

**Arcana Fairfaxiana Manuscripta : a manuscript volume of apothecaries' lore and housewifery nearly three centuries old / used, and partly written by the Fairfax family ; an introduction by George Weddell.**

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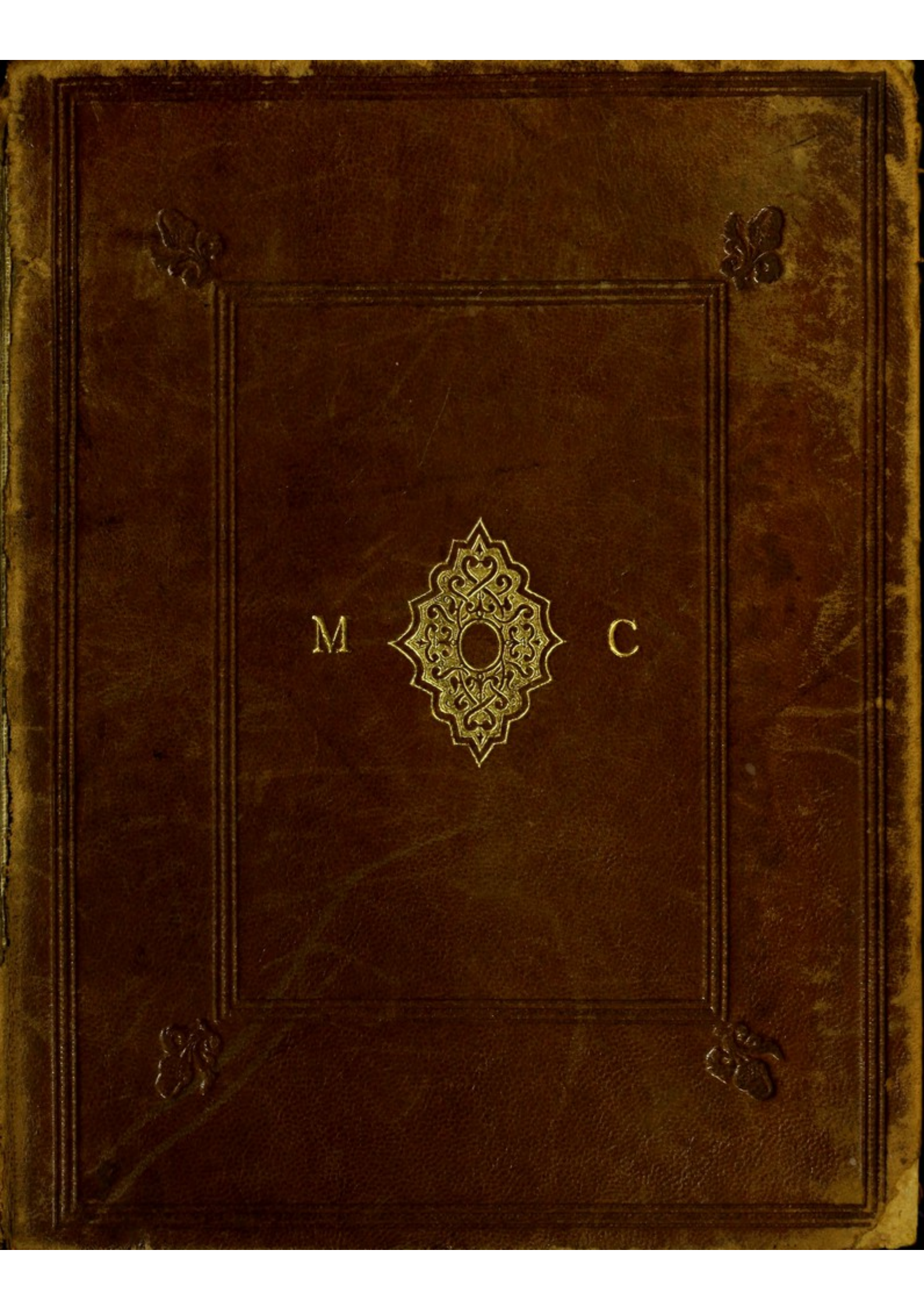
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Arcana Fairfaxiana ;

or,

D<sup>e</sup> Apothecarie, His Booke.



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Ms. A. 1. 1. 1.

# Arcana Fairfaxiana

Manuscripta.

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

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Reproduced in fac-simile of the handwritings.

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An Introduction by  
George Meddell.

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

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BRITISH  
MUSEUM  
LONDON

## Acknowledgments.

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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.

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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.

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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<sup>t</sup> Quene Mary was wont to take for y<sup>e</sup> passion of y<sup>e</sup> 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<sup>e</sup> 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 rejoyes att thy safe passage as at that Bleised and al suficiente gide whoss thou art, and whom I know thou truely sarves, y<sup>t</sup> 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<sup>n</sup> beg a blessing for us all, for I must needs comitt y<sup>n</sup> to his gracious protection, y<sup>t</sup> 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



xxiv.

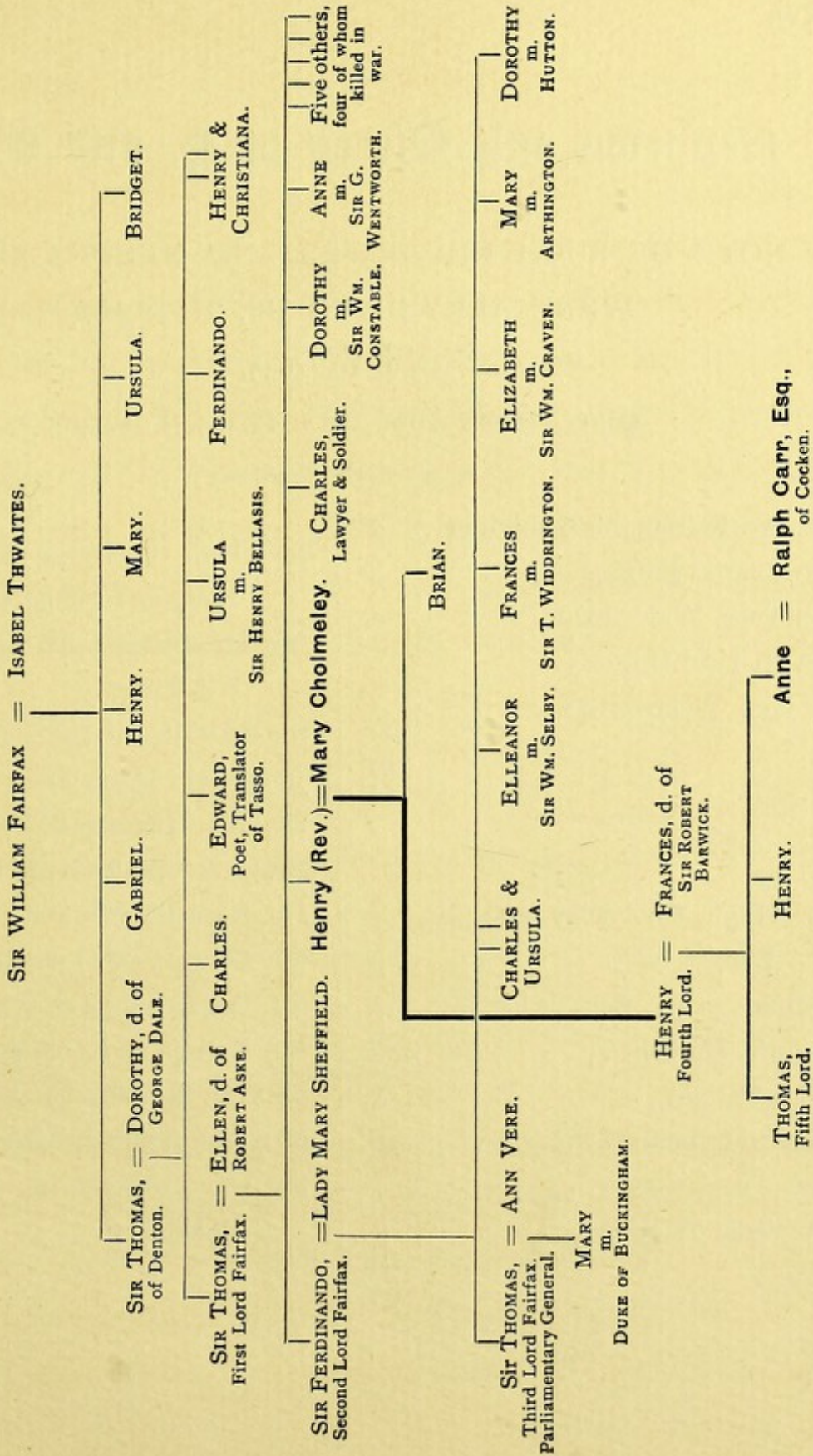
might have further distinguished himself in the literary art had he been sufficiently serious to apply himself assiduously to any one pursuit. He wrote a memoir of the Duke of Buckingham, and translated the life of Philip Mornay, Seigneur du Plessis. He was equerry to Charles II. from 1670 until that 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.





## Nephews and Nieces 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.

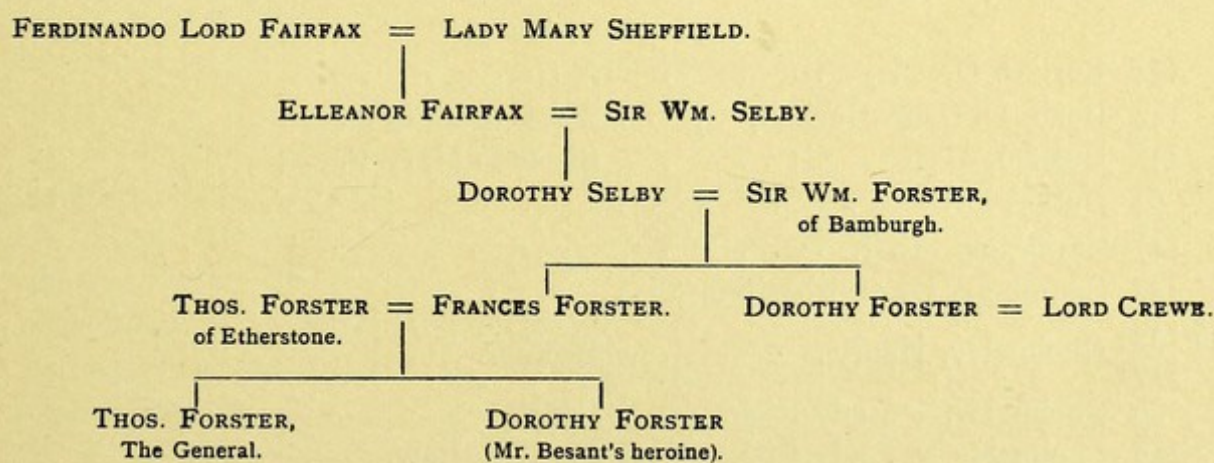
(BRIT. MUS., ADD. MSS. II,325, FOL. 48).

<p>Sir Fer. Fairfax, his 9 children . . . 9</p> <p>Mr. Charles Fairfax . . . . . 7</p> <p>Mr. Thos. Widdrington . . . . . 1</p> <p>Mr. Richard Hutton . . . . . 1</p> <p>Sir Geo. Wentworth's . . . . . 1</p> <p style="text-align: right;">—</p> <p style="text-align: right;">19</p> <p style="text-align: right;">—</p> <hr style="width: 20%; margin-left: 0;"/> <p>Sir Hugh Cholmeley and his Ladies had . . . . . 9</p> <p>Barbary, y<sup>e</sup> La. Bellasis had . . . 11</p> <p>Dorothy Bushell . . . . . 14</p> <p>Hilda Wright . . . . . 5</p> <p>Margaret Comin . . . . . 16</p> <p>Susa Theakeston . . . . . 7</p> <p>Annabella Wickham . . . . . 4</p> <p style="text-align: right;">—</p> <p style="text-align: right;">66</p>	<p style="text-align: right;">66</p> <p>Sir Hugh Cholmeley (Sup.) his Lady and 5 children . . . . . 6</p> <p>Mr. He. Bellasis, his Lady and 7 children . . . . . 8</p> <p>Sir Ed. Osborne and 2 children . . 3</p> <p>John, Lord Darcy and 1 child . . . 2</p> <p>Sir Hen. Hugesby and 1 child . . . 2</p> <p>Brown Bushell's wife and 2 children 3</p> <p>He. Bushell's wife and 1 child . . . 2</p> <p>Mr. Conyers and 7 children . . . . 8</p> <p>Mr. Dobson and 3 children . . . . 4</p> <p>Mr. Newton and 5 children . . . . 6</p> <p>Sir Wm. Strickland and 3 children 4</p> <p>Mr. Trotter and 2 children . . . . 3</p> <p>My La. Twisleton, by Sir Hen. Cholmeley . . . . . 1</p> <p style="text-align: right;">—</p> <p style="text-align: right;">118</p>
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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 <sup>o</sup> La. Hen. . . . . Aunt.
145	Bowes, y <sup>o</sup> 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	Cholmeley, y <sup>o</sup> Lady Rich. . . . . Cousin.
147	Cholmeley, y <sup>o</sup> Lady Eliz. . . . . Sister-in-Law.
150	Constable, y <sup>o</sup> Lady . . . . . Sister.
140	Dodsworth, Mr. . . . . . Historian and Antiquary. Generously supported in his work by Lord Fairfax.
1	<b>Fairfax, Henry</b> . . . . . (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).



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 <sup>e</sup> 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 <sup>e</sup> 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 <sup>e</sup> 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 <sup>e</sup> Lady . . . . . Niece.
143	Sheffield, y <sup>e</sup> Lady . . . . . Brother Ferd.'s Mother-in-Law.
99	Slingsby, y <sup>e</sup> Lady . . . . . Niece.
132	Stephens, Dr. . . . .
142	Theakeston, Mrs. . . . . Sister.
146	Vauasour, Lady Ursula . . . . . Niece.
136	Watson, Mrs. Mary . . . . .
149	Widdrington, y <sup>e</sup> Lady . . . . . Niece.



## Eighteenth Century Names.

Page.		
187	Anderson's Pills . . . . .	
190	Blackrie, Mr. . . . .	An Apothecary, see introduction.
160	Carr, Lady . . . . .	
1 & 206	<b>Carr, Ralph, of Cocken</b> . . . . .	m. M. Paxton, 1721; father m. <b>Anne Fairfax.</b>
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	} <b>Green, Robt., of Cocken</b> . . . . .	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 copy of a long  
 in October 1711 by a copyist who was to give  
 and the days round about, so that they all  
 be written by the same hand as a full and good  
 but they are not by the same hand as the

(Page 98).

Shope one drum, a full of Robert and  
 apple mist in the whine of rogan,  
 morning fast dull to night awarings and  
 dark full when at the of the stock  
 full from morning, fastings full go. 13  
 at a of dyne and, from it of a from  
 showed, but drink a draught of the  
 rocher, wig drum to sum ye full before  
 up put my bread or fruit into the brot



*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<sup>o</sup> and at a XI dyne w<sup>th</sup> som p[ar]t of a henn stewed,  
 “but drinck a draught of the water wherin the henn ys stodd,  
 “before y<sup>n</sup> 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 wyeate meale and mingle it w<sup>th</sup> Suger  
 or honney) and soe make itt into Rowles, and soe you  
 may) make a Capon fatt in six dayes. But the  
 wyeate meale must be moulded w<sup>th</sup> Butter or  
 Sewette. //

*id est*

## “TO CRAMME CAPONS.

“Take ffine wheate meale and mingle itt w<sup>th</sup> 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  
 “w<sup>th</sup> 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 togeth<sup>r</sup>; 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 togeth<sup>r</sup> 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<sup>e</sup> head, given by m<sup>r</sup> Vesalius  
(y<sup>e</sup> 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 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 vppon a Chasingdish, and anointe the nape of the  
neck and the temples, and the crowne of the head, and vnder y<sup>e</sup> eares  
you must rub it vearly well in, and keepe the head whott while it is  
a dounge 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 a foot stamped to his rotes, of floure of y<sup>e</sup> seeds of Lyne or flax &  
 y<sup>e</sup> greese of a Barrow hogge mixe them all together make therof a plaster &  
 lay it upon y<sup>e</sup> soare changing it twice a day. as all y<sup>e</sup> sores of y<sup>e</sup> dyscase will be  
 resolved into greace after they be healed wash often y<sup>e</sup> place w<sup>th</sup> white wine  
 by y<sup>e</sup> space of 10 or 15 dayes.  
 How to knowe of K. cuill  
 Lay a ground worme alive & lay him upo<sup>n</sup> y<sup>e</sup> swelling or sore & cover  
 him w<sup>th</sup> a leafe. If it be y<sup>e</sup> dyscase y<sup>e</sup> worme will change & turne into earth  
 If it be not he will remain whole & sound. A.C.



*id est*

“FOR YE KING’S EVILL.

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

“HOW TO KNOW YE K[ING’S] EVILL.

“Take a ground worme alive and lay him upon y<sup>e</sup> swelling or sore  
 “and cover him with a leafe. Yf it be y<sup>e</sup> disease y<sup>e</sup> 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 yuffe yast*

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 w<sup>th</sup> yo rollin-pin. for  
 y<sup>e</sup> stiffer yo make it, y<sup>e</sup> 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<sup>e</sup> stiffer y<sup>u</sup> make it, y<sup>e</sup>  
 “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, Juyes-beries 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<sup>e</sup> stalkes and leaves, of each of these hearbes one handfull <sup>stamp</sup> ~~stamp~~ all these in a Morter, put them to three pithes 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  
 "buds and leaves, Red sage, Rue and Saxafrige y<sup>e</sup> stalkes  
 "and leaves, of each of these hearbes one handfull, stamped  
 "all," etc.



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

Take half pound of cloves put <sup>in</sup> into a pott  
 & pour 9 hills of Ryeing water upon <sup>in</sup> cover it  
 Let it stand 3 or 4 hours then strain it through  
 a sieve & put two pound of <sup>of</sup> Loaf Sug<sup>r</sup> to one pint  
 & give a boill on two & scum it very well  
 you may clear it up w<sup>th</sup> 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 "Aream 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



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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<sup>e</sup> 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 giese, iv sowes, ii brawes, [? brawnes]."



There is also on page 201 a record of lost linen, including handkerchaes, 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<sup>e</sup> 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 Wadell*

2, Stannington Avenue,

Newcastle-on-Tyne,

November 17th, 1890.



**The Manuscript**  
**in Fac-simile.**







Ursula ~~Bob Green~~  
Cochran  
Ursula Lister

Henry

Henry Fairface

Do. Green. Cochran. De Dono B.C.



Si vis curari de morbo nescio quali.  
Accipias herbam, sed quale nescio, nec qua;  
Lonas, nescio quo; curaberis, nescio quando.  
id est.

Your Sore, I know not what, doe not fore stode  
to cure w<sup>th</sup> herbs; which, whence I doe not know.  
Place them (well pounet) I know not where; as when  
you shall be perfect whole, I know not when.



Into smallish, polychrome of legs wale of eggs  
legre glandfull round small flower, smallish  
flower egg of legre out glandfull. ~~eggs~~  
~~gland~~ glandfull, 2: glandfull of eggs, one  
great glandfull of smallish part and legre  
stage of legre out same

eggs to be my eggs & eggs to be same  
part

in October days legre & eggs and between legre &  
the legre days round about, so that all legre  
legre & eggs will manage legre in full of round  
but stay not legre till manage

in manage legre in long of legre hole & one  
down legre till a little within from of legre  
flint hole. legre & eggs legre till legre root  
of almost covered, legre the legre in glandfull  
of cotton down a lay of legre legre of legre  
fill hole, legre make legre of legre

In June when legre eggs & eggs in ground  
manage part legre poles, but good of legre  
and legre hole out for up as legre poles, a bit  
legre grow, legre legre to legre poles in legre  
for straw, a legre legre with away

In June or July part away legre grass between  
legre & legre & legre legre legre

The other way legre to legre, if legre legre  
of legre head full legre eggs legre legre, but  
suber before legre full. legre over legre part  
of legre eggs /

verb



To make good ink

Take a quart of Rains water, or Blavett  
 wine, or Road vinegar not being too sharp  
 5: ounce of Gall / 4: ounce of Copperas /  
 3: ounce of Gum / beat y<sup>e</sup> Gall and  
 Copperas a litle together: 2: the of soft water  
 to ltt together stand as before / note the  
 you would be putt in <sup>water</sup> /  
 after: 5: days standing you shall have a  
 lttle but very lttle he lttle play  
 of y<sup>e</sup> wine take it / send putt in a penny  
 worth of white sugar

Take a quart of fair spring water. one ounce of Copperas. 2 ounces of Gall. &  
 4 ounces of Gum Arabic. mingle the together & ltt the stand. Mr Midgeley

Take 4 ounces of Gum arabick beat small. 2 ounces of Gall beat gross.  
 one ounce of Copperas. & 1 quart of y<sup>e</sup> 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 Dochey.

I made Ink by above rec<sup>t</sup> only putting half  
 of arabick. and as good as ever was us<sup>d</sup> }  
 1/2 green

Mr. Mason Exciseman his rec<sup>t</sup> for  
 making Ink, which is very good

Take a quart of Rain or other soft water  
 and put to it 4oz of Galls grossly beaten  
 let it stand warm for 3 days Then add 2oz of Copperas  
 1/4 oz of Gum, Ditto, <sup>Alum</sup> let it stand 2 or 3 days longer  
 but shake it up 2 or 3 times a day put a lttle <sup>strandy</sup> into

Receipt  
 10. Humber, 6oz of Galls, 2oz of Copperas, 1/2 Gum arab,  
 in a quart of the ltt. wine

the bottle is well  
 shaken if from  
 new Dring



Index. See in y<sup>e</sup> later: End of y<sup>e</sup> booke.

*J. J. J.*

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note of weight & measure

lb.	a pound weight or quantity.	weight	
℔	a pound weight. (or a quart.)	gr.	12.
℥	a pound weight. (or a pint.)	gr.	6.
ʒ	an ounce (ʒi)		38.
ʒ	an ounce (ʒss)		34.
ʒ	one dram (ʒi is ʒ3.iii)	gr.	60.
ʒ	an ounce (ʒi)	gr.	30.
ʒ	one scruple (ʒi)	gr.	20.
ʒ	an ounce (ʒi)	gr.	10.

℥: a grain weight.  
 manipule. a handfull.  
 ʒ: will. weight one may hold between the  
 two fingers or a few grains.  
 m: handful for weight not for pleasure.

Note. A grain is a barley-corne.  
 a Scruple is 20 grains  
 3. Scruples a Draught.  
 8 Draughts 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<sup>e</sup> 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<sup>e</sup> 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<sup>e</sup> sore do break. w<sup>ch</sup> wilbe within xv daies: and still continue y<sup>e</sup> plaister after y<sup>e</sup> sore is broken, vntill y<sup>e</sup> sore be as flatt and as lowe, as any other parte of y<sup>e</sup> flesh: Do not cutt or prick y<sup>e</sup> sore, but lett it break by y<sup>e</sup> working of y<sup>e</sup> medicine: Make no more medicine at once then will serue for a week, and then sweetly make fresh. /

When y<sup>e</sup> corruption is cleane drawen forth, then will apcare to remaine the bagg or skynn of the Wenn, vnto which applic natbing, but yo<sup>r</sup> fasting spittle first forseeing, all y<sup>e</sup> corruption to be cleary cleane drawen forth: Deuise some cleauing thmge about y<sup>e</sup> edges of the plaster, broder then shall touche y<sup>e</sup> soare therby to make y<sup>e</sup> plaster to abide vpon y<sup>e</sup> sore w<sup>ch</sup> otherwise yt cannot because y<sup>e</sup> soape is slippery and not cleauinge: /

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

Take May-butter well clarified in y<sup>e</sup> sunne, Broome-buds, Burtree flowers, Violet-leaves, red-Sage & a little-Camomile.

5<sup>th</sup> skring



### For the reddnes of the eyes or bludshod

Take redd wine, red rose water and womans milke, and mingle all these together, and cutt a peece of y<sup>e</sup> crommes of Wheaten bread leuened, asmuch 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<sup>e</sup> bodye. ~~~~~

Take two or three onions: pill them, and slice them & beate them smale and putt therto iij sponefulls of sallett oile and asmuch aqua composita Stamp them well together, straine them thorough a cloth, then take it, warme it whott and anointe y<sup>e</sup> greued place and warme a cloth, and it on it. // ~~~~~



For y<sup>e</sup> bleeding at y<sup>e</sup> nose: Probatum X

Take a Toade and drie it in marche put y<sup>e</sup> same into some silke  
or sattene bagg and hange it about y<sup>e</sup> neck of y<sup>e</sup> 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 p<sup>r</sup>esent medicine for a laske  
is good for bleeding. *ij*

Take a Toade at any tyme of y<sup>e</sup> yere and drie it in an oven, so it doth  
not breake and when it is dried putt it into some tassaty bagg and  
hange it about y<sup>e</sup> necke of y<sup>e</sup> party greewed next y<sup>e</sup> sk<sup>i</sup>n it helpeth

For a Pynn and Webb: //

Take a handfull of hemlock and y<sup>e</sup> white of an egge and a little boysalt  
altogether beary fine & lay it to y<sup>e</sup> pulce of y<sup>e</sup> arme on y<sup>e</sup> contrary side  
and if it be nere y<sup>e</sup> sight of y<sup>e</sup> eie to y<sup>e</sup> iuce of dases, leaves rootes & all  
and put it into y<sup>e</sup> eie, and so use it, till it be whole. -----



For swelling of any parte

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

---

For the shrinking of y<sup>e</sup> sinewes.

Take a pinte of neatsfoote oile, and half a pound of may butter, & half a pound of sowes grease, smalledg. 1<sup>lb</sup>: mallowes of y<sup>e</sup> field 1<sup>lb</sup> & of french mallowes half a pound: chop all these verie smale together, then boile it in the same butter and grease aforesayd, untill it be half boiled awaye, then straine it and anoint y<sup>e</sup> place warming it first, both evening and morning, and it will help it. //

---



A noyntment for the Palsye. —

Take the flowers of sickades, the flowers of y<sup>e</sup> right spite, the flowers of french lauender, the flowers and cropps of rosemary, y<sup>e</sup> flowers & cropps of Isop; y<sup>e</sup> flowers and cropps of maudline, and a handfull of kowslipp flowers, y<sup>e</sup> cropps 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. —

---

For them theyr speech faileth. \

Take a handfull of y<sup>e</sup> 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. —

---

For the same: —

Take Stauesaker 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 vpon his toungue. —



For y<sup>e</sup> Palsey that draweth y<sup>e</sup> smowes. mmm

Take kowslip rootes and seeth them in malmsey, and bathe them therewith where he is drawn, and strife to y<sup>e</sup> right place, as warme is may be suffred, and if he cannot speake, rubb his tongue w<sup>th</sup> newe masterd and pepper, or els with y<sup>e</sup> same medicine aforesaide made of staves acre, or with aquacomposita, and herborace, and mingle it together, & rub y<sup>e</sup> nape of y<sup>e</sup> neck w<sup>th</sup> it, & so vnder y<sup>e</sup> eares.

---

For the swyming in y<sup>e</sup> head, given by m<sup>r</sup> Vesalius  
(y<sup>e</sup> 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 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 (vinger; mingle all these together and swarme it vpon a Chasingdish, and anointe the nape of the neck and the temples, and the crowne of the head, and vnder y<sup>e</sup> eares you must rub it vearly well in, and keepe the head wholl while it is a dōmge and after. mmm

---



For the paine in the back.

Take a quart of new milke from the Cowe, and the briske of a brest of mutton cutt of y<sup>e</sup> skinn and all the fatt, as nere as you can, and bente y<sup>e</sup> bones, and putt men 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 away; 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<sup>e</sup> fatt & warme it & drinke eaery morne & eaen a draught

---

Another for the same.

Take three leaues of Nepp, and fiue leaues of Clary and three leaues of Comforye, and the pith of the oxe back and chopp all these together, 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 hoose of a horssfoote, 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.  
hellyhocks two handfulls. Troop 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 Quila. ~~~~

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<sup>e</sup> end of the fundomet, five *Uemes* w<sup>ch</sup> are  
 called *FLemoroydale* and are ordeyned of nature to purge the  
 gross and melancholy blood in men, as weomens bodies are purged  
 euery moneth: yf y<sup>e</sup> said purgations come duly yt p<sup>r</sup>eseructh  
 the body from sondry diseases as from y<sup>e</sup> Lepre, from Canker  
 and such like; They be called *FLemoroyde* of *FLema* which in  
 Greeke is blood, and *rois* w<sup>ch</sup> 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<sup>e</sup>  
 fundament, and some are pamefull and *aposthum*. The cause of  
 these for the most parte, is aboundance of gross and melancholy  
 blood, and somtime of flegme, and somtymes of brent choler sent  
 vnto y<sup>e</sup> said place, or els they come thorough the receipt of sharp medy  
 cines: Wherfore by the greate aboundance of such blood, yt chanseth  
 y<sup>e</sup> the sayd *Uemes* swell, and be extended out of the fundament,  
 being very pamefull and *aposthum*. Therfore if y<sup>e</sup> blud be very  
 subtile and sharp; and the passion naturall and commg by courses  
 Then the mouthes of the *Uemes* are opened (without y<sup>e</sup> melancholy  
 blood is purged by the benefitt of nature; and also the sayd matife  
 blood watrye and not grosse, then they are like little bladders, or  
 grames 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

\*αιμορροϊδες



they are hard like warts or unripe figs, 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, fowre tymes, purge gross and melancholy blood: The accidentall are those which proceed of y<sup>e</sup> forsayd causes, through ill diett, or other thinges not naturall, wherefore the patient must auoyde all sharp, salt, and tart thinges that mpende melancholy blood, as all pulses, the head, the inwardes of beasts, and gross flesh as of kme, swine, goates, hares, and birds of y<sup>e</sup> reuer: Those that are mpendred 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<sup>d</sup> worth of Cantarides (sow them in a linnen bagg. steep them ouer night in verger, the next morning apply the 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 it a cabbage wafer when it draws to some hard bott out the blisters

See pag.  
19, 61.



