become water,
and wilbe hard againe; remember to stir them while they be a seething
Then beate y^e Camphir and copperis in a brasen mortar very fine
and by it self; then beate y^e bole armimick by it self, and afterwards
beate them altogeather and kepe them close in a bladder, and when
any body is hurt, or hath y^e skinne brofen, Take a pottle of running
Water.

Sett it ouer the fier, till it begin to seeth, then take it of the fier, and putt in spoonefulls of the powder into y^e same water, and stir them well togeather, and kepe it in a glass, and lett it stand till it be clere in y^e upper parte, Then washe y^e sore with a linnen cloth as warme as they can suffer it, and wet a cloth in or in dubble and laye it vpon the sore, and if it haue a hole in it, wet linte in y^e water, and fill y^e whole before you lay on the cloth; and if any water be left in y^e saucer, poure it on y^e cloth, that lieth on y^e sore, and bind it well up: and keepe it very warme, do this morne and even, vntill it be whole. ^{and} you may use this medicine after y^e ointment, in the other side ^{wh^{ch}} yo^u may use as long as you liue

— ~~—~~ —

For the pimples in the face, if they be neuer so greate

Take one ounce of Unguentū rosatum, of the best you can gett and half a pennyworth of y^e best brimstone, and a pennyworth of y^e best ginger that you can gett, pare it, and beate them bothe very fine, & searce them, and putt them into yo^r rosatum: mingle it very well togeather putt it into a box, Then nointe yo^r face where it is pimpled, xv nights and in all that tyme you must take hede, that no swell come to yo^r face. Then the xvij night, take some oile of sweete almonds, and anointe yo^r about one houre before you goe to bedd: and when: (face
you:

you are going to bed, take white wine, and a little of meale, and wash your face, and it will helpe you, and if it were neuer so greate a fault, you must be purged two or three daies before you take it, and be lett blood also if you will. you must keepe a very good diet, whyles you take it. —

Another for the rednes in y^e face. //

Take y^e call and the fatt of the kidneys of a kidd, and laye it in red rose Water, a night and a daie, and when you have so done, mynce it very smale, putt it into some vessell of siluer, and keuer it ouer with red rose Water, and then keuer the vessell with parchment or paper, and then sett it into a possnet of water, and so lett it melt, till all y^e grease be consumed, and then streime it out, then beate it out in rose water, and the Juice of lemmons, till it comes to a very pure whitenes: Then anointe y^e face, you may use lamms sewet thus, wh^{ch} is supposed as good as the other. —

For y^e Rume in y^e Eyes, or pain in y^e head.

Take an ounce of Nutmegges, an ounce of Cloues, & an ounce of Mace, of Refrenary y^e wort (i. a good handfull) of Sallet oyle a gill. Boyle all together & lay it on y^e crowne of the head, if said ingredients being boyled & first beat to powder. y^e may lay vnto y^e Eyes Concreue of Roses &c.

Balles for the face . mmm

Take greate Allicant reasons, a quarter of a pounce. Stone them but wash them not, and beate them in a mortar Very fine take as many almonds, not Jordans but of y^e comon sort, and blanch them, and drye them in a cloth Very well, and beate them in a Stone mortar also Very fine. When you have done thus, to them bothe mingle them bothe together and beate them againe and putt to it half a quarter of a pounce of browne leauened bread, wheaten bread: and beate them altogether and mingle them swell together, and then take it and make it in little balles and then wash yo^r face at night with one of them, in fayre Water. If you will haue this only to wash yo^r hands, put in a little Venice soape; but putt none of that in for youre face . mmm

Oile of
Swallowes.
Pg. 18.

A singular Ointm^t for any Scke or Bruise.

Take Rosemary-toppes, Lauender-Cotten, Thyme, y^e stringes of Strawberries, French-Mallows & Southrenwood, y^e toppes of Bayes, Gill, Rave ana 2 handfulls. Bake 30 Swallowes out of y^e nest young & blusk, & pound them very small in a stone mortar till y^e see noe substance but feathers. Then pound all y^e herbes wth y^e Swallowes & an ounce of Cloues therwth & in y^e pounding putt to it by little & little 2 pound of Barroes greafe; then putt it all into a Rott & cover it close, & let it Boile for y^e space of 2 Houres, putting to it at y^e first before y^e boile it a quart of Rats-foot oile. Then take it off & strain it, & cover it close & let it stand 10 or 12 daies: & then boile it againe an Houre & if need bee putt to it a pound of Barroes greafe more. Then strain it & putt it up, & keep it for your Use.

A devine Plaster for any ache (which
 being laied to y^e place greived, taketh awaye
 the paine so soone as it is once thoroughly warme

Uide
 pag: 56
 & 15.

Take two pound of unwrought wax, of deere suett half a pound, of perrosen
 fower pound, of cloves and mace, of each two ounces, half an ounce of
 saffron, of rosen two pound of black pitch a q^{ty} of a pound; melt that is
 to be melted, and powder and searce that is to be powdered. ¶ Mingle all
 together (Upon a soft fier except y^e cloves maces and saffron) ¶ Then
 take a pottle of redd wine and by little and little powre it to y^e salve, stirring
 it together and when it is melted, straine it into a cleane pann, and then
 put in y^e powder of cloves, maces and saffron, casting it abroad (Upon y^e
 ingrediences, and stir it well together a good while, and let it stand till it
 be somewhat cold, and then anoint well y^e bandes (with oile or soft greace,
 and while it is somewhat warme, make it up in bigg roles, and drive it
 with y^e hands often tymes, and then it will be coulered like wax, and so
 make it up in good roles. ~~~~~

For nummes of members. ~~~~~

Take and anointe the greese if it cometh of colde (with oile of Woodbine
 and if it cometh of heat, Use Populion. ~~~~~

For the falling sicknes

Take the seedes of Satteren, and drinke ʒj of them in fine powder
morne and even for forty daies; yt remedieth

For the dymnes of the eies

Take of the Water that is silled of strawberries, and wash y^e eies
with yt; Likewise it doth quenche y^e heate of the face, and take
awaye the redd spots of y^e same, if you use it xxij daies togeather

To stopp the Flux

Take the Raspes berries, and boile them in red Wine, and drinke
of it often times warme; there is none like to this, and it quenbeth
S^t antonies euell, as diafcoridis reporteth lib: 4 chap: 34

To heale the Emrods

Take A ron called Cuckoo pmtle, and boile it in oile-Olive and
warime applie it twice in the daye, it healeth it wth in 100 daies at
the surthest

For sore eyes a remedy most excellent

Take rose water womans milke and the white of an egg, beate them together, and putt of it into the eyes, yt taketh away the dymnes burming, rednes and swelling and cleareth the sight: ~~~~~

To heale a fellon or Bile. ~~~~~

Take beane meale and fenecrick in powder ana ʒ ij mix it with hony a sufficient quantity, and applie of it to the greese morne and even, yt helpeth ~~~~~

To heale y^e greate heate in y^e breasts of Women
or in y^e priuy members of men. ~~~~~

Take the iuice of hemlock and applie it to the greese 2 or 3 tymes in y^e daye and wet a cloth in it and laye it to the greese use it 3 or 4 daies, yt quencheth S^t Antonies fier ~~~~~

For a fore-Breast. or y^e Wolf. ~~~~~

Be Pitch & Rosin ʒ 3. Bees-waxe ʒ 3. Sheep-fuitt ʒ 3. all boyled together takinge away y^e scume. then take a piece of new-linnen cloath vndrashed fro y^e weauer & steep it in it of both sides like a fear-cloath, & cutt it in pieces according to y^e wound, & yf it need a Tent take some of y^e said plaster & make a little Tent & put it in. the lay on y^e plaster & yf it doth not curde make y^e Rubricke of sweet-milk & sterneal, but in noe case let y^e wounde shutt of themselves, for they will break in another place. When it is cured anoint it wth y^e Oyle of Swallows or some milke Oyle to take away y^e redness out of y^e breast. y^e party when she is cured must keep her Breast Rott for half a year after.

To cleere a dymme sight of the eyes

Take the Juice of Selendme and put it into a brasen Vessell
with the like quantity of hony being clarified, and boile them
to thicknes. Use to put of it into y^e eyes morne & euen, it cleareth y^e .. //

For the Jaundize and Choller

Take ʒij of the rootes of Sollodiu, annis seede in powder ʒj, boile
them in a quart of white wine, till half be wasted, then straine
it, and drinke of it morne and euen ʒj at a time, not to drinke
after it two howres, Use it ix daies. ~~~~~

For acbe, sitch, or swelling . .

Take half a peck of earth wormes, and putt them into haye to
skowre them selues shifting them 3 times in 24 howres wth new
haye, then stamp them smale, in a mortar, and putto them a pottle
of malmsey and a pottle of muskaden, then boile them till more then
half be wasted then straine it and kepe it for yo^r Use to anointe
the greif wth morne and euen. ~~~~~

For the Windcolick or the Stone.

Take a quart of muskadell, or malmsey and seeth in it two heads of garlick being peeld and brused and the rinde of a lemmon or the iuice of one, seething them till half be wasted, then straine it, and drinck of it morne and euen warme, 8 or 9 spoonesfuls at a tyme

To take cornes from the feete, also to drawe prick
needle or arrowhead from the flesh

pag: 38.

Take wax ℥j, rosine ℥j, q^r and of the powder of Aris Polochia rotunda and of longa of each ʒij, melt the wax and the rosine then putto yo^r powder finely beate and seard, and stir it till it be colde, and laie of it to anie of the preeues morne and euen plaster wise, yt remedieth in short space, as it hath bene tried. ʒ

To drawe the reume from the gummes . ʒ .

Take of the roote of pellitorie of spaine ʒij, being in fine powder, then infuse in it stronge Ginger, and make rounde smale peles with it, and holde one now and then in thy mouth, this will purge y^e gummes and ease the tooth ache

To cleanse the face from spots, blanes from
shingles, blisters and primples. —

Take the roote of Briony $\mathfrak{z}\mathfrak{i}$ made into fine powder and putto it $\mathfrak{z}\mathfrak{i}$ of
the powder of semerick, mix them wth oile of Tartora in the forme of
an ointment, and anointe the greese with it; or take the roote and
seethe it in a quart of white wine to a pinte, then straine it, and put
to it camphire $\mathfrak{z}\mathfrak{i}$ and wash the face every night wth a sponge wetted in
it, and let it drye in, and it remedieth the greese. —

For the Migraine . . .

Take of the galle of an Ox, and mix it with sanguis dragonis, the
weight of an egg, and the powder of a nutmeg, spread of this in the
inner pell of the ox galle, and laye it to the fore part of the head, as a
plaister and lett it lie till it falle of alone, dressing it three times, yt
cureth the greese certainly. —

For the Coughe . . .

Take a pinte of clarrett Wine hony $\mathfrak{z}\mathfrak{x}$ annis seede in fine powder
 $\mathfrak{z}\mathfrak{v}\mathfrak{i}\mathfrak{i}\mathfrak{j}$ boile these to the forme of an electuary, and use it morne
and even $\mathfrak{z}\mathfrak{i}$ at a time. —

(For shortnes of the breath

Take clarified hony a pinte, and putto it the powder of Eriing^l
 rootes \mathfrak{z} in fenell seede \mathfrak{z} ij, cloues, nuttmeggs ginger, longe
 pepper black pepper and mace ana \mathfrak{z} ij, Carrot wine. half a
 pinte boile them awhile on the fier, and keepe it for yo^r Use
 take of it morne and euen \mathfrak{z} ij at a time, you may giue it to any
 woman wth childe at any time. m

(A medicine for pissing a bedd

Take of the powder of harts horne, and take morne and euen \mathfrak{z} ij
 for 12 daies in yo^r drinke, refrayning from butter fatt meate and
 oyle and pottage for the tyme. m

(For y^e heate of y^e body of what cause soeuer it be.

Take endif water half a pinte, of milke a pinte, brewe them well together,
 then seethe them, and when they seeth putt into yt ij spoonefulls of Eringer
 and it will curde, take awaie the curde cleane, and drinke of it morne
 and euen 7 or 8 spoonefulls, bloud warme. m

To stopp a flux .

Take Rice ʒij seeth it in faire Water a quart, till it breake, take that liquor, and putto it Simamom in fine powder good store, and drinke of it two or three times, as yo^e list in y^e daye time warme .

For the Tisick .

Take horebounde Wormewood, Isop and calamint ana ʒij bruse them, and putt them into y^e gallons of Stronge ale or beere for 24 houres, then straine it and to euery quarte putt ʒij of suger in fine powder, and eate man^d xpus and pennedico morne and even ʒij at a time, not for to drinke after it for y^e houres Use it 24 daies .

For a Stiche or Pluresy .

Take a Costard apple, cutt of the topp and take out the coare, then putt into the hole ʒj of the powder of Olibanum, and laie on the topp againe and sett it against the fier to roast, and giue to the greued of it, y^e or ij times in the daie to eate .

For burminge or skalding .

Take graye sope and anointe the greese wth it ⁶⁰4^h together, that you lett it not be without nointing half a q^r of an houre for those 4 houres this will saue it from blisring, and heale it in 48 houres.

To take awaye Cornes

Take an Iron and make it whott and seare the corne with it then laie to it a plaster of Galbanu and turpentine mixt together, and it will take it out and heale it in 9 daies.

To take awaie the rednes of the face .

Take quilles gress ʒij and putto it powder of brims lone finely grounde ʒj and xx cloues in fine powder, mix these well together, and anointe the face euery nighte when yo^e goe to bedd, and in y^e morninge wipe yo^r face with a peece of fine cotten white, and wipe not twice in one place, and it will heale it in xij daies, you may eate no broathes, nor drinck any wine in that time.



To heale a greene Wounde .

Take Vennice Turpentine zj mix yt with asmuch suger, and
 applie it to the Wounde .

For the botche .

Take honie and the yeulke of an egg, and mix them with brunt allome
 and laie it on linte, and laye it too: and a plaiſter of grene treate. Upon
 yt, and it will beale it .

For such as do vomitt and cast vp their meate.

Take oile of spike, and anointe the stomake with it, then take a ſme cloth.
 Wett it in Water and doble wringe it being two folde, laie it to y^e stomack
 colde upon the oile, Use it vj or vij daies, it will remedy thee .

For the skurff and scab in the face.

Take mallowes good store, and seeth them in Rme well, and wash
 the skurff with it .

For such as haue the Lunacy.

Take the iuice of Periwinkle, and mix it with Ginger, and putt of it into y^e nose with a Seringe 2 or 3 times in the daye being bloud warme, and it will remedy y^e same in 3 or 4 daies.

For the yellow Jaundize

Take liuar worte and stamp it, and take ʒij of the Juice, and honey ʒij being clarified, boile them together in the forme of a sirop, and Use it 3 or 6 times in the daye ʒj at a tyme.

To cleanse the vrine and reynes.

Take the rootes of mallowes ʒij, seethe them in a quart of White wine, till halfe be wasted then straine it and drinck it morne and euen it clenseth grauell, it is good for the Siattica, rapture or bluddy flux.

To stint the bloud of the Piles

Take y^e iuice of yarrowe and drinck it this is proued, and laye y^e powder of burnt garlick thereto, for it is good for them.

For a benommed member. ————

Take the leaues of White willow and seeth them in faire Water, and when they be well sod, then take a quart of Viniger, and mix the leaues therewith and make a plaister of them; and lay it to y^e benommed member and it will make hym whole in five or six daies. ————

For deafnes. ————

Take the galle of a Hare, and mix it with woman's milk, and putt of it into the eare warme, and stopp it close wth black. Wax, and it healeth in nyne daies. ————

For ache of the back or ioints. ———— wth olde

Take y^e spoonefulls of y^e iuice of bettony, and mix it with a spoonefull of honny and putt therto x pepper cornes in powder and mix it wth wine or ale, and drinke it many times, and it will make them well. ————

For ache or swelling in any iointe

Take hemlocke, sheeps tallow, and oile olife, frye them together, and laie it too as a plaister. ————

℞ Unguent^{us} populij.

To stint blood in a wounde .

Take broome and shave of the Upper pill of it and take the pill next the wood and make splagets of it, and laie them to the wound, it will staunch the bloude .

To drawe out wood, iron or bone, out of a wounde

Take woodbin leaves, and stamp them smale and laie them to a wound, and it will drawe them out. you must take violett leaues and stamp them and strame them with stale ale, and drinke it daily for 20 or 25 daies, morne and even .

For a wound y^t hath perill in it .

Giue y^e sick to drinck at y^e beginning pigell bogell, and sanacle hearb robar de matsellon, epremony, daifies, wayebrode, sentory, antrosi, crosses, tanzey mallorves and hemp, of each a lite, mitch mather half asmuch as of all the rest of y^e hearbs, stamp them well, then strame it, and lett it soole, then giue the wounded to drinck, and if he cast it, it is a signe of life; then search y^e wound diligently, and dress it up: this drinke is good for the fister, canker and many other thinges, you must giue it daily to the wounded man fasting, 5 or 6 sponesulls at a tyme .

A drinke to heale a Wounde or sore

Take yarrowe, bugle, avene, sweete brier, topps and sanckell, of coche alike stamp them smale, and straine them with white wine, and giue yt to drinck morne and even as neede requires.

A soveraine Water.

Take sentory and stamp it smale and put it to cleare ale, and stale, then lett it stand 24 houres, then still it and take that Water and putto it ginger in powder, annis seede, fennell seede, and parceleij seede ana ʒij ginger but ʒij these are to a pottle of the water, lett them stand 24 houres then still them againe, and Use this Water morne and even for a principall medicine for y^e coultre, ache of y^e sides, impostumes of the body, or any euell in y^e brest, or greoues of the spirituall members yt causeth a man to haue an appetite to his meate, that cannot eat.

To take away spots in the face.

Take the rootes of wilde yepper and mallowes of each alike seeth them well, and braye them well with Isell and oile olif, honny and Wine, and therewith anointe y^e skurf or spots of y^e face, it remedieth.

For the dropsey a good medicine

Take of the flower deluce rootes made as cleane as may be then stamp them very smale, and straine them strongly into a pewter dish, and leit it rest that the groundes may settle, then take the clere water and putt it into a glass, and putto it white stone suger, and give the sick one sponesfull, if he be prouoked to cast, take a sponge wet it in Uringer, and hold it to y^e bole of y^e throate, it staieth y^e same. Probatum //

For the Reynes that be sore

X Take tanzey a good quantity, stamp it well with sheeps tallow, and frye them well together, and warme laie it to y^e back Use it 4 or 5 daies.

For sorenes of the back wth bruse or stroke

X Take Egremony, smaledg and mouse eare stamp them smale, and putt thereto bacon grease and Isell and fry them, and make a plaister, and lay it warme to y^e back . . .

For one that spitts bloud.

Y Take nepp and stamp it smale, and take the iuice, and drinck it, and you shall cast out the bloude . . .

A Powder for the Fisher

Take Arromit. and salt and burne them to powder then take Vergreace
pepper and White glass and musterd seede make them into fine powder
of each alike then mix them and laie of them to y^e sore as often as neede
requireth, yt will heale perfectlie.

For one that is Wounded

Give hym the Juice of parcelely to drinck and it shall never ranckle
nor festar, on Warrant.

To know whether a sick man shall live or die certainly prosued manie tymes.

Take a penny weight of land cressede and give y^e sick to eat three
daies together, fasting, and to drinke a draught of Water after it or Wine
if he cast it up he shall die // or els take tormentell bayberries and mirre
ana ʒij make these into fine powder, mix them well together give y^e sick
of it to drinck, in stale ale ʒij at a tyme if he cast it up he dieth of the
the same sicknes, if he retene yt he shall live, the bayes purge, the
turmentall voideth all venome and rawe meates lying in the stomak
and y^e mirre suffreth no corruption in the body of man.

For y^e same purpose.

Take a little of their Water & putt into Milk. or if they see a dogge
will not eat it, or if they see a dogge will eat it.

Sh: N. C.

For the Quartane Fever . . .

Take triacle, Wax, oile olive, and barrowes grease ana ξj melt the wax in the oile, and putt it whott into a mortar (with the rest), and worke them well together to an ointment, and anointe therewith both the stomak, and back against the fier, and wrap the body upp in a fine sheete well warmed, and laie hym in his bedd, and cover hym well that he may sweate, thus dress hym three tymes and be whole . . .

To take away freckels in the face . . .

Take the snails with the shell, and stamp them smale, and temper them with the white of an egg, and rubb the face with it morne and even use it daily. it will help: . . .

For a Sasplene face . . .

Take a white lilly roote and swines greace, and brimstone, but first putt the brimstone in whot water a while, then stamp them well together and grinde them fine with a little franckensence, and use it // quick silver litarge of gould, brimstone, boras, and oile of Tartar is good for sasplene faces, garlick, onions, leekes and redd wine, they mainteine y Sasplen face . . .

For all maner of Agewes .

Take rewe wormewood, and sotherne wood, and seeth them in wine
and drinck thereof three daies before the fitt cometh, and come nere
no fier, nor use any furious meates .

To heale a wounde .

Take Senty and make powder of it, and strowe of it on the wounde
yt will heale the same .

To heale a wounde lightlie .

Take mather tanzey hemp cropps, the cropps of redd colle, the crops of redd
nettles and y^e cropps of redd briars asmuch of y^e one as of the other save of
the mather half asmuch as all y^e rest, stamp them smale each by them selues
then mix them togeather and make balles of it, asmuch as greate beanes
then drye them in an oven, and when they be drie, putt them into some box
to keepe untill you haue neede of them: The vertue of them is to heale
any wounde: to take two of them, and beate them, and putt the same into
wine or stale ale, and drinck it fasting in y^e morne, and to walke a good while
after use them as neede requires .

To cleere a wounde . . .

Take the powder of harts horne, and it will take awaye all euell humors being strowed vpon the wounde and drie it vpp soone . . .

For a sore y^t is open and will not close vpp.

Take Incense and arronimt of equall partes and grinde them together into fine powder, and laye it to y^e sore morne and even . . .

A pretious Water for sores olde or newe

Take canouse that leather neuer came in; a pottle of the best sworte a gallon of lee made of wood ashes togeather. then take roche allome and of the cropps of mather ana ij z . . . boile them togeather a little and putt it into an earthen pott and couer it close and lett it stand till you haue neede thereof it heales all maner of sores olde or newe

To stait the flux . . .

Take a quart of faire Water and boile it in perrewinckles a handfull sinamon ij m fine powder a lemmon cutt in pecies boile them till half be wasted then straine it and sweete it with suger, drink it morne and even . . .

A Water for diuers sores well tried : 1

The Urine of yong children Enavish and Wanton, a pottle of the clearest Urine that may be gotten and take stronge Wine Urine a quart, putt them together and putt to them wood as Shes and Unslackt Lyme of each a pretty quantity and seeth it till y^e third parte be wasted, then lett it stand till it be cleere, then putt to it salt armomike, salt geme, salt mtar and allum de plumbe ana ℥ij made into powder and stopp the glasse close and keepe it for yo^r use, this water will kill in fower daies any naturall cancker, fest-r, dead flesh and wenns. yt kills the webbe in y^e eie if you touche it with y^e water but once it is good for many other things more, as it hath bene prooued

To staire the Flux : 2

Take wheat flower, putt it into a bagg and tye it hard together then seeth it for 24 howres in faire water and it will be very hard, then lett it coole and scrape of it into milke, & lett y^e sick drinck of it morne and even

For swellings : 3

Take turnip rootes and boyle vnto a pumice and late of it warme to the swelling, morne and even.

For the toothe ache

Take the inner pell of the ashen plant and burne it to ashes by it self then moist of the ashes, and make a body of it, and laye of it behinde y^e eare, as a plais^ter, it remedieth y^e same : //

For the biting of y^e brest and stomak

Take pepper ℥℥ in fine powder, baye berries ʒij likewise in powder mix them well together and drink ʒ℥ of it in luke warme Wine it ceaseth the torments of the body, y^e biting of y^e brest and stomak : //

A Souveraigne Water for Sores.

