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E.a.4: Receipt book [manuscript].

front outside cover

front inside cover || front endleaf 1 recto

front endleaf 1 verso || folio 1 recto

Impictas
Impudentia
Indoles
Industria
Infamia
Infantia
Inferi
Infirmitas
Ingenium
Ingratitudo
Inhumanitas
Inimicitiae
Iniuria
Iniustitiar
Innocentia
Institutio
Insania
Interitus
Inuenta
Inuidia p13
Ipse
Ira
Irrisio
Iudicium 24
Iuris Scientia
Ius
Iusiurandum
Iustitia
L
Labor
Lachrymæ
Lætitia
Leges iura:
Consuetudines
gentium
Legatus

Leuitas
Liberalitas
Liberi 16
Libertas
Libido
Licentia
..cita
...na

Lis
Locus
Lucrum
Ludus
Luxus
M
Magistratus 41
Magnificentia
Majestas
Mala 22
Maledicentia
Mali
Malitia 30
Medicina
Mediocritas
Meditatio
Memoria
Mendacium
Mens mensis p I
Mercatura
Meretrix
Metallæ
Meteora
Metus
Militia
Miracula
Miseria
Miserecordia
Modestia
Mora
Morbi 37
Mores
Morum grauitas
Mores gentium
veru
Mors et Sepultura 10
Mulier 40
Mundus
Munera
Mutationes
Mutuum.

N

Natura 15

Naturaleres res

Nauigatio

Necessitas 12

Nobilitas

Nosce teipsum

Noverca

Nouitas

Nox

Numerus

Numina

Nuptiæ et ritus

O

Obedientia

Obsequium

Obliuio

Occasio

Ocium

Oculus

Odium

Officium

Omina

Opinio

Opus

Oracula

Oratio

Ordo

Ornatus

P

Parentis

Parricidium

Passio

Patientia 3

Patria

Paupertas

Pax

Peccatum

Peregrinatio 9

Perfidia

Peiuria

Perseuerentia

Petitio

Pestis

Marget

Makentaish

Marget

hur husban

is a shoulger

as she tells us

P Phylosophia

Pietas
Pictura
Pæna
Penitentia
Poeta et poesis
Politia
Potentia
Potenioribus non adversandum
Præceptores 46
Præsentibus tuendum
Principes 36
Principium
Prodigalitas
Prodigia
Proditio
Promissa
Prosperæ res
Prouidentia 7
Prudentia
Principijs obsta
Pudor
Pudicitia
Pueritia
Pulchritudo
Q
Questiones curiosæ
Quærelæ
R
Rapina
Ratio 4
Recreatio
Regnum
Religio
Reprehensio
Repugnatio
Repulsa
Respublica
Rhetores
Risus
Robur
~~Rus~~ Rus
S
Sacerdotes

Constantia
Rectum & immotum animi robur non elati externis
aut fortuitis non depressi vide Lipsius .

To make A Cream Tart

Take to a pynt of Cream aboute 4 yolke
of eggs beat them well into the Cream
then take half *again* of a pound of almonds
blancht and beaten very small with
rose water sett the cream upon the fyr
and keep it stiring till it boyls up
then take it of and stir in the al
monds and sweeten it acording to your
tast with sugar and amber grees then
role outt som puf pest and lay it th
in a dish then putt in the cream and
cover it as you do other tarts cutt
ing the lid

to keep oyle from relaxing

Oyle of sweet Almonds newly drawn with
sugar and alittle little spise spread upon bre
ad tosted is an exsellent nourisher but
to keep it from fryeng in the stomack
you must drink a good draught of mi
lde beer after it and to keep it from
relaxing the stomack to much you
must put in a little powder of sinamon

out of St freshne

page 2 (folio 2 verso) || page 5 (folio 3 recto)

To make marchpents

Take a pound of Almonds blanche them
and beat them very small)and if *yow*
fear thay will oyle dip *your* pestle in
Gumdragon being steeped in Rose Watter
and strayned outt) when thay ar beat
take half a pound of sugar and
beat it in by little and little and
beat it outt very well: then putt it
in parchement wafors. and if it
bee clami take a little fine flower
mingled with fine sugar and sea^fce
it over) when you have made it up
when it is half baked ise it over
with rose water and sugar boyle it
up to a candy
it must bee made with
the best sort of almonds
or they will oyle

Ratio

De rebus humanis diuinisque (quatenus tamen, eæ nos Spectant) verum iudicium et sensus. Lipsius
Opinio huic contraria. De iisdem futile iudicium & fallax. Lipsius

for a consumption

..ok Milk warm from the cow with to
littell bags hung in the pott before
you mike it the one of powder of
mint the other of powder of
roses for they keep the milk
from turning in the stomacke
you must also putt in a littel
sugar and drink a good draugh
t hott it may stay the lee whil
in the stomacke and lett ~~bee~~
the cup in to which you
milke the cow bee sett in
a bason of hott watter
thatt you may keep it warm

you are These are

page 6 (folio 3 verso) || page 7 (folio 4 recto)

To Make Barly Cream

Take french Barly and wash it
then boyle it in water shifting
the water till it hath left
discolouring of it) then take it
outt of the watter and putt it in
to new milke and so boyle it till
the milke bee boyled away) then
putt it in to a good quantiti of
Cream and almonds blancht: and
beaten uery small and a slip of
mose so lett it boyle halfe an oure
then season it with sugar and
Rose Watter) you must bee sure to
keep it stiring all the while

Virtus.

Virtus media via ingreditur; & caute cauet
nequid in Actionibus suis, defiat, aut excedat: Dirigit

enim se ad vnus rationis trutinam: & illam habet
examinis sui velut normam & obrussam. Lipsius

To Make Siruope of Viollets

Take the Viollets when thay ar
Fresh Gathered and beat them in
A stone Morter strayne them as you
Beat them and putt in a little
Borage watter as you strayne them
to gett outt the ioyse do so to or three
times till you Haue gott outt all the
Ioyse then waye it and take to a po
und of the ioyse toe pounce of dou
ble refyned sugar sett the sugar one
The fyer with to or three spoonfull
of Borage water and melt it by
degrees boyle it to a candy then
Take it frome the fyer and stir
in the Violet ioyse then sett it on
the fyer agayn and stirr it till
it bee ready to boyle then take
it ofe and lett it stan till it
is cold before you putt it up

page 8 (folio 4 verso) || page 9 (folio 5 recto)

to butter eggs you must do them with the
gravy of motton breaking the eggs in to
it and beating them a litle together
sett them one a chaffing of coels and
then butter them as you use to do only
you must put in very litle buter
season them with peper and salte

Prouidentia

vide Lipsius capitulum 13

for A Glister

Take two handfulls of
Comon barley and one of
bran boyle them in
Fountayn watter then
strayn it and putt in
a good quantity of hony
then boyle it agayne &
skim it) For a woman

newly brought a bed

A quart of white wine
as much water an ounce
of lichorich bruysed
sweeten this with sugar
candy and drink it
as you pleas

A breakfast to restore
one after being sick

Take *the* yolke if an egg
new layed an ounce of
oyle of seet almonds
newly extracted put
them in to a litle white
wine or sack sweetned with
sugar candy drink it
bed and sleep after itt

the wholesomest way to
eat Rise is to boyle it
in Almond water

An Hipocras.

Take two parts water
and a thin white wine
mingle these with sugar
and sinamon bruysed
ouer night bruing them
together and bottel it
up for the next day

To Make Gilleflower
wine

Take what quantity
of sack you pleas and
of the best Clove Gilleflo
wers) cutt them till you
come to the white part
of the leaf as you do for
siruop and stop them
in to the sack in a botle

stop the bottle close and
so lett them stand to soake
till the leaus looke white
and then drink it with
outt takyng outt the Gillefl
owers with fine sugar
you may make it as strong
and as small as you pleas
by the collour
all these i learned in
France

page 10 (folio 5 verso) || page 11 (folio 6 recto)

to make any sort of liquor
boyle withoutt wasting
Couer the pott that you
sett one the fyer with
a dish filled with cold
watter and lett the pott
boyle as fast as it will
it shall not wast butt
the water in the dish
shall wast and thearfore
must bee still tilled upp

For the worms in children

lett them eatt Ruberb in
the pap of rosted aple
in a morning fasting

To make a cream tart

Take as much cream as
you think good and as
many yolks of eggs beat
en as you use to putt
in a custard sett it one
the fyer and stir it
continually to keep it
from turning when
it boyles up take it

ofe of the fyer and haue
a few Almonds blanched
and beaten extream small
and when you tak it of
of the fyer stir them
in and season it with

Rose water and fine
sugar haue your puf
past ready lade in a
Dish and so putt it in
and couer it with a
lidd cutt it will bee
baked in half an
our and if it bee right
it will bee so thick as
to cutt

To make arise tart

Take a boule tow hand
full of rise and boyle
it in as much water
as will last to boyle
it till it is well plump
then poure it in to a dish
season it with rose water
and sugar and sinamon
then break in the
youlks of half a

Phylosophia

In conuiuio aliquo si assedisses, non bellaria
solum et placentas gustares, credo: sed stomacho
fulcimentum aliquod dares tibi firmioris. in hoc
publico doctrinarum epulo, cur non idem sit?
cur *inquam* ad illa *oratorum* et *poetarum* mella, non
adiungis hanc firmiorem *Philosophiæ* dapem?
dousen eggs and three
taken away beat them
before you putt them
in) mingle them all to
gather and then break
in a good deal of marow
in great bits haue *your*
puf past ready made
and laye it in dish
then putt the stuf
in and couer it with
a lid cutt in litle hooles

ffor the worms

Take three spoonfulls
of the iuse of lemons
as much safron dryed
and beaten to a fyne
powder as will ly apon
a twopens tyed up in
a litle pees of tifyny
steep in an our in *the*
iuse before it bee
taken pres out all
the tinctur with
your hand and so put
it three mornings to
gather the same
quantiti of three
spoonfulls and to it a
our ofter it
from my lady sidly

Take of monks rubarb roots and red madder of
each halfe a pound of sena 4 ounces Anise seed and
liqcorice of each tow ounses scabio^us and Agrimonie
of each one handfull slice the roots of *the* Rubarb bruse
the Aniseseed and liqcorise cutt the hearbs and put
them in to a barell of 4 gallons of strong ale
to infuse the spase of three or four days
and ~~thik~~ then drink it as your
ordinary drink att meals
from mrs Slindon

page 12 (folio 6 verso) || page 13 (folio 7 recto)

To Hash a Calves head/ Mrs Carwarden

Putt the head in watter all nightt then
Boyle itt as usuall, one sid of *the* head
Hash and *the* tongue the other Cheeke
Throgh wett grated bread and putt itt
so near the fire as *the* bread may be
Crisp then take *the* yolkes of 4 eggs
Beaten well toss itt with *the* Hashd
meatt a Little nuttmegg a Little salt
make a Batter with flower and
watter and putt *the* Brine in itt and
fry them in some hogs Lard very
hott takeing them up by spoonfulls
and Laying them Round *the* dish
a pound of medling Bacon boyled
and putt in slices round itt some

parsley fryed Crisp in Little heaps
Round aboutt

Mors

Supera, infera respice, grandia, parua
manu facta aut mente, ab omni æuo corru-
unt, et corruent in omne æuum
Atque vt flumina ad mare feruntur, *perpe-*
ti et prono cursu: si res omnes humanæ
per hunc (vt sic dicam) cladium canalem
labuntur ad suam metam
Quas vita non dat, funus ac cinis dabunt

To preserue wall nuts

Take the wall nuts when
they ar prety bigg only they
must not bee so hard but
that a pinn will easily pas
through them: boyle them
in watter shifting it toe
or three times: then payre
or scrape ofe the outward
rine & when you haue so done
putt in at ether eand a cloue
and a litle thin stick of
sinamon thrust thoroughg the
midle then haue thear wayte
in sugar boyle to a siruop
so putt then in and let
them boyle till they ar
very tender

page 14 (folio 7 verso) || page 15 (folio 8 recto)

To make spirit of roses

take fresh roses & putt them
in a litle tubb a laye of roses
& a lay of bay salt & so fill the
vesell this will keep them all
the year if you haue a care
together them uery dry
and thus you may draw them
as you doe other spirits

Tempus

Multa dies variusque Labor mutabilis æui
Rettulit in melius

sugar of roses

Take red rose buds cutt them
to the white and dry them
one a hotte day upon a ledd pound
them and searce them then
take seaven times as much
sugar as roses & wett it with
red rose watter boyle it to a
candy haith and then putt
in *your* roses and when *you* take
it ofe the fyer drop it one
plates as you doe other cakes
if *you* fear it will stick *you*
may rub *your* plates with butter
butt it must bee uery litle

page 16 (folio 8 verso) || page 17 (folio 9 recto)

Necessitas

Rerumque remotas
Ingeniosa vias paulatim explorat egestas
Claudian liber 3.

To make iuyce of Liquorish

Take six ounces of scraped eng
lish liquorish cutt it and
bruys it then take two pynts
& a halfe of Isopp water a pynt
& a halfe of coolesfoot watter
and as much of red rose water
putt them to gather then take
two handfull of pickt rosemary
flowers & a handfull of maiden
haire & steep it in thoes
watters 3 or 4 days stiring them
2 or three times a day then
putt it in a skillet & lett it

infuse with a soft fyer two
howers being close couered then
strayne it in to a siluer bason
or skyllet & sett it one the fyer
and when it begins to boyle
put in 10 ounces of white sugar
candy and so lett it boyle
till it thickens then take

page 18 (folio 9 verso) || page 19 (folio 10 recto)

4 graynes of muske and 12 of amber
beeing uery finely beaten
~~mine~~ mikse it with ~~with~~
a sponefull or two of the
siruop then when it is
boyle thicke enough to make
a past put in the amber
and lett it iust boyle in
& then take it ofe the
fyer & lett it bee beaten
without entermission till
it come to a uery white
past then role it up in
litle cakes with searst
sugar

to see when tis enouf you
must now and then take
outt sum in a litle dish
and lett it stand toe see
of what thiknes it is
& so does till you see it bee
enouf for if it bee ouer bouled all is ^{lost}

Inuidia

Comperit inuidiam supremo fine domandum.
Horace de Hercule

To preserue Oranges

Take of the best oranges and rub them very wel
in white sea salt, then lay them to steep 3 or 4
days in fayr water shifting the watter twice
a day; the night before you preseru them chipp
or pare ofe the outward rine as thin as you can
so lay them in water tell the next day. then
put sum fayre water in a pott ouer the fyer

and when it is scalding hott put in the oranges
and lett them boyle uncouered till the water
growes high coulered then hauing an ~~oth~~
other pot of boyling water ready remoue
them into it & so continu till the oranges
bee uery tender that a straw will go thouro
ugh them then take them up and dry
them in a coarse cloth then make a little
hole in the topp of them and with a bodkin
pick outt the seed cruching the oranges as
litle as you can then make a siuriop to a
pound of oranges take a pound of sugar
a pynt or more of water and when you
haue clarifyd your sirup with the white
of an egg and straynd it put in the
oranges and let them boyle reasonable

page 20 (folio 10 verso) || page 21 (folio 11 recto)

fast keeping them one the side that
the siuriop may go in to them so lett
them boyle till the siuriop iellys then
take a pound of sugar and a pynt
of pipen water and boyle it till it
Iellys then put it in to the oranges
and boyle them to gather till the
siuriop bee thick then take up *the*
oranges and put them in to a pot
leau them uncouered till thay bee
cold and lett the siuriop stand all
night in a glas and the next day
put it to the oranges and so keep
them this quantity of pipen Ielly
will seru for 3 pound of oranges
From my lady Lloyd

Gratitudo

Qui non est gratus datis, non est
dignus dandis.
Quod si mihi nullum aliud esset officium in
omni vitæ reliquum, nisi vt erga duces, et
principes atque auctores salutis meæ satis
gratus iudicaret: tamen exiguum re-
liquæ vitæ tempus non modo ad referendam
verum etiam ad commemorandam gratiam
mihi relictam putarem. Tullius *Oratio post reditum*
Nam difficile est non ~~quenquam~~ aliquem
nefas quenquam præterire. idem.

page 22 (folio 11 verso) || page 27 (folio 12 recto)

Liberi

Et *quod* est in liberis amabilius annis
adhuc innocentibus, et adhuc dimidiata verba
tentantes loquela, ipse offensantis linguæ fragmine,
dulciore.

creams

barly cream. 6.
piramedis cream
191
cream desotuille
224

preserus

Iely of currans .3.

pre cheries3

Iely of rasps 4

pre wallnuts 13
pre oranges 19
pre pippins 87
pre citron 89
dryed cheris 93
pre cornelians 95
marmalet 317
past of Apricock 317
pipin ielly 323
pre grapes 341
apry cakes 173
oring cakes 195
oring cakes 110

page 28 (folio 12 verso) || page 29 (folio 13 recto)

cakes

Almond cakes ~~82~~ 82
A good cake 84>
naple bisket 85>
good bisket 317>

pistache cakes 317>
to make amber cakes
323
sweet cakes for lynn
324
little plum cakes
165
a peck cake 259
to make clear
cakes 338
Almond bisquett
186

serages

siruops

of violets 7
of giliflowers 86
of white popys
127
of burage 127
one for a cold
siruoop of succory 12.
for a cough 153
for a salt ruem 92
of vineager 92

Oculus

Oidium omne adjuuant oculi, et ~~hunc~~
hunc in pectoribus humanis furorem lumina
accendunt: nec leuis animijs accedit
insania, quoties quem execreris, ospicias
..int: Oratiopro Cæco ccul. No. p. 6

pyes & tarts

A cream tart 2
A cream tart 10
A rice tart 11
a carp pye & eel
312
a samon pye 312
a pistache tart
213

a tart of oysters
213
A rie tart 341

pudings & ~~tarts~~

white hogs pudings
88
marow pudings 341
a boyld pudding
225

page 30 (folio 13 verso) || page 31 (folio 14 recto)

watteres

merabilis water 83
popy watter 109
the good watter 145
the vertuse of it
145
A exelent water
179
a cordiall water
260
the vertus therof
A wallnut watter
283
the plauge water
132
to fastne *the* teeth
29
a water to cure wound
303
a water to make
one hold ons water
327

~~pages~~ purges

A purging ale 11
to purg *the* mother
a purg for ~~the~~ teeth
~~t.ets~~ head 123
a purgation with rubarb
125

against melinchoy
125
opening pruens 165

Confessio

qui confessum defendit non absolutionem
scelerum petit, set licentiam *Quintilianus* pro. *paupere*
declaratio 13

glisters

A good glister 9
for *the* yellow laundis
123
an easy cooling
glister 116

medisins

for a consumption 5
for *the* cough & rume
214
an electuary for flehme
233
to stay *the* flowers
for a kernell in *the* fase
149
for a child blanes 148
for a scald head 149
for a sore breast 203
for a sore breast 205
for weaknes in *the* back
29
for a pin in *the* back
100
for *the* stone 177
for *the* stone 199
for *the* stone & to keep
one from wind in *the*
side 240
to stay *the* flux in infants
246

for an ague quartan
to stay *the* flowers 79
for a sprain 262

page 32 (folio 14 verso) || page 33 (folio 15 recto)

medisins

for *the* rickets 46
for steightnes of breath
299
for *the* plauge
198
to stay *the* whites
22
for old or new wound
203
for one newly deliuered
for one that has
burnt his290
to stay *the* coming
forth of *the* matrix
47
for *the* same 29
for a weak back 292
for a rupture 100
for a rupture 102
for a broken belly
102
to plase *the* mother
103
for *the* wind collick 65
to stay *the* flux
for *the* wind collick
123
for *the* collick 123
for *the* pain in *the* belly
241
for *the* strangullion
241

medisins

for *the* worms 10
for *the* worms 11
for warts *the* cramp
or corns 290
for sore eyes 42
for *the* stone 123
Against melincholy

to purg *the* mother 103
for *the* strangury 92
A powder for *the* teeth
22
for *the* headache 205
for a woman newly
deliuered 267
for *the* piles 292
for *the* same 292
to stay *the* bleeding
at *the* nose 203
for *the* same 298
for *the* same 298
to cole *the* liuer
for those that
spit blood 298

Seruus et Seruitus
Non Natura vllis sed Fortuna ~~dominam~~
dominum dedit *Quintilianpro paupere declamatio* 13
Nam mitium dominorum apud
seruos ipsa consuetudine metus
exolescit; nouitatibus excitantur ,
probarique dominis per alios magis
quam per seipsos laborant. *Pliny epistula. 4.li*

made dishes

buterd eggs
loyn of veall with
pickle 23
Almond buter 86
to stew pipins
321
stewed oysters
341
french potage
284
egs with snow
212

broaths
& breakfasts
& drinks

A breakfast restoratiue

9

An Hipocras 2

gilleflower wine 2

A scurvigras drink

237

a drink for men: 204

a drink for

a fistula

267

How to preserue Green Figgs

take green figs & boyle em till they are
tender shifting *the watter* often *then* pell *them* & put
equall waight of sugar & a pint of watter so
boyle em till they Look clear *then* take em
out, *when* they are cold & put *the* syrup
to them againe and a bout a fortnight
or 3 weeks after *when* you se em being to
to froth boyle em againe and put them
up you must green
them in a brass skilet

page 34 (folio 15 verso) || page 35 (folio 16 recto)

sundry ode
medesine &
other things

to keep oyle of Allmonds

from relaxing: 2

To make marchpens

2

how to eat rise

to boyle water 9

without wasting

Ioyse of liquorish

17

comato 345

rasp sugar 90
loseanges of roses
299
egs with snow
to keep letis
314
to keep hartychok
314
to keep buter
314
to prepare mush
rums317v
hollow leaus

pomato 48
harthorn Ielly 141
pufs with curd
271
sugar of roses 15
to keep spargg ..
red beets &
green peas 315
how to make soap
68

Crimen

Duo in omne crimine spectanda
Sunt Animum et Euentum Qu intilian *declamatio* 13.

spirits

spirit of roses
14
of mints 75

ballsoms

the lady roper s
ballsom
285

oyntments & oyles

the green oyntment

the vertues 54
oyle of roses 153
oyle of Hiepericon
201

How to preserue Green Codlings

take Codlings when that are a
bout the bidness of wallnuts boyle
them that you may iust peelee them
then putt them in to the sam watter
to Green them & afterwards order
them as you doe your figs only boyle
them more carefully because thay
are app to breke

page 36 (folio 16 verso) || page 37 (folio 17 recto)

saues & plaisteres

Sir knoles his plaister
205
mrs longs sear cloath
258
the flower of salues
250

a drench for
a hors that has
a cold 1-307

To Make the Indain dish

Take a handfull of Clary 12 eggs young
onions 4 anchouies *the yolks* of 4 eggs
.ld heaad & shred small worke these up in a
peice of Butter & put it into *the belly* of a Good
fowle sow it up Close at both ends

than boyle *the Fowle* tell you think itboyled enough then take it up & take
a pound of fresh butter & brown it well
in a stew pan or frying pan then
put in *your* fowle & let it brown in *your*
pan uery well than take it up
and melt a pound of Butter uery
thick with a Little Cetchup in it
power *your* swace over

your Fowle & serue
it in

Malum

Magis offendit graueolentia insuetos
insalubribus cænosisque paludibus nec tam
acriter mordent ea mala quibus in lucem
prodeuntes stipamur tanque naturali satellitio
quam quæ florentem intactamque vitam
effligunt. Euphormio Satyricon p 2
Nullum magnum malum quod
extremum est Seneca Epistula 4.

page 38 (folio 17 verso) || page 39 (folio 18 recto)

To Make Fryed Cream

Take a pint of Cream and a pint of milk
put half *your* milk and Cream into a sauce
pan with a bout 3 quarters of Cinnamon take
another sauce pan about 3 quarters of a
pound of flower in it, break 8 eggs leaue
out 6 whits Grate in a little nutmeg
grate in *the* Rind of a Lemmon, put in som
fine suger a little salt, put in most
of *your* cream and milk left aforesaid and
beat it with a large whisk to a batter
when *your* milk aforesaid boyles then pour
in *your* Batter stiring it all *the* while and
worke it well with *your* wisk tell it coms
to be perfect past that it will leaue
your sauce pan then flower *the* back of *the* dish
and spread it with a knife about one
inch & a halfe thick and let it stand tell it
be cold then cut in long pieces about 3 inches
broad so cut em dimond Fashion ouer *the* fire
allmost as hot as for fish fry about 12 peices
at a time & let em be fine & brown so dish up,
Grate some Lofe suger ouer em to send em away

Consilium

Consilia rebus aptantur res nostræ

feruntur; et voluuntur. Ergo consilium
sub die nasci debet: & hoc quoque
tardum est nimis: sub manu, quod
aiunt, nascatur. Seneca Epistula 71.