~~The~~ ~~Recipe~~ ~~for~~ ~~the~~ ~~same~~

Take planten leaues, and elder flowers; fill them w<sup>th</sup> 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<sup>l</sup>m, till the mercury be consumed; then let it stand till it be colde. and so putt in yor almonds. mm-

To make excellent aqua caloris. mm-

Re. Cinamomi. ʒij  
 Zinziberis ʒij  
 Santhaloram }  
 omniu<sup>m</sup> singulon } ʒij  
 Gariophyllorum }  
 Gallanga } ana ʒij  
 Nufis muscata }  
 Macis cubebarū - o ʒij  
 Cardamomi vtriusq<sup>e</sup> }  
 Sem: mgella } ana ʒij  
 Zedoria ʒij  
 S: amsi, fenicul ʒij

yt waxeth moist } Upon the head, as it wilbe, drye the same one a dish  
 upon a Chafin dish, and coales, applying y<sup>e</sup> same, as often as you have  
 cause mm-



Pastmasi ocymi  
 Rad. Angelica  
 Cariophilatæ  
 Liguiritidæ  
 Calami aromati  
 Phu: scabiosa  
 Thimi Calamintb  
 Palagy Serpilli  
 Majoranæ Mentha a 3ʒ  
 Floru rosarū rub:  
 Saluæ Betonicæ  
 Rosmarinæ  
 Saccharo  
 Buglossi, Boraginis a 3℥  
 Pul: Corticu Citri 3ʒ  
 Species Diambreæ  
 Aromat: Rosat  
 Diamoschi, Dulcis  
 Dia margarito Calide  
 Elect de gemmis a 3ʒ  
 Maccrant<sup>r</sup> f a in tib 12 (Omni optimi clarissimi siue spirit<sup>r</sup> Verm  
 Del aqua uitæ dieb<sup>9</sup> xv: at distillent<sup>r</sup>, et in ag: inde fluente  
 Ut distillat adde Sonthal odorat, id est Citrini 3ʒ maschi, abrac  
 a gran xv Julapi rosacei clarissimi tib misce et bene Cooperta, Serua: .....  
 Bynd the.



**B**nde the ambergreece muske and Saunders, in a cleane  
 lymen cloth, and lett y<sup>e</sup> water as it distilleth dropp through  
 the muske and amber and y<sup>e</sup> Saunders, and lett it be tied to  
 y<sup>e</sup> pipe of y<sup>e</sup> Limbeck: Then afterwards add yo<sup>r</sup> Sulpp of  
 Roses (unto y<sup>e</sup> water distilled. ~~~~~

This is called y<sup>e</sup> flower of all oymtments, alias  
 flos onguentoru<sup>m</sup> for it is for all maner of  
 maladies, aches or hurts, new or olde. ~~~~~

Take Rosen and perrosen, of ech half a pound Virgen Wax,  
 olibanum if there be no Olibanum, then somueh frankensence  
 of eche a q<sup>r</sup> of a pound, Camfer y<sup>e</sup> or m<sup>o</sup> drames of masTick  
 one ounce of harts sweat a q<sup>r</sup> of a pound; melt y<sup>e</sup> that is to be  
 melted, and pound y<sup>e</sup> is to be pounded, beaten and finely searced  
 and being melted, first put yo<sup>r</sup> tallowe and wax together,  
 then put yo<sup>r</sup> rosen, and perrosen together to them then your  
 olibanum, then last yo<sup>r</sup> masTick and when all is melted ouer  
 a soft fier, then strame them thorough a cloth into a pottle of  
 white wine, Then boile the wine with all the other medicines  
 together, then let it coole till it be blood warme, then put therto  
 a q<sup>r</sup> of a poand of Turpentme, and be euer stirring, An ill y<sup>e</sup> be  
 coole, euer beware yo<sup>r</sup> stuff be bloodwarne (when you putto your  
 Turpentme.  
 ser

vide pag:  
 30. & 56.



for if it be whott it will marr all yo<sup>r</sup> Suff. / When it is done and colde mough then anointe yo<sup>r</sup> hands with oyle of sweete almonds and make it up in roles, and kepe it to yo<sup>r</sup> use for the most pretious salue can be made for all diseases / and for y<sup>e</sup> goute to spreade Upon a cloth like a plaster, and put it to y<sup>e</sup> place greued, and yt will not come off / Untill y<sup>e</sup> pame be gon. And if it be for the goute take half a pound of Comen mingled w<sup>th</sup> y<sup>e</sup> things aforesayde w<sup>th</sup> y<sup>e</sup> Campher, you must pound two or three almonds, or els y<sup>e</sup> Campher will not come to powder. / When you make yo<sup>r</sup> salue into roles, then you must cast in yo<sup>r</sup> Campher where y<sup>e</sup> goute prieks or akes / Laye to this plaster, and it will drawe out euell humors, & ease you of yo<sup>r</sup> pame; and this Intreat is good for y<sup>e</sup> goute, and for olde sores festred: for mangey of all treats it is most clenng, and a storrer, and will ingender and gather newe flesh; yt is good for all ould aches, and impostumations of y<sup>e</sup> body, head, face, or otherwhere: for Smowes sproonge or shrunke, or to drawe out venim, stimping or biting 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<sup>e</sup> lymes and head ache, y<sup>e</sup> splene & y<sup>e</sup> eies, and breateth all maner of posthumacōns or swellings in y<sup>e</sup> Coddys, festers and Canters, all fluxes of men and women: 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<sup>e</sup> red hill in Almaine, y<sup>e</sup> w<sup>ch</sup> wrought many maruells w<sup>th</sup> 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<sup>e</sup> same upon any iointe (where the paine is. first anointe yo<sup>r</sup> iointes with oyle of roses, then laye it on. The stuff of your plaister must be half an inch thick accordmg to the property of y<sup>e</sup> same; you must lett it stick and continue 10 or 12 daies together although it putt you to some paine of ache in y<sup>e</sup> 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<sup>e</sup> time of yo<sup>r</sup> disease, without any maner of renewing . . . . .

To make Oile of Exiter . . . . .

Take a pound of y<sup>e</sup> flowers of pugles in May. & Dip y<sup>e</sup> in as much oyle olis as they may easily 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<sup>e</sup> moneth of June, beate them in a mortar as smale as can be, then take y<sup>e</sup> flowers and wringe them out of y<sup>e</sup> oile (w<sup>th</sup> cleary cleane hands, and put y<sup>e</sup> in white wine, a night and a daie; Then take y<sup>e</sup> herbs with y<sup>e</sup> wine, and boile them together with y<sup>e</sup> oile, ouer a soft fier, so long till the wine & water be wasted



be wasted awaye. And thus you shall knowe. take of y<sup>e</sup> 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 Linnen  
 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 v<sup>e</sup>ry good for y<sup>e</sup> 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. —

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To make Oyle of Swallowes. — infus p 29.

Take twenty Swallowes, and put them in a mortar, and putt therem  
 Lauender Cotten, Lauender specke, Camomill knotm<sup>s</sup>, ribwort,  
 balme Gallerian, rosmary tops, woodbine tops, struges of vines,  
 french mallomes the tops of Ailehouf Strawberry strims, 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 of Camomill; y of red rases, y ounces of cloues, beaten smale, a  
 quart of neatsfoot oile, or els as much may butter, All these must  
 be beaten togeather, in a mortar, and then put them in an earthen  
 pott and lett it stand Under y<sup>e</sup> ground ix daies, and stopp the  
 pott cleane, and v<sup>e</sup>ry close, then take it up, and putt in the pott  
 and.



halfe a pounce of Wax, and a pinte of neats footoile 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<sup>e</sup> whole yere Probatu

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To make an ointment for y<sup>e</sup> stomak against  
the colic

Take Capons grease y<sup>e</sup> quantity of 7 ounces, rosemary in handfulls  
and sirop of downward and stamp it smale, 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 halfe an ounce of y<sup>e</sup> powder of masse  
very finely scerced, and then lett it be strayed, and use it to y<sup>e</sup>  
mouth of the stomak warme.

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For y<sup>e</sup> Sciatica

Take a pound of Wax, the Juice of marjerom, red sage, in spoone  
fulls of y<sup>e</sup> iuice of onions two spoone fulls of frankensente nutmegs  
cloues mace, and annis seeds, of each a penyworth of turpentine  
and apply it upon leather

---

For y<sup>e</sup> same.

Take Aquavite or Carnuel, in a marrow of a deer-blanch or deer-foot  
or neats-foot oyle. now putt all these together in an earthen-pott or  
for distill them in y<sup>e</sup> sunne or a pott of warm water. M<sup>rs</sup> Mathews.

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To make a Tisane for y<sup>e</sup> 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<sup>e</sup> Sunne Bonned, liquoris stamped  
annis seede a little brused. Let all these be boyled together in fayre  
running water accordmg to y<sup>e</sup> 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 howers, and then drie it in a faire 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 smale powder; but sett y<sup>e</sup> 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<sup>e</sup> Stone.

Take Magisterium Tartari 8 grains Diagrædium 8 grames, mixe  
them perfectly together in powder. & this is y<sup>e</sup> greatest proportion  
y<sup>e</sup> you must take at one time in a gill of white wine.



A Very good almond milk for y<sup>e</sup> bloody Flux . . . . .

Take mutten 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 together Very well, Untill the strength of euery thing  
 be boiled into y<sup>e</sup> 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<sup>e</sup> or in Waumes, then straine it  
 thorough a faire cloth and season it well with suger, and a little  
 salte Give it yo<sup>r</sup> patient to drinke, at any time of the daye . . . . .

For one y<sup>e</sup> is Stunge with an Adder . . . . .

Take musford seede and bruse it in a wooden dish, w<sup>th</sup> dragon  
 Water, then opening the wound with a fine needle 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 w<sup>th</sup> dragon  
 Water, then laye the medicine upon the wounde, binding it on  
 with a faire cloth: then y<sup>e</sup> 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 wounde, and if the wounde be deepe, then make a tent of Linne, togeather with the salve and putt it into the wound: mmm

A drinke for y<sup>o</sup>uerflowing of the Gaule: mmm

Take half a pinte of Goates milk, half a pinte of redd rose water two ounces of man<sup>2</sup> 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. mmm

Take ij or three raddish rootes, scrape them and wash them vearly 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 lute warme. mmm



For the same . . . . .

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

Another for the same .

Take black soape of the s<sup>t</sup>mons 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 . . . . .

To help the Quila . . . . .

Take a peece of fine linen cloth, cut it rounde as bigg as y<sup>e</sup> mould of y<sup>e</sup> 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<sup>e</sup>  
powder upon y<sup>e</sup> 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<sup>e</sup> can, beate y<sup>e</sup> same into smale  
powder, and lay it on y<sup>e</sup> flex. all ouer: cut a round peece of cloth as the other  
before quilt all these together, that y<sup>e</sup> powder run not abroade, geuing a  
spetiall marke to y<sup>e</sup> side y<sup>e</sup> salt is on, laying this quilt to y<sup>e</sup> middle of  
y<sup>e</sup> head very whot, the salt side uppermost from y<sup>e</sup> head, and when  
yt



yt Waxeth moist (ppon the head, as it wilbe, drye the same one a dish  
 vppon a Chafin dish, and coales, applyng y same, as often as you haue  
 cause

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An Electuary y<sup>e</sup> Quene Mary was wont to take  
 for the passion of the hart

Take damask roses half blowne out, cutt of y<sup>e</sup> Whites, and beate your  
 roses very fine, and strame out y<sup>e</sup> iuice, as much as you can, you may  
 putt to it if you will a little rose water, to make it y<sup>e</sup> more moist,  
 Then take of y<sup>e</sup> 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 vppon a kniues 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.

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An aquacomposita for y<sup>e</sup> yellow Iandize

Take iij 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 graines, one ounce of Galmgale, a dram of vncorns horne iij ounces  
 of



of anniseede and iij 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, iij or iij rootes of fenill, of parslye and  
succorye, the piths taken out, shred them also, two ounces of english  
saffron, finely beaten / y ounces of the grene of goose tords newly  
made, y ounces of Elicampana rootes, y ounces of redd Wormes, w<sup>ch</sup>  
are comonly called eases; ripp them a sunder in y middlest, and scrape  
out y 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 snailes, 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 drye them in a cloth very drie  
Take y ounces of these also, and putt all these aforesayd into the ale,  
into an earthen pott, one daye and one night, and stir it fieve or six  
Tymes in that space and then still it either in a lymbeck of glass, or  
of pewter, you must still it in May, and lett the patient drinke it in ale  
at morning and euening, one sponesfull at a tyme; you may kepe this  
iij or iij yeres, the longer the better: Put also vnto these aforesaid  
half a pound of reasons of y sun, stoned, and two ounces of hartshorne  
finely made into powder.

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For y<sup>e</sup> Green-sicknes.

Take earth-Wormes open them, wash them cleane, drye them in  
an oven & beat them to powder. giue 2 sponesfulls in white  
Wine in y<sup>e</sup> morning.

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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 Imbers and when it is mough, laye it plaster waye to y<sup>e</sup> 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<sup>e</sup> egg, and the oile of roses, and make a poultes of them . . . . .

For any sore, or pimples in the face . . . . .

First take bole arminick iiii ounces, camphir one ounce, White copperis iiii ounces put yo<sup>r</sup> 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<sup>e</sup> Camphir and copperis in a brasen mortar very fine and by it self; then beate y<sup>e</sup> bole arminick by it self, and afterwards beate them altogether and kepe them close in a bladder, and when any body is hurt, or hath y<sup>e</sup> skinne broken, 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<sup>e</sup> same water, and stir them well togeather and kepe it in a glass, and lett it stand till it be clere in y<sup>e</sup> Copper parte, Then washe y<sup>e</sup> sore with a linnen cloth as warme as they can suffer it, and wett a cloth in or in dubble and laye it vpon the sore, and if it haue a hole in it wet linte in y<sup>e</sup> water, and fill y<sup>e</sup> whole before you lay on the cloth; and if any water be left in y<sup>e</sup> saucer, powre it on y<sup>e</sup> cloth, that lieth on y<sup>e</sup> sore, and bind it well up: and keepe it very warme, do this morne and even, vntill it be whole. You may use this medicine after y<sup>e</sup> ointment, in the other side w<sup>ch</sup> yo<sup>u</sup> may use as longe as you liue

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

Take one ounce of Unguentu<sup>m</sup> rosatum, of the best you can gett and half a pennyworth of y<sup>e</sup> best brimstone, and a pennyworth of y<sup>e</sup> best ginger that you can gett, pare it, and beate them bothe very fine, & searce them, and putt them into y<sup>e</sup> rosatum: mingle it very well togeather putt it into a box, Then nomte yo<sup>r</sup> face where it is pumpled, xij nights and in all that tyme you must take hede, that no swell come to yo<sup>r</sup> face. Then the xvij night, take some oile of sweete almonds, and anomte yo<sup>r</sup> 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 saulsyne you must be purged two or three daies before you take it and be lett blood also if you will. you must keepe a heary good diet whilist you take it. ~~~~~

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Another for the rednes in y<sup>e</sup> face. //

02 Take y<sup>e</sup> 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 haue 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<sup>e</sup> grease be consumed, and then streine it out, Then beate it out in rose Water, and the Juice of lemmons, till it comes to a heary pure whitenes: Then anointe y<sup>e</sup> face, you may vse lamms sewet thus: wh<sup>ch</sup> is supposed as good as the other. ~~~~~

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For y<sup>e</sup> Rume in y<sup>e</sup> Eyes, or pain in y<sup>e</sup> head.

Take an ounce of Nutmegges, an ounce of Cloues, & an ounce of Mace, of Rosemary y<sup>e</sup> worth (i. a good handfull) of Sallet oyle a gill. Boyle all together & lay it on y<sup>e</sup> Crowne of the head, y<sup>e</sup> said ingredients being boyled & first beat to powder. y<sup>e</sup> may lay vnto y<sup>e</sup> Eyes Concrete of Roses &c.

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## 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<sup>e</sup> 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 haue 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 well together, and then take it and make it in little balles and then wash yo<sup>r</sup> face at night with one of them, in fayre Water. If you will haue this only to wash yo<sup>r</sup> hands, put in a little Venice soape; but putt none of that in for youre face . mmm

Oil of  
Swallowes.  
Pg. 18.

**A singular Ointm<sup>t</sup> for any Bcke or Bruise.**  
Take Rosemary-toppes, Lauender-Cotten, Byme, y<sup>e</sup> stringes of Strawberries, French-Mallowes & Southrenwood, y<sup>e</sup> toppes of Bayes, Gill, Rava ana 2 handfulls. Bake 30 Swallowes out of y<sup>e</sup> nest young & flush, & pound them very small in a stone mortar till y<sup>e</sup> see noe substance but feathers. Then pound all y<sup>e</sup> herbes w<sup>th</sup> y<sup>e</sup> swallowes & an ounce of Cloues therw<sup>th</sup> & in y<sup>e</sup> pounding putt to it by little & little 2 pound of Barroes greafe; then putt it all into a bott & cover it close, & let it boile for y<sup>e</sup> space of 2 houres, putting to it at y<sup>e</sup> first before y<sup>e</sup> boile it a quart of Reats-foot oile. Then take it off & strain it, & couer 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 vp, & keep it for your vs<sup>e</sup>.



A devine Plaster for any ache (which  
being laied to y<sup>e</sup> place greived, taketh away  
the paine so soone as it is once throughly warme

Use  
page 56.  
515.

Take two pound of Enwrought wax, of deere suett half a pound, of perrosen  
fower pound, of cloues and mace, of each two ounces, half an ounce of  
saffron, of rossen two pound of black pitch a q<sup>r</sup> 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<sup>e</sup> cloues maces and saffron // Then  
take a pottle of redd wine and by little and little powre it to y<sup>e</sup> salve, stirring  
it together and when it is melted, strame it into a cleane pann, and then  
put in y<sup>e</sup> powder of cloues, maces and saffron, casting it abroad (Upon y<sup>e</sup>  
ingrediences, and stir it well together a good while, and let it stand till it  
be somewhat cold and then anoint well y<sup>e</sup> handes with oile or soft greace,  
and while it is somewhat warme, make it Up in bigg roles, and drive it  
with y<sup>e</sup> handes often tymes, and then it will be coullered like wax, and so  
make it Up in good roles. ~~~~~

For numnes of members. ~~~~~

Take and anointe the preefe 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

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For the dymnes of the eyes.

Take of the water that is skiled of strawberries, and wash y<sup>e</sup> eyes  
with yt; Likewise it doth quenche y<sup>e</sup> heate of the face, and take  
awaye the redd spots of y<sup>e</sup> same, if you use it xij daies together.

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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<sup>t</sup> antonies euell, as diascoridis reporteth lib: 4 chap: 34

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To heale the Emrods.

Take A ron called Cuckoo pmtle, and boile it in oile-Oliffe and  
warine applie it twice in the daye, it healeth it w<sup>th</sup> in ix daies at  
the surthest

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For sore eyes a remedy most excellent

Take rose water womans milke and the white of an egg, beat them together, and putt of it into the eies, yt taketh away the dymnes burring, rednes and swelling and cleareth the sight: ✓

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To heale a fellon or Bile. ✓

Take beane meale and senecrick in powder ana ʒij mix it with hony a sufficient quantity, and applie of it to the greese morne and even, yt helpeth ✓

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To heale y<sup>e</sup> greate heate in y<sup>e</sup> breasts of women  
or in y<sup>e</sup> priuy members of men. ✓

Take the iuice of hemlock and applie it to the greef 2 or 3 tymes in y<sup>e</sup> daye and wet a cloth in it and laye it to the greef use it 3 or 4 daies, yt quencheth S<sup>t</sup> Antonies fier ✓

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For a sore-Breast. or y<sup>e</sup> Wolf. ✓

Take Pitch or Rosin ʒ3. Bees-wax ʒ3. Sharp-sulph<sup>r</sup> ʒ3. all boyled together taking away y<sup>e</sup> scume. then take a piece of new-linnen cloath unwashed fro y<sup>e</sup> weaver or steep it in it of both sides like a fear-cloath, as cutt it in pieces according to y<sup>e</sup> wound, as yf it need a Tent take some of y<sup>e</sup> said plaster & make a little tent & put it in. then lay on y<sup>e</sup> plaster as yf it doth not curde make y<sup>e</sup> Lintick of sweet-milk or sterneal, but in no case let y<sup>e</sup> wound shut of Ramfelines, for they will break in another place. When it is cured anoint it w<sup>th</sup> y<sup>e</sup> Oyle of Swallows or some milder Oyle to take away y<sup>e</sup> redness out of y<sup>e</sup> breast. y<sup>e</sup> 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 Selendine 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<sup>e</sup> eyes morne & euen, it cleareth y<sup>e</sup> .. //

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For the Jaundize and Choller

Take ʒij of the rootes of Solloidiu, annis seede in powder ʒij, 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. ~~~~~

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For acbe, sitch, or swelling . r

Take half a peck of earth wormes, and putt them into haye to  
skowre them selues shifting them 3 times in 24 howres w<sup>th</sup> 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<sup>r</sup> Use to anointe  
the greif w<sup>th</sup> 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 spoonefules at a tyme

---

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

pag. 38.

Take wax ℥j, rosine ℥j, q<sup>r</sup> and of the powder of *Arisolochia rotunda* and of longa of each ℥ij, melt the wax and the rosine, then putto yo<sup>r</sup> powder finely beate and sear'd, and stir it till it be colde, and laie of it to arie of the greeces morne and euen plaster wise, yt remedieth in short space, as it hath bene tried. 7

---

To drawe the rewme from the gummes . 11 .

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<sup>e</sup> gomes and ease the toothe ache

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

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 w<sup>th</sup> 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 w<sup>th</sup> a sponge wetted in  
it, and let it drye in, and it remedieth the greese. —

For the Migrome. —

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  
plaster and lett it lie till it falle of alone, dressing it three times, yt  
cureth the greese certainly. —

For the Cough. —

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 Eirring<sup>l</sup>  
 rootes  $\mathfrak{z} \mathfrak{v} \mathfrak{m}$  fenell seede  $\mathfrak{z} \mathfrak{ij}$ , cloues, nutmeggs ginger, longe  
 pepper black pepper and mace ana  $\mathfrak{z} \mathfrak{ij}$ , darret Wine. half a  
 pinte boile them a while on the fier, and keepe it for yo<sup>r</sup> use  
 take of it morne and euen  $\mathfrak{z} \mathfrak{ij}$  at a time, you may giue it to any  
 woman w<sup>th</sup> childe at any time.  $\mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z}$

---

A medicine for pissing a bedd

Take of the powder of barts horne, and take morne and euen  $\mathfrak{z} \mathfrak{ij}$   
 for 12 daies in yo<sup>r</sup> drinke refrayning from butter fatt meate and  
 oyle and pottage for the tyme.  $\mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z}$

---

For y<sup>e</sup> heate of y<sup>e</sup> body of what cause soeuer it be.

Take endif water half a pinte, of milke a pinte, brewe them well together,  
 then see the them and when they seeth putt into yt  $\mathfrak{ij}$  spoonefulls of Ringer  
 and it will curde, take awaie the curde cleane, and drinke of it morne  
 and euen 7 or 8 spoonefulls, bloud warme.  $\mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z} \mathfrak{z}$

---



To stopp a flux .

Take Rice  $\mathfrak{z}\text{ij}$  seeth it in faire Water a quart, till it breake, take that liquor, and put to it Simamom in fine powder good store, and drinke of it two or three times, as yo<sup>u</sup> list in y<sup>e</sup> daye time warme .

---

For the Tisick .

Take horebounde wormewood Isop and calamit ana  $\mathfrak{a}\mathfrak{j}$  bruse them, and putt them into y<sup>e</sup> gallons of stronge ale or beere for 24 houres, then straine it and to every quarte putt  $\mathfrak{z}\text{ij}$  of suger in fine powder, and eate man<sup>er</sup> xpus and pennedico morne and even  $\mathfrak{z}\text{ij}$  at a time, not for to drinke after it for y<sup>e</sup> 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  $\mathfrak{z}\mathfrak{j}$  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<sup>e</sup> or  $\text{ij}$  times in the daie to eate .

---



For burninge or skalding .

Take graye sope and anointe the greese w<sup>th</sup> it <sup>4<sup>th</sup> houres</sup> together, that you lett it not be without nointing half a q<sup>r</sup> 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 .

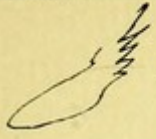
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To take awaye the rednes of the face .

Take quilles gress ʒij and putto it powder of brimsone finely grounde ʒj and xx cloues in fine powder, mix these well together, and anointe the face euery nighte when yo<sup>e</sup> goe to bedd, and in y<sup>e</sup> morninge wipe yo<sup>r</sup> 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 Venice Turpentine ʒij 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  
 vpon yt. and it will heale it .

---

For such as do vomitt and cast vp their meate

Take oile of spike, and anointe the stomake with it, then take a fine cloth.  
 Wett it in Water and doble wringe it being two folde, laie it to y<sup>e</sup> stomack  
 colde vpon the oile, Use it vij or viij 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 Viniger, and putt of it into y<sup>e</sup> nose with a Serpige 2 or 3 times in the daye being bloud warme, and it will remedy y<sup>e</sup> same in 3 or 4 daies.

---

For the yellow Gaundize

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 5 or 6 times in the daye ʒj at a tyme.

---

To cleanse the Urine 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 cleanseth grauell, it is good for the Siattica, rapture or bluddy flux.

---

To stint the blood of the Piles

Take y<sup>e</sup> iuice of yarrowe, and drinck it, this is proued, and laye y<sup>e</sup> powder of burnt garlick therto, for it is good for them.

---







To stint bloud in a wounde.

Take braime and shaue of the Upper pill of it and take the pill next the wood and make splayetts 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 small 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 21 daies, morne and even.

---

For a wound y<sup>t</sup> hath perill in it.

Giue y<sup>e</sup> sick to drinck at y<sup>e</sup> beginning pigell bagell, and sanacle hearb, robar de matsellon, epremony, daifies, wayebrode, sentory, antorosi, cresses, tanzey, mallorres and hemp, of each alike, mitch mather half as much as of all the rest of y<sup>e</sup> 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<sup>e</sup> wound diligently, and dress it up: this drinke is good for the fister, canker and many other things, you must giue it daily to the wounded man fasting, 5 or 6 sponesfulls at a tyme.

---



A drinke to heale a Wounde or sore

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

---

A soueraine 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 parceley 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 couche, ache of y sides, impostumes  
of the body, or any euell in y 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 pepper and mallowes of each alike seeth them  
well, and braye them well with Isell and ole olif, hony and Wine, and  
therewith anointe y skurf or spots of y face, it remedieth.

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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 putt it vnder stone suger, and giue the sick one sponefull, if he be prouoked to cast, take a sponge swett it in vinger, and hold it to y<sup>e</sup> bove of y<sup>e</sup> throte, it staieth y<sup>e</sup> same. Probatum.

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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<sup>e</sup> back use it 4 or 5 daies.

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For sorenes of the back w<sup>th</sup> 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<sup>e</sup> back.

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For one that spitts bloud.

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

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## A Powder for the Fisher

Take Arrommt. 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<sup>e</sup> sore as often as neede  
requireth, yt will heale perfectlie.

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## For one that is Wounded

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

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

Take a penny weight of land cressede and give y<sup>e</sup> 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 tormentall bayberries and mirre  
ana ʒij make these into fine powder, mix them well together give y<sup>e</sup> 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<sup>e</sup> mirre suffreth no corruption in the body of man.

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## For y<sup>e</sup> same purpose.

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

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Sh: H. C.



For the Quartane Fever . . .

Take triacle, Wax, oile olive, and barrowes grease ana  $\xi$  j melt the wax in the oile, and putt it whott into a mortar (with the rest, and sworke 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 sapsplene face . . .

Take a white lilly roote and swimes 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 sapsplene faces, garlick, onions, leekes and redd wine, they mainteine y sapsplen 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 . . .

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To heale a wounde lightlie . . .

Take mather tanzey hemp cropps, the cropps of redd colle, the cropps of redd  
nettles, and y<sup>e</sup> cropps of redd briars asmuch of y<sup>e</sup> one as of the other save of  
the mather half asmuch as all y<sup>e</sup> 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 have 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<sup>e</sup> morne and to walke a good while  
after use them as neede requires . . .