Take salundine, ragworte and yarrowe, of each two good handfulls boile them in a gallon of water to a pottle then straine it and putto it aqua fortis ʒj quick siluer ʒj, and lett them stand: it wilbe like mercury sublime: This water will heale all sores & fistelos as it hath bene often proued: //

A certaine remedy for y^e toothack
if it proceedes from heate

Take 2 or 3 plantan leaves cutt them small with a knife & putt them in a little peice of linn-inge clothe & streine 2 droppes of y^e iuce into y^e parties contrary eare & before you can tell to 20 y^e cure is done.

Henry Cholmeley.

For the running out of y^e fundament

When it is out, wipe it cleane then putt into it six or seven grames of baye salt, and putt it in a warme clothe, use it 2 or 3 times it helpeth

To stopp y^e flux or gonorra passio / Gonorrhoea.

Take comfory knotgrass, bursapastoris, and plantine, of each a handfull the knuckles of x or xij leggs of mutton seeth them well in a gallon of water till it come to ij pintes, then straine it with salt, and eate of it or drinck of it warme morne and even x or xij sponesfulls, when it is colde, it wilbe like a Jelley

For the Epileptia infallible / Falling-sickness. it remedleth in six daies.

Take the after burden of a woman and drie it in a pott till you make powder of it and give of it to the diseased for vij daies, fasting in the morning 3/4 at a tyme in ale or bere, not to drinke after it for two houres. you must use the burden of the male childe to the woman and the femmine to the man. This is prooued bothe of man woman and childe infallible

For y^e same y^e falling-sickness.

Take y^e hearts of Moules dryed into powder. or drinck Cowslip-root

Take a pottle of old Ale without hops: half an ounce of Nutmegs: a q^{ter} of an ounce of Ginger. half a q^{ter} of an ounce of Cynamon; or half a q^{ter} of a pound of Sugar. beat y^e spices together in a mortar, put them in y^e Ale; or take a q^{ter} of a pound of Liony-root, & bruis it in a mortar or put it into y^e Ale wth y^e spices, or let it stand 3 nights. & then drinck a draught of it 9 mornings together. stir it well when y^e drinck it. or if it cure not wth y^e first 9 mornings. rest fro it 2 or 3 dayes or then drinck it again. & pray for a Blessing. And every night when he goes to b^ed apply to his forehead Rosemary bruisd & a Nutmeg grated, & white wine Vineger like warme & fat rest

For greate bodies as y^e tympany or dropsey in y^e legges .

Take white wine three gallons, stronge beere iiii gallons, safeperella Sene
liquoris skript ana $\frac{1}{2}$ lb cortex ligna $\frac{1}{2}$ broused, coligumtida, sassafrage
ana $\frac{1}{2}$ lb, boile them close in balnea maria 24 howres, then lett it coole, then
lett it runn thorough an Ippocras bagg, and ad to it $\frac{1}{2}$ lb of mithridatum
giue it morne noone and at night at each tyme 3, iii Use it as neede
requires, it is good for most diseases .

For the stone in the reynes and bladder

Take ramfyns and y^e leaves of land Willoves, stamp them smale and
wringe out the iuice, and putto it a little longe pepper, and lett y^e diseased
drinke of it, in stale ale, yt will ease hym incontmently .

A most pretious Water to recoauer one at y^e pointe of death

Take y^e spirit of wine rectified iiii tymes, oile of sulphur and of vitriall ana
 $\frac{1}{2}$ lb Julip of Violatts $\frac{1}{2}$ lb, mix them togeather in a plasse and giue to the sick
of it 3, ii at a tyme, it recovereth them that lye at y^e pointe of death, it mittiga-
leth all paines, and dissoluetb all infirmities, it breaketh all colerick humors
preserueth y^e stomack, it causeth appetite, it helpeth all kinde of fevers, and
preserueth both man and woman in good state, Use it somtymes .

Take of polypodium the weight of ———— ʒij
of Spicnard the weight of ———— ʒij
of Functus Odoratus the weight of ———— ʒij
of mergero the weight of ———— ʒij
of Seltwell the weight of ———— ʒij
of Kubarbe the weight of ———— ʒ dram.
of Sniamo beaten the weight of ———— ʒij
of Senay beaten the weight of ———— ʒij
of Galengall, the weight of ———— ʒij

Beat all this a powder then mingle
them together then put them in a fine linnen
bagg, to two gallons of strong ayle and putt
it into a earthen stone pott, put a small
sticke in to the bagg, of the length of the vesse
to keep the bagg a littel shorte of the bottom
tie the bagg close to the stick, all the toppe
when yo ayle is a day olde drink a good
draught warme in the morning fasting
and last all night and all yo mayles
conuise. so this will yo find yo very truly
skoured.



Right noble knight your kindness and leni-
 to me and myne
 nity hath bene always such as makes me by
 sursumtive of more fauours which if it please
 you now to grant I will not in that nature be
 so troublesome to you againe, it is for those
 who I desire to be thankful to for manye cur-
 recused at thos hands, my fate is for a sta-
 which if it please you to grant and I shall
 thinke you doo me ab great a pleasure w
 ked tyme as ~~you~~ I can desire of you, I
 beseech you sir for all the fauours y^e haue
 haue done me dooing me not in this and
 if you doo grant it me let me haue it wh
 speed for I ~~would~~^{will} to packe it and send it up
 to London befor y^e first of august, youg
 Harry Chamberlay be not leaue I must not
 forget to present for seruice and than
 for all your pertiffes, thus with my service
 presented to you by my god to grant
 you what you can best wish for your sou-
 health and worldly honer, I will alwayes
 be your assured and thankfull friend

thax for

Margrith

A. medicinis to cure by the weapon published¹⁵⁹
amongst other things by Rodolphus Goelorus
Professor of Physick in Wittenberghe in
the year 1608. Intituled the magneticall
cure of a wound. Page 264

Take of the moss of the skull of a strangld man
2 ounces, of the mummy of mans blood, one ounce and
a halfe, of earth wormes washed in water, or wine and
dryed, one ounce and a halfe, of Helmetitis 2 ounces,
of the fatte of a Boare, hart yegge, and Boro of each
2. Drams, of oyle of Turpentine two Drams. pound them
and keepe them in a longe narrow pott, make this
when the summe is in Libra, dippe into the oylment
the iron or wood, or some sallow sticke made wet with
blood in evening the wound. Lett the patient washe
his wound in the morninge with his owne urine
or cleare water, and bynde it with a cleane cloth,
alwaies wyng away the matter.

a plaster

take popet deule made of small ale, and yeddoe
fennel seede, browne sugar candie & Gumme /
for paine in the heade

take bay sault, runninge seede, and fennel
of ounce ~~each~~ and put one a hand full of beate
by a wall to gather & bogh them in a pint
of urine & a pint of rose water and let
they be hal a plaster

For head ake.

Take of Rose of Shyrms or of juice of Rose one alike quantity.
mingle them together as anoint of head often times therewith. Or.

Take of Braines of a Crow. fettle it & eat it. as it will help.

H. Cho.

A Salve to cure all manner of Sores both Old & new.
also it cures Impostumes & Inflammations.

Take Roshen & profsen of each a pound. Virginie's Wax & France-
kinfence of each a quarter of a pound. Mastick an ounce. Starti tallow
or Deso-froitt a q^r of a pound. Camphire 2 Dramas. Malt shofe of
are to be melted, & pounce shofe of are to be pounced fine & cover the
or boyle the over a fyre. then strain them through a clean canvas
cloth in a pottle of White Wine, then boyle the Wine & all together
then lett it cool till it be noe warmer then blood. then put to it
a quarter of an ounce of Surpentine, & evermore stirring it till it
be through cold. but beware of the stuffe be noe warmer then blood
when it is put in the Surpentine. then when it is cold make it up
in Rollas, & keep it for the most best Salve it is to be used.

To help the Spleen with great speed.

Let blood under a young in one of those 2 veins it is on that side where
the milk lyeth, that being done take mustard & mixe it with the Juice of
a boy. & lay it between 2 cloathes, & lay it on the fore place one night, &
then if it be not well if it still on till it be helped. Leonardo Phisician

A plaister for Wormes.

Take of Camomil, fetherfove, Wormewood, Bansey, Herbe-grace; the blades
of unlett Leekes & Parsley of each half a handfull. Fry them in fresh
butter, & putt them into a linnen bagge & apply them about the regiment of
the stomach as hotte as the patient can suffer.

A mollifying Glistre.

Take of Cowes-milke a pinte, the yolkes of 3 Eggs, 3 ounces of Honney.
2 ounces of Oile-olive: make all this into a Glistre & give it warme.

To stopp Blood.

Take linnen-clothes & dipp them in the green some where Frogges have their
spawne 3 dayes before the new-moon.

To pull out a toothe.

Take Wormes when they be a gendering together. Dry them upon a hott tyle Stone.
then make powder of them, & what toothe it touch with it will fall out. H. C.

Or take Wheat-flower & mixe it with the milk of Spurge & therof make a paste or dove
with it fill the hollow of the tooth & leave it in a certein time & the tooth will fall out.

41.
3.
A playster for strengthninge of backe. 57.

Take of y^e flowers of Pomgranatt, and frankincense, each
a dragme and a half, which maye be about the waight
of xij^d. the best Gole p^romomake one ounce, and of
the best aloes half an ounce, of choyce masticke
and Dragons blood each one dragme. White wax,
oyle of roses, and Venice Turpentine, as much of
each, as will serve to make it a playster.

Queen Elizabeth her powder for wind,

Take Ginger, Cinamon, Gallin gall, of each one ounce
Aniseeds, Caroway seeds, fennel seeds of each one half an
ounce; mace, nutmegs of each two drames, of
the all one drame, pounde all ^{or scarce them,} together, & putt
in one pound of white suger. Use this powder
before meate at anye time, ^{It expells wind} it comforteth
the stomack, & helpeth digestion.

Scurviagrafs - Drink. / A Dyett,
to be taken 2 houres before meals.

Take Zarfaparilla ℥6. Loliopod of oak ℥4. Sene ℥4.
Annise Fenell & Caraway-seeds, ana ℥i. Liquorize scraped &
bruised ℥2. Agrimony & Maiden-haire ana 2 handfulls. Liver=
wort one handfull. Scurviagrafs 2 pecks. new Beere or Ale
3 gallons.

Dr Butler's Receipt. / but this will serve for

alias. Take Loliopode, Spiknard, Squinant, forked-ginger, Margerin, Galimgal,
Setwell ana 6 penny weight. Annise-seeds, Saffabrafs & Plantain ana
7 weight, Senny of Leaves & Cods as much as all of rest. If aforesaid
particulars being grossly beaten into powder, half a peck of Scurviagrafs
stamped, put all of Scurviagrafs & of Drugges into a bagge, & hang it with
a packthread in 2 gallons of strong Ale, & stop it for close as nor
ayre may come to it to dead of Ale, or else cover of Ale every 4 day
with fresh barme or yeast. & Drink hereof 9 or 10 dayes.

This Drink: It purgeth all humors in of body. It will not suffer
of Blood to putrify: neither fleame to have dominio: nor Melancholy to
have exaltatio. It doth multiply blood. It helpeth all evil in of body.
It purgeth Redume. It defendeth of Stomach. It nourisheth, plivesh
& plebeth Youth It engendeth good colour. It comforteth of Sight. It
nourisheth of Minde. & is good against of Stone.

My La. Fleetwood's
receipt. by M^r Perinot

Green Oyntment made in may

Plantain Sage rue wormwood. Camomill Chickweed
Elder Tops: mallows: of each one hand full
shred in smalls - put to in half lb of may but
unwashed or salted - put to it half lb of butter
2 oz. of oyl Spike & 2 oz. oyl: olive let in boyle
gently on a soft fire till the butter & oyl
be well melted in strain it and keep for use
very good for bruises & strains

how to make the Greene ointment:

Take of red sage & rue of each ^{a pound, or} a quart. & of yong
 bay leaues & wormwood of each $\frac{1}{2}$: picke them well, butt
 wash them not; shred them smalle: & beat them well in a
 mortar: then take $\frac{3}{4}$ of sheeps suitt hot fro the sheeps belly
 shred it smalle & beat itt with these herbes untill itt be all
 of a culler: then putt them all in a faire boule wth a pottle of
 the best oyle of olive & worke itt all together untill itt bee
 like soft: & then putt itt into an earthen pott, stop itt
 close for eight days space: then take itt & boyle itt in a
 faire päre wth a soft fyre & when itt is halfe boyled putt
 itt 4 ounces of oyle of spike then boyle them all well
 together untill itt come to a perfect greene, ~~butt take~~
~~that yo boyle itt~~ & then straine it throug a faire
 linnen cloth into a galley pott, or some other pott, covering
 close, butt take heed that yo boyle it softly untill
 come to the colour, & thus its made,

The vertue of this ointment
 if yo annoynt the stomacke wth it, it helpeth y^e digestion
 & expelleth all obstructions; rubb itt on the small of the
 backe, & it helpeth the stone: the quantity of half a
 p^{ar}as well rubb^d in bekynd the eare, being stoped with

60
blacke wool helpeth all paines therein, it is all for good
against all aches & Fellons & swellings of wounds,
& also against tooth ache proceeding of cold humors, it
helpeth unye brufe or strain, in vaine or sinew
tis good for the cramp & ~~symp~~ sciatica & all
manner of burnings & scaldings stickis or stiches
or strains in man or beast

it is made only in maye.

For a Consumption.

Take 2 Gallons of y^e strongest Wort made of Ale. Boyle
it & skime it very clean for long as it will bear a skime.
Let it boyl gently a whole day or longer till it come unto y^e
thicknes of an Electuary. See out of it wth a Liqueurize stick
morning & evening, & as often of a day as you can. Probat.

A Bally for y^e same.

Take a Red-Digger neither too fatt nor too lean, dress it
clean & boyle it in a sufficient quantity of Water wth Maiden=
haire & Colt-foot of either an handfull, Liqueurize scraped &
brouild j ounce. Raisons of y^e Surme stoned, & Currans of either
a handfull. 6 Dates sliced, & 6 chines of large Mace, & lett them
boyle to y^e height of a belly. Then strain it & putt to it as much
Sugar as will make it sweet. Then putt to it 1 Nutmeg sliced,
Cynamo 2 Drames, Ginger 1 drame, & 6 or 8 spoonfulls of
Red-rofe Water. Clarify it wth y^e white of an egg; & rune it
through a belly bagge & referre it for your use. And
of this you are to take a good draught warme, first & last.
D. Butler.

For the Sciatica.

61.

Take y^e Gall of a Bull or Ox, let y^e moisture thereof into some little Shell it or set it over a soft fyre & a little fume will arise, w^{ch} must be taken off. putt thereto as much of y^e best Aquaditee as y^e clear of y^e gall w^{ch} remaineth is, & have before hand halfe an ounce of Zepper (as small beaten as possibly may be) ready & putt thereto also, & as much of y^e Marrow of a stork-shank as a good Wall-nutt, or for want thereof an ounce of y^e Oile of Camomill. & When they have been a little over y^e fyre incorporated together, take it off, & keep it close covered or stopp'd in some Bottle or Bott of Stone or glass till you use it.

The Use.

When y^e will use it, y^e must shake it well together and putt forth very near y^e quantity of 2 Spoonfulls thereof into a fadger, & while it is warming on a few coales or before y^e fyre, warme a course-Linen clothe y^e is made soft w^{ch} wearing as hotte as can be suffered & lett y^e party kneel lett y^e grieved place towards y^e fyre to warme & w^{ch} that clothe for made hotte chafe y^e place a good space together, And after it is for chafed lett one w^{ch} y^e Fingers doe on that in y^e fadger as hotte as it can be suffered, & when it is all done on, stroake y^e place downeward, & for y^e quantity is used, ayme at for much for another time as y^e goeth in most of it. And use this, Evening & Morning 15 daies together.

Probatu. by m^r Hunt of Oke.

For y^e Splen & Melancholy.

Take a handfull of Samarish, one of Agrimony, one of Wormewood, Censury a quarter of a handfull. Boil all these in 2 gallons of Wort, & hang them in a bagge w^{ch} in y^e Barrell w^{ch} these one ounce of Senny, one spoonfull of Anniseeds Polypoda one ounce, Beifons of y^e Junne one handfull, a drame of prepared steel.

M^r Ayres.

For a Consumption.

Take 2 spoonfulls of China very thinn sliced
 2 spoonfulls of y^e White of Hart's-horne very thinn
 sliced, 2 spoonfulls of White or redd Saunders thinn
 sliced, 4 or 5 spoonfulls of French-Barly well picked
 & Washed, a Succory root, a Parcelly root Washed &
 y^e pith taken out, & sometimes a red-Docke root
 pithed; putt all these into 4 pintes of spring-Water
 & into an earthen pott covered & made close wth adme.
 Let y^e pott be sett vpo^t hotte coales for y^e space of
 8 or 9 houres: then take more Water & all y^e former
 ingredients into a bigger pott. Then take a Cocke &
 runne him till he be weary, then kill him & dress
 him & putt him into y^e pott wth 2 spoonfulls of Ca-
 pers, some of y^e leaves of Borrage, Five-leaved graff,
 Rosemary, Violet leaves, Strawberry leaves of these
 euery one a little as you can gett thes. In
 winter, in stead of herbes, vse Cucumber seed, Millon
 seed, also 2 good spoonfulls of Corrank, 3 of Raisons
 of y^e Sunne, stoned; when all haue boyled together
 for y^e space of 7 or 8 houres then take out all y^e
 stuffe & beat all well in a stone Mortar, then
 putt all into the pott again wth halfe a pinte of white
 Wine, & lett it boile a while, then strain it and
 keep it for your vse.

Use to drinke it thus. Take as much as y^e will drinke
 & warme it on y^e fire. When it is hotte putt into it a
 spoonfull of red-Rose Water, & a little Sugar,
 sometimes a little Conserue of Burrage or Bugloss.

Dr Hunt.

A belly

A Belly for opening y^e stomacke
& cleansing y^e Lights.

Take y^e pottle of running Water, 2 handfulls of Be-
tony of y^e wood or Wilde Betony (or for want of it take
garden Betony) one handfull of Unfett Hyfop, green
Sage leaves 30, Raisons of y^e Sunne half a pound, dried
Blowe Cucurbit, a quartern well washed & bruised in a mort.
wth y^e Raisons a quartern of fine Sugar, & halfe an ounce
of White Sugar-candie to putt into it when it is boyled.
Lett all thise be putt into y^e Water & boile the until a
pinte of y^e pottle or somewhat more be consumed. then
putt into y^e same (whilst it boyleth) a pinte of y^e best
White Wine, & lett it boyle upp & soe take it off. &
then straine it out & soe drinck it Evening & Morning
or at any other time finding any stopping.

A Caudle to strengthen y^e Backe.

Take y^e Rute of an Oxe-back a good quantity, wash
it clean & dry it, take y^e skonne off & beat it and
straine it wth Wine or Ale; take 2 spoonfulls of Oatmeal
freared, y^e Juice of Comfere, Clary, Knott-grass and
Plantain, take half a pinte of their juice, y^e Yolkes
of 3 Egges, make it in y^e forme of a Caudle, season
it wth Canamon & Nutmeg & Sugar.

For y^e Jaundize. (M^r Harrison of York's receipt)

Take a quart of old Ale, 2 penniworth of Saffron
one pennyworth of Turmericke. Jane's Breache 2 worth
Mingle it together till it be well mixed. Make to y^e quantity
of a quart & take it at 4 draughts, one at Morne, another
at Night, for 2 daies. but when it is to be drinck lett it be
well stored. /

Another for y^e same. of my eg. Cholmeley.
Take Rosemary 3 handfulls, a good q^{ty} of a handfull of Century,
of Hony half a pint. putt them in 3 quart, of Water, seume it & boyle it
to half. strain it & take 10 or 12 spoonfulls first in y^e Morning & last
at night. fast 3 hores after. my Sa: Rich. Cholmeley.

To make Biskett bread of y^e best.

Take y^e Whites of 10 Eggs & y^e Yolkes of 8; a pound of Sugar, & a pound of flower y^e finest y^e can gett, being very finely searced through a Syreffe. put y^e Eggs into a Wood-Basin & beat them one full houre, & looke there be noe strings in them. & when y^e think they be well, put in y^e Sugar by a good spoonfull or 2 at once & soe till y^e have put in all y^e Sugar still keeping it continually beating. & when y^e have beaten y^e Sugar another houre put in y^e Flower as y^e did y^e Sugar by a spoonfull or 2 at once & beat them as before a whole houre. Then put in a little Musk blend wth a little Sugar, & 2 or 3 spoonfulls of Rose water. then putt y^e Seedes as many as y^e think like, & when y^e have beaten it 3 full hours & y^e Plates redy rubb'd wth a little fresh-Butter then you may make them to what fashion y^e please & sett them in y^e Oven letting them stand till they be well Baked.

To make Braggot.

Take 6 Gallons of Ale, searce 3 quarts of Honey being very well clarified. 2 ounces of Cloves, 2 ounces of Nutmegs, 2 ounces of Cinamon, 1 ounce of Mace, 1 ounce of Ginger, 1 little spoonfull of Pepper, & half a spoonfull of Licorice. Boyle y^e Pepper wth y^e Honey, & when y^e have boyled it a while putt in all y^e Spices saving y^e Cinamon & lett the boyle a little. & when y^e Ale hath been turned an houre or 2, & y^e Hummy Milke warme, take y^e Yeast off y^e Ale wth y^e hand, putt y^e Cinamon into y^e Honey & blend all together & stirre it in well, Summe it into y^e Tunnet & put y^e Yeast wth, & let it stand uncovered all y^e day then stop it close.

To make Breads

To make Knots, or Bumballs.

Bake 12 Yolkes of Egges, & 5 Whites, a pound of feared Sugar, half a pound of Butter washed in Rose-water, 3 quarters of an ounce of Mace finely beaten, a little Salt dissolved in Rose-water, half an ounce of Anise seeds, & half an ounce of Caraway-seeds. mingle all these together wth as much Flower as will worke it up in paste, & for make it knots, or Rings or what fashion y^e please, Bake them as Bisket-bread, but upoⁿ Lye-plates.

To make Almond-bread, or Fritters.

Bake 5 Yolkes of Egges & 2 Whites, & beat thes as aforesaid & put in half a pound of feared Sugar, & for beat it a quarter of an hour. then putt in half a pound of flower, & for beat it half an hour more then have ready a pound of Almond finely beaten wth a little Rose-water, & for mingle the well together, & put them upoⁿ plates wth a spoon, y^e plates being done over wth a little Sugar, & for bake them as y^e other Bisket-bread, scraping a little fine Sugar upoⁿ them. y^e may, y^e y^e please, make Fritters in y^e same maner, dropping of y^e same stuffe with a spoon, upoⁿ a Plate in what forme y^e will. y^e may, y^e you will, put in a quarter of an ounce of Mace finely beaten.

To make Maccaroues, or Fritters.

Bake a pound of Almonds, being blanched & beat a pritty while together wth 2 or 3 spoonfulls of Red-rose Water, then put in 3 quarters of a pound of fine Sugar, & beat them together, but not for fine as for Marchpaim stuffe. Then take it up & spread it abroad in a clean Dish & sett it into y^e Oue, untill it be a little hard at y^e top. but y^e must take great heed y^e it browne not. Then take it out & stir it very well together, & for sett it in y^e Oue again; thus doe 9 or 10 times. Then take a grain of Musk, & as much Ambergreese being finely ground, & mingle it well wth y^e Almonds & then putt in 4 Whites of new-laid Egges, & for mingle the well together. then when y^e Oue is of a good temper, lay them upoⁿ a plate

plate wth a spoon or cutt them off wth a slice, strowing a little Sugar thereon & soe sett them into y^e Ove till they be well hardened but in any wise they may not browne, but rather lay a sheet of paper over them, & when they are baked, & well dried, take them out. y^e may make y^e of y^e please, Fritters of y^e same stuff dropping it wth a spoon in what fashion y^e will.

