

BRITISH
MUSEUM
LONDON

Middleton

Arcana Fairfaxiana

Manuscripta.

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

Reproduced in fac-simile of the handwritings.

An Introduction by
George Meddell.

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

mdcccxc.

Acknowledgments.

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

To the Reader.

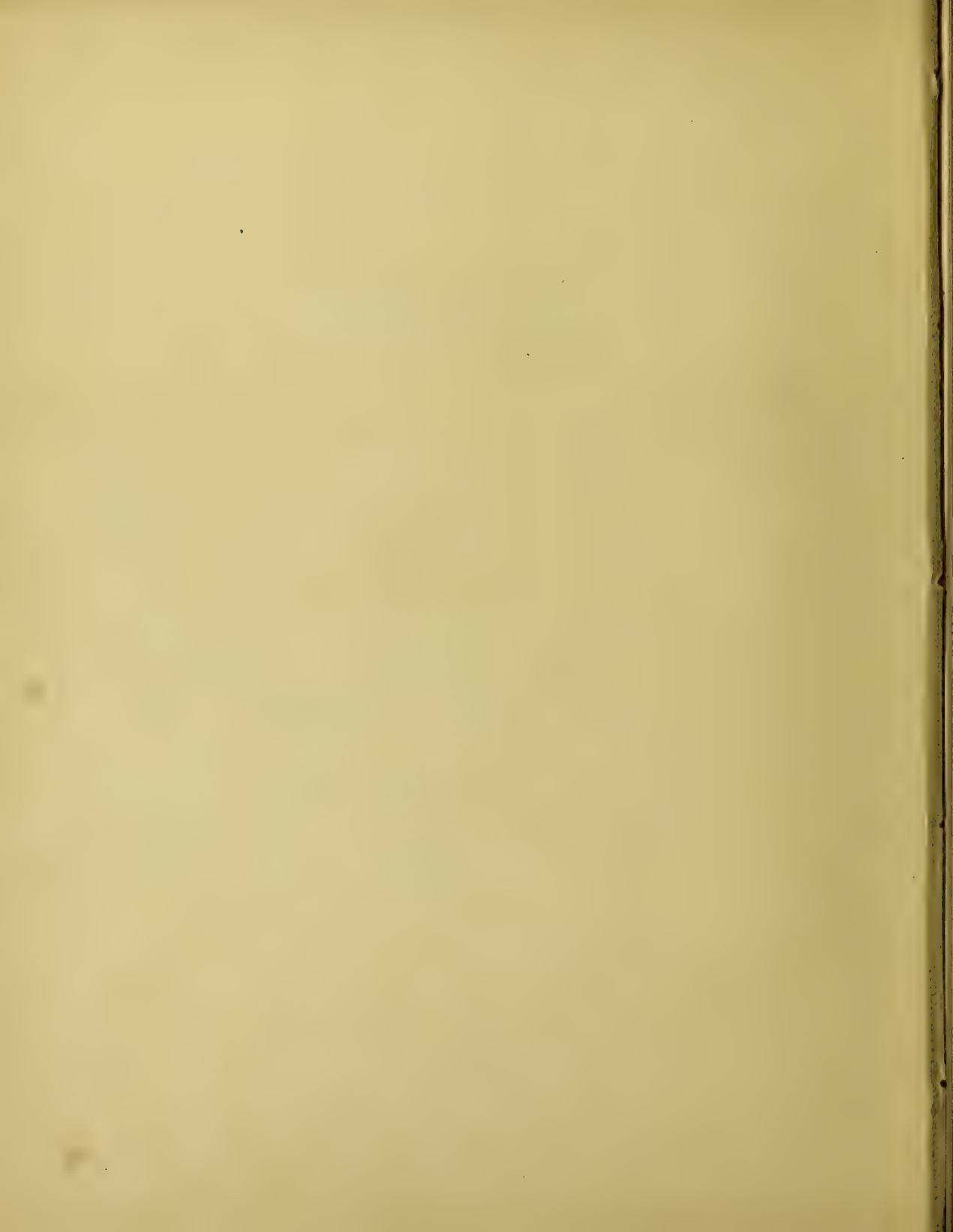
References are made in the Introduction to the paging at the *foot* of the Manuscript, not to the original numbers at the head, which are irregular. From this irregular paging it will be gathered that there were numerous blank pages between various sections of the book, which of course have not been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

G. W.

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The Story of the Book.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

xviii.

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

The Fairfax Family.