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To cleere a wounde . 1720

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

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For a sore y<sup>t</sup> 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<sup>e</sup> sore morne and even . //

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A pretious Water for sores olde or newe

Take canouse that leather neuer came in; a pottle of the best worte a gallon of lee made of wood ashes togeather . then take roche allome and of the cropps of mather ana  $\text{ij}$   $\text{z}$  // 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

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To staine the flux . 1720

Take a quart of faire Water and boile it in perrewincles a handfull sinamon y<sup>e</sup> m fine powder a lemmon cutt in peeces boile them till half be wasted then straine it and sweete it with suger, drinck it morne and even . 1720

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A Water for diuers sores Well tried : : 1

The Urine of yong children Knauish and Wanton, a pottle of the clearest Urine that may be gotten and take stronge Wine Urine a quart, putt them togeather and putto them wood ashes and Unslackt Lyme of each a pretty quantity and seeth it till y<sup>e</sup> third parte be wasted, then lett it stand till it be cleere, then putto it salt armonike, salt geme, salt intar and allum de plumbe ana ℥ij made into powder and stopp the glasse close, and keepe it for yo<sup>r</sup> use, this water well kill in fower daies any naturall cancker, festur, dead flesh and wenns. yt kills the webbe in y<sup>e</sup> eie if you touche it with y<sup>e</sup> water but once it is good for many other thinges more, as it hath bene prooued ~~~~

---

To staie the Flux : ~~~~

Take wheat flower, putt it into a bagg and tie it hard togeather then seeth it for 24 howres in faire water and it wilbe veary hard, then lett it coole and scrape of it into milke, & lett y<sup>e</sup> sick drinck of it morne and even /

---

For swellings : ~~~~

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

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### 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<sup>e</sup> eare, as a plaister, it remedieth y<sup>e</sup> same : //

### For the biting of y<sup>e</sup> brest and stomak

Take pepper ℥ss in fine powder baye berries ʒij likewise in powder mix them well together and drink ʒss of it in luke warme wine it ceaseth the torments of the body, y<sup>e</sup> biting of y<sup>e</sup> 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 subline. This water will heale all sores & fistelos as it hath bene often proued : //

### A certaine remedy for y<sup>e</sup> toothach if it procedes 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<sup>e</sup> iuce into y<sup>e</sup> parties contrary eare & before you can tell to 20 y<sup>e</sup> cure is done.  
Henry Cholmeley.



For the running out of y<sup>e</sup> fundament

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

To stopp y<sup>e</sup> flux of pomora 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 sponefulls, when it is colde, it wilbe like a Jelley

For the<sup>e</sup> Epileptia Infallible ¶ Falling-sicknes.  
it remedeth 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 vj daies, fasting in the morning 3<sup>o</sup> 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<sup>e</sup> same. ¶ falling-sicknes.

Take y<sup>e</sup> hearts of Moules dryed into powder. or drinck Cowslip-wat

for y<sup>e</sup> same  
Take a pottle of old Ale without hops: half an ounce of Nutmegs: a q<sup>ter</sup> of an ounce of Ginger. half a q<sup>ter</sup> of an ounce of Cynamon; & half a q<sup>ter</sup> of a pound of sugar. beat y<sup>e</sup> spices together in a mortar, put them in y<sup>e</sup> Ale: & take a q<sup>ter</sup> of a pound of Liony-root, & bruiſe it in a mortar & put it into y<sup>e</sup> Ale w<sup>th</sup> y<sup>e</sup> spices, & let it stand 3 nights. & then drinck a draught of it 9 mornings together. stir it well when y<sup>e</sup> drinck it. & if it cure not w<sup>th</sup> y<sup>e</sup> first 9 mornings, rest fro<sup>m</sup> it 2 or 3 dayes & then use it again, & pray for a blessing. And every night when he goes to bed apply to his forehead Rosemary bruiſed & a Nutmeg grated, & white wine vinegar lukewarme & get rest



For greate bodics as y<sup>e</sup> tympany or dropsey in y<sup>e</sup> legges .

Take white wine three gallons, stronge beere iiii gallons, safeperella Sene  
liquoris skript ana  $\mathcal{L}$  cortex ligna  $\mathcal{L}$  broused, coligumtida, sassafrage  
ana  $\mathcal{L}$   $\mathcal{L}$  boile them close in balnea maria 24 howres then lett it coole, then  
lett it runn thorough an Iocras bagg, and ad to it  $\mathcal{L}$  of mithridatum  
goue 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<sup>e</sup> leaves of land Willoves, stamp them smale and  
Wringe out the iuice and putto it a little longe pepper, and lett y<sup>e</sup> diseased  
drinke of it in stale ale, yt will ease hym incontmently .

A most pretious Water to recouer one at y<sup>e</sup> pointe of death

Take y<sup>e</sup> spirit of Wine rectified iiii tymes, oile of Sulpbur and of vitriall ana  
 $\mathcal{L}$   $\mathcal{L}$  Julip of Violatts  $\mathcal{L}$  60, mix them togeather in a plasse and oue to the sick  
of it 3, ii at a tyme, it recouereth them that lye at y<sup>e</sup> pointe of death, it mittiga-  
teth all paines, and dissoluetb all infirmities, it breaketh all colerick humors  
preserueth y<sup>e</sup> stomack it causeth appetite, it helpeth all kinde of fevers, and  
preserueth both man and Woman in good state. Vsmo it somtymes.



A Dyett-drinke.

53.

Take of polypodium the weight of  $\text{v}^{\text{ij}}$   
of Spicnard the weight of  $\text{vi}^{\text{ij}}$   
of Junctus Odoratus the weight of  $\text{v}^{\text{ij}}$   
of mergero the weight of  $\text{v}^{\text{ij}}$   
of Seltwell the weight of  $\text{v}^{\text{ij}}$   
of Kubarbs the weight of  $\text{ij}$  dram.  
of Sniamo beaten the weight of  $\text{v}^{\text{ij}}$   
of Senay beaten the weight of  $\text{iii}^{\text{ij}}$   
of Galengall, the weight of  $\text{v}^{\text{ij}}$

Beat all these a sundry 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 litle shorte of the bottom  
tie the bagg close to the sticke, 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 maybes  
coulde, so this will yo find yo very truly  
skoured.



Right noble knight your kindness and love  
 to me and myne  
 hath bene always such as makes me by us  
 persumptions of more fauours which if it please  
 you now to grant I will not in great measure be  
 so troubled to you againe, it is for those  
 who I desire to be thankful to for manye articles  
 presented at thos hands, my fate is for a page  
 which if it please you to grant and I shall  
 thinke you doo me ab great a pleasure at  
 this tyme as ~~you~~ I can desire of you, I  
 beseech you sir for all the fauours y<sup>e</sup> euer you  
 haue done me doo me not in this and  
 if you do grant it me let me haue it with  
 speed for I ~~am~~<sup>am</sup> to packe it and send it up  
 to London before y<sup>e</sup> first of august, youge  
 Henrys Chamberlye be not ware I must not  
 forget to present this seruaice and thanks  
 for all your pertiffes, thus with my service  
 presented to you by my god to grant  
 you what you can best wish for your soules  
 health and worldly comfort, I will atways  
 be your assured and thankfull friend

thankes for  
 margrett



155

A. medicis to cure by the weapon published  
amongst other things by Rodolphus Goeborus  
Professor of Physick in Wittenberghe in  
the year 1608. Intituled the magneticall  
cure of a wound. Page: 264

Take of the mass of the skull of a strangld man  
2 ounces, of the mumia of mans blood, sicc uncc and  
a halfe, of earth wormis washed in water, or wine and  
dried, one ounce and a halfe, of Helmetitis 2 ounces  
of the fatte of a Boare, hore 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 sunne is in Libra, Dippe into the oylment  
the iron or wood, or some sallow sticke made wet with  
blood in opening 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 wypping away the matter.

a plaster

take potat Decula made of Sural ale, unisposed  
ferret food, Browne sugar candie & Gumme /  
fox paires into the heade

take bay salt, remaining food, and ferret  
of ourriat and put one a hand full of beate  
they be hal a plaster  
of unigox & a pint of rosa beate and lil

For Head a. Ra.  
 mingle them together as amount of head often times sterroish. Or.  
 & of braines of a Crow. keethe it & eat it. & it will help. H. Cho.



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

old pag  
30.15

Take Beffen & profsen of each a pound. Virgine's Wax & Franc-  
linfence of each a quarter of a pound. Mastick an ounce. Start's tallow  
or Deso-froitt a q<sup>r</sup> of a pound. Camphire 2 drames. Make those of  
are to be melted, & pouce those of are to be pouced fine & cover the  
or boyle the over a fire. then strain them through a clean canvas  
clothe 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 Sursentine, & evermore stirring it till it  
be through cold. but beware of the stuffe be noe warmer then blood  
when the put in the Sursentine. then when it is cold make it up  
in Rollas, & keep it for the most best Salve the is to be used.

To help the spleen w<sup>th</sup> great speed.

Let blood under a young in one of those 2 veins if is on that side where  
the milk lyeth, that being done take mustard & mixe it w<sup>th</sup> the Juice of  
a boy. & lay it between 2 cloathes, & lay it on the fore place one night, &  
then if it be not well off it still on till it be helpd. Leonardo Rhiradoni

A plaister for Wormes.

Take of Camomil, fetherfove, Wormewood, Bansey. Herbe-grace; the blades  
of unlett Leches & Parsely 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 Stomney.  
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 Frogsse have their  
spawne 3 dayes before the new-moon.

To pull out a tooth.

Take Wormes when they be a gendering together. dry them upon a hott tyle stone.  
then make powder of them, & w<sup>th</sup> that toothe if touch w<sup>th</sup> it will fall out. H. C.  
Or take Wheat-flower & mixe it w<sup>th</sup> the milk of Spurge & therof make a paste or dove  
w<sup>th</sup> the fill the hollow of the tooth & leave it in a certein time & the tooth will fall out.



59. 41.  
63.

A playster for strengthening of backe.

57.

Take of y<sup>e</sup> flowers of pomegranats, and frankincense, each  
a dragme and a half, which maye be about the wayte  
of xij<sup>d</sup>. the best hole pomegranate 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.

Queene Elizabeth her powder for wind,

take ginger, Cinamon, Gallin gall, of each one ounces  
Aniseeds, Caroway seeds, fennel seeds of each one half an  
ounce; mace, nutmegs of each tow drames, of  
seth all one drame, ponde all <sup>or brace them,</sup> together, & putt  
therin one pound of white suger. use this powder  
after or before meate at anye time, it comforteth  
the stomack, & helpeth digestion. <sup>It expells wind</sup>



Scurdiagrafs - Drinck. / A Dyett,  
to be taken 2 houres before meals.

Take Zarfaparella ℥6. Zolipod of oak ℥4. Sene ℥4.  
Annice Fenell & Cardway-seeds, ana ℥i. Siquorize scraped &  
bruised ℥2. Agrimony & Maiden-haire ana 2 handfulls. Siur=  
Wort one handfull. Scurdiagrafs 2 peckes. new Beer or Ale  
3 gallons.

Dr Butler's receipt. / half this will serve. good

alias. Take Zolypode, Spiknard, Squinant, forked-finger, Margeron, Galimgal,  
Setwell ana 6 penny weight. Annice-seeds, Saffabrafs & Plantain ana  
7 weight, Sene y leaves & coddys as much as all y rest. y<sup>e</sup> aforesaid  
particulars being grossly beaten into powder, half a peck of Scurdiagrafs  
stamped, put all y Scurdiagrafs & y<sup>e</sup> 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 y Ale, or else cover y Ale every 4 day  
w<sup>th</sup> fresh barne or yeast. & Drinck thereof 9 or 10 dayes.

This Drinck: It purgeth all humors in y body. It will not suffer  
y Blood to putrify: neither fleame to have dominio: nor Melancholy to  
have exaltatio. It doth multiply blood. It helpeth all evil in y body.  
It purgeth Redume. It defendeth y stomach. It nourisheth, p<sup>ro</sup>fecth  
& p<sup>ro</sup>serveth youth. It engendreth good colour. It comforteth y sight. It  
nourisheth y minde. & is good against y Stone.

My La. Fleetwood's  
receipt. by M<sup>rs</sup> Perina

Green Oyntment made in may  
Plantain Sage rue wormwood. Camomill Chickweed  
Elder Tops: mallows: of each one handfull  
shred y<sup>e</sup> smalls - put to y<sup>e</sup> half pd of may but<sup>m</sup>  
unwashed or salted - put to it half pd of Ale  
2oz. of oyl Spike & 2oz. oyl: olive let y<sup>e</sup> boyle  
gently on a soft fire till the but<sup>m</sup> is out  
be well melted y<sup>e</sup> strain it and keep for use  
very good for bruises & strains



how to make the greene ointment:

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

the vertue of this ointment.

If yo annoynt the stomacke w<sup>th</sup> itt, itt helpeth y<sup>e</sup> digestion  
 & expelleth all obstructions; rubb itt on the small of the  
 backe, & itt helpeth the stone: the quantitye of half a  
 bras well rubb'd in beynd the eare, being stoped with



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blacke woorke 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 unger bruse or strain - in vaine or sinew.  
tis good for the cramp & ~~stitch~~ sciatica & all  
manner of burnings & scaldings stiches & stife  
or strains in man or beast

it is made only in maye.

### For a Consumption.

℞ 2 Gallons of y<sup>e</sup> 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<sup>e</sup>  
thickness of an Electuary. See eat of it w<sup>th</sup> a Liquorize stick  
morning & evening, & as often of a day as you can. Probat.

### A Selly for y<sup>e</sup> same.

Take a Red-Ligger neither too fatt nor too lean, dress it  
clean & boyle it in a sufficient quantity of Water w<sup>th</sup> Maiden=  
haire & Coltfoot of either an handfull, Liquorize scraped &  
bruised j oiner. Raisons of y<sup>e</sup> same stoned, & Currance of either  
a handfull. 6 Dates sliced, & 6 chinns of large Mace, & lett them  
boyle to y<sup>e</sup> height of a Selly. 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-rok Water. Clarify it w<sup>th</sup> y<sup>e</sup> white of an Egg; & rune it  
through a Selly bagge & referre it for your use. And  
of this y<sup>e</sup> are to take a good draught warme, first & last.  
D. Butter.



### For the Sciatica.

Take y<sup>e</sup> Gall of a Bull or Oxe, let y<sup>e</sup> moisture thereof into some little Shell it is set over a soft fyre & a little fyre will arise, w<sup>ch</sup> must be taken off. putt thereto as much of y<sup>e</sup> best Aquaditee as y<sup>e</sup> clear of y<sup>e</sup> gall w<sup>ch</sup> 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<sup>e</sup> Marrow of a Storge-shank as a good Wall-nutt, or for want thereof an ounce of y<sup>e</sup> Oile of Camomill. & When they have been a little over y<sup>e</sup> 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<sup>e</sup> will use it, y<sup>e</sup> must shake it well together and putt forth very near y<sup>e</sup> quantity of 2 Spoonfulls thereof into a Jarret, & while it is warming on a few coales or before y<sup>e</sup> fyre, warme a course-linen clothe y<sup>e</sup> is made soft w<sup>ch</sup> wearing as hott as can be suffered & lett y<sup>e</sup> party kneel lett y<sup>e</sup> grieved place towards y<sup>e</sup> fyre to warme & w<sup>ch</sup> that clothe for made hott chafe y<sup>e</sup> place a good space together, And after it is for chafed lett one w<sup>ch</sup> y<sup>e</sup> Fingers doe on that in y<sup>e</sup> Jarret as hott as it can be suffered, & when it is all done on, stroake y<sup>e</sup> place downe ward, & for y<sup>e</sup> quantity is used, ayme at for much for another time as y<sup>e</sup> goeth in most of it. And use this, Evening & Morning 15 daies together.

Probatu. by m<sup>r</sup> Hunt of Orlas.

### For y<sup>e</sup> Splen & Melancholy.

Take a handfull of Samarish, one of Agrimony, one of Wormewood, Century a quarter of a handfull. Boil all these in 2 gallons of Wort, & hang them in a bagge w<sup>ch</sup> in y<sup>e</sup> barrill w<sup>ch</sup> these one ounce of Senny, one spoonfull of Anniseeds Polypoda one ounce, Scifons of y<sup>e</sup> Junne one handfull, a drame of prepared steel.

M<sup>r</sup> S. A. 1625.



### For a Consumption.

Take 2 sponefulls of China very thinn sliced  
 2 sponefulls of  $\frac{1}{2}$  White of Start's-horne very thinn  
 sliced, 2 sponefulls of White or red Saunders thinn  
 sliced, 4 or 5 sponefulls of French-Barly well picked  
 & washed, a Suceory root, a Larcely root washed &  
 $\frac{1}{2}$  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 w<sup>th</sup> adme.  
 Let  $\frac{1}{2}$  pott be fillt w<sup>th</sup> hotte coales for  $\frac{1}{2}$  space of  
 8 or 9 houres: then take more water & all  $\frac{1}{2}$  former  
 ingredients into a bigger pott. Then take a Cocke &  
 runne him till he be weary, then kill him & dress  
 him & putt him into  $\frac{1}{2}$  pott w<sup>th</sup> 2 sponefulls of Ca-  
 pers, some of  $\frac{1}{2}$  leaves of Borrage, Fine-leaud grass,  
 Rosemary, Violet leaves, Strawberry leaves of these  
 every one a little as you can get thes. In  
 winter, in stead of herbes, use Cucumber seed, Millon  
 seed, also 2 good spoonfulls of Corrank, 3 of Raisons  
 of  $\frac{1}{2}$  Summe, stoned; when all have boyled together  
 for  $\frac{1}{2}$  space of 7 or 8 houres then take out all  $\frac{1}{2}$   
 stuffe & beat all well in a stone Mortar, then  
 putt all into the pott again w<sup>th</sup> halfe a pinte of white  
 wine, & lett it boile a while, then strain it and  
 keep it for your use.

Use to drink it thus. Take as much as  $\frac{1}{2}$  will drink  
 & warme it on  $\frac{1}{2}$  fire. When it is hotte putt into it a  
 spoonfull of red-Rose water, & a little Sugar,  
 sometimes a little Concrede of Burrage or Bugloss.  
 Dr Hunt.

A Jelly



A Belly for opening y<sup>e</sup> stomacke  
& cleansing y<sup>e</sup> Lights.

Take y<sup>e</sup> pottle of running Water, 2 handfulls of Be-  
tony of y<sup>e</sup> wood or Wilder Betony (or for want of it take  
garden Betony) one handfull of Unfett Hyfop, green  
Sage leaves 30, Raisons of y<sup>e</sup> Sunne half a pound, stoned.  
Blessed Curranth, a quarter well washed & bruyed in a mort.  
w<sup>th</sup> y<sup>e</sup> Raisons a quarter of fine Sugar, & halfe an ounce  
of White Sugar-candie to putt into it when it is boyled.  
Let all these be putt into y<sup>e</sup> Water & boile the<sup>m</sup> untill a  
pinte of y<sup>e</sup> pottle or somewhat more be consumed. then  
putt into y<sup>e</sup> same (whilst it boyleth) a pinte of y<sup>e</sup> best  
White Wine, & lett it boyle upp & for take it off. &  
then straine it out & for Drinck it Evening & Morning  
or at any other time finding any stopping.

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A Caudle to strengthen y<sup>e</sup> Backe.

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

For y<sup>e</sup> Jaundize. (M<sup>r</sup>. Harrison of York's receipt.)

Take a Quart of old Ale, 2 pennyworth of Saffron  
one pennyworth of Turmeric. Jane's Breache 2<sup>d</sup> worth  
Mingle it together till it be well mixed. Make to y<sup>e</sup> quantity  
of a Quart & take it at 4 draughts, one at Morne, another  
at Night, for 2 daies. but when it is to be drunck lett it be  
well stored. /

2 drames.

Another for y<sup>e</sup> same. of my Eg: Cholmaley.  
Take Rosemary 3 handfulls, a good q<sup>ty</sup> of a handfull of Century.  
of Honey half a pint. put them in 3 quartz of Water, seume it & boyle it  
to half strain it & take 10 or 12 spoonfulls first in y<sup>e</sup> Morning & last  
at night. fast 3 Rodres after. my La: Rich Cholmaley.



So make Biskett bread of y<sup>e</sup> best.

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

## So make Braggot.

Take 6 Gallons of Ale, seave 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<sup>e</sup> Pepper <sup>or</sup> y<sup>e</sup> Honey, & when y<sup>e</sup> have boyled it a while putt in all y<sup>e</sup> Spices saving y<sup>e</sup> Cinamo & lett the boyle a little. & when y<sup>e</sup> Ale hath been turned an houre or 2, & y<sup>e</sup> Humny Milke warme, take y<sup>e</sup> Yeast off y<sup>e</sup> Ale <sup>or</sup> y<sup>e</sup> hand, putt y<sup>e</sup> Cinamo into y<sup>e</sup> Honey & blend all together & stirre it in well, Burne it into y<sup>e</sup> Dunctet & put y<sup>e</sup> Yeast on, & let it stand uncovered all y<sup>e</sup> day then stop it close.

So make Broth



To make Knotts, or Gumballs.

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 w<sup>th</sup> as much Flower as will worke it up in paste, & soe make it Knotts, or Rings or what fashion y<sup>e</sup> please, Bake them as Biskett bread, but upo<sup>n</sup> Rye-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, & soe beat it a quarter of an houre. then putt in half a pound of flower, & soe beat it half an houre more then have ready a pound of Almonds finely beaten w<sup>th</sup> a little Rose water, & soe mingle the well together, & put them upo<sup>n</sup> plates w<sup>th</sup> a spoon, y<sup>e</sup> plates being done over w<sup>th</sup> a little Sugar, & soe bake them as y<sup>e</sup> other Biskett bread, scraping a little fine Sugar upo<sup>n</sup> them. y<sup>e</sup> may y<sup>e</sup> please, make Fritters in of same maner, dropping of y<sup>e</sup> same stuffe with a spoon, upo<sup>n</sup> a Plate in what forme y<sup>e</sup> will. y<sup>e</sup> may, y<sup>e</sup> you will, put in a quarter of an ounce of Mace finely beaten.

To make Maccarounes, or Fritters.

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



plate w<sup>th</sup> a spoon or cutt them off w<sup>th</sup> a slice, strowing a little Sugar thereon & soe sett them into y<sup>e</sup> Oue till they be well hardened but in any wise they may not broone, but rather lay a sheet of paper over them, & when they are baked, & well dryed. take them out. Y<sup>e</sup> may make y<sup>e</sup> y<sup>e</sup> please, Fritters of y<sup>e</sup> same stuffe dropping it w<sup>th</sup> a spoon in what fashion y<sup>e</sup> will.

### To make fine Cakes.

Take half a pound of fraced 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<sup>e</sup> Cakes, & prick them, & soe bake them in an oven upo<sup>n</sup> pewter-plaits. & y<sup>e</sup> y<sup>e</sup> prick any y<sup>e</sup> must prick the according to y<sup>e</sup> worke y<sup>e</sup> y<sup>e</sup> will have them pointed otherwise in what forme y<sup>e</sup> will.

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

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

For y<sup>e</sup> Cakes, y<sup>e</sup> must take y<sup>e</sup> like quantity of Benjamin, Muske, & Cinet, but y<sup>e</sup> must not sett them on y<sup>e</sup> fire. but take Damaske-rose buds, & cutt off y<sup>e</sup> whites & stamp the very small, & then putt in y<sup>e</sup> 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<sup>e</sup> weight of a goat of Calomias Aromatic, & as much Ligned Alois beating it very fine, then put in 2 ounces of Labdanū, half an ounce of Benjamin, half an ounce of Storax, 6 grames of Muske  
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<sup>e</sup> hand in soft-water, & worke it up in little round peeces noe bigger then y<sup>e</sup> thimble fitting to burne at a time. y<sup>e</sup> may putt into y<sup>e</sup> foresaid stuffe a little Damask-rose water in y<sup>e</sup> beating & it will worke y<sup>e</sup> better.

### To dry Apricoches y<sup>e</sup> best way.

first gather y<sup>e</sup> Apricoches 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<sup>e</sup> Apricoches lye in y<sup>e</sup> Sugar covered for 2 houres. untill y<sup>e</sup> Sugar be for moist as it will melt w<sup>th</sup> out water. then put y<sup>e</sup> Sugar & Apricoches vpo a slowe fire, y<sup>e</sup> they boyle not in half an hour or more, turning them oftē y<sup>e</sup> they break not. & when y<sup>e</sup> think they are enough, put y<sup>e</sup> Apricoches into some deep-glasse, & y<sup>e</sup> Syrope into a silver-dish, & lett it boyle a little more. poure it on y<sup>e</sup> Apricoches, & for lett them stand vncovered untill y<sup>e</sup> next day. then cover them & when they have been a week in y<sup>e</sup> Syrope, take them out & lay them on glasse plaites, & put them in a stoue, or in some clean place, where they may have y<sup>e</sup> aire of y<sup>e</sup> Syer, and every day turne them on clean glasse till they be dry.

How to preserve whole Roses or Gilliflowres or Marrigolds &c  
Dippe a Rose in a Syrope consisting of Sugar-candy boyled to the full height. then open y<sup>e</sup> Leaves one by one w<sup>th</sup> a smooth bodkin of bone or wood, & as soon as they be dipped lay them in y<sup>e</sup> foone when it is in y<sup>e</sup> height, or else dry them between 2 dishes vpo papers w<sup>th</sup> a very gentle fire & for keep them all y<sup>e</sup> year. y<sup>e</sup> must pick y<sup>e</sup> feeds out of the before y<sup>e</sup> doe the.



## 30 Candy Angelica.

Take y<sup>e</sup> stalkes in May & boyle them in fair water till y<sup>e</sup> rinde will pill off. That doe & then make y<sup>e</sup> Syrop w<sup>th</sup> fair water & sugar & boyle them in it untill they be tender. Lett them lye in y<sup>e</sup> same Syrope 2 or 3 dayes. then take them out & pleit them. & boyling a fresh Syrope to y<sup>e</sup> high Candy-height, putt in y<sup>e</sup> stalkes & take them y<sup>e</sup> gently off y<sup>e</sup> 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<sup>e</sup> 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 w<sup>th</sup> 10 grams of Muske & 6 of Civett. then putt in one ounce of hard Sugar finely beaten stirre the together, then make them into little cakes y<sup>e</sup> bigness of 2<sup>d</sup>. then lay a damask-Rose leaf on either side & lett them in y<sup>e</sup> Sunne to dry.

M<sup>s</sup> 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
cologuintida	38
fennell sede & Bentory	ana 3j
Pisula	38+
agua fontanes	24
mallasue	+ 1℥

---



## For the tertian Ague

*A*uria alexandrina  
 Oxisaccarum simplex  
 Sirupus de *A. calosa* simplex  
 Sirup of tart pomgranats  
 Sirupus de *Bezantijs*.

---

 Gum—

## For the quartan Ague

*A*ntidotum asmericum  
 Diasene  
 Mithridatu *Andromache*  
 Oxisaccharum  
 Unguentu *Arogon*.

---

 Gum—

## For the burning Ague

Sirup of *Violetts*  
 Diaprunes non laxative  
 Decoction comunis  
 Electuaru *catholicum*.  
 Mell *Violatum*, Sirup<sup>2</sup> de *lemomb<sup>2</sup>*  
 Trochisio de *camphora*. Unguentu *populion*



For the mixt Ague

Diaphenicon  
 Pelula de aggregatiue  
 Pelula de Rubarbari  
 Trochisic de diarhodomis

---

For a longe Ague coming of colde

Diacurcuma  
 Diacoralium maibes Irale  
 Pills of Rubarb  
 Sirupus de Eupatorio  
 Trochisci de Rubarbario  
 Trochisci de Absinthio

---

The 4 greate Whott seedes

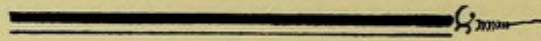
Annis seede  
 Fennell seede  
 Cummen seede  
 Caraway seede

---



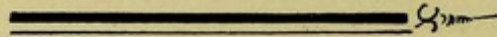
## The 4 lesser wholl seedes

Anij seede  
 Amomiū seede  
 Smalape seede  
 Yellow carret seede



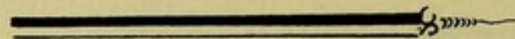
## The 4 greate colde seedes

Gourd seede  
 Coucomber seede  
 Million seede  
 Citrone seede



## The 4 lesser colde seedes

Endif seede  
 Sicori seede  
 Lettice seede  
 Purslme seede





## The 4 Whott Unguents

Unguentum martiatum Altheam  
 Unguentum Aragoni  
 Unguentum Agrippæ  
 Unguentum dialthia

---

## The 4 colde Unguents . . .

Unguentum album  
 Unguentum Populion  
 Unguentum resumiliuum  
 Unguentum Citrum

---

## F. iuc 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

---

Seaven solitiue hearbs

Mallowes,  
 Mercury  
 Violatts  
 Collworts  
 Hollibocks  
 Acanthus  
 Beetes. //

---

For y<sup>e</sup> bitmge of Venomus beastes

Mithridatum  
 Thiriaca galem  
 Oleum de Scorpione

---



For asswage paine outwardly

Emplastrum Oxicroceum  
Oile of Delle  
Oyle of Juniper.

---

For inward diseases

Antidotum Asincritum  
Mithridatum /  
Auria Alexandrina.