To make fine Cakes.

Take half a pound of refined Sugar, half a pound of sweet Butter washed in Rose-water, 4 Yolkes of Egges & 3 Whites. a quarter of an ounce of Mace finely beate, a little Salt dissolved in Rose-water, & as much flower as will make it up in paste, but it must not be too stiff. then make y^e Cakes, & prick them, & soe bake them in an oven up^o pewter-plaits. & y^e of y^e prick any y^e must prick the according to y^e worke y^e of y^e will have them printed otherwise in what forme y^e will.

To perfume a silver-bottle. or, to make little Cakes to perfume.

Take a quarter of a pound of y^e best colored Benjamin, pound it small & putt it into y^e bottle to a little Damaske-rose-water. mingle it untill it be all melted up^o y^e fire, & when it is boyled well & come to a good smell, y^e Rose-water will part fro^m it, it must be stird still in y^e boyling; then when it is boyled enough, put in y^e Musk half an ounce, & let it boyl a while till all be thoroughly melted. be ever sure to have Rose-water in y^e bottle, when y^e set it on y^e fire to perfume any place.

For y^e Cakes, y^e must take y^e like quantity of Benjamin, Musk, & Cinab, but y^e must not sett them on y^e fire. but take Damaske-rose buds, & cutt off y^e whites & stamp the very small, & then putt in y^e powder so provided before, & a little Sugar, soe make them up in little Cakes, & lay them in a sheet of paper to drye.

An other excellent Perfume to burne.

X Take y^e weight of a goat of Calomias Aromatic, & as much Lignum Alois beating it very fine, then put in 2 ounces of Labdanum, half an ounce of Benjamin, half an ounce of Storax, 6 grames of Musk
6 grames

6 graines of Cinitt, & 6 graines of Amber-greece; beat all these in a hott Mortar, & to a hott pestill till they come to a paste. then wette y^e hand in Rose-water, & worke it up in little round peeces noe bigger then y^e thimble fitting to burne at a time. y^e may putt into y^e foresaid stuffe a little Damask-rose water in y^e beating & it will worke y^e better.

To dry Apricoches y^e best way.

first gather y^e Apricochs before they be too ripe. then a day after stone them & pare them very thinne, & to a pound of Apricoches take a pound of Sugar. lett y^e Apricoches lye in y^e Sugar covered for 2 houres. untill y^e Sugar be for moist as it will melt ^{or} out water. then put y^e Sugar & Apricochs upo a slowe fire, y^e they boyle not in half an hour or more, turning them ofte y^e they break not. & when y^e think they are enough, put y^e Apricochs into some deep-glasse, & y^e Syrope into a silver-dish, & lett it boyle a little more. poure it on y^e Apricochs, & for lett them stand uncovered untill y^e next day. then cover them & when they have been a week in y^e Syrope, take them out & lay them on glasse plaites, & put them in a stowe, or in some clean place, where they may have y^e aire of y^e fyer, and every day turne them on clean glasse till they be dry.

How to preserve whole Roses or Gilliflowres or Marrygolds &c

Dippe a Rose in a Syrope consisting of Sugar-candy boyled to the full height. then open y^e Leaves one by one wth a smooth booke of bone or wood, & as soon as they be dipped lay them in y^e foone when it is in y^e height, or else dry them between 2 dishes upo papers wth a very gentle fire & for keep them all y^e year. y^e must pick y^e feedes out of the before y^e doe the.

30 Candy Angelica.

Take y^e stalkes in May & boyle them in fair water till y^e rinde will pill off. That doe is then make y^e Syrop wth fair water & sugar & boyle them in it untill they be tender. Lett them lye in y^e same syrope 2 or 3 dayes. Then take them out & pleit them, & boyling a fresh Syrope to y^e high Candy-height, putt in y^e stalkes & take them off gently off y^e fyre stirring them too & fro. Then take them forth & lay them on a lye-plate one by one. & when they are cold drye them before y^e fyre or in a warme Oven.

An excellent good Perfume.

Take 6 ounces of Benjamin, lay it one night in damask-Rose water. Then beat it & put thereto half a pound of damask-Rose leaves beaten also & braid all together. Then mingle it wth 10 grams of Muske & 6 of Civett. Then putt in one ounce of hard sugar finely beaten stirre the^m together, then make them into little cakes y^e bigness of 2^d. Then lay a damask-Rose leaf on either side & lett them in y^e sunne to dry.

M^{rs} Ell: Fairfax.

The Diet drinck

Take Senne	34
Sasaparela	33
Euphimum	38
Hermodactils	38
Sticadose	34
Camomell flowers	38
Liquoris -	38

A diet drinke pro morbus

Take lignum vita	3v m
Sasaparela	3 m
Senne	3 m
amissede	34
cologumtida	38
fennell sede & Bentory	ana 38
Pisula	38 +
agua fontanes	24
mallasue	+ 18

For the tertian Ague

Auria alexandrina
 Oxisaccarum simplex
 Sirupus de Acatosa simplex
 Sirrop of tart pomgranats
 Siropus de Bezanrys.

For the quartan Ague

Antidotum asmericum
 Diasene
 Mithridatū Andromachi
 Oxisaccharum
 Unguentū Arogonē.

For the burning Ague

Sirrop of Violets
 Diaprunes non laxative
 Decoction comunis
 Electuarū catholicum.
 Mell violatum, sirup² de lemomb²
 Trochisio de camphora. Unguentū populion

For the mixt Ague

Diaphenicon
 Pelula de agregatiue
 Pelula de Rubarbari
 Trochisce de diarhodomis.

For a longe Ague coming of colde

Diacurcuma
 Diacoralium maibesrale
 Pills of Rubarb
 Sirupus de Eupatorio
 Trochisci de Rubarbario
 Trochisci de Absinthio.

The 4 greate Whott seedes

Annis seede
 Fennell seede
 Cummen seede
 Caraway seede.

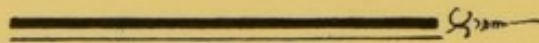
The 4 lesser whott seedes

Anij seede
 Amomiū seede
 Smalage seede
 Yellow carret seede



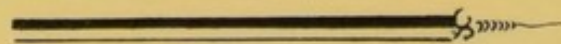
The 4 greate colde seedes

Gourd seede
 Coucomber seede
 Million seede
 Citrone seede



The 4 lesser colde seedes

Endif seede
 Sicori seede
 Lettice seede
 Purslme seede



The 4 Wholl Unguents

Unguentum martiatum Albeam

Unguentum Aragoni

Unguentum Agrippæ

Unguentum dialthia

The 4 colde Unguents

Unguentum album

Unguentum Populion

Unguentum resumlium

Unguentum Citrum

Five Waters to comfort y hart

Endiff Water.

Succori Water

Scabius Water

Langdebes Water

Balme Water.

Five opening rootes

Smalage rootes
 Fennell rootes
 Parcely rootes
 Sperage rootes
 Rue Holme rootes

Seauen solitiue hearbs

Mallowes,
 Mercury
 Violatts
 Collworts
 Hollibocks
 Acanthus
 Beetes. //

For y^e bitinge of Venomous beastes

Mithridatum
 Thiriaca galem
 Oleum de Scorpione

To asswage paine outwardly

Emplastrum Oxicroceum
Oile of Delle
Oyle of Juniper.

For inward diseases

Antidotum Asmericum
Mithridatum /
Auria Alexandria.

For burning or skalding

Emplastrum palma
Oile of Miris /
Unquentu rosatum.
Oyle of eggs /
Oyle of Lillies.

For

For appetite

Antidotum asmeritum

Aromaticum rosatum

Miua simplex

Conserue of Quinces

Siropp of Wormewood

Electuarium de confortiuū stomachum.

For y^e colde shaking ague

Mitridatum galemi

Sirope of sticadosi

Trochisci de eupatori

Oile of delle

Oile of Sotherne Wood

To comfort a colde brayne

Electuarium de gemmis

Aromaticum rosatum

Conserue of gladwen

Thiriaca galemi

Oile of mace.

To purge y^e bladder of gravell

Antidotum Asmicitum
 Benedicta Laxativa
 Diacurcuma
 Oximel duriticum

To asswage y^e paine in y^e bladder

Emplastrum de granis Laurelli
 Mithridatum galem
 Electuarium clusis
 Sirup^{us} de iuvibus
 Oleum Cheiri
 Trochisi de Alchachengi
 Oyle of sweete almonds

For the Collick

Antidotum Asmicitum
 Aurea Alexandria
 Diaphemcon
 Trochisi de Roses
 Oyle of camomell

For browses

Emplastrum de Palma
 Unguentum aureum
 Unguentu Potabile.

For pame in spitting

Emplastrum Carorum
 Loche de Pino.

For belching of Winde

Diagalanga
 Diatrion peperion.
 Diatrapacantha calida
 Lohoch sanum
 Oximele Scilliticum
 Sirup^d de Calaminta.

For pame in y back

Pelula fetida maioris
Oleum de Cheiri
Oleum de Scorpions
Dia casia.

To drawe forth broken bones

Emplastrum Oxicrocium
Emplastrum contra rupturas

For goute in y feete only

Antidotu asmericum
Benedicta Laxatiua
Mithridatum
Pilula de guma generibz
Mirabolanorum
Pilula fetida maioris
Oleum Vulpinum
Unguentu marcialon

For y goute.

By Rosen or May-butter. make a Scarcloth therof as lay it upon the
joint infected. Brevis e medicina sed multa valens is pter omne expectatione.

onr H.E. Cholmeley.

For to comfort the hart

Diacorallium magistrale
 Thiriaca galem
 Elect: de gemmis
 Sirup^d de acetosa
 Trochisci de gallium muschata
 Aromaticum rosatum
 Conserue of roses
 Diamber
 Dia margaritū calidū:
 Diarhodon Abbatis

For y^e yellow Saundize

Antidotum asincritum
 Diarhodon abatis
 Elect: de ribis
 Sirup^d de bizantum.
 Thiriaca galem
 Trochisci de cumphora
 Trochisci de rābarbaro
 Trochisci eupatorio
 F riasandale.

For y^e Ellica pashio

Antidotum asmericum
 Theriaca galem
 Mithridatum andromachi
 Pilula sine quibus
 Unguentu martiaton

For inflammation

Antidotum asmericum
 Cirotu Stomachicum.

For Whot impostum in the
 stomake or liuer.

Cirotum stomacho.

For inward impostumes

Trochisci de rubarbo
 Trochisci de eupatorio
 Oleum Violarum.

For (Whot impositumes in y^e throate

Diamoran poti

To ripe Impositumes

Emplastrū diachilon magnū
Emplastrū diachilon parvum
Emplastrū diachilon album
Oyle of flowre dilice
Oyle of mastick

For inflamacon of Choller

Conserue of Sidetts
Unquentu rosarum

For paine of the liuar

Antidotum asincritū
Diacurcuma
Pilula agropatiui
Pilula eaphorbio
Trochisci rubarbario
Siropp of Citrac

To make a man Laxative

Antidotū asmeritum
 Therapicra galem
 Conserue of Violets
 Diacasia fistula pro emmatibus

For heate of the Lungs

Diatrapantia frigida
 Diardon abbatis
 Triasandali
 Sirop of Violets
 Sirop of Endif
 Sirop of Endif compounde
 Sirop de infusione rosarū (Veridiarū)

For coldnes of the Liuar.

Confectio dulcis de muscho
 Conserue of mayden-heare
 Thiriaca galem
 Trochisci d'absinthio

For y^e hicop

Antiolatum asmericitum
Sirop of mirrb.

For fallinge of y^e heare

Oyle of baye
Oyle of Caste

For ache in the hipps

Auria alexandria
Pilula fatida maioris
Pilula de guma penerib⁹ mirabon
Oile of baye
Oleum Sulpinum
Unquentu martiaton
Unquentu Arogone

To purge the head.

Pilule Aureæ.
Pilula cochia rasis

To increase heate in y^e Amer partes

Antidotum asmericum
 Diacuminu
 Diambri
 Emplastruromaticum
 Ode of Rew

For trembling of y^e hart

Confectio de muscho dulcis
 Conserue of Borage
 Conserue of Longe beef
 Electuaru de gemmis

For y^e heate of the hart

Sulip of Roses
 Sulip of Violats.
 Sirop of Violats
 Sirop of endif compound
 Sirop iⁿ fusione rosaru viridu
 Siropo de succo acitosa

For beate of y^e liuar

Sulip of Violatts
 Sulip of roses
 Mell violatum
 Electuariu^m catholicu^m
 Sirop of violets
 Sirop compound of endif
 Triasandali
 Trochisci de Camphora
 Trochisci de spodi
 Unguentum rosatum

To purge y^e head sup. 105.

Pilule Aurea
 Pilule cochia rasis

For the Emrodes

Micleta
 Pilula de Bdellio

For paine of y^e matrix

Emplas^{trum} de granis lauri

Oyle of sweete almondes.

Trifera

Antidotū asmericitū: good for y^e mother

For all diseases of y^e medriss

Mithridatum

Thiriaca galemi

Pelule de cochi rasis

Oile of spike

Oile of euphorbi

For the palsey

Antidotū asmericitum

Confectio dulcis de muscho.

Mithridatu

Pilule de euphorbio

Sirup of sticados

Unquentu martiaton

Diagrantu frigida

To purge y^e Reines of grauell

Antidotum asmericum
 Benedicte Laxative
 Oximell duriticum
 Sirop acetosae, compound
 Sirop of mayden heare
 Sirop of Citrac

For bleeding at y^e nose

Trochisci de terra sigillata
 Trochisci de carabo

To deliuer a dead childe

Thiriaca galem
 Water of Veruane
 Water of sauene

To breake the stone

Auria alexandrina
 Thiriaca galem
 Mithridatum
 Oleum de Scorpione

For the faintnes of y^e hart

Dia margaritum Calidum
 Diasom cum manna
 Auria alexandrina
 Sirop of Sanodebese
 Conserue of Borage . //

To prouoke sweate

Oyle of Delle
 Oile of Cumme . /

To stopp sweatt

Rosata nouella
 Oyle of Quinces
 Oyle of mints .

To staie Vomiting

Aromaticu pariophilatum
 Mma simplex
 Rosata nouella
 Sirop of mints .

For y^e roughnes of y^e tonoue

Diatragantha
 Diameron potio
 Sirop of Violats.
 Oile of sweete almondes
 Oile of Violatts

To breake Winde

Antidotum asmericum.
 Aromaticu gariophilatum
 Pilule aurea
 Diagalanga
 Diacurcuma
 Electuariu inde maioris
 Sirop de eupatorio
 Oile of sweete almondes

For Wormes in y^e bodye

Pilula contra Lumbricos
 Sirop of Lemmans.
 Oile of Wormewood
 Hira picra galem
 Mithredatum
 Unguentu contra lumbricos.

Unquentū aureum for ulcers or wounds
 ℞ oyle oliue j lib. β new waxe j lib. rosin. ℥ iij
 terebinthina ℥ iij melt all these together then
 adde in the collinge franckin sinco & masticke
 made into very fine poudder an^a j. ℥. stifferan
 in poudder. j. 3. mixe them well together & fiat

A strong unquent for an old sore.

℞ hony and whit wyne vinegar of the best an^a
 j pinte verde grese made in fine powder. j. ℥
 roch allum ℥ β. boyle all together till it be Reede

A weaker unquent for an old sore.

℞ waxe. oyle. rosin piche. an^a j lib. melt them all to
 gether & strayne them into a cleane vessell. mixe
 them well till they be colde. and so kepe it to use

An unquent for the scabb.

℞ enula campana rottis boyl'd in stronge vinegar
 Swoyns greese & oyle an^a ℥ iij. wax ℥ i common
 salt in powder. ℥ β. terebinthina. ℥ iij. the fuyce
 of fumeterre and lymons of ech half a pinte
 boyle all together till the fuyces be consumed
 if you will haue it stronger put into it ij ℥
 of quicke siluer killed in terebinthroz.

A good playstr for wounds

℞ the fuyce of smallage plantayn & bettony an^a
 j pinte wax rosin terebinthine an^a lib β. boyle
 all together till the fuyce be consumed & fiat

A playster for old sores

℞ read lead made in fine poudder lib j. oyle
 lib. ij. vinegar. j lib. β boyle all together till
 it be black and like a playster & fiat

Emplastrū nigrū.

℞ Dear-fewitt, Red & white-lead of each 3 ounces. Sallet-oile a pinte.
 Be wax 4 ounces. good white-wine Vineger a pinte Boyle all these
 well together untill it be blacke see Butter. Probati.

17
 17
 17

To make a clyster.

℞ the rootes of mallowes & lillies. an^a ℥ij. iii figes. the
leaves of mallowes. violets. mercuri. camomyle and dill an^a
j ma. aniseed. foenugrece. and lyne seed an^a ℥β. boyle all
these together in fresh flesh broth to a pmt. when it is
strayned. put ~~℥ij. iii~~ ^{℥ij. iii} & succo rosaru. an^a ℥β. honye &
fresh butter an^a ℥j. sweet oyle ℥ij. qene it warme.

A potion purgative

Infuse ʒij of sence. & ʒij of rubarbe in buglose and
burrage watter an^a ℥ij. a littel stick of cinamon
brused. let them stand all night on whoot embers.
in the morning strains it, and put to it confectionis
hamech. ʒij. sirup of violets and roses. an^a ℥j drinke it
The preparatine to take before is no other thinge
but this. above written. but then leave out hamech
and take half the sirups. Remember after you
purge you take som comforttabell thinge for
the stomack. as consern of roses. or buglose or quinces

Shope one dram, of a sheff of Rubarb and
supple mirt in the watter of rogan,
in the morninge take out the rogan and
darker the water the better of the rogan
the sooner morninge, fastinge take
of a ʒij drinke it. In the evening
take it, but drinke a draught of the
water, in the morninge take it before
you put any brood or fruit into the brot

117.
Dumt yhat ^o up to the heart light
to one follow before dinner: and
keep a Sigaum for few follow after
few days after Rubbule ^o bar
Hydrotic powder at most and
use rubb to warm on y hat light
rest. Eat Amos powder a little
more is good for y hat and
fresh dram at any time. Absorb
It sparingly use for Earth

A clister for y winds in any part of y belly or wombe.

In 3 quarters of a pinte of possit-Ale put 2 drames in y weight
of 4 groats) of Holland-powder. 3 spoonfulls of salt oyle, & 3 of
course-Sugar & a little peat. make it a clister, & take it once
or twice a week. y la Slingsby.

A blister for y Zauwize & Scurvy. &c:

Take a quart of possit-drink made of small-beere
put therein an handfull of Camomill-flowers. Ralfe
a spoonfull of fennell seeds or Anice seeds, boyle it for
a quart to a pinte. put thereto 2 spoonfulls of y Syrop
of Damask-roses. & 2 spoonfulls of powder-Sugar
as Bastwick & put

for y same.

Take 6 or 7 Bay berries beat them to powder with 2
pepper-cornes & drink it in a cup of Canary-sacke
an hour or 2 before meat & walk after it.

Or. Take an Orange & eat it skinned & all

Or. Take Broome ashes & put them into a pottle ^{3d.} of
whine. keep y bottle stopped & shake it twice or
thrice a day. then strain it fro y ashes & drink one
drangle in y morning, & another in y afternoon, mixed
wth a spoonfull of y Syrop of Suerory when Ruebarb
Rath been steeped.

A Glistor for y^e Spleane or mind

Take a pint of Sack and add unto it one handfull of Camomill flowers, of linseed and Cominseds each one ounce
 Let them boyle gently till a thirds part be consumed, and then
 strain the liquor, and put into it the electuarie called Diacatho
 lion dissolved in the sack and about 2 ounces of the oyle of
 Tille for a clister to be given ~~when~~ at any time of the
 Day

To make an Earningbagg

First let it hang two dayes then wash it very cleane
 in faire water and picke the earning that is out of
 the Bagg and washe it well in milke and put the
 Earning into the Bagg againe with two or thre
 egges new layed being broken shells and all. and
 put to it a littell mylke some mace and Cloves and
 pepper being beaten and salte to the quantitie of
 an small noff and after ward cast a littell salt on
 the Bagg and hang it to drye then make bryne of
 water and salt putting therein a littell wylde Marre
 and Cloves with a leafe or two of Sage a little
 Claurie and Savasfridge and then let your bryne
 being cold stand and put in your Earningbagg to
 steep and doe not use it till two or thre dayes after

To make fine Cream Cheese

Take five quartes of the Stripings five quartes of Luscious Cream
 but put into your Cream pott five or flower peeces of large
 Wheate and put to your Cream a litle Canning unyoked not
 two spoone fulls of Rose water and a litle Saffron, when
 it is come take it up and laye it in the press fall not out breaking
 and presse it downe not your hand then laye it in a fine Cloath
 and presse it not a galles stone weight, and turne it twice or
 thrise in six houers then rubb it ouer not a litle Salt
 and let it drie

To make fresh Cheese

Take a pottle of very new milke sodden not flower Eggs
 continually stirred then put the same into five or six peeces
 and strain them well that it breake not then put the same
 milke all into one Vessel and put ther too some Canning as
 you doe to an other Cheese, and when it is come put among
 it Sugar Syomon Rose water and what else you thinke
 good

To make fresshe Orudde and Oreame

Take fresshe yolles of Eggs and beate
 them together then take a pinte of fresshe Oreame and
 mingle it wth them and streane them together and then
 put them into a ^{tin} Kettle and put to it a branch of
 Rosemary & nutmedge bruised and a graine of muske
 put these in a linnen cloath and sett it wth upon the fyre
 and streane them well for burning wgen it beyned to some
 put in the iuss of an Orange or Lemman and a little
 Rose water and wgen it is well boyled take it off and let
 the wth wth sume from it in a faire cloath then season
 it wth Sugar and boyle the Oreame wth you sear it
 wth in wth the yolles of Eggs and Rose water

To make Pomander
 Take Amber greace 32 grames Muske 44 grames Clove
 16 grames Clove Beniamin 6 grames Clove 15
 grames Labdanum 6 grames Pinudraggon 1 sept m:
 Rose water very fresshe and beate them in a stone morter
 to strong paste and then mould them

To preserve Plumbees Greene

The best Plumbees to preserve Greene is the wright date Plumbees, the best
 time to preserve it in is the latter end of July, take a broode shell
 wth some faire water in it and sell it on the fire and make it wthddy to scth
 then put in as many Plumbees as will stand one by another and scth
 them on the fire, then scth on some other shell of faire water and make
 it boyle, and when you see the Plumbees a little scthled in the first water
 take them up and putt them in the second, then scth on the first water
 and make it boyle againe, and putt them into the water keeping them
 close covered all the time of their being in the shell, but lett them
 not boyle till the skimm be taken off, then take them upp and pill of the
 skimm, and scth on the first water againe and make it boyle faster, then
 take your Plumbees saving the skimm taken off, and putt them into the
 water letting them boyle leisurely and being close covered lett them boyle
 in this liquor till they be as Greene as you would putt them, then take
 them up and lay them one by one till the water be cleane runne from
 then weigh your Plumbees and to every pound thereof take a pound and
 a quarter of Sugar finely beaten, putt into the bottom of a broode

Take of your sugar and lay in your *Alombed* one by one, and as you pull them in powder or roll them in the Sugar, and to a pound pull half a spoonfull of water lett them boyle leasurly for 3 quarters of an houre still turning them in the *Sixtup*, then take them from the fier and when they be thorough sold pull them up, and keepe them neare the parte of the fier

To make *Marmalate* of *Pippins*

Take a pinte of faire water and a pound of Sugar boyle and skim it very cleane, then putt in a pound of *Pippins* quartered, scored and pared, and lett them boyle a prettie while, till they be very tender, then take them of the fier and breake them in small peeces wth the backe of a Spoon in a Silver *Porindish*, then putt them againe into the *Pann* and gauce reddie two or three oring *Pilled*, being very thin and finelic cutt, they must first be watered a day or a night and boyled verie tender, likewise you may putt in the Juice of 2 or 3 oringes and soe boyle it till it come from the bottom of the *Pann*, and then putt it into your boxes and lett them stand covered a day or two, in some plate nere the ayre of the fier, If you gauce not fresh oringes you may take oringie *pilled* preserved ./. /

To make Sugar Plate or Lasing Comfits.