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

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

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

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

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

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

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

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

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

"My ever dearest love,

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

"Thine ever,

"MARY FAIRFAX."

"Ashton, Feb. 2nd, 1632."

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

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

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

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

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

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

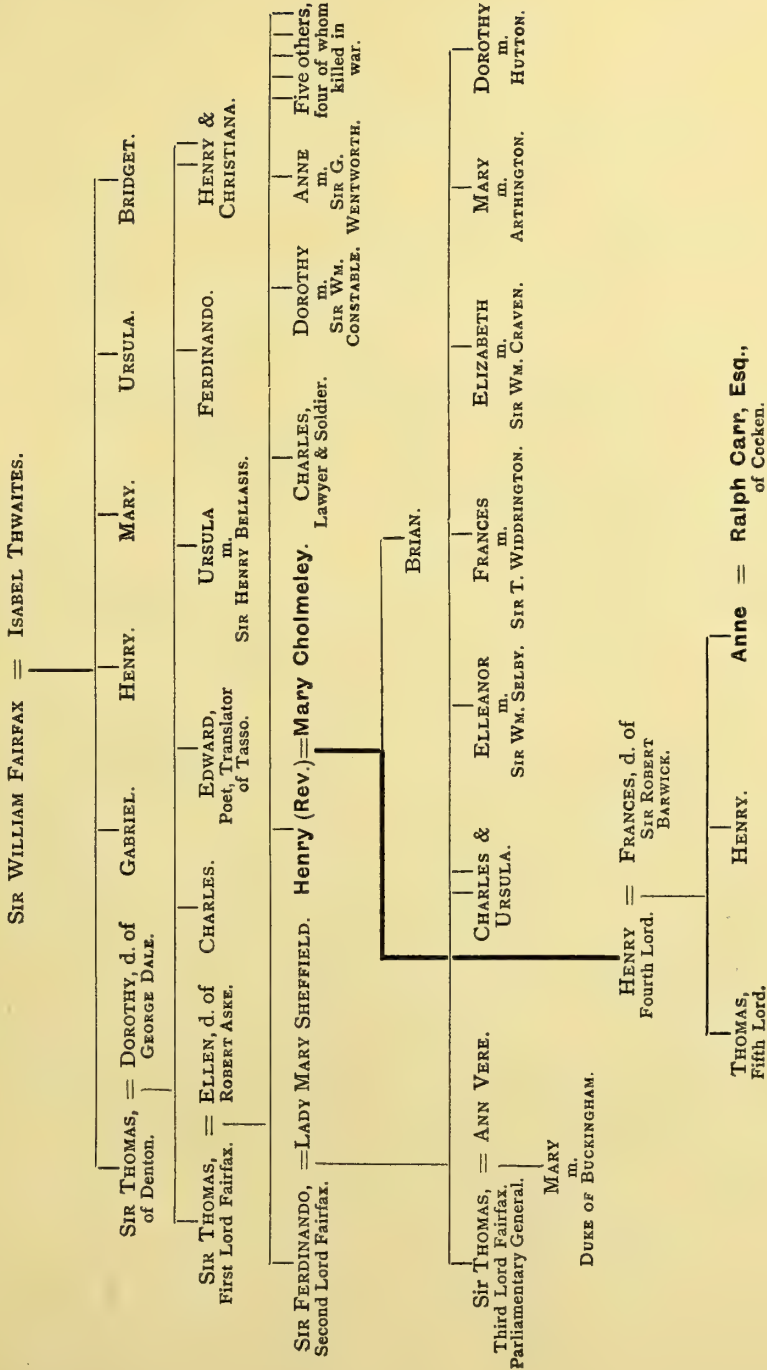
His two cousins, Henry and Brian, sons of the Rev. Henry Fairfax, were frequently guests in his house at Nunappleton during his latter years, and the former succeeded him as the fourth Lord Fairfax. Brian played rather an important part in the Restoration, and recounts in a little book entitled "Iter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

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

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

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

Genealogical Table of the Fairfares.



Nephews and Nieces of H. and M. F.