To Make Almond Puddings

Take three quarters of Almonds and
Blanch them & beat them as [^] much as you can
with as much Rose watter as you shall
think fitt by *the* Last about half a pint
will serue and you must putt in som in
the beating to keep them from oyling
them take three quarters of a pound
of sugar or some what more halfe
An ounce of mace Beaten 6 eggs
whits and all 2 pound of beife suet
and a pint of Creame eight manchet
Grated, a nut megg or two Grated
mingle all these to gather & soe
fill ~~them~~ *your* puddinges: Roses, making
them in Bigness as you please and
soe boyle them

page 40 (folio 18 verso) || page 41 (folio 19 recto)

Jelly of Hartshorn Mrs Hilard

way
Take a pound of Hartshorn & boyle it
in five qurts of watter untell itt coms
to three pints then straine it through
a sieve to let it stand tell it be cod
According to *the* strenth you may take more
or Less of the Following Ingredients
First take *your* stock of Jelly & put it
In a skillet or pipkin with a pound of
fine Loaff shugar & set it ouer a ~~the~~
fire of Charcoale, when it begins
to boyle, put in a pint or more of
Rhenish wine then take 6 or 8
whits of eggs beaten very well with 3
or 4 spoonfulls of Rose watter and
put in to the Jelly take 2 grains
of Amber one graine of musk and

Quadam rectissim a cum in
aquam demissa sunt specia
curui prae fractigs visentibus reddunt
non dantu quid vileas, sed quem ad modum
refert. Sen. Epist. 71.

and put thise to, so let it boyle
q quarter of an hour but not to
violent put in three or 4 spoon
fulls of Cinnamon watter withs
the iuce of seven or eight lemmons
Boyle it one warme more and run
it very hott through your Jelly bag
this done run it againe as cool &
softly as you can In to your Glases
and potts

To Make sherbett

take a pint of strawbery or
Raseberys or both mixt or as much
as you can untell you haue a pint
of Liquor squeeze them through a
a course cloth mixt it ~~with~~ with
.entle refined shugar as you haue
done *your* Cream *the* same way it will ...ne
to Ice,

page 42 (folio 19 verso) || page 43 (folio 20 recto)

To Make a Seed Cake Mrs Hilard

Take A pound of flower 10 eggs half the
whits beat em very well than take a
wine pint of Creame pound & a quarter
of Butter, put the Butter in to *the* creame
let it stand ovr *the* fire tell it boyls up
sturr it tell is all most cold *then* put it
the eggs & wind pint of east a quarter
a pound of sugar stur it all well together
make a hoal in *the* midle of *the* flower & let
it stand half an hour *then* take 2 pd & a
half of Caraways comforts drye em in
a pewter dish over som coals when *you*
haue well stird *the* other things togather
stur in *the* caraway, comforts by degrees
a quarter of an ounce of Cin^{na}mon and haf
much mace 3 Ounce of Citron 3 ounces
of Orang peal sliced *then* buter *the* hup well
put itt in to a hott oven & let it stand an hour

Sapientia

Sapiens stat rectus sub
quolibet pondere.

Ex duabus partibus est compositus

Altera est irrationalis: hæc

mordetur, vritur, dolet Altera

rationalis; hæc inconcussas opini-

ones habet intrepida est, et

indomito. *Seneca Epistula 71*

In se reconditur secum est.

~~Sen ep 9~~

Secontentus est sapiens ad

beate viuend^{thm} non ad viuendum

Sapientem nulla re indigere, et

tamen multis illi rebus opus esse.

Seneca epistula 9.

Vt enim de pictore, de Sculptore

fictore nisi artifex iudicare

ita nisi sapiens non potest

perspicere sapientem . *Plinius liber epistularum 10*

22020

tally marks 20

page 44 (folio 20 verso) || page 45 (folio 21 recto)

To Make Small Cakes Mrs Hilard

way

Take a pound of flower a pound of Butter

a pound of Suger 8 eggs well beaten

a spoonfull or 2 of Orange flower watter

and mingle all these together with a spoon

in a Large Bason and beat it with the

bowle of *the* spoon for an hour or more

till it works very Light *then you may*

add Curr^sants to it if you please & put

it into small pans & scrape suger

on them & Bake them in a quick

Oven less than half an hour Bakes

them, let *the* pans be Buttered before

putt *the* Cakes in let the flower

be dryed by the fire to make

the Cakes the Lighter

tis *the* best way not to Butter the pans

Dolor

vide similitudinem. Sde Athleta
Seneca *epistula* 13.

Quædam nos magis torquent *quam*
debeant: quædam ante torquent *quam*
debeant, quædam torquent cum
omnino *non* debent. aut augemus
dolorem, aut fingimus, aut præcipimus.
idem.

Nihil tam certum est ex his quæ
timentur: vt non certius sit, et
formidata subsidere, et sperata
decipere. idem.

memento adhibere solatium non
quasi castigatorium et nimis forte, sed molle
et humanum. Vt enim crudum adhuc
vulnus medentium manus reformidat
deinde patitur, atque vltro requirit: sic
recens animi dolor consolationes rejicit
ac refugit, mox desiderat et clementer
admotis acquiescit. Plinius e. 1. *epistula* 16.

To Candy Angelicoe, Orang, or Lemon

Boyle em in three Seuerall waters tell thay
are tender but *you* must put a Little Sugar
& a little roch allim in *the* Last watter *you* boyle
the Angelicoe in, and take it of *the* fire
and Cover it Close tell it be Green
you must not boyle but in 2 watters
a pound of Sugar to a pint of orange
Lemmon & Angelicoe

To make a Custard *the* best way

Take on quart of
milke on pint of
Creame 14 eggs 2 or
three Spoonfulls of
sack a Little Rose
watter 6 Ounces
of Shugar so put
them in your Cups

for *the* rickets

Take currans & reasons of *the* sunn stoned
of each a handfull maidenhayre yarrow & speedw^{ell}
otherwais called pauls betony of each a handfull
half a handfull of dragon leaus a good quantitie
of liuerwort vine leaus and hartstonge one
handfull of anyseeds a prety quantiti
of liquorish boyle all thees in a potle
of ale to a quart then strayn it &
drink thearof in a morning & an howerafter meales

Morbi

Innumerabilis esse morbos
miraris? coquos numera.
Seneca Epistula 95

To help & stay *the* coming
forth of *the* matrix

Take ether *the* leaus or buds of acorns or cups
of accornes themselus seeth them in redd
wine with rosemary and sitt ouer the
fume of it uery hott & drink *the* same
infusion strayned with sugar & sinamon
& take it morning & euening fasting

To make pomato

Take *the* marrow of an oxe soake it a week
in running watter shifting it euery day
then take it clean from *the* water and
put it in a glas & melt it in a skillet
as much parmacitty to it as you please and
beat it til it is cold

page 48 (folio 22 verso) || page 53 (folio 23 recto)

Malitia

Quod pessimum ex illa est
et (vt ita dicam) spississimum
domi remanet, et premit ha-
bentem, quemadmodum Attalus

noster dicere solebat Malitia
ipsa maximam partem veneni sui
bibit Seneca epistula 81

Stufe for *the* worms For Little Master

On pound of Preuns & put whon
Dram of Ruburb & two Drams of sena
6 pruens his enough ^{^ to} take on morning
for three mornings together, fasting

page 54 (folio 23 verso) || page 55 (folio 24 recto)

To make *the* green oyntment

Take of sage & of rewe of each
of them a pound of wormwood &
of bay leave of each of them half
a pound of mellilot hearb
of flower of camemill of *the*
flower of speek of rosemary
of red rose leavs of St Iohns
woort of Dill of each of thees
one good handfull of marchmallows
chopt as small as may bee &
stamped as small as may bee
weigh them what they weigh
put thearunto the like
weight of pure sheeps suet
chop it as small as may bee
mingle the hearbes & it together
& stamp it in a stone mortar
to one substan so that there
bee no suett seen but all green
put it in to a pott or pan
put thearunto a sweet oyle
of olives a potle & a pint oto
worke together in a pan

Timor

~~Desines timere si sperare
desieris Seneca epistula 5.~~
with *your* hands & couer it close
with sum clay or past about
the edges that no ayre get in
let it stand so seauen days
the seauen days ended undo it
& take it forth & put it in

an other pan set it one a soft
sweet fyer all ways stiring it
till the leavs begin to wax
parched & then strain it
& haue ready thees oyles
folowing of roses of comomile
of white lylys, of spicke of
violets of each of thees one
ounce thees must only bee
~~melted~~ ^{stired} in it & if you will
haue it smell the pleasanteryou must put in gum laudanum
i ounce & a half bruysed fine to
powder & of storax cremette
3 quarters of an ounce beat fine
to powder thees must bee
melted ~~in it~~ and put in
it but not boyled

55

page 56 (folio 24 verso) || page 57 (folio 25 recto)

The vertues of the green
oyntment

it is good against stiches bruises
aches palsie shrinking of *the*
sinews gouts siaticas ach of *the*
back lamenes: plurisi cough
the soales of *the* feet being
anoynted: for *the* extream
payne of *the* head coming by
cold make a cap for *the* crown
of linen cloath & lay in it
the wool of a quick sheep
pluckt from the flanks and
cods take ofe the filthenes
and pick out all *the* moths
& card it then wett it
with this oyntment & so bast
it in to *the* capp & lay it
warm to the head it is allso
good for *the* collick & for *the*
spleen & for *the* cold dropsi of
the liuer

32.

Amicitia

Si vis amari ama
Iucundius est amicum facere

quam habere. quomodo artificii iucundius est pingere quam pinxisse
Seneca epistula 9:

In quid amicum paro? pro quo
mori possim vt habeam quem
in exilium sequar, cujus me
morti opponam et impendam.
idem.

Non dubie habet aliquid simile
amicitiæ, affectus amantium.
poscis dicere illam esse insanam
amicitiam. idem.

Errat ille, qui amicum quærit
in atrio, in conuiuio probat
Fidelem si putaueris facies: Na
Nam multi fallere docuerent dum
timent falli: Et alijs uis peccandi
susplicando fecerunt
Seneca epistula 3.

page 58 (folio 25 verso) || page 59 (folio 26 recto)

To Make Reison Wine
in Lady Spencers way

Take 2lb of Raisons of the Sun shred,
one pound of shugar the Iuce of two
Lemmons, one peel, put them in an
earthen Pott with a Cover, then take
2 gallons of water & let it boyle half
an hour then power it boyling hot into
the Pott & couer it close for three or 4
daies stirring it euery day twice then
straine it and put it into bottles stopping
it very Close and in 2 or three weeks it
will be fitt to drink, if it be in the
time of the year you may put in
Cowslip fflowers which makes it very
pleasant, you may put in 2 quarts more
of water to the Ingrediencies which will be
Good but not so good as the first

A Spanish Cream talkd off so:
much at Court

Skall, the morning milk and set some
in Pans as you do for Clouded Cream
then Scum it off very thick & beat it with
a Ladle till it grows thick then cent it
with Amber or Orang fflower water and

sweeten it with Double refined shugar theⁿ put it into a Cheny dish
or Cheny Cupps.

34
V
c
ho
tu

A fine Pudding Take the yolks of five eggs and 2

whites beat them very well with New
milk then put in half an Nutmeag
grated, Salt and rosewater put in *your*
fflower and beat it to the thickness of
Biskett melt 3 *quarters* of a lb of Butter
and Stirr in it then put some shugar
in it put it in *your* Dish and bake it if
you will you may put in raison and
Currants.

An Almond Pudding

Take half a Pound of Blanch
sweet Almonds, half a penny loaf put it
into a pint of Cream, when tis soaked, *then*
take the Almonds and bread & beat them
in a Mortar by degrees with some rose
water & shugar and the yolks of three
3

page 60 (folio 26 verso) || page 61 (folio 27 recto)

or four Eggs beaten first well with
rosewater then put in some Marrow
or else two or three peices of butter
broke into it, so couer the bottom &
sides of the dish with puffed past *then*
put in *your* stuff and so bake it
strew shugar upon it & serve into
your Table.

To make orange Tarts.

Take 2 oranges & grate
off the out rinde then pill off the white
rinde and take out the seeds and then
bruse all the meat and grated rinde in

a Mortar with half a pound of shugar
then take 8 Eggs and only six of the
whites beat the eggs well and mix
them with the oranges and so put
them into Tarts.

34

Beneficentia

Omnium quidem beneficiorum
quæ merentibus tribuuntur
non ad ipsos gaudium magis *quam*
ad similes redundat *Plinius panegyricus Trajano*
Est enim ita natura comparatum vt
antiquiora beneficia subvertas, nisi illa
posterioribus cumules *Plinius 3.l. epistula 4.*

To Make Barberry Cakes.

Take a pint of water and agood quantity
of Pippins pared and Cored, slice them
in and boyle them till all the goodness
is out then strain it and put about a
pint of Bayberries or more picked from *the*
stalkes as many as will colour it well
let them boyle in that liquor till it is
of a good Colour then straine it and take
the weight in shugar, put it into the liquor
let it melt but not Boyle then glass it and
set it into a stove.

Goosberry wine mrs Parretts way

Take for euery 3 pound of Fruit a pound
of shugar and a quart of Water, bruise
the ffruite in a stone Mortar, steep it
2 or three houres in the water then let
the

page 62 (folio 27 verso) || page 63 (folio 28 recto)

Clear liquor run off through a haire
sive Tun it up into aBarrell let the
vessell be full put in the quantity of
shugar & stir it well after the shugar
is in untill you think the shugar
is all Dissolued, then close it with
paper & bung it till it hath done
working and stop it up Close let it
stand aMonth before it be bottled put
in a lump of shugar into euery Bottle

To Make Raisons Wine, *Lord Lovelasse s way* .

Take 4 Gallons of spring water &
six pound of s course ^{^ Lofe} shugar and
Boyle them half an hour and scum
it well boyle in it the rine of two
large Lemmons and when its all
most cold put in a pound and half
of Raisons of the sun stoned next
morning squee in it the Iuce of 6.
large Lemmons Cover it close, but
first put in it 2 spoonfulls of good ale
yeast, let it stand 6 dayes then
Bottle it out, it must stand in a large
Earthen Pott with Tapp in it.

35

Fraus

Singuli enim decipere et decipi
possunt: nemo omnes neminem
omnes fefellerunt. *Plinius panegyricus Trajano* .
Nunquam deceptus est princeps, nisi
qui prius ipse decepit. idem.

To Souce Piggeons. Like
Puffins

Pull them and take out the bones at
the vent, season them very high with
peper, Mace, Cloues & salt, then ty up
the necks with a thred, boyle them in
half water the other half wine & half
viniger and the Bones with a bunch
of time, & winter Savary & alittle
seasonning when they be tender take
them up & strain the Broath, boyle
the Broth with alittle white wine,
with it make enough to Cover them
take of the fat when its Cold, put
them in & Cover them Close.

A perserve to make Marmalatt,
of Cherrys with a little Shugar

Take a pound of fine shugar beaten
take 4 pound of Cherries pull of *the* stalkes
and stone them then take half a
pound of shuger wet it with some of
the Luce of the Cherrys boyld in a
Tankard by it, then put all the Cherrys
in it, boyle them up ^{as} fast as you can,
throwing in the other half pound of
shugar as they boyle, when the sirupp
hangs to the spoon put it into *your* Glasses

To make Rasberry Wine

Take 2 Gallon of Rasps &
three Gallons of water boyle the water
and 12 lb of shugar as you do for the other
Wine and power it hot off the fire
upon the Rasberys and let it stand
4 or 5 dayes in a Pot and the strain
it through a haire sive, and put it
into a vessell and when it is fine
bottle it off

37

Vulgus

Nulla magis omnibus displicent *quam*
quæ sic fiunt tamquam omnibus placeant.
Plinius panegyricus Trajano
Nam quod ad populum pertinet
semper dignitatis iniquus iudex est
qui aut inuidet aut fauet *Tullius Oratio*
pro Cnæo Plancio
for *the* wind collick
drink bay berys bruysed & put
into *your* beer luke warm

For an Eye hurt or Sore
mr Mildmays .

Take Burnt Almone, twise burnt
to ashes and mix it with live Hony
According to *your* discretion and with
it Annoint the Hurt, and 5 or 6

times Anointing will effect the
cure.

page 66 (folio 29 verso) || page 67 (folio 30 recto)

A good powder for *the Wind the Lady Stonhouse* s

Take Carroway seeds, annyseeds, sweet fennill
seeds, Coliander seeds, white ginger, and orrange
Pills, of each one ounce, make all these into A
very fine powder severally, *then* mix them
together, with some sugar if you please, *then*
Take as much of this pouder as will ly on
a shilling, in a spoonfull of sack, and drinke
a little sack after it, night and morning
keepe *the* pouder very Close/

A good vsefull Salve

Take Bees wax Castle Sope frankinscence
of each two penny worth Slice *them* all very
thin, *then* put *them* into a Skillet, *then* put in half
a pint of sweet Oyl and set it over *the* fire
keeping stirring vntill it bee melted, then
it's enough/

To make some of it mor-

drawing to half this quantity as much
Vennis Turpentine as a walnutt and keepe
it for *your* vse/

38

Coniugum

Idem estis inuicem quo fuistis
probatis ex æquo nihilque vobis
fælicitas addidit, nisi quod scire
cœpistis quam bene vterque vestrum
felicitatem ferat. *Plinius panegyricus Trajano*

To make a Salve for all
manner of Sores, and an
Excellent Searchcloth called
the Black Plaister

videlicet

Take a pint of Oyl oilve and half a pound of red Lead boyle them together and stirr them with astick continually till it be Black & Smoak, then drop alittle upon the side of a Dish when its Cold, If it com's clean from the dish side it is enough, then take it from the fire, and put into it two Ounces of red soap wax & Rosin by little & little, and stir it till it be all melted, then set it on the fire againe, & stir it till it be ready to boyle, let the froth be all settled down againe, then dipp in *your* Cloaths one by one, and hold them ouer the Skillet, as long as any will come off, Stretch them abroad with *your* hand and dip *your* fingers in the Oyle.

The Vertues of this Searcloth

It is good for a New would that Bleedeth or any old wound, to stanch Blood or any Bruise or ach, Burning or Gout or riseing Kibbs, to keep them from Breaking, or to heal them when they are broaken. To make them in Roles let it stand till it be Cold, the fire must not flame all the while it is boyling, when it begins to rise, as it will at first setting on, take it off & stir it till it be Cold, then set it on againe take care of the Fire, for if one spart get to it, will consume all. and cannot be Quenched

page 68 (folio 30 verso) || page 69 (folio 31 recto)

To make soap

Take seaven bushells of Ashes & one bushel of new vnslackt lime laye *the* ashes as you do meall for making bread & putt *the* lime in *the* middst as you do *the* leauen then power 2 or 3 pailles of watter upon *the* lime & couer it round with *the* ashes 24 howres: then lett a labourer *which* useth to make mortar beat it with watter till it coms to *the* same temper as mortar afterwards put it in to a tubb with a tap at *the* bottome and a mer behind *the* tap like a meashing tubb then put to it thirty pailles of water & so lett it stand 3 days & then let it runn out at *the* tap hole by drops & when all *the* lye is dropt out: take to euery 2 gallons of that lye 6 pound of tallow well fryed up in a cake

Vxor

Eadem quam modica cultu?
quam parca comitatu? *quam* ciuilis
incessu, mariti hoc opus, qui
ita imbuit, ita instituit. nam
vxori sufficit obsequij gloria
Plinius panegyricus Trojano
lett this lye boyle 4 howers &
euery quarter of an hower we^{att} it
with a quart of cold ly as you
doe wild curdes then take it from
the fyer & when it is cold take *the*
tallow out of *the* lye and put it in to
freath ly and doe as you did before
& when it hath boyl'd 4 howers again
put in half a bushell of white salt
& lett it boyle half an hower longer
Then take it ofe *the* fyer & layeng
ofe the soap with a bottom of a tubb skimm
and powre it one *the* cloath throwing apon
it sum watter steeped with indicoe which
giue it blew veins) & when it is all skimmed out
& strayned let it bee cold & cutt it in weages with a wyer

page 70 (folio 31 verso) || page 71 (folio 32 recto)

A Receipt to make the Black Salve
good for a Bruise
mrs Philps way

Take a pound of Redlead 2 ounces of
venice Turpentine 4 ounces of Bees
wax, half an ounce of Camphire
as much Rosen as awalnut, 1 *quart* of
sallet oyle put the oyle into the skillet
and then the Turpentine & Red Lead
and the Rosin and the Bees Wax, Cut
the Bees wax into small peices set it
ouer the ffire, Let it boyl till it will
spread on the Bottom of a Plate with
your ffinger, beat the Camphire into
Powder and put it in when the salve
is almost boyled, you must stir *the* salve
all the while its *ouer* the ffire make it
up in Roles the same way as the
other.

Mulier

Quid enim laudabilius faeminis
quam si verum honorem non in
splendore titulorum sed in iu
diciis hominum reponant. *Plinius panegyricus Trajano* .

mrs Philips Receipt.

A Receipt to make the salve that is
good for a Burn to be spread only upon
paper laid upon ahott ffyer shovell

Take 3 Pound of Rosin 3 Quarters of a
pound of bees Wax, 6 peniworth of venice
Turpentine 4 Spoonfulls of fresh Hoggs
grease, put *your* Hoggs grease first into
a Pot or Brass skillet beat the Rosin
and after the Bees Wax wery well, It will
require a great deal of Labour to beat
the bees wax fine enough, when they are
beat small enough put in the Rosin
and bees wax by degrees when its Melted
all take it off from the fire then put
the Turpentine in set it on the ffire
again & when it Boyles up, power
it into a Pail of Watter, and make it
up in Roles for *your* use

page 72 (folio 32 verso) || page 73 (folio 33 recto)

The kernell of a peach eaten
is good for an ill breath

good for *the* eys

take lapis calimmaris & heat it
red hott in *the* fyer & quench it
in white wine do so oftne &
then stop it close in a glas
hauing first straind it & keep
it to wash *the* eyes

for a pinn & web in *the*
eye

Take 19 crops of seeded netles
as much of daysis & a peese

of wheat leauen a litle
smalledg & a litle bay salt
stamp them alltogather
and lay them round *the* wrist
one *the* contrary side

41

Magistratus

Eundem locum laboris et
curæ quem reverentiæ dig-
nitatisque teneamus *Plinius panegyricus Trajano*

loin of veal ~~with~~ pickel

beat it well & lard it with great lard
pickel it with vineger peper salt spise
cloue leman oreng oynion & rosemary
or sage atter that spitt it & rost it
& bast it with *the* sawse untill it bee
rosted when it is rostet stoue it
in the sawse *which* you must thicke
with chipings or clean flower & llay
it with broath & shall garnish *your*
dish with mushrums beat pallets or
sparegus then seru

Major Mildmays.
Black Salve

Sallet oyle, one Pint, red Lead 8 Ounces,
virgins wax Pompilium, of each 4
ounces, oyle of Roses & oyle of Camomell
of Each one ounce, Boyle these till they
look Black, then Role them for *your* use, it
will keep long

page 74 (folio 33 verso) || page 75 (folio 34 recto)

Mrs Albyn s Way

To a pound of orange Flowers you must
take a pound & halfg of Doublerefined sugar,
you must steep *your* Flowers one Day in
water, and then take them and put them
into some fresh Water iust enough to
Cover them & part of the sugar, and put
them upon a gentle Fire & just let them
Boyle, you must doe them in Silver, &

then take them of & cover them very Close,
and too or three times a Day ~~a~~ put them upon
the ffire & do them very gently & strew
by Degrees the rest of *your* sugar, and when
you find *your* flower look clear & that
you have a pretty thick sirup they are Enough
With the ~~flower~~ Water that you steep *your*
flower use to take some Double refined
sugar and Iust wet it in that Water
and make Dripin pans of Cards, and
boyl *your* sugar to a Candy, & then
put them into the Cards & they make
very pretty Cakes.