Take half a pound of double refined Sugar finely beated and put
 to a little gum dragon steeped in Rose water and a little muske
 or Amber greece finely ground. Then mingle it well together in a
 stone mortar till you may worke it like paste then roule it out
 thin and cutt it into little lasings or printes, you may make the
 like wth the powder of Violetts, Roses, Marigolds, Marigoldum
 Smacon or sugr like, but in these you shall need neither muske nor
 Amber greece, you may put into the iuce of roses a little of the iuce
 of a lemon to make the colour orient, you may likewise make
 Sugar Plate wth the iuce of Raspis white or read wth the powder of Orm

To make Cakes of Apricotts, Pearre plumbe & Apples
 or Quinces.

Take your Apricotts and boyle them but not to much then scrape
 the meate from the skin and stone them weigh it wth the same weight
 or more of good Sugar, then dry your stuffe in a dish upon a fire
 and make your Syrup wth a little faire water and Sugar and
 boyle it to the point of mannes nose, then boyle all the stuffe toge
 and put it upon plates then sett them in an all most cold Oven
 once or twice and keepe them in a Glass or drying plate.

To make Paste of Goma

Take rinde of stringone pounce, the rinde of Lemons also a pounce
 water from well, and boyle them till they be tender then take gaffe a
 pounce of Potatoes or Quince roasted pounce them together in a
 Morter putting to them one grane of muske, and a little Rosewater,
 and when you see them into fine past put to them their meast of
 fine Sugar finely scarrid wth the white of an Egg, pounce that
 a new untill you have brought it to fine paste againe, then make
 it in some Beades to the biggnes of a Tennis ball, then put them
 upon oyled tyles into an Oven and lett them drye but see they
 growe not to faste, then wash them ouer wth the white of an Egg
 and Sugar ./.

To make quinic Cakes

Boyle your Quince very tender then pare them and take the best
 and softest of them, to gaffe a pounce of them, take one pounce of Egg
 beate it finely and putt vnto it as much water as will moisten it
 and lett it boile untill it be reddie to handie, then putt in your quince
 and lett them boile together untill it will not sticke to your fingers

If oranges being well then saue youe molde reddie wth a litle fine Sug^r
 sorted wth wth them and see putt on youe quintes of w^{at} wth them
 youe thinke good and lett them lie untill they be sold then sell them
 before the fier to drye. /././

To make a Paste of Oringes.

Take fere or rolled Oringes putt them and wringe out the Juice and
 boyle them till they be very tender. Lette youe w^{at} often in the boyling
 till it leaue to be bitter, w^{hen} they be boyled tender presse out the
 w^{at} wth a gard betwene two trowsers, then beat them well in a stone
 mortar w^{hen} they be well beaten straine them through a fine Sieve
 take to euery pound of Oringes soe beaten, a pound and a halfe
 of Pippins being boyled and strained, then mingle youe Oringe
 stuffe wth youe pippins and beate them well together wth a Spoon
 take the weight of these two together in Sugar being finely beate
 and put it into a Pan or Skillett put to it a smut^t face w^{at} wth will
 well moisten it, then set it ouer the fier and let it boile untill
 it come to a maner^t wth it, then put in youe Oringe and pippins
 stuffe into it and mingle them well together, sell them ouer

Put the fier and boile them altogether till it will nat strike to y^e neck
 ffinger, then take it up and make it into Cakes or other deuises as y^e person
 selfe shall thinke good. ./. .

To make marble Paste.
 Take of the aforesaid roll. 8 that you like best and roule it out some what
 thinn, then take it as it were a wigite and reade flower one vppon another and
 kull it out the longer way and it wilbe miltarded like Baronn then sett
 one peece by an other and close it the brode way but you must obserue
 to ioyne a wigite and a read together and youe wigites to be somewhat
 thicker then youe read or of frouled, and when youe haue closed it soe sett it all
 drye and a peece of the same, then roule it furth both wayes till it take like
 gamlett wainscott and soe put it out in peeces or losings: If you will make of
 the lesser sorte you must lay youe peeces one vppon another and roule it vppon
 the aforesaid and put it out the longer way and close one end to another the long
 way, then wote it up againe and kull it side wayes in litle peeces
 and roule it out, and soe lett it drye. ./. .

Oyntments for Ariges, Bruises, Boute, Stiffes,
Palsies, Lamenes and Crampes. / of Green-Oyntmt.

Take Sage and Rue of eij a pound, of Wormewood and
Bayes eij halfe a pound, & Sheepes suett cleane picked three
pounde, Stamp all these together, till none of the suett be
seene, then putt herto one pottle of Sweet oyle oliue, worke it
very well together then put it into an earthen pott and couer itt
close, and let it stand xij dayes, then take it out mouldie as
it is and brake it into a brasse panne and make a softe fire
under it still stirring it, till the partes waxe sand, then take it
off and lett it coole, and straine it then putt herto two ozj of
oile of Spite, and stirr it well together and soe putt itt vpp
in a Dottle, and when you vse it warme it.

To make Gizzupp of Pimyex

Take Conduit water false a pint, and white Sugar false a pounde
Boile them together till false the water be consumed, then putt to

them a quart of a pinte of white wine vinegar, and lett them all
boile againe together untill they come vnto the consistance
of a Sirrupp still takinge awaie the Exyrie verie often

To make Almond Ginger-bread

Take fourden Almond's blan'g, them in faire wat^r warme
but put them presently into faire colde wat^r as you blance
them sic the Almonds in a faire lining stoffe and beate them in a
stone mort^r a verie little while, then put two or three spoonesfull
of read Rosewat^r to keepe them from oiling th^r done you must
beate them verie neare an houre, and put in that quantitie of
Sug^r finelic scard that you thinke will make it sweet enoug
it must be bett exceding finelic, and euer as you beate it pull
in Cinamon and Ginger finelic scard, wgen it is sufficientl^y
beaten mould it and printe it in Cinamond and Ginger but
noe Sugar, wgen it is made it must be kept vpon paper in
a Box neare the fier. / . / . /

To make *L. aggisse* Puddinge

Take a halfe Crinde, a quart of Creame, halfe a
dozen Eggs, a Mansett, a pound of Currants, wth Cinnamon,
Ginger, Nuttmeyge mare and Cloues, and Sugar,
and a little Rose wa^{te}, a quantity of *Sop^o meriorum*,
pennywort, winter Sauory, and Camomill shred all these
small wth some mutton suett amongst them, putt them into
the Bagge and soe boyle itt.

To make *Sauteage*

Take the Pullett of Partrick wth some other parte thereof
that is fatt and leane well mixt and not Sinowey winter
then put it into a mortar, wth a little small bott Cloues and
marie, a little quantitie of grosse pepper, and nuttmeyge
beaten, *Sage* winter Sauory and Time mince them
finale, then put them together wth soe much salte as is
fitt for the seasoning, then lett them be well beaten and

Putting herto the yolkes of three Eggs or more according
to the quantity of your stuffe, after beating, if
it doe not appere fat enoughe mixe some beefe suett
and putte it y^e ropes beinge steept a day or a night in
rosie wine, then make them upp. /././

To make ffine Suet. /././

Take the kydney of ffine mutton Swoett or lambe, and
pitt it cleane and beate it wth a wodden Pestell in a
Marble mortar, then put it into a ffine earthen Pipkin
and two marishe mallow rootes cleane picked wth the
pitt taken out and brused and stopp up the Pipkin
and let it boile upon fubere, then straine it and beat
it wth maye due of a yeare olde into a purfland dish.

To make a Skirrells Dic. /././

Boile and pill y^e Skirrete and put them into y^e
paste, and season them wth Nutmegge a litle pepper
and wbole Water, and a quarter of a pounce of

of ~~Sugar~~ and a few berberies, then take the marrow
of six bones being broken, and put them in cold water
then take the yolkes of three Egges beaten and put the
marrow into it, and rowle it up in the Egges till it
gaue taken all up and soe lie it into y^e paste, then take
a quart. of a pound of Dates and rutt them take out
the stoned and the white, and put them in, then take sweet
butt^r brake it rouer all your Dates wth it, and soe close
it up and after it is baked take a penny pott of white wine
of musk of white wine vinegar, a quart. of a pound of
melted butt^r and a quart. of a pound of ~~Sugar~~
all these well together and poure into y^e Pie and soe
strue itt

To roast a Shoulder of Mutton. // //

Take a shoulder of good mutton, and take half a pecke of good Oyster
mash them well and draine the water steame from them, take the
toppez of Rosemary, thyme, and Parsley chop them small, also the

THE PARAGRAPH AT THE TOP IS PHOTO.; THAT
AT THE BOTTOM IS TRACED BY HAND.

Use yolkes of freer-pard eggs, wth a Lemmon and an Onion minced
 altogether, putte a quantity of grosse pepper, and fouer spoonefulls of
 wine vinegar mingle all these together wth your Gysters, then stuffe wth
 the shoulder of mutton being fars washed her wth and baste it wth sweet
 butter, when it is roasted take 4 spoonefulls of Rospite wine vinegar
 and put it to some of the graue and soe serue it. (././.)

To boile a Carpe

Take a good Carpe and cutt out the gill from the
 heuill, then putt her scalyes in a barke, take salte and sioure ym
 very well, and wash ym in fars water, take then galse a pinte
 of wine vinegar galse a pinte of Rospite wine galse the skinn of
 a Lemmon, two fars Rates of Ginger sliced galse a quarter
 of an ounce of large mace, a fene toppes of Lime, and
 Rosemarie, wth galse a pound of sweete Butter, put all these
 into a deepe dish that will containe your Carpe, put in three
 spoonefulls of Salte, set it on a Chafindish of Cole & till
 it boile, and then drie your Carpe very fars, and put into
 the

PHOTO.

To dish And pouer gim, and lett gim boile a quarter of
 an houre, then turne gim, and put in a quantity of more
 salt, let gim boile another quarter of an houre, then take
 a mangette and put in tosted, and either tost them or frye
 them, and lay them in a faze dish, take also a quarter
 of a pound of sweete butter, fower spoonefulls of wine
 Dinger stirre them together till the butter be melted, then
 take the Carpe out of the brothe, and lie gim upon y^e
 Rippette, and poure y^e Sauce thereon, wth a good quan-
 tity of beaten ginger throwed upon it, and so serue itt.

To make Wuffes. . . .

Take a Porringer full of Eggs curde and brate into them
 flower Lyes, then putto them a handfull of wgate flower
 some Whatmeyer, and make them up into little Roues
 and set into the Oven upon a paper being well mubbed

rubbed wth Butter, and served from wth Butter
and Sugar. // //

To make Pantales. //

Take six Eggs Yolkes and a pint of Cream and
also a pint of Saffron, Nutmegges and Sugar as
much as will season itt make your Ballen of a reasonable
tendred wth flower and soe frye from

To Crème Capons. //

Take ffine w^heat meal and mingle it wth Sugar
or honey) and soe make itt into Rowles, and soe you
may make a Capon satt in six dayes. But for
w^heat meal must be moulded wth Butter or
Sawdust. // //

To make Manus Christi.

Take half a pound of refined Sugar, or some Rose-water, or boyl it till it come to Sugar againe. Then stirre it a little about or putt in y^e Leaf-golds; then cast it according to Art into little round goblitts, or for keep them.

To make paste of Guineas, Blumes or Barbories.

Strain y^e pulp or take y^e weight in Sugar, or boyl it till it be as thick as it may stand on a Lye-plate, or fashion it some like Leaves or some like blumes wth their stones or stalkes in them. Then put the^m in a warme Oven, when it is hard or drye. Then turne them or dry y^e other side in an Oven after y^e bread is draine. Then being kept dry y^e may keep the^m all y^e Year.

To make Paste-royall of Marmelade.

Take of this paste or molde it up in feared Sugar till it come to perfect paste. Then print it wth y^e moulds or drye it in an Oven after y^e bread is draine. Then box it up being drye. If they chance to be moxed dry them in an Oven again as before.

To make Paste of Genua.

Take of y^e pulp of Guineas or as much of Leaches or strain it or dry it in a Blatter upo a chafing dish of Coales. Then take y^e same quantity of Sugar or boyl it to y^e height of Manus Christi. Then lay it upo a Lye-plate and fashion it as y^e please, or for dry the^m in an Oven as y^e other before.

To make paste of Rippins.

Take y^e Rippins pare them or quarter the^m, then boyl them in fair Water till they be tender then strain them or dry y^e pulp upo a chafing dish of Coles. Then weigh it or take as much Sugar as it weigheth or boyl it to Manus Christi or putt the^m together. Then fashion them upo a Lye-plate or putt them in an Oven being very slenderly heat. If next morning y^e may turne the^m upo y^e bottom of a Sieve wth Paper under them, or for putt them in an Oven of y^e same heat again. or there lett them remain 4 or 5 dayes putting every day a chafing-dish of Coles into y^e Oven till they be dry.

To bake venison in a
good crust

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Take yo^r side, or fowch of venison &
wipe it wth a cloth, y^e bones being out,
say it fitt for yo^r party, season it with
pepper & salt. say it in presse, if yo^r please
2 or 3 days; then take to a peck of fine
wheat flour. 4 pound of butter. broken
into little bits & soe wrought together
wth yo^r flour, say it a bread of yo^r table &
take 18 eggs butt 9 of y^e whits, & soe
worke them in very well, then sprinkle
cold water & still work it till it be well
in stifness, pluck it in little ^{pieces} 3 or 4 times over
& then mould it & roll it fitt for yo^r
party. say ing minchew switt under y^e
meat, & a narrow peece of past a-bout it

Take y^e fatt of y^e kidnie of a Coon of veill & cutt it in
little long peece, roll it in Nuttmoge & salt mingled
together, stay yo^r lege of veill wth it wth carbs, butt
make y^e holes deeper. prick a peece of kelle over it.
if Saffris is better & viziker Nuttmoge salt
& a little Sugar. cutt offe y^e horn end & serve
it up-right

to make yuffe paste

Take a quantity of fine flower -
 4 whites of eggs, a little rose water
 or other cold water; mald yo paste
 together & beat it wth yo rokinpin. for
 y^e stiffer yo make it, y^e better. Therwith
 wald yo past forth & lay y^e butter on
 in bits, turn it vy of both sides & so
 dor it 4 or 5 times & then make it up.
 yo may lay a litt^e of a little paper & so
 sett it in y^e oven to se if it rise,

yo must be sure to beat yo
 butter, wth a rokinpin, till y^e water
 be very cleare forth of itt,

Take a pound ^{in a nother way} butter & a pound of fine flower.
 2 whites eggs, as moch water as will make yo
 past very stisf, then wald it out, & spread yo
 butter on it all one way & strow a little flour
 over it & laye it up and close the butter in, &
 so dor yo butter 4 or 5 times as you did before,
 work yo butter & laye it in
 watter oovr night to
 make it stisf

to season a flooyintime with the
Kidney of. U.S.I

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Take y^e Kidney shred it smal; 2 Apples Shred -
thun smal; 2 eggs; little soft water; sinamon
not more some sugar; a little cream, & som
candied orange pils cut smal, corans, & Raisins,
a date or two; if y^e pleas,

To make ginger bread by Jofstropers Rec^t

Take 4 pound of Treacle, 1 oz of Caraway
seeds, 1 oz. of powdered ginger a slice
of butter. mix these severally into

3/4 of flower, adding 1/2 pi of Orange
Citron sliced - mix with y^e Treacle
2 spoonfuls of good yest & 3 spoonfuls
of brandy. and work these altogether
Just before you set it into y^e Oven
butter & flour y^e Tin pan

It will take an hour & half or two hours.

Baking

Another Ginger bread cake

To three pound & an half of flower
 put 3 pounds & an half of Treacle,
 two ounces of ginger finely beaten
 and sifted one ounce of sweet Fennel
 seeds D^o Carraway seed bruised four
 spoonfulls of Saff D^o Brandy. add a little
 yeast. The Oven must not be too hot
 It will take an hour & an half ^{or two hours} baking

Another which my master Davison liked best
 for his pocket when an hunting

To 3 pounds of Flower mix one ounce of ginger
 10^z of Carraway seeds 10^z of Coriander seeds beat fine
 mix these severally with the flower, and add a good
 slice of Butter. Then take Two pounds & three ^{quarters}
 of Treacle mix into it two or three spoonfulls
 of yeast & 3 spoonfulls of Brandy & ~~1~~ ¹ pound
 of Orange peel ~~_____~~ Bake it
~~least~~ Two hours at least

Howe to dye to die blowe
out of white.

Recept: Take 12 gallans of rhambizles
set it on the fire, then when it
is almost at boylinge, take the
scumme cleane off it, and then
take it off the fire, and lett it settle
then cleare it, and take a quart of
a pound of indigo, mingle them to-
gether, then laye no cloth or woole
or any other thinge desirable, and strike
them twice or thrice about, for 2 or 3 of
boylinge.

Howe to dye porcumayn
grene, out of white,

Recept: Take 12 lb of woole, take one
pound of Allome; Boyle faire
water, and when it is at boylinge
put in Allome into it, (and beinge
melted, put the woole into it, and let
boyle them together, for the space of
thre houres, then take it off the fire
and scumme it, and put out all that
is white, then take more faire water
and grene graspe, and boyle them
together one houre, and then take
out the grene graspe and put in

woole into that water, let them boyle for
out quarter of an houre, and then take it
up, and wringe it w^{ch} some harte, and put
it into y^e blew t^h fatt. /

How to dy a faine greene /

first make it a good blene, then washe
it up in faire water, then take some
atrominge to the first proportion, and boyle
it thre houres, adwaies when y^e see any
allome; then take it up. then take faire
water, and grene grasse, and boyle them
an houre togid^r; then take out y^e grene
grasse, and put halfe a gallon of chambrles
into y^e grene grasse water, and then
put the woole into it, and stirre it about
for feare of spoilinge, if it be woole
wringe it, and washe it, if it be other
hange it up, untill it be roke and then
washe it. /

How to dy a watered

Sup: put ^{colours} ~~wool~~ wools into the
 blow fatt, and make it a reasonable
 blowe, then wringe it up and wasse
 it, then take faire water, and a little
 allome. (w^{ch} melted) put them together
 boyle them one houre, and so take it
 up and wasse it. /

How to dy a seawater green

first yo^u must blow it, and wringe it up
 then take pound of dogwood, and eight
 yards of cloth, and boyle it with
 greene grasse, and allome, thre houre
 then sooke it, and then it will be a sea
 greene: / A fair blow will make a fair
 greene. /

How to dy a maiden faire
 colour out of white.

Take one pound of allome, and eight
 of wools, boyle them in faire water
 thre houre, then take fourte lb of
 water, and put in faire water and
 greene grasse, and boyle them an houre
 then take out the greene grasse and
 put in rotten tree, and galle a gallon
 of chamberlea, and boyle them together
 untill yo^u thinke it be a faire colour. /

How to dye a dyght stamell in greene
out of white - 1

Take a pound of. Allome to yo^r friend
proportion of wooll, and boyle it in faire
water thre houres, then take it forth
and waffe it verie faire, then take faire
water, and then take thre ounces of
stutrgentale, well beaten to smale powder
and one pennyworth of are smirke, and two
pennyworth of mircurad, beat them all in
a stwall, and put them all together of a
powder disse drie, and mingle them
with one pound full of wheat flourd, and
then divide them into two pte, then
take one of the pte, and put them
into yo^r faire water, when it is almost
boyle, and then stirre it well, and then
put in yo^r wooll, and let them boyle
halfe an houre, then take it forth
and wolle it, and when yo^r wooll or
clothe is wolle put in thre pte, of yo^r
stuffe into thut water, and stirre it
well, then put yo^r wooll or clothe into
thut water againe, and let it boyle halfe
an houre, then yo^r may se when the
colle is faire, and so take it up
washing it very well.

To make a fure Parlett out
of whit for fower yeards

Take fure water, and when it is at boyle
inge, put halfe a xerle of wheat branne
to it, let it boyle halfe a q^{rt} of an houre
then put it into some tubbe for a fortnight
to make fower, and every day stirre it
about, then take fure water and set
it on the fire, and put some of y^e fower
branne water into it, then when it
boyleth, put i^{tt} of Dillome into it
then put in y^e clothe or woole and
let them boyle togith^r thre houres, then
take it up and roole it, then put out
that water, and take the rest of y^e
branne water, and ^{one} gallon or two of
small drinke or droppings, then put
in y^e clothe or woole into that, and let
it boyle togith^r one q^{rt} of an houre,
then take it up and roole it, then
take the omds of stutgenale
one pennyworth of m^r ruzab, one
pennyworth of arefurd, one penny
worth of pyll, beat them se^{par}allw

verie smale then mixted them togid^r ex
 then take one quart of h^o pom^e of farr-
 mandilurke, and put them all togid^r
 into the said dirtor, and then put in yo
 cloth or woole, stirringe them verie
 well, and so let them boyle for halfe
 an houre, for feare of spoilinge, and
 then take it up and roole it, then
 put into that dirtor, a quart of a
 gallon of chamberlea, stirre it well,
 and put yo cloth or woole in agayne halfe
 an houre, but in any case stirre it well
 well, and then take it up and roole it
 and beinge cold: waffe it verie faire,

How to dye a purple ingraine

First make it a good blew, then skome
 it to be gouged. then waffe it up, and
 put it into the small dirtor aboue
 said, and when yo thinke it faire take
 it up.

for a water to drawe it to yonge
 the small salt then blew it then
 boyle it in skome.

To dyo yallowe, take drawtre bark
 and boyle it an houre in faire water
 and then take up yd bark, yf it be for
 a dozen of clothe & a halfe of
 ullome, boyle it wth the clothe in that
 liquoz, both togther, out houre /
 yf yo will haue a strait golde y^ent
 in mayfing to it

yf a gote my yallowe take it furdg
 and put in a skele full of Gambr-
 loa, and stirre but about and then
 take it forth, & put it into y^e a
 hoot liquoz againe, and stirre
 it but about and take it forth
 againe then drie it & washe it
 after it be drie at yo leasure /

For purple ^{violit} ~~violit~~, take a pome of
 Allome for vij yowles of clothe
 and boyle it, in it, for four houre
 sh^{ft}. Forth yo ullome water, and
 washe yd vestel cleane, and then
 fill it full of faire water, then
 take a pome of logwood, in stut-
 theneale vij. And when it is
 very warme then put it in, then
 let yo logwood boyle a q^{rt} 2 of an

hour then take yo cloe and put
 it in, and let it be in till it be verie
 firme, and stire it well for feare
 of rottinge)

To whiten fine yarn, or cloth.