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

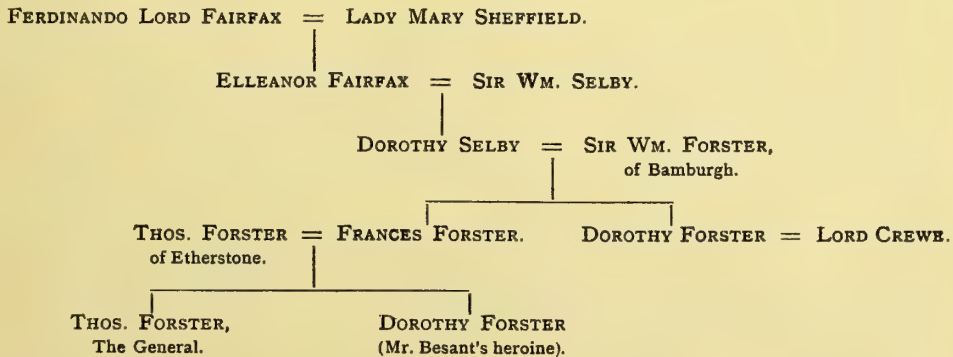
FEB. 10, 1635.

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

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

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



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

Seventeenth Century Names.

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

Relationship to Henry and Mary Fairfax
or otherwise notable.

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

Eighteenth Century Names.

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

The Handwritings.

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

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

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

I.—The “Shakespearian” Hand.

(Page 3).

Edw to the my godes & gopys & bony
 in Octobr Digg he & apyred between he & gill
 the he digges round about, so lett all
 he & wynter hee anwyse hee a fullow ground
 but styv not hee gill hee anwyse

(Page 98).

Shope one dram, & a full of Robert and
 wyple myt in the dwyn of wyne,
 wynngeast dult hee nocht awarings and
 dardel full wyne at sic of hee stork
 full son morninge, fastinge hee co. 13
 at a wy dwynge, fount. Et of a dram
 fashed, but drinke a drange of hee
 hacher wyne hee om ye godd before
 wy putt my beent or froot into hee bote

id est (Page 3).

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

(Page 98).

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

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

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

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

II.—The “Secretary” Hand.

(Page 117.)

To Cramme Capons. //

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

id est

“TO CRAMME CAPONS.

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

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

III.—The “Glossyng” Hand.

(Page 124.)

How to dy a french grene /

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

id est

“HOW TO DY A FRENCH GRENE.

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

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

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

IV.—The "Italian" Hand.

(Page 14.)

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

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

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

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

V.—Henry Fairfax's Writing.

(Page 140.)

For of Kings-cuill
 A hole-foot stamped to his notes, if plome of y^e birds of Lyne or flax &
 if great of a Barrow hogge mixe them all together make therof a plaster &
 lay it upon y^e sores changing it twice a day, as all y^e sores of y^e dysentery will be
 resolved into great after they be healed wash often y^e place wth white wine
 by y^e space of 10 or 15 dayes.
 How to knowe y^e h. cuill
 As a ground. Worme alive & lay them upo y^e swelling or sore & cover
 them wth a leafe; if it be y^e dysentery y^e Worme will change & turn into earth
 if it be not he will remain whole & sound. A. C.

id est

“FOR Y^E KING’S EVILL.

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

“HOW TO KNOW Y^E K[ING’S] EVILL.

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

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

(Page 120.)

to make puffe paste

138.

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

id est

“TO MAKE PUFFE PASTE.

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

VII.—Brian Fairfax's Writing.

(Page 151.)

The Drinke for the Plage

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

id est

"THE DRINKE FOR THE PLAGE.

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

182 Syrup of Clove July Floors . —————

Take half pound of floors put y^m into a pott
 & power 9 hills of Ryeing water upon y^m cover it
 & Let it stand 3 or 4 hours then strain it through
 a sieve & put two pound of ^{See} Loaf Sug^r to one pint
 & Give a boill on two & Burn it very well
 you may clear it up wth whites of Eggs

IX.—Nineteenth Century.

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

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

The Subject Matter.

Medical Recipes.

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

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

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

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

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

Housewifery.

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

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

Touches of Nature.

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

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

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

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

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

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

The Reproduction, and how it was Done.

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

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

xlviii.

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

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

George Wood

2, Stannington Avenue,

Newcastle-on-Tyne,

November 17th, 1890.

The Manuscript
in Fac-simile.



Ursula ~~Robt Green~~
Cochran
Ursula Lister

Hens

Hens Fair Face

Robt Green Cochran Ex Dono B.C.