42

Gloria

Sequi enim gloria non appeti
debet: nec si casu aliquo non
sequatur, idcirco quod gloria
non meruit, minus pulchrum
est, si vero qui benefacta sua
verbis adornant, non ideo
praedicare, quia fecerint, sed
ut praedicare^{nt} ~~tur~~ fecisse
creduntur. *Plinius 1 liber Epistula 8.*

To make spirit of mince

Take a potle of rains water
& putt into it dryed speer
mince as much as you can
thrust in and so lett it stand
three or four days close couered
then putt it in a glas still
and so still it gently thear
will come a pynt that will bee
uery strong then take of the
best spirit of wine that may
bee had & putt in as much of
it to the spirit of mince as
to *your* owne tast will make it strong
enough then putt in as much
fine sugar beaten as vill make
it pleasant and so mingle
it well to gather till the sugar
bee melted then put it in to a
glas and hang in it a litle amber
grece & pearle

Mrs Lisle Way.

To Pickle Cucumbers.

Gather them dry, and wipe them Clean
and put them into aPot then take as
much vinigar as will Couer them put
in as much Cloves peper and genger
as you like to tast of it; If small
Cucumbers you must put in some ffennell
seed and Dillseed, if very large leave out
the dill & Fennell & put in some Mustard
seed & garlick or shallotts which you like
best, alittle of each will do, put all the
seeds & spice into the Pott with the
Cucumbers and Boyle up the vinigar,
then put in ahandfull of salt, &
power it Boyleing hot on them for 4-
daies together, and when they begin
to Mother, New boyle the Pickle &
& power it hot on them, keep them
very Close Covered and they will serve
the whole year round.

43

Auditus

Nam vt in cæteris rebus,
ita in audiendi officio perit
gratia si reposcatur *Plinius 1 liber epistula 13*

page 78 (folio 35 verso) || page 79 (folio 36 recto)

for the coming forth of
the matrix

Take of *the* best red wine one
pint of a good quantite of
rosemary & boyle it to gather
then take cinamon cloues mase
& nutmegs of each like quantiti
beaten to fine powder then
make litle bags of lawn &
fill them with *the* foresaid
powders & then boyle them
in *the* wine untill it bee boyld
halfe a way then bath *your*
body therwith, & aply the
bags to *the* greif as hott as
may bee suffered trusing up

the body with a double cloath
so close as may bee

14

Honor

solicitius custodiendus est
honor, in quo etiam bene
ficium amici tuendum est
Plinius 1 liber epistula 19

To stop *the* flowers in
weomen

Take a nutmeg cut ofe *the* top
pik out a great deal of *the* meat
fil it up with salt then rost it
in embers & beat it to powder
take a quart of new milke
quench if downe as it boyles with
half a pint of red rose watter
then take then crum of a peny
manchet dry it in slices by the
fier then crumble it small
to *the* powder & put it in to
the milke & sweeten it with
sugar of roses & let the party
drink it oftne

page 80 (folio 36 verso) || page 81 (folio 37 recto)

45.

Fortuna

Etenim est gravius spoliari fortunis,
quam non augeri dignitate *Tulliuspro Plancio*

page 82 (folio 37 verso) || page 83 (folio 38 recto)

To make Almond cakes or with
pistaches

Take a pound of *the* best iordane
Almonds blancht in cold watter
& beaten very small with sum
watter put in to keep them from
oyling then putt them to a pound
of double refined sugar searced
& so mix them to gather
& sett it over *the* fier in a
bason and lett it bee throug itt

hott then take it ofe & stir
it till it is cold/ then take
the whites of six new layd
eggs & two sponfulls of fine
flowers & beat them to a
froath & skim it of & put
it to *the* Almonds then drop
them one buttered plates &
bake them & when they ar
almost enough raise them
from *the* plates with a knife
& sett them in again to dry

46

Præceptores

Nihil ex hoc viro filius tuus audiet,
nisi profuturum: nihil discet quod
nescisse rectius fuerit.

Trade eum præceptori a quo mores
primum mox eloquentiam discat,
quæ male sine moribus discitur.

Plinius 3: liber epistula 3.

To make mirabilis watter

Take galingall cloues quibebes
ginger cardimond mase nutmegg
mellilot of each a dram *the* iuyse
of salendine halfe a pinte
of aquauita one pynte mixe
them alltogater *your* spics
being bruised then put to them
three pynts of *the* best white
wine stir them all togather &
so lett them stand all night
& then distill them in a glass
still you may if you pleas
add to it *the* watter of cowslips
& burage flowers & rosemary flower
or what other heorb or flower
you like but *the* flowers of
lyly of *the* valley ar uery good
in it

page 84 (folio 38 verso) || page 85 (folio 39 recto)

To make a very good cake

To half a pecke of fine

flouer take a pynte of the best
ale eyste & take *the* better half of *the*
flouer and knead it as you do *the* manchet
with milk and salt make it very tender
and lett it ly by *the* fire till it rise so
that it bee all full of Cracells on *the*
top then take 2 pound and a quarter of
melted butter) and a quarter of an ounce
of beaten mase one nutmeg one ounce
of caraway seeds 3 quarter of a pound of
sugar then putt in the melted butter
in to the past and mingle it in with
the remaynder of the flouer then
putt in the spisses and the sugar
then take 5 pound of currans redy
pikt and washed strowe them in
and pull the do all in littell bits then
knead it a littell and mold it up you
must bee sure to haue *your* spises sugar
and your currans thourly dried
upon the fier befoer you putt them
in

To make naple bisket

Take a pound o fine flouer dri
it in an ouen and keep it couered
for lo^osing the colour then take a
pound and 2 ounces of double refined
sugar beaten and searsed: then take
oi new layed eggs 5 of the whiets
taken away putt to thees eggs a sponf^{ull}
of rose watter and 6 sponfulls of
scalded cream putt it all in an earthen
pipkin first putt in you sugar and let
it desolu by beating it with your eggs
then putt in the flouer by littel and
littel and beat it well to gather an
ouer att the least then take an ounce
of sweet anyseeds beat them in a littel
in then haue your plates redy butter^{ed}
and putt the batter in and so bake
it)

page 86 (folio 39 verso) || page 87 (folio 40 recto)

To make siruop of gilliflowers

Take ^ a pynt of runing watter boyle it and
as it boyles putt in your ^{a pecke} gillfloures

as many as the watter will couer then
put it in to an earthen pipkin &
lett it stand in sum warm plase &
stur in sum sugar euery day till you
find it bee a siruppe the finer
your sugar is the better
You must putt 2 pound of sugar

To make almun butter

Take a quart of *the* best cream
and 6 eggs the whiets taken away
beat them very well then take a *quarter*
of a pound of almonds blanch them
and beat them very well putt in a
littek rose watter as you beat them
to keep them from oyling then
strayn them with your eggs in to
the cream befoer you sett it one
the fire then set it one the fire
and neuer leau stiring it till it
boyle then let it cole a littel
and put it in to a canuas Cloath
and hang it up till it bee cold and
all the whay bee out then putt it
in to a dish and with the backe
of a ladle bruise all the knobs
then seson it with sugar and rose
watter

To preseru pipens the best way

Take your pipens and cutt them in quart^{ters}
then cutt out the coares and payre
them in to fayre runing watter then way
the pipens and take to a pound of
them a pound and a half of double
refined sugar then putt the sugar
in to a pint of watter and set it
upon the fire and when the skum
riseth skim it, and put in your pipe^{ns}
boyle them with a quicke fier and
when thay loke clear take them
up and putt them in to a dich and
drain all the sirruope frome them
then sett the siruope upon the fire
again and when it is all most
boyled squees in the iuse of 2 ~~or~~
3 lemons then strayne the sirruop

upon the pipens and so putt them
up *you* must befoer you put them
in to the glasses haue your
green lemon peels redy in the
glasses the lemon peels must
bee first boyled in to or three
watters till thay bee very tender
and then boyle them in a siruop
befoer you putt them in

page 88 (folio 40 verso) || page 89 (folio 41 recto)

To make whiet puddings

Take to a pint and a half of
oatmeale 2 pintes of milke sett the
milke upon the fire and let it
boyle up then putt in the oatmeal
and lett it boyle till it bee so
thicke as *you* can hardly stir it
then take it up and let it stand
a littel befoer you season it then
take resons of the sun stons them
and mins them very small that thay
may not bee perseiued in the puddings
then putt in a pound of beaf suet
finely beaten and a handfull of
grated bread, and a quarter of
sugar half a nutmeg and half as
much mase take of the resons *the*
quantiti of 2 eggs and mingle it
in then putt in 3 sponfulls of rose
watter then break in 11 eggs and the
whites of 4 seson it *with* salt and
mingle it all to gather then put
in a quarter of a pint of cream
and 3 quarters of a pound of curans
and so fill them

To preseru sitron

First take the sitron and rub it with
whiet salt then putt it in to runing
watter and lett it ly 2 or 3 dayse still
changing the watter euery day twise
then take the sitron and cutt it in
the midle butt if it bee a great
one in quarters then take out *the*
seeds and all that is soft then
sett ~~the~~ one the preseruing pan *with*
watter and lett it boyle befoer you

putt your sitron in you must set on
an other pan with watter to change
it in to till it bee enouf and
so tender that a straw will go thorough
it then take them up and lay them
one a clean cloth till thay bee
cold then pik out all the strings
and that which is papy then way
it an to a pound of sitron take
2 pound of sugar then sett it one
the fire with such a quantiti of
watter as you shall think fit
and when it boyles putt your sitr^{on}
in to a pot then strayn the siru
op in to a pot couer it and let
it stand 4 or 5 dayse befoer you
boyle them up then sett them
apon the fire agayn and when
thay take clear take them up

page 90 (folio 41 verso) || page 91 (folio 42 recto)

and sett an your siruop again
and when it is almost boyled put
in sum white wine you must take
heed you boyle not your siruop to
much for it will not iely att all
then squees in the iuse of one lemon
and so putt it up

a recseipt to make raspe
Sugar

Take a pound of the finest
p loaf sugar you can ^{gett} and beat itt as small
as you can possibly then take a bout
a pound and spread it very thin in
a siluer dish and sett it one a soft
fier and stir it till it bee very dry
and then haue your rasps redy beaten
and strayned then take only the
iuse and ~~or~~ drap it in by littel
and littel still sturing it for
fear the sugar should melt
and so drop it in till you
persceiu the sugar to bee of
the colour of the rasp and
then lett it stand till
it bee very dry and so
putt it up in glasses

To make Piramedis Cream

Take a quart of watter and six
ounces of hartshorn and putt it
in to a botle gum dragon and gum
marabeth of each as much as a small
nut putt this in to the botle to it
and lett the bottell bee big enouf to
hold a pinte more stop it very Close
and couer it with a cloath putt it
in to a pot of beef that is a boylin
and lett it boyle three howers then
take as much cream as you haue ielly
and halfe a pound of almonds
well beaten then mingle the cream
and almonds to gather and strain
it do so to or three times then
put the ielly and then Cream in
to a siluer bason sweeten it as you
like it then putt in to or three
pasteels and sett it ouer the fier
stiring it continually till it bee
scalding hott butt lett it not
boyle. then poure it in to beer
glases that bee narow at the
bottom and when it is colde
turn them outt upon a dish fiue
in a dish like piramedis

page 92 (folio 42 verso) || page 93 (folio 43 recto)

for *the* strangurie

Take burrseeds & beat it to fine powder &
drink it in wine it presently helpeth

A Siruop for *the* siknes of *the* loynes
& salt rughme

Take a pynt of red rose watter 3 spoonfulls of
anyseed bruised as much liquorish bruised boyle
them in *the* rose water untill the third
part bee consumed then strain it & wring
it hard & boyle it again with fine sugar
a quarter of an hower & skim it clean
use thearof a sponfull in *the* morning
and as much at night or after meat
it is best when it is olde

To make siruop of Vineager

Take to a pynt of white wine Vineager
a pound of fine sugar clarify it with *the*
white of an ege & strain it

To dry Cherise

take them and stone them
as for tarts in to a bason
then putt to four pound
a quarter of a pound of
fine sugar then with
sum water putt to them
& sett it one the fyer
lett it boyle a litle
only to plump them so
lett them stand all night
in that sirruop and then
take them outt and lay
them one sius when they
begin to dry take them
ofe wett them in watter
and dry them apon a cloath
so lay them apone the
sius again setting them in
the sunn

page 94 (folio 43 verso) || page 95 (folio 44 recto)

to preseru cornelians

take to a pound of them a pound
of loafe sugar take sum of
them and boyle in a litle ^{^ water} for
ioys then strayn them and put
that liq^uer to most part of
the sugar you must ^{^ put} a prety
deal in becaus otherwise it
will boyle uery dry then sett *the*
sugar one the fyer and when
you haue skimd it putt in the
cornelians and lett it boyle uery
gently and but a litle while
then take them ofe the fyer
and lett them stand three or
four oures that the liquor
may soake in to them/: then

sett them one the fyer agayn
and lett them boyle as gently
as before till the siruop
iellys & that you see thay ar
enough & so putt them in
glases keeping sum of the
ielly to lay apon them
when they ar colde

page 96 (folio 44 verso) || page 97 (folio 45 recto)

page 98 (folio 45 verso) || page 99 (folio 46 recto)

A good water to scoure
& fostne *the* teeth &
make them sound

Take half a glas full of
Vineager asmuch water of
lentinfe of rosemary mastick
boularmenick powder of
pound graneds *the* water distiled
of dragons blood roche allome
well burned of each of thees an
ounce fine Cinamon half an
ounce riuer water three glas
fulls let all boyle with a soft
fier & put thearto half a
pound of hony clarified
then put in a litle beniamin
& let it boyle in a quarter
of an our & keep it close
stopt wash the teeth therewith
before & after meat

for *the* weaknes in *the* back

Take white saunders & *the*
iuyse of red sorell & drink
them in red wine blud
warm

A powder to preseru *the*
teeth

Take roche allome burned 2 drams
of Sarcocoll of tera sigilatin of
mirabilon Cidrons i ounce & halfe

mingle them to gather & so
make a powder to rub *the*
teeth fasting three times
a week

page 100 (folio 46 verso) || page 101 (folio 47 recto)

for paine or weaknes in *the* back

Take *the* brisket eand of a brest of mutton & seeth itin milke with *the* beares or rootes of Camphry &
Clarye i handfull of knotted grass & a few crop of
neppe boyle them all togather till *the* meat
bee sodd then take it from *the* fyer & lett it coole
& taking *the* fatt frome it use to drinke it first
in *the* morning & last at night with a litle
nutmegg

for an ague quartain

Take sauin & garlick with bay salt stamp
them uery well togather & then laye
it to *the* wrists

for a rupture in old or young

Take 19 red snailes & put them between 2 tiles
of claye so lay them in an ouen or in *the* embers
& dry them to powder beat them fine &
take so much of *the* powder as one of *the* snailes
put it in white wine & let *the* patient
drink thearof in *the* morning fasting & fast
after it ii howers drink thoes 19 snailes in
18 days and if that dos not healp drink
so much again

page 102 (folio 47 verso) || page 103 (folio 48 recto)

For a rupture of *the* guts

Take 2 handfuls of monseare pick it & wash
it & dry it in a cloath then boyle it in a
pynt of sweet cream till it looke uery green
& is thicke licke an oyntment then strayn
it and keep it for *your* use/ lett him anyont
the plase with this morning & euening for 19 days
togather and keep himself close trussed up

for one that is broken bellyed

Take oake fearn Comphry & woodbine leaus
soak them in strong ale as you cann get 9 or 10
days then boyle it from a quart to a pynt
wring forth *the* iuyce thearof as hard as you
cann then scrape in a litle fine chalke &
so boyle it again in so much sugar as will sweten
it drink thearof morning & euening

to plase *the* mother
& help conseption

Take rosemary mints & mallowes seeth them
in white wine & watter and sit ouer *the* steam
of it going to bed) & other nights use to take
the powder of mastick & frankinsens stroud
one sum hott embers and sitt ouer it

to purge *the* mother

Take calamint motherwort mugwort of
each a handfull & of sauory merygolds fenill
& parsly a quarter of a handfull take
white or claret wine & watter a quart
of each seeth them all togather till half
the liquor bee consumed then strain & drink
thearof first in *the* morning & last at night
with sugar

page 104 (folio 48 verso) || page 105 (folio 49 recto)

To Make Oyle off Charity ~~the~~ In May
Or the beging off Iune at *the* furthest

My Lady Broughton

Take off the leaues of wormwood & Red Sag
Broad leafed Lavender, Rosmary & camimile pick
these clean from *the* stalks *then* take of each of these a *quarter*
of a *pound* shread em uery small & put em in a Glassee bottle
~~th~~ with a wide mouth & *then* put to em as much salat
Oyle as will wet em & some to swim a loft em-
tye it close & set it in *the* sun & whether for a
month sturing it twice a day then straine it out
& put em herbes away *then* put to *that* Oyle halfe
so much of *the* same herbes freesh gathered & a
quarter of a pound of *the* leauss of Velerian shred
em small & put em in & set em ouer *the* fire to boyle
uery leasurly for an hour & halfe sturing it

constantly *then* strain it & let it stand 3 dayes &
boyle it 3 quarters of an hour sturing it all *the*
while *then* strain it againe and keep it for *your* use
you must geather *your* herbes on a dry day &
when you set to son lay a tyle on *the* mouth
off *the* botle that noe wett get in & when you
boyle it you must scum it & if it be right
made it will be a perfect Green,
the three days it stands you must putt it
into a Glase Vessell

The Vertues

It is good for a burn or scald used First
and ~~if~~ for a bruse if inwardly to take out wardly &
for any Green wounds or old pains that proseeded from
cold causes it is for to bring away *the* affter birth
giueing *the* woman eight drops in a spoonfull of
posset drinke & to drinke a draft affter it, & you to
make it 2 hours affter it and you must marke *which*
Hour she takes it for she must take it once in
twelve hours & so take it ~~tell~~ untill you thinke
all tis come a way, and soe it must be taken
when you giue it for a bruse inwardly eight
dropes for a woman & 10 for a man, you must
neuer giue it oftner then once in 12 hours
it is verry good for *the* head ake to anoint the
Temples with it, it is excellent for *the* plasie
to anoint the place Greved and when you use
thise Oyle you must haue a great care of cold
if it is for paines allways lay a Wollen cloath
next or upon a linen Cloath dipt in *the* Oyle

page 106 (folio 49 verso) || page 107 (folio 50 recto)

Receipt to make Mouth Watter Mrs ffleetwood ,

Take a wine pottle of Running water & 2 ounces
of Pelitary of Spain roott a good handfull of
Pelitary of *the* wall, & halfe an ounce of pyony seeds
Bruiss *the* roots and seeds together put all
thess in *the* watter together and set it one a
soft fire & let it boyle halfe an hour, *then* take
it off ~~ȳ~~ and strain it Through a Hair sive,
let it stand halfe an hour to settle, then
pour it into *the* skillet againe, & put into
it as much Roach Allum as two wallnuts
and a pint of *the* best wine Winegar, and
as much life Hony as will sweeten it to
your taste *then* cour *the* skillet till it boyles

then take ofe *the* couer and let it boyle
softly at *the* least halfe an hour and so
skum it so long as *the* skum doth rise, *then* put it
up in a stone Botle but let it stand till
it be cold *then* stop it close, it will settle
thicke at *the* bottom like lees *which* doth
preserue it so keep it in A cold Roome it will
Last a year good,/

My Mother gaue me this *Receipt*
which is an extraordinary
good one KD

The Vertues of this Mouth Watter

It cures all manner of sore Throats and
Cankers in *the* mouth though they haue eaten holds
into *the* cheeks, or Allmonds of *the* ears if they be
swel'd, gardle *the* mouth often, and if it be to
sharpe mix it with some planton watter and
use it between whiles, it keeps *the* teeth from
Rotting, and fastens em if loose, and keeps them
white and sweet, it is good to wash old or green
sores, it cleanseth and scowreth em and has
a healing quallity, this water allso cureth Im
posthumes in *the* head if it be snuffed up In *the*
nostrells often it will breake *the* imposthume & cause
it to issue out, Mother charmes cured a fistula in
the head when *the* hole was in *the* corner of *the* nose
and two of *the* out side, the made em snuff it up
in *the* nose and wash *the* fistula outwardly,
approued by many who used it thus, when there teeth
ake use *the* water thus take a mouthfull as hot as
they can well suffer it, it will thicken *the* Rume
and strengthen the Gumes,

page 108 (folio 50 verso) || page 109 (folio 51 recto)

To Make Hearts horne Jelly Lady Spencer s way

Take halfe a pound of hartshorne putt it in
3 quarts of watter, sett it ouer a slow Fire att 8
a clock in *the* morning, soe keep itt all [^]day iust to
simer, & nott to boyle let *the* pipkin be close couered *then*
att night strain itt Through a hair sive *the* next
day take of all *the* clear iely, & leaue *the* setling
beat six [^]whits of eggs and putt them into itt & putt in
the iuce of 5 or 6 Leamons, keep itt stiring continua[^]ly
till itt boyles, then putt in a wine Glass full

of Rhennish wine and lett it boyle up againe
then putt in a nother Glass full of wine & so
doe four times, butt lett itt boyle betwixt
each glass, *then* you must make *your* Bag ready, putt
into *the* Bottom of *the* Bag a Lemmon peale, *which* must be
thus ordered, cutt of *the* Top of *the* Lemmon & pick out
all *the* meatt *then* fill the peale up with cloves,
mace, Cynamon, & some nuttmeggs cutt in
peices so pour *the* ielly upon itt, sett *the* peale up
Right in *the* Bottom of *the* Bagg, you must nott forgett
to sweeten it with whit sugar, according to *your* Tast

To make popy water

Take toe Gallons of wine or leese
of wine and putt into it halfe
a ponde of licoras scraped
and slicet & a quarter of a pound
of anyseeds brused and as many
popy flowers as will goe into
the pott and so lett it stand 24
howres then still it in a limbeck
thear will come a quart that
will be strong which you may
putt all-to-gather the rest will
bee weaker putt a few popy
flowers into the glases of
water and lett them steep 24
howers then strayne them outt
and so keep it
the strongest is good for surfets
and the smallest for agues

page 110 (folio 51 verso) || page 111 (folio 52 recto)

To make orang cakes

Take *the* oranges to euery 4 great ones a pound
of *the* fynest sugar peel ofe *the* skins & boyle
them uery tender drye them in a cloth &
cut them small slitt *the* oranges take out
all *the* pulp & iuyse & put it toe *the* sugar
with *the* skin *which* is boylde then sett it one
the fyer stirring it till *the* sugar bee all
mellted but lett it not boyle then take it
ofe & lett it coole & so doe 4 or fiue
times till it growes uery thick still stiring
it & when it is so thick as to drop take
it ofe & lett it stand till *the* next day
& then drop it one glases or tinn and so
stoue it but not toe hott

The Method of Proceeding in A Course of
Turnips, Neither in *the* Gout Rhumatisme
Stone, Gravall, Collicke Dropsey Sevivy
Consumption & Many Other Distempers,

Fall one Raw Turnips in *the* Morning
att noon 3 or 4 scalded & att night as many
More as Many as *your* stomake will beare for
the more you eate of them the Better
Pair them uery then & lett *your* watter boyle
before you putt em in & lett em boyle 5 or 6
minuts & when thay are enough cut one
& there will appear a white spott in the
Midle *then* thay are in right case to eate
this may be there food for 30 days att
least & must nott eat any thing
Deiectly or indirelly other *then* Turnips
either done as a boue said or Baked
Or Rosted *which* way there stomack will
degest it Best,
And for *your* Drinke thus, take a pott or
skillett that will hold a bout two Gallons
& pair as many Turnips as will fill
itt quarter them, and Lay

page 112 (folio 52 verso) || page 113 (folio 53 recto)

them as close as possibl you can then fill
it with watter as much as will couer em
& no more & lett em boyle till thay are
pretty soft not all together so much
as you would to eate with Meate then
press them between two trenchers and
let ~~em~~ this be there Drinke for 30 days:
& let em Drinke as much of if as thay
can, *the* More *the* Better & nothing else
and leaue Malt Lequor, for thatts
has Bad as Ratts bane for them
iff you find this first Liquor is nott strong
enough sett to boyle as many Turnips
as first in *the* Liquor ~~that~~ the first ~~in~~
~~the same~~ was boyld in & then press
them into *that* Liquor *which* will make it stronge
iff the party haue and sores *that* Breake
or run, lett them apply nothing butt
Turnips to them poultice wise
and wash them with some of the same
Lequor the Turnips were Boyld in

iff upon entering into this course they
should be Costive as most people are

then eate halfe a Dozen or a Dozen
of pruens stewed or Raw, and thatt
will cause a Mottion
iff the Party smoake, thay may smoake
what thay please, but eate or Drinke
any thing else than as Affore saide
this was *the* Method prescribe to me

page 114 (folio 53 verso) || page 115 (folio 54 recto)