Take a quantity of chamberlaine according to ye larg-
 ness of ye web, & put in as much new cowe donger, as in
 ye decoration ye think will suffice, then mingle wth
 wth ye chamberlaine & rot it well wth ye hands, till all the
 lumps be broken, then lay in ye web when ye have
 washed it, out of ye souling & dryed it, & soe lett it lye
 ye space of 2 days, & 2 nights; then take it out & wash
 ye cowe donger cleere fro it in fair water, then lay in
 forth a day, & a night, & turn it & soe lett it lye again
 a day & a night, alwayes watering it, soe that it
 never dry, then wash it cleere in fair water, & haue
 it & lay it in a boeking tubb, then lay on ye Ashes
 & take ye Ashes & boyl them in fair water, & soe pour
 them on & soe lett it stand all night, in ye morning draw
 it & haue it out, & soe lay it out as before, ye m^ost
 member that every day ye batt it butt in fair water
 & soe a little peece of cloth on y^e one side of it, whereby
 may know to turn it right, this ye may doe twise or
 thrise, both for laying of it in ye cowe-donger & for
 boeking of it; ye Ashes must be ether of whistles,
 brukons, whines, or Ashes; all must be burnt before they be
 r^e stroun d^on

likewise your yarn must first be washed out of the
 Sowing. They take a good quantity of Ashes & boyle
 them well in a kettle till the strength of y^e Ashes be in
 the water, then take it off & lett it stand till y^e
 Ashes be all settled to y^e bottom, then take clear
 thereof & boyle your yarn therein, the space of a
 fowre, & lay it out in y^e Sun 2 days & 2 nights, wa-
 shing it very well, soe that it never be thorough
 dry, then batt it up in fair water, & soe dry it;

a nother way to whiten
 cloth, or yarn,

Take a pound of burnt Alabastrer, finely beaten
 & put it into warm water, & stier it well together
 then take 20 yards of cloth, washed out of y^e sowing
 then lay in y^e Linn with as much water as will
 cover it & lett y^e Linn lye in this water, 24 hours
 stirring it 3 or 4 times, during the time it lyes therein
 this liquor, then lay it forth in fair weather & water
 it 2 or 3 days, then boyle it, that done lay it forth
 & water it, 2 or 3 days againe, then lay it in your
 whitening 24 hours more as aforesaid stirring
 it 2 or 3 times, and at your discretion dry it up, &
 shall it need small batting;

for y^e yarn take y^e same liquor as aforesaid for
 shall you not need to seeth y^e yarn.)

Lay in y^e yarn the space of 2 days & 2 nights, then
 lay it out, wash it forth & dry it without any
 beating & after it is whitened 2 or 3 days, lay it in
 the like liquor 24 hours more, & take it and
 make it fitt;

Doctor Stephens water as I receiv'd of Canterbury
 got it of him a little before his death. see my bo: the Colledge's booke
 in

Take a gallon of Gasloigne wine, ginger, gallin gall
 Simmon, Nutmegs, Cardamon, grains, Cloves, Amisseed,
 fennel seed, carraway seed, of euery of them a drame
 then take sage, mints, redrofs, lime yolkitoris, rosmario
 wilde time, Cammomile, and Lauander, of euery one of
 them a handfull, then bray the spices and herbes, and
 put all into the wine and let it stand for twelue howers
 stirre it diuers times then distill it in a Linbecke
 and keepe the first water by it selfe for it is the best
 And keepe also the second water which is good, but not
 like the first.

To make vsquabaugh

Take a quarter of a pound of Liquorice, scrape it cleane
 and bruis it, and cutt it into small peeces, then take a
 quarter of a pound of rafins of the same, and stone them
 a quarter of a pound of Dates, cutt and washt verry cleane
 then take a good spoonfull of Amisseed bruisd. then put
 all these in 3 quartes of Aqua vite, and soo lett it steege
 24 howers, shaking it 3 or 4 times, then put it from the
 ingredients into a bason, put as much suger to it as will
 giue it a phasante taste, then let it raine through a
 Jolly Bagge once or twice, and soo keepe it

Another way to make vsquabaugh

Take a pottle of Aqua vita, and therein steepe, of Simmon
mace, and cloves a quarter of an ounce, and of Nutmegs and
ginger of each halfe an ounce, of Corraway and Colliander
foddy halfe an ounce of each, of Liquorice sliced two ounces
of raisins of the sunne a quarter of a pound put into it
two rootes of Elacompana, Succorie, Cumfrey and femill
a little muske, and two ounces of suger cardie, lett all these
lie in steepe fower or five daies, and lett it come through
a cothen strainer.

To make rosa solis

see pag: 160.

Take a pottle of the best aqua composita put it into a gallon
glasse, and put therto a pottle of the hearbe called rosa solis
cleane picked, and lett it stand thre or fower dayes close stoped
then take one ounce of ginger bruised, one ounce of Cinamon
bruised a quarter of an ounce of whole mace, two spoonfulls
of Anniseeds bruised, a pound of white suger Cardie, and 20
Dates cut in small peeces, and put these into another gallon
glasse, and put therto your aquacomposita, strained from your
rosa solis, and see lett it stand untill you have occasion to use
the same.

To make aqua mirabilis

Take Gallinall Cloues, quibibis, ginger, me hats cardimonia
mace, nutmegs, saffron, agremonie, of each of these one drame
and of the juce of sallindme.

To make Vshabaugh.

Take a gallon of White Aqua-compofita & putt it in a Vefell. then take a pound of Myfh-comfetti; an ounce of Cinnamon, 3 stiches of Lycoris, & an ounce of fine Sugar. Bruife all thife & putt the to 3 Aquavita & let them remain there 12 daies. and stirre the well every day, & then pour forth 3 Syrop fro the rest as clean as you may. or this is 3 perfut Vshabaugh.

An excellent drinck ag^t y^e Plague

Take 3 pintes of Matme fy, or handfull of red Sage, as much of Rue, boyle thife to a quart then strain out y^e hearbes, then take an ounce of long Pepper ginger or Nutmegs all beate small in a Morter & put into y^e Wine & boyle it a little, then take it off & putt into it an ounce of Methowate 2 ounces of y^e best Treacle, & a quarter of a pinte of Aquavita, & putt all into y^e Wine & for keep it.

How this is to be used

Any y^e fear y^e Plague & are not infected, may take 2 or 3 halfe a spoonfull of this drinck at a time. & if any be infected take a spoonfull of it (as soon as y^e party thinketh himself infected) take warme & for goe to bed & sweate 2 or 3 houres, & then dry y^e body well & keep warme & drinck noe cold-drinck but warme drinck & Caddes, & Rofit-drinck or Marigold leaves & flowers, when y^e party hath sweate, & is well dryed or warme clothes, & for long as y^e party is ill take a spoonfull morning & evening.

Mr. Ashm his Reige. or Dr. Burger.

Another for y^e same.

Take red-Bramble leaves, Sage, Rue, Elder leaves of each one handfull. strain y^e juices into a quart of White Wine. take 2 spoonfulls once in a weeke.

Mr. Gu.

To cleare an infected-house.

Stoppe up y^e chimneys & windows. then take tallowe, tarre, pitch foot & vinegar boyl thife in an earthen-pott upon a chafing dish of coales & make a perfume.

yc. La. Solby

For η Dickets, (in children.)

Take Succory, Colts-foot, Scordigrass, Lung-wort, Fumitory, Samole, Hey-hafe stamp them fit η juices over η fyre, clarify it wth whites of Egges, then strain it again, put to every pinte of juice a pound or a half of fine Sugar. boyle it according as η doe boyle other Syrops. give η childe a spoonfull morning first & evening last

η Ointment. / Take Camomill, Sage, Lavender, Hiffop, Marish, Featherfaw, Hey-hafe, Organum, Samole, redd-Fennill, Worme-wood, Spere-mynt, Saint Kofers herbes choppe them all small: boyle them in fresh butter. put in a large-Mace & halfe a pinte of Muscadina. when it is boyled strain it & keep it for η use. η childe must be anointed morning & evening; back, sides & haimes & after rote & tumble it.

If η childe cannot contain what it taketh: Take Spere-mynte small chopt, & Cloues beaten: boyle these in Muscadina or Vinegar & applye it to η stomach & upper-part of η belly.

A Water good to mixe wth η Syrope. for rich folkes.

Take a fatt sucking-Ligge, dress him & spitt him, & when it is half-rosted cutt him in pieces, putt it into a gallon of newe-Milke. putt thereto the crumbe of a penny-White-Loafe, a pound of Dates stoned, an ounce of Lime-apple. Kirnells bruised, a quarter of a pound of Almonds, blanched & beaten, a pound of Lent-Figges cutt in pieces, half a pound of Raisons of η furre stoned, a pound of Corance washed, a handfull of Spardwell, η like of Burnett, Batony, Scordigrass, 30 or 40 garden Snayles well cleanged. put all these in steep 4 hours & then still it in a comon still. take this water in a quart glasse into which η must putt 6 Leaves of Gold. putt White-Amber powdered 2 Dragms prepared Pearle 3 Dragms. stirre these well together & mixe it wth the Syrope, If the childe be farre spent for η poorest sort (3 use to) take garden Snayles & putt in a little redd-Rose water & Sugar, & give η childe to drinck 3 times a weeke. Feb. 25. 1632.

my La. Fairfax of Strat

For a Consumption.

Take a peck of Turneps clean washed & dried again either by y^e sun or fire. slice them & putt them in a new earthen pott close stopp'd. lett it in y^e oven about one hour & a halfe. then strain out y^e Juice, & to every pinte of Syrope putt a pound of Sugar. boyle it to a Syrop Right. take 4 spoonfulls in y^e morning first & as much at night last.
 my Co. Eister.

For y^e same.

Take 3 quarts of Spring-water & put a calves foot in it. 3 ounces of Hartshorn, one ounce of Cinamo broken. boyle all these together unto 3 pintes. then take out y^e Calves foot & put in half a pinte of red-Rose water, & a pinte of Muskevine, & 2 ounces of Sugar, & lett them boyle a little all together. & then put it into a pott, & take of it 3 or 4 spoonfulls every morning, & in y^e day time now & then a spoonfull & at night.
 to M^{rs} M. Ashton.

For y^e Salfey

Take a pottle of Oyle of Sweet-hoppes, half an ounce of Nutmegs, a quarter of an ounce of ginger, half a quarter of an ounce of Cinamo, & half a quarter of a pound of Sugar. beat y^e spices together in a mortar. putt them in y^e Oyle, & take a quarter of a pound of Lionye-root & bruse it in y^e mortar, & putt into y^e Oyle & spices, & lett it stand 3 nightes, & then drinck it y^e mornings. stir it well together & drinck it.
 my Cousin.

To bring away an After-birth.

Take yellow-amber as much as a bean & knock it small, and as much Hartshorn as will lye on y^e point of y^e knife. if y^e have it not, then make it strong of Amber. & y^e must take 4 or 5 spoonfulls of Womens-milk & mingle all together wth as much spiced as y^e can to y^e party. & lett y^e party lye clean by in her bed, & y^e mid-wife to be wth her, & hold fast y^e string, & wash y^e party in warme water y^e first thing shee doth when is kneeled wth in her bed. & then lett y^e party lett down her breath to y^e mid-wifes hand &c.
 to M^{rs} M. Ashton.

For y^e Backe. &c.

Take y^e pith of an Ox & take y^e skine & filsh away. y^e ^{is} good of it when it is beaten thine putt it into 2 quarts of Ale. Boyle y^e 4 part away. then take liue-stony finely clarified & putt 2 good spoonfulls in it at y^e first, & fragon it more as y^e will have it wth Sugar, & white bread Crumbs finely grated alisbury like. 8 or 9 Dates stoned & slicid & putt in ab^o y^e first. a few whole Clowes & a pritty deal of whole Mace, & boyl them all together. take 12 spoonfulls in y^e morning, & 5 or 6 at night. but be sure to eate y^e pith. Eate noe Veal, nor Pigge, nor any slimy meat.

m^{rs} Ashero.

Ros-folis. (See sup. 156.)

This herbe groweth in Medowes or in lowe moorish-ground, & in noe other place. it is of hoare colour & groweth very lowe & flatt to y^e ground. It hath a meane long stalk groweing in y^e midst of it. & 6 branches springing out of y^e root round about y^e stalk & leaues of meane length & breadth. In noe wise when it is gathered let it be touched wth y^e hands, for then y^e vertue thereof is gone. y^e must pluck it up by y^e stalk, & lay it in a cleare baskett, for y^e leaues thereof are of very much nature. Take as much of this herbe as will fill a pottle pott or glass, wash it not in any wise. then take a pottle of Aqua-composita & putt them both in a large pott or vessell, & lett it stand hard stopp'd 3 dayes & 3 nights, & y^e 4 day open it & strain it through a fair linnen cloth into a cleare glass or pottle pott, & putt thereto a pound of Sugar-beaten small, half a pound of Licorise beaten in fine powder. half a pound of Dates cutt in small pieces, and mixe them all together & stopp y^e pott or glass for y^e noe aire come in. Then drined to bedward half a spoonfull mixed wth a quantity of good stale Ale, & as much in y^e morning fasting. And there is not the weakest body in y^e world y^e is wasted in Consumption or otherwise but it will restore them again, & cause them to be strong & lusty, & to have a marvelous stomach. And y^e shortly they y^e use this receipt 3 times together, shall finde great remedy & comfort thereby. And for as y^e patient feeleth himself, for hee may use it. Note alsoe y^e this herbe Ros-folis can not nor may not be gathered but onely in June or July.

Hos: Cholmeley.

For y^e Head-ache.

℞ Herke-grace & Fenell & boile them together, & lay it to y^e stomach, and use it till thou be whole. / For y^e same, ℞ Rosemary, Camomill, Violets ana M. i. boyle them tenderly in white-wine & binde y^e herbes plaisterwise about y^e patients head. / ℞ purge for y^e same. ℞ Pelitory of Spain & shake y^e roots thereof into Ale & drink it. It shall purge y^e head & take away y^e ache, & fasten y^e teeth well. D^r. H. C.

To make a Worme come out of y^e head.

Take y^e marrow of a Bull or Cowe & putt it warme into y^e care, & y^e Worm will come forth for sweetnesse of y^e marrowe.

For giddyness in y^e head of long continuance.

℞ y^e gall of an Hare & as much of Honey & mingle them together a good space untill it fall to a crudd, & thereto anoynt y^e forehead & temples.

For Deafness.

℞ Oile of Anyse seeds & bitter-Almonds mixed together, & putt 3 dropps into y^e eares warme, & stopp it wth black wolle.

Or take Oile of Comyn. it hath been proved good.

Or y^e iuice of Colewort mingled wth wine & drop it into y^e Eares.

Or ℞ y^e gall of a Hare, Aqua-vitre & Womens milk ana p^{ro} partes. & drop it in.

Or y^e Urine of a young man-child new made. Or y^e iuice of the wth y^e lowe Urine.

To help any mā being simple of hearing, if hath been soe of long time

Take young Ash-wood make a faggot thereof & lay it on y^e fyre then take y^e Water y^e droppeth out of y^e ends thereof & putt thereto y^e greafe of a filver-coloured Eell. then brufe a little Comyn & steep it in y^e greafe & Ash-water & putt thereto a little Vineger & let it stand for one night. then put to it Castore a penny weight. & being well steeped let y^e liquor runne through a linnen cloath. then putt a drop or more into y^e care it being clear & warme. then dipp black wolle in it & stop y^e care thereto. & let y^e patient lye on y^e contrary side & it will restore y^e hearing again by God's help.

To make a man steare of ever he shall heare.

Take a great Onyon & cutt off y^e upper part & then take away y^e Coar. then fill y^e Onyon wth Oyle-olive & cover it again wth y^e part cutt off. & sett y^e Onyon in y^e Rotten timbers. & lett it boyle well. then when thou goest to Bed, lett y^e Oyle be dropt into thine care. (y^e wth is upmost) as hott as thou maist suffer it. & lye still & sleep. & use it for 3 or 4 times when y^e awake. D^r. H. C.

For y^e Madd or frantick person.

Take Mustard seed contund it wth Wine & tye y^e Rotte to his head. it repelleth all fumes & headache. it causeth a man to rest & clearfeth y^e blood.

When a man falls into Madnes,

H. C.

Take Salt M. i. & rubb both hands & feet ther^w. then take y^e herbe Sippacuss & contund it well untill it be pappe & sue gently tye this to y^e head of y^e patient & when it is dry take fresh & lay thereon till such time as he begin to sleep.

For y^e Lunatick.

H. C.

Take a Hedge-hogge & make broth of him, & lett y^e patient taste of y^e broth & flesh. A cleansing Water for y^e hands or face.

Take half a pound of Salt pecter of y^e purest or whitest. half a pound of Tartar putt them in a crucible such as y^e melt gold or silver in, y^e said Tartar being beat as small as y^e said Pecter. put a fyre-coal to it & it will burn downe to y^e bottom. when it is cold beat y^e same into a gross powder again. put y^e powder into a beatt bladder tye it close & steep it in fair Water y^e quantity of a pottle 6 houres, then lett it rune through Cap-paper (by way of filtering) & putt y^e Water wth y^e fynde wth y^e bladder into y^e basin into some glass, & y^e wth is wth y^e bladder into some other glass & keep this for y^e better. 2 spoonfulls will serue at a time so wth y^e may add a spoonfull of Rofe-water.

H. C.

For y^e Mother

Take 2 ounces of y^e powder of Buckes Horn & put it into a quart of Old Ale boyle it fro^m a quart to a pinte. drinck y^e pinte at a draught. 2 takings will serue.

For Deafnes.

Take a great Oyster-shell & fill it wth fasting spittle. lett it stand 2 dayes & 2 nightes in a dunghill. then take it out & putt one drop in y^e eare & stop it wth black Woll so^l is wett likewise wth y^e same.

An Oyle good for teche of bone or flesh. wth Alexander's Oyle in his hairs.

Take a handfull of Ciderage otherwise called Arf-smart & cut it small y^e stalkes wth y^e leaues & put them into a glass wth even portion of Oyle olive. Then stopp well y^e glass & putt it into Rotte Horse-dung, & let it be there y^e space of 15 dayes. then take it out & strain it through a fine linnen cloath & y^e Oyle will rune through a flesh or bone & fetch out y^e ache clean. as hath been often proved.

H. C.

For y^e Kings-euill.

- Take Colombine & stamp it & drinke y^e Juice wth Wine, & it helpeth.
 & Groundsell y^e leaves & flowers stamped wth a little Hoggs-grease, Saffro & Salt.
 & Archangell stamped wth Vineger & applyed in maner of a poultis.
 & y^e leaves of Rue, pound the^m wth Swines-grease & applye it.
 & Goose-grease greafe pounde wth Hogges-greafe.
 & Indian-pepper pounde & mingled wth Honey, & applye it.
 & Balme leaues stamped & mixed wth Salt & use it.

H. C.

(X. Dogges-bung. sliced & Rasy it about y^e neck. = wth wth mosty.)
 For y^e K euill. Kernells & Emerods.

& y^e root of Water-Betony in y^e end of former, & after y^e have made them clean, stamp them wth fresh-Butter & putt them into an earthen vessell close covered, set them in some moist place or dampish for y^e space of 15 dayes & afterwards let it be melted, wth a soft fyre & strain it, & lay it by to y^e use.

For y^e K. euill.

& Folefoot stamped wth his rootes, y^e flower of y^e seeds of Lyme or flax & y^e greafe of a Barroo-hogge mixe them all together make therof a plaster & lay it upon y^e soare changing it twice a day, & all y^e sores of y^e disease will be resolved into sweat. after they be healed wash often y^e place wth white Wine by y^e space of 10 or 15 dayes.

How to knowe y^e K. euill.

& a ground-worme alive & lay him vpoⁿ y^e swelling or sore & cover him wth a leafe. If it be y^e disease y^e Worme will change & turn into earth if it be not he will remain whole & sound.

H. C.

For pain in y^e breast

& Clarified Honey & May-butter ana ℥ss. Comen ℥ss. Anniseed^s ℥ss. Licorize ℥ss. mingle these together in maner of an Electuary, & use this fasting. for it is a principall medicine.

For one y^e is sick after a full stomach.

& Fenell & chew it in thy mouth. spitt out some & take down some it is a present remedy.

An easy vomitt to cleaue y^e stomach.

& y^e Juice of Wallwort drinke it wth white Wine an egge full at once & it cleaueth both vpoⁿward & downeward.

Against a Surfeit, & diseases thereof arising.

& y^e flowers of Broome & still them, & drinke y^e Water morning & evening & Honey y^e 8 used this Water for y^e same.

H. C.

For a Cough of y^e Lungs, or Consumption.

℞ Syrop of Licorice, Mayden-haire, Hysop & Hare-kound mixed together and
sugg therof fro y^e end of a Licorice-stick breisid.

For fainting of Women.

℞ Ligni-aloes grated & tyed y^e same in a clout. Dippe y^e same in cold Vinegar
& sue applye or hold it to y^e nose.

For Cough of y^e Lungs, & Consumption.

℞ Garden-Snails nu. 5. Break off y^e shells of them; then boile them in a quart
of new Milk of a redd-Cow till it come to a pinte or a half. Drink of this first
& last & at all times of y^e day.

To break an Impostume in a mans body.

℞ Tansey a good handfull, & wash it in redd-Wine, & grinde it in a Mortar
& wring out y^e juice & Drink out spoonfull every day & it will purge y^e distase
downward wthout pain.

Against spitting of y^e Lungs.

℞ Oyle of Oranges, or y^e Syrop of Lemons & eaten helpeth. Or
℞ Oyle of Amiges ʒ i. & Capons-grease ℥ i. anoint y^e stomach theretoth & lay thereon
a Lamb skin dressed wth y^e Wolly-side next y^e body, y^e shirt between & chafe in y^e sil
against y^e fire, & give him oyle of Vitroll in Claritin-Water. H.C.

A most pious Balme or Oyle made by Matth. Leucately stal.

℞ Venis-Turpentine untwashed of y^e cleanest one pound, of y^e best
Sallet-oyle 3 pintes or a q^{ter} of a pinte, of Bee-Waxe half a pound,
Sanders one ounce, & strong-Wine a pinte. / First slice y^e Wax
very small & boyl it in a skellet over a soft fyre, & when it is thoroughly
boyled, then putt in y^e Turpentine, & when y^e is thoroughly boyled, putt in y^e Oyle
& lett them all boyle a pritty while, & after putt in y^e Sanders wth y^e hand
at 3 times still stirring it & lett y^e boyl softly still stirring them fro
y^e beginning till y^e take them fro y^e fyre. & when it is well boyled, you shall
see it grow red on y^e sides of y^e skellet. & y^e must have a great care y^e
it boyl not over, for yf it take fyre it will endanger y^e house. then lett it
cool awhile & strain it before it be quite cold, otherwise it will not runne.

of Vertues. / y^e said Oyle is good to heal any wound either inward or out
ward being squirted in warm into y^e wound being inward, & outward being applyed
wth fine lint of Linnen, anoynting also those pt. therabouts, it not onely takes away
y^e pain, but also keeps it from inflammation, & draws forth also all broke bones
or any other thing y^e self might putrify or fester it. For y^e y^e braines or Inwards
(as y^e

- (as of Heart, guts & Liver) be not touched it will heal it in 4 or 5 times drying
 for if no other thing be applied therunto. 2. It also healeth any Burning
 or scalding. likewise it healeth any Bruise or Cutt being first anoynted wth of
 said oyle as a piece of Linnen-cloth or Lint dipt in y^e said oyle warmed & layd to
 y^e place it will heal it wthout any fear remaining. 3. It takes away any
 paine or grief y^e might grow by reason of cold, moystrure, Catarrhe, or Aches in y^e
 bones or Joints, first anoynting y^e place for often wth y^e said oyle heated &
 a warm cloath layd vpoⁿ it. 4. It helps y^e Head-ache, onely anoynting y^e temples
 & nostrills thereto. 5. It is good against y^e Winder-Catthick, or stick in y^e side applyd
 thereto warm wth hott clothes 4 mornings together, & every time a q^{ter} of an ounce.
 6. It is good against Swoylen, & helpeth a Surfett, taking an ounce therof in a little
 sack warmed. 7. It helpeth y^e Biting of a mad-dogge or any other beast. 8. It is
 good against y^e Plague, anoynting onely y^e nostrills & lipps thereto in y^e morning before y^e
 party goe forth, for y^e day (by Gods p^{ro}misioⁿ) hee need not fear y^e Plague. 9. It also
 healeth a Fistula or Ulcer, be it never so deep in any pt of y^e body, being applyd as above
 for a Cutt. 10. It is also good against Wormes or Canker, being dyed as y^e Cutt, but it
 will require a longer time to help the. 11. It is very good for one infected wth y^e Plague
 Meazells & y^e like, for it be plentifully taken in warm broth a q^{ter} of an ounce 4 mornings
 together, or broat vpoⁿ it, it also keeps one fro^m vermin. 12. It also helps Digestion
 anoynting y^e navel & stomach thereto when y^e party goeth to bedd. It will staunch any
 blood plentifully of a green wound, putting a plaster of Lint on it & use it very hard
 y^e said oyle or Balsome may be kept 20 years, & be much better for it.