---

For burning or skalding

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

---

for



## For appetite

*Antidotum asmericum*

*Aromaticum rosatum*

*Miua simplex*

*Conserue of Quinces*

*Siropp of Wormewood*

*Electuarium de confortiuu stomachum.*

---

For y<sup>e</sup> colde shaking ague

*Mitridatum galemi*

*Sirope of sticadosi*

*Trochisci de eupatori*

*Oile of dille*

*Oile of Sotherne Wood*

---

## To comfort a colde brayne

*Electuarium de gemmis*

*Aromaticu rosatum*

*Conserue of gladwen*

*Thiriaca galemi*

*Oile of mace.*

---



To purge y<sup>e</sup> bladder of grauell

Antidotum Asmericum  
 Benedicta Laxativa  
 Diacurcumæ  
 Oximel duriticum

---

To asswage y<sup>e</sup> paine in y<sup>e</sup> bladder

Emplastrum de granis Laurelli  
 Mithridatum galæ  
 Electuarium clavis  
 Sirup<sup>us</sup> de iuibus  
 Oleum Cheiri  
 Trochisci de Alchachengi  
 Oyle of sweete almonds.

---

For the Collick

Antidotum Asmericum  
 Aurea Alexandria  
 Diaphemcon  
 Trochisci de Roses  
 Oyle of camomell

---



For brouses

Emplastrum de Palma  
 Unguentum aureum  
 Unguentu Potabile.

---

For pame in spitting

Emplastrum Caromum  
 Loche de Pino.

---

For belching of Wind

Diagalanga  
 Diatrion peperion.  
 Diatragacantha calida  
 Lohoch sanum  
 Oximele Scilliticum  
 Sirup<sup>d</sup> de Calaminta.

---



For pame in y back

Pelula fatida maioris  
 Oleum de Cheiri  
 Oleum de Scorpiomis  
 Dia casia .

To drawe forth broken bones

Emplastrum Oxicrocium  
 Emplastrum contra rupturas

For goute in y feete only

Antidotu asincritum  
 Benedicta Laxatiua  
 Mithridatum  
 Pilula de gumis oenerib<sup>us</sup>  
 Mirabolanorum  
 Pilula fatida maioris  
 Oleum Vulpium  
 Unguentu marciaton .

For y goute.

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

on St. Cholmeley.



For to comfort the hart

Diacorallium magistrale  
 Thiriaca galem  
 Elect: de gemmis  
 Sirup<sup>d</sup> de acetosa  
 Trochisci de gallium muschata  
 Aromaticum rosatum  
 Conserue of roses  
 Diamber  
 Dia margaritu<sup>m</sup> calidu<sup>m</sup>:  
 Diarhodon Abbatis

---

For y<sup>e</sup> yellow Saundize

Antidotum asmericum  
 Diarhodon abatis  
 Elect: de ribis  
 Sirup<sup>d</sup> de bizantum.  
 Thiriaca galem  
 Trochisci de cumphora  
 Trochisci de rābarbaro  
 Trochisci eupatorio  
 Fria sandale.

---



For y<sup>e</sup> Ellica pashio

Antidotum asmericum  
 Theriaca galemi  
 Nitridatum andromachi  
 Pilula sine quibus  
 Unguentum martiaton

---

For inflammation

Antidotum asmericum  
 Cirotu stomachicum.

---

For Whot impostum in the  
 stomack or liuer.

Cirotu stomacho.

---

For inward impostumes

Trochisci de rubarbo  
 Trochisci de eupatorio  
 Oleum Violarum.

---



For (Whot impositumes in y 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 Violetts  
 Unguentu rosarum

---

For paine of the liuar

Antidotum asincritū  
 Diacurcuma  
 Pilula agregatiui  
 Pilula eaphorbio  
 Trochisci rubarbario  
 Sirop of Citrac



To make a man Laxative

Antidotū asmericum  
 Herapicra galeni  
 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 Liver.

Confectio dulcis de muscho  
 Conserue of mayden-heare  
 Theriacal galeni  
 Trochisci d'absinthio

---



For y<sup>e</sup> hicop

*Antiolatum asmericum*  
Sirop of mirrb.

---

For fallinge of y<sup>e</sup> heare

Oyle of baye  
Oyle of Caste

---

For ache in the hipps

*Auria alexandrina*  
*Pilula fatida maioris*  
*Pilula de gumg. penerib<sup>2</sup> mirabon*  
Oile of baye  
*Oleum Sulphurum*  
*Unguentu martiaton*  
*Unguentu Arogonē*

---

To purge the head

*Pilule A. ureæ.*  
*Pilule cochia rasis*



To increase heate in y<sup>e</sup> Inner partes

Antidotum asmericum  
 Diacumina  
 Diambri  
 Emplastru Aromaticum  
 Oile of Rew

---

For trembling of y<sup>e</sup> hart

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

---

For y<sup>e</sup> heate of the hart

Sulip of Roses  
 Sulip of Violats.  
 Sirop of Violats  
 Sirop of endif compound  
 Siropi infusione rosaru Viridu  
 Siropi de succo acitosa

---



For beate of y<sup>e</sup> liuar

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

To purge y<sup>e</sup> head *sup. 105.*

Pilule Aurea  
 Pilule cochia rasis

## For the Emrodes

Micleta  
 Pilula de Bdellio



For paine of y<sup>e</sup> matrix

Emplas<sup>tr</sup> Frum de granis lauri

Oyle of sweete almondes.

Trifera

Antidotū asmcritū : good for y<sup>e</sup> mother

---

For all diseases of y<sup>e</sup> medriff

Mithridatum

Thiriaca galeni

Pelule de cochi rasis

Oile of spike

Oile of euphorbi

---

For the palsey

Antidotū asmcritum

Confectio dulcis de muscho.

Mithridatu

Pilule de euphorbio

Serop of sticados

Unquentū martiaton

Diaprantū frigida

---



To purge y<sup>e</sup> Reines of grauell

Antidotum asmericum  
 Benedicte Laxatiue  
 Oximell duriticum  
 Sirop acetosus, compound  
 Sirop of mayden heare  
 Sirop of Citrac

---

For bleeding at y<sup>e</sup> 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 alexandria  
 Thiriaca galem  
 Mithridatum  
 Oleum de Scorpione



For the faintnes of y<sup>e</sup> hart

Dia margaritum Calidum  
 Diasom cum manna  
 Auria alexandria  
 Sirop of Sangdebesse  
 Conserue of Borage //

---

To prouoke sweate

Oyle of Delle  
 Oyle of Cumme . /

---

To stopp sweatt

Rosata nouella  
 Oyle of Rumces  
 Oyle of mirts.

---

To staie Vomiting

Aromaticu gariophilatum  
 Mma simplex  
 Rosatata nouella  
 Sirop of mints .



For y<sup>e</sup> roughnes of y<sup>e</sup> tonoue

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

---

To breake Wind

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

---

For Wormes in y<sup>e</sup> bodye

Pilule contra Lumbricos  
 Sirop of Lemmans.  
 Oile of Wormewood  
 Hirapicra galem  
 Mithredatum  
 Unguentu contra lumbricos.



unguentū aureum for ulcers or wounds

℞ oyle oliue j lib. β new waxe j lib. rosmē. ℥ iij  
therebenthina ℥ iij melt all these together then  
ade in the collinge franckin sence & masticke  
made into very fine poudder an. j. ℥. saffran  
in poudder. j. 3. mixe them well together & fiat

A strong unguent for an old sore.

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

A weaker unguent for an old sore.

℞ waxe. oyle. rosin piche. an<sup>a</sup> 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 unguent for the scabb.

℞ enula campana rottis boyled in stronge viniger  
swoyns greise & oyle an<sup>a</sup> ℥ iij. wax ℥ i comon  
salt in powder. ℥ β. terebenthina. ℥ 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 terebenthroz.

A good playstr for wounds

℞ the fuyce of smallage plantayn & bettony an<sup>a</sup>  
j pinte wax rosin terebenthina an<sup>a</sup> lib β. boyle  
all together till the fuyce be consumed & fiat

A playster for old sores

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

℞ Deer. fitt, red & white lead of each 3 ounces. Sallet oyle a pinte.  
Bea wax 4 ounces. good white wine Viniger a pinte Boyle all these  
well together vntill it be blacke &c. Butter. Probat.







117.

Drinke what is above the next light  
 & one before dinner: and  
 before dinner five times after  
 five days after the whole of the  
 body is to be rubbed at night with  
 the whole of the warm on of all light  
 next. beat some of the roots a little  
 in a mortar & good for to eat one  
 of the dram at any time of the day  
 with sparingly use of the

A clister for the wind in any part of the belly or wombe.

In 3 quarters of a pinte of posset-ale put 2 drames <sup>or 2</sup> <sup>or 3</sup> <sup>or 4</sup> <sup>or 5</sup> <sup>or 6</sup> <sup>or 7</sup> <sup>or 8</sup> <sup>or 9</sup> <sup>or 10</sup> <sup>or 11</sup> <sup>or 12</sup> <sup>or 13</sup> <sup>or 14</sup> <sup>or 15</sup> <sup>or 16</sup> <sup>or 17</sup> <sup>or 18</sup> <sup>or 19</sup> <sup>or 20</sup> <sup>or 21</sup> <sup>or 22</sup> <sup>or 23</sup> <sup>or 24</sup> <sup>or 25</sup> <sup>or 26</sup> <sup>or 27</sup> <sup>or 28</sup> <sup>or 29</sup> <sup>or 30</sup> <sup>or 31</sup> <sup>or 32</sup> <sup>or 33</sup> <sup>or 34</sup> <sup>or 35</sup> <sup>or 36</sup> <sup>or 37</sup> <sup>or 38</sup> <sup>or 39</sup> <sup>or 40</sup> <sup>or 41</sup> <sup>or 42</sup> <sup>or 43</sup> <sup>or 44</sup> <sup>or 45</sup> <sup>or 46</sup> <sup>or 47</sup> <sup>or 48</sup> <sup>or 49</sup> <sup>or 50</sup> <sup>or 51</sup> <sup>or 52</sup> <sup>or 53</sup> <sup>or 54</sup> <sup>or 55</sup> <sup>or 56</sup> <sup>or 57</sup> <sup>or 58</sup> <sup>or 59</sup> <sup>or 60</sup> <sup>or 61</sup> <sup>or 62</sup> <sup>or 63</sup> <sup>or 64</sup> <sup>or 65</sup> <sup>or 66</sup> <sup>or 67</sup> <sup>or 68</sup> <sup>or 69</sup> <sup>or 70</sup> <sup>or 71</sup> <sup>or 72</sup> <sup>or 73</sup> <sup>or 74</sup> <sup>or 75</sup> <sup>or 76</sup> <sup>or 77</sup> <sup>or 78</sup> <sup>or 79</sup> <sup>or 80</sup> <sup>or 81</sup> <sup>or 82</sup> <sup>or 83</sup> <sup>or 84</sup> <sup>or 85</sup> <sup>or 86</sup> <sup>or 87</sup> <sup>or 88</sup> <sup>or 89</sup> <sup>or 90</sup> <sup>or 91</sup> <sup>or 92</sup> <sup>or 93</sup> <sup>or 94</sup> <sup>or 95</sup> <sup>or 96</sup> <sup>or 97</sup> <sup>or 98</sup> <sup>or 99</sup> <sup>or 100</sup> <sup>or 101</sup> <sup>or 102</sup> <sup>or 103</sup> <sup>or 104</sup> <sup>or 105</sup> <sup>or 106</sup> <sup>or 107</sup> <sup>or 108</sup> <sup>or 109</sup> <sup>or 110</sup> <sup>or 111</sup> <sup>or 112</sup> <sup>or 113</sup> <sup>or 114</sup> <sup>or 115</sup> <sup>or 116</sup> <sup>or 117</sup> <sup>or 118</sup> <sup>or 119</sup> <sup>or 120</sup> <sup>or 121</sup> <sup>or 122</sup> <sup>or 123</sup> <sup>or 124</sup> <sup>or 125</sup> <sup>or 126</sup> <sup>or 127</sup> <sup>or 128</sup> <sup>or 129</sup> <sup>or 130</sup> <sup>or 131</sup> <sup>or 132</sup> <sup>or 133</sup> <sup>or 134</sup> <sup>or 135</sup> <sup>or 136</sup> <sup>or 137</sup> <sup>or 138</sup> <sup>or 139</sup> <sup>or 140</sup> <sup>or 141</sup> <sup>or 142</sup> <sup>or 143</sup> <sup>or 144</sup> <sup>or 145</sup> <sup>or 146</sup> <sup>or 147</sup> <sup>or 148</sup> <sup>or 149</sup> <sup>or 150</sup> <sup>or 151</sup> <sup>or 152</sup> <sup>or 153</sup> <sup>or 154</sup> <sup>or 155</sup> <sup>or 156</sup> <sup>or 157</sup> <sup>or 158</sup> <sup>or 159</sup> <sup>or 160</sup> <sup>or 161</sup> <sup>or 162</sup> <sup>or 163</sup> <sup>or 164</sup> <sup>or 165</sup> <sup>or 166</sup> <sup>or 167</sup> <sup>or 168</sup> <sup>or 169</sup> <sup>or 170</sup> <sup>or 171</sup> <sup>or 172</sup> <sup>or 173</sup> <sup>or 174</sup> <sup>or 175</sup> <sup>or 176</sup> <sup>or 177</sup> <sup>or 178</sup> <sup>or 179</sup> <sup>or 180</sup> <sup>or 181</sup> <sup>or 182</sup> <sup>or 183</sup> <sup>or 184</sup> <sup>or 185</sup> <sup>or 186</sup> <sup>or 187</sup> <sup>or 188</sup> <sup>or 189</sup> <sup>or 190</sup> <sup>or 191</sup> <sup>or 192</sup> <sup>or 193</sup> <sup>or 194</sup> <sup>or 195</sup> <sup>or 196</sup> <sup>or 197</sup> <sup>or 198</sup> <sup>or 199</sup> <sup>or 200</sup> <sup>or 201</sup> <sup>or 202</sup> <sup>or 203</sup> <sup>or 204</sup> <sup>or 205</sup> <sup>or 206</sup> <sup>or 207</sup> <sup>or 208</sup> <sup>or 209</sup> <sup>or 210</sup> <sup>or 211</sup> <sup>or 212</sup> <sup>or 213</sup> <sup>or 214</sup> <sup>or 215</sup> <sup>or 216</sup> <sup>or 217</sup> <sup>or 218</sup> <sup>or 219</sup> <sup>or 220</sup> <sup>or 221</sup> <sup>or 222</sup> <sup>or 223</sup> <sup>or 224</sup> <sup>or 225</sup> <sup>or 226</sup> <sup>or 227</sup> <sup>or 228</sup> <sup>or 229</sup> <sup>or 230</sup> <sup>or 231</sup> <sup>or 232</sup> <sup>or 233</sup> <sup>or 234</sup> <sup>or 235</sup> <sup>or 236</sup> <sup>or 237</sup> <sup>or 238</sup> <sup>or 239</sup> <sup>or 240</sup> <sup>or 241</sup> <sup>or 242</sup> <sup>or 243</sup> <sup>or 244</sup> <sup>or 245</sup> <sup>or 246</sup> <sup>or 247</sup> <sup>or 248</sup> <sup>or 249</sup> <sup>or 250</sup> <sup>or 251</sup> <sup>or 252</sup> <sup>or 253</sup> <sup>or 254</sup> <sup>or 255</sup> <sup>or 256</sup> <sup>or 257</sup> <sup>or 258</sup> <sup>or 259</sup> <sup>or 260</sup> <sup>or 261</sup> <sup>or 262</sup> <sup>or 263</sup> <sup>or 264</sup> <sup>or 265</sup> <sup>or 266</sup> <sup>or 267</sup> <sup>or 268</sup> <sup>or 269</sup> <sup>or 270</sup> <sup>or 271</sup> <sup>or 272</sup> <sup>or 273</sup> <sup>or 274</sup> <sup>or 275</sup> <sup>or 276</sup> <sup>or 277</sup> <sup>or 278</sup> <sup>or 279</sup> <sup>or 280</sup> <sup>or 281</sup> 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337</sup> <sup>or 338</sup> <sup>or 339</sup> <sup>or 340</sup> <sup>or 341</sup> <sup>or 342</sup> <sup>or 343</sup> <sup>or 344</sup> <sup>or 345</sup> <sup>or 346</sup> <sup>or 347</sup> <sup>or 348</sup> <sup>or 349</sup> <sup>or 350</sup> <sup>or 351</sup> <sup>or 352</sup> <sup>or 353</sup> <sup>or 354</sup> <sup>or 355</sup> <sup>or 356</sup> <sup>or 357</sup> <sup>or 358</sup> <sup>or 359</sup> <sup>or 360</sup> <sup>or 361</sup> <sup>or 362</sup> <sup>or 363</sup> <sup>or 364</sup> <sup>or 365</sup> <sup>or 366</sup> <sup>or 367</sup> <sup>or 368</sup> <sup>or 369</sup> <sup>or 370</sup> <sup>or 371</sup> <sup>or 372</sup> <sup>or 373</sup> <sup>or 374</sup> <sup>or 375</sup> <sup>or 376</sup> <sup>or 377</sup> <sup>or 378</sup> <sup>or 379</sup> <sup>or 380</sup> <sup>or 381</sup> <sup>or 382</sup> <sup>or 383</sup> <sup>or 384</sup> <sup>or 385</sup> <sup>or 386</sup> <sup>or 387</sup> <sup>or 388</sup> <sup>or 389</sup> <sup>or 390</sup> <sup>or 391</sup> <sup>or 392</sup> <sup>or 393</sup> <sup>or 394</sup> <sup>or 395</sup> <sup>or 396</sup> <sup>or 397</sup> <sup>or 398</sup> <sup>or 399</sup> <sup>or 400</sup> <sup>or 401</sup> <sup>or 402</sup> <sup>or 403</sup> <sup>or 404</sup> <sup>or 405</sup> <sup>or 406</sup> <sup>or 407</sup> <sup>or 408</sup> <sup>or 409</sup> <sup>or 410</sup> <sup>or 411</sup> <sup>or 412</sup> <sup>or 413</sup> <sup>or 414</sup> <sup>or 415</sup> <sup>or 416</sup> <sup>or 417</sup> <sup>or 418</sup> <sup>or 419</sup> <sup>or 420</sup> <sup>or 421</sup> <sup>or 422</sup> <sup>or 423</sup> <sup>or 424</sup> <sup>or 425</sup> <sup>or 426</sup> <sup>or 427</sup> <sup>or 428</sup> <sup>or 429</sup> <sup>or 430</sup> <sup>or 431</sup> <sup>or 432</sup> <sup>or 433</sup> <sup>or 434</sup> <sup>or 435</sup> <sup>or 436</sup> <sup>or 437</sup> <sup>or 438</sup> <sup>or 439</sup> <sup>or 440</sup> <sup>or 441</sup> <sup>or 442</sup> <sup>or 443</sup> <sup>or 444</sup> <sup>or 445</sup> <sup>or 446</sup> <sup>or 447</sup> <sup>or 448</sup> <sup>or 449</sup> <sup>or 450</sup> <sup>or 451</sup> <sup>or 452</sup> <sup>or 453</sup> <sup>or 454</sup> <sup>or 455</sup> <sup>or 456</sup> <sup>or 457</sup> <sup>or 458</sup> <sup>or 459</sup> <sup>or 460</sup> <sup>or 461</sup> <sup>or 462</sup> <sup>or 463</sup> <sup>or 464</sup> <sup>or 465</sup> <sup>or 466</sup> <sup>or 467</sup> <sup>or 468</sup> <sup>or 469</sup> <sup>or 470</sup> <sup>or 471</sup> <sup>or 472</sup> <sup>or 473</sup> <sup>or 474</sup> <sup>or 475</sup> <sup>or 476</sup> <sup>or 477</sup> <sup>or 478</sup> <sup>or 479</sup> <sup>or 480</sup> <sup>or 481</sup> <sup>or 482</sup> <sup>or 483</sup> <sup>or 484</sup> <sup>or 485</sup> <sup>or 486</sup> <sup>or 487</sup> <sup>or 488</sup> <sup>or 489</sup> <sup>or 490</sup> <sup>or 491</sup> <sup>or 492</sup> <sup>or 493</sup> <sup>or 494</sup> <sup>or 495</sup> <sup>or 496</sup> <sup>or 497</sup> <sup>or 498</sup> <sup>or 499</sup> <sup>or 500</sup> <sup>or 501</sup> <sup>or 502</sup> <sup>or 503</sup> <sup>or 504</sup> <sup>or 505</sup> <sup>or 506</sup> <sup>or 507</sup> <sup>or 508</sup> <sup>or 509</sup> <sup>or 510</sup> <sup>or 511</sup> <sup>or 512</sup> <sup>or 513</sup> <sup>or 514</sup> <sup>or 515</sup> <sup>or 516</sup> <sup>or 517</sup> <sup>or 518</sup> <sup>or 519</sup> <sup>or 520</sup> <sup>or 521</sup> <sup>or 522</sup> <sup>or 523</sup> <sup>or 524</sup> <sup>or 525</sup> <sup>or 526</sup> <sup>or 527</sup> <sup>or 528</sup> <sup>or 529</sup> <sup>or 530</sup> <sup>or 531</sup> <sup>or 532</sup> <sup>or 533</sup> <sup>or 534</sup> <sup>or 535</sup> <sup>or 536</sup> <sup>or 537</sup> <sup>or 538</sup> <sup>or 539</sup> <sup>or 540</sup> <sup>or 541</sup> <sup>or 542</sup> <sup>or 543</sup> <sup>or 544</sup> <sup>or 545</sup> <sup>or 546</sup> <sup>or 547</sup> <sup>or 548</sup> <sup>or 549</sup> <sup>or 550</sup> <sup>or 551</sup> <sup>or 552</sup> <sup>or 553</sup> <sup>or 554</sup> <sup>or 555</sup> <sup>or 556</sup> <sup>or 557</sup> <sup>or 558</sup> <sup>or 559</sup> <sup>or 560</sup> <sup>or 561</sup> <sup>or 562</sup> <sup>or 563</sup> <sup>or 564</sup> <sup>or 565</sup> <sup>or 566</sup> <sup>or 567</sup> <sup>or 568</sup> <sup>or 569</sup> <sup>or 570</sup> <sup>or 571</sup> <sup>or 572</sup> <sup>or 573</sup> <sup>or 574</sup> <sup>or 575</sup> <sup>or 576</sup> <sup>or 577</sup> <sup>or 578</sup> <sup>or 579</sup> <sup>or 580</sup> <sup>or 581</sup> <sup>or 582</sup> <sup>or 583</sup> <sup>or 584</sup> <sup>or 585</sup> <sup>or 586</sup> <sup>or 587</sup> <sup>or 588</sup> <sup>or 589</sup> <sup>or 590</sup> <sup>or 591</sup> <sup>or 592</sup> <sup>or 593</sup> <sup>or 594</sup> <sup>or 595</sup> <sup>or 596</sup> <sup>or 597</sup> <sup>or 598</sup> <sup>or 599</sup> <sup>or 600</sup> <sup>or 601</sup> <sup>or 602</sup> <sup>or 603</sup> <sup>or 604</sup> <sup>or 605</sup> <sup>or 606</sup> <sup>or 607</sup> <sup>or 608</sup> <sup>or 609</sup> <sup>or 610</sup> <sup>or 611</sup> <sup>or 612</sup> <sup>or 613</sup> <sup>or 614</sup> <sup>or 615</sup> <sup>or 616</sup> <sup>or 617</sup> <sup>or 618</sup> <sup>or 619</sup> <sup>or 620</sup> <sup>or 621</sup> <sup>or 622</sup> <sup>or 623</sup> <sup>or 624</sup> <sup>or 625</sup> <sup>or 626</sup> <sup>or 627</sup> <sup>or 628</sup> <sup>or 629</sup> <sup>or 630</sup> <sup>or 631</sup> <sup>or 632</sup> <sup>or 633</sup> <sup>or 634</sup> <sup>or 635</sup> <sup>or 636</sup> <sup>or 637</sup> <sup>or 638</sup> <sup>or 639</sup> <sup>or 640</sup> <sup>or 641</sup> <sup>or 642</sup> <sup>or 643</sup> <sup>or 644</sup> <sup>or 645</sup> <sup>or 646</sup> <sup>or 647</sup> <sup>or 648</sup> <sup>or 649</sup> <sup>or 650</sup> <sup>or 651</sup> <sup>or 652</sup> <sup>or 653</sup> <sup>or 654</sup> <sup>or 655</sup> <sup>or 656</sup> <sup>or 657</sup> <sup>or 658</sup> <sup>or 659</sup> <sup>or 660</sup> <sup>or 661</sup> <sup>or 662</sup> <sup>or 663</sup> <sup>or 664</sup> <sup>or 665</sup> <sup>or 666</sup> <sup>or 667</sup> <sup>or 668</sup> <sup>or 669</sup> <sup>or 670</sup> <sup>or 671</sup> <sup>or 672</sup> <sup>or 673</sup> <sup>or 674</sup> <sup>or 675</sup> <sup>or 676</sup> <sup>or 677</sup> <sup>or 678</sup> <sup>or 679</sup> <sup>or 680</sup> <sup>or 681</sup> <sup>or 682</sup> <sup>or 683</sup> <sup>or 684</sup> <sup>or 685</sup> <sup>or 686</sup> <sup>or 687</sup> <sup>or 688</sup> <sup>or 689</sup> <sup>or 690</sup> <sup>or 691</sup> <sup>or 692</sup> <sup>or 693</sup> <sup>or 694</sup> <sup>or 695</sup> <sup>or 696</sup> <sup>or 697</sup> <sup>or 698</sup> <sup>or 699</sup> <sup>or 700</sup> <sup>or 701</sup> <sup>or 702</sup> <sup>or 703</sup> <sup>or 704</sup> <sup>or 705</sup> <sup>or 706</sup> <sup>or 707</sup> <sup>or 708</sup> <sup>or 709</sup> <sup>or 710</sup> <sup>or 711</sup> <sup>or 712</sup> <sup>or 713</sup> <sup>or 714</sup> <sup>or 715</sup> <sup>or 716</sup> <sup>or 717</sup> <sup>or 718</sup> <sup>or 719</sup> <sup>or 720</sup> <sup>or 721</sup> <sup>or 722</sup> <sup>or 723</sup> <sup>or 724</sup> <sup>or 725</sup> <sup>or 726</sup> <sup>or 727</sup> <sup>or 728</sup> <sup>or 729</sup> <sup>or 730</sup> <sup>or 731</sup> <sup>or 732</sup> <sup>or 733</sup> <sup>or 734</sup> <sup>or 735</sup> <sup>or 736</sup> <sup>or 737</sup> <sup>or 738</sup> <sup>or 739</sup> <sup>or 740</sup> <sup>or 741</sup> <sup>or 742</sup> <sup>or 743</sup> <sup>or 744</sup> <sup>or 745</sup> <sup>or 746</sup> <sup>or 747</sup> <sup>or 748</sup> <sup>or 749</sup> <sup>or 750</sup> <sup>or 751</sup> <sup>or 752</sup> <sup>or 753</sup> <sup>or 754</sup> <sup>or 755</sup> <sup>or 756</sup> <sup>or 757</sup> <sup>or 758</sup> <sup>or 759</sup> <sup>or 760</sup> <sup>or 761</sup> <sup>or 762</sup> <sup>or 763</sup> <sup>or 764</sup> <sup>or 765</sup> <sup>or 766</sup> <sup>or 767</sup> <sup>or 768</sup> <sup>or 769</sup> <sup>or 770</sup> <sup>or 771</sup> <sup>or 772</sup> <sup>or 773</sup> <sup>or 774</sup> <sup>or 775</sup> <sup>or 776</sup> <sup>or 777</sup> <sup>or 778</sup> <sup>or 779</sup> <sup>or 780</sup> <sup>or 781</sup> <sup>or 782</sup> <sup>or 783</sup> <sup>or 784</sup> <sup>or 785</sup> <sup>or 786</sup> <sup>or 787</sup> <sup>or 788</sup> <sup>or 789</sup> <sup>or 790</sup> <sup>or 791</sup> <sup>or 792</sup> <sup>or 793</sup> <sup>or 794</sup> <sup>or 795</sup> <sup>or 796</sup> <sup>or 797</sup> <sup>or 798</sup> <sup>or 799</sup> <sup>or 800</sup> <sup>or 801</sup> <sup>or 802</sup> <sup>or 803</sup> <sup>or 804</sup> <sup>or 805</sup> <sup>or 806</sup> <sup>or 807</sup> <sup>or 808</sup> <sup>or 809</sup> <sup>or 810</sup> <sup>or 811</sup> <sup>or 812</sup> <sup>or 813</sup> <sup>or 814</sup> <sup>or 815</sup> <sup>or 816</sup> <sup>or 817</sup> <sup>or 818</sup> <sup>or 819</sup> <sup>or 820</sup> <sup>or 821</sup> <sup>or 822</sup> <sup>or 823</sup> <sup>or 824</sup> <sup>or 825</sup> <sup>or 826</sup> <sup>or 827</sup> <sup>or 828</sup> <sup>or 829</sup> <sup>or 830</sup> <sup>or 831</sup> <sup>or 832</sup> <sup>or 833</sup> <sup>or 834</sup> <sup>or 835</sup> <sup>or 836</sup> <sup>or 837</sup> <sup>or 838</sup> <sup>or 839</sup> <sup>or 840</sup> <sup>or 841</sup> <sup>or 842</sup> <sup>or 843</sup> <sup>or 844</sup> <sup>or 845</sup> <sup>or 846</sup> <sup>or 847</sup> <sup>or 848</sup> <sup>or 849</sup> <sup>or 850</sup> <sup>or 851</sup> <sup>or 852</sup> <sup>or 853</sup> <sup>or 854</sup> <sup>or 855</sup> <sup>or 856</sup> <sup>or 857</sup> <sup>or 858</sup> <sup>or 859</sup> <sup>or 860</sup> <sup>or 861</sup> <sup>or 862</sup> <sup>or 863</sup> <sup>or 864</sup> <sup>or 865</sup> <sup>or 866</sup> <sup>or 867</sup> <sup>or 868</sup> <sup>or 869</sup> <sup>or 870</sup> <sup>or 871</sup> <sup>or 872</sup> <sup>or 873</sup> <sup>or 874</sup> <sup>or 875</sup> <sup>or 876</sup> <sup>or 877</sup> <sup>or 878</sup> <sup>or 879</sup> <sup>or 880</sup> <sup>or 881</sup> <sup>or 882</sup> <sup>or 883</sup> <sup>or 884</sup> <sup>or 885</sup> <sup>or 886</sup> <sup>or 887</sup> <sup>or 888</sup> <sup>or 889</sup> <sup>or 890</sup> <sup>or 891</sup> <sup>or 892</sup> <sup>or 893</sup> <sup>or 894</sup> <sup>or 895</sup> <sup>or 896</sup> <sup>or 897</sup> <sup>or 898</sup> <sup>or 899</sup> <sup>or 900</sup> <sup>or 901</sup> <sup>or 902</sup> <sup>or 903</sup> <sup>or 904</sup> <sup>or 905</sup> <sup>or 906</sup> <sup>or 907</sup> <sup>or 908</sup> <sup>or 909</sup> <sup>or 910</sup> <sup>or 911</sup> <sup>or 912</sup> <sup>or 913</sup> <sup>or 914</sup> <sup>or 915</sup> <sup>or 916</sup> <sup>or 917</sup> <sup>or 918</sup> <sup>or 919</sup> <sup>or 920</sup> <sup>or 921</sup> <sup>or 922</sup> <sup>or 923</sup> <sup>or 924</sup> <sup>or 925</sup> <sup>or 926</sup> <sup>or 927</sup> <sup>or 928</sup> <sup>or 929</sup> <sup>or 930</sup> <sup>or 931</sup> <sup>or 932</sup> <sup>or 933</sup> <sup>or 934</sup> <sup>or 935</sup> <sup>or 936</sup> <sup>or 937</sup> <sup>or 938</sup> <sup>or 939</sup> <sup>or 940</sup> <sup>or 941</sup> <sup>or 942</sup> <sup>or 943</sup> <sup>or 944</sup> <sup>or 945</sup> <sup>or 946</sup> <sup>or 947</sup> <sup>or 948</sup> <sup>or 949</sup> <sup>or 950</sup> <sup>or 951</sup> <sup>or 952</sup> <sup>or 953</sup> <sup>or 954</sup> <sup>or 955</sup> <sup>or 956</sup> <sup>or 957</sup> <sup>or 958</sup> <sup>or 959</sup> <sup>or 960</sup> <sup>or 961</sup> <sup>or 962</sup> <sup>or 963</sup> <sup>or 964</sup> <sup>or 965</sup> <sup>or 966</sup> <sup>or 967</sup> <sup>or 968</sup> <sup>or 969</sup> <sup>or 970</sup> <sup>or 971</sup> <sup>or 972</sup> <sup>or 973</sup> <sup>or 974</sup> <sup>or 975</sup> <sup>or 976</sup> <sup>or 977</sup> <sup>or 978</sup> <sup>or 979</sup> <sup>or 980</sup> <sup>or 981</sup> <sup>or 982</sup> <sup>or 983</sup> <sup>or 984</sup> <sup>or 985</sup> <sup>or 986</sup> <sup>or 987</sup> <sup>or 988</sup> <sup>or 989</sup> <sup>or 990</sup> <sup>or 991</sup> <sup>or 992</sup> <sup>or 993</sup> <sup>or 994</sup> <sup>or 995</sup> <sup>or 996</sup> <sup>or 997</sup> <sup>or 998</sup> <sup>or 999</sup> <sup>or 1000</sup>