A Receipt to make Clarett watter
for twelve pintts

Take a full Towell of Red pinks or Coronations
the Deepest Colour you can gett or aboutt four
or five pounds weight, take *the* Leaf thatt
is Red only and Through away *the* Rest, take
half a pound of *your* Cockcrowing or Poppys Leaues
which you must haue well dried to *the* sun or a
quarter of a pound of dried ones is enough
a quarter of an ounce of Cloves, an ounce
of Cinnamon, putt all thatt to steep to
gather in a matter of ten pints of *the*
best Brandy you can gett, into a earthen
pitcher, cork itt well, and tye a wett
parchmentt over itt very close and Leave
itt for sixs weks together to *the* Hottest
sun, than take itt outt of *the* pott or Bottle
squse it all together, Clean *your* pott, putt it
in againe to infuse, add-only to itt a pint
of Clear watter and seuen pounds of *your*
finest sugar, well brused, Corke up *your*

Bottle or pott as a fore and leave itt to *the*
Hottest sun for *the* Rest of *the* summer, then
affterwards, run thatt Liquor through a
fine Clean Linnen and putt itt into *the* bottles
Note thatt you must fill *your* Bottles butt
half att first and when you com towards
the Latter end of *your* pitchcher fill them up
because *your* Liquor being thicker towards
the Latter end then the first, *your* first
bottles should be Clear and those of *the* Bottom
too thick

If you designe to make a smaller
or a greater Quantity of thatt
Clarett watter, you must Lessen
Or add proportionally the
Ingredients aboue specified

page 116 (folio 54 verso) || page 117 (folio 55 recto)

A glister uery gentle & only
to wash *the* guts & coole

Take barly watter put in to it a handfull
of brann boyle it in & strain it with a
few seeds then sweeten it with hony of
Violets & a litle glister sugar

To make Pomatum Mrs Norris
her way

Take *the* Cawle of Lamb, or Veal, pickt Clean from
the skins, *then* Lay it in Springe Water nine days, *then*
shift *the* water once in 2⁴ hour's, *then* Lay it
3 days in New milke, *then* shift it Every 24
hour's, if it is hot weather, Every 12 hour's
it must be done uery clean out of *the* milke,
then put it in an Earthen pot *that* neuer was
used, *then* put *the* pott in a skillet of boyling
water till *the* fatt is ready to boyl, *then* straine
it through a Musselin Cloth into a bason,
and when it is Cold, put it in *the* same pott
again, to a quarter of a pound of fatt
so much white Lilly roote as *you* can hold in
the Palme of *your* hand, halfe so much Marsh
Mallowes Root's, wash and s-crape *them* very
Clean, it must stand in *the* fatt vntill it
Boyl, *then* it must be strain'd off into *the* bason
so stand till it Cold, *then* melt it againe in *the*
like manner, it must be strain'd into *the* bason
put into it one spoonfull of any sweet water
then beat it continⁿually till it is Cold Enough
to dropp into Cakes,
The Root's must be beat in ^a stone mortar
very small

page 118 (folio 55 verso) || page 119 (folio 56 recto)

Dr Harrington's Famotus Electuary by *which* he has
Cured many Houndred of Consumptions

Take of Olibanum myrrh, saffron, of each 3 *pounds of the*
best Opium, henbane seeds henbane roott of each
one pound, of Virgons Hony 60 pounds the best
opium comes from thebes , calld, the bean Opium
it must be prepared by spiritt of wine & so dry
and powdered, the Honey must be well clarifi'd
upon a gentle & clear fire being scumed till

Little scum arise when it tis boyld enough
it will Looked uery red, *then* take it of from *the*
fire and when it has stood a Little (but yett
whilst it is Hott) put in *the* saffron, *which* must be
first pull'd Dryed, & finely powdered, & mixt
with so much rectifyed spiritt of wine
sometimes calld double Brandy) as will make
it as thicke as an electuary or a pudding
then stirr em well & when thay are no warm
er *then* new milke, put in all *the* rest of the
Ingredients in uery fine powder, and
uery well mixed together, the Olibanum,
Myrrh, & Opium *the* Docter had prepared and
powdered from *the* Apothecary, but *the* seeds and
roots they dryed and powdered and searched
them selves, *then* stirr em uery diligently &
exactly together, tell they are quite cold

page 120 (folio 56 verso) || page 121 (folio 57 recto)

and tell they are mixed uery intimately
Great care ^{is} to be had in mixing of them
if it be to thicke you may put in more
clarified Honey or syroop of red wyld
poppuis to make it a due consistency
it may be put in a large mugg, pott,
& couered with leather and sett in a
convenient place, it will keep a year
very well, the dose is *the* quantity of a
Hazle nutts more or less according to *the*
strength or age of *the* patient, to cheldren
may give *the* quantity of a nutt, tis to be
taken in *the* morning fasting & two Hours
affter supper, for delicate persons it may
be sweetn'd with sugar, to take a way the
bitter taste for Opium is better, it tis
giuen in consumptions & extream coughs
somtmes in feauers as an Opiate, I suppose
the Dr gave it in severall cases he usualy
took for it 2^s or 1^s 6^d per ounce, it may be made
any time of *the* year somtmes (Though uery
seldome) he gaue it in *the* forme of pills
you may make any better quantity of it,
as if take on pound of Honey you must take
~~the~~ 60 partt of each other Ingredient
my Cosens Lucy s *Receipt*

An Otmeal Pudding Sir H Harwood s

Take A quart of the best sweet creame
halfe a pint of otmeal dryed and beaten
small when it is boyl'd in *the* creame sweeten

it with a quarter of a pound of sugar A
quarter of a pound of Butter stirr'd in it
tell it be melted then set it by tell the
next day put in fore egges well beaten
two spoonfulls of rose watter a little shred
Lemmon pile bake it in a flat dish with
A Little past putt on *the edge*/

To make Gingerbread

Take two pound of flower dried, two ounces
of ginger sifted, two pound [^] of Treacle halfe a
pound of butter, make light past, let the
Treacle & *the* Butter be melted together, and'
not to Hott, powr it to *the* flower, worke it to
a light past, take candid orang and lemmon
and citron of each a quarter of a pound,
strew it into *the* past & worcke it well to
gether cut it, & Lay it upon Tinn plats
well Butterd, to bake itt,
you may put a nutmeg or two in it
and a spoonfull or two of sacke or Brandy
to make it light

page 122 (folio 57 verso) || page 123 (folio 58 recto)

A Receipt to make Cherry Brandy Or Red Rattafia

you must haue a small Barrell uery
Clean, putt in itt half Brandy, the best
you can gett, and half black Cherrys
well Bruised, with a handfull or
two of Ras-berrys, and upon each pint
of Brandy and frutt putt in two Ounces
of sugar, some few Cloues, and a Little
Cynnamon, you must besides thatt
bruisse a quantity of Kernells of
Apricookes more or less, according
the Bigness of *your* Barrell, putt all that
in itt till tis full have it shutt up uery
Close, Leaue itt so in *the* Cellar for sixs
weekes together, then open *your* Barrell
bruisse *your* cherrys againe then straine
your frutt in a Clean Linnen and run *your*
Liquor thatt it may be fine & putt
in Bottles well Corked, & thatt is all

A good glister for *the* yellow iaundis

Take a black sheeps head wool & all boyle it untill *the* bones fall outt from *the* flesh & the watter soddne to a quart Then take a handfull of mallows as much of french mercury as many Violet leavs then straine it and putt thearto a litle sugar allmost a quarter of a pynt of sallet oyle & a litle salte then make it warm & administer it to *the* sick & it shall greatly restore them this cured a gentillman *which* was as yellow as saffron

A good medisin to purg the head.

take a branch of rue & strip of the leavs leaving a few at the eand and so putt that eand in *your* mouth holding the tother in *your* hand & your head ouer a bason & the rhume will come forth abundantly

A medisin for the collick .

Take fhime sage and rosemary bind it opon a new tile made hott by the fyer and lay it to *your* nauell and it is a present remedie

page 124 (folio 58 verso) || page 125 (folio 59 recto)

A medisin for *the* wind collick

Take 7 or 8 berys, bruyse them sumwhat small and put them in to a litle beer or ale luke warme & ¶ drink it when *you* ar ill of itt

A good medisin for *the* stone

Take *the* that is found in an ox gall as big as a bean bruis it to fine powder and drinke it with white wine

A purgation made with rubarb

Take of rubarb as much as *the* waite of xii^d & cutt it in thin slices then take a litle ginger & slise it & a litle sinamon putt them to gater in vii spoonfulls of succary watter so that they ar well couered with *the* watter & that it may bee a good draught lett it stand xii howers or sumthing more then strayn it in to a goblet and putt thearto as much sugar as will sweeten it & drink it fasting in the morning it is a most pleasant & easy purge made by Do Core

An excellent and easy purgation against melincholy
Humors & payns in *the* head

Take six drams of sene leavs one dram of white ginger
two drams of bugles flowers putt them together in a new
stone pott with a narrow mouth & a pynt of whay of
goats milke couer *the* pott close and sett it in a seething
uesel of hott watter *the* spase of 2 howers then take it ofe
the fyer & sett it in a close plase vntill it bee colde then
strain it and drink thearof in *the* morning fasting
a good draught and that will purge the head & braine
& helpe *your* senses & openeth *the* blader

page 126 (folio 59 verso) || page 127 (folio 60 recto)

To make siruop of white popys

Take *the* heads of white popys
fresh gathered pound & a halfe
as much black popy seeth them
in 4 pound of rain watter
untill there remain but one
pound & half then strain it
& put thearto vi. ounces of good
sugar and as much Penidise & so
seeth it to a siruop this is
good to caus sleep

To make siruop of
buraige

Take of *the* iuyse of buraige
3 pound of the flowers of burag
fresh gather one pound clarify
the iuyse & then put in *the* flowers
& so warm it a litle then let
it steep 3 howers warme then
strain it & put thearto of
sugar 4 pound & so seeth it to a
siruop: it is good against
the trembling of *the* hart & swonden^g
& against melincholy & choler
in this maner *you* may make
the siruop of any hearb to draw
out *the* iuyse *you* must beat

page 128 (folio 60 verso) || page 131 (folio 61 recto)

the burage in a mortar
and there let it ly a night
in a coole plase then wring
forth the iuyce & clarify it
with the white of an egg
then make *the* siruop as aforsaid

To Make a Millett Pudding

Take five Ounces of the best butter
or something Less, with the Back of ~~the~~ a
spoon butter the Bottom of your pan
~~spoon~~ then strow in fiue Ounces ofe
Millet, and haveing ready three pints
of milk seasond to *your* Tast with nutmeg
sugar, a Little salt or any other
seasoning boile *your* milk, & poar it boiling
hott ~~you~~ upon your millet put it the
moment in to *the* Oven & let it Bake
2 hours, Its Good both hott & cold
Mrs Hamilton Receipt

Take a wild Raven and putt it into a
pann or possnett & bake it ~~together~~
with your Brown bread, fethers and all
together and theirre will be an oyle
in the Bottom of the pann anoint
the Ioynts with the same, tis good
for the Goute

To Make a Sego Puddinge

Take about 4 spoonfulls of Sego picked
and Rubd, boyle it to a tender pulp in about
a quart of milk then boyle a quart of
thick cream and beat *the* yolks of 8 eggs
and a grated nutmeg with sugar to your
tast mix all together & put in perserued
Orang & a little Citron with a bone of
marrow in peices a Little Oring flower
watter so bake it stiring it tell
thickness in the the Oven
Mrs Hamiltons Receipt

page 132 (folio 61 verso) || page 133 (folio 62 recto)

To make *the* plauge watter

Take. Angelico) rue) mothertime) sumer
sauory) sweet mariorum) Sacius)

white saxifrage) succory) Buridg)
Tormentill) maidenhair) Egrimony)
Scordium) wormwood) Sallendine) Sage)
Balme) mugwort) dragons) pimpernell)
feterfue) burnett) Sorell) marygold flower
flowers of cowslip) pansy flowers)
Cardus Benidictus) of each halfe a pound)
Buridg flowers burage & bueglass flower
a pound) rosemary flowers a pound

Arckangle flowers half a pound
2 rootes of Elecampaign) shread all
thees uery small & soak all thees in
6 quarts of *the* best canary lett them
stand 5 days stiring them euery
day) put in allso anyseed caraway seed
Coriander seed Cardimon seed of all
one ounce then still it in a cold
still you may ad to it lyls of *the* ually
& prinrose leavs
& Scorsonare

page 134 (folio 62 verso) || page 135 (folio 63 recto)

To make orange marmlett

Take oranges, scrape of *the* outward
Rine, Rub them with salte and wipe
it of uery Clean with a Cloth then Cut
them Crose *the* middle, then squeas out
the Iuce and take out *the* meat then
then boile them in a gallon of water
Changing *the* water till they are uery
tender 4 or 5 times at least, then take
them out of *the* water and put them in
a Cloth and dry them well and with a
knife scrape away all *the* durt so Cut
them into litle short peices and to
every three quarters of a pound of oran
=ge put a pound ~~and a halfe~~ of duple
Refined suger dip *the* Lumps only in wat
=er and vse no more then haue in Reddy
ness some pipin Jelly and put to *the*
suger halfe a point of it then boile
then boile *the* oranges and *the* Rest to
=gether about a quarter of an houre
then take *the* meat and Iuce that Came
from *the* oranges and doe *the* meat with

page 136(folio 63 verso) || page 137 (folio 64 recto)

with a knife on a Trencher uery
smale picking out all *the* seeds and
strings then put ~~them~~ into ~~theor~~
orangs a quarter of a point of it
and halfe a quarter of *the* Iuice of
Lemons ^{or less} but before you put it in warme
it a litle in a poringer and in a thinne
peice of Lawn boile some musk and
amber greece in it a litle before you
take it vpe let all boile uery
soft and when it will Ielly pretty
Thick put it into *your* glaces haue
a Care of ouer boiling it &c
Mrs Carwardins Way :98:
For a sting of a Bee or waspe
take mustard and Laye it
to the place

another Recept for *the* same

Tak Goats Rew ^{^ on handfull} and stamp it and
aply it to *the* wound it infalliable cure

To make lemon Cream Mrs Carwardin

Way 98

Take a poringer full of water and
halfe so much of Rose water or orange
flower water is best, *the* Iuice of 3
faire Lemons in which there Rines
haue been steept all night, *the* white
of 3 eges, as much duple Refined suger
as will sweeten it to *your* Tast stur it

page 138 (folio 64 verso) || page 139 (folio 65 recto)

The Consumption plaster Is
good for any pain or Sweetting
The Lady Cobb s Recept

Take burgandy pitche, Rosin, bees
~~wax~~ wax, of each two ounces, 3 quarters
of an ounce of Coarce turpentine it
need not be *the* very best on ounce of
oyle of mace melt these all well to=
=gether, haue sheeps Lether Cutt of
what bigness you would haue *your* plaster
so porre these things when they are
melted upon the Lether, before they

be Cold, scrape or grate a good
deall of nutmeg upon euery plaster

To P^reserue goosberrys *the*
Lady Cobb s way

take *the* fairest ^{^ dutch} goosberry when they
are at there full growth and not Ripe
and stone them into faire water then
stamp other goosberry, and strain them
and lett *the* Iuce Run through a Ielly
bag till it be Clear as watter then put
3 quarters of apound of gooseberrys into
halfe a point of this Iuce and sett *them*
into a bason on *the* fire and lett them
boile as fast as can be on good boyle or
two then take double Refined suger
a pound and a quarter good weight and
put to *the* Gooseberry tis better that you
Reserue some of *the* suger to strowe
vpon them in *the* boiling and as soone
as *the* goosberrys are on *the* fire make
them boyle to *the* Tope of *the* bason, ^{^ two} two
good boiles but ^{it} ~~they~~ must be done uery ^{^ quick}
or they will Chang Culler then take
them of and put them into *the* glas=

page 140 (folio 65 verso) || page 143 (folio 66 recto)

To make mince pyes *the* Lady Cobb s
way

Take two good Large neats tongues
parboile them and pick of *the* skin and
Cutt them in Little peeces and weigh the
neat and to euery pound of tungue take
2 pound of beefe suett after it is slised
then shred the tongus very small and
when it is enough put *the* suett to
it and shred them very small together
then add as many Currance as *the* Tonges
weighed a little peper and salt Mace and
Cloues nutmege cynamon and ginger of
each a preety quantity on pound of suger to
two tongues *the* Iuce of a whole lemon some
3 of 4 good pearmains and pippings shred uery small
of *the* peelee shred uery small Rose wattermixe all thes together and when *your* pye
is halfe full slice in a pretty deal of
preserued orings or Lemon or citron

so fill them up and close and bake
Them

An Oatmeale Puding Lord Spencers s
way

700

Take a quart of *the* best sweet creame halfe a
Pintt of Oatmeale dryed & beaten small when tis
Boyl'd in *the* creame sweeten itt with a quarter off A
Pound off sugar a quarter off a pound of butter
stured in till itt be melted *then* sett itt by tell
the next day, put in [^] eight eggs well beaten two
spoonfull off Rose watter a little shred Lemmon
Pill bake it in a flatt dish with a little past
Cutt one *the* egg egd &c

To Make Puffe Past Mrs Dancer s way

Take halfe a pecke of Flower and 4 pound of
Butter take two pound of *the* butter and rub
it in *the* flower to this quantity of flower
putt in 3 eggs make your past tender *the*
Rest of your butter beate it into your
past,

page 144 (folio 66 verso) || page 145 (folio 67 recto)

An admirable good water

Take a gallon of white Gascoigne wine then
take ginger cinamon mase cloues Aniseeds
fenelseeds caraway seeds & galingall of each
of thees a dram then take sage red mints
rose leaus tyme & wild time rosemary
cammomill lauender tops & pellitory of Spain
of each of thees a handfull then beat *the*
spises small & allso *the* hearbes & put them
all in *the* wine & lett it stand 12 howers
stiring it diuers times then distill it in
an Alembeck or limbeck & keep *the* first
watter by it selfe for that is the best

The uerou of this watter

it comforteth the uitall spirits helpeth
the inward diseases that come of cold
& against the shaking of the palsey
it helpeth consepion in weomen that
ar baren it killeth *the* wormes within
the body it helpeth *the* stone in *the* blader
it comforteth *the* stomach cureth *the*
could cough it helpeth *the* tothache it
cureth the cold dropsi it helpeth *the* stone
in *the* reines of *the* aback it presently
cureth a stinking breath & toe use it
sum times & not oftne it preserueth ons
strength & comforteth nature meruelously
if it bee set in *the* sun it is the
beter

page 146 (folio 67 verso) || page 147 (folio 68 recto)

A Good Receipt for Bludy Watter

Lady Spencer s way
Take a pint of white Wine diuid in to 3 parts & put
into it *the* thord part of a penney worth of Metrydate and
3 ownces of *the* insid of *the* Barberry Barke scraped
steep all this in *the* white wine 12 owers than drinke
it fasting, & affter it you may eate a pipen rosted
with a penney worth of safferon Rosted in it
you must take *the* core out & than put in *the*
safferon & put on *the* tope of *the* Aple & so rost it
you must than diuid *the* Rest of *the* white Wine
againe into two parts & so put in *the* same
quainty of Metrydate & *the* Barberry Barke
& steep it 12 howers so drinke it than againe
either at night or in the morning
affter 3 times I hope you will find good by
it *the* pipen Rosted with *the* safferon as often

page 148 (folio 68 verso) || page 149 (folio 69 recto)

for a kernell in *the* fase

Take a quart of new milke
& boyle in it a good handfull
of parsley & as much spear
mints shop them small & boyle
them in *the* milke a good
while then thicke it with

crums of cou^rse wheaten
bread that is leauened &
a litle sheeps suet so aply
it to *the* sore it will both
break it & heal it

for childblanes

Take the berys of bryony
gather them about michaelmas
when they ar ripe & hang
them up in *the* hous from
the wall then rub the *childblane*
with one of them before
the fyer and then lay more
berys plaisterwise apon
them

for a scald head

Take oystershels & burn them
in *the* fier till they bee all
white then beat them to a
fine ~~to~~ powder & sears them
mingle it well with hogs
lard or, frech greans bee sure
to rub the plase with it
througly cuting the haire ofe
close to *the* skin and after
the scab is scaled ofe still
anoynt it as long as it looke
red when *the* rednes is gone
wash it with lye

page 150 (folio 69 verso) || page 151 (folio 70 recto)

page 152 (folio 70 verso) || page 153 (folio 71 recto)

To make oyle of roses

take i pound of oyle oliue putt it
into an earthen pott, and putt into
it toe pound of new blowne
roses first bruysing them a litle

then sett the pot in a bras pott
halfe full of watter and lett *the*
watter boyle till three parts be
consumed then strayne them in
to a fayre glass & then putt
a good quantyty of new rose
leavs and so lett it stand all
the year this oyle is good for
any hott swellings

For a Pleurisy

Take 3 spoonfulls of *the* best salit
oyle, and 3 spoonfulls of ~~the~~ ^{syrup} sirup
of Elder berrys mix *them* together,
and 3 tims drinking will cure, &c

for a Sprain

Take hott white wine v[^]ingar, and
haueing wetted a cloth *with* it, lay it to
the bruse or sprain either in face or legg

A siruop for a cough:

Take a pound of sugar & a pynt
of hony putt them in to a skillet
and putt into it a pynt or more
of *the* iuyse of coolesfot you must
not wash the leavs butt wipe them
then put it one the fyer and stir
it to keep it from boyling ouer
skim it uery clean and when it
is boyled to a siruop take a
reasonable quantyty of coelsfot
leavs shread them small one a
trencher and putt them in to it
& lett them boyle a prety while
but skim it not after *the* leavs
bee in: then putt it in a pott
and take morning and evening
as much as an nutmeg

To make a White Pot my Lady Cobb s' way.

Take as much Naples Bisket cut into thin Slices as will cover the Bottom of a large Dish, then lay upon *your* Bisket Lumps of Marrow dipt in the Yolks of Eggs to keep it from melting & preserved Damsons Prunes & sliced Dates & preserved Cherries & Raisons of the Sun, then set on the Fire two Quarts of Cream or more according to the Bigness of *your* Dish, & when it boiles put in 6 Eggs very well beaten, then put in *your* Porringer a little of the Cream & beat in it a good Deal of Marchpanes or blanched Almonds very small, then put it into the rest of the Cream, & sweeten it with Sugar & stir it well together, & pour into the Dish upon all the Things, & strew on the Top beaten Cinamon and Sugar, then set it in the Oven & Bake it./

To roast a Pike my Lady Cobb s' Way .

Draw *your* Pike, but do not scale him, take one pickl'd Herring, a handfull of Capers, one great Onion a handfull of Cockles, chop these uery small, then add a sufficient Quantity of Salt & 3. or 4. Bay Leaves, mix with these a handfull of brown bread Crums & near a pound of Butter, make it all to a Paste, & put it all into the Belly of the Pike with some whole Cockles & Oysters then sew up the Pike, & put it on the Spit, where *you* must tie it with Packthred & stick a few Bay Leaves alwayes basting it with Butter. When it is enough take out the

Paste in the Belly, & mix it with a sufficient Quantity of Butter, 3. or 4. Anchoves dissolved in it, lay the Pike in the Dish with Sippets of white Bread fryed in Butter round the Dish, & then pour that Sauce upon it. All these Things are to be proportion'd to the Bigness of the Pike./

To make Pease Pottage my Lady
Cobb s Way

When the Pease are boiled all to pulp take *them* off, strain *them* through a Cullender pouring water to them till all the Pease be gone from the Husks, then set it ouer the Fire, & take Parsley & a little Tyme & some Onions, shred them as *you* do Pot Herbs, & boil them in a good peece of Butter,

then put them into the Pease Broth with some Cloves & a little Pepper, so much as you think good, then let them boil till they be thick enough, season them with Salt, & put them into *your* Dish with French-Bread, & a good Lump of Butter, You may put into them some dryed Mint rubbed to Powder as you like it./

To make Collops of Veal Lady Cobb s Way

Take a Leg of white Veal & cut off the Collops thin then beat *them* a good while with the Knife, then

page 156 (folio 72 verso) || page 157 (folio 73 recto)

take the remaining Part of the Veal & shred it very small, & with it some Suet & sweet Herbs & make it into a Lump with the Yolks of Eggs & put it into the Skin of the Veal & roast it, then take your Collops & rub over them some of the Suet Herbs & Eggs, and put them into a Pan with Whitewine & a dissolved Anchove some Butter, & fry *them* very well, & when they are enough Serve them up, with the roasted Meat in the midst, & some fryed Oysters upon them./

To make Scotch Collops of Pork Lady Cobb s' way

Take a Neck of young Pork & cut it into Collops as thin as 'tis possible, & beat them very well with a Knife, then season them with pepper Salt and a little Sage well shred, then broil them on a Gridiron, & when they are enough put them into a Dish with Gravy of Mutton, an Anchove dissolved in it, & a little Mustard, & squeeze a little Lemmon in the Sauce & so serve it up hot./

The fine Receipt of the pounded Hare pye my Lady Cobb 's way .