M^{rs} Thealeston.

for Weaknes.

Take 4 spoonfulls of Plantain-water & putt to it half a spoonfull of y^e
 powder of S^{er}imes. claves. y^e must take y^e claves & wash them & cutt off
 all y^e haire fro^m the, & dry them in an oven & beat & sift them to as fine
 a powder as y^e can. Let y^e party y^e is weak use this for 9 or 10 dayes, or
 longer if occasion be, & keep her bedd if there be great occasioⁿ, or otherwise
 but 2 or 3 daies at y^e first.

While shee is in this course
 Let her drinck (y^e last after shee goeth to bedd) a draught of Ale mingled
 wth Nutmeggs & Sugar. This is an approved Medicine for Children
 y^e cannot hold their water. or Women y^e have y^e Mother in any kinde
 weakened.

M^{rs} Bushell.

For y^e Droppe in y^e Legges.

Seeth Dates in Water untill they be tender. then cut y^e party diseased his Legg y^e is swollen over y^e vessell y^e it may receive y^e fume or smoke of y^e said Dates. & cover y^e party wth something y^e it may goe down round about y^e vessell as then Blisters will come vpoⁿ y^e Legge or swollen place out of w^{ch} will runne much water & corruptio. then after anoint the place wth butter. Doe thus 4 or 5 times yf need be.

A gentle Purgatio for a sick or weak body.

y^e Sa: Shoff: but
wth Mrs Do: Kutton.

Take 20 good Damask-Prunes clean washed. then take half an ounce of Rubarb thinned sliced. steepe y^e prunes wth y^e Rubarb in faire water & Damask-Rose water, wth a little Sugar. turne them oft & keep the clofe covered till they be very tender, then putt the in a glass, & in y^e Morning eat 3 or 4 of the, & yf y^e please a spoonfull of y^e Syrop as fast as comen after. infra 172. ibid.

A Tryfan.

Take Borage, Langsabeif, Sorrel, Endive Cinquifoid 2 Handfulls of Barly well pickt & both ends taken off. then take half a handfull of red Fennell roots. a quantity of Licorize, Sugar-candy. Fegges, Dates, great Reifons. boyle all together fro a gallo to 3 pintes. ibid.

For a skald-head.

Take Oyle-olife & putt it into a dish of fair Water & beat or stirre the well together as y^e would make butter. then take it vpp & putt it into a vessell, & putt powder of Brimston & May-butter thereto & make an Oyntm^t therof w^{ch} anoint y^e soare head & it heale it. ibid.

To make one Sleep.

Take Camomil, Rye-bread, Row & Batony of y^e wood & grinde them well together. then wth Vinegar putt it into a panne, fry it well untill it be somewhat drye. then take a cleath & make a plaister & apply it rote about y^e head, & y^e soles of y^e feet. strow vpoⁿ y^e soares y^e powder of Nutmeggs. & wth out doubt hee shall sleep & hee never be sick. ibid.

For y^e Scabbs in theore.

Take Oyle of Roses y^e weight of 6. in comon salt & a little fresh Butter stirred all together. untill it become an Oyntm^t. ibid.

A Restorative after Weakness by a Lash

Take an old red-Cock & boyle him till y^e may pick out y^e bones, then brufe the & putt the in again into y^e broth y^e they were fodder in. putt thereto Marrow of an Oxe, & half an ounce of Quibbes, half an ounce of Cloves, half an ounce of Nutmegs, & 3 penny weight of Saffron. make powder of all this & putt it to y^e Cock & close it y^e rice may come out, & when it is enough lett him eat thereof & sup y^e broth. it restoreth
 the y^e in shell.

for a child y^e is weak or lame in her joynts. (In y^e sickness.)

Take a great sort of Black-Snales in May. chop them or stamp them small, & boyle them in May-butter or other butter a good while, for putt it in an earthen pott to keep it. When y^e will use it anoynt y^e weak or lame joynts before y^e fyre spread some of it on a cloath & bind it upon y^e place as hot as they can suffer it. use it as long as y^e need it. Id.

Rize-pottage good for a Flux.

Take a good hand full of Oken-bark & boyle it in running water a gallon to a pottle or more, then strain it & let it cook. then take half a pound of Jordan-Almonds, beat them in a mortar wth y^e Rulles & all on, after strain them wth the foresaid water, & for wth Rize make rize-Pottage. Likewise Rize may be beaten wth Almond-milk & for it doth restore nature. Id.

Two Hamorrhoids.

Take Plantain-water a pinte. Gumme-dragon a drame, Gumme-Arabiche as much. putt y^e Gummes into y^e said water in a bottle-glass, stirring or shaking it 9 dayes together. When y^e will use it give to y^e woman 2 spoonfulls at a time (morning & evening) & fast half an houre after. D. Bush M.A.Well

for y^e Eyes, for to clear y^e sight.

Take y^e whites of 2 new-laid Egges & beat them in a pewther-dish for 2 houres together till it stand in a tower, then let it stand 8 houres. then power out y^e oyle fro it, then take (Bendwood, or) Rasy roots & leaves together well washed & beat in a wooden dish wth a rolling-pin & strain out y^e juica. Then take 3 spoonfulls of y^e oyle of Egges, & 1 spoonfull of y^e other juica, & 1 spoonfull of y^e best English-Hony. Mingle them all together and strain them through a piece of new Holland-cloth & for putt it up in a glass for y^e use. When y^e are in bed at night putt one drop of it into either eye & for sleep. & when y^e awake in y^e morning doe as much & if y^e can sleep after for winke at least half an houre & use it 3 or 4 dayes together or longer as y^e see cause. Id. D. B.

For η stomach-Wormes.

Take Turmeric half an ounce. Long-Zepper a quarter of an ounce beat them to powder. Then take η leaf of a swine 2 ounces & shred it very small. Then putt them all into a wooden-dish, & 2 penny-worth of Troacle with them. Then beat them again wth a Rouling-pinne untill they be well mingled all together. Then putt them in a little square Bagge (or somewhat long) folded up & quilted, & applye it to η stomach 9 nights & changes wth out stirring it.

2. B.

To make Trochisk for η Rhume, or Cough of η Lungs.

Take a quarter of an ounce of Anula campana-roots, half an ounce of Liquorice, half an ounce of Amice feeds, a quarter of a pound of Sugar-candy or fine sugar, all finely beaten & feared. Then beat it in a mortar wth as much gun-dragon steeped in rose water as will binde it together. Then work it up in little cakes or rodes, wth some of η foresaid powder, & when they be thoroughly dry. η may keep one of the in η mouth as η have occasion.

M^r. Math.

η La. Math's receipt for making Juice of Liquorice.

First make a decoctioⁿ wth Raifons of η Junne Amice feeds, Liquorice, Maiden-hair, Colts-foot, Figges, boyl all these in 3 quarts of water, till half be consumed. Then take of choise Liquorice 1 pound & a half well scraped & grossly bruised. Then putt it into η decoctioⁿ while it is fealding hott, & let it remain for 24 houres. Then strain it & press all η liquor as hard out as η may, for η Liquorice have noe juice therein. This done, boile it in a fair well-leaded panne or shellatt, stirring it alwaies untill it waxe thick. Then take it fro^m η fire on dishes in small quantities, & let it lye untill it dry. Then η may make it in balles, in what quantity η please.

Edw. M^r. Mathers.

η La. Bodie's receipt for η same. to be made in η beginning of May.

Take 4 ounces of Liquorice scraped, beatⁿ & finely feared. 5 or 6 handfulls of tender toppes of styfops, 4 handfulls of Peal-foot, & Store-hound. a good handfull of Rosemary flowers, & a handfull of Maidenhair. stamp all these together in a stone-mortar, & strain them into a fair bason, wth a pint of styfop-water, or fair running-water. putt in η Liquorice & boile it till it be as thick as good cream, then strain it again through a fine strainer, and sett it again on η fyre, & boyl it a good tyme stirring it continually till it be very thick. Then putt in 3 or 4 ounces of red Sugar-candy, & boyl it till

till it may see of bason-bottom, stirring it still, then make it up in balls
or rolls at it pleasure keep it allwayes tight of frost. It quantity of
a Beafe will stopp it through.

360 Mrs Mattheus.

For nourishing a weak-body.

Take a pint of Allegant. a good handfull of Raisons of it sunne, stone them
& beat them well in a mortar, & take it yolkes of 2 Egges, mingle the all
together & sett them on it fyre, th When it is colden take a good quantity
twise a day.

in Ea Vesula Vesicofur

For a Surge.

Take an ounce of Sena, a dragma of Mace, ginger, aniseed, liquorice
Coriander-seeds & polyode of it of each a dragma being dryed & beat.
then beat all these together grossly & putt them into a pint & a halfe
of old strong ale. then rots them fro putt to putt half an houre, then
let it stand half an houre: this doe 3 times & for let it stand
a day or a night, then strain it, & putt to as much sugar as will
season it, & for much nutmegge as you think good. Lett it partly
drinck of one half at night when they goe to bedde, & of other half
in the morning at 7 of the clocke, & 2 houres after take broth or some
such thing as they like. This may be given to a child, or old bodie
but if they be of a middle-age it may put in 3 penny worth of
rubarb finely sliced, it must be putt into a piece of fine linnen
cloath & hang in it fore said stuffe, & for lett it stand 2 or 3 houres
& now & then crush it till all the strength of it rubarb be out.

Mrs Mattheus fth Mth Cylony.

For a Cough

Take halfe a pint of whit wine vneyer
two ounces of Aniseeds beaten.

Two ounces of sweet-fennell seeds

one ounce of English liquorice

boyle these a quarter of an houre & strain itt from
the liquor then putt two spoonfull of limbe or
virgin honey in a silver dish to a Sirropi.

Take a spoonfull when you goe to bed, & so much
in the morning untill itt be spent

5th Sir: Fairfax

For y^e Splene.

Take a quart of Clarret & put into it half a pinte of Burrage-water. a handfull of Balme, halfe a handfull of Rose-mary topps & half a handfull of Burrage wth flowers, 2 Oranges wth some Cloves in them rosted very soft in y^e Embers, cut them in y^e middle & drying them in as hott as y^e can. It must first be seasoned wth Sugar to y^e liking. & hang therein a bagge of Saffron.

To make one steep.

Take a pinte of Cowslip-water, 2 ounces of conserue of Red-rofes, let y^e steep 2 or 3 houres. then straign it, put some 6 spoonfulls of Syrop of Gilly flowers, some 4 or 5 droppes of y^e Oyle of Vitriall. take some 6 spoonfulls when y^e goe to bed & it will make y^e steep

A Water for to cleanse a face troubled wth Rote Humours or itching.

Take a pottle of fynythy trough water stirre it up when y^e take it. then boyl it & when it is thicke take y^e black scumme off. then take a quarter of a pound of roach-Allome beat small & 3 spoonfulls of Honey, 2 good handfulls of good Sage leaves, one of Woodbin-leaves, a little Rose-mary & a little Hyssope. boyl all these together a good while. then putt it in a pott & keep it warm a little of it & some of y^e sage-leaves & bath y^e face therewth. & when y^e have layd salve on y^e face, then spread all y^e place as farre as any heat goeth & it helpe wonderfully.

Law. for y^e same. A Water &c

Take 3 qts of fynythy water & let it boyle softly on a clear fyre & as y^e scumme is thicke take it off. when y^e have done take it off y^e fyre & put into it half an ounce of burnt Allom & as much white Coppas then set it on y^e fyre & let it boyle 3 or 4 houres. then let it be poured into an earthen or pewther dish & let it stand all night. then put it into stone bottles. When y^e dogs any soare wash y^e soare first wth it then take more fresh & dipp lmt therin & lay it upon y^e soare. & doe this three a day till it be whole. / y^e must dipp cloathes 2 or 3 times double & lay upon y^e lmt. / y^e la selbye.

A Water for y^e eyes.

Take Seladine, Fenell, Sage, Rosemary, Vervain & Rue of each one good handfull & wash them clean. then drye them again wth a linnen cloath. then putt them into a Limbeck & distill them & let y^e patient drop some of this water into his eyes often times & this will recover his sight again although it be supposed to be almost past recovery. / y^e la selbye.

For η Rickets.

Take a pound of Currance, wash them well & boyle them in a gallon of Spring-water till η half be wasted, upon a clear fyre. Then take them & strain them & putt thereto 12 spoonfulls of White-wine-Vineger & put it into η water warme. & give them morne & night 6 spoonefulls at a time or any time when they are thirsty.

Then 6 dayes after take a red-Cocke about 2 yeares old & smother him in his blood & let him lye on η ground about an hower, then dresse him & wash him clean & fet him on η fyre to boyle in a clean pott about 2 gallons of clear water & put thereto a handfull or 2 of Hearts-tongue, a handfull of Liverwort duffed cleare & a Comfrey root or 2. a little handfull of Hyssop & Fime (more of Hyssop then Fime) a handfull of broad-Plantaine leaves. boyle all these together wth η Cocke wth a soft fyre till η Cocke fall in pieces & there be some 2 quartes of broath then take out η Cocke & herbes, & bray them in a mortar bones & all. Strain them all together, then wash η pott cleare & putt η broath in again. putt thereto half a pound of Raisons of η sunne cleare washed & putt thereto a pinte of Redd wine, a gill of English-honey, & 2 quartes of η best Ale. Take half an ounce of Cinamon & bray it, 2 worth of Saffron rubs, 2 worth of Mace, boyle all these together for η space of half an hower till it be boyled to 3 quartes & a half. Use this morning first & night last. & η same being warme anoint η back & joynts therewth & keep them warme. & if any thing be offensive to η stomach anoint η joynts for much η more.

For η Yellowe-Sandis. η La: Selbye.

Take a Burse-root η greater η better, scrape it cleare, then take a pott of newe Ale & putt η roots therein & η ale will boyle, & lett it be therein one day & one night well stoppt. then lett η patient drink one draught 2 or 3 times & he will be whole, certainly p^{ro}ved.

A noble receipt for η black-Sandis. η La: Widdringto.

Take a gallon of Ale, a pinte of Honey & 2 handfulls of red-Rattles & take a penniworth or 2 of Saffron & boile it in η ale (η ale being first fevned), then boile η honey & η rattles therein all together & strain it well & drink every morning a good draught thereof for η space of a fortnight. for in that space (God willing) it will cleare & perfectly cure η black-Sandis. (in η La: Widdr.)

A gentle purge for a weak body.

Take 20 good Prunes clean-washed, & half an ounce of Rhubarb
 sliced, stew them together in fair water wth a little sugar.
 turn them oft & keep them close covered till they be very tender
 in a morning eat 3 or 4 of them & if y^e please a spoone full
 of y^e Syrop. & fast an hour after. (Syr. 166.)
 y^e la. Rhodringto.

A Wine against melancholy.

Take a pottle of White Wine, of Sage of Hierulale & Harts-tongue
 of either one a clove hand full, Rosemary as much as of y^e other
 give all a boile on a soft fyre, then putt therein a pinte of
 Spring-well Water, & strain it after you think y^e pinte is
 spent in boyling of y^e wine. Take a good beere glasse full in
 y^e morning, at 4 of y^e clock (afternoon) & last at night.
 mth Dor. Hutto.

The Chalycat Wine. wth y^e Skurvye, sounders &c:

Take of White Wine, 1 pinte. of Chalycs prepared wth sulphur 1 ounce
 of Roman-wormwood 1 pugill. trochiscs of Agrimony 2 drames. species
 Micro picea 1 drame. Infuse these in y^e wine close stopped for 2
 daies, shaking y^e glasse thrice or thrice a day. then
 Take of garden Scurvygrasse 6 handfulls. Water-cresses & Brooklime
 of each 4 handfulls. Beat these well & press forth y^e juice, w^{ch}
 being putt into a glasse must be clarified by filling y^e glasse in
 warm water & running it through a wollen-strainer. Take of
 Raisin juices 3 spoonfulls; & 6 of y^e wine every morning. for 15 daies.
 y^e must prepare it 1 Rice. y^e la. H. Belafis. glar

For Phlegme or Pleume.

Take Betony & drye it & make powder of it & keep it till y^e need
 when y^e would use it, take a quantity of Honey & of y^e powder, &
 make 2 or 3 pills & swallow the^m some last in bed, & it will
 void y^e phlegme.

For y^e same.

Roast Onions under hott embers & eat them wth Honey & Pepper
 & Butter morning & evening, in few daies they shall feel y^e breast
 soft, & phlegme easily to be avoided.
 y^e la. Rhodringto.

A Salus. to be made in May.

Take Valerian, Bouffan, Scabious, Plantain, Ribgrafs, Bramble & Woodbrake-leaves, Agrimony, & Red sage of each an handfull. Let them lay and wither upon a board untill $\frac{1}{2}$ next day. then shred them small & work them wth a pound of May-butter unwashed or salted. then put the into an earthen pott & bury them in $\frac{1}{2}$ ground 10 dayes. then put the into a panne & boyl them wth a soft fire, & when it is almost boyled putt in Beeswax half a pound, Rosen a quarter of a pound. & some Turpentine into a part of it w^{ch} you would have to draw most.

$\frac{1}{2}$ La: Constable.

To purge $\frac{1}{2}$ Liver. for $\frac{1}{2}$ Scurvy &c

Take Rhubarb 2 ounces, Scurvygrafs, Watercresses, Horfe-Radish & Dock-roots ana an handfull. hang theife in a bagge w^{ch} in a gello of ale & after 2 or 3 dayes drinck of it

Mr Hichorgill.

For $\frac{1}{2}$ Jaundise.

Take ale 3 pints. Saffroⁿ 2 worth. Wormes a good handfull well washed & beaten in a mortar, strain them into $\frac{1}{2}$ ale. & wth 2 worth of Seney. & a little Sugar drinck it.

To make a Consumptio-plaster.

Take Burgandy-pitch, 2 ounces. Torse Beeswax of each a quantity & melt them together, then take a quantity of gomme-Serpentine & an ounce of $\frac{1}{2}$ Oyle of Mace $\frac{1}{2}$ quantity of a gill melted altogether. Then spread theife upⁿ half a sheeps-skin. then take a Nutmeg grated & strow it thereon. The blister is to be laid to $\frac{1}{2}$ spoone of $\frac{1}{2}$ Stomack & cutt to $\frac{1}{2}$ breadth of a hand
For the tooth-ach

Take white arsenike and bole Armomake of each a like quantity, make them up into a small pottet with a drop of aqua-vite a drop of reddest oyle and a little lint, stop therewith the hollow of the grewood^e tooth 2 or 3 hours; Swallow not but spit out the stumpe that shall flow into the mouth and let not ye party sleep while it is in the mouth
Jm W.

John Harcourt

The Drinke for the Plage

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Take hartshorn ginseng one ounce, ginger sliced one quarter of an ounce, Juyssborie one ounce, Higges half a pound, tow dringes the rind and rind, take turmentall roots one ounce, Angellica roots one ounce, Angellica stalks and leaves, Elders leaves, Red bumble buds and leaves, Red sage, Rue, and Sassafrige of stalks and leaves, of each of these herbes one handfull ~~Stamp~~ ^{Stamp} all these in a Mortar, put them to three pintes of white wine and halfe a pinte of white wine vinegar put all into a pott and cover it close, let it stand twelfe houres, then straine it out with a presse that no liquor remaine in the hour bag, put it into a bottle close stopp'd, It will keepe halfe a year, its as good when it is souer as at the first day, for prevention take tow spoonfull every morning fasting and fast meat and not trouble you at worke; If anie have taken ye infection, if it make the patient sick give them three spoonfulls every halfe houer till it worke, nor more. It hath bene knowne to worke in those that have bene very much infected tow dayes and a night very strongly.

A nother for the same

Wormewood steeped in the best white wine vinegar, take a spoonfull in the morning an houer before you eate, tis very good to prevent infection.

A Direction against the Plage

Take three pintes of Malagaey and buyle therein Sage; and put of each one handfull and lett them all boyle together till it come to a quart, then straine it and lett it on the fire againe and put thereto one pennyworth of long pepper, halfe an ounce of ~~ginger~~ ginger, a quarter of an ounce of hartshorn all beaten together. then lett it boyle alittle and put thereto fower pennyworth of Nutridate, tow pennyworth of Treacle, and a quarter of a pinte of the best Angilivod water, take it alwayes warme both morning and evening a spoonfull or tow if you be alidie infected and sweat therupon, if not infected one spoonfull a day is sufficient, halfe a spoonfull in the morning and halfe a spoonfull at night. This is not onely good for the common plage but for the small pox, Measles, & surfoits, and divers other diseases.

A Sovereine water of Dr Chambers Physician
of London. wherewith he did many Cures and kept
the receipt thereof secret till a little before
his death, and then he imparted it to Dr Abbott
Arch Bishop of Canterbury

Take a Gallon of white wine I meane Gascoyne wine,
then take Ginger, Mace Cloves, Aniseeds, fennell seeds. &
Caraway seeds and Gallingall, of each of these a dram
then take Sage red mints, rose leaves, time and wild time
rosemary ramomilk Lammdortique, and pellitory of Spain
of each of these a handfull, then beat the spices
smalls and the herbes also, and putt them all ~~and~~
into the wine and lett ~~them~~ stand 12 hours stirring
it divers times distill it in a Limbecke and keepe the
first water by it selfe for it is the best, and the
second is good too but not so good as the first.

The vertues of this water followeth

It Comforteth the vitall spirits, it helpeth the inward
Dissolus that come of cold, it is good against the shaking
of the Pulse, it helpeth conception in women that
are barren, it helpeth the wormes within the body,
it helpeth the stone in the bladder it Comforteth
the stomacke reviveth the cold Cough, it helpeth the
toothache, it reviveth the cold droisie, it helpeth the
stone in the reins, of the backe, it presently removeth
a stinking breath, and whosoever useth this sometimes
and not often it preserveth them in the strength of
their bodies and shall make them seeme young long
it Comforteth nature marvellously.

If it stand in the sun all summer it is much the better
A spoonfull of it fasting once in dayes: often if you
have occasion call for it.

You may if you please ad of Cinamon and nutmeg
a drame of each

A Poultice for a Sore breast

Take of Stinking Hemlock, Groundsall, Honesooke, & Lavender leaves, of each a handfull, pound them very small all together, put to them a handfull of Rye meale, or a egge boyled hard, & 3 ounces of Bees grease

For y^e Stone

Take a little Castle soap, & scrape it into posset drink made with marsh Mallows roots and drinke it, & bath that part in Castor sope

For y^e same by St^r J^r Gower.

Take a pottle of milk, & slice sassafras into it, still it & drinke of that water.

To stay Gripping in y^e Belly

Take Charcole & when it's well burned in y^e fire, take some of the embers of it & put into a wooden dish, & when it's well quenched wth Aqua vite, then apply it as hott as you can.

To cure Chilblanes

Take Beare suet & red rose water, & mix them together hot, & so apply it to Chilblanes, keepe it for hott in y^e fire.

Take y^e powder of Sulphur & Bees grease mixe them together, & so apply it

For a Cough or Stopping with fleame

Take a pint of Red rose water, & 3 ounces of white sugar candy, & boyle that unto a sursop, & take now & then a spoonfull of it.

To strengthen y^e back a receipt of Dr Michx

Take a pint of Rhyant & a large handfull of tasons of sum Stones, beat them well in a mortar & that they may beat the better put to them 2 or 3 spoonfulls of white wine, take y^e yolke of 2 new lade eggs beat them well, mixe all together & straine them, this quantitie serves only for brise or thrise & this you must take for 9 or 11 morning together fasting, drinke it as hott as you can indure it, & fast no longer after it.