A clister for the jaundice & Seneg. etc.  
 Take a quart of posset-drink made of small-beere  
 putt therein an handfull of Camomill-flowers. Ralfe  
 a spoonfull of fennell seeds or Anice seeds boyle it for  
 a quart to a pinte. putt thereto 2 spoonfulls of the syrup  
 of Damask-roses. & 2 spoonfulls of powder-sugar  
 of Bastwick 4 quart

For the same.

Take 6 or 7 Bayberries beat them to powder with 2  
 pepper-cornes & drink it in a cupp of Canary-sacke  
 an hour or 2 before meat & wash after it.

Or. Take an Orange & eat it skinned & all

Or. Take Broome ashes & putt them into a pottle of  
 white-wine. keep the bottle stopp'd & shake it twice or  
 thrice a day. then strain it fro the ashes & drink one  
 draught in the morning. & another in the afternoon, mixed  
 with a spoonfull of the Syrop of Suerory when Rubeart  
 hath been stopp'd.



A Glistor: for y<sup>e</sup> Spleane or mind

Take a pint of Sack and add unto it one handfull of the  
 Camomill flower, of linseed and Comfrey's each one ounce  
 Let them boyle gently till a thirds part be consumed, and then  
 strain the liquor, and put into it the electuarie call'd diacatho-  
 lion dissolved in the sack and about 2 ounces of the oyle of  
 Tille for a clister to be given whensoever at any time of the  
 day



## To make an Earningbage

First let it hang two dayes then wash it very cleane  
 in faire water and picke the earninge that is out of  
 the Bagg and washe it well in milke and put the  
 Earninge into the Bagg againe with two or thre  
 egges new layed being broken shelles and all. and  
 put to it a littell mylke some mace and Cloves and  
 pepper being beaten and salte to the quantitie of  
 an allnott and after ward cast a littell salt on  
 the Bagg and hang it to drye then make brine of  
 water and salt putting therein a littell wylee  
 and Cloves with a leaf or two of Sage a littell  
 Clauie and Capersidge and then let your brine  
 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 Stripings five quartes of Lincum Oxen  
 but put into your Oxen pott five or flower peeces of large  
 Wheate and put to your Oxen a litle carrying unyoked not  
 two spone fulls of Rose water and a litle Safran, 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 lay it in a fine Cloath  
 and presse it not a galles stone weight, and turne it twice or  
 thrise in sixe houres then rubb it over 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 become not then put the same  
 milke all into one Vessel and put thereto some carrying as  
 you doe to an other Cheese, and when it is come put amongst  
 it Sugar Syomon Rose water and what else you thinke  
 good



To make fine Orudder and Oreamer

Take five rogetes of Eggs and two yolles and beate  
 them together then take a pinte of sweet Oreamer and  
 mingle it w<sup>th</sup> them and straine them together and then  
 put them into a C<sup>l</sup> kettle and put to it a brance of  
 Rosemary & nutmedge brused and a grane of muske  
 put these in a linnen cloath and sett it upon the fyre  
 and steeve them well for burning when it beynies to some  
 put in the iuce of an Orange or Lemmon and a litte  
 Rose water and when it is well boyled take it off and let  
 the voyce runne from it in a faire cloath then season  
 it w<sup>th</sup> Sugar and boyle the Oreamer againe you serve it  
 up in w<sup>th</sup> the yolles of Eggs and Rose water

To make Pomander

Take Amber greace 32 grames Muske 44 grames C<sup>l</sup> will  
 16 grames Roun Benjamin 6 grames Stowarts 15  
 grames Labdanum 6 grames Cinudragon sept m<sup>l</sup>  
 Rose water very thicke and beate them in a stone mortar  
 to strong paste and then mould them



To preserve Plumbees Greene

Get best Plumbees to preserve Greene in the month of July, take a broad Skillet  
 w<sup>th</sup> some faire water in it and sett it on the fire and make it redde to scald  
 then put in as many Plumbees as will stand one by another and sett  
 them on the fire, then sett on some Skillet of faire water and make  
 it boyle, and when you see the Plumbees a little scalded in the first water  
 take them up and putt them in the second, then sett 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 Skillet, but lett them  
 not boyle till the skimm be taken off. then take them up and pill off the  
 skimm, and sett 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 lettting them boyle leasurely and being close covered lett them boyle  
 in this liquor till they be as Greene as you would have them, then take  
 them up and lay them one by one till the water be cleane runne from the  
 then wring your Plumbees and to every pound take a pound and  
 1/4 quarter of Sugar finely beaten, putt into the bottom of a broad dish



Take of your sugar and lay in your *Alomber* one by one, and as you  
pull them in, touch 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 *Sizzup*, then take them from  
the fire and when they be thorough cold pull them up, and keepe  
them neare the grate of the fire

### To make the *Marmalade* 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  
cored and pared, and lett them boyle a prettie while, till they be very  
tender, then take them of the fire and breake them in small peeces  
with the backe of a Spoon in a Silver *Porindish*, then putt them  
again into the *Pann* and gae reddie two or three oring *Pilled*,  
being very thin and finelic cutt, they must first be watered a day or  
a night and boyled very 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 neare the grate of the fire, if you gae  
not fresh oringes you may take oring *pilled* preserved. / . /



To make Sugar Plate or Lasing Comfits.

Take half a pound of double refined Sugar finely feared and putt  
 to a little gundragon steeped in Rose water and a little muske  
 or Amber gracie finely ground. then mingle it well together in a  
 stone mortar till you may worke it like paste then roule it out very  
 thin and cutt it into little lasings or printes, you may make the  
 like w<sup>th</sup> the powder of Violetts, Roses, Marigolds, Marigoldum  
 Saffron or sug like, but in these you shall need neither muske nor  
 Amber gracie, you must 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 w<sup>th</sup> the iuce of Aspres white or read w<sup>th</sup> the powder of Orm  
 or Gum.

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

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



### To make Paste of Goma

Take rindes of stringebone pounde, the rindes of Lemons also a pounde  
 water from well, and boyle them till they be tender then take gaffe a  
 pounde of Potatoes or Quinces roasted pounde 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 w<sup>th</sup> the white of an Egge, pounde that  
 a new untill you haue brought it to fine paste againe, then make  
 it in some Beades to the biggnes of a Tennis ball, then put them  
 upon oyle tyed into an Oven and lett them drye but see they  
 gette not to faste, then wash them ouer w<sup>th</sup> the white of an Eyre  
 and Sugar ./. /

### To make quinic Cakes

Boile your Quinces very tender then pare them and take the beste  
 and softest of them, to gaffe a pounde of them take one pounde of Syre  
 beate it finelic and putt vnto it as much wat<sup>r</sup> as will moisten it  
 and lett it boile untill it be reddie to handie, then putt in your quinces  
 and lett them boile together untill it will not sticke to your fingers



If maces being woth then saue your molde reddie w<sup>th</sup> a litle fine Sugar  
sorted w<sup>th</sup> yowm then and see putt on your quintes of w<sup>at</sup> thicknes  
you thinke good and lett them lie untill they be cold then sett them  
before the fire to drye. /././

### To make a Paste of Oringes.

Take fave sic roll ed Oringes putt them and wringe out the juce and  
boyle them till they be very tender, Lette your w<sup>at</sup> often in the boyling  
till it leaue to be bitter, w<sup>en</sup> they be boyled tender presse out the  
w<sup>at</sup>. p<sup>ard</sup> betwene two trempers, then beat them well in a stone  
morter w<sup>en</sup> they be well beaten straine them throug<sup>h</sup> a fine Sieve,  
take to every pound of Oringes see beaten, a pound and a halfe  
of Pippins being boyled and strained, then mingle your Oringe  
stuf<sup>f</sup>e w<sup>th</sup> your pippins and beate them well together w<sup>th</sup> a spone.  
take the weight of these two together in Sugar being finely beate  
and put it into a Pan or Skillett put to it a sm<sup>all</sup> quantity of w<sup>at</sup> as will  
well moisten it, then set it ouer the fire and let it boile untill  
it come to a man<sup>er</sup> of crust, then put in your Oringe and pippin  
stuf<sup>f</sup>e into it and mingle them well together, sett them ouer

PHOTO



Quen the fier and boile hem altogeter till it will nat stike to your noth  
ffinger, then take it up and make it into Cakes or oher deuised as you  
selfe shall thinke good. ./. .

To make marble Paste.

Take of the aforesaid roll. 8 that you like best and roule it out somewhat  
thinn, then take as it were a white and reade flower one upon another and  
roll it out the longer way and it wilbe miltarded like Batoun then sell  
one peere by an oher and close it the brode way but you must obserue  
to ioyne a white and a read togeter and you witten to be somewhat  
thicker then you read or ofrouled, and when you have closed it soe sell all  
the end a peere of the same, then roule it furth both wayes untill it take like  
pearlellt mainstoll and soe cut it out in peeres or losings: If you will make of  
the lesser sorte you must lay your peeres one upon another and roule it up  
aforesaid and cut it out the longer way and close one end to another the long  
way, then wote it up againe and roll it sidewayes in litle peeres  
and roule it out, and soe lett it dry. ./. .



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Oyntment for Aiges, Bruises, Bouts, Stitches,  
Palsies, Lamenes and Crampes. of Green-Oyntment.

Take Sage and Rue of e<sup>ch</sup> a pound, of wormewood and  
Bayes e<sup>ch</sup> halfe a pound, Sheepes suet cleane picked three  
pounde, Stamp all these together, till none of the suet be  
seene. then putt hereto 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 x 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 perted maye stand, then take it  
off and lett it coole, and straine it then putt hereto two ozj of  
oile of Spurge, and stirr it well together and soe putt itt vpp  
in a pottle and when you vse it warme it.

To make Sirrup of Pimper

Take Conduit water galles a pint, white Sugar galles a pounde  
Boile them together till galles the water be consumed. then pull to



Item a quart of a pinte of white wine vinegar, and lett them all  
boile ayaine together untill they come unto the consistance  
of a Sirrapp still takinge awaie the Skyme wch is the

• To make Almond Ginger-bread

Take fourden Almond's blanched them in faire water warme  
but put them presently into faire colde water as you blanch  
them so the Almonds in a faire lining stoff and beate them in a  
stone mortar a verie little while, then put two or thre spoonfull  
of read rosewater to keepe them from oiling wh' done you must  
beate them verie neare an houre, and put in that quantitie of  
Sugar finelic scarded that you thinke will make it sweet enoug  
it must be bett excedding finelic, and euer as you beate it pull  
in Cinamon and Ginger finelic scarded, wgen it is sufficiently  
beaten mould it and printe it in Cinamon and Ginger but  
not Sugar, wgen it is made it must be kept wpon paper in  
a Box neare the fire. / . / . /



To make *L'aggisse Pudding*

Take a halfe Trindlo. a quart of Creame, halfe a  
dozen Egges, a Mansfett, a pound of Currants, w<sup>th</sup> Cinna-  
mon, Ginger, Nuttmegge mace and Cloves, and Sugar,  
and a little Rose waate, a quantity of *Sop<sup>er</sup> meriorum*,  
*permyziath*, winter Sauer, and Camomill shred all these  
small w<sup>th</sup> some mutton suett amongst them, putt them into  
the Bagge and soe boile itt.

To make *Sauteraget*

Take the *Pelletts* of *Porte* w<sup>th</sup> some otheer parte here of  
that is fatt and leane well mixt and not *Sinowey* winter it,  
then put it into a mortar, w<sup>th</sup> a little small bett Cloves and  
mace, a little quantitie of grosse pepper, and nuttmegge  
beaten, *Sage* winter Sauer and *Time* winter them  
make, then put them together w<sup>th</sup> soe much salt as is  
fitt for the seasoning, then lett them be well beaten putt



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Putting thereto the yolkes of three Eggs or more according  
to the quantity of your stuffe, after beating, if  
it doe not appere fatter enoughe mixe some beefe suett  
and putte it y<sup>e</sup> ropes beinge steept a day or a night in  
wagite wine, then make them vpp. ./. ./.

To make ffine Suet. ./. ./.

Take the kydney of ffine mutton Seruett or lambe, and  
pitt it cleane and beate it w<sup>th</sup> a wodden Pestell in a  
Marble morter, then put it into a ffine earthen Pipkin  
and two marry mallow rootes cleane picked w<sup>th</sup> the  
pitt taken out and brused and stopp w<sup>th</sup> the Pipkin  
and let it boile vpon fubere, then straine it and beat  
it w<sup>th</sup> maye due of a yeare olde into a purstand dish

To make a Skirrell spie. ./. ./.

Boile and pill y<sup>e</sup> Skirrete and put them into y<sup>e</sup>  
paste, and season them w<sup>th</sup> Nutmegge a litle pepper  
and wbole White, 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  
is quite taken all up and soe lie it into y<sup>e</sup> paste, then take  
a quart. of a pound of dates and rutt them take out  
the stones and the white, and put them in, then take sweet  
butter brake it rouer all your dates w<sup>th</sup> it, and soe close  
it up and after it is baked take a penny w<sup>th</sup> of white wine  
of musk of white wine of wine, a quart. of a pound of  
melted butter and a quart. of a pound of ~~Sugar~~  
all these well together and poure into y<sup>e</sup> Pie and soe  
strue itt

To roast a Shoulder of Mutton. // //

Take a shoulder of good mutton, and take half a pecke of good Oysters  
wash them well and draine the water cleane from them, take the  
topps 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.



Take yolles of three hard Egges, w<sup>th</sup> a Lemmon and an Onion minced  
 altogether, putte a quantity of grosse pepper, and fouer spoonfulls of  
 wine vinegar mingle all these together w<sup>th</sup> your Oysters, then stuffe the  
 Shoulder of mutton being faire washed her w<sup>th</sup> and baste it w<sup>th</sup> sweet  
 butter, when it is roasted take 4 spoonfulls 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 his braynes, take out the gall from the  
 Scull, then putt her scalyes in greas barke, take salte and sicoure gum  
 very well, and wash him in faire water, take then galse a pinte  
 of wine vinegar galse a pinte of Rospite wine galse the skinn of  
 a Lemmon, two faire Ratoes of Ginger sliced galse a quarter  
 of an ounce of large mace, a fewer toppes of Lime, and  
 Rosemarie, w<sup>th</sup> galse a pound of sweete Butter, put all these  
 into a deepe dish that will containe your Carpe, put in three  
 spoonfulls of Calte, set it on a Chafin dish of Cole & till  
 it boile, and then drie your Carpe w<sup>th</sup> faire, and put into  
 the



In a Dish and pouer ym, and lett ym boile a quarter of  
 an houre, then ture ym, and put in a quantity of more  
 salt, let ym boile another quarter of an houre, then take  
 a mangette and put in tosted, and either tost them or fry  
 them, and lay them in a fard dish, take also a quarter  
 of a pound of sweete butter, fower spoonefulls of wine  
 vinegar stirre them together till the butter be melted, then  
 take the Carpe out of the brothe, and lay ym upon yor  
 Rippette, and poure yor Sauce thereon, with a good quan-  
 tity of beaten yinger throwed upon it, and soe serue itt. //

### To make Ruffes. p. 1. 1.

Take a Roringe full of Eggs, turde and brate into yem  
 flower sugar, then pulle them a handfull of wheat flour  
 some Whatmeyer, and make them up into little Roubes  
 and set into the Oven upon a paper being well milled



rubbed w<sup>th</sup> butter, and served from w<sup>th</sup> butter  
and Sugar. / / /

To make Pantales. / /

Take six Lyce Yolkes and a pinte of Cream and  
also a pinte of Sugar, Nutmegs and Sugar as  
much as will season itt make your Ballen of a reasonable  
trenches w<sup>th</sup> flower and soe frye them

To Crème Capon. / /

Take ffine ryeate meale and mingle it w<sup>th</sup> Sugar  
or Honey) and soe make itt into Rowles, and soe you  
may make a Capon fatt in six dayes. But the  
ryeate meale must be moulded w<sup>th</sup> butter or  
Sewette. / / /



### 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  $\frac{1}{2}$  Leaf-gold. Then cast it according to Art into little round gobbets, or for keep them.

### To make paste of Guineas, Plumbees or Barbaries.

Strain  $\frac{1}{2}$  pulp or take  $\frac{1}{2}$  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 or their stones or stalkes in them. Then put the in a warme Oven, when it is hard or drye. Then turne them or dry  $\frac{1}{2}$  other fire in an oven after  $\frac{1}{2}$  bread is drawn. Then being kept dry.  $\frac{1}{2}$  may keep the all  $\frac{1}{2}$  Year.

### To make Paste-royall of Marmelade.

Take of this paste or molde it up in refined Sugar till it come to perfect paste. Then print it w<sup>th</sup>  $\frac{1}{2}$  mouldes or drye it in an Oven after  $\frac{1}{2}$  bread is drawne. Then boxe it up being drye. If they chance to be moxed dry them in an Oven again as before.

### To make Paste of Ganua.

Take of  $\frac{1}{2}$  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  $\frac{1}{2}$  same quantity of Sugar or boyl it to  $\frac{1}{2}$  height of Manus Christi. Then lay it upo a Lye-plate and fashion it as  $\frac{1}{2}$  please, or for dry the in an Oven as  $\frac{1}{2}$  other before.

### To make paste of Rippins.

Take  $\frac{1}{2}$  Rippins pare them or quarter the, then boyl them in fair Water till they be tender then strain them or dry  $\frac{1}{2}$  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 together. Then fashion them upo a Lye-plate or putt them in an Oven being very slenderly heat. If next morning  $\frac{1}{2}$  may turne the upo  $\frac{1}{2}$  bottom of a Sieve w<sup>th</sup> Paper under them, or for putt them in an Oven of  $\frac{1}{2}$  same heat again. or here lett them remain 4 or 5 dayes putting every day a chafing-dish of Coles into  $\frac{1}{2}$  Oven till they be dry.



to bake venison in a  
good crust

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Take yo<sup>r</sup> side, or fowch of venison &  
wipe it w<sup>th</sup> a cloth, y<sup>e</sup> bones being out,  
say it fitt for yo<sup>r</sup> pasty, season it with  
pepper & salt. say it in presse, if yo<sup>r</sup> 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  
w<sup>th</sup> yo<sup>r</sup> flour, say it a-broad of yo<sup>r</sup> table &  
take 18 eggs butt 9 of y<sup>e</sup> whits, & soe  
worke them in very well, then sprinkle  
cold water & still worke it till it be well  
in stifness, pluck it in little <sup>pieces</sup> 3 or 4 times over  
& then mould it & roll it fitt for your  
pasty. say-ing minced switt under y<sup>e</sup>  
meat, & a narrow peece of past a-bout it

roste a  
pe of  
red.

Take y<sup>e</sup> fatt of y<sup>e</sup> kidner of a Coon of veill & cutt it in  
little long peece, roll it in Nutmeg & salt mingled  
together, stop yo<sup>r</sup> lege of veill w<sup>th</sup> it & w<sup>th</sup> carbis butt  
make y<sup>e</sup> holes deper. prick a peece of kelt over it.  
y<sup>e</sup> Saffris butter & viziket Nutmeg salt  
& a little suger. cutt offe y<sup>e</sup> bone end & fere  
it up-right



## to make yuffe past

Take a quantity of fine flower -  
 4 whits of eggs, a little rose water,  
 or other cold water; mold yo paste  
 together & beat it w<sup>th</sup> yo roller for  
 y<sup>e</sup> stiffer yo make it, y<sup>e</sup> better. Therat  
 role yo past forth & lay y<sup>e</sup> butter on  
 in bits, to run it vy of both sides & so  
 dor it 4 or 5 times & then make it up.  
 yo may lay a litt<sup>e</sup> of a little paper & so  
 sett it in y<sup>e</sup> oven to se if it rises,

yo must be fure to beat yo  
 butter, w<sup>th</sup> a roller, till y<sup>e</sup> water  
 be very clean forth of itt,

Take a pound <sup>in another way</sup> butter & a pound of fine flower, <sup>make</sup>  
 2 whits eggs, as moch water as will make yo  
 past very stiff, then role 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 yoo did before,  
 work yo butter & laye it in  
 water oovr night to  
 make it stiff



to season a flourintime with the  
Kidney of Veal

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Take y<sup>e</sup> Kidney shred it smal; 2 Apples Shred -  
thun smal; 2 eggs; little soft water; sinamon  
Nott more some sugar; a little cream, & some  
candied orange pills cut smal, corianders & vealons,  
a date or two; if y<sup>e</sup> pleas,

To make Ginger bread by Joseph Rogers Receipt

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

$\frac{3}{4}$  of flower, adding  $\frac{1}{2}$  p<sup>i</sup>d of Orange  
Citron sliced - mix with y<sup>e</sup> Treacle

2 spoonfuls of good yeast & 3 spoonfuls  
of brandy. and work these altogether

Just before you set it into y<sup>e</sup> Oven

butter & flour y<sup>e</sup> 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<sup>o</sup> Carraway seed bruised four  
 spoonfulls of Saff D<sup>o</sup> Brandy. add a little  
 yeast. The Oven must not be too hot  
 It will take an hour & an half <sup>or two hours</sup> 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<sup>z</sup> of Carraway seeds. 10<sup>z</sup> of Coriander seeds beat fine  
 mix these severally with the flower, and add a good  
 slice of Butter. Then take two pounds & three <sup>or</sup>  
 of Treacle mix into it two or three spoonfulls  
 of yeast & 3 spoonfulls of Brandy & ~~1~~ pound  
 of Orange peel ~~Make it~~  
~~last~~ Two hours at least



Howe to dye to die blowe  
out of white.

Recept: Take 12 gallans of rhambizles  
be sett it on the fire, then when it  
is almost at boylinge, take the  
scumbe 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 yo' cloth or woole  
on any other thinge desirable, and steepe  
them therein well about, for feare of  
spottinge.

Howe to dye porpiniaye  
greene, out of white,

Recept: To vij<sup>th</sup> of woole, take one  
pound of Allome; Boyle fayre  
water, and when it is at boylinge  
put yo' Allome into it, (and beinge  
melted, put the woole into it, and so  
boyle them together, for the space of  
thre houres, then take it off the fire  
and wole it, and put out all that  
exaltes, then take more fayre water  
and greene grasst, and boyle them  
together one houre, and then take  
out the greene grasst and put yo'



woole into that water, let them boyle for  
out quarter of an houre, and then take it  
up, and wringe it w<sup>th</sup> some harte, and put  
it into y<sup>e</sup> blewet fatt. /

How to dy a faine grene /

first make it a good blene, then washe  
it up in faire water, then take allome  
atrominge to the first exortion, and boyle  
it thre houres, alwaies when y<sup>e</sup> use any  
allome; then take it up. then take faire  
water, and grene graspe, and boyle them  
an houre togid<sup>r</sup>; then take out y<sup>e</sup> grene  
graspe, and put halfe a gallon of chamberls  
into y<sup>e</sup> grene graspe water, and then  
put the woole into it, and stirre it about  
for feare of spothinge, if it be woole  
wringe it, and washe it, if it be other  
hange it up, untill it be roke and then  
offer it. /



## How to dy a watered

First put <sup>colours</sup> ~~wool~~ wool into the  
 blew fitt, and make it a reasonable  
 blew, then wringe it up and washe  
 it, then take faire water, and a little  
 allome (wool melted) put them together  
 boyle them one houre, and so take it  
 up and washe it. /

## How to dy a schewater greene

First yo must blew it, and wringe it up  
 then take a pound of Logwood, and eight  
 yards of cloth, and boyle it with  
 greene grasse, and allome, thre houre  
 then roole it, and then it will be a sea  
 greene. / A sea blew will make a sea  
 greene. /

How to dy a maiden faire  
 colour out of whitt.

Take one pound of allome, and eight  
 of wool, boyle them in faire water  
 thre houre, then take foure quart  
 water, and put in faire water and  
 greene grasse, and boyle them an houre  
 then take out the greene grasse and  
 put in holten tree, and galle a gallan  
 of chamberlea, and boyle them together  
 untill yo thinke it be a faire colour. /



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

Take a pound of. Dillome to yo<sup>r</sup> friend  
portion of wooll, and boyle it in faire  
water thre houres, then take it forth  
and wasse it very faire, then take faire  
water, and then take thre ounces of  
stutgentale, well beaten to smale powder  
and one pennyworth of are smitke, and two  
pennyworth of mircurad, beat them all a  
stidall, and put them all together of a  
powder disse drie, and mingle them a  
with one pound full of wheat flour, and  
then divide them into two pte, then  
take one of the pte, and put them  
into yo<sup>r</sup> faire water, when it is almost  
boile, and then stirre it well, and then  
put in yo<sup>r</sup> wooll, and let them boyle  
halfe an houre, then take it forth  
and wole it, and when yo<sup>r</sup> wooll or  
clothe is wold put in thre pte, of yo<sup>r</sup>  
stuffe into fait water, and stirre it  
well, then put yo<sup>r</sup> wooll or clothe into  
thait water againe, and let it boyle half  
an houre, then yo<sup>r</sup> may see when the  
colle is faire, and soe take it up  
wassing it very well -



To make a faire skarlett out  
of whit for fouer yeares.