Take two great Hares take the flesh from the Bones & mince them very small, then add one pound of Beef Suet & one pound of Lard mince that & incorporate it with the Hares flesh, then put to it these sorts of Herbs, Tyme Winter Savory and Marjorum shred them ury small, season it with Cloues

Mace & white Pepper to the Pallate, Next take a pound & half of Lard or fat Bacon, cut it in Squares the Length of *your* finger & lay it betwixt the Layers of the Meat with some at the Bottom & some at the Top.

To make a Cordial Water of Oranges Lady Cobb s way .

Take 12 Oranges *pareththem* thin & put them in a Pottle of strong Sack. Let *them* steep 24. Hours, then put them in a Still with Fire not too hot, & when the Still begins to drop set a Glass under with white Sugar Candy as much as you think will sweeten it & stop the Pipe that no Air can come forth, & let it still till the Oranges haue no more Juice./

A hot Water cordial & pleasant, Lady Cobb 's Way.

Take a dozen Loaves of the whitest Bread you can get, pair of the Crust & break it into Lumps, & take as much Sack & white wine of each alike Quantity as will Soak those Crums. Let it stand all Night, & still it in a Rose Still./

page 158 (folio 73 verso) || page 159 (folio 74 recto)

To preserue Cherrys Lady Cobb 's Way.

Take a pound of Cherrys stone *them* & lay *them* in a Pan one by one, then take 3. Quarters of a pound or the Weight of Sugar & strew it on them, then put in 4 or 5. spoonfulls of the Iuice of Currans & boil *them* till they are enough & the Syrrop will Ielly. You must leave out some of the Sugar to put in as they boil.

To preserve Damsons Lady Cobb s' Way.

Take to a pound of Damsons a pound of sugar, boild it to a Candy & put *them* in & set *them* in a skillet of boiling Water cover them & let *them* stand 2. or 3. Hours, then scum them & set *them* by till next Day, then boil them up with a soft Fire. You may do Bullas thus./

To make Jelly of Pippins Lady Cobb s Way.

Take 12. Pippins or half of *them* Pairmains & Iohn Apples together, *which* will make it taste quicker, pare *them* & quarter *them* & put *them* into a Quart of water & boil *them* on a quick fire till all the Goodness is out of them, strain out all the Iuice, & let it settle, then pour out the clear, & take to every Pint a pound

of double refined Sugar, & let it boil on a very quick Fire till it will almost Jelly, then put in a handfull of prepared Orange Peel, Let it boil again a very little, then put in the Iuice of a Lemmon & let it boil one warm & then put it out into Glasses./

To make the best Cake Lady Cobb s' Way .

Take 3. pound of flower 3. pound of Currans well wash'd & dry'd, when you go to make the Cake put the Currans on in a great Dish, & set them on Coals with almost a Pint of Sack to plump them, let *them* stand on the Fire about 2. Hours, stirring them continually, then put *your* Flower in a Tray & make a Hole in the midle, take two Quarts of ~~warm~~ Ale Barm well beaten half an Hour & as much Cream, the Cream must be boiled & stirred till it is cool, then take the Yolks of 20. Eggs & 4 whites well beaten, beating therein six spoonfulls of Flower, then beat the Eggs & Barm together, set the Cream on the Fire again, when it is scalding hot melt into it gently two pounds of Butter, then put in almost half a Pint of Rose=
=water, then take of the Top of it with a porringer, & mingle it with *your* Barm as much as you think will wet the Cake *which* will be most of it then put into the Flower 3 quarters of a pound of Loaf sugar searced almost half an ounce of Mace 3. Nutmeggs

page 160 (folio 74 verso) || page 161 (folio 75 recto)

and a little Salt then put in the Barm as it is mingled into the Flower, & mingle it up lightly with *your* Hand or a Spoon, it must not be kneaded. You may beat a pound & half of Almonds & mingle them well with half a Pint of the boiled Cream, then strain them out, then putt into the Cream two Grains of Musk & as much Ambergrease, then

bake it in a Hoop of paper an Hour, or in a very hot oven that hath cooled again./

To ice this Cake.

Take 2 spoonfulls of fair water as much of Orange flower water Rose water steep Gum in it all Night, then strain through a Bit of Lawne into a white Bason the Quantity of a Hasle=
=Nut, beat the whites of 2 Eggs 3. spoonfulls of fair water, as much Rosewater, beat it till it looks white, then by Degrees beat in sugar till it be the Thickness of Pap, & as white as Snow put in two Grains of Musk & Ambergrease, when you take the Cake out of the Oven do this thick on with a Feather, then set it in again till it be dry./

A Remedy for the Piles proved by great Experience. my Lady Cobb s Receipt.

Take the oldest Cotton wick Candle you can get & Shave it thin into a Silver Bason & put to it fine powder of Serus, & let

them melt & make an Oyntment, & anoynt the Piles with it hot uery often./

An aproued Receipt for the Scurvy

Take a quart of milke, and boyle it in an ounce of sasafraxwood and ounce of Hartshorne shavings, than boyle it to a pint, ~~Lady Spencers~~ and take it of *the* fire, and put ~~to~~ it to *the* iuce of an Orance, straine it & add a spoonfull of the iuce of scurvigrass, & sweeten it with surrop of elder berryes, this must be taken every morning for 8 mornings, this quantity take it twice if you Baith with Brandy warme where *the* swelling is, it is very good my Lady Love Lasse
Receipt

page 162 (folio 75 verso) || page 163 (folio 76 recto)

A Receipt of Minced pyes
Lady Spencer s way

Take two large neate Toungs perboyle them and pill *them* cutting of all *the* rootes & *then* cutt *them*

In pieces weigh thee meate & to every pound
take ^{^ tow} ~~three~~ pound ofe thee best beefe suett
then shred the touns and suett a part uery
small then shred em togather tell they
be well mixed & exceeding small then have
ready as many corrance as *your* meat weightd
lett em be well washd and pickd season
the meate with a little peper & mace as much
more of sinomond and Nuttmeg all small
beaten one pound of sugar a little salt
the iuice of a whole lemond *the* out skinn
shred uery small a little sacke ~~an~~
~~White bread grated~~ mixe all these together
and shred small with halfe a pound of pippens ~~the~~
⇒ make *your* past of cold butter & warme water
baked in paetty pans
Veale mutten or tripes will
make good pyes affter this Receipt

For

page 164 (folio 76 verso) || page 165 (folio 77 recto)

To make litle cakes with currans

Take toe a pound & three *quarters* of fine white
flower three quarters of a pound of sugar
& three quarters of a pound of butter &
three pound of currans rub *the* buter into *the*
flower drye the flower hauing been dryed
by the fier then wett it with a sponfull
or two of cream & put in two eggs whits
& all so makee it in to a past & then
strew in *the* currans thay must bee well
washt *the* lost watter being warm &
made thorough dry before they ar put
in one nutmeg servs for *the* seasoning they
must bee made of *the* bignes of peny
cakes & sugar strowed one them when
they ar put in *the* ouen

opening pruens

Take one quort of burage watter one ounce & half
of polipode two ounce of Tamarinds three ounce
of Sene one ounce of march mallow roots
bruised/ lett all thees infuse in *the* sayd burage
watter one whole night then strayne out

the liquor & stew therin as many damaske
prunes as the liquor will bear sweetned
with 6 ounce of white sugar candy
or uery fine sugar: eat of thees
prunes 3 four or 5 as occation requires
with sum of *the* siruop half an hour
before diner fasting or an hour

page 166 (folio 77 verso) || page 167 (folio 78 recto)

To pickle Barberrys Red Mr Stubs way

First boyle *them* in watter and salt you
must but Iust let *them* boyle straine *them* out
and let *them* be cold mix som watter and
salt let it be a reasonable strong
brine couer *them* close and keep *them* for *your*
use.

To make Vinneger my Mothers way

Take 3 pound of Mallago resons
stalks and all only ~~here~~ shred *them* throw
twise put to *them* 4 quarts of watter sett
it in *the* sun from may to August and
then let it be straind out and Barrill it
up

to make Barberys cakes

Take a pint of water & a good quantity of pipins
pard and cord, slice em in & boyle em till all *the* goodness
is out, *then* straine it & put a bought a pint of Barberys
or more picked from *the* stolkes as many as will colovr
it well, let em boyle in that liquore tell it tis of a
good colouer, *then* straine it & take *the* weight in sugar
put it into *the* liquor let it melt but not boyle
then glass it and set it into a stove,

page 168 (folio 78 verso) || page 169 (folio 79 recto)

Mrs Parrotts An Orange pudding

take 8 eggs leave out 6 of *the* whits beat em
well, then take 3 halves of preserued oringes
and beat em in a mortar small & mingle it
with your eggs and if it be not sweet enough
add loafe sugar *which* will serue, and melt halfe

a pound of Butter and stirr with it, and when you haue mingled this all together put it in a dish between 2 sheets of puff past and so bake it in an oven as hot as for manchett,

To Make Orang Wine *Captain* potters way

Take six gallons of spring watter put it in it, 12 pound of *the* best powder sugar and whites of 4 eggs well beaten put them to *the* watter and sugar cold, *then* boyle them together, 3 quarters of an hour skuming it as long, as any skum will rise *then* take it of *the* fire, & put in *the* iuce of fifty sivill oranges *withthe* out sid rine peelld of with out any white left on *the* peels, let it stand till it be through cold *then* put into six spoonfulls of good aile yest and six ounce of surrop of sitton or Lemmons being well beaten and mengled together, let it stand to worck two days and two nights, then put in, ~~to~~ ^{to} ² quarts of Rennish

wine, and put it in a vessall and stope it close and let it stand a ffortnight or 3 weeks then draw it into Bottles and stop em close with new corkes these wine will keep good a year & it will be fitt to drinke in 3 or 4 months

How to make *the* malt of cherrys, *the* Lady Drakes

Take fair well colered cherryes stone them into selver Basson or skillit set em on *the* fire and boyle em till they come from the bottom then put into them a pound allmost of fine sugar thay must be wayed before you sett them on the fire lett them boyle a little with *the* sugar and put it up,

the Cordiall milke Watter, Lady Drakes

Take goats Rew meddow sweet cardus of each six Handfulls, mint and wormwood of each five Handfulls Angelloco too Handfulls cut all grosly and bruse them a little then power upon them three Gallons of new milke and distill them in a common still and ^{nott} to Low to make *the* watter eager

An excellint Orang Cream My Lady
Spencers Way

Take the iuce of 7 oringes 12 yolks of eggs
and 6 whites 4 spoonfulls orang flower
watter beat all these uery well together
and make it uery sweet *with* Lough sugar
straine it forth and put a good beace of
frech butter to it set it on a soft
fier keep it string till it be thicke,
you may put amber Greece eat it cold &c

A Rice Cream as thick as butter

Take a quart of cream to spoonfulls
of Rise flower a quarter of a pound
of sugar *the* yolk of an egg well beaten
with 2 or 3 spoonfulls of orang flower
water, mingell all to gether cold
set it on *the* fier keep it *with* continuell
stiring till it be as thinck as you pleas
never let it boyle, &c finiet

A Baked Carrett puding

Take 4 of *the* beet Red carrets and grate
em and a pound of grated penny bread

To make pufs

Take the curds of new
milke chees & to one pynt
of curds take one pynt
of flower the yolkes of
9 eggs with *the* white
of one beat it all together
with a litle thick cream
& sugar then drop it
one papers flowerd
and bake them and
seru with buter &
sack & sugar

For a pain in the stomach

Take an ounce of conserve of wormwood
a quarter of an ounce of Venice Treacle,
eight drops of oil of Iuniper mix these
together, & take as much as will ly
upon a three pence at Night, & morning
and two or three hours after dinner.

page 172 (folio 80 verso) || page 173 (folio 81 recto)

ffor the Ia^undise an excellent way

Boyle two ounces of *the* best Castle soap
with two quarts of small beer till it comes
to a quart *skimming* it uery well *then*
having set it a cooling, bottle it,
take halfe a pint every morning,
tell all is goon, warming it allways
before *you* drinke it Affterwards to
the tast out of *your* mouth; take som
conserue of barberrys use excesise
and eat nothing in two howers after
from Mrs Owens way

A Receipt for *the* heart burning The
Lady Drake 's Way

Still beane shell watter and sweeten itt
and Drinke a Draught of it 3 times a day

for a cold

Take a pint of mild aile and boyle it *then*
brue it with 2 spoonfulls of pounded Oatmeale
and sweeten it and drinke it *you* must nott
sett it on *the* fier

To make aprycock cakes

Take *your* Aprycocks and waye
them with *the* stones & parings
to a pound take a pound
of double refyned sugar then
payre them and cutt them
in to a siluer bason in litle

bits sett it one a chafindish
of coels and stir it continua
lly: till it is boyld all to mash
and lookes lyke buttered eggs
then putt *the* sugar into a
skillet melting it with a
litle water lett it boyle
to a hard candy then put
the aprycock to it and
lett it stand one the fyer
till it is well mingled
& and iust boyles up and
so putt it in to litle white
sasars for the purpose
and store them with a
gentle fyer till they bee dry

page 174 (folio 81 verso) || page 177 (folio 82 recto)

For *the* Piles

Take a good handfull of Leeks pickt &
washt very clean, pound em very small,
then make to or three litle baggs with very
fine cloath, put *your* Leeks into *the* baggs &
boyle em a litle in half a pound of fresh
butter, iust out of *the* churn, so apply em
as hot as you can bear it, you must sit
down or lye down
The same liquor as *the* bags are boyled in
is a very good ointment for it
You must drink for 3 mornings a good
handfull of Mallards, boyld in ^a quart of
Whey. old Russels way.

To Make Eye Watter, Mrs
Lance

Take 2 pennyworth whit Rose
Watter and putt it Into itt one
pennyworth of Lapis Calaminaris
Shake itt well to gather and putt into
it, 3 or 4 spoonfulls of Renish wine
you must shake the Bottle
uery much euery time you use itt

A medisin for the stone
the vertue of oake

Take acornes & dry them to
powder it is uery good for *the*
Colicke & stranguillon & stone
of *the* reines of *the* back & any
diseas of *the* belly *the* same eaten
staieth vomit & expelleth
fleghm unstopeth *the* liuer or
the milt helpeth *the* diseased
hart the cough & the griued
stomach & represeth *the* winden^{es}
of *the* stomack *the* watter or
powder of acorne is good against
the plauge *the* watter of oaken
leaues restored a man infected
with *the* plag when *the* phisitians
had giuen him ouer): *the* leaf
helpeth any sore canker or
prick the buds stilled ar
good for a surfit or *the* plauge

page 178 (folio 82 verso) || page 179 (folio 83 recto)

Orange Wine / my neice Turners
way

Take twanty gallons of spring watter
to forty pound of clean white sugar
clarifie it one *the* fire tell it be very clean
clean and haue in ready two Houndred
Civile oranges par'd uery thinn as soon as
as you take the scirupe of
putt in the pills couer it close and
when *the* scirupe is all most cold putt in
all the iuce and no seeds putt in all
the Iuce of six lemmon's on more
and a pound of sugar mix with
it, putt in 3 or 4 spoonfulls of yeast
lett it worck three days then
Barrell it up and putt to it two
Gallons of white or Renish wine
stope it close for six weeks
then Bottle it with a lump or two of
double refined sugar

An old mirable good water

Take of lauender flowers
stript from *the* stalkes & fill
with them a larg gallon glas
& powre one them good sprit

of wine to fill *the* glass then
let them stand in a warme
plase for *the* spase of 6 weeks
uery close stopt then take
flowers of sage rosemary
bettony of each one handfull
buraige flowers buglose flowers
& cowslip flowers clean pickt
of each two handfulls steep
them allso in good spirit of
wine euery of the flowers
gathered in its \mp time then
hauing steept them 6 weeks
each according to its season
put them all togather then
take baume motherwort spiknard
bay leaus & *the* flowers & leaus
of oranges of each one ounce
shop the flowers & hearbs
steep them allso six weeks
in spirit of wine or

page 180 (folio 83 verso) || page 181 (folio 84 recto)

perfect good aquauite
then take the yellow thin
pills of citron or for want
thearof lemon peels pyonyseeds
hulled of each 6 drams Cinamon
halfe an ounce lignum aloes
as much mace cardamonds
Cubibs yellow saunders in powder
of each halfe an ounce nutmegs
halfe an ounce put those in
the foresaid spirit of digestion
& ad to them iuiubes the
kernels taken out & shred small
halfe a pound so let them
digest togather again six
weeks then distill them
in a limbeck & receiue the
water in severall glases
put into it of prepared
pearl two drams prepared
smaragestone one scruple
ambergrees musk safron of
each half a scruple of dried
red roses of yellow & red
saunders shauen small of each
one ounce put them in a
scarsnet bag & hang them in it

This water is of exseeding

great virtue in all sounding
weaknes of the hart & decaing
of spirits & in all apoplex
palsey in all pains of the
ioyntes coming of cold in
all bruises outwardly bathed
& cloths diped in it & layd
to it strengneth the memory
take a quarter of a sponfull
& fast after it it taketh
away gidenes of *the* head healpeth
the lost hearing bringeth a
pleasant breath if *you* take
morning & euening a quarter
of a sponfull with crums
of bread & sugar it helpeth
the lost speech

page 182 (folio 84 verso) || page 183 (folio 85 recto)

Lilly of The Vally Water

For The Chollick.

Take one ounce of Anniseeds half an ounce
of *the* best Ruberbe. both in powder and two
ounces of white sugar. mixt with as much
Venus Turpentine, as will mak itt in
Pills, Take 5 att night going to bed
and 5 in *the* Morning make them of
an vsuall sise. and drinke a draught
of warme ale after them. take
them 3 dayes together and Rest 3.
and soe goe on.

They cured Mrs Nicholls of Oxford
affter she had bin sick of *the* Chollick
above 20 years
agust the 14 1731
for work for Iohn †† days at
harvest work 2 days and a half
a pecken of straw
hay maken 2 ouers

page 184 (folio 85 verso) || page 185 (folio 86 recto)

page 186 (folio 86 verso) || page 187 (folio 87 recto)

Almond bisquett

ten yolkes of eggs 4 whites a pound
of loaf sugar searsed beat them togather
one hour then putt in half a pound of
Almond blancht & beaten with a litle
watter uery small beat them with *the*
eggs & sugar one hour then put in
six ounces of flower finely searsed
& dried beat that in an other
hour then buter sum plates poure
it in & bake it in an ouen
as hott as for manchett

Cheesecakes Mr Russels way

Run 2 quarts of milk warme draine
the whey from it as dry as you can
almost prest like a cheese then pound
it very fine. 3 ounces of butter pounded or
melted into it with two spoonfulls of grated
bread three eggs two or three spoonfulls
of sack sugar and nutmeg as mutch as
you please

Collerd Beef Mr Russels way

The thin end of ^a Breast of young beefe I
think best though most doe the flanke,
Cut it fit to Coller spread it in a pan or
dish, a peice of beefe of 6 pound will take
about an ounce of salt peter beat with
two or three ounces of salt. rub it on and
let it lye three days and turn it twice
a day then season it with pepper cloues
& mace and sweet herbs if you please
tye it up with tape hard. bake it in a
pot as fit for it as can be got, bake it six
or eight ~~he~~ howers ~~in~~ in a little water &
claret you may bake it with or let it stand
after the houshold bread close spopt up
with paste is best, garlick a clove or two is good
if you like it

Collerd pig Mr Russels way

Cut of the head, and split it, bone it and lay it in water and hour, then dry it and make it up in two Collers each side one seasoned with pepper salt cloues and mace and a little parsley ~~Cloues~~ & sweet hearbs & a little sage if you like it. boile all tender (the head will be boiled before the Coller) in water and salt. pickle it in Clarefied wheay and salt/

A plaster good for Consumption

Lay upon *the* stumach in the shape of a heart
Take Burgandy pitch Rosen bees wax of each two ounces melt them to gather then take an ounce and halfe of Course Turpintine one ounce of Oyle of mace melt all to gather and spread it one halfe a sheep skine and great a nuttmeg upon it
my neice Turner : Receipt

page 190 (folio 88 verso) || page 191 (folio 89 recto)

Water for the Eyes called in France.
Break Spectacle Water. The honorable mrs Albyns Receipt.

You must take the Flower called Blewbottle gathered with the Cup, what quantity you please bruise them and then infuse them in a sufficient quantity of Snow Water and after 24 hours infusion Distill it and keep it for use, some drops of it are to be put into the Eyes morning and Evening.