Gavel

Take millipedes white Amber Anna. ʒij
 nutmeg ʒij Chio Turpentine as much as will
 make them into a Mass which form into
 midling pills make eight pills of a Dram
 and take four at a time. P. Watson

Gothal

Cude Opium camphire annigrain putt ʒm
 into a bag & hold to ʒ seat

Sorum Saturni ʒss to ʒ Gill of Plantain
 Water: allway shake ʒ bottle when you
 use it

Rasp Currant Wine
 To Every peck of ripe Currance ^{or 12 great quarts} ~~measured~~ you
 must putt ^{wine} 5 quarts of water, bruse y^e berry well
 before you putt in y^e Cold water putt y^e into a tubb
 with a tapp: at it, putt in a pint of ale yest. to 7 pecks
 of berry. if you have not so many you may putt less
 yest accordingly after you have Stir'd it well cover
 it with a Rugg on Blankett and lett it stand ^{till} 10 days
 t'night y^e draw of y^e Clear Juice at y^e Tapp: & so
 Every 4 quarts of Juice putt 9 lb of Sugar at 6 or 7 o'clock
 & empty y^e tub of y^e Dreg: cho turn in y^e good into
 a tub again lett it stand 2 day' more y^e same way,
 & draw it of and putt into y^e Barrell lett it
 stand till April ~~then~~ bottle it this makes Strong
 wine if you please you may putt a little more water
 of y^e Dreg: and make a small wine wth Ordinary
 Sugar but bottle it at 6 weeks End — •
 of berry wine y^e same way Mr Gills
 if you mix y^e Rasp: & Currance, a few quarts
 of Rasp: will taste it - say a peck to y^e above quants

To make the Plague or Surfeit water

Take of each of these herbs half pound

- Dragons wood Sorrell
- mugwort Feverfew
- Agrimony • Scabious
- Bettony • Carduus
- Baum wormwood Sage
- Pimpernell • hearts Ease
- fumatary • Tormentill
- Rue Angelice
- Celandine • wild time
- Burnett many hold floors
- Spearminth • Rid po 4 floors
- Clove July floors

of Each of these one pound

- Rosemary
- Cowslip floors
- Tormentill Root

Each of these half pound

- Eleampare Root
- Butterbur Root

Let all these above 3 or 4 days upon a table before you use by m & shred y^m very small then putt y^m into any convenient thing as a large cream pott or chettle adding to them as followeth

Each Sweetfenell seed
an Oularroway seed

- Cardium well bruise
- Cloves
- Nutmeg Cinnamon
- Venice Greenkle
- Diascordium
- of each ounce

To all these add 3 Gallons of good brand
and Let them stand to Infuse 4 days
stiring y^m once a day & keeping y^m pott covered
then till y^m is almost all keeping it
coolth with cloths when the Surfeit
water begins to grow lower taking
more you may boile some of y^m smaller
water wth fine Sug^r & Little Amber Greafe
to a Syrup to sweeten y^m Rest

Syrup of Clove Inly Cloors . ———

Take half pound of floors. put $\frac{1}{2}$ into a pott.
 & power 3 hills of Ryeing water upon $\frac{1}{2}$ cover it
 Lett it stand 3 or 4 hours then strain it through
 a sieve & put two pound of ^{White} Loaf Sug. to one pint.
 & give a boill on two & Scum it very well
 you may clear it up wth whites of Eggs

Excellent water for horse & eye or mans eye
 & wet. Rather strong for mans

Campfire & ounce fine ora toll Bold Armeriank
 4 ounce Blow Vitoroll: 4 ounce & ^{pt} Burn Allon
 in powder: putt it into 5 quarts of Boiling water
 & lett it stand till its cold, putt of as much as
 is clear into any pott or bottle for use of eye, & reserve
 of other for any sore or crack heal

you may if you please ad. to 1/2 rest of 1/2 Ingredient
 Sacrum Saturni one ounce wth 2 grs Pentamidine
 allway shake 1/2 Bottle when you use it

Mined Eyes of ~~the~~ way

Take 13 eggs hard boild throughout half y^e white
 12 Suet 10 prunes 10 Raisons Gill sack quarter
 10 Lemon peace 2 oz: of Cinimom & Nutmeg
 Sug^r to y^e taste little mace & cloves 4 Apples
 Shred all small & putt in a little Verjuice for
 Sharping or putt y^e into y^e Pass see y^e next page
 for an Ague

Take Jesuit ~~is~~ Bark in fine Powder
 one ounce Salt of steel or Common
 Green Copperas a quarter of an ounce
 Gummiac Lep^e quarter of an ounce
 Mollofes — four ounces

Mix those all together and take about the
 quantity of nutmeg three times a day
 when the fitt is not on
 For An Ague

Take Clean Spiderweb half a drachon and Swallow it Down
 in any form, for severall mornings successively, when the
 it is off; Six drachons of Barfi as spoonfull of pepper & Nutmeg
 mixt up wth Ham or wth wine take biggs of about every 4 hours.
 probatum

well shred — or 16 yolk & 4 whites of eggs
 1 pd Currant Slices; or 13 Eggs, hard boyl. take half
 the whites out — 2 pd Sweet shred as small as
 possible. — 1 pd Raisin 2 pd Prunes Stone & well shred
 1 pd Currants 2 nuts: 2 oz. Cinamon 4 oz. ma
 4 oz. Cloves: 8. Sour apples, well shred Gill Ver
 Juice Gill sack little Brandy Sweeten them
 wth Sug^r to y^e taste 2 pd Cassia Ball
 best Rec^d for misid Eyes

The Green Oyntment w^{ch} is very good
 for old Sores or Green Wound La. Carr Rec^d
 Take of S^t. John wort 2 Valerian Garro
 Bugle Plantain Sarsickle Fox Glove; bellare
 Crosswort Soap wort ^{ladymantle & yarrow} of Each of those herbs one
 handfull bruise the herbs well wth two pound
 of may Butter one pd of oyl Olive, Set
 in a Cellar for ten day. then boyl y^m an hour
 over a slow fire and Straine out the herbs
 add to the Oyntment Venice Turpentine half
 a pound, bees wax one p. refin. rofen 2 pound
 verdegrease in powd. 2 drams resolve y^m all together
 over a slow fire and strain y^m again and keep
 for use in a well Glaz^d Earthen Pott
 often Proved

146 The Strengthening Plaster

Contra Ruptarium Conuoc.

Seratum Santalinum &
Syrup: unguent. Comisse } 2 ounce. Each.

oyf mirtille Berry. — 2 ounce,

powder of Mastick 9.

Dragon's Blood — } 3 drams each

Armonack

Bistort roots, Rhall,

Red Corall y^h Amber — 2 1/2 Dr. Each.

Nutmeg — 2 Dr. —————

very good. To lay on y^e Back to prevent
w^hic^h carriage for other Straines

Very good Bitter w^h has Cuc^r Severall
in Agues when y^e Barke Failed —

Snake root — 3 pth put in to 29th
Gentian — 2. of ale

Hi: Hira: Picea — 3

Camomil Floots. 1

Sapon — 3

Powell Orange 4

Juniper Berries 1

54 pence.

To recover Drink when flatt or rather
Turned Sour
Take 3 quarts. spring water boyl it with
two pound of Brown Sugar and when
almost cool put a little yeast to it
when you bottle your drink put into your
bottle $\frac{1}{8}$ of a pint, if y^e ale be very flat
if not quite flat put in less - it will be
fit to Drink in 3 or 4 day. Miles Robinson

#. 1886

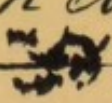
The Balm-drops. Excellent for a wound

Balsam of Peru one ounce: . . .	2 = "
Storax Calamitar two ounces . . .	1 . 4
Benjamin ^{impregnated to Sweet oil.} three ounces . . .	2 . 6
Spirit Wine two pounds	12 8
Sucroine alois half an ounce —	4.
Cryph 8° —————	4
Olibanum 8° —————	2
Angelico root 8° —————	1
St Johns Wort; ^{Flowers 8°.} —————	1
Frankincense 8° The Charge of 8°	6

Put all these together into a bottle close stop'd and let it stand in y^e Sun six weeks in the hottest time of the year. Then strain it through a fine linnen cloth and put it into small bottles. Put the Dreg^s back into the bottle and fill it wth Verjuice. and keep it for Sprains or Bruises in men or Horses

Eng^d. further

Never heat the Drops. but apply if
 cold Its good for any wound
 cut, stab. shot. or bite. it will cure
 the deepest ^{wound} in a few days. if rightly
 made, and apply^d wth a feather, or drop in
 If the wound has bled wth any other
 Remedy, be sure to wash it clean
 wth wine or Brandy made hot, before
 you apply y^r drops. It will not cure
 so well as if no other thing had been
 use, no plaster must be us^d wth it,
 when a wound is large its proper to
 wrap it in a clean cloth to keep out air
 Its alsoe good for a horse prick in
 the foot or any other wound or Gall
 Its alsoe a good remedy for the Cholick
 or Flux twenty or thirty drops taken
 in Broth or a glass of wine
 always keep y^r matter close stop^d
 have tried it wth good success for Wound
 Robt Green

The Composition for the Gout 2190
Take an Earthen Vess^l. that will
hold twenty Gallons fill it wth
Drier Flowers. full blown and clean
pick^t, they will waiste considerably
therefor continue to fill it up
as long as you can ^{get} Flowers
Then put in two pound of Bay
salt, one gallon of half of any
sort of Vineger stir it well wth
stick and cork it up close
and set it in the Sun for two Months
then stir it again and cork it as
before and lett it into a celler
keep it from frost and stir it once
in two Months for y^e first year
if it grows dry. put in a little Vineger
if worms get ⁱⁿ to ^{it} add a handfull of salt
It must be apply^d. when the gout is near
the height and must be laid on fresh every
night and morning - Probatum 

Receipt for making - Daffys Elixer
 Anniseed - 1 oz. $\frac{1}{2}$ dr. $\frac{1}{2}$ dr.
 Fennel seed - 1 oz. gr. - 2
 Span liquorice 1 oz. half - 1
 Kubab - 2 drabms 1:3
 Ellicampane. 1 oz. gr. ---- 1
 Manna - 1 oz. half 1: "
 Gallop. 2 oz. 1 - 1-4
 Senoa - 1 oz. gr. ... 5
 Saffron half drabm " 4
 Raisons other sun half pound 3 Tot Charge
 Slice the liquorice 4:11
 Stone the Raisons
 Bruise the Gallop.

Infuse those Ingredients for six days
 in two quarts of the best Brandy
 then strain it out - Take two Spoonfulls
 over night and the like in the morning

To make Shrub or Sherbet 179th

Take Brandy six Gallons; put to it
the Juice & Rind of ten dozen Lemmons
or otherwise half Oranges) be carefull
not to put in any Seed for white part.
Other skins, add four Gallons of choice
white wine, and twelve pound of
double refined Sugar; put all together
into a Cask, and let it stand a month
or till it be fine, if its made of Oranges only
twelve dozen is the quantity

o. Make Blacking for Shoes or boots

3rd pd Bees wax.

1st pd. best Soft soap or Sweet s^ope

16th barrel of lams black

oz Gunpowd^r ^{D^o Magna arabica} beat & sear very fine

dissolve the wax first, then add the Soap.
and melt it down likewise, then put in
the black and Gun powder, and let it
soy till its tollerable, Stiff ~~but very slowly~~
take it out othe pan, and work it very well
pon a stone or board till you roll it up for use
observe to Soap yr hand. and yr place where
its wrought to hinder its sticking ~~to the~~

St Johns wort Drops. Mr. Lydell

Take white wine one quart of olive
4 pound of Turpentine 2 pound
The leaves flowers and seeds of St. Johns wort
Each two large handfuls gently bruise
put all together into a great glass Jar
Expose it to the Sun ten days
then boy them in the same liquor
in a pot of hot water for ten hours
put hay in along to keep
it fast. Strain out the liquor and renew
the like quantity of the Herb ingredients
boy it as before and strain it again
and keep it for use

otherwise rect. for a cold by Dr Mead

Oyl of sweet Almonds — 2 oz

Diacodion, Balsamick Syrup

and Aqua Mirabilis Each } 1 = 0z

mix

To make Bramble berry wine 194

To every quart of berries put a quart
of water. squeeze the berries and put pulp
& Juice into 1/2 water, let it stand
all night. then run y^e liquor through
abag or cloth and to every six gallons
off liq^r put 14 pound of Sugar at 6
stir it well and put it in a flask without
yeast let it stand abt. 2:3: or 4 months
to purify then bottle it ^{what we made by this rec^t}
~~rather over sweet~~

To Cure a Receipt for the Cure of a bite by
a mad dog, published by Doct^r. Mead
Take One dram of Ash ~~low~~ ^{low} Liverwort
One dram of Common pepper in a pint
of Warm Milk, repeat this for nine or 12
Mornings. Successively using a cold bath
at the same time

For Rubony Eys where they are attend with
a Flux of humours 201

Juncture of Hellabore three ounces
Juncture of Lanthanadius one ounce
Spirit of Lavender 3 drach half an ounce
Juncture of Castor

Mix and give a Spoon full th in a glass of
water and take it twice a day — Of the
superfluous humours can be wrought off
by operations by stool This will probably
beavy of y^r disorder by urine

Mix ~~double quantity~~ ^{as three to 1} of Brimston to
Allum Sulphur, with Sallet oil or any
other softning thing, give flow of Brimston
inwardly for three or four mornings
before y^e rub. Two or three Rubbings
Cures y^e most inveterate scab.

(r) 3oz Brimston } Mr. Johnson
2oz Allum }

An Excellent Eye Water. ^{W. J. Rodger}
Take 1 Ounce of Hepatick Aloes ⁱⁿ powder, 1 white
Sug Candy, Ditto Lapis Tutty, prepared, half an
ounce of Camphor finely shred Steep the Tutty
in Mist milk and change it every 3 or 4 hours.
Then wash off the Milk wth a little Rose water and
put the ingredients into a quart Sherry wine or Rhenish
I sup w^old steeping the Tutty in brist milk is to abate its strength

Page
02 To. Make German black ball for shoes
Take 8 ounces of beeswax cut it small and
put it into a pan to melt then put in 2 ounces
of rendered mutton suet and put it to the wax
and melt them together, then take 6 ounces
of Ivory black powder it in a mortar and
sift it through a hair sieve and put it
to the wax & tallow and let them boyl gently
together keep stirring all the while wth a knife
then put in half an ounce of Oyl Turpentine
when they are thoroughly mixed, Take a little
soft sope and water and rub upon a smooth
stone or board, then pour down y^e mixture
and before it's cold work it up with y^e hands
into rolls first rubbing y^e hands with a little
sope to hinder its sticking —

Liquid Blacking

To a pint of small Beer put 10 $\frac{1}{2}$ oz of
Ivory black 1 oz of Gum Arabic & 1 oz
of Sumack

Currant & Rasp. Wine best way
Take forty six quarts of Currant
rasps when ripe bruise and squeeze
them through a coarse sieve mixse
with a little water to make the pulp
pap. finer - Add six quarts of Wine
put it into an open Tub with a tap
put in three spoonfulls of good Yeast
stir well, Cover it up for 24 hours
draugh it of as clear as you can
or pour it through ^{a coarse} hair sieve To be
sell^d of juice put 3 pounds of Louis
lump Sug^r. ^{Then turn} put it into a close Cask
weh let be full or thereabouts. put in a
Oz. of Isinglass, ^{that dissolv^d in water} let it stand till spruce
and bottle it you may put
in Rasps to y^r. liking as 6 or 8 or 10 quarts
of y^e above quantity

To make Chocolate Cream

~~The same as~~

A Cure for y^e bite of Mad dog Published
for y^e benefit of mankind In the News
papers in 1741 by a person of note
Take 2 quarts of strong ale or wine Red Sage
and Rue of each an handfull and an half
twelve cloves of Garlick bruised, — of Tin
and pewter scraped two spoonfulls —
of London treacle, or Venice treacle
one ounce, — Boyl these close covered till
half be consumed stir in the treacle when
the rest is boyled — pour it into bottles; Cork it
close, and it will keep a year, give three
spoonfulls morning and evening, and a pint
is sufficient for man or beast — Garlick
Rue and Salt pounded together may be
apply^d to y^e wound

NB: This Medicine has stood a tryal
of 50 years Experience and was
never known to fail

See Folio 205

06 To Boyl' Garn very white &
as I have often try'd

First put abt a peck of Bran into
much water as y^e think will cover
abt 30 score of fine Garn (let it steep
42 (or 36 Hours)
nights in the water after it is
strain'd ^{of} through a louse cloth) then
dry it - when quite dry prepare
oz of pot ashes & 10z of Sweet rope
Every pound of Garn lay yr
pot ashes into a qt or 2 of hott water
dissolve - Then take yr rope and
raise a lather with clear soft water
wh^{ch} put into yr kettle, and when
is almost ready to boyl' put in yr pot
ashes ^{& Garn} ~~which~~ let boyl' an hour ~~in the~~
~~time~~ when y^e take it out be sure to have stub
cold water to drop it into or y^e heat
will tender it & spoil it Carry it away

and Munge it well then make a Lather
of Soap and wash it through again
a little Rock allum put into y^e kettle
when its boylung - helps to fester y^e Eggs

Recipe for a potatoe pudding
Take a pound of potatoes ^{or rather roasted} boyl^d & peel
Then beat them well. Take 6 Eggs -
& beat them and strain them throught
a hair sieve. then put y^e to the potatoes
and mix them well together, add some
Nutmeg, & sugar to y^e taste, Dish in
up, & ab^t half an hour will bake it
The potatoes must be cold before y^e be
or they will lump. — I s. y^e may add
a little melted butter if y^e please —

208 For tickling cough
Take honey and Squorise root each 4oz
Flowers of benjamin & Opium each adram
Camphire two Scruples, Oyl of Amaseed
half adram, Salt of Tartar one ounce
Sp^t of wine rectified one quart
Digest the above in a covered Vessel for a
fortnight shaking it often then decant
it for use - The doze for grown persons
from 20 to 100 drops for Children from
5 to 20 in white wine or Hyssop water
Tis a good pectoral and admirably allays the
tickling w^{ch} provokes great Coughing it opens
the breast and gives more liberty of breathing
It deterges and cleanses y^e small gland^s and makes
way for their discharges it Purifies & thins
the viscid Cohesions of the Vessels and fits y^m
for Circulation & Secretion

Minceed pyes - by Betty Stoppers Recit -

half a pound of Suet shred small One pound of Apples
 full weight when ^{pared} ~~cored~~ three of ^{rs} pound of Currants
 half a pound of Sug^r ^{an ounce} quarter pound of Orange Limmon & Citrus
 white Cinnamon & 1/2 Gill of Gooseberry Juice.

Rich Dunns Receipt for to cure the bites of a Mad Dog

Take an handfull of baln boy ^{slowly} it in five gills of me
 till a pint be wasted Then put in the under mentioned
 powders. when it is blood warm; and to a beast or horse
 put in about a spoonfull, and for a dog wine or she
 a knife pointfull, & the like quantity for a man, only
 boy it in water and add the powders when cold and let
 them drink the quantity in two days and repeat it
 for a fortnight or longer & bleed often bleed whores or
 in the neck and roof of y^e mouth and rub some salt
 the gum.

Campfire, Ferugrich, Turoniac, Longpepper, Greis
 Bayberrys Amisuds. Cumminguds. Squorici powder

Best bole and ground Ash scoulded Liverwort, Sack
 an Ounce, ^{will best} mix them all together and keep for use

10 To pickle Walnuts See another recipe in the third
Book page 68 -
Soak your Walnuts when a pen will pass through
them pretty easy - put them into a deep pot & cover
them over wth ordinary Vineg Collicker, change them
into fresh every fourth day till abt 6 weeks are
past - Then take 1 Gallon of ^{the} best Vineg & put therein
1 oz of Dill, Carraway, & Fennel Seeds each; grossly
cut, Macerating 1 1/2 ounces, Mace 1 ounce
Give it a boyl over the fire and pour upon your
Walnuts & so do for severall times as you shall desire
in cover the top wth white mustard seeds & a little
Salt Mind to keep them over head in the pickle
Major Davisons Receipt for the jaundie
Take Fensy, Dandelion, Groundivy & Hellandine
Each an handful beat them in a wooden bowl or
mortar and strain out the juice put to it a quart of
Ale and as much of the inner rind of Barberry bark
as you can take up twist y^e two fingers & thumb. Infuse
the ingredients in the ale for 3 or 4 days then drink
a pint morning & night

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The Marquis of Granby's Recipe for Brewing
Small beer

One Bushell of malt One peck of Wheat
One peck of Oats, the Oats should be dryed so
as to grind with the malt ^{Wheat} Hops; Brew them
as you do other liquor, ^{with one pound of Hops} tap it at about
three weeks or a month old, and if fine bottle
it, this will make half a hoghead

To Refine Cyder

put two ounces of burnt Allum to an hoghead

Orange ales

after y^r ales is Turned into the Casks putt to Every
Anchor (and so in proportion) Two dozen Oranges
cut into quarters, and put into the Cask just as
they are cut

Cure for the Stone in the Bladder
Take Every day in any form that is most agreeable to the patient
One ounce of Aleut Soap the integral part of it, w^{ch} is usually
of ablu^e flour, marbled with white, and drink three
English pints or more of Oyster or Cockle shell Lime
water. The Soap may be divided into three full doses,
the largest to be taken in the morning fasting, the
2 at Eleven o'clock, and the 3 at 5 in the afternoon,
drinking after each dose, a large draught of the lime
water, and may at any time drink the same water after
din^r, or Supper, instead of other liquor, The taste of
the Lime water may be blunted by adding a little milk to
it, and may be quite destroyed by washing ones mouth
with little Vinegar Water, which however must be
immediately spitt out again, but if the patient can't
take the Soap in this form, let them dissolve an
ounce in three gills of Lime water made warm,
and take this at three different times, drinking the rest
of the lime water by it self, The soap is not only proper
to be joined to the shell Lime water, as it is ~~found~~ indeed
with a great power in dissolving the stone, but as it prevents
costiveness, that might otherwise be occasioned by lime water,
But if any person sh^d have an invincible aversion
to Soap in any shape, The Drs experiments give us reason

to think that Oyster & Cockle shell Lime water, drunk alone
 in large quantities, will have greater Effect in dissolving
 the Calculus, So if in the place of all Mr. Stephens's
 medicines, w^{ch} so many delicate people, ^{can be of little use} we may sub-
 stitute this Lime water w^{ch} Equall may probably with
 greater ~~Success~~ Success.

Abstain from all Acid & Fermented Liquors as Vinegar,
 Wine, ale, Beer, Cyder, &c, For his drink let the patient
 take Water & milk, or a ptisan made wth parsley, roots
 of Marshmallows, & Silyfice, But if he cant confine
 himself from more generous liquors he may be allowed
 now & then a little of all punch wth Sauring, It will also
 be prop^r to be sparing in the use of Salt fruits, and
 Honey, and to abstain from all fruits that have any
 Acidity or sharpness, While on the other hand milk,
 Sugar, and Animal food, Teas, Artichokes, asparagus,
 Parsley, Turneps, Carrots, potatoes, Radishes & cucumbers
 but particularly Onions, Leeks, & Celery may be freely
 used. As the cure depends upon the Urine being
 strongly impregnated with the Virtues of the Lime water
 the patient ought to drink no more of any other
 Liquor than is absolutely necessary to Quench Thirst.