Take faire water, and when it is at boyle  
inge, put halfe a pecke of wheat brane  
to it, let it boyle halfe a q<sup>rt</sup> of an houre  
then put it into some tubbe for a fortnight  
to make fouer, and every day stirre it  
about, then take faire water and set  
it on the fire, and put some of y<sup>e</sup> fouer  
brame water into it, then when it  
boyles, put i<sup>t</sup> of sallome into it  
then put in y<sup>e</sup> clothe or woole and  
let them boyle togith<sup>r</sup> thre houres, then  
take it up and roole it, then put out  
that water, and take the rest of y<sup>e</sup>  
brame water, and <sup>one</sup> gallon or two of  
smale drinke or droppinge, then put  
in y<sup>e</sup> clothe or woole into that, and let  
it boyle togith<sup>r</sup> one q<sup>rt</sup> of an houre,  
then take it up and roole it, then  
take the omead of stutgenale  
one pennyworth of m<sup>r</sup> ruzad, one  
pennyworth of urefurd, one penny  
worth of pygill, beate them se<sup>ver</sup>all



verie smale then mixted hem togith ex  
 then take one quart of h yome of farr-  
 nandilurke, and put them all togith  
 into the said durtor, and then put in yo  
 cloth or woole, stirringe hem 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 durtor, 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 bringe cold waffe it verie faire,

How to dye a purple ingraine

First make it a good blew, then skome  
 it to be gouged. then washe it up, and  
 put it into the small durtor above  
 said, and when yo hemke it faire take  
 it up.

for a water to drawe it to yonge  
 yo small salt then blew it then  
 boyle it in Allome.



To dye yellowe. take drawtre bark  
 and boyle it an houre in faire water  
 and then take up y<sup>e</sup> bark. y<sup>e</sup> it be for  
 a dozen of clothe & xxiij of  
 allome, boyle it w<sup>th</sup> the clothe in that  
 liquour, both tog<sup>th</sup>er, out houre /  
 y<sup>e</sup> y<sup>e</sup> will have a fraint col<sup>o</sup>r put  
 in mastering to it

y<sup>e</sup> a g<sup>o</sup>lding yellowe take it furdg  
 and put in a skele full of Gamb<sup>er</sup>  
 tea, and stirre but about and then  
 take it forth, & put it into y<sup>e</sup> a  
 hoot liquour againe, and stirre  
 it but about and take it forth  
 againe then drie it & washe it  
 after it be drie at y<sup>e</sup> leasure /

For purple <sup>violit</sup> ~~colour~~, take a pome of  
 Allome for vij pound of clothe  
 and boyle it, in it, for ten houre  
 then forth y<sup>e</sup> allome water, and  
 washe y<sup>e</sup> clothe cleane, and then  
 fill it full of faire water, then  
 take a pome of logwood, in fute  
 the scale vij and when it is  
 very warme then put it in, then  
 let y<sup>e</sup> logwood boyle a q<sup>u</sup>ar<sup>ter</sup> of an



hour then take yo cloe and put  
it in, and let it be in till it be well  
fuzze, and stire it well for feare  
of bottinge )

To whiten finee yarn, or cloth;

Take a quantity of chamberlaye according to y<sup>e</sup> larg-  
ness of yr web, & put in as much new cowe donger, as in  
yo<sup>e</sup> decoration yo<sup>e</sup> think will suer, then mingle well  
yo<sup>e</sup> chamberlaye & robit well w<sup>th</sup> yo<sup>e</sup> hands, till all the  
lumps be broken, then lay in yo<sup>e</sup> web when yo<sup>e</sup> have  
washed it, out of y<sup>e</sup> souling & dryed it, & soe lett it lye  
y<sup>e</sup> space of 2 days, & 2 nights; then take it out & wash  
y<sup>e</sup> cowe donger clere fro it in fair watter, then lay it  
forth a day, & a night, & turn it & soe lett it lye again  
a day & a night, alwayes wattering it, soe that it  
never dry. then wash it clere in fair watter, & batt  
it & lay it in a boking tubb, then lay on yo<sup>e</sup> Aske cloth  
& take yo<sup>e</sup> Ashfis & boyl them in fair watter, & soe pour  
them on & soe lett it stand all night, in y<sup>e</sup> morning drice  
it & batt it out, & soe lay it out as before, yo<sup>e</sup> must re-  
member that every day yo<sup>e</sup> batt it out in fair watter  
& sow a little peece of cloth on y<sup>e</sup> one side of it, whereby yo<sup>e</sup>  
may know to turn it right, this yo<sup>e</sup> may doe twice or  
thrice, both for laying of it in y<sup>e</sup> cowe-donger & for  
boking of it; yo<sup>e</sup> Ashfis must be ether of Whistles,  
brukons, whines, or Ashes; all must be boyled betwixt they be  
though dry



likewise your yarn must first be washed out of the  
 Sowing. then take a good quantity of Ashes & boyle  
 them well in a kettle till the strength of y<sup>e</sup> Ashes be in  
 the water, then take it off & lett it stand till y<sup>e</sup>  
 Ashes be all settled to y<sup>e</sup> bottom, then take clear  
 thereof & boyle your yarn therein, the space of a-  
 down, & lay it out in y<sup>e</sup> 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 Alcoliafter, finely beaten  
 & put it into warm water, & stier it well together  
 then take 20 yards of cloth, washed out of y<sup>e</sup> sowing  
 then lay in y<sup>e</sup> Linn with as much water as will  
 cover it & lett y<sup>e</sup> Linn lay in this water, 24 hours  
 stirring it 3 or 4 times, during the time it layeth in  
 this liquor, then lay it forth in fair water & wash  
 it 2 or 3 days, then boyle it, then lay it forth  
 & wash it, 2 or 3 days again, 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<sup>e</sup> yarn take y<sup>e</sup> same liquor as aforesaid for  
 shall you nott need to seeth y<sup>e</sup> yarn.

lay in y<sup>e</sup> 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 it is in the Booke of Canterbury  
 got it of him a little before his death. see my booke: the Booke of the Booke  
 of the Booke

Take a gallon of Gasloigne wine, ginger, gallin gall  
 Smirnon, Nutmegs, Cardamon, grains, Cloves, Ammisseed  
 fennell seed, carraway seed, of euery of them a drame  
 then take sage, mints, red roses, lime, jekitorie, rosmario  
 wilde time, Camomile, 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 two or three houers  
 stirre it diuers times then distill it in a Limbecke  
 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 vsquabaughe

Take a quarter of a pound of Liguorico, scrape it cleane  
 and bruisse it, and cutt it into small peeces, then take a  
 quarter of a pound of rasins of the same, and stone them  
 a quarter of a pound of Dates, cutt and washe vniu' cleane  
 then take a good spoonfull of Ammisseed bruised. then put  
 all these in 3 quartes of Aqua vite, and soe lett it steepe  
 24 houers, 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 soe keepe it

### Another way to make vskabaughe



## Vskabaugh.

Take a pottle of Aqua vite, 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  
seed halfe an ounce of each, of Liquorice sliced two ounces  
of raisins of the some 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 cotten strainer.

## To make rosa solis

see pag. 160.

Take a pottle of the best aqua compasita put it into a gallon  
glasse, and put therto a pottle of the hearbe called rosa solis  
cleane picked, and lett it stand three or fower dayes close stopped  
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 aqua compasita, strained from your  
rosa solis, and soe lett it stand untill you have occasion to use  
the same.

## To make aqua mirabilis

Take Gallin gall Cloues, quibibis, ginger, mehatz cardimonia  
mace, nutmegs, saffron, agremonie, of each of these one drame  
and of the juce of sallindome.



To make Vshabaugh.

Take a gallon of white Aqua-compofita & putt it in a Vefell. then take a pound of Myfh-comfetti; six ounces of Cinnamon, 3 sticks of Lycoris, & an ounce of fine Sugar. Bruife all thife & putt the to 3 Aqua-vite & let them remain there 12 daies. and stirre the well every day, & then poure forth y<sup>e</sup> Syrop fro the rest as clean as you may. as this is y<sup>e</sup> perfut Vshabaugh.

An excellent drink ag<sup>t</sup> y<sup>e</sup> Plague

For Mashedine.

Take 3 pintes of Malme-fry, or handfull of Red Sage, as much of Rue, boyle thife to a quart then strain out y<sup>e</sup> herbes, then take an ounce of long-Zepper-ginger & Nutmegs all beate small in a Morter & put into y<sup>e</sup> Wine & boyle it a little, then take it off & putt into it an ounce of methidat 2 ounces of y<sup>e</sup> best Treacle, & a quarter of a pinte of Aqua-vite, & putt all into y<sup>e</sup> Wine & for keep it.

For Rott Anglica Mar.

Any y<sup>e</sup> fear y<sup>e</sup> Plague & are not infected, may take 2 or 3 times halfe a spoonfull of this drink at a time. & if any be infected take a spoonfull of it (as soon as y<sup>e</sup> party thinketh himself infected) take warme & for goe to bed & sweat 2 or 3 houres, & then dry y<sup>e</sup> body well & keep warme & drink noe cold drink but warme drink & Caddes, & Roffit drink w<sup>th</sup> Marigold leaues & floures, when y<sup>e</sup> party hath sweat, & is well dryed w<sup>th</sup> warme clothes, & for long as y<sup>e</sup> party is ill take a spoonfull morning & evening.

Mr. Quin his Receipt. or Dr. Burger.

Another for y<sup>e</sup> same.

Take red-Bramble leaues, Sage, Rue, Elder leaues of each one handfull. strain y<sup>e</sup> iuice into a quart of white wine. take 2 spoonfulls once in a weeke.

Mr. Gu.

To cleanse an infected-house.

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

ye la: Selby



For y<sup>e</sup> Bickets, (in children.)

Take Succory, Colts-foot, Scordigrass, Lung-wort, fumitorye, Samole, Hey-hafe steepe them in y<sup>e</sup> juices over y<sup>e</sup> fyre, clarify it w<sup>th</sup> whites of Egges, then strain it againe, put to every pinte of juices a pound or a half of fine Sugar. boyle it according as y<sup>e</sup> doe boyle other Syrops. give y<sup>e</sup> child a spoonfull morning first as evening last

y<sup>e</sup> Ointment. Take Camomill, Sage, Eausnet, Stiffop, Starith, Fetherfew, Hey-hafe, Organum, Samole, redd-Fennill, Worme-wood, Spere-mynt, Saint-Hopfers herbes choppe them all small: boyle them in fresh butter. put in a large-Mace or halfe a pinte of Muscadina. when it is boyled strain it & keep it for y<sup>e</sup> use. y<sup>e</sup> child must be anointed morning & evening; back, sides & hamcs & after rote & tumble it.

If y<sup>e</sup> child canot contain what it taketh: Take Spere-mynt small chopt, or Cloves beaten: boyle this in Muscadine or dinesge & applye it to y<sup>e</sup> stomach & upper-part of y<sup>e</sup> belly.

A Water to mixe w<sup>th</sup> y<sup>e</sup> Syrope. for rich folks.

Take a fatt sucking-Pigge, dress him & spitt him, & when it is half-rosted cutt him in pieces, putt it into a gallon of newe-Milke. putt thereto the crowmbes of a penny-White-Loafe, a pound of Dates stoned, an ounce of Lime-apple-kirnellis bruised, a quarter of a pound of Almonds blanchid & beaten, a pound of Lent-Figges cutt in pieces, half a pounde of Raisons of y<sup>e</sup> sunne stoned, a pound of Corance washed, a handfull of Spredwell, y<sup>e</sup> like of Burnett, Betony, Scordigrass, 30 or 40 garden Snayles well cleand. put all this in steep 4 houres & then still it in a comon still. take this water in a quart glass into which y<sup>e</sup> must putt 6 leaves of gold. putt White-Amber powdered 2 dragms prepared Pearle 3 dragmes. stirre this well together & mixe it w<sup>th</sup> the Syrope, If the child be farre spent for y<sup>e</sup> peevish sort (B. & C.) take garden Snayles & putt in a little redd-Rose water & Sugar, & give y<sup>e</sup> child to drinck 3 times a weeke. Feb. 25. 1632.

my La: Fairfax of Stut



## For a Consumption.

Take a peck of Turneps clean washed & dried again either by y<sup>e</sup> sun or fire. slice them & putt them in a new earthen pott close stopped. lett it in y<sup>e</sup> oven about one hour & a halfe. then strain out y<sup>e</sup> Juice, & to every pinte of Syrope putt a pound of Sugar. boyle it to a Syrop height. take 4 spoonfulls in y<sup>e</sup> Morning first & as much at night last.

my son: Eister.

For y<sup>e</sup> 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<sup>e</sup> Calves-foot & put in half a pinte of red-Rose water, & a pinte of Muskidine, & 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<sup>e</sup> day time now & then a spoonfull & at night.

To M<sup>rs</sup> M. Asheton.

For y<sup>e</sup> Colic

Take a pottle of Old Ale <sup>White</sup> Hopps, 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<sup>e</sup> spices together in a mortar. putt them in y<sup>e</sup> Ale; & take a quarter of a pound of Lionye-root & bruse it in y<sup>e</sup> mortar, & putt into y<sup>e</sup> Ale & spices, & lett it stand 3 night, & then drinck it y<sup>e</sup> mornings. stir it well together <sup>before</sup> y<sup>e</sup> drinck it.

mary Watson.

## To bring away an After-birth.

Take yellow-amber as much as a bean & knock it small, and as much Hartes-horn as will lye on 2. & a little Beare-stone on y<sup>e</sup> point of y<sup>e</sup> knife. if y<sup>e</sup> have it not, then make it strong of Amber. & y<sup>e</sup> must take 4 or 5 spoonfulls of Womans-milk & mingle all together w<sup>th</sup> as much speed as y<sup>e</sup> can to y<sup>e</sup> party. & let y<sup>e</sup> party lye clean vpp in her bedd, & y<sup>e</sup> mid-wife to be w<sup>th</sup> her, & hold fast y<sup>e</sup> string, & wash y<sup>e</sup> party in warme water y<sup>e</sup> first thing shee doth when is kneeled vpp in her bedd. & then lett y<sup>e</sup> party lett down her breath to y<sup>e</sup> mid-wifes hand &c.

To M<sup>rs</sup> M. Asheton.



For y<sup>e</sup> Backe. &c.

Take y<sup>e</sup> pith of an Ox & take y<sup>e</sup> skane & filsh away. y<sup>e</sup> <sup>th</sup> is good of it when it is beaten thine putt it into 2 quartz of Ale. Boyle y<sup>e</sup> 4 part away. then take liue-stony finely clarified & putt 2 good spoonfulls in it at y<sup>e</sup> first, & frason it more as y<sup>e</sup> will have it w<sup>th</sup> sugar, & white bread Cowmbe finely grated alibury like. 8 or 9 Dates stoned & sliced & putt in ab<sup>o</sup> y<sup>e</sup> first. a few whole Clowes & a pritty deal of whole Mace, & boyl them all together. take 12 spoonfulls in y<sup>e</sup> morning, & 5 or 6 at night. but be sure to eate y<sup>e</sup> pith. Eate noe Veal, nor Rigg, nor any slimy meat.

m<sup>rs</sup> Ashers.

## Ros-folis.

(See sup. 156.)

This herbe groweth in Medowes or in lowe moorish-groundz, & in noe other place. it is of heare colour & groweth very lowe & flatt to y<sup>e</sup> ground. It hath a meane long stalk groweing in y<sup>e</sup> midst of it. & 6 branches springing out of y<sup>e</sup> root round about y<sup>e</sup> stalk & leaues of meane length & breadth. In noe wise when it is gathered let it be touched w<sup>th</sup> y<sup>e</sup> hands, for then y<sup>e</sup> vertue thereof is gone. y<sup>e</sup> must pluck it by y<sup>e</sup> stalk, & lay it in a cleare basket, for y<sup>e</sup> leaues thereof are of very much nature. Take as much of this herbe as will fill a pottle. pott or glasse, 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<sup>e</sup> 4 day open it & strain it through a fair linnen cloth into a cleare glasse 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<sup>e</sup> pott or glasse for y<sup>e</sup> noe aire come in. then drinke to bedward half a spoonfull mixed w<sup>th</sup> a quantity of good stale Ale, & as much in y<sup>e</sup> morning fasting. And there is not the weakest body in y<sup>e</sup> world y<sup>e</sup> 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<sup>e</sup> shortly they y<sup>e</sup> use this receipt 3 times together, shall finde great remedy & comfort thereby. And for as y<sup>e</sup> patient feeleth himself, for hee may use it. Note alsoe y<sup>e</sup> this herbe Ros-folis can not nor may not be gathered but onely in June or July.

H.C. Cholmeley.



For y<sup>e</sup> Head-ache.

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

To make a Worme come out of y<sup>e</sup> Head.

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

For giddyness in y<sup>e</sup> head of long continuance.

Take y<sup>e</sup> gall of an Hare & as much of Honey & mingle them together a good space  
 untill it fall to a conde, & thereto anoynt y<sup>e</sup> forehead & temples.

## For Deafness.

Take Oile of Anyse seeds & bitter-Almonds mixed together, & putt 3 dropps  
 into y<sup>e</sup> cares warme, & stopp it w<sup>th</sup> black Woll.  
 Or take Oile of Comyn. It hath been proved good.  
 Or y<sup>e</sup> juice of Colewort mingled w<sup>th</sup> Wine & drop it into y<sup>e</sup> Eares.  
 Or Take y<sup>e</sup> gall of a Hare, Aquavite & Romes milk ana p<sup>ro</sup> partes. & drop it in.  
 Or y<sup>e</sup> Urine of a young man-child new made. Or y<sup>e</sup> juice of Rue w<sup>th</sup> y<sup>e</sup> few 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<sup>e</sup> fyre then take y<sup>e</sup> Water  
 & droppeth out of y<sup>e</sup> ends thereof & putt thereto y<sup>e</sup> greafe of a filver-coloured Eall. then  
 bruise a little Comyn & steep it in y<sup>e</sup> 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<sup>e</sup> liquor runne through a linnen cloath. then putt a  
 drop or more into y<sup>e</sup> care it being clear & warme. then dipp black Woll in it  
 & stop y<sup>e</sup> care thereto. & let y<sup>e</sup> patient lye on y<sup>e</sup> contrary side & it will restore  
 y<sup>e</sup> hearing again by God's help.

## To make a man steare of ever he shall heare.

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



## For of Mad or Frankish person.

By Mustard-seed contuind it w<sup>th</sup> Wine & tye y<sup>e</sup> Rolle to his head. it repelleth all forage & headacke. it causeth a man to rest & clearseth y<sup>e</sup> head.

When a man falls into Madnes,

H. C.

By Salt M. i. & rubb both hands & feet thereto. then take y<sup>e</sup> herbe *Siphacus* & contuind it well untill it be papper & fixe gently tye this to y<sup>e</sup> head of y<sup>e</sup> patient & when it is dry take fresh & lay thereon till such time as he begin to sleepe.

For y<sup>e</sup> Lunatick.

H. C.

Take a Hedge-hogge & make broth of him, & lett y<sup>e</sup> patient cate of y<sup>e</sup> broth & flesh.

A cleansing Water for y<sup>e</sup> hands or face.

By half a pound of Salt pecter of y<sup>e</sup> purest or whitest. half a pound of Tartar putt them in a crucible such as y<sup>e</sup> melt gold or silver in, y<sup>e</sup> said Tartar being beat as small as y<sup>e</sup> said Pecter. put a fyre-coal to it & it will burne downe to y<sup>e</sup> bottom. when it is cold beat y<sup>e</sup> same into a gross powder again. put y<sup>e</sup> powder into a beast-bladder tye it close & steep it in fair water y<sup>e</sup> quantity of a pottle 6 houres, then lett it runc through Cap-Paper (by way of filtering) putt y<sup>e</sup> water w<sup>th</sup> y<sup>e</sup> fynde w<sup>th</sup> y<sup>e</sup> bladder into y<sup>e</sup> basin into some glasse, & y<sup>e</sup> w<sup>th</sup> is w<sup>th</sup> y<sup>e</sup> bladder into some other glasse & keep this for y<sup>e</sup> better. 2 spoonfulls will serue at a time so w<sup>th</sup> y<sup>e</sup> may add a spoonfull of Rose-water.

H. C.

For y<sup>e</sup> Mother

By 2 ounces of y<sup>e</sup> powder of Buckes horn & put it into a quart of w<sup>th</sup> ste Boyle it fro<sup>m</sup> a quart to a pinte. drinck y<sup>e</sup> pinte at a draught. 2 takings will serue.

M<sup>rs</sup> Skell.

## For Deafnes.

Take a great Oyter-shell & fill it w<sup>th</sup> fasting spittle. lett it stand 2 dayes & 2 nights in a Dung-hill. then take it out & putt one drop in y<sup>e</sup> eare & stop it w<sup>th</sup> black wolle w<sup>th</sup> is wett likewise w<sup>th</sup> y<sup>e</sup> same.

M<sup>rs</sup> M.

An Oyle good for tche of bone or flesh. w<sup>th</sup> Alexander w<sup>th</sup> in his Booke.

By a handfull of Ciderage otherwise called *Arifma* & cut it small y<sup>e</sup> stalkes w<sup>th</sup> y<sup>e</sup> leaues & put them into a glasse w<sup>th</sup> even portion of Oyle olive. Then stopp well y<sup>e</sup> glasse & putt it into hott Horse-Dung, & let it be there y<sup>e</sup> space of 15 dayes. then take it out & strain it through a fine linnen cloath & y<sup>e</sup> Oyle will runc through flesh or bone & fetch out y<sup>e</sup> ache clean. as hath been often proved.

H. C.







For a Cough of  $\eta$  Lungs. or Consumption.

$\mathcal{R}$  Syrop of Licorize, Mayden-haire, Hysop & Starckownd mixed together and  
Lupp therof fro  $\eta$  end of a Licorize-stick breifed.

For fainting of Women.

$\mathcal{R}$  Ligni. aloes grated or tye  $\eta$  same in a clout. Dippe  $\eta$  same in cold wine  
& sue applye or hild it to  $\eta$  nose.

For Cough of  $\eta$  Lungs. & Consumption.

$\mathcal{R}$  Garden-Snails nu. 5. Break off  $\eta$  shells of them; then boile them in a quart  
of new milk of a redd-Cow till it come to a pinte & a half. Drink of this first  
& last & at all times of  $\eta$  day.

To break an Impottuence in a mans body.

$\mathcal{R}$  Tansey a good handfull, & wash it in redd-wine, & grinde it in a Mortar  
& wring out  $\eta$  juice & drink out spoonfull every day & it will purge  $\eta$  dischafe  
downward ~~to~~ pain.

Against spitting of  $\eta$  Lungs.

$\mathcal{R}$  Oyle of Oringes. or  $\eta$  Syrop of Lemons & eaten helpeth. Or  
 $\mathcal{R}$  Oyle of Oringes 3 l. & Capons-grease  $\mathcal{E}$  j. anoint  $\eta$  stomack thereto. & lay thereon  
a Lamb skin dressed w<sup>th</sup>  $\eta$  Wolly-side next  $\eta$  body,  $\eta$  shirt between & chafe in  $\eta$  oil  
against  $\eta$  fire, & give him oyle of Vitroll in Plantin-water. H. C.

A most pious Balme or Oyle made by Matthe. Lucatelly Ital.

$\mathcal{R}$  Venis-Turpentine un-washed of  $\eta$  cleanest one pound, of  $\eta$  best  
Sallet-oyle 3 pintes & a quarter of a pinte, of Bee-waxe half a pound.  
Sanders one ounce, & strong-wine a pinte. / first slice  $\eta$  Wax  
very small & boyle it in a skellet over a soft fyre, & when it is thoroughly  
boyled, then putt in  $\eta$  Turpentine, & when  $\eta$  is thoroughly boyled, putt in  $\eta$  Oyle  
& lett them all boyle a pretty while, & after putt in  $\eta$  Sanders w<sup>th</sup>  $\eta$  hand  
at 3 times still stirring it & lett  $\eta$  boyle softly still stirring them fro  
 $\eta$  beginning till  $\eta$  take them fro  $\eta$  fyre. & when it is well boyled, you shall  
see it grow red on  $\eta$  sides of  $\eta$  skellet. &  $\eta$  must have a great care  $\eta$   
it boyle not over, for  $\eta$  if it take fyre it will endanger  $\eta$  house. then lett it  
cool awhile & strain it before it be quite cold, otherwise it will not runne.

$\eta$  Vertues. /  $\eta$   $\eta$  said Oyle is good to heal any wound either inward or out  
ward being sequested in warm into  $\eta$  wound being inward, & outward being applyed  
w<sup>th</sup> fine lint of Linen, anoynting also those  $\eta$  therabouts, it not onely takes away  
 $\eta$  pain, but also keeps it from inflammation, & draws forth also all broke bones  
or any other thing  $\eta$  else might putrify or fester it. For  $\eta$   $\eta$  braines or Inwards  
(as  $\eta$ )



- (as y<sup>e</sup> heart, guts, or Liver) be not touched it will heal it in 4 or 5 times dressing  
 for y<sup>e</sup> nor other thing be applyed therunto. 2. It also healeth any Burning  
 or scalding. likewise it healeth any Bruise or Cutt, being first anoynted w<sup>th</sup> y<sup>e</sup>  
 said oyle, as a piece of Linnen-cloth or Lint dypt in y<sup>e</sup> said oyle warmed or layd to  
 y<sup>e</sup> place, it will heal it w<sup>th</sup>out any feare remaining. 3. It takes away any  
 paine or grief y<sup>e</sup> might grow by reason of cold, moystrure, Catarrhe, or Achies in y<sup>e</sup>  
 bones or Joints, first anoynting y<sup>e</sup> place for often w<sup>th</sup> y<sup>e</sup> said oyle heated, &  
 a warm cloath layd vpo<sup>r</sup> it. 4. It helps y<sup>e</sup> head-ache, onely anoynting y<sup>e</sup> temple  
 or nostrills thereto. 5. It is good against y<sup>e</sup> Windic Collic, or stick in y<sup>e</sup> side applyed  
 thereto warm w<sup>th</sup> hot clothes 4 mornings together, as every time a q<sup>ty</sup> of an ounce.  
 6. It is good against Boyson, & helpeth a Surfeit, taking an ounce therof in a little  
 sack warmed. 7. It helpeth y<sup>e</sup> Biting of a madd-dogge or any other beast. 8. It is  
 good against y<sup>e</sup> Plague anoynting onely y<sup>e</sup> nostrills, & lippe thereto in y<sup>e</sup> morning before y<sup>e</sup>  
 party goe forth, for y<sup>e</sup> day (by Gods p<sup>ro</sup>missio<sup>n</sup>) he need not feare y<sup>e</sup> Plague. 9. It also  
 healeth a Fistula or Ulcer, be it never so deep in any pt of y<sup>e</sup> body, being applyed as above  
 for a Cutt. 10. It is also good against Wormes or Canker, being dyed as y<sup>e</sup> Cutt, but it  
 will require a longer time to help the. 11. It is very good for one infected w<sup>th</sup> y<sup>e</sup> Plague  
 Meazalls, or y<sup>e</sup> like, for it be plenty taken in warm broth a q<sup>ty</sup> of an ounce, 4 mornings  
 together, or frecat vpo<sup>r</sup> it, it also keeps one fro<sup>m</sup> vermin. 12. It also helps Digestion  
 anoynting y<sup>e</sup> navel & stomach thereto when y<sup>e</sup> party goeth to bedd. It will stanch any  
 blood plenty of a green wound, putting a plaster of Lint on it & use it very hard  
 y<sup>e</sup> said oyle or Balsome may be kept 20 years, & be much better for it.

M<sup>rs</sup> Thealston.

for Weaknes.

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

While shee is in this course  
 Let her drinke (y<sup>e</sup> last after shee goeth to bedd) a draught of Ale mingled  
 w<sup>th</sup> Nutmeggs & Sugar. / This is an approved Medicine for Children  
 y<sup>e</sup> cannot hold their Water. or Women y<sup>e</sup> have y<sup>e</sup> Mother in any kinde  
 weakened.

M<sup>rs</sup> Bushell.



### For y<sup>e</sup> Droppe in y<sup>e</sup> Legges.

Soake Oates in water untill they be tender. then cut y<sup>e</sup> party diseased ~~his~~ his Legge y<sup>e</sup> is swollen over y<sup>e</sup> vessell y<sup>e</sup> it may receive y<sup>e</sup> fume or smoke of y<sup>e</sup> said Oates. & cover y<sup>e</sup> party w<sup>th</sup> something y<sup>e</sup> it may goe down round about y<sup>e</sup> vessell as then Blisters will come vpo<sup>n</sup> y<sup>e</sup> Legge or swollen place out of w<sup>ch</sup> will runne much water & corruptio<sup>n</sup>. then after anoint the place w<sup>th</sup> butter. Doe thus 4 or 5 times yf need be.

A gentle Purgatio for a sick or weak body.

y<sup>e</sup> La: Shoff: but  
w<sup>th</sup> M<sup>rs</sup> Do: Hudson.