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

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

To make good ink

Take a quart of Rains water, or Blawell
 water, or Road water not being too hard
 5. ounce of Gall / 4. ounce of Copper
 3. ounce of Gum / beat y^e Gall and
 Copper a little together: 2. of y^e water
 to lett y^e stand as before / note y^e
 you would be putt in y^e water
 after 5. days standing you shall find a
 little but very little be y^e play
 of y^e water y^e y^e putt in a penny
 worth of water sugar

Take a quart of fair spring water. one ounce of Copper. 2 ounces of Gall. &
 4 ounces of Gum Arabic, mingle the together & lett the stand. M^r Madgeley

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

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

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

Take a quart of Rain or other soft water
 and put to it 4oz of Galls grossly beaten
 let it stand warm for 3 days then add 2oz of Copper
 1/4 oz of Gum, Ditto, ^{small} let it stand 2 or 3 days longer
 best shake it up 2 or 3 times a day put a little brandy into

Receipt
 10. Humber, 6oz of Gall. 2oz of Copper
 or other the better
 Do Gum arab.

the bottle is with
 kinder if y^e want
 the same

Index. See in the later End of the booke.

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note of ppeftrud uere

Anna: Synofyde of Figs a like weight or quantity.	weight
℥. a pound with a weight. - (of a quart) - - - -	12.
℥. β. half a pound. the β. / (or a pint) - - - -	6.
℥. i. one ounce (℥. i) - - - - -	3 8.
℥. β. half an ounce (℥. β. /) - - - - -	3 4.
3. i. one Dram (3 i is 3. 00) - - - - -	gr. 60
3. β. half a Dram (3 β. /) - - - - -	gr. 30.
7. i. one scruple. (2 i) - - - - -	gr. 20.
7. β. half a scruple (2 β. /) - - - - -	gr. 10.
℥. Synofyde, a grain weight.	
manipule. a handfull.	
4) mille. weight one may gold between the two fingers or a top legombt.	
m. : Pound for argut nobis in please. /	

Not. A grain is a barley-corne.
 a Scruple is 20 granes
 3. Scruples a Drasme.
 8 Drames an Ounce.
 12 Ounces a Pound.

For a Wenn

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

When y^e corruption is cleane drawen forth, then will apcare to remane the bagg or skynn of the Wenn, vnto which apply natbing, but yo^r fasting spittle first forscing, all y^e corruption to be cleary cleane drawen forth: Deuise some cleauing thngs about y^e edges of the plaster, broder then shall touche y^e soare therby to make y^e platter to abide vpon y^e sore w^{ch} otherwise yt cannot because y^e soape is slippery and not cleauinge: /

For y^e fame.

Take May-butter well clarified in y^e sunne, Broome-buds, Burtree flowers, Violet-leaues, red-Sage & a little-Carnomile.

9th sterne

For the reddnes of the eyes or bludshod

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

For Chilblanes & Ribes

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

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

Take two or three onions; pill them, and slice them & beate them smale and putt therto iij sponefulls of sallett oile and asmuch aquacomposita stamp them well together, straine them thorough a cloth, then take it, warme it whott and anointe y^e greued place and warme a cloth, and it on it. // ~~~~~

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

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

For the falling sicknes

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

A present medicine for a laske
is good for bleedmg. ij

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

For a Pynn and Webb: //

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

For swelling of any parte

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

For the shrinking of y^e sinewes.

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

Anoyntment for the Palsey. ~~~

Take the flowers of sickades, the flowers of y^e right spite, the flowers of french lauender, the flowers and cropps of rosemary, y^e flowers & cropps of Isop; y^e flowers and crops of maudlime, and a handfull of kowslipp flowers, y^e crops of sage, of each of them a handfull, and of Camomill flowers, three handfuls: put them all into sallet-oile, and make it, as you make oile of Roses. 4

For them theyr speech faileth. \

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

For the same: ~~~

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

For y^e Palsey that draweth y^e smowes: mmm-

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

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

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

For the paine in the back.

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

Another for the same.

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

For the Emrods. ~~~~

Take the hooft of a horffoote, and redd scarlett, burne them
bothe together to powder: take White frankensenee. Cast
this powder on a chafin dish of coles and sitt ouer them. ~//

To make a bath for Melancholy: ~~~~

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

For the saling of the Couila. ~~~~

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

Of Emroides or Pyles.