Jam Doer

St

It may be observed by the Bye, that such as
have no stone in the Bladder but are subject to
to great fluxes of the gravel in the Kidneys, might very
probably prevent these by drinking every morning
Two or three hours before breakfast, a pint of Oyster
shell Lime water, which though too small a quantity
to dissolve a stone, yet might possibly hinder any
new concretions, ————— If the Lime water
should occasion Costiveness, it will be proper now
and then, to take a gentle purge of Aloe, Rhubarb,
Senna or Manna. ————— The Oyster or Cockle shells for
making of water must be long exposed to the weather before
calcination, and when calcined, be perfectly white, and
used fresh from a fire, Seven or at most eight pounds of
of boiling water, is to be poured upon one pound of shells;
w^ho^t soaping water gives a sweeter and softer taste than cold,
tho' the dissolving power of both is the same, but whether hot,
or cold, it should be allowed to stand 4 or 5 hours on the
Lime, then decant it off, and filter it thro' a cap paper, —
This water will keep for any time without alteration, if closely
stopt up in bottles, but looses some of its qualities by
boiling, and the surest Test of its goodness is, its changing
Syrup of Violets to a green colour —————

To Make poppy Surfeit Water

To two Gallons of Brandy put a peck of the
 leaves of poppies one ounce of Sweet Tansy
 half an ounce of Caraway Ditto Coriander seeds
 Two ounces of Licquorice sliced half pound of
 good Eriason of the Sun stoned half a pound
 of choice Figs sliced half an ounce of Mace
 D^o nutmegs D^o Saffron. bruise the Nuts
 & pull to pieces the Saffron. Then mix all
 these together wth the poppy & Brandy & let
 it stand a month or six weeks. stirring
 it Every Day. then run it through a course
 Linnen bag. This I had from Mr. Juxton
 as a Super excellent Remedy wth the like
 pains but I shall add a quarter of a pound
 of the Flowers of S^t. Iohⁿs wort to by Comp^o

A Recipe for the Cholick sent me by J. P.

Scrape fine Chalk and pour a pint of soft water upon Two Spoonfulls of it, and pass it through a Sieve two or three times to take out the grit Sweeten to y^r taste and drink it when you are attackt.

You must Stir it about or the Chalk will settle The water may either be Hot or Cold when y^e put into the Chalk it is a certain Remedy where the disorder proceeds from Acidity in the Stomach or Lints. ————— I have try'd it with great Success signed J. Panton

A Recipe for making Mead

To Two stone of Honey put thirteen Gallons of warm water stir it till the Honey is dissolved Boil in it a bunch of Sweet marjoram, Balm, Rosemary & Sweet Perriar, and put in Ginger & Anniseon Each a quarter of an Ounce, half an Ounce of Cloves, two Nutmegs Coriander seeds & Caraway seeds Each an Ounce Bruise the spices & seeds and tie them up in a thin Bag with a Stone to sink it Let it Boil an hour taking of the Skim clean off as it riseth. And when taken of the fire put in the peels of six Lemons and squeeze in their juices Work it wth yeast And when you find it leave out the Herbs & spices put into the Cask when you judge its done working half an Ounce of Munglas dissolved in a little of the liquor Bottle it at 14 Day End

Mr. Husley's famous Glistor for Worms.
Take Rue, Lavender Flowers each three Sprigs —
Anniseeds & Wormseeds each one Spoonfull
Bruise & boyl them in a pint of Milk till
ashind is consumed then strain it and add
as much Aloes finely powd as will lye
on a sixpence & a little Treacle administer
it w^o or three or four mornings successively

Andersons Pills

Take Juniper Berries, Senna, Burdockseeds, Coriander seeds,
parsleyseeds, Carraweeds, sweet Fennelseeds, Liquorice root,
Gentian Spanish Angelica root, Anniseeds each one drachm.
Cardus three tops. Boyl the above in half a pint of soft water
to a quarter of a pint then strain the liquor and add —
Barbadoes Aloes a quarter of a pound Crystal Mineral
a quarter of an ounce and Saffron one dram —
Boil altogether very gently to the consistence of pills

To Pickle Lillo or Indian Pickle
 Take of ginger 1^{lb} let it lie in Salt and Water all
 night Scrape it and cut it into thin Slices
 it into a pot with dry Salt so let it remain till
 rest of the ingredients be ready - Then take Garlic
 1^{lb} peel off the Skin & Salt it three days then wash
 it in Water and salt it again & let it stand
 three days longer wash again and put it into
 a sieve to drain and dry it in the Sun
 Take Cabbage cut thereof in quarters salt them and
 dry them in the Sun so do Coliflower & Bellory
 Radishes may be done the same way. one
 Scrape them and leave on the tender tops, the
 Water must be squeezed out of the Cabbage
 French beans and Apparaqus must be salted
 two days only. after w^h they must have a boylor
 Salt and Water and then be drained in the Sun
 Take long pepper salt it and dry it and white
 Mustard seeds bruised Turmeric very fine put
 these ingredients into an Earthen Jarr and put
 it a gallon of Vinegar fill the Jarr 3 qts full and
 to it as you see occasion for a fortnight after this
 meet: if you may order Cucumbers, Turnepire, Mustard
 plumbs. or any other thing you choose to have pickled
 NB you are not to buy any of these save French beans & Apparaqus
 Apparaqus or all things as most of course be bought or sold

Lady Hodgsons Eye Water 220
ounce of Aloes Succotrine 2 oz of Balsam of Tolu
2 oz of Storax 10 oz of White Sug^r candy in powder
1 oz of Tully prepared
2 oz of Camphor shod very fine
Steep the lapis Tully in Breast milk for 9 hours
changing it every 3 hours then wash of the Milk
with Rose or Bennell water then put the ingredients
into a quart of Cherry Sack or strong white wine
shake the bottle 3 or 4 times aday for 10 days.

Mr Halls mixture for a sprain or Bruise
Take two ounces of Salt Petre or Nitre put it into
a pint of best Wine Vineg^r add 2 spoonfulls of
Spiri^t of Turpintine & 2 spoonfulls of Sp^{irit} of Wine
shake the bottle when you use it If it can be apply
before any swelling rise on the part it will do better

Two Specifics for the Stone & Gravel from Mr Blackries
Treatise on those Disorders just published taken out of the
magazine for April 1766

Take 8 Ounces of Pot Ash and 4 Ounces of quicklime from
milk mix and put them together into a glazed Earthen Vessel
then pour upon them a quart of boiling soft Spring Water
let the infusion remain twenty four hours stirring it
and then and afterwards filtrate it for use

Dr Chittels Secret for the cure of the Stone & Gravel

Take One Teaspoonfull of the strongest Soap lye mixed in
in two table spoonfulls of sweet Milk an hour before
breakfast and at going to bed; Before you take the Medicine
take a cup of of pure Milk, and immediately after you have
swallowed the medicine take another; If you find this
agrees with you for two or three days, you may add
~~the~~ half as much more to the dose

The Author adds that the genuine Recipe was sent him by
Gen^l Dunbar who is the Medicine made use of by Dr Chittels
who pretended to be the only Person who had the Secret

Take One Teaspoon full of the strongest Soap lye mixed
in two table spoonfulls of sweet Milk an hour before
breakfast and at going to bed before you take the Medicine
take a cup of pure Milk and immediately after take an
if you find this agrees wth you for two or three days
add half as much more to the dose having now concluded

our author bro^ght the valuable secret to light and put it
the hands of the low as well as the great that Medicine w^{ch} I believe
to be of the greatest Efficacy against the most painful of all Diseases
I have the satisfaction of contributing something to human happiness

For a Bruise
Let Bran well with stale Urine to which add a
little Sp^t of Hartshorn or crude Sal Armoniac in
powder apply it by way of Poultice

Another
Dissolve some Sal Armoniac in a little Urine
White Wine dip a rag in it warmed and apply it
to the place renewing it as need be.

(Remarks) of all the Salts there are none more agreeable
to the body and more penetrating than Sal Armoniac
it resolves extravasated blood in an admirable man^r.

To Stop Vomiting
Swallow a tea spoonfull of Quinceys bitter Stomach Tonic
sweetened wth Syrup of Oranges or Quince: it is
remarkable that bitters sweetened are of great
efficacy in stopping Vomiting when many other
things have been off in vain. Another for the same
purpose the juice of a Lemon into a large Cup and mix wth
just as much Salt of Tartar (as will render it insipid)
be a spoonfull and repeat till the Vomiting ceases if during
pullition so much the better the same mixture
diluted wth simple Lemon Water or fountain and taken
very three hours is good for Fevers

To quench Thirst where drink is unprof^r
pour Vineg^r into the palm of the hand and snuff it
the Nostils and wash the Mouth with the same tis
visible how much it will allay Thirst

For the Hicough

Drop a single drop of Oil of Cinnamon on a lump of dou
refined Sug^r let it dissolve in the Mouth leisurely then
swallow it This is a most pleasant and agreeable stomach
Medicine which seldom fails

For Coughs & Consumptions

Drink freely of Colts foot Tea sweetened wth Honey Warm
it is an excellent pectoral and a specific for all disorders
of the Lungs (Steed an handful to a quart of boyling Water
as Camomile is for intermittents Wild Carrot for the Stone
and Parsney for the Gout they are all excellent in their kind

For Agues and Female Obstructions

pour a quart of Water on a pound or two of filings of Iron
stir it about often pour off what swims and drink a quart
of a pint daily add more Water as you need

Remarks This is a preparation of Lemerys and better by
than any one from Chymical prooves this is the best powder
Steel in being

To preserve Peaches in Brandy

To every twelve Peaches 3 quarters of a pint of double refined Sugar and a gill of Spring water first boyling the Sugar untill it is clear then take it off the Fire and let stand till almost cold

The Peaches must be ripe enough for eating and must be rubed with ^{clean} a linnen cloath and ricked full of holes ⁱⁿ w^h made when the Sugar almost cold put in the Peaches and set them on a slow Fire and let them simmer a little and with a bunch of Feathers keep the Peaches under the Sugar^m as much as possible, then take them out and put them into Jars and pour the Syrup over them and let them stand all Night then take them out and give them a boyl untill they are tender then put them into the Jars and pour still Brandy over them to harden them then boyl the Syrup a little skim it and let it stand till cold and then put to every pint of Syrup half a pint of Brandy then put it upon your Peaches and cover them close wth sliders and keep them in a cool place

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To Boyl yarn very white for 15 or 20 scores
 First boyl y^r yarn in y^r Common way
 wash ^{well} and dry it, Then take half pound
 of pot ashes, half p^d Sweet sope, 2 oz Rock
 allum, 1 oz Spanish white, 2 oz stone
 blew mix all together and boyl your
 yarn therein till it become white w^{ch}
 it will be in about an hours time

To every pound of yarn put 2 oz of ashes & 1 oz of sope
 w^{ch} is sufficient for y^e it without the common ashes
 add some alum & blew, this is the best receipt
 See page 206

When you take it out of y^r pot
 or Kettle, have a tub of cold water
 to put it into if instantly lest
 y^e heat tender it w^{ch} is infelicitous
 decar where its carry'd away. to be ringed
 before it be cool ~~and it will~~
 and. You may use y^e same
 receipt for y^e best of
 silk but over y^e same
 receipt add in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt
 Receipt in receipt

lost

6 stonjars
8 torches

4 fine hotlin crosthoefhand 1 sengel crosthoeth
1 breth of both cloth for a rose edged
1 breth of lavene edged
11 nett cones

111 x handkercharres

11 more fallenge bandes of kambreke
11 jare of coules more

for y^e Emmeoides.

Therfore take a ^{lew} oz of an oz of gaulth, beaten to fine powder, and
twelve from powder a clout, one oz of oyle of linseed, one oz of
oyle of lye, 3 or 4 small white shells or y^ere barbed breadings
an y^ellinge 2 shells of 3 then beate them to powder, wth one hand
full of the same oyle, 3 a spoone full of mutton 3 rase for it
then beate them to powder, 3 warme them wth one lye for the blood
warme, 3 stir them least they becke, and so use it upon a new
waife or linninge. ~~Chap 20~~ for y^e emmeoides.

Take one pottle of the best mount and pottle of white wine
a handfull of nutmeat a handfull of flax 1/2 lb powder 3 not
removd a handfull of farrin powder a 1/2 lb of a pound of
raisin in the same and take 1/2 stone of sugar, a spoone full
of amorphous 3 brown sugar, a spoone full of rully powder, and
brown sugar also, a little more sugar. And boyle all the 1/2
together so till until they be boyled into a quart 3 serve
mornings and night take 1/2 or 1/4 or half a dozen
spoones full and warme it 3 drinke it 3 walke after it
your humors will not be so long, if it please you,
you may bestow it wth mutton move I dont not but it will
serve for it hath great some 1/2 part had it by the way.

A powder for y^e Eyes to be taken in drinke or pottage.

Take if nutmeat. if you woulde of sinamon one penny worth of
Cloves in oyle of mace in a size of the blessed spirit being
dried 3 made into powder, as mace wth the ginger being
finely beat at the weight of them all then ad ab uno of
powder of Eyebright at all the west way 3 mixt all
together wth 1/2 lb of white wine you will att y^e
pleasure in pottage drinke or in y^e salt. But specially
first in the morninge att noon 3 last at night.

A preservative a gainst y^e plaque.

Take Caye of Nutmeat, And, Elder, Swart, Vard brainle bawbe, 3
darge a handfull stamp them in a mortar alto gether, 3 strain
them through a fine linnen cloth. A quart of white wine, 3 a
good quantity of white wine drinke, mingle them alto gether,
put thereto a quart of an ounce of white ginger drinke this medycine
one spoonfull every morninge for many dayes to gether fasting
and you shall be safe for one yeare by 1/2 quart of y^e.

And if it fortune one be stricken wth y^e plague or
dumour of y^e face medycine, you take y^e best a p^{er}fuado, w^{ch} is
full of stabraw^e water, & a spoonfull of roator of Bottonye, and a
quantity of fyne hoarls, put them to y^e water, & rans^e them
drinke it, & it shall put out y^e venome And y^e best y^e best y^e best
appears, you take y^e leaves of Alder, & y^e leaves of brambles
and master seeds, stamp^e them to y^e y^e best, & make a plaster thereof,
and laye it to y^e face, & it will drinke out y^e venome godwillingly.

for an swellinge

Take a quart of new m^{ilke}, a pint of y^e best full of linsed, &
two y^e best & you beat it in a mortar to powder, & you
take 4 handfulls of manchet, & y^e best y^e best, and ab
m^{ilke} of burton budes, & y^e best y^e best y^e best warm.
And half a pound of y^e best a beam of y^e best, & beat them
all to y^e best, & you y^e best y^e best y^e best y^e best y^e best
if y^e best full of barl. meal, & stir them all well to
y^e best. And when they are well boyled, by it you a
lin cloth plaster w^{ch} shall And r^{ed} all y^e best y^e best y^e best
And w^{ch} y^e best y^e best y^e best y^e best y^e best y^e best y^e best y^e best
fely full find.

Angelica & Burrit, each a handfull,
stamp & strain y^e juce into possitt-drinke
w^{ch} y^e best y^e best of 2 or 3 leers, & a little
Nottm^{ilke}; drink it 2, or 3 days,

Of Sacifrage roote and earbe ij handfull, of Philippendala
like quantelic of grammell seed j ounce, of y^e kernels of cherie
stones ii ounces, of anisesedes half an ounce, of leeres like
quantety, all thes dride and beaten to powder finelie
searsed and taking so much as often as nedes as y^eou can
take ypp with a franche crune and put into a reasonable
draught of parcelly water distilled luke warme and
drinkin it fasting ij oures at y^e least and waulkinge after
the taking therof.

A note of M^{rs}

Barbara Bee. Lessons on y^e Virgimalle
which she hath learned and can play them

i	kajson	Pauane	Mr Seroman
for	kies	Why ask yee	Docter Bull
xvi		The Lo: (Willoughbies)	Welcom home M ^r Bird &c
	dowkes	My trew Loue is to y ^e grene wood gon.	M ^r Ferdinand
xviii		Loth to depart	M ^r Ferdinand
	heres	Pauan delight	M ^r Bird.
iiii		The Mearigold galiard	M ^r Bird.
	cokes	Fortune	M ^r Bird
ii		The Cradle Pauane	M ^r Solborne
	chekins	The first	
x		The second	Courrantes. M ^r Bird.
	giese	The third	
	v	Jowes ii braves	

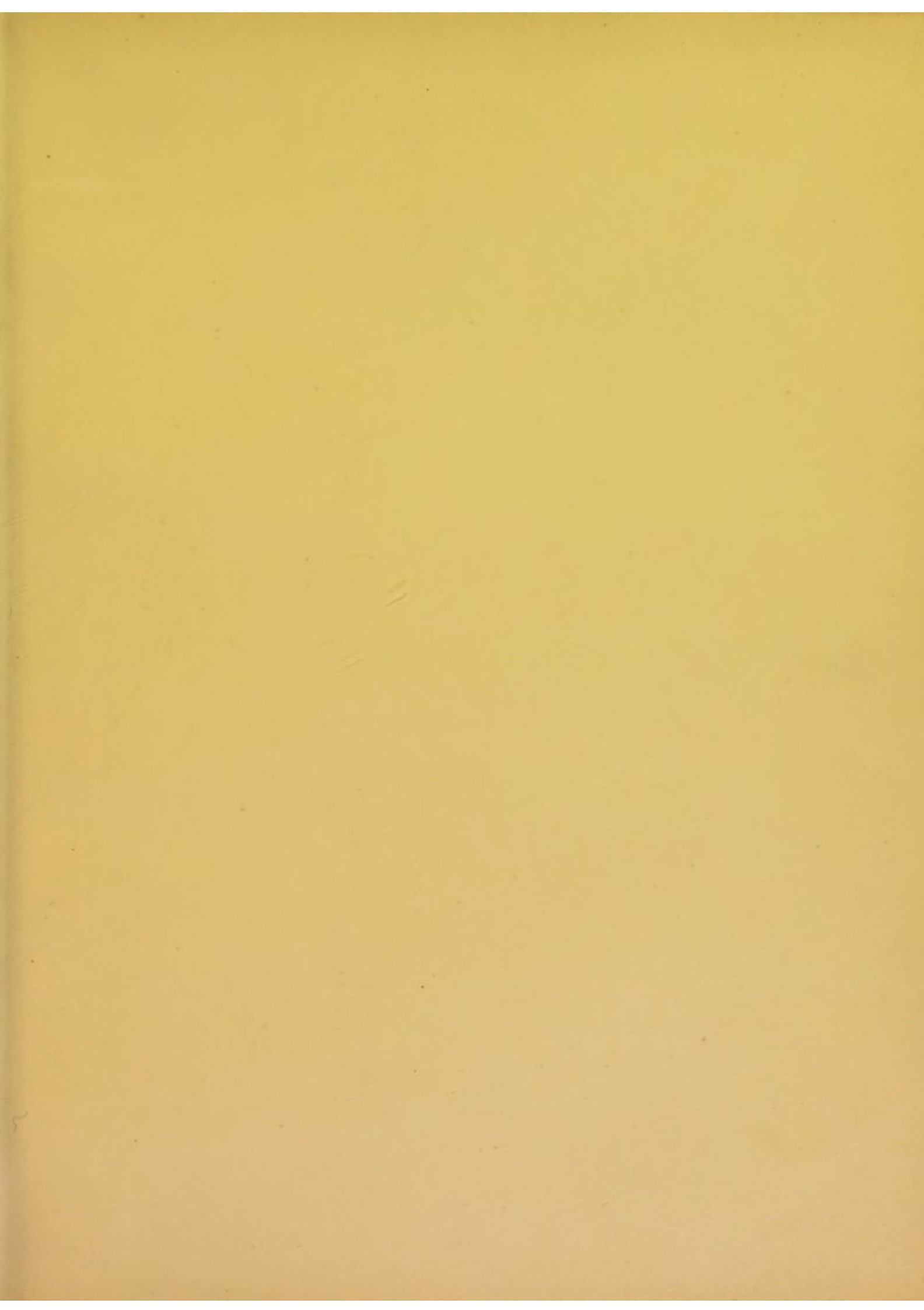
ore

Inclita facundo concordat gratia vultu

Mr. Bird

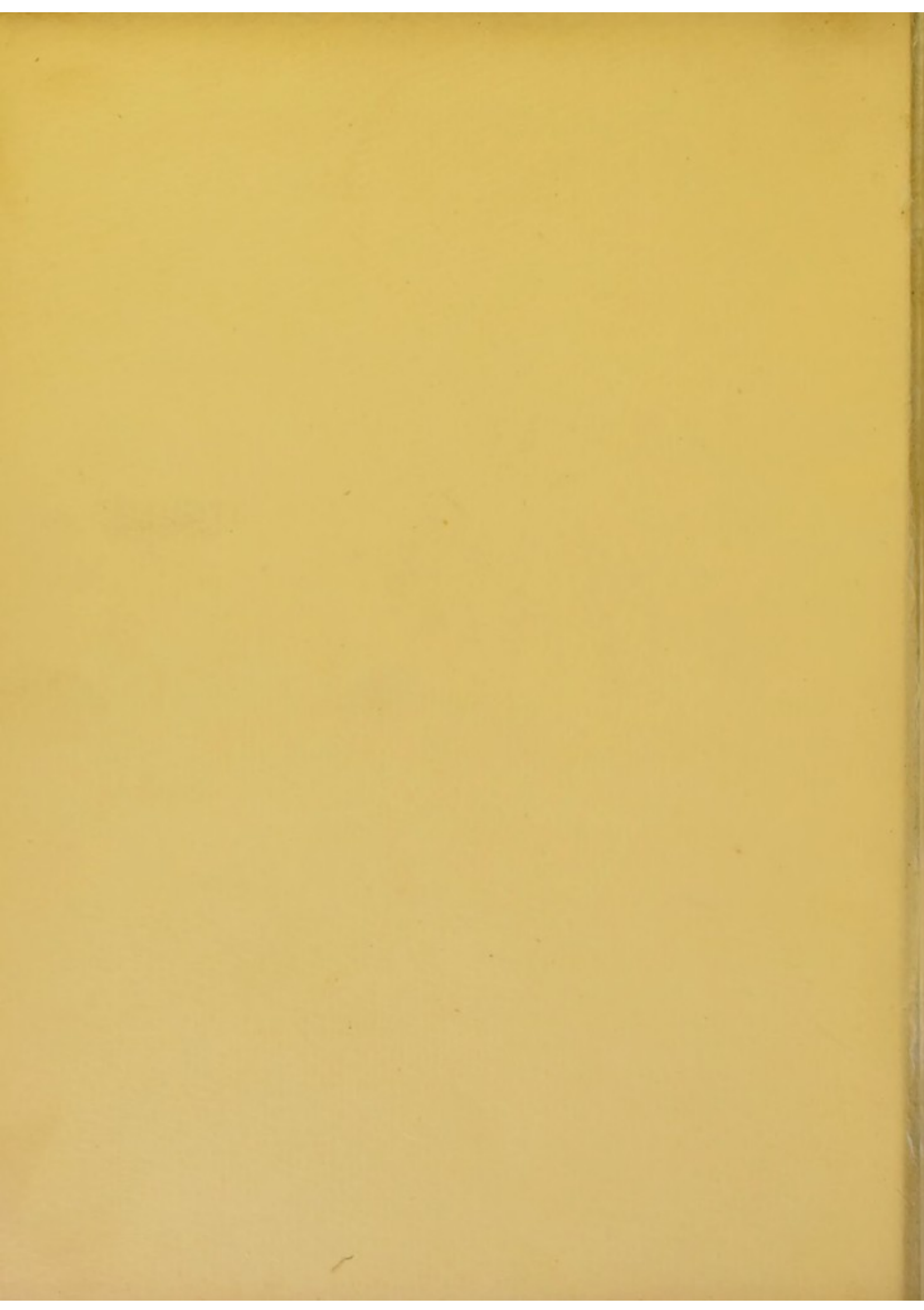
Reisigen Gesken By Dono Pae & Co
5

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W
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RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 4171

Microfilm No:

RECORD OF TREATMENT
 Pressmark:
 Binding Ref No: 36
 Microfilm No:

Date
 JUNE 99

Date
 FEB 2001

Chemical Treatment
 Fumigation
 Deacidification
 Lamination
 Solvents
 Leather Treatment
 Adhesives
 Remarks

Particulars

Chemical Treatment
 Fumigation
 Deacidification
 Lamination
 Solvents
 Leather Treatment
 KLUCEL G
 BM LEATHER DRESSING
 Adhesives
 ANIMAL HIDE GLUE
 WHEAT FLOUR PASTE
 Remarks
 PAPER REPAIRS (HANDMADE PAPER)
 RE SEWN ON 3 ARCHIVAL TAPES
 RE BACK IN MOROCCO FOR
 LETTERS IN GOLD.

Remarks

M



C