Take 20 good Damask-Prunes clean washed. then take half an ounce of Rubarb thinned sliced. steepe y<sup>e</sup> prunes w<sup>th</sup> y<sup>e</sup> Rubarb in faire water or Damask Rose water, w<sup>th</sup> a little Sugar. turne them oft as keep the cloke covered till they be very tender, then putt the<sup>m</sup> in a glass, as in y<sup>e</sup> Morning eat 3 or 4 of the<sup>m</sup>, or yf y<sup>e</sup> please a spoonfull of y<sup>e</sup> Syrop as fast as cometh after. infra 172. slid.

### A Syllan.

Take Borage, Langsbeif, Sorrel, Endive Cinquifoid 2 handfulls of Barly well pickt as both ends taken off. then take half a handfull of red Fennell roots. a quantity of Licorize, Sugar-candy. Feggs, dates, great Reifons, boyle all together fro a gallo to 3 pintes. slid.

### For a skald-head.

Take Oyle-olife as putt it into a dish of fair Water & beat or stir the well together as y<sup>e</sup> would make butter. then take it vpp. & putt it into a vessell, as putt powder of Brimston & May-butter thereto & make an oymnt therof w<sup>ch</sup> anoint y<sup>e</sup> soare head & it heals it. slid.

### To make one sleep.

Take Camomil, Rye-bread, Rer is Batony of y<sup>e</sup> wood & grinde them well together. then w<sup>th</sup> Vinegar putt it into a panne, fry it well untill it be somewhat drye. then take a cloath & make a plaister & apply it Rote about y<sup>e</sup> head, or y<sup>e</sup> soles of y<sup>e</sup> feet. stode vpo<sup>n</sup> y<sup>e</sup> hearbes y<sup>e</sup> powder of Nutmeggs. is w<sup>th</sup>out doubt hee shall sleep & hee never be sick. slid.

### For y<sup>e</sup> Scabbs in the face.

Take Oyle of Roses of weight of O<sup>z</sup>. in comon salt & a little fresh Butter stirred all together, untill it become an oymnt. slid.



Restorative after Weakness by a Lash

Take an old red-Cock & keep him till he may pick out his bones, then bruise the & putt the in again into his broth if they were fodder in. putt thereto Marrow of an Ox, & half an ounce of Quibibes, half an ounce of Clovas, half an ounce of Nutmegs, & 3 penny weight of Saffron. make powder of all this & putt it to the Cock & close it if his eyes come out, & when it is enough let him eat thereof & sup his broth. it restoreth.

For a child if is weak or lame in her joynts. slid. in sicknes.

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 you will use it anoynt the weak or lame joynts before you frye spread some of it on a cloath & bind it upon the place as close as they can suffer it. use it as long as you need it. slid.

Rize-pottage good for a Flux.

Take a good hand full of Oker-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 w<sup>th</sup> a little of Rulles & all on, after strain them w<sup>th</sup> the foresaid water, & for the Rize make rize-pottage. Likewise Rize may be beaten w<sup>th</sup> Almond-milk & for it doth restore nature. slid.

Two Hamorrhoufa.

Take Plantain-water a pinte. Gumme-dragon a drame, Gumme Arabiche as much. putt the Gummes into the said water in a bottle-glass, stirring or shaking it 9 dayes together. When you use it, give to the woman 2 spoonfulls at a time (morning & evening) & fast half an houre after. D. Bush M<sup>rs</sup> Atwell

For the Eyes, for to clear the sight.

Take the 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 the oyle fro it, then take (Bendwood, or) Dasy roots & leaves to gather well washed & beat in a wooden dish w<sup>th</sup> a revolving-pin & strain out the juice. Then take 3 spoonfulls of the oyle of Egges, & 1 spoonfull of the other juice, & 1 spoonfull of the 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 the use. When you are in bed at night putt one drop of it into either eye & for sleep. & when you awake in the morning doe as much & if you can sleep after for wimke at least half an houre & use it 3 or 4 dayes together or longer as you see cause. edw<sup>d</sup> D. B.



For  $\eta$  stomach-wormes.

Take Turmeric half an ounce. Long-Zepper a quarter of an ounce beat them to powder. then take  $\eta$  leaf of a Swine 2 ounces & shred it very small, then putt them all into a wooden dish, & 2 pennyworth of Treacle with them. then beat them again w<sup>th</sup> a Rolling-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  $\eta$  stomach 9 nights & changes w<sup>th</sup> out stirring it.

S. B.

To make Trochisk for  $\eta$  Rhume, or Cough of  $\eta$  Lungs.

Take a quarter of an ounce of Anula campana-root, half an ounce of Liquorice, half an ounce of Amicefrids, a quarter of a pound of Sugar-candy or fine sugar, all finely beaten & feared, then beat it in a mortar w<sup>th</sup> as much gum-dragon steeped in rose water as will binde it together. then work it up in little cakes or rodes, w<sup>th</sup> some of  $\eta$  foresaid powder, & when they be thoroughly dry.  $\eta$  may keep one of them in  $\eta$  mouth as  $\eta$  have occasion.

M. Math.

$\eta$  La. North's receipt for making Juice of Liquorice.

First make a decoctio<sup>n</sup> w<sup>th</sup> Raisins of  $\eta$  sunne, Amicefrids, Liquorice, Maiden-hair, Colts-foot, figges, boyle all these in 3 quarts of water, till half be consumed. then take of choise Liquorice 1 pound & a half well scraped & finely bruised, then put it into  $\eta$  decoctio<sup>n</sup> while it is scalding hott, & let it remain for 24 houres, then strain it & press all  $\eta$  liquor as hard out as  $\eta$  may, for  $\eta$  Liquorice have noe juice therein. This done, boyle it in a fair well-leaded panne or shellatt, stirring it alwaies untill it wasse thick. then take it fro<sup>m</sup>  $\eta$  fire, on dishes in small quantities, & let it lye untill it dry. then  $\eta$  may make it in balles, in what quantity  $\eta$  please.

Edw. M<sup>r</sup> Mathers.

$\eta$  La. Bodie's receipt for  $\eta$  same. to be made in  $\eta$  beginning of May.

Take 4 ounces of Liquorice scraped, beate<sup>n</sup> & finely feared, 5 or 6 handfulls of tender toppes of styfope, 4 handfulls of foal-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, w<sup>th</sup> a pint of Hysope-water, or fair running-water. putt in  $\eta$  Liquorice & boyl it till it be as thick as good cream, then strain it again through a fine strainer, and lett it again on  $\eta$  fire, & 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 it fast. It quantity of a Beafe will stoff it longtime.

56. Mrs Matthevie.

For nourishing a weak-body.

Take a pinte of Allegant. a good handfull of Raisons of it sunne, stone them & beat them well in a mortar, & take it yolkes of 2 Eggs, mingle the all together & sett them on it fyre, when it is cold take a good quantity thise a day.

in Ea Vofule Vangfour

For a Surge.

Take an ounce of Sena, a dragma of Mace, ginger, aniseeds, liquorice, Coriander-seeds & polyode of it oke of each, a dragma being dryed & beat. then beat all theise together grossly & putt them into a pinte & a halfe of old strong ale. then toss them fro pott to pott half an houre, then let it stand half an houre: this doe 3 times & soe let it stand a day or a night. then strain it, & putt to as much suger as will season it, & soe much nutmegge as you think good. Lett it party drinck it one half at night when they goe to bedde, & in 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 weight of oubarb finely sliced, it must be putt into a piece of fine linnen cloath & hang in it fore said stuffe, & soe lett it stand 2 or 3 houres & now & then coust it till all the strength of it oubarb be out.

Mrs Matthevie + Mrs Gylesing.

For a Cough

Take halfe a pinte of white wine vinegar  
two ounces of Aniseeds beaten.

Two ounces of sweet-fennell seeds

one ounce of English liquorice

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

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

5<sup>th</sup> Jan: 1616



For y<sup>e</sup> 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 w<sup>th</sup> flowers, 2 Oranges w<sup>th</sup> some Cloves in them rosted very soft in y<sup>e</sup> Embers, cutt them in y<sup>e</sup> middle & drying them in as hott as y<sup>e</sup> can. It must first be seasoned w<sup>th</sup> Sugar to y<sup>e</sup> liking. & hang therein a bagge of Saffron.

To make one steep.

Take a pinte of Cowslip-Water, 2 ounces of conecoue of Red. roses, let y<sup>e</sup> steep 2 or 3 hours. then strayne it, put some 6 spoonfulls of Syrop of Gilly flowers, some 4 or 5 droppes of y<sup>e</sup> Oyle of Vitriall. take some 6 spoonfulls when y<sup>e</sup> goe to bedd & it will make y<sup>e</sup> steep

A Water for to cleanse a face troubled w<sup>th</sup> face humors or itching.

Take a pottle of fynyshy trough water stirre it up when y<sup>e</sup> take it. then boyl it & when it is fast take y<sup>e</sup> black scum 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 styfope. boyl all these together a good while. then putt it in a pott & keep it & warm a little of it & some of y<sup>e</sup> sage-leaves & bath y<sup>e</sup> face therw<sup>th</sup>. & when y<sup>e</sup> have layd salve on y<sup>e</sup> face, then spread all y<sup>e</sup> place as farre as any heat goeth & it helps wonderfully.

Sw<sup>th</sup> for y<sup>e</sup> face. A Water &c

Take 3 qts of fynyshy Water & let it boyle softly on a clear fyre & as y<sup>e</sup> scum riseth take it off. when y<sup>e</sup> have for done take it off y<sup>e</sup> fyre & put into it half an ounce of burnt Allom & as much white lopperas then set it on y<sup>e</sup> fyre & let it boyle 3 or 4 halmes. then let it be poured into an earthen or pewther dish & let it stand all night. then put it into stone bottles. When y<sup>e</sup> doys any face wash y<sup>e</sup> face first w<sup>th</sup> it then take more fresh & dipp limt therein & lay it upon y<sup>e</sup> face. & y<sup>e</sup> must dipp cloathes 2 or 3 times double & lay upon y<sup>e</sup> limt. / y<sup>e</sup> must dipp cloathes 2 or 3 times double & lay upon y<sup>e</sup> limt. / y<sup>e</sup> la selbye.

A Water for y<sup>e</sup> eyes.

Take Scladine, Fenell, Sage, Rosemary, Verbain & Rue of each one good handfull & wash them clean then drye them again w<sup>th</sup> a linnen cloath. then putt them into a Limbeck & distill them & let y<sup>e</sup> 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<sup>e</sup> la selbye



For  $\eta$  Rickets.

Take a pound of Curraunce, wash them well & boyle them in a gallon of spring-well-water till  $\eta$  half be wasted, upon a clear fyre. Then take them & strain them & putt thereto 12 spoonfulls of Rokin-vine. Vineger & put it into  $\eta$  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  $\eta$  ground about an hower, then dress him & wash him cleare & fet him on  $\eta$  fyre to boyle in a clean pott about 2 gallons of cleare water & putt thereto a handfull or 2 of Hearts-tongue, a handfull of Liverwort dressed cleare & a Comfrey root or 2. a little handfull of Hyssop & Fines (more of Hyssop then Fines) a handfull of broad-Blantaine leaves, boyle all these together w<sup>th</sup>  $\eta$  Cocke upo a soft fyre till  $\eta$  Cocke fall in pieces & there be some 2 quartz of broath then take out  $\eta$  Cocke & herbes, & bray them in a mortar bones & all. strain them all together, then wash  $\eta$  pott cleare & putt  $\eta$  broath in again. putt thereto half a pound of Raisons of  $\eta$  sunne cleare washed & putt thereto a pinte of Ridd wine, a gill of English-stoney, & 2 quartz of  $\eta$  best Ale. Take half an ounce of Cinamon & bray it, 2 worth of Saffron rubs, 2 worth of Mace, boyle all these together for  $\eta$  space of half an hower till it be boyled to 3 quartz & a half. Use this morning first & night last. &  $\eta$  same being warme anoint  $\eta$  back & joynts therew<sup>th</sup> & keep them warme. & if any thing be offensive to  $\eta$  stomach anoint  $\eta$  joynts for much  $\eta$  more.

For  $\eta$  Yellowe-Sandis. $\eta$  La: Silbye.

Take a Burin-root  $\eta$  greater  $\eta$  better, scrape it cleare, then take a pott of newe Ale & putt  $\eta$  roots therein &  $\eta$  ale will boyle, & lett it be therein one day & one night well stopp. then lett  $\eta$  patient drink one draught 2 or 3 times & he will be whole, certainly p<sup>ro</sup>ved.

A noble receipt for  $\eta$  black-Sandis. $\eta$  La: Widdringto.

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



## A gentle purge for a weak body.

Take 20 good Brunes clean-washed, & half an ounce of Rhu-barb  
thin sliced, stew them together in fair water w<sup>th</sup> 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<sup>e</sup> please a spoonefull  
of y<sup>e</sup> Syrop. & fast an hour after. (G. 116.) y<sup>e</sup> La. Widdringtō.

## A wine against melancholy.

Take a pottle of White-wine, of Sage of Hierulacē & Harts-tongue  
of either one a clove handfull, Rosemary as much as of y<sup>e</sup> other  
give all a boile on a soft fyre, then putt therein a pinte of  
Spring-well-water, & strain it after you think y<sup>e</sup> a pinte is  
spent in boyling of y<sup>e</sup> wine. Take a good bear-glasse full in  
y<sup>e</sup> morning, at 4 of y<sup>e</sup> clock (afternoon) & last at night.  
y<sup>e</sup> La. Widdringtō.

The Chalycat Wine. ag<sup>t</sup> y<sup>e</sup> Skurvy, squanders &c.

Take of White-wine, 1 pinte. of Chalycs prepared w<sup>th</sup> sulphur 1 ounce  
of Romun-wormwood 1 pugill. trochises of Agrimony 2 drames. species  
Sticce picce 1 drame. Infuse these in y<sup>e</sup> wine close stopped for 2  
daies, shaking y<sup>e</sup> glasse thrice or thrice a day. y<sup>e</sup> La. Widdringtō.

Take of garden Scurvy-grass 6 handfulls. Water-cresses & Brooklin  
of each 4 handfulls. Beat these well & press forth y<sup>e</sup> juice, w<sup>th</sup>  
being putt into a glasse must be clarified by filling y<sup>e</sup> glasse in  
warm water & running it through a wollen-strainer. Take of  
these juices 3 spoonfulls, & 6 of y<sup>e</sup> wine every morning. for 15 dayes.

See above this quantity with some onely for 5 dayes. & therefore  
y<sup>e</sup> must prepare it twice.

y<sup>e</sup> La. H. Belafis. glasse

## for Phlegme or Pleume.

Take Betony & drye it, & make powder of it & keep it till y<sup>e</sup> need  
when y<sup>e</sup> would use it, take a quantity of Honey & of y<sup>e</sup> powder, &  
make 2 or 3 Pills & swallow the same last in bed, & it will  
void y<sup>e</sup> phlegme.

For y<sup>e</sup> same.

Rest Onions under both umbels & eat them w<sup>th</sup> Honey & Pepper  
& Butter morning & evening, in few dayes they shall feel y<sup>e</sup> breast  
loosed, & phlegme easily to be avoided. y<sup>e</sup> La. Widdringtō.



## A Salus. to be made in May.

Take Valerian, Bontan, Scabious, Plantain, Ribgrass, Bramble & Woodbine-leaves, Agrimony, & Red sage of each an handfull. Let them lay and wither upon a board untill  $\eta$  next day. then shred them small & work them w<sup>th</sup> a pound of May-butter unwashed or salted. then put the into an earthen pott & bury them in  $\eta$  ground 10 days. then put the into a panne & boyl them w<sup>th</sup> 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<sup>ch</sup> you would have to draw most.

$\eta$  La: Constable.

To purge  $\eta$  Liver. for  $\eta$  Scurvyce &c

Take Rhubarb 2 ounces, Scurvygrass, Watercresses, horse-Radish & Dock-roots ana an handfull. hang theife in a bagge w<sup>ch</sup> in a gallon of ale & after 2 or 3 days drink of it

Mr Hickorygill.

For  $\eta$  Jaundise.

Take ale 3 pints. Saffro 2 worth. Wormes a good handfull well washed & beaten in a mortar, strain them into  $\eta$  ale. & w<sup>th</sup> 2 worth of Sney. & a little sugar drink it.

To make a Consumptio-plaster.

Take Burgandy pitch, 2 ounces. Linnen Beeswax <sup>2 ounces.</sup> of each a quantity & melt them together, then take a quantity of <sup>2 ounces</sup> gomme-Serpentine & an ounce of  $\eta$  Oyle of Mace  $\eta$  quantity of a gill melted altogether. then spread theife up<sup>on</sup> half a sheeps-skin. then take a Nutmeg grated & strow it thereon. The blister is to be laid to  $\eta$  spoon of  $\eta$  Stomack & cut to  $\eta$  breadth of a hand  
for the tooth-ach

Take white arsenike and bole Armonake of each a like quantity, make these up into a small pottlet with a drop of aqua-vitæ a drop of reddest oyle and a little lint, stop therewith the hollow of the grivod<sup>s</sup> tooth 2 or 3 hours; swallow not but spit out the stumps that shall flow into the mouth and let not ye party sleep while it is in the mouth  
m<sup>rs</sup> W.

Here Harcourt



# The Drinke for the Plage

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Take hartshorn ginseng one ounce, ginger sliced one quarter of an ounce, Juyaberie one ounce, figges halfe a pound, two Oringes the rind and meate, take turmentall roots one ounce, Angellica roots one ounce, Angellica stalkes and leaves, Elder leaves, Red bumble buds and leaves, Red sage, Rue, and Sassafrige of stalkes and leaves, of each of these herbes one handfull ~~of each~~ <sup>Stamp</sup> 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 pot and cover it close, let it stand twelfe houres, then straine it out with a press that no liquor remaine in the hony 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 two spoonfull every morning fasting and fast one hower after, it will make you have a good stomacke to your meat and not trouble you at worke; If anie have taken ye infection this will purge and vomitt till it hath wrought out ye fells every halfe hower till it worke no more. It hath bene knowne to worke in those that have bene very much infected two 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 hower before you eat, tis very good to prevent infection.

## A Direction against the Plage

Take three quints of Malowsey and brull therein Sage; and put of each one handfull and lett them all boyle together till it come to a quart, then straine it and sett 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 hertmoreg all beaten together. then lett it boyle a little and put thereto fouer pennyworth of Metordate, two pennyworth of Treacle, and a quarter of a pint of the best Angilive water, take it always warme both morning and evening a spoonfull or two 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 only good for the common Plage but for the small pox, chagole & swifots, and divers other dangerous.



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

Take a Gallon of white wine I meane Gascoyne wine,  
then take Ginger, Mare Cloves, Aniseeds, fennell seeds. &  
Caraway seeds and Gallinall, of each of these a dram,  
then take Sage red mint, rose leaves, time and wild time  
rosemary remonilk Lander tops and mellitary of Spain  
of each of these a handfull, then beat the spices  
small and the herbes also and putt them all ~~and~~  
into the wine and lett ~~them~~ <sup>it</sup> stand 12 hours stirring  
it divers times Distill it in a Limbecke and keepe the  
first waters 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  
Dissolucio that come of cold, it is good against the shak-  
ing of the Galley, it helpeth conception in women that  
is barren, it helpeth the wombe within the body,  
it helpeth the stone in the bladder, it Comforteth  
the stomacke with the cold Cough, it helpeth the  
toothacke, it cureth the cold dropsie, it helpeth the  
stone in the vaines of the backe, it presently cureth  
a stinking breath, and whosoever useth this sometimes  
and not often it preserveth them in the strength of  
their bodies and shall make them some young long,  
it Comforteth nature marvellously.

If it stand in the sun all summer it is much the better  
A spoonfull of it fasting over in 3 dayes. often if urgent  
operation call for it  
You may if you please ad of Cinamon and nutmegs  
a drame of each



### A Poultice for a Stone

Take of Stinking Hemlock, Groundsall, House-Boke, & Lavender leaves, of each a handfull, pound them very small all together, put to them a hand full of Rye meales, or a egge boyled hard, & 3 ounces of Bees grease

### For y<sup>e</sup> 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<sup>e</sup> same by Sr J. Fowler.

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

### To stay Gripping in y<sup>e</sup> Belly

Take Charcole & when it's well burn'd in y<sup>e</sup> fire, take some of the umbers of it & put into a wooden dish, & when it's well quenched w<sup>th</sup> 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 Chulles, keept for heat in y<sup>e</sup> fire.

Take y<sup>e</sup> powder of Theriack & Swines grease mixe them together, & so apply it.

### For a Cough or Stopping with phlegme

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

### To strengthen y<sup>e</sup> back a receipt of Dr. Mercurius

Take a pint of Rhenish & a large handfull of stones of warm 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<sup>e</sup> yolke of 2 new laid eggs beat them all, mixe all together & straine them, this quantitie serves only for trixe or thrixe & 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.



<sup>Grauel</sup>  
 Tabs millipedes white Amber Anna. ʒij  
 Nutmeg ʒij Chio Turpentine as much as will  
 make them into a Mass which form into  
 middling pills make eight pills of a Dram  
 and take four at a time. P. Watson

Gotthard  
 Cude Opium camphire ann grain putt ʒij  
 into a bag & hold to ʒ scath

<sup>Sord Dros</sup>  
 Sacrum Saturn ʒij to 2 Gill of Plantain  
 Water: always shake ʒ bottle when you  
 use it



Rasp Currant Wine  
 To Every peck of ripe Currance <sup>or 12 great quarts</sup> ~~old~~ <sup>measured</sup> you  
 must putt <sup>wine</sup> 5 quarts of water, bruse y<sup>e</sup> berry well  
 before you putt in y<sup>e</sup> Cold water putt y<sup>e</sup> into a tubb  
 with a tapp: at it, putt in a pint of ale yest to y<sup>e</sup> pecks  
 of berry. if you have not so many you may putt less  
 yest accordingly, after you have stird it well cover  
 it with a Rugg on Blankett and lett it stand <sup>ten</sup> 10 days  
 Thights y<sup>e</sup> draw of y<sup>e</sup> Clear Juice at y<sup>e</sup> Tap: & so  
 Every 4 quarts of Juice putt 9 p<sup>d</sup> of Sug: at 6 or 7 o'cl<sup>k</sup>  
 y<sup>e</sup> empty y<sup>e</sup> tub of y<sup>e</sup> Dreg: and turn in y<sup>e</sup> good into  
 y<sup>e</sup> tub againe & lett it stand 2 day' more y<sup>e</sup> same way,  
 y<sup>e</sup> draw it of and putt into y<sup>e</sup> Barrell & lett it  
 stand till April ~~then~~ <sup>then</sup> bottle it this makes Strong  
 wine if you please you may putt a little more water  
 to y<sup>e</sup> Dreg: and make a small wine w<sup>th</sup> Ordinary  
 Sug: but bottle it at 6 weeks End — •

Currant wine y<sup>e</sup> same way Mr Gills  
 if you mix y<sup>e</sup> Rasp: & Currance, a few quarts  
 of Rasp: will taste it - say a peck to y<sup>e</sup> 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 • Cardus
- Baum Sage
- wormwood • Hearts Ease
- Pimpernell • Tormentill
- fumatary • Angelica
- Rue • wild time
- Calandine • Scordium
- Burnett mary gold floors
- Spearminth • Red poppy floors
- Clove July floors

of Each of these one pound

- Rosemary
- Cowslip floors
- Tormentill Root

Each of these half pound

- Rhampane Root
- Butterbir Root

Putt all thes above 3 or 4 dayes upon a table before you use by m<sup>o</sup> & shred in very small then putt in into any convenient thing as a large cream pott or chettle adding to them as followeth

- Each Sweet fenell seeds
- and Dul Carroway seeds
- Cardium well bruise
- Cloves
- Nutmeg Cinnamon
- Venice Treacle
- Diascordium
- of each Ounce

To all thes add 3 Gallons of good brandy and lett them stand to Infuse 4 dayes - stirring in once aday & keeping in pott covered then Strie in all thes keeping it cool w<sup>th</sup> wet cloths when the Surfeit water begins to grow lower taking more you may boile some of y<sup>e</sup> Smell water w<sup>th</sup> fine Sy<sup>r</sup> & Little Amber Grease to a Syrup to sweeten & Rest



## Syrup of Clove Indly Floors . ———

Take half pound of floors. put <sup>in</sup> into a pott.  
 & pour 3 hills of Rye lling water upon <sup>in</sup> cover it  
 Lett it stand 3 or 4 hours then strain it through  
 a sieve & put two pound of <sup>See</sup> Loaf Sug: to one pint.  
 & give a boill on two & burn it very well  
 you may clear it up w<sup>th</sup> whites of Eggs



Excellent water for Horse & Eye or mans Eye  
 4<sup>th</sup> wet. Rather strong for mans

---

Campfire & ounce fine ora toll Bolz Armeriak  
 4 ounce Blow Vitoroll: 4 ounce  $\times$  <sup>th</sup> Burn Alloran.  
 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. Preserve  
 & other for any sore or Brack head.

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you may if you please ad. to 4<sup>th</sup> rest of 4<sup>th</sup> Ingredient.  
 Sacrum Saturni one ounce w<sup>th</sup> 2<sup>th</sup> gill Plantain water  
 allway shake y<sup>e</sup> Bottle when you use it



Minced Eyes of ~~the~~ way

Take 13 eggs hard boyled throughout half of whites  
 1/2 lb. of prunes up to Raisons Gell sack quarter  
 1/2 Lemon peace, 2 oz. of Cinimond Nutmeg  
 Sugar to 11 taste little mace & cloves 4 Apples  
 Shred all small & putt in a little Verjuice for  
 Sharpening or putt <sup>in</sup> into 1/2 Pans see 4<sup>th</sup> 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  
 Jimmia Lepes quarter of an ounce  
 Mollopes — 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  
 fit is off; Six drachons of bark a spoonfull of pepper & Nutmeg  
 mixt up w<sup>th</sup> Rum or w<sup>th</sup> wine take bequits of about every 4 hours.  
 probatum



well shred — or 16 yolks & 24 whites of eggs  
 1 pd Curr. Sripes; or 13 Eggs. hard boyl. take half  
 the whites out — 2 pd Suet shred as small as  
 possible. — 1 pd Raisin 2 pd Prunes Stond. well shred  
 1 pd Currants 2 nuts: 2 oz. Cinamon 4 oz. ma  
 4 oz. Cloves: 8. Sour aples. well shred fill w  
 Juice fill sack little brandy Sweeten them  
 the Jug to y<sup>e</sup> lastes 2 pd Capron Peall  
 best Rec<sup>d</sup> for misid Eyes

The Green Oyntment w<sup>ch</sup> is very good  
 for old Sores or Green Wound<sup>s</sup> La<sup>st</sup> Carr Rec<sup>t</sup>.  
 Take of S<sup>t</sup>. Johns wort 2 Valerian Garrow  
 Bugle Plantain Sanicle Foxe Glove; bettany  
 Croswort Soap wort <sup>lady mantle & Garrow</sup> of Each of those herbs one  
 handfull bruise the herbs well w<sup>th</sup> two pound  
 of may Butter one pd of oyl Olive, set it  
 in a Celler for ten day<sup>s</sup>. then boyl y<sup>m</sup> an hour  
 over a slow fire and Straine out the herbs  
 Add to the Oyntment Venice Turpentine half  
 apound, bees wax one p. refin. rofen 2 pound  
 Verdegrease in powd. 2 dram<sup>s</sup> resolve y<sup>m</sup> alltoget<sup>her</sup>  
 over a slow fire and Strain y<sup>m</sup> again and keep  
 for use in a well Glas<sup>s</sup> Earthen Pott  
 often. Proved



156 The Strengthening Plaster

Contra Rupturium Ounce.  
 Seratum Santalinum &  
 opit m: unguent. Cornisse } 2 ounce. Each.  
 of mistle Berry — 2 ounce,  
 powder of Mastick 9.  
 Dragons Blood — } 3 drams each  
 Armonack }  
 Bistort roots. Halls }  
 Red Corall & Amber — 2 ½ Dr. Each.  
 Nutmeg — 2 Dr. —————  
 very good. to lay on y<sup>e</sup> Back to prevent  
 suppurations for other Straines.  
 Very good Bitter w<sup>ch</sup> has Cuc. Severall  
 in Agues when y<sup>e</sup> Bark Failed —  
 Snake root — 3 ppt. put in to 29<sup>th</sup>  
 Gentian — 2. of ale  
 Spe: Hiera Picea — 3  
 Camomile Floots. 1  
 Saffron — 3  
 Riwel Orange &  
 Juniper Berries 1  
 14 pence.