To preseru orange & lemone without *the* peel

Mrs Ham̄iltons Receipt to preserue Gooseberrys

Take Gooseberrys when full growne but before they turn colour, Choose the largest and fairest of them weigh them and to every pound of gooseberrys take a pound of double refined sugar cut your gooseberrys in halves and pick out all the seeds then take as much clear water as will just serve to wet your sugar keeping out a fourth part of your sugar which is to be reserved to strew upon them afterwards when they are boyling, In the mean time let the other three parts of your sugar boyle until it comes almost to a Candy hight, then put in your gooseberrys and boyle them as quick as you can strewing upon them by degrees as they boyle the reserued sugar, and when they grow clear you are to account them boyled enough if you suffer them to boyle to long they will be apt to turn colour when you glass them up turn the whole end upwards in the top of the glasses/

page 192 (folio 89 verso) || page 193 (folio 90 recto)

To make a ffriggezee of Lamb
Mr Russells way

ffirst Cut *your* Lamb in middleing stakes, then shred some parsley and an onion or two with peper and salt and a blade or two of mace put in water enough to stew it & 2 Anchoves, put in some butter, then take the Yoakes of three Eggs & beat them well with 2 or three spoon fulls of white wine or some of the Broth, mince some Capers & put them to the Eggs put in another peice of Butter then a durst of fflower to the Eggs then take some of the Liquor from the meat & put to *your* Eggs, then grate alittle Nutmeag into it, You must stick aClove or two in the onion.

page 194 (folio 90 verso) || page 195 (folio 91 recto)

To bring away the affter bairthen in weomen lett
her drink her husbands watter

To make orange cakes

Take *the* orange pill scrape it thin & boyle
it in toe or three watters till it bee tender
then chop it as small as you can) *you* must with
a knife pike out all the pulp of the orange
takeing away *the* seeds. then way the pulp
& take *the* waite in double refined
sugar: melt *the* sugar with watter & then
sett it one *the* fyer & when it boyles stir
it continually till it is boyl'd to suger
again then take it ofe *the* fyer & put
the pulp & ioyse to it & as much of
the pill as you pleas so stir it till it
bee melted the orang

must bee warm before you mingle
it in ~~they~~ so putt it in to cords or
a hard candy one the top then turn
it out apon glas and so dry the other
side if it bee well done it will bee
long a drieng & must haue a constant
fier kept to it not uery hott
you may putt half lemon & then
you must take *the* more sugar &
if *you* take all lemon then ~~but ha~~
put the wait & a half of sugar
if *you* pleas *you* may put in pipin

page 196 (folio 91 verso) || page 197 (folio 92 recto)

page 198 (folio 92 verso) || page 199 (folio 93 recto)

A medisin for the plauge

Take 3 pyntes of malmsey & boyle thearin a handfull
of sage & a handfull of Rue till a pynte bee wasted
then strain it & sett it ouer the fyer again then
putt thearto a penyworth of long peper half an ounce
of Ginger & a quarter of an ouns of nutmegs all beaten
to gather then lett it boyle a litle and putt thearto
4 penyworth of methrydate 2^d of treacle a quarter of
a pynte of good aquavite): take it warm both morning
& euening a spoonfull ^{or two} (if *you* bee allready diseased &
sweat thearapon) if not onse a day is suffiscent
in all the plauge time under God trust to this for
thear was nether man woman nor child that it
desceivd if *the* heart bee not clean mortyfied & drowned
with the diseas before this is not only good for

the plauge but against the small pox surfets measels
& many other diseases

To cure the whites & strengthen
the Backe

Take a pynte of Claret wine & half a spoonfull
of red saunders and as much of the pith of an ox
as is in *the* chine the length of *your* finger boyle all thees
to gather till one quarter of the wine bee boyled
away then drink of the clearest of it (firs & last)
being warmed

for the stone

Take one ounce of the siruop of allthea & a half peny
worth of powderd lichorish as much hartshorn finely
grated as will ly upon a sixpens leaf goule the breadth
of a shilling sugar candy the quntyti of two hasell
nuts finely powderd mingle all thees well to gather
in a litle galley pott & bind it close with a leather
couer and lett it stand 4 days then take the quantity
of a Hasell nutt 3 mornings to gather & so leau it and
then take it again as you finde it agree with
your body

page 200 (folio 93 verso) || page 201 (folio 94 recto)

A good medysin for a sore brest

Take currans and picke them uery well & beat them
to a salue you may putt hony sum time to itt this will
heal sore brests & a fellon you must lay it on warm
aproued by Mrs waller

A drink against melincholy

Take of balme rosemary sweet marierum Betony of
each a handfull of burage & bugles rootes scraped
& sliced & fenell rootes of eache a like quantity
of cowslip flowers & marygold flowers of each half
a handfull of reasons of the sunn stoned aboute 40
of fenell seed three spoonfulls putt thees in a stone pott
of three quarts and putt one a potle or more of good

beer and putt in this an ounce of sliset nutmegs
drink euery day a draught of this in the morning
fasing & at fiue a clock in the affternone

page 202 (folio 94 verso) || page 203 (folio 95 recto)

To dry up olde & new woundes

Take a potle of blacksmiths water whearin steele
hath been quencht seeth & skim it and then put to it
three handfull of sage one handfull of plantain
8 sponfulls of hony halfe a spoonfull of Allum & seeth
all togather till it bee halfe consumed then strain it
& use it at *your* pleasure

for a sore brest

Take *the* kernells of quinses & dry the in an ouen
& when *you* use them take twelve and boyle them in
three spoonfulls of rose watter till they come to a
jelly then lett the woman wash her brest with it
w blood warm

for the bleeding of the nose

Take sage and dry it ouer the fyer in a fryeng
pann & when it is well dryed stop *your* nostrills with
it & it will stop the bleeding presently

page 204 (folio 95 verso) || page 205 (folio 96 recto)

for the headache

wett a cloath in the iuyse of sallendine & aply it to
the temples & it will giue speedy eas

Docktour Knowles plaister for *the* backe

Take two pound of oyle oliue of the best 2 pound of
red lead 1 pound of white lead uery well calmed into
dust 12 ounces of spanish soape & incorporate them
all togather in an earthen pipkin well glased before
you lett it boyle & when *you* see that *the* soap cometh
upward then sett it apon a small fire of coales
continuing the same fyer for *the* spase of an hower
and halfe still stirring it with a sticke then make

the fyer sumwhat hotter till the rednes bee turned
to a gray collour & so stir it till it come to the
colour of oyle sumwhat darker then drop it apon
the table if it stick not to *the* table nor to *your* finger
it is enough then rowle it in to rowles it will
last many years

This plaister is good for thees uses

being layd apon *the* stomach it procureth apete
& taketh away the paine of the same): layd one *the*
belly it is a present remedi for the collicke): layd
one the raynes of the backe it is good for a bluddie
flux for *the* running of the raynes for the heat of
the kiddnis & for *the* weaknes of the back):
it taketh away all aches it breaketh fellons
& pushes & cureth imposthumes and healeth them
being layd to the fundament it healeth the
diseas that groweth thear being layd to the
head it is good for the lunacie & helpe the
hedache & is good for the eys being layd to the
belly of a woman it causeth her terms and
maketh her apt for conseption

page 206 (folio 96 verso) || page 207 (folio 97 recto)

for a woman newly deliuered & for *the* stone

Take a stags pizel & dry it and grate it and so take
as much at a time as will ly apon a groate

page 208 (folio 97 verso) || page 209 (folio 98 recto)

the passion of the stomack *the* paine of *the* blader
& lower parte of the belly & thighs it prouoketh
urine it is very good for wormes in children,
for the goute in the hands *which* is the palsey & for
deafnes Probatum east

page 210 (folio 98 verso) || page 211 (folio 99 recto)

A receipt of *the* oyle Hipericon

Take a wine pynte of olde oyle oliue 2 pyntes of the
best white wine: 8 handfulls of *the* flowers of St Iohns
woort being picket from the green which *you* must
bruyse in an aleblaster mortar: & putt the oyle

& wine in to a glas stopped uery close that no
ayre can get in setting it in the sunn two days
then *you* must boyle it in a pot of fayre watter
such as *your* glas will easyly stand in and stuf it
well with hay that it stir not in the boyling
& when it hath boyled halfe an hower strayn
it through a clean cloath & putt new fresh flowers
to the quantiti that is sayd before this must bee
done three times setting it in the sunn after
euery boyling as is aforesayd then after the 3
boylings strayn *the* same uery hard & measure it
& putt to euery wine pinte 12 ounces of Venise Turpen
tine: six ounces of oyle of allmonds Dictamon Gentian

Turmentilla Callama Aromatic Carlima cardisanto
of each of thees 4 drams of red earth worems 4
ounces oftne washed in good white wine the woormes
must bee slitt upon a bodkin): *you* must beat all
the rest in a mortar but not the woorme then put
all to gather in to *the* aforesayd oyle putting allso to
euery pynte 3 penyworth of english saffron whole
then put thearin three good handfull of St Iohns
woort flowers well bruysed & so being mingled
all together *you* must sett it in the sunn for *the* spase
of :40: days or in an ouen when the bread is
drawn after that *you* must strain it in to a
glase bottle well closed up & so keep it for *the*
ellder it is the better it will bee

The vertuse of the sayd oyle

ar thees it is hott & dry it maketh sound & helpeth
all wounds in a short time yea *the* sinews being
cutt it is good for any burn it easeth maruelously

page 212 (folio 99 verso) || page 213 (folio 100 recto)

page 214 (folio 100 verso) || page 215 (folio 101 recto)

for *the* cough and *the* Ruhyme

halfe a pynt of *the* iuyse of rosemary
flowers half a pint of colefoot iuyse
as much iuyse of hartseas as much
iuyse of isop as much of the iuyse of
ierusalem sage halfe a pynt of Isop
water the second beating of *the* hearbs

theare must bee put in a litle
Isopp water to get out *the* iuyse
when they ar all beaten & strained
theare must bee halfe a pint more
of Isop watter put into the iuyse
& set apon *the* fier in a bason and
let it simber half an howre & then
strain *the* liquor then take two pownd
of white sugar candy & beat it uery

small put in to it & sett it one
the fier again stiring it untill it is
boyled to a siruop then take two pound
of english liquorish made to powder
& searst & make it up in to pills
being taken ofe of the fyer when
you put the liquorish in then
dry them uery well in an ouen
when they ar made up and then
keep them in a dry plase

page 216 (folio 101 verso) || page 223 (folio 102 recto)

~~For Pasty of Vension~~

A Receit to make *the* best
Pan: cakes

To a pint of sweet cream, put 4 eggs
well beaten and as much flower as well
make it into good batter, not too thicke
Then put in to *the* batter a quarter
of a pound of sweet butter set it on
a Hott hearth till *the* butter is melted
then fry em in a dry pan my mothers
way

A Receit to make good sawages

Take the fatt of backon and som leane
necke of beefe an equall quantity,
beat together uery fine season it
with pepper, and salt, with good store of
sage shred uery small put it into
Hoggs or sheeps Gutts

page 224 (folio 102 verso) || page225 (folio 103 recto)

To make a good boyld pudding

To a quart of cream take 8 yolkes & 4 whites of eggs & two sponfulls of flower season it with sugar & a litle salt beat it well together then poure it in to wodden butter dishes & ty it fast up in a cloath flowerd that it may nott stick *the* dish must allso bee buttered) lett it boyle two houres & then turn it out whole in a dish with wine buter & sugar for sawce

to make cream de sotville

take a good quantity of milk from *the* cow and putt it in an earthen pan so let it stand till it is cold & then sett it one a soft fyer till *the* cream rise uery thick: then take from an other pan cold cream & lay at *the* bottome of a white dish then with a great skimer take *the* other ofe whole & lay it one *the* cold cream lett it stand an hour & then eat it

page 226 (folio 103 verso) || page 227 (folio 104 recto)

To make a water most Excelent
against Malencholly, Lady Spencers
Way

take Gilliy flowers, and rose mary
Flowers of Each 4 handfulls, of
damask rose Leaues 3 handfulls, of
red pinks 6 handfulls, of Burrag and
bugLass of each 3 handfulls of
Cowslips & MaryGolds of each one
handfull of Balme 6 handfulls
steep all thess in a Bottle of sacke,
then take halfe an ounce of
synnamon, 3 penneworth of safferoⁿ
one ounce of nutmegg one of
Annes seeds pound all thess grose
and stire it all together, still
it in a rose still pasted close
with a soft fire and when it is
stilled put in som white sugar

Candy, Take it 3 times a weeke
or as oft as you please, &c

page 228 (folio 104 verso) || page 229 (folio 105 recto)

Mother Charmes watter most Excell
ent for sore throate, & deseases of *the* mouth

take a wine Bottle of Running watter
2 ounces of pellitory of spaine roots
a Good ~~quantity~~ handfull of pelitory
of *the* wall, & halfe an ounce of pioney
seeds, bruise *the* roots, & seeds together
in *the* water and set it upon a soft
fier and let it boyle halfe an hour
after *that* take it ofe and straine it
throw a haire sive let it stand halfe
an hour to settle then ~~powre~~ put *the*
Clear into a Kettle ~~then powre~~ agine &
put into it as much roath Allom as
2 wallnuts and a pint of *the* best wine
Vinegar and as much Live honey as
will sweeten it to *your* tast, then cou^{or}
the Kittle till it boyle take offe *the* Cour
and *then* let it boyle softly at le^ast halfe
an hour, scuming it as Long ~~as Longe~~
as any scum will rise, then put it up
in to a stone bottle & let it stand till
it be cold, and then stop it close it
will settle thick at *the* bottom Like Lees
which doth preserue it and so keep it in
a cold room it will Last one year.
uery good. &c Finest

The true Receipt of pearle watter
The Lady Jane Cheney 's way

Take a quart of spirit of Lemons &
put in to a well Glazed pipkin *that* will
hold a Bottle then take 19⁹ ounces of
Litrage of Gold prepared and 8 ounces of pearle prepared & put thes two in to *the*
said pipkin *with*the spirit of Lemon & stir
them together for a quarter of an hour,
then put *the* pipkin ouer *the* fier in the
Kittle of water stiring it till *the* water
boyles, *then* take out *the* pipkin & stir it
till it be all most cold then let it stand
for 24 hours, & Gently pour of *the* clear
spirit [^] From *the* Litrage & pearle take *the* *said* clear spirit and put it in a clean Large

Gally pott & let it stand 12 hours, &
if there be any settlement pour it
again in to another pipkin contain
ing 3 quarts *then* take 4 ounces of
salt Gemm wash it uery well and *then*
dissolve it in halfe a pint of fair
warm water you must stir it till it
be dissolve ~~it in halfe halfe~~ and
haue ready 4 ounces of oyle of tartar
then put it and *the* salt Gemm to *the* Clear
spirit *which* is in *the* Large pipkin and
the time it is pouring in, which

page 230 (folio 105 verso) || page 231 (folio 106 recto)

must be in a small stream let on stir
the spirit & as tis mixing you will see *the*
purest white powder arise in Clouds, by
which you may know that though *the* spirit
of Lemons be poured clear from *the*
Litrage & pearle yet it doth containe
that part of *them* *which* was capable of dissol
uing when this is done pour ofe as
much of *the* Clear as you can let the
thicke white remain to *which* you must put
2 quarts of the fair spring watter
& then stir for a quarter an hour, *then*
after 12 hours setling pour ofe *the*
Clear water but let the white
remain, & to it pour *the* same quanti
of water as before and so do for i0 days
once every day shifting it on *the*
Last of *the* i0 days when you haue
poured off all as clean as you can
put to that thicke white which
remains a ^{pottle} Bottle of Briony ^{Be...} water
or more as you please to haue it in
the thickness

The Litrage of Gold is bought at any
Appothcarys for 2^d *the* ounce, *the* spirit
of Lemons is nothing but *the* iuce of
Lemons distilledged in a Copper Lym
back *the* Iuce may be bought cheap
at any Confectiones the pearle

Is only such as is taken off the
Mother of pearle shells, *the* shining
part of it only ~~such as is taken~~
and *that* burnt in a Calacⁱning pot and
then ground to a fine powder on a
marble, this watter will keep 20
years and every year vill be

better then the Other
Finest

To Scour 3 dozen of pewter plats
and eight dishes, If more
add a greater quantity

Take a quarter of a pound of Pearle Ashes
and a quart of the strongest stale Beer
that you can gett & as much sand as is
Commonly used mixt them togather
and lett it stand a night and a day
Ready for use then scour *your* pewter
upon *with* a peice of flannel
and then Clense it *with* Beer & Red
sand, useing a peice of shimy
Leather,

page 232 (folio 106 verso) || page 233 (folio 107 recto)

My Greand Mother Garrards Receipt
to Make Lozinges

on penny worth of powder of Liquorish
on penny worth of powder of Annice seeds
on penny worth of powder of Alecompaign
mix all thess togather then take Loafe
sugar & wet ~~w~~ it *with* hysshope water
& soe boyle it to a Candy height,
then put some of these pouders in,
as much as you thinke Good, & soe
stir it well in *the* Candy and soe
drop them upon papers in Little
Dropes and when they are cold
pull them offe &c Finest K: D:

For the Tooth ake Approued

Take a Little Tarr Layd up in a cloth
and hold it hard betwixt *your* teeth where
the paine is and Ly down of *the* contrary
side and let the reume rune out of your
mouth

An exelent Electuary to open
the chest being stopt *with*
tough fleghme

Take an hony Combe newly
taken out of *the* hiue & lay it
in a plater & let *the* clean
hony run from it to *the*
quantiti of a pynt or a quart
then take two handfuls of
penyroyall shred it & stamp
it mix it with *the* hony if
you haue but a pynt of hony
take but an handfull of it
mingle it togather & eat of
it morning & euening a
sponful at a time or les
as *you* shall think good

page 234 (folio 107 verso) || page 235 (folio 108 recto)

page 236 (folio 108 verso) || page 237 (folio 109 recto)

A scurvigras drink from
the lady scidmore

Take garden scu^rvigras .4. hand
fulls half as much brooklime
& halfe as much brown water
creses shop them a litle then
take as much barly meal as
wil make it up in to past
then mould it up into litle
loaues bake them in an ouen
well & when *your* beer is tund
& workes break this bread
in peeses hot put it in to
your beer at the bung hole *you*
may put in anyseeds or fenel
seeds *you* may drink it
constantly a week 4 gallons
of ale is enough to this past

page 238 (folio 109 verso) || page 239 (folio 110 recto)

page 240 (folio 110 verso) || page 241 (folio 111 recto)

for *the* stone & toe
keep one from it

Take *the* skin of *the* gizard of
a capon clean vashed & scraped
& dryed & beat in to gros
powder & take allmost a sponful
at a time in a mes of potage

for wind in *the* side

Take Cammomill flowers millelot
flowers & Comine & brann make
a bag & stich it materis wise
dres it with malmsey & lay it
hot to *the* side

To stay *the* flux in
an infant

Take a smithes sindars & make
them hott in *the* fyer put them
in a pan & cast rose Vineager
apon them & set the child ouer
it to let the steam goe up in
to *the* body

To putt up *the* pallet of the
mouth

Take a Little Aloways upon *the* top
of *your* finger and ~~s. t~~ put it in to *your*
mouth as Low as you can, and it
will make it fly up &c

for an extream paine in
the belly

Take a quart of oates parcht
in a fryeng pan with a litle
moistening put them in to a
lynnen bag & lay it apon *the*
navell & apon *the* lowest part
of *the* belly & when it is cold
take it ofe

For *the* stranguilon or stone

Take parsly wild thime saxifrag
pellitory of *the* wall of each an
handfull steep them all night
in new red cows milke slise
amongst *the* hearbs redish roots
& then in *the* morning still
them all with a soft fier
& so keep the water & take
thearof 4 or 5 sponfulls mingled
with 9 or ten spoonfulls of
renish wine & white wine
first & last for *the* spase
of three days) this reseipt
did help one that was in
such extremety that hee should
haue been cut for *the* stone

page 242 (folio 111 verso) || page 243 (folio 112 recto)

My Lady Marwoods reseipt for a cold
and shifing in a childs stomake

Take a Little quantity of Annyseeds
finly powdered and sersed thro a fine
sive and put as much fine sugar &
then take as much freesh butter
without salt as will well mix the
powder and sugar & give *the* child
as much as a good Large Hasell
nutt three tims a day it is a good
receipt &c

A Good feaver watter

Take of Dandelyon and red sage
and pimpanell of each a Like
quantity and distill it in a cold
still & give this in a fever
in a glase sweeten with fine sugar
as often as you pleas, &c
Lady Marwood
243

My Lady Keyts Reseipt for sore

eyes

To tow spoonfulls of red fenell watter and
two spoonfulls of white rose watter put as
much prepared Tuty as will lye ~~one~~ upon
a sixpence and as much white Copriss as
a great pinns head shake it well to
gather when *you* use it and dip a feather
in it and drop it into *your* eye twice
a day morning and night but be sure
not to goe in *the* ey^{re} till halfe an
hour after if *the* eye be blood shott
put in some white sugar candy &c

To make Hare come

Take every morneing black snayles
pricke em all over and rub *the*
routes of your hare with *the* oyle
that coms out of *the* snayles,
this will bring new hare apace &c
Conscientia mala

page 244 (folio 112 verso) || page 245 (folio 113 recto)

To make french Bread Lady Cobs way

Take halfe a peck of wheate flower
and halfe a pint of ale barme and
two pints and a half of new milke
heate *the* milke till it be luke warme
or warmer in cold weather and
when you haue warmed it
season it to your tast with salt
then putt your barme to it and
mix it^{em} well to gather and make it up
to a uery light dough but it *you* have
not so much seasoning as will make
it light enough put in warme water
and when *you* haue well wrought it couer
it with a warme cloth for *the* space of
halfe an hour, *the* n mould it up in Loves
so big as you pleas and put em into
dishes well warmed & flowerd &
cover em with a warm cloth until
they be fully proved *then* set em in
an oven wel heate at a convenient
distance from each other so let em
stand three quarters of an houre
you may take em out and chip or
rasp em if *you* please,
Conscientia bona
244

Sauce for Boyld Chicken Lady Cobbs way

Boyle Aertichoks and take the Bottoms and
scrape the meate of the Leaves & hash the
Leaves Meate very small with A spoone
stew that and the Bottomes in whit wine
With a blad or two of mace and a very
Little sugar when it tis enough putt in
a good heale of thicke Butter with the
yolke of an egg you may putt in a
Little Sacke if you please Boyle your
Chickens white ^{putt} ~~in~~ ^{the} ~~meat~~ in the dish
with the Bottoms of the Artichokes
undear, and poure the Sauce over em
garnish the dish with Lemon & Barberry^s

To Make Sassage

Take a Leg of porke the fatt and lean of
Like quantity and cut it seuerally with a
knife then mix em to gather & putt into it
a little mace cloves and peper a handfull
of sage and then other sweet herbs then
beat all together with a Rowlingpin &
make it up into a Lumpe and when you
fry them roll them in grated Bread
Coniugalis Fides

page 246 (folio 113 verso) || page 247 (folio 114 recto)

Confissio
246

Coniugium

page 248 (folio 114 verso) || page 249 (folio 115 recto)

the vertues of *the*
flower of salues

it is good for old & new
woundes for *the* head ache for
singing in *the* brain: & for
all manner of imposthumes in
the head: swelling in *the* eares or
cheeks: sinews shrank or
spraind or stark it draweth
out any splints of bone or

wood or thorn out of any
part: it is good for *the*
~~the~~ biting or stinging of
any unemous beast & rotteth
& healeth all maner of botches
& is good for Noli:me:tanger
it driueth ache out of
the liuer raines or speel
breaketh imposthumes &
healpeth *the* Embrodes & uery
good to make a sear cloath

Concoedia

for *the* gout or ache

the use of it is to spread
it apon sheeps leather
the skinn side prickt
full of holes this is allso
this is allso good to bee
taken inwardly for *the* spleen
or any ulcers of sores it
is to be take 4 or 5
pills of *the* bigness of a
peas morning & euening

page 250 (folio 115 verso) || page 251 (folio 116 recto)

Comunio rerum

To make *the* flower of salues

Take half a pound of rosin
half a pound of parr: rosin
hald a pound of frankincens
one ounce of mastick :2: drams
of Camphire 4 ounces of bees
wax: 4 ounces of Deeres suet
pound all thees & melt them
all together then straine it
into a potle of white wine
& put it in to a clean
skillet & sett it one *the* fier
& make it boyle up) then
stir it till it bee allmost
cold & then stirr in a quart
of a pound of ~~tar~~
turpentine & make it in
to roles & wrap it in oyled
papers

page 252 (folio 116 verso) || page 253 (folio 117 recto)

Comitas

To make Loaves, Mr Russells

Take the Oysters clean and dry from Liquor & shells, strew em a bout quarter of an hour with about six ounces of butter, to a pint of Oysters, a shalet or an Onyion whole, two blades od mace pepper, and salt, a little spoonfull of Varges, take 3 or 4 french Loaves cut holes in *the* top, take out *the* Crum, and fill em your Oysters cover em *withthe* peice that came of *the* top, bake em a boutt halfe an hour, in a slowe oven, when you serve em, putt in the Liquor that they were stewed in & a little butter melted *with* it, to *your* discretion If you desire em stew'd only put a little peice of butter workt up or rowld in flower boyld in *the* Oysters to thicken, or with the yelk of an egg,
252

To make a Cake. my Lady Doylys way

Take a pound of fine Flower well dryed; as much fine loaf shugar beaten when both are dryed hot mingle them together and sift them through a hair sive as soon as this is done, begin mixing of the Cake that makes it the lighter, Take apound of butter and put it into alarge bowle with three or four spoonfulls of Rosewater work your butter with your hand till it has taken up all the Rosewater and the butter be very soft, then by degrees let one strew in half *the* flower and sugar, you must have ready a Eleaven yolks and 5 whites of Eggs well beaten with 3 or four spoonfulls of sack, put them into the Cake stirr them well together then put in the other half of the flower by degrees as before still keeping it well beat with *your* hand then put in a quarter of apound of Cariway seeds; after these are in put it into *your* Hoop and sift some fine sugar ouer it and set it presently into the Oven, If you please with *your* Carways you may put in a quarter of a pound of citern a Orange or Lemon peel, you must have *your* oven hot before you begin to make *your* Cake, which need not be hotter then

for french Bread, it must stand in *the* Oven an hour and quarter

page 254 (folio 117 verso) || page 255 (folio 118 recto)

Calum
254

The Water for Convulsion Fitts
Lady Trevors

Take one pound of the best single Piony root washd clean, & slicd uery thin; put them into three pints of good white wine & past it down very close, & let it infuse all night in warm embers not too hot, then strain it out, & put to this quantity a quarter of an ounce of Castor powderd, An ounce of spirit of Castor; thirty grains of the Moss that grows on Dead mens skulls, And thirty Grains of the scull itself finely powderd; then lett all this be shakd together for half an hour with a strong hand.

To Pickle Hamms S. L. Mordaunts

Salt your Hamms Eight & Twenty Hours with Common Salt, then Take two pound of brown sugar; Three pounds of bay Salt; four ounces of salt Peter. Put these into four Gallons of Pump Water, Boil it, and Scumm it well, Let it stand till Its Cold, then put in *your* Hamms, and lett them lay three weeks then smoak them being pinnd up in Brown paper. This quantity is for two Hamms; you may put Tongues,

page 256 (folio 118 verso) || page 257 (folio 119 recto)

or beef of leg of Mutton as much as the pickle will Cover.

Calibatus
256

page 258 (folio 119 verso) || page 259 (folio 120 recto)

Clementia

Mrs longs blake searchloth

Take half a pound of red lead & a
wine pint of sallet oyle as mutch
sentcheneal as will ly one a groat brused
put all these in to a skillett set it ouer
the fyer & let it boyle half an hower
not uery fast stir it all the while
with a siluer or bras ladle when *you*
perceiu it to bee clack & stif for
a searchloth take it from *the* fyer
& dip cloaths in it and hand them
one a brush fagett to coole & so
lay them up for *you* use this is
good for a sore breast & toe dry up
milke and to lay to *the* temples for
the tothache and will heal wounds
258

To make a peck cake

Take to a peck of fine flower 5 pound
of carow & a pound of sugar 4 pound
of butter an ounce of mase a wine
quart of uery good ale yeast in *the* sumer
cream *you* may take half a pound of buter
the leas *you* may rub *your* outer dry into
the flower till *you* can hardly perceiu
it then put in *your* other things it
must bee wett, but three quarters of
an hower before *you* sett it in? *you* must
keep it couered *then* must make it but
a litle stifer then puding and make it
up in two cakes for it will cum
uery broad when it is made up pinch it
full of holes betwixt *your* fingers then powre rose
water apon it then take of the sugar

page 260 (folio 120 verso) || page 261 (folio 121 recto)

Ciuilium rerum ufus
afore sayd and strow apon it
and put *your* cake apon .ep paper
and flower it well and leau it
a great deal of rome to run apon
if it bee in two cakes an houre
will bake them if in one half
an howre more at least

the lady bridgmans cordiall
~~my~~water

Take sage sallendine rue rosemary
rosa solis mugwort pimpermell dragons
scabius cordium Auens lauender cotten
Egrimony balme bittoni flowers & leaus
centory flowers & tops angellica sweet
margerom wormwood Cardus maregolds
mints rosemary flowers cowslip flowers
260

of each a good handfull: allso *the*
rootes of ellecampane peionie licorish
zednor & angellica of each half an
ownce wipe the hearbs with a dry
cloath clean & shread them small
~~set~~ slise *the* rootes & mingle with them
wine & one quart of sacke puting it in
seasoned keep them close couered one day &
then distill them in an ordinary still
with bowle arminack & *the* white of
an eg then still it with a soft fyer
keep the first quart by it selfe 3 pyntes
of the second as much of *the* last & weakest

page 262 (folio 121 verso) || page 263 (folio 122 recto)

This watter is to bee taken blood warm
with a litle suggar you may take three
sponfulls of *the* strongest of it & fiue
or six of *the* weakest at a time you
may giue to or three sponfulls of it
toe litle children it is uery good in
convulsion fits and is usually giuen in
feauers or surfits or against
infection of *the* small pox or plauge

for a sprain

take *the* brine of beef warm it
and bath well with it & it
helpeth
Ciuis
262

To make Plumb pottage Lady Cobbs way

Take your marrow bone clod & boyle
it tell it be halfe enough then put

to it 4 Loaves of the best manchett sliced
some cloues and mace corrant & reasons
of each two pound pruens one pound
when it is boyled putt to it sacke
vineger and sugar and giue itt
another warme &c

to preserue whit pare plumes

Stones the plumes and take *the* weight
of sugar and boyle it candy about
the dish side ~~---~~ then putt in the plumes
with the ~~set~~ slittes down wards lett
them stand on embers on a skillett
of watter till one side is tender
then turne them and lett them stand
till *the* other sid is soft enough then
take them out & boyle *the* sirup high *the* n
poure it hot on em & let em stand two
days *the* n sett em on a soft fire when
they boyle turne em & lett em stand a
week *the* n take out *the* plumes & boyle *the*
siriup uery fast till it will Jelly

page 264 (folio 122 verso) || page 265 (folio 123 recto)

To Make Mrs Eliots Searcloth

Take A pint of *the* best sallit oyle a quarter
of a pound ^{of} vergins wax, as much pompilion
halfe a pound of red Lead, ~~onee~~ ounce of *the*
oyle of Roses, ~~onee~~ ounce of *the* oyle of
Chamimell boyle all thess together till
they boyle to a salve and if you will make
a searcloth you must dip ~~thethe~~ cloth into
it before it be boyled too much but it's
as good made into a salve and spread
on A Cloth, &c. Finest

to Make Cowslip wine

To 9 gallons of batter

For an Imposthume in *the* head, Lady ^{Abingdons}

Way

Take a wild prim rose root scarpe it

& put a pece in your nostrills, & it
will ~~halfe~~ in halfe an hour purge *the*
head and breake an imposthume, &c.
Cibus
and put in the plumes and boyle
themone warme soe put them up
if they be nott yellow threw will
Looke blacke, &c.

To preserue whole Oranges

Lady Cobb

Take *the* farist oranges rub them
with salt & lay them in water shifting
them morning & euening with fresh
water then take out *your* pulps and
boyle your oranges in a cloth soe
tender that you may putt a strenge
through to a pound of oranges a
pound & a halfe of Iuse sugar to
euery pound of sugar a pinte of
water and clarifye *your* sugar with
the whit of an eg then putt in
the oranges and boyle *the* sirrups
till it will Ielly then take a pint
if pippen water & a quarter of a
pound of & set it on *the* fire when it
boyles scum it when *your*with sirrups of oranges
begens to Ielly put in *the* pipen sirrups
& boyle it to a high Ielly *the* n putt it in
pott or glasses you must picke out
the pulp at *the* bottome and make the
hole as little as you can
Ceremonia

page 266 (folio 123 verso) || page 267 (folio 124 recto)

A reeseipt for a phistula in *the*
eyes or any part: from *the* lady
Millne

Take sanicle wood betony: Egrimony
Auens: Dandelyon with *the* red ribs:
plantton: Ribbwort: Dasy leaus roots
& flowers: red bramble leaus: charuell
mogwort: & motherwort: bugell & oxe eye
of each a good handfull a few crops
of wormwood: pick them shread
them & wash them & drain them.
clean from *the* watter

putt them in a pipkin with 3
pints of *the* best white wine
& lett them infuse a good while
ouer a soft fier & then let it boyle
a quarter of an hour: then wring
out *the* hearbs & put into *the*
Liquor half a pynt of pure hony
& warm it & skim it & when
it is cold botle it *you* must drink
six sponefulls thearof morning &
euening for half a year or a
year
Causæ

page 268 (folio 124 verso) || page 269 (folio 125 recto)

Castitas
268

page 270 (folio 125 verso) || page 271 (folio 126 recto)

To Make A Sack Possett

Lady Cobbs way

Take a quart of thick cream 12 eggs
halfe a pint of sacke and half a *pound* of
sugar a little nutmeg & cynamon *the*
eggs must be beat uery well and
straned, *then* put in *the* sacke & sugar
mingle em all well together set it
on *the* coles till it be ready to boyle
sturing it all ~~*the while*~~ one way all
the while, & let *the* cream be boyling
ready: then take of *the* bason *withthe*
sack and eggs & pour in *the* cream *you*
may stir it once about *then* couer it close
and let it stand half a quarter of an
houre if it dos not jely, *then* *you* may set it
on *the* embers, *you* must put a little
sugar in to *the* cream when *you* poure
it on, it tis an excellent possett
Calumnia
270

Lady Cobbs way to doe whit quince
whole and to lye in jelly

Take your quinces and core them scald

em in fair water then pair em & to a pound of quince putt a pound of duple Refined sugar, and a quarter of a pint of juice of graited quince and a quarter of a pint of water, then sett your skelett on *the* fier with your juice sugar and water and when it begins to boyle put in your quinces & boyle it so fast you cannot see *the* froth and take em of sometime for that will be to apt to Burne & when *the* quinces Look cleane and *the* sirrup will jelly putt them in your glasses and sett them in your stove if you doe them in quarters halfe a pinte of juice & halfe a pinte of water to a pound is enough &c

page 272 (folio 126 verso) || page 273 (folio 127 recto)

To stew a pice of Beefe which is uery goof meate Lady Cobs *receip*^t

Take a rump of Beefe or a pice of *the* thin end of Briskett pareboyle for an Houre if it be thick if thin less, then putt it in a deeper dish and slash it on *the* insid *the* gravy may run out then strew pepper and salt betwext the stalks and fill *the* dish with clarrit wine to cover *the* Beefe put in 2 or 3 peices of Large mace cover it close and let it boyle an houre & a halfe turne it often and scum it to take off *the* fatt & refill it with clarrit wine then slice six onyons & putt in with a good handfull of capers or brooms -buds some parsley six hard Lettiscress sliced 3 spoonfulls of vinger as much vargish then lett it boyle tell it be uery tender still turning it least it burne to *the* dish, slice some brown bread ~~to lay over~~ very thin & some french bread to lay over wett em in Beefe Broth or your Liquour if there be enough dish it and poure *the* sauce over Cades
272

To make an oysters pye my Lord Colbs

Lett *the* past be uery good pill it with great

oysters then put in a little vinegar or
Vargish and some of *the* Liquor of *the* oysters
with some pickled Barberrys & whole mace
and a good deal of Butter then boyle
eggs hard and cut *the* yolkes in halues &
lay them on *the* top of *the* oysters soe
Bake it and serue it hott or cold, etc

To make a pudden Bake or boyd

Boyle halfe a pound of Rise in ² quarts of milk
tender, one pound of suet shreed smal
~~a quau~~ halfe [^] halfe a pound of currance
cynamon nutmeg cloves & mace sugar
Rose watter, a little salt teen eggs
☞ a penny Loafe graited mingle
all well together & use it as you please

page 274 (folio 127 verso) || page 275 (folio 128 recto)

Breuitas

The dutchess of Cleveland 's Breakfast

Take a pint of cream or new milke & let
it Boyle than take it of and put into it
4 spoonfulls of orange fflower water
with *the* yolke of an egg or 2 beaten
in it sweeten it then set it on *the*
fire, keeping scuming of it tell it
boyles than take it of *the* fire, and
mill it up and grate nutmeg upon itt

To Make Allmond puding Mrs Dancers

Take one quart of creame a quarter of a
pound of Allmonds beat pretty fine tenn eggs
six whites Cinamon and cloves mace a quar
ter and halfe of fine sugar when it has boyld
you must draw up your butter with som
sacke that your pore over itt &c
Bonum

page 276 (folio 128 verso) || page 277 (folio 129 recto)

~~To make Sage~~

To make sage wine

To 40 pound of malego Raisons take
40 quarts of Spring water boyled an
hou^er & stand till it be almost could

haue *your* raisons ready pick'd and chap'd
but not wash'd put *them* into a tubb then
put your water to them to this quantety
of raisons you must haue a strike of sage
red sage is best *your* sage must be Chop'd
a little then put it to *your* raisons and water
cover them close and lett them stand 9
days stur them once a day all *the* time rub
them very well with *your* hands when
you stur them to breake *the* holeones when
it has stood 9 days strain it of put it
into *your* vesill besure to lett *your* vesill be
quite full to ten gallons of *your* wine you must
allow a quart of sherey or sack when
it has stood 3 days in *the* vesill stopp it
up close & lett it stand till it be fine *the* n
bottle it it will ^{sumetimes} be fine in 3 weicks besure
to let it stand in a good seller lett your
vesill be smoked with brimstone,
Bonitas
276

To Make Burch wine

To every gallon of burch watter putput
two full pounds of white powder sugar
before you put *your* sugar in, & scum it
when it boyls it must not boyle after
the sugar is in, but when tis scum'd
lett it stand a little & when tis could
pour it of from *your* grounds, put in sum
yest lett it worke 24 hou^ers, less or more
till it has a good head let it be close
cover'd in a tubb, haue in readyness astrong
sweet vesill smok'd with brimstone very
well lett it be close stopp'd till you use
it fill it full & when it has done spirgeon
stopp it very close keep it in a cooll seller
lett it stand 3 quarters of a yeare then
bottle it you must allow so much the
more watter in the propotion because
you must allow for *the* wast in boyleing
before you put in the sugar
Boni

A most excellent Receipt to cure the

yellow launders

Take a quart of milke set it on *the* fire, when it
boyles turne it with a quart of white wine,
when *the* curd is taken ofe put in as much of *the* Juice
of salindine flowers and leaues beaten together
as will make it uery green let it boyle very
softly, then take some saffron tyed in a Rag
and squeeze in as much as will Turne it a
little yelloe, let it simmer a little while *then*
let her take halfe a pint in a morning,
fasting an hour or two affter it, so likewise
at fore of *the* clocke in *the* afternoon
and thus doe till it be gone, Lord Spencers
way

aninu
278

tortunæ

page 280 (folio 130 verso) || page 281 (folio 131 recto)

Bona Naturæ
280

page 282 (folio 131 verso) || page 283 (folio 132 recto)

[rotate page]
Benedicentia
282

to make a very good walnut
water

Take walnuts in *the* begining of June
& beat them in a mortar then still them
in an ordinary still then make a second waters
gather *your* walnuts about midsomer or three
days affter keep that water by it selfe
then make a third water gathering
the walnuts a fortnight after then take
a pynt of each and put them together
and still it in a glas still & so keep
it very close that no ayre get outt
there is good for the eys to drop a litle in
it will make one haue a faire skin if
it bee washed thearwith it is allso good

to wash byles & sores it is allso good to
heal all infirmitis within *the* body & drinketh
sponfull or one in wine

peas then powre the egg one the top of it and putt in
a litle peese of the mest in the midle of it if it bee in
the winter that you canot haue hearbs you maye put
in barly instead of it it must bee boyled in an earthen
pipken and sett with the side yo the fyer butt not fyer
kept couered

page 284 (folio 132 verso) || page 285 (folio 133 recto)

Bellum
284

To Make French porage

Sett one pott betymes in the morning that it maye ^{have} time enouf toe
boyle fill it full of running water and season it prety high
with salt and putt in a cloue or two then putt in your meat a
litle pees of bief shat it not very fatt and a pees of the knucle
of veall an old henn cutt in halues skime it and lett it boyle
till the water bee half wasted and neuer fill it upp when
it is allmost boyled if it bee at the time of the year you may
putt in green peas and hearbs a prity deal of sorrell and lettys
and spinieg and such cooel hearbs let the hearbs boyle butt
very litle then take a dish sett it one a chaffingdish of coels
slies thearin thin slieses of fine whiet bread a prety
deall and put to it toe ladlefulls of the top of the
porage then take the yoelk of an egg or two and beat
it by itself with a litle of the porage then poure
out the pottage in to the bread and the hearbs and

An excellent & soveraigne Balsome
called my Lady Roppers

Take a quarter of a pound of yellowe waxe cutt it into
smale peices then putt it into an earthen pott or pane
with a pinte of sacke & melt it & when it is quite
melted take of from the fier, then take halfe a pound
of Venice turpentine wash it in rose water, & take
a pinte & a halfe of sallet oyle & powre both *the* oyle
& the turpentine into *the* pane, when the waxe is well
melted into *the* sacke then boyle them together
with a very softe fyer untill they be well incor=
porated then take it from the fyer & when it is
throughly colde take away the cake from *the* sacke
& melte it in *the* pane againe putting in one ownce
of *the* best reed sanders & soe keepe it stirring
untill it be colde

theare is many receipts of
this oyntment with aditions of
other things but this is *the* tru
resceipt & that *which* is safe to
bee used both inwardly & out
wardly for bruises or woundes
or sore brests or lameness

page 286 (folio 133 verso) || page 287 (folio 134 recto)

Auxilium
286

page 288 (folio 134 verso) || page 289 (folio 135 recto)

A Good medisin for one
that kannot hold theare
watter

~~Take a bulls pissel or an ox dry
it in an ouen~~

Autoritas
288

page 290 (folio 135 verso) || page 291 (folio 136 recto)

excellent medicins for
wartes in the hands cramp
in the knees or corns one *the*
~~For~~feet

for warts Take Egrimony & stamp it
with salte & Vineager & lay it
to the warts 4 days & it will

healp/ an other for *the* same

Take *the* rind of willowes &
seeth them in Vineager & wash
the warts thearewith allso the ashes
of willowes mingled with Vineger
& layd thearto it will pull them
up by the rootes

for a corn

Take the skin of a red hering
& lay to it and it will wear it
away

A medisin for a man
that hath burnt ~~n~~ lips :-

Take an olde flaxen cloute that
is clean washed burn it & make
powder thearwith then take oyle
of eggs and anynt the sore hole)
hearwith then fill them up
the powder being uery small
and it will healp

Auspicia
290

Aurum

To Make a paste of the Colour of Marble stone
which way soeuer you cut or break is made of all sorts
of flowrs wholesome to be eaten Lady Lyndseys way .

Take a handful of blew violets pick them clipping of
the whites, & stamp them in a Marble Mortar by themselves
Then take Marygolds, Gillyflowrs, Rosebuds, & stamp
them severally in like manner. Then take gum Dragon
steep in Rose Water with a grain of Musk in it then
take quarter of a pound of sugar being finely beaten
& so beat it to perfect past with the stampt violets.
& in the like manner make past *with* the other flowrs
severally, & roul every piece of past by it self then;
then lay it one piece upon another then cut it over
th wart in long pieces, & lay it over thwart again the
wrong way, & so roul it thin, & print it with *your* molds
& so dry it, & when you break it, it will be of the
Colour of Marble stone *which* way soever you break
or cut it Note you may keep the flowrs dry by you
all the year to make it.

page 292 (folio 136 verso) || page 293 (folio 137 recto)

for *the* weaknes in *the* back

Take white saunders & *the* iuyse of
sorell *that* is red and drink them
in red wine bloud warm & it will
healp

To heal *the* uesel whear
nature resteth

Take acornes or *the* ladles of acornes

& being dried beat them to fine powder & take a spoonfull of it in *the* morning before *you* rise ly in hower affter it

for the pyles

Take an oynion & rost it in the fyer make a hole in it & put in sum home and peper and so lay it to them so hott as *you* can endure it in so doing two or 3 times they will bee whole and dried up

for *the* piles

Take hedg taper leaus & stamp them with may butter or fresh butter & thearwith anynt *the* piles it will both heall and break them

Aula

292

Doctor Lower^s Receipt
For a Cough .

Take a quarter of a pound of Pearl barley boyl^d souft in 3 quarts of spring water then straine it off and put into it an ounce and halfe of Liquoris, One ounce of Ellecampaine scrapt or slice^d add a large handfull of Pellitory of *the* wall, a Handfull of house Leek and ounce and halfe of Maidenhair Boyl all these halfe an Hour; But the Liquorish and Ellecampane must Boyle one quarter of an Hour before you put in the Herbs. Straine all out then add 2 pound & a quarter of Double refined shuger; 2 ounces and halfe of the best Ballsam of Tolu, a quarter of a pint of Issop water, stir it all the while over a very slow ffire, else the Tolu will not

Dissolve when boyled to a Sirrorup & Cold bottle it
up without straining. this must be done

page 294 (folio 137 verso) || page 295 (folio 138 recto)

in a Pipkin close Covered on avery gentle
ffire

Manner of useing it

Let the Person afflicted Take 4. or
5. spoonfuuls every Night going to Bed
& *the* a quantity of a Teaspoon when the
Cough takes him by Day or night.
Mr Walkers

Snail Water for a Consumption

Take the Lungs of a Calve & cut them
in slices 50 snailes with the shells bruised
new milk 2 Gallons, the best Mallaga
Sack one quart one Nutmeg Slit
Cinamon half an Ounce, Comfrey Roots
Slict one handfull, Ground Ivy 2 Handfulls
put these into aCold still & draw
off a Gallon letting it drop upon
4 ounces of white shuger of Candy. of
this water take a quarter of a Pint
Auditus [inverted]
294

three times a day first In the morning
ffasting at 4 in the afternoon &
att Night going to Bed as warm
as New Milk

To Make the best Mead *Lady* Lyndseys Way

Take to twelue Gallons of water twelve Quarts of honey
set the water over the fire put into it half a pound
of Ginger, a Quarter of a pound of Nutmegs being both
beaten & put into a linnen bag let *your* spice boyle about half
an hour then put in *your* honey, & let it boyle a pretty while
scumm it very clean when it has boyld an indifferent
space then put in a handful of Agrimony almost an
Handful of Muscova, a Quarter of an handful of sweet
Marjoram, a little sweet brier, & a few tops of Rosemary, &
let *your* herbs boyl in *your* liquor *??????* half an hour
then take it from the fire & strain it thro a hair sieve
& put it to cool in several things; the sooner it is cool

it will be the clearer & better when it is cool put it to=
=gether, & let it settle till the next day then put ^{it} in to the
vessel, & after a month bottle it. Keep Lading it with
little wooden dishes to cool it as soon as you can.

To make an egg pye

Take eggs boyl them very hard mince them and
put in Beef suet mincd small season them with cloues
mace, Nutmeg, sugar Lemon peel Candid orange and
Lemon mincd, ^{on} quarterd, Dates, raisins, & Currants
peices of Marow so bake them in *your* Crust.

page 296 (folio 138 verso) || page 297 (folio 139 recto)

To make big Brawn *Lady* Lyndseys Way.

Take a young fat pig scald it well then cut it
open in the Middle dividing it into two sides
then bone it & make three, or four little collars
of a side role them up & strow in the inside some
sage shred very small and some rind of Lemon, & Nutmeg
& sow them up in Cloaths, then boyle them till they
are tender in fair water with 7 or 8 bay leaues and a
little saly, Letting it boyl, & be scummd before you put
your Braun in; when it is tender take it out & let it soak
two or three hours in Cold water & salt to make it
look white then put it into a souse drink made with some
of the liquor it was boyl'd in, & as much good white
wine vinegar as will make it sharp. when you put them
into *the* souce take them out of the Clothes.

To Pickle Mushrooms *Lady* Lyndseys way

Take *your* best mushrooms make a pickle of Water & salt
& boil them with a Lemon peal let them have but a
boyl or two & take them out of *your* Kettle after the
white froth is scumd of; lay them upon a Cloath to Dry
& when they are cold put them into as much Cloues
& Mace as will giue them a good relish stop them
close & keep them for *your* use.

Audacia

296

An exellent Receipt for thos *which* can't
make watter

Take parsley water and as much egg
shell dry'd to powder as will lye upon

a crown peice put *the* egg shell in it
and drinke as often as you ~~can~~ please
and you will find ease) The Lady Tyrrell's way

The Black Salue

Take a pint of sallit oyle halfe ^a pound
of Red Lead virgins wax a quarter
of a pound p..tcon a quarter of a pound
oyle of Roses one ounce oyle ^{of} cammamile
- on ounce, boyle all thess together
tell it Looks black, &c

A wash for *the* face, my Cosen Spencer s

Take a pottell of milk to handfulls of
Elder flowers and two handfulls of wild
Tansey & 3 of femetary and 4 of bean
Blosoms stepe all these 12 howers in *the*
milke then still it together *the* next
morning in a rose still and if you please
put a little comphire into *the* bottles as you
think fitt, an extraordinary Resecip

..

page 298 (folio 139 verso) || page 299 (folio 140 recto)

A medsin to coole *the* liuer

Take a lynnene cloath made plaster
wise & wett it in cowes milke Vineager
& rose watter then wring *the* cloath
that it may not bee wett & so lay it
to *the* right side when you goe to bed

for those that spit blood

take *the* powder of dried mulberis
so used in broaths of pottage ale
or beer is a spetial remedi

To stay *the* bleeding to *the* nose

make plasters if potters claie & *the*
white of an egg & aply it to ones
-:- and allso chaw *the* root of an

nettle untill one may swallow it
but take \forall heed leas^t you swallow
it

Take the hart of a dogg and lay it
to *the* plase that bleedeth & it will
stopp it presently

An other for bleeding at *the* nose

take uinegar and white wine and
warm it apon a chafendish of
coles wett a cloath thearing and
wrap it about *the* :-
Auaritia

298

Asperitas

To make lossanges of red & damask roses
good to coole *the* liuer

Take roses and cutt ofe *the* whites lay them in a dish
and cast scalding watter apon them & affter ward
wring the watter from them clean & with an equall
quanyti of sugar stamp them in a stone mortar
untill you canott discern the sugar from *the* roses then
boyle them to a height to make a lozange then wett
a bord with rose watter & make *your* lozange as
thin as *you* think good with a fine cloath wett in
rose watter then taking a way *your* cloath let
them dry then cutt them 4 square or as *you* like
best

A remedi for shortnes of wind or steightnes
of breath

Take 2 ripe strawberys & *the* powder of white peper
temper them with clarified hony and mix all together
& eatt thearof first & last

To Make Lemon Wine My Neece
Turners way

Take 3 Gallons of water put to it seven
pound of powder sugar, & the whites of
three eggs before you sett it upon the fire;
then boil it very well, & scumm it very ~~clean~~
Clean, & let it stand to be Cold. Then putt
in the rinds of 10 or 12 large lemons,
and the juyce of 13. Strain both the
liquor, and juice thro a Cloth, Lett it
stand all Night. Then Tunn it, & putt
three spoonfulls of yest into *your* barrell
with the rinds of *your* Lemons & let it stand
three weeks or a Month before you bottle
it.