To recover Drink when flatt or rather <sup>187</sup>  
turne lower  
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<sup>e</sup>. ale be very flat  
if not quite flat put in less - it will be  
fit to Drink in 3 or 4 day. Wm<sup>r</sup> Robinson



No. 1886

The Balm-drops. Excellent for a wound

Balsam of Peru one ounce:	2 = "
Storax Calamitar two ounces:	1 = 4
Benjamin <sup>impregnated to Sweet Oyle</sup> three ounces:	2 = 6
Spirit Wine two pounds:	1 = 8
Succotrine alois half an ounce	4.
Cryph 8°	4
Olibanum 2°	2
Angelico root 2°	1
S <sup>t</sup> Johns Wort; <sup>Flowers 2°</sup>	1
<del>Frankincense 2°</del>	<del>6</del>

~~The Charge of 8: 6~~

Put all these together into  
 a Bottle close stop'd and let it stand  
 in y<sup>e</sup> 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<sup>back</sup>  
 into the Bottle and fill it w<sup>th</sup> Verjuice.  
 and keep it for Sprains or Bruises.  
 " in men or Horses

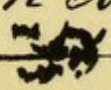
Eng<sup>d</sup>. further

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Never heat the Drops. but apply <sup>189.</sup> if  
cold Its good for any wound  
cut, stab. shot or bite. it will cure  
the deepest <sup>wound</sup> in a few days. if rightly  
made, and apply<sup>d</sup> w<sup>th</sup> a feather, or drop in  
If the wound has bleed<sup>d</sup> w<sup>th</sup> any other  
Remedy, be sure to wash it clean  
w<sup>th</sup> wine or Brandy made hot, before  
you apply y<sup>r</sup> drops. It will not cure  
so well as if no other thing had been  
use, no plaster must be us<sup>d</sup> w<sup>th</sup> it,  
when a wound is large its proper to  
wrap it in a clean cloth to keep out air  
Its also good for a horse prick in  
the foot or any other wound or Gall  
Its also a good remedy for the Cholick  
or Flux twenty or thirty drops taken  
in Broth or a glass of wine  
always keep y<sup>r</sup> matter close stop<sup>d</sup>  
have tried it w<sup>th</sup> good success for wound &  
Rothgreen



The Composition for the Gout 2190  
Take an Earthen Vess<sup>t</sup>. that will  
hold twenty Gallons fill it w<sup>th</sup>  
Elder Flowers full blown and clean  
pick<sup>t</sup>, they will waiste considerably  
therefor continue to fill it up —  
as long as you can <sup>get</sup> Flowers —  
Then put in two pound of Bay  
Salt, one Gallon half of any  
sort of Vineger stir it well w<sup>th</sup>  
astick and cork it up close —  
and set it in the Sun for two Months  
Then stir it again and cork it as  
before and set it into a celler —  
Keep it from frost and stir it once  
in two Months for yr first year —  
if it grows dry put in a little Vineger  
if worms get <sup>in</sup> to it add a handfull of Salt  
It must be apply<sup>d</sup>. when the gout is near  
the height and must be laid on fresh every  
night and morning — Probatum — 



Receipt for making - Duffys Elixer

Aniseed	1 oz	2 <sup>nd</sup> dr	
Fennel seed	1 oz	gr.	2
Span liquorice	1 oz	half	1
Rubarb	2 drams		3
Ellecampane	1 oz	gr.	1
Manna	1 oz	half	1
Gallop	2 oz		4
Senoa	1 oz	gr.	5
Saffron	half dram		4
Raisons other Sun	half pound		3
Stice 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 1792  
Take Brandy six Gallons; put to it  
the Juice & Skin of ten dozen Lemmons  
(or otherwise half Oranges) be Carefull  
not to put in the Seed or 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 fit to be fine, if its made of oranges only  
twelve dozen is the quantity  
To Make Blacking for Shoes or boots

$\frac{3}{4}$  lb Bees wax  
1 lb best Soft soap or Sweet soap  
1/6 barrel of Larns black  
1 oz Gun powder <sup>or Dolum arabic</sup> 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  
boil till its tollerable stiff ~~but very slowly~~  
Take it out othe pan, and work it very well  
upon a stone or board till you roll it up for use  
observe to Soap up hand and y<sup>e</sup> place where  
its wrought to hinder its sticking ~~to the~~



St Johns wort's Drops. Mr. Lydall's

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 handfulls gently bruise  
put all together into a quart Glass Jar  
Expose it to the Sun ten days  
then boyl them in the same Exposed in  
in a pot of hot water for ten hours  
put hay in along w<sup>th</sup> y<sup>e</sup> Jar to keep  
it fast. Strain out the liq<sup>r</sup> and renew  
the like quantity of the Herb ingredient  
boyl it as before and strain it again  
and keep it for use

allowsc rect. for a lot by Dr Mead -

Oyl of sweet Almonds — 2 oz

Diacodion, Balsamick Sassaia

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  $\frac{1}{2}$  water, let it stand  
all night. then run y<sup>e</sup> liquor through  
a bag or cloth and to every  $\frac{1}{2}$  gallon  
of liq<sup>r</sup> put 14 pound<sup>s</sup> of Sugar at 6<sup>o</sup>  
Stir it well and put it in a flask without  
Yest let it stand abt. 2: 3: or 4 months  
to purify then bottle it <sup>what we made by this rec<sup>d</sup></sup> rather over sweet.

To Cure A Receipt for the Cure of a bite by  
a mad dog. published by Doct<sup>r</sup>. Mead  
Take One dram of Ash ~~Common~~ 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 Rubomy Eys where they are attend with 201  
a Flux of humours

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

Mix and give a Spoon full <sup>th</sup> 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  
scarey of y<sup>e</sup> disorder by urine

Mix ~~double quantity~~ <sup>as three to 100</sup> of Brimston to  
Allum burnt, with Sallet oil or any  
other softning thing give flow<sup>r</sup> of Brimston  
intardly for three or four mornings  
before y<sup>e</sup> rub. Two or three Rubbings  
Cures y<sup>e</sup> most inveterate scab.

(ic) 3oz Brimston } ——— Mr. Johnson  
2oz Allum }

An Excellent Eye Water. <sup>W. J. Dodgson</sup>  
Take 1 Ounce of Hepatick Albes <sup>in powder</sup>, white  
Sug Tandy, Ditto Lapis Tutty, prepared, half an  
ounce of Camphor finely shred Steep the Tutty  
in best milk and change it every 3 or 4 hours  
Then wash off the milk w a little Rose water and  
put the ingredients into a quart Sherry wine or Rhenish  
<sup>I sup w<sup>o</sup> be steeping the Tutty in best milk is to abate its strength</sup>



To. Make German black ball for shoes &c  
 Take 8 ounces of bees wax 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 w<sup>th</sup> 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 of mixture  
 and before it's cold work it up with y<sup>e</sup> hands  
 into rolls first rubbing y<sup>e</sup> hands with a little  
 sope to hinder its sticking —

### Liquid Blacking

To a pint of small Beer put 10 1/2 oz of  
 Ivory black 1 oz of Gum Arabic & 1 oz  
 of Sumack



Current Rasp. Done best way  
Take forty six quarts of Curr  
rasps when ripe bruise and squeeze  
them through a coarse sieve  
with a little water to make the pulp  
pap. finer - add six quarts of water  
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 run it through <sup>slowly</sup> a hair sieve To every  
Gall<sup>n</sup> of juice put 3 pounds of Louis  
Lump Sug<sup>r</sup>. <sup>Then turn</sup> put it into a close cask  
wh<sup>ch</sup> let be full or thereabouts. put in an  
Oz. of <sup>that of scold<sup>n</sup> in water</sup> Singlasp, let it stand till spring  
and bottle fit 

---

 you may put  
in Rasps to y<sup>e</sup> liking as 6 or 10 quarts  
of y<sup>e</sup> above quantity 

---



~~To make Chocolate Cream~~

~~A be as a ch~~

A Cure for y<sup>e</sup> bite of Mad dog Published  
for y<sup>e</sup> 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 powdered together may be  
apply<sup>d</sup> to y<sup>e</sup> wound

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

See Folio 205



of 205.

A Glistre for the Stone

Take a knockell of vele or some other boni pece that 3 pintes of water will cover it, Scome it well, then put in 3 ounces of rasens of the sonne yf stones pecked out, and a good pece of marchmallo root, Scraped and pecked sliced in then peces, boyle this in a pepken, untill the mete will falle frome the bones, then put in a littell whole mace and halfe a spoonfull of annezedes well beten, and let them boyle a littell while, then crouch and bruse all to-gether and strane out the broth, take almost a pint of it and make it something too salt to be eten and put in 500 ounces of course suger and 8 pence, or 12 pence of oyell of violetes, Let this be your glistre although you should be neuer so weake, if you neede it.

in sommer in the place of marchmallo rootes.  
you may take a hanfull of malle. leues, and violet leues.

A never failing medicine for the bites of a mad dog taken  
out of the Continens Magazine for Oct. 1716

Take ~~the~~ <sup>the</sup> ~~best~~ <sup>best</sup> Cownees Garlicke Venice  
treacle Mithridate and pewter verapine, Each  
4 ounces boyl all these over a slow fire in two qt.  
of strongell till one pint be consumed put it  
into a bottle close stopid, and give nine spoonfulls  
seven mornings together to a man & six to a dog



206 To Boyl Yarn very white }  
as I have often tryd

First put abt a peck of Bran into  
so much water as y<sup>e</sup> think will cover  
abt 30 score of fine Yarn (let it steep  
day & 2 (or 36 Hours)  
~~2~~ nights in the water after it is  
draind <sup>of bran</sup> through a course cloth) Then  
dry it - when quite dry prepare  
2 oz of pot ashes & 1 oz of Sweet rope  
to every pound of Yarn lay yr  
pot ashes into a qt or 2 of hott water  
to dissolve - Then take yr rope and  
raise a lather with clear soft water  
whch put into yr kettle, and when  
its almost ready to boyl put in yr pot  
ashes ~~of Yarn~~ which let boyl an hour ~~in the~~  
~~water~~ when y<sup>e</sup> take it out be sure to have stub  
of hott water to drop it into or y<sup>e</sup> heat  
will tender it & spoill it Carry it away



and knead it well then make a loather <sup>207</sup>  
of soap and wash it through again  
a little Rock allum put into y<sup>e</sup> kettle  
when its boyling - helps to fasten y<sup>e</sup> yarn

A Reciepe for a potatoe pudding  
Take a pound of potatoes <sup>or rather roasted</sup> boyl<sup>d</sup> & peel y<sup>e</sup>  
Then beat them well. Take 6 Eggs -  
& beat them and strain them throught  
a hair sieve. then put y<sup>e</sup> to the potatoes  
and mix them well together, add One  
Nutmeg, & Sugar to y<sup>e</sup> taste, Dish it  
up, & ab<sup>t</sup>. half an hour will bake it  
The potatoes must be cold before y<sup>e</sup> beets  
or they will lump - I s. y<sup>e</sup> may add  
a little Melted butter if y<sup>e</sup> please



208 For tickling coughs,

Take honey and Liquorise root each 4oz  
Flowers of benjamin & Opium each 2 dram  
Camphire two Scruples, Oyl of Amaseed  
half adram, Salt of Tartar one ounce  
Sp<sup>t</sup> 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 wet provokes great laughing it opens  
the breast and gives more liberty of breathing  
It deterges and cleanses y<sup>e</sup> small gland<sup>s</sup> and makes  
way for their discharges it Purifies & thins  
the Viscid Cohesions of the Vessels and fits y<sup>m</sup>  
for Circulation & Secretion



Minced pyes - by Betty Stoppers Receipt -

half a pound of Suet shred small One pound of Apples  
 full weight when <sup>pared &</sup> cored ~~used~~ three <sup>or</sup> four pound of Currants  
 half a pound of Sug<sup>r</sup> <sup>an ounce</sup> quarter pound of Orange Limmon & Citron  
 a little Cinamon & 2 Gill of Gooseberry wine.

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

Take an handfull of balm boy <sup>slowly</sup> it in five gills of milk  
 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, vaine or sheep  
 a knife pointfull, & the like quantity of 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 a horse or bea  
 in the neck and roof of y<sup>e</sup> mouth and rub some salt on  
 the burn.

Camphire, Turugrick, Turoniac, Long pepper, Grains  
 Bayberrys Amiseds. Cummingseeds. Squorice powder  
 Best bole and ground Ash koulded Liverwort, each  
 an Ounce, <sup>will be best.</sup> mix them all together and keep for use



To pickle Walnuts See another recipe in the other  
book page 68 -

Gather your Walnuts when a pin will pass through  
them pretty easy - put them into a deep pot & cover  
them over w<sup>th</sup> ordinary Vineg Collicher, change them  
into fresh every fourth day till abt 6 weeks are  
past Then take 1 gallon of ff best Vineg & put therein  
2oz of Dill, Carraway, Horander seeds each; grossly  
bruis, brackling 1 lb 2 ounces, Mace 1 ounce  
give it a boyl over the fire and pour upon your  
Walnuts & so do for severall times as you shell <sup>the</sup> Quasi  
oil cover the top w<sup>th</sup> white mustard seeds & a little  
salt Mind to keep them over head in the pickle

Major Davison's Recipe for the Jaundice

Take Tansy, Dandelion, Groundivy & Pellandine  
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 y<sup>e</sup> inner rind of Barberry bark  
as you can take up twixt y<sup>e</sup> two fingers & thumb; infuse  
the ingredients in the Ale for 3 or 4 days then drink  
2 pint morning & night



The Marquis of Granby's Receipt for Brewing  
Small beer

One Bushell of malt One peck of Wheat  
One peck of Oats; the Oats should be dried so  
as to grind with the malt <sup>Wheat</sup> Hops; Brew them  
as you do other liquor, <sup>with one pound of Hops</sup> 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<sup>r</sup>. ales is Turned into the Cask putt to every  
Anchor (and so in proportion) Two dozen Oranges  
cut into quarters, and put into the Cask just as  
they are cut



*A Cure for the Stone in the Bladder*

Take Every day in any form that is most agreeable to the patient  
One ounce of Alupat Soap the internal part of it, w<sup>ch</sup> is usually  
of a blue colour, 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<sup>d</sup> at Eleven o'clock, and the 3<sup>d</sup> 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<sup>r</sup>, 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 destroy<sup>d</sup> by washing ones mouth  
with a little Vinegar or 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 join<sup>d</sup> to the shell Lime water, as it is ~~off~~ indeed  
with a great power in dissolving the stone, but as it prevents  
costiveness, that might otherwise be occasioned by the Lime water,  
But if any person sh<sup>ld</sup> have an invincible aversion  
to Soap in any shape, The Drs Experiments give us reason



to think that Oyster & Cockle shell Limestone, drunk alone  
 in large quantities, will have greater Effect in dissolving  
 the Calculus, So if in the place of old Mr. Stephens  
 medicines, w<sup>ch</sup> so many delicate people <sup>can be of little use</sup>, we may sub-  
 stitute this Limestone w<sup>ch</sup> I shall say 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 posset made w<sup>th</sup> parsley roots,  
 of Marshmallows, & Licorice, But if he cant confine  
 himself from those generous liquors he may be allowed  
 now & then a little of all punch w<sup>th</sup> out Souring, It will also  
 be proper to be sparing in the use of Salt meats, 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, Turnips, Carrots, potatoes, Radishes green peas  
 but particularly Onions, Leeks, & Callery may be freely  
 used. as the cure depends upon the Urine being  
 strongly impregnated with the Virtues of the Limestone  
 the patient ought to drink no more of any other  
 Liquor than is absolutely necessary to Quench Thirst,

Thom Doer

It



It may be observed by the By, that such as  
have no stone in the Bladder but are subject to  
to frequent fits 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 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<sup>h</sup> boiling 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 clean 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 Fen seed  
 half an ounce of Caraway Ditto Coriander seeds  
 Two ounces of Licuonised sliced half pound of  
 good Evison of the Sun stoned half a pound  
 of choice Figs sliced half an ounce of Mace  
 D<sup>o</sup> nutmegs D<sup>o</sup> Saffron. bruise the Nutts  
 & pull to pieces the Saffron. Then mix all  
 these amongst the poppy & brandy & let  
 it stand a month or six weeks stirring  
 it Every Day. then run it through a coarse  
 Linnen bag. This I had from M<sup>rs</sup> Paxton  
 as a Superbaccient Remedy ag<sup>t</sup> the Colic  
 pains but I shall add a quarter of a pound  
 of the Flowers of S<sup>t</sup>. Johns wort to by Comp<sup>o</sup>



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

Scrape fine Chalk and powder a pint of soft water upon Two Spoonfulls of it, and pass it through a Sieve two or three times to take off the grit Sweeten to y<sup>r</sup> 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<sup>e</sup> put into the Chalk it is a certain Remedy where the disorder proceeds from Acidity in the Stomach or Ints. — I have try'd it with great Success signed J. Parson



## A Receipt 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 Torriar, and put in Ginger & Anniseon Each a quarter of an Ounce, half an Ounce of Cloves, two Nutmegs Coriander seeds & Anniseed Each an Ounce Bruise the spices & seeds and tie them up in a thin Bagge 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 peals of six Lemons and squeeze in their juices Work it w<sup>th</sup> yeast And when you see it leave out the Herbs & spices put into the Cask when you judge its done working half an Ounce of Unglass desolv<sup>d</sup> in a little of the liquor Bottle it at 12 Day End



Mr. Husley's famous Glistor for Worms.  
Take Rue, Lavender Cotton 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 six pence & a little Treacle administer  
it wron three or four morning's successively

### Andersons Pills

Take Juniper berries, Senna, Burdockseeds, Coriander seeds,  
parsleyseeds, Cam-seeds, 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 Christal 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 & let it lye in Salt and Water all night Scrape it and cut it into thin Slices put it into a pot with dry Salt so let it remain till the rest of the ingredients be ready - Then take Garlic & 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 fofflower & Gallery

Radishes may be done the same way. only scrape them and leave on the tender tops, the Water must be squeezed out of the Cabbage

French beans and Asparagus must be salted two days only. after w<sup>ch</sup> they must have boylin 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 all these ingredients into an Earthen Jar and put to it a Gallon of Vinegar fill the Jar 3 qts full and let it stand as you see Direction for a fortnight after this meet if you may order Cucumbers, Turnpize, Mustard plombs. or any other thing you choose to have pickled  
NB you are not to buy any of these save French beans & Asparagus or such things as must of Course be buy'd or sold



Dudg Hodgsons Eye Water 220

1 ounce of Aloes Succotrine 2 oz of Balsam of Tolu  
2 oz of Storax 10 oz of White Sug<sup>r</sup> candy in powder  
1 oz of Tully prepared  
2 oz of Camphor shred very fine

Steep the Lapis Tully in Rost milk for 9 hours  
changing it every 3 hours then wash of the milk  
with Rose or Fernell 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<sup>r</sup> add 2 spoonfulls of  
Spiri<sup>t</sup> of Turpintine & 2 spoonfulls of Sp<sup>r</sup> 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



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Two Specifics for the Stone & Gravel from Mr Blackburs  
Treatise on those Disorders just published taken out of the Verin  
magazine for April 1766  
Take 8 Ounces of Pot Ash and 4 Ounces of quicklime from the  
Milsn 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 now  
and then and afterwards filtrate it for use

Dr Wittches 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<sup>l</sup> Dunbar who is the Medicine made use of by Dr Chollier  
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 sup of pure Milk and immediately after take another  
if you find this agrees w<sup>th</sup> you for two or three days may  
add half as much more to the dose having now concluded  
our author bro<sup>g</sup> the Valuable Secret to light and put it in  
the hands of the low as well as the great that Medicine w<sup>ch</sup> I believe  
to be of the greatest Efficacy against the most painful of all Diseases  
I have the reflection of contributing something to human happiness



For a Bruise

Mix Branwell with stale Urine to which add a little Sp<sup>t</sup> of Hartshorn or crude Sal Armoniac in powder apply it by way of Poultice

Another

Dissolve some Sal Armoniac in a little vinegar  
White Stone 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 manner

To Stop Vomiting

Swallow a tea spoonfull of Quince's bitter Stomach Tonic sweetened w<sup>th</sup> 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 squeeze the juice of a Lemon into a large Cup and mix w<sup>th</sup> it just as much salt of Tartar (as will render it insipid) take a spoonfull and repeat till the Vomiting ceases if during Bullition so much the better the same mixture diluted w<sup>th</sup> simple Cinnamon Water or fountain and taken every three hours is good for Fevers



To quench Thirst where drink is improper  
pour Vineg<sup>r</sup> into the palm of the hand and snuff it up  
the Nostils and wash the Mouth with the same tis in-  
ceivable how much it will allay Thirst

### For the Pleurisy

Drop a single drop of Oil of Ginnamon on a lump of double  
refined Sug<sup>r</sup> 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 w<sup>th</sup> 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 Tansey 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 Linnerys and better by far  
than any one from Chymical prooves this is the best powder  
Stul 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 <sup>clean</sup> a linnen cloath and prickd full of holes <sup>in</sup> warmed when the Sugar is 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 as much as possible, then take them out and put them into Jars and pour the Syrup over them and lett 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 a little 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 w<sup>th</sup> sliders and keep them in a cool place



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To Boyl yarn very white for 15 or 20 <sup>score</sup>  
 First boyl y<sup>e</sup> yarn in y<sup>e</sup> <sup>the good ashes</sup> common way  
 wash <sup>well</sup> and dry it, - Then take half pound  
 of pot ashes, half p<sup>d</sup> 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 wch  
 it will be in about an hours time.

When you take it out of y<sup>e</sup> pot  
 or Kettle, have a tub of cold water  
 to put it into iff instantly lest  
 y<sup>e</sup> heat tender it ~~wch it will be~~  
 decar where its carry away. to be ringed  
 before it be cold ~~and it will~~  
 and if you see the  
 namit the packet nam  
 they hat over the fine  
 them a part in every part  
 constant in the front  
 our y<sup>e</sup> in the  
 constant in the  
 and a part for  
 constant in the  
 at the  
 the

To every pound of yarn put 2 oz of pot  
 ash & 1 oz of sope  
 w<sup>ch</sup> is sufficient for y<sup>e</sup> it without the common ashes  
 add some alum & blew, this is the best receipt  
 See page 206



6 stonjares  
8 taveltes  
A fine hotlin crosthand and sengel crosthand  
! breth of both cloth for a rose edged  
! breth of lavene edged  
!! nett coney  
!!! x handkercharres  
!! nove fallenge bandes of kambreke  
!! jare of coules nove

lost



for the Emperoides.

Thy first take a <sup>lew</sup> oz of an oz of gaulth, beaten to fine powder, and  
 sweats from upon a cloth, one oz of oyle of linseed, one oz of  
 oyle of lylas, 3 or 4 small red stylls on your barbot, breakinge  
 and pillinge in stylls of 3 then beate them to膏, with one hand  
 full of the same oyle, 3 a goodly kind of mutton 3 rase for it  
 and then beate them to膏, 3 warme them over the fire blood  
 warme, 3 stir them least they booke, and press it upon a m  
 leafe or lincinge. **Chap 20th** for the Emperoides.

Take one pottle of the first mount and pottle of rogit wine  
 a handfull of maywant a handfull of flos of v. powder 3 not  
 removed a handfull of fawmawder a quart of a pound of  
 roisint in the same and take in stonbe fourth of them, a spoonfull  
 of amos 3 d. 3 browned them, a spoonfull of rullyander, and  
 brush them all, a litill more of fyme. And boyle all the 3  
 to膏 then so the until they be boyled into a qt 3 serve  
 mornings and night take 1/2 or fower or halfe a dozen  
 spoonfull full and warme it 3 drinke it 3 walke after it  
 you thinke it will not serve the tyme, if it please you,  
 you may bestow it with more if dont not but it will  
 serve for it half yett some 3 yett had it left roig yewob.

A poultice for the Eyes to be taken in drinke or pottage.

Take if nuttingob. if you woold of sinamon one peni worth of  
 Cloves in oyle of mace an ounce of the blessed spirit being  
 dryed 3 made into powder, as much rogit ginger being  
 finely beat at the weight of them all then ad at the  
 powder of Eyebright at all the west waye 3 mixt all  
 to膏 then press through all the things when you will at  
 pleasure in pottage drinke or in the salt. But specially  
 first in the morninge at noon 3 last at night.

A preservative against the plague.

Take Caye of Cardus, And, Elder, Swadob, Vard brainle haub, 3  
 darge a handfull stamp them in a mortar alto together, 3 strain  
 them through a fine linnen cloth. A quart of white wine, 3 a  
 good quantity of white wine vinegar, mingle them alto together,  
 put them to 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 hole yeare by the grace of god.







Of. Sacifrage roote and earbe ij handfull, of Philypendata  
like quantetie of grummell seed j ounce, of y<sup>e</sup> kernels of cherie  
stones ij 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<sup>e</sup>ou can  
take ypp with a franche crune and put into a reasonable  
draught of paxely water distilled like warre and  
drinkin it fasting ij oures at y<sup>e</sup> least and waulkinge after  
the taking therof



A note of M<sup>rs</sup>

Barbara bees Lessons on y<sup>e</sup> Virgimalle  
which she hath learned and can play them

i	Rajson	Pauane	Mr Seroman
for	kies	Why ask yee	Doctor Bull
xvi		The Lo: (Willoughbies)	Welcom home M <sup>r</sup> Bird
	downkes	My trew Loue, is to y <sup>e</sup> grene Wood gon.	M <sup>r</sup> Ferdinand
xviii		Loth to depart	M <sup>r</sup> Ferdinand
	heres	Pauan delight	M <sup>r</sup> Bird.
iiii		The M <sup>r</sup> Carigold	M <sup>r</sup> Bird.
	cokes	Fortune	M <sup>r</sup> Bird
ii		The Cradle	M <sup>r</sup> Holborne
	chekins	The first	
x		The second	Courrantes M <sup>r</sup> Bird.
	giese	The third	
	Jowes	ii braves	

Ore

Inclita facundo concordat gratia vultu

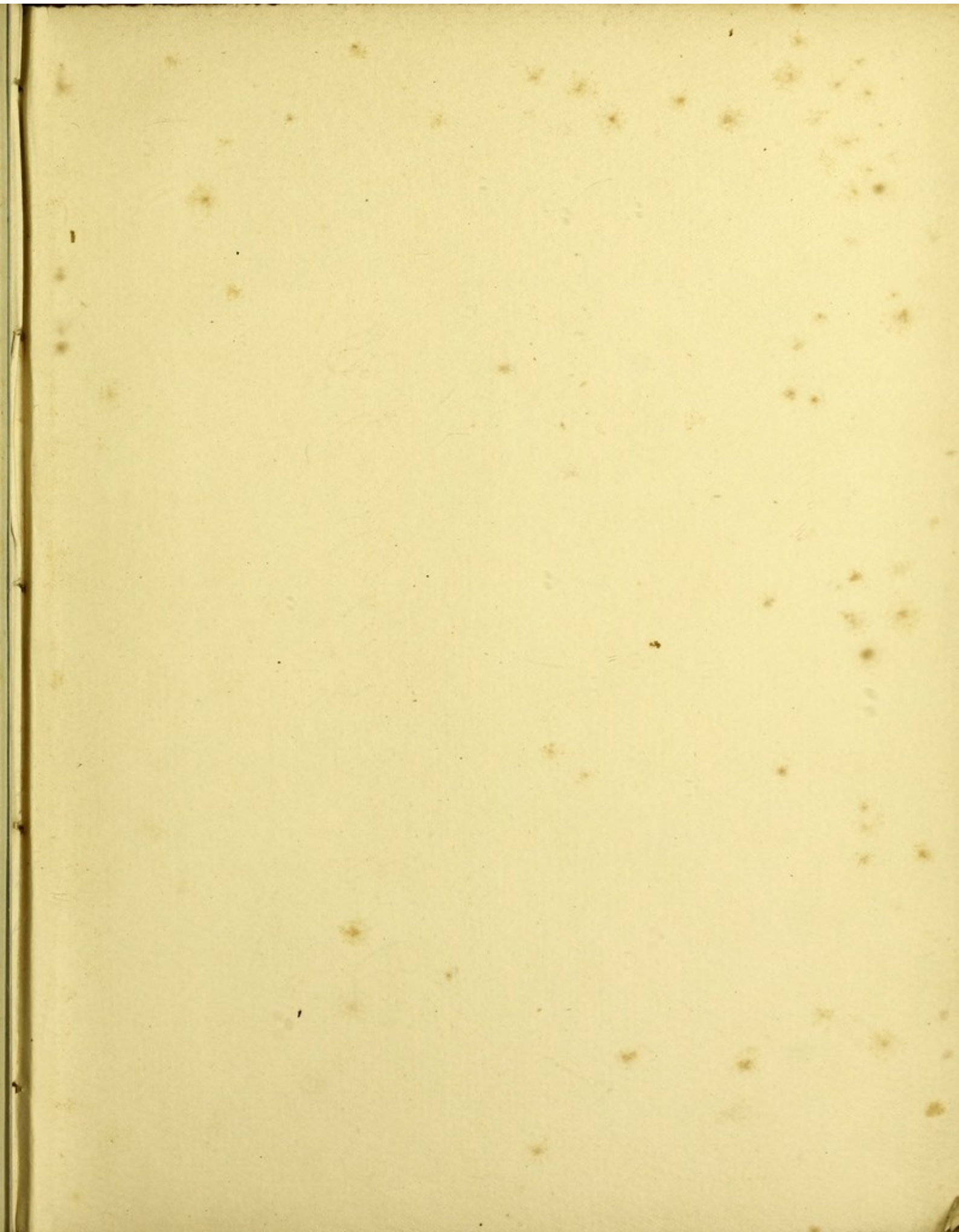
Mr. Bird



Boysen Eschen Dr. Dono Paet & Co  
Garr

MM







M



C