Artes liberales
300

page 302 (folio 141 verso) || page 303 (folio 142 recto)

A water to ~~wash~~^{cure} wounds

Take southernwood wormewood Garden Buglas
mugwort wood bitani sanucle broad plantaine
dandilyon cinkfeild ribwort or long planton
whit botle dayes & *the* rootes Auenes haththorn
budes Egrimony the leaus & budes bramble
buds wild angelica mince scabius strabryar
leaues uiolet leaus comfrie gather of each of
thees a like quantiti and dry them in a
rome without much aire in may they
must bee gathered turn them ofne that
thay bee come not musty & when they
bee dry keep them in canuas bags
& when you use them ~~tath~~ take of
each a like quantiti & mixe them to
gather them take of them so mixt
Ars
302

3 handfulls & put them in to 3
quarts of liquor whearof the one
white wine the other two runing water
byole theme to three pints them
strain *the* liquor from *the* hearbs & put
thearto a pint of hony & boyle it
again take away *the* froth & scum then
put it up in to a glas botle well

stopt take thearof 3 sponnfulls at a
time first in a morning fasting
& last at night it will not last
about a fortnight tent no wound
but search & cleans it with a tent
& couer *the* plase with a clean
cloth

page 304 (folio 142 verso) || page 305 (folio 143 recto)

To Make a Cream with sack like
Butter Lady Lyndseys way .

Take a quart of Cream boyle it with Mace put
into it six yolks of eggs uery well beaten so let
it boyle up, then take it of the fire put in a little
sac to turn it then put it into a Cloth, and let the
whey drain very well from it then take it out of
the Cloth, & season it with rose or oenge Flower Wa=
=ter, & sugar being very well broken with a spoon.

To Make a Nut pudding Lady Lyndseys way

Take a pint of Nut Kernels peeld, & stamp ve=
=ry well in a Mortar with Rose water but not too
wett ~~s²x~~ y six yolks, 2 whites of Eggs, suet as
much as you please, Thin it with sweet Cream to
the ordinary pudding batter, sweeten it to *your* Tast, put
some Ambergrise in it, & some grated Nutmeg, then
make some puff passt crust, & lay it in a dish, &
bake it with white bread.

To Dress two large Flounders, Glace, or Soles Lady Lynd =

= seys way.

Take a Quarter of a pound of Butter cut into slices,
& put *your* Flounders upon it then put to it two spoon=
=fulls of Vinegar, 2 cloves, a little bundle of parsly ?
and Time some pepper & salt a little orange peel
and one anchovy chopt with the 3^d part of an
eschalot cover them, & set them upon embers till
they have cast their water, then put them upon a
greater heat when they begin to boyle they will
be enough in a quarter of an hour, serve them
up in the liquor they were boyl'd in thickned with
the best butter

~~Arrogantia~~

To make Cracknells

Take one pound of the best fine flower dryd very well by the fire, and as much double refined sugar, and a good many Caraway seeds rub them well together with half a pound of good butter, then mix them together with the Yolks of two eggs a spoonfull of sweet cream, a little Rose & orange flower water, Role them very thin & put them round by a glass, & prick them very much. Butter some pewter plates, & putting them upon the plates bake them in an oven as hot as for cheese cakes. before they go in you must wash them over with a little melted butter, & yolk of an egg & a little sugar, when they are bakd take them off the plates as fast as you can & keep them in a dry place. they will keep a quarter of an year. they must be dryd crisp in an oven before they are eaten.

To Bake potted Hare Mrs Copes way.

Cut the meat from the bones, & take out all the sinews beat the flesh uery fine put in some fat Bacon, and beat it till it is as thick as paste, season it with pepper, and salt, cloues, mace, Jamaica Pepper & some sweet herbs chopt very fine then pot it with some thin fat bacon a layer of one & a layer of the other; & bake it with bread, when you draw it pour out the gravy, & press down *your* Hare; The next day Melt as much butter with the fat that is on the gravy as will cover the Hare, pour it upon it, & stop it down very close

page 306 (folio 143 verso) || page 307 (folio 144 recto)

To Make Cock Ale *Lady* Lyndseys way.

Take a Cock & parboyle him then pull of his skin & beat him in a Mortar Take 4 pounds of raisins of the sun stone them, & beat them in a Mortar steep them all night with the Cock in 2 quarts of sack, & slice into them a quarter of a pound of Dates a few cloves & Mace take eight Gallons of *your* good Ale when it hath done purging in the vessel put all these into *the* Ale, & stopp it up close for five days, then draw it out into bottles, & in seven or eight days you may drink it.

To Make a Beef pudding *Lady* Lyndseys way.

Take half a pound of the best leane beef; a pound
of Beef or Mutton suet cutt out carefully all
the skinns of the Beef & suet shred them very
small a part, and afterwards together season it to
your Taste with pepper, salt, & Nutmeg make it up
round with eggs; wrap it in a Colewort leaf, &
boyle it.

Animus
306

Mr mustians drench for a
hors that has a cold

Impri: take Anyseeds}
liquorish}
ffenegrek} of each 4 oun
Turmerick}
flower of brimstone}

Elecampaine 8 oun
Myrrha 3 oun

bay berrys}
Gentiam rootes}
Round Aristolochie} of each
Carthamum seeds} one: oun
grains of paradis}
rubarb & agrick}

brown candy 8 oun

page 308 (folio 144 verso) || page 309 (folio 145 recto)

the way to vse this

drench first lett *the*
hors blood in *the* neck &
roof of the mouth if thear
bee caus then take a wine
quart of good ale & boyle
(it & skim it: then put
in one oun) of this powder
& let it iust boyle & no
more & keep it stird
then take it from the
fyer & put in 3 or 4 oun)
of *the* best hony a quarter
of a pynt of the best
Sallet oyle when it is blood

warm giue it with a pound
blood warm) giue a quarter
of a pynt of it at *the* nostrills
then let him bee Aird
for half an howr

308
Animantia

keeping him warm alle
that day & let him fast
5 or 6 houres then giue
him a mash of malt
let him drink no cold
watter) but ride him
affter it) *you* may giue
this drink 2 or 3 times
if *you* pleas resting a
day between) if *your*
hors has *the* foul glaunders
giue it as before but
if hee bee so stuff *with*
a cold that hee canot
swallow his meat
then take a sponefull
of *the* best oyle of bays
& put it in to a quarter
of a pynt of wine Vineager

page 310 (folio 145 verso) || page 311 (folio 146 recto)

made blood warm
& well shaked together
put it down at his
nostrills ride him affter
it but this must not
bee giuen but once in
5 or 6 days

Anima
310

page 312 (folio 146 verso) || page 313 (folio 147 recto)

Angeli
312

A pie of carp & eele

Take *the* flesh of carp & of eele rinse them well
with butter & season it with salte peper fine hearbs
& a few mushrums then make up *your* pies as small

as you can fill them up wash them with an eg
and bake them

Samon pie

After *your* fish is dressed lard it with eele or carp
seasoned with peper salt & beaten cloues then put
it in past and ouer it a bay leaf and good fresh buter
besprinkle it with lard a drop of uineger and close it
up affter *the* forme of the fish affter it is baked
you may eat it warm or colde

egs with snow

break sum eggs seuen *the* whites from *the* yolkes put the
yolkes in a dish apon buter & season them with
salt & sett them apon hott cinders beat & whip
well *the* whites and a litle before you take it ofe
of *the* fier, poure them one the yolkes with a drop
of rose water holde a hott fire shouell ouer them
& so seru them sugard

A tart of pistaches

After *your* pistaches ar peeled beat them
and through in a litle sweet watter
as you beat them melt as much butter
as thear is pistaches and take so
much sugar a litle salt and the
crums of white bread fryed and
drop of milke and all being
well mingles putt it in to a sheet
of fine past make the tart uery
thin (in a dish is best) bake it
~~sug~~ sugar it and beesprinkle it
with what sweet watter you will
and eat it warm

Tart of oysters

After *your* oysters ar cleand and dipt
in warm watter putt them in the
pan with sum fresh butter parsly
minsed chivols and mushrums all well
seasoned putt ^{them} all butt ^{a litle ouer} *the* fier into a sheet of
past and putt in sum hard yolkes

of eggs bottoms of hartichoaks mushrum
broken sparagus all well fried couer
up *the* tart & bake it affter it is
baked putt in sum good sawse
which you shall make thus putt in *the*
pan 2 or 3 whole chivols salt peper a drop
of vineger & when it is brown mixe with
it 2 yolkes of eggs beaten with veriuis a
litle nutmeg and seru it uncouered

page 314 (folio 147 verso) || page 315 (folio 148 recto)

314
Amor Sui

to keep lettise

choose *the* hardest & take ofe *the* great leaus soak them
in warm watter & drain them: then stick them with
cloues season them with salte peper vineger & a bay
leaf couer them well and when you will use them seeth
them

Artychoaks

Cutt ofe *the* choake & what is to hard about them
steep them in fresh watter drain & dry them:
then putt them in to a pott with salt peper vinegar
melted buter cloue & sum bay leaf couer them
well and when you will use them seeth them

To keep butter

Take a good quantiti & melt it for to use apon
☞eation: putt it in apon & lett it melt laisurly
untill the milk goe to *the* bottom & that
clear then putt it in to a pott with a litle
salte & so keep it.

314

To keep green peas

Take them as they come outt of *the*
cod fry them with buter & season them
well as if you would eat them then
butt do not fry them so much then
putt them in to an earthen pott
season them again & couer them

well putt them in a coole plase &
when you will use them unsalt them

Sparagus

putt them in an pott with melted
butter Vineger salt peper &
Cloues couer them well for to
use them) unsalt them & seeth them
in hott watter & so use them

Red beets

wash them & seeth them & peel
them & putt them in a pott with
salte peper & vineger & so use
them

another way to doe mushrums

boil them with *the* best strong
wine you can gett salt peper & cloue
then take them out & put them in
a pott with salt peper vineger cloues
& sum bay leaues couer them well
when you will use them unsalt them
and seeth them with wine & seru
um with a plated napkin

page 316 (folio 148 verso) || page 317 (folio 149 recto)

316
Amor

To prepare mushrums

Take *the* hardest & *the* reddest
you can gett fry them whole with
butter as for to eat presently
affter they ar fryed & well
seasoned putt them in a pott
with more seasoning of butter &
a drop of vinegar untill they
ar couered stop them so that
no ayre gett in): when you use
them steep them in severall
watters luke warme & fry them

as if they wear butt newly
gathered

To keep succory

Tie it and whiten it in sand when
you think that it may bee kept
cleans it well & putt it in a pott
salt peper a litle vineger & rosemary
when *you* will use it unsalt it to sem
for sallat or for lay about dishes
seath it

To make marmalet of quinces

Take fiuteen pound of quinces three pounds
of sugar & two quarts of watter boyle all
together affter it is well sod strain it by
litle & litle through an napkin then put
it in a bason with four pounds of sugar
seeth it again & to know when it is
enough, try it one a plate & if it doth
come ofe take it quicly from the fyer
& putt it in boxes

past of aprycockes

Take them very ripe & pare them then
putt them in a pann without watter
& stir them oftne untill they bee uery
dry take them ofe the fuer & mix them with
as much sugar boyled to a candy as *you* haue
of aprycock putt it in to sawsers and dry
it in a stoue

page 318 (folio 149 verso) || page 319 (folio 150 recto)

how ^{to} do chestnutts

boyle them in watter when
they ar boyled peel them & flatt
them between *your* fingers sett
them one a plate & take sum
watter sugar & the iuyse of lemon
& orange flower watter make
a siruop with it & powre it

one them & so eat them hott
or cold

Pistache cake

Take half a pownd of loaf
sugar & a quartern of pista
& a peneth of gum dragon
& one drop of sweet watters
stamp all together till it
coms to a past make *your* cakes
of the thicknes of a half
crown & bake them in the
ouen
150

Amicitia

To make a good biskett

Take six yolkes & eight whites
of new layd eggs with one pounce
of sugar in powder 3 quarters of a
pound of good flower beatt all well
together & boyle it with sum anyseed
~~pa~~ make a past nether too soft nor
too hard if it is too hard you may
mix with it som flower of sugar
for to harden it when it is well
putt it in to moules of ~~thin~~
white tinn made for the purpose
& then bake them halfe in *the*
ouen & take them outt & moisten
eggs affter that putt them in *the*
ouen, again for to make an cand
of baking & when they are out
sett them in a plase nether to
coole nor too dry

page 320 (folio 150 verso) || page 321 (folio 151 recto)

as you see it grow dry so continu beating of it with a strong
hand till you see it extreemly well mingled and that it
bee come to a uery thick past att least three or four
oures when it is enouf it will shine and work smooth
then make it in to litle cakes as big as farthings and as
you make them let them continu beating till you
haue done them all lay them one by one upon a sheet of
white² paper and keep them in a warm plase not to
hott in a day or two thay will be dry enouf yo putt
up

To stew pipens

Take a few pipens and sett them one the fyer in as much water as will sem to boyle ^{them} cut them in quarters nether paring nor coaring them so lett them boyle till thay ar uery tender then take them ofe the fyer and mash them all togather and strayne them prety hard till you haue got out all the iuys then take a sum other pipens coare and pare them cut them in quarter and lay them in this iuys as many

Ambitio

as you see the iuys will well couer putt them in sum uery broad skillet or siluer dish so that thay may ly one by one then strew sum sugar apon them as much as you think will well sweeten them so lett them boyle till you see thee pipens begin to looke clear and bee tender then squees in the iuyse of orang butt a litle and haue sum orang pill slist extream thin and boyld in a water or two before put that in with the iuys lett it boyle a litle after and then take it ofe if you will haue it euries you may take out the pipen and let the siurop boyle till it iellys

page 322 (folio 151 verso) || page 327 (folio 152 recto)

A speciall good watter for one
that canot hold their water

Take *the* blader of a barrow hog as it is taken out of *the* belly puting out the urine dry it in an ouen to fine powder take the tong and the pipe of a gose unwasht & dry them to powder then take *the* brains of a haire dryed in to powder then take the quantity of three of 4 thimblefulls mixt togather with 5 or 6 sponfulls of white wine and let *the* party drink thearof first & last & fast two howres after it if it bee for a man. it must bee of a cow hogg if for a woman of a barow hog
327

Aliena

To make Amber cakes

Take to a pound of double refined sugar forty grains of the best Ambergris and six of musk) you must have a little Gumdragon steeped in the best rose water over night and a mortar to beat it in which ~~will~~ must be of stone or sum very good metall then take the amber and the musk and bruise them in the mortar very slightly least it oyle and strew in as you beat small lumps of sugar to make the amber beat the better then take three parts of your sugar being finely beaten and searst thorough a tiffini mingle it very well with your amber keeping it from sticking to the sides of the mortar or the pestle then put in a little of the gum dragon and beat it very well in together with the sugar and amber then put in the rest of your sugar and as much gum dragon as you think will wet it enough to make it like a paste you need not put it all in at a time, but by little and little

page 328 (folio 152 verso) || page 329 (folio 153 recto)

329

To make Tunbridge Cake.

Take a pound and halfe of flower and a pint of Milk, a quarter of a pound of Butter, and a Little sugar one Ounce of Carawayseed, and one Egg, and make it up in a Pasty pretty stiffe, and role them out as thin as Tartlidd, and cut them round and put them on papers, and they will Bake as fast as you can put them in the oven the oven being hot

Dr Ratcliffe Purge for a Horse

Take one ounce and a Quarter of the Best Succotrin Aloes a Quarter of an ounce of Diaconthe; 1 .. Flower of Brimstone Mix them well & make this quantity up in three Balls with syrup of Violets to be given at once Worke it with Cold Water.

Affectus

To Make a seed Cake my Sister Hamletons way.

Take 4 pound of Butter beat it up
to a Cream with *your* hand Take 2 pound
of sugar fin pounded and well Dryed
without Lumps, mix it through, with
the Butter take 4 pound of dried flower
mix that likewise and half a pint of
sack or a Nogan of Brandy, Take
Eight eggs to each pound of flower
Yolks & whites beaten severally, three
whits whiped till they come to a Crud,
it will takr more than hald an hour
to beat them, mix the whites throughly
and the Yolks also; Take half an
ounce of fine powdered Cloues, Mace
Cinnamon, and Nuttmegs, mix all
up together with *your* hand lightly, then
strew in ⁴ ounces of Caraway seeds put it in a Hoop
with a quick Oven, prick it when
you see it rise & give it good Baking

page 330 (folio 153 verso) || page 331 (folio 154 recto)

Ætas
Mrs Marsh
Way

To make a Keeckup for all Sause

Take 4 Pound of Beef and cut it in
thin slices and set it in a stew pan
with a spoonfull of water and let it
stew softly and power off the gravy
as it coms till all the goodness is out,
then take as much Claret as you haue
Gravey, and put 2 shallots or onions &
a bunch of sweet Herbs & Cloues, and
Mace ~~hole~~ whole peper a good quantity,
then put it on the ffire and boyle it &
scom it very well when it is Cold put
it into a Dry Bottell close stoped, too
spoonfulls of it amongst ^{is} enough at once
you may put red Wine or White as you
please, when I made for *your* Ladyshipp I
stewed the beef in the oven & potted
it afterwards

To make katti tea Cakes

Take 1/2 a pound of bitter Almonds, Blanch them, & beat 'em in a Marble Mortar without putting any thing to 'em whilst you beat 'em- when they are very fine, put ~~as m?~~ in *the* whites of 4: eggs, mixe 'em very well in *the* Mortar; then put as much sugar finely sifted as will make it up into a Paste then Roll it out, in Little Rolls, & cut 'em to make 'em round with *your* hand, & Lay 'em on white papers not too close together; Let 'em in *the* oven not too Hot, as to make 'em run broad, but only to; with Baked take 'em off *the* papers, & put 'em on tins & set 'em in .gh to cr..n

Æqualitas

To make Lemmon Cream

Take one Lemmon & Slice *the* Rhine very thin, & put it into a pint of water, & take *the* juice of 4 Lemons & *the* whites of 4 Eggs well beaten & sweeten it to *your* taste with double refined sugar, & strain it into a Silver Bason, & you may ^{put} into it any sweet water, & stir it Continually till Clear, then strain it again for fear of Curdling

To Frost Gooseberries, grapes, Cherries, or Currants

Dip 'em in whites of Eggs beaten to a Frott & ~~sett~~ ^{Lay} 'em in a dry dish & sift some of *the* finest sugar on 'em & put *the* Dish ouer a gentle fire shaking it a little, & *when* they are dry lay 'em up for use

with it in to cakes & turn
them one dry paper & then
stoue them & they ar don
in this maner you may
make all kind of flowers
or hearbes in to cakes
or fruits but *the* fruit
must bee first boyld
in a botle or iog & then
take *the* Joyce of it & it
must bee poured in to
coffins of paper & when
you ar to turn them out
you must wett *the* outside
of *the* coffins with cold
watter & that will make
them peel out

Æqualilitas animi

To Make Mead Sister Hamiltons way

To a Wine Gallon of water put two pound
of Virgin hony put the water into a kettle
dissolue the hony through a Hair Sieve into the
Water, then put in a bunch of sweet Brier
and sweet Marioram Take the rind of a Lemon
Thin pard to euery Gallon of water. Boil the mead an
hoar, & scum it very well put in a little Cold Water
in the boyling to rise the scum when on it tey boild
an hour take ~~of~~ it of and pour it into a Tub, & when
it is blood warm, bake a tost & spread it on each
side with yeast not bitter, & when you see it work tun
it up put in what spice you please; some like ginger
Lemon, & Cloues tyed up in a piece of Mislin, & boyld
in the Mead, and thrown into the Barrel when
tunnd Slice in the lemons you pared very thin, &
put them into the Barrel Bottle it at a Months end.

page 338 (folio 156 verso) || page 341 (folio 157 recto)

338
AEdificia

To make oring clear cakes
uery thin

take a quarter of a pound
of fine sugar wett it with
watter then boyle it to a candie
but not to high take it

from *the* fyer & stir in two
sponfulls of *the* ioyce of oranges
& halfe a rinde that has
been boyled tender in watter
and shaved in two thin slices
or minc ed uery small when
this is ~~in~~ stired in let it cole
a litle & so poure it one
and euen pie plate & let
run thin spreading *the* peepe
amongst it with a bodkin
then sett it a day in an ouen
& when it is candid one *the* top

To make holow loves

Take double refyned sugar beat it very fine
mingle with it any seeds a litle muske & amber
grees ~~n~~ grinde it small to gather then take
sum whites of eggs and beat them till they come
to a stiffe froath then mingle the seed and
sugar with the froath till it bee like past
make it in what fashion you will and bake it
one paper or waffer ether in an ouen or baking
pann

A rise tart

Take rise and beat it very fine sears it through
a coars sears take the flower and boyle it
in new milke with whole male & sugar &
rose watter & so putt it in puff past

To make marro pudings

Take sweet margerome peneroyall winter savor^y
of each a like quantyti for euey dosen pudings^s

page 342 (folio 157 verso) || page 343 (folio 158 recto)

~~Adulatio~~

you mean to made three eggs to euey six puddinges
one white taken away take sum cream to the
hearbs and mingle the eggs and that well to gather
that it may looke sumthing green then strayne
them to gather through a boulder strayner
then season it with nutmegs cloues and mase

you must putt in twice as much nutmeg as clove
or more as much salt as you like and rose
water): putt to every dosen of puddings
three quarteres of a pound of currans & two
handfulls of hogs liuer finely grated and
sifted through a collander putt also sum
grated bread butt you must not make it too
stiff, then putt to it marrow well pickt from
the bones and sum suett finely minest
342

To Stew oysters

Put two dosen in a dish with their own liquor and a great deal
of fresh butter store of nutmeg very little of no salt a good deal of
Chipings of bread a great deal of iuse of orange so let it boyle
betwixt to dishes if you will you ^{may} putt in a little peper

To preserve Grapes

Take veries grapes and peel off the skins and stone them take *the*
way in sugar or something more and wet the sugar with a
little of the iuce of the grape and put the grapes in to it
and so boyle them till the siuriop is pretty thick when they
are ready to take off putt in a pastiel or two)

To make pastiels

take to a pound of sugar :40: grains of amber and six of
muske your sugar must be beaten and searst thorough a
tiffini you must haue a little of the whietest gum dragon steepe
ouer night in the best damask rose water you can get the
morter you beat it in must be marble or sum very good

page 344 (folio 158 verso) || page 345 (folio 159 recto)

to make pomatom

take the callles of four or five
hogs putt them in to running water
as soon as it is out of the belly
and pick out all the bloody
streaks so lett it ly 7 or 8 days
shifting your water twice a day
then take it out and ^{put} it in a
faire Cloath and beat it

with the eand of a pestle
then putt it in to a siluer
bason and sett it ouer a pott
of boyling watter and couer
it putting in 4 or 5 poum watt
ers and ~~w~~o march mallow roots
so lett it stand till all the
fatt bee melted then take
it of the f:ire and strain it
and putt it in to the same
bason again and fill it with
runing Colde watter and sett

the bason upon the pott
of warm water couered about
the spase of an ouer then
blow of the fatt with as
littel watter as you can
and so keep it sturing
till it is quite Colde and
then beat it till it looks
as white as snow then pour
in half a dousen sponfuls
of damask rose watt^er
and beat it with it still
putting in fresh 5 or 6 tims
and so putt it up.

page 346 (folio 159 verso) || back inside cover

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back outside cover

spine

head

fore-edge

tail