There are aboute y^e end of the fundamēt, five *veines* w^{ch} are
 called *Hemoroydale* and are ordeyned of nature to purge the
 gross and melancholy blood in men, as weomens bodies ar pur=
 ged euery moneth: yf y^e said purgations come duly, yt p^reseructh
 the body from sondry diseases, as from y^e Leper, from Canker
 and such like: They be called *Hemoroyde* of *Hema* which in
 Greeke is blood, and *rois*, w^{ch} is flowing: There are diuers kindes
 of them for some be like greynes; some are like mulberies, and are
 called *moralles*; and some are smale as little peeces of flesh, about y^e
 fundament, and some are painedfull, and *aposthum*. The cause of
 these for the most part, is abundance of gross and melancholy
 blood, and sometime of flegme, and somtymes of brent choler sent
 vnto y^e said place, or els they come thorough the receipt of sharp medy=
 cines: Wherfore by the greate abundance of such blood, yt chāseth
 y^e the said *veines* swell, and be extended out of the fundament,
 being very painedfull and *aposthum*. Therfore if y^e blud be very
 subtile and sharp, and the passion naturall and coming by courses
 then the mouthes of the *veines* are opened without y^e melancholy
 blood is purged by the benefitt of nature; and also the sayd *matife*
 blood watrye and not grosse, then they are like little bladders, or
 graines of raysons, and white in colour, soft in touching, and cause no
 greate pame. If they be ingendred of gross flegmatick blud,
 they are

Hæmorrhoides

αιμορροϊδες

they are hard like warts or Unripe figgs, and are not Veary painefull except they be vlcered and royned (with some Whott humor // Their collour is betwene blewnes and rednes, yf they be caused of melancholy blood and flegmatick mixt together, they are like little peeces of flesh of black collour: And if they be caused of brent choleric blood (with melancholy: they are in collor or signe, like to a mulbery and Veary painefull. There be some, naturall, and some accedentall. The naturall are those (which in some bodie, euey moneth, or euey yere, foure tymes, purge gross and melancholy blood: The accidentall are those (which proceed of y^e forsayd causes, through ill diett, or other thinges not naturall, wherfore the patient must auoyde all sharp, salt, and tart thinges that inpende melancholy blood, as all pulses, the head, the inwardes of beasts, and gross flesh as of kine, swine, goates, hares, and birds of y^e riuer: Those that are inpende inwardly are naturally, and they are wont to send out gross blood: And those that were outwardly, send out watry blood, somewhat reddith. —

For the Scyatica.

Take 2^d worth of Cantarides (sow them in a linnen bagg. steep them one night in vergiess, the next morning apply y^e bagg to the side of the legg below the knee, and continue it there for the space of 6 houers, then take it thence & lay to y^e place a cabbage waite & when it draws to some hard bott on the blisters

See pag.
19. 61.

~~Fluke~~ ~~Eng~~ ~~of~~ ~~the~~ ~~...~~

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

To make excellent aqua calcis. ~~...~~

Re: C^mamomi. 3j
 Zinziberis 3℥
 Santhalarum } 3℥
 omniū singulon }
 Gariophyllorum }
 Gallanga } ana 3℥
 Nujis muscata }
 Macis cubebarū - o 3j
 Cardamomi veru^sq }
 Sem: ingelle } ana 3m
 Zedoria 3℥
 S: ansi, semicul 3℥

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

Pastmasi ocymi
 Rad: Angelica
 Cariophilatæ
 Liguiritiæ
 Calami aromati
 Phu: scabiosa
 Thimi Calamintb
 Palagy Serpilli
 Maioranæ Mentha a 3ʒ
 Floru rosarū rub:
 Salviae Betonicae
 Rosmaria
 Sacchador
 Buglossi, Boraginis a 3℥ss
 Pul: Corticu Citri 3ʒ
 Species Diambreæ
 Aromat: Rosat
 Diamoschi dulcis

Dia margarito Calide

Elect de gemmis a. 3ʒj

Maccrant^r f. a. in tib 12 (vni optimi clarissimi, siue spirit vni
 Vel aqua vitæ dieb⁹ xv: at distillent^r, et in ag: inde fluente
 Ut distillat adde Santal odorat, id est Citri 3ʒ maschi, abrac
 dgran xv Tulapi rosaci clarissimi tib misce et bene Cooperta, Serua:
 Bynd the.

Bnde the ambergreece muske and Saunders, in a cleane
 linnen cloth, and lett y^e water as it distilleth dropp through
 the muske and amber and y^e Saunders, and lett it be tied to
 y^e pipe of y^e Limbeck: Then afterwards add yo^r Tulipp of
 Roses Onto y^e water distilled. mmmmm—

This is called y^e flower of all oynments, alias
 flos roquentoru. for it is for all manner of
 maladies, aches or hurts, new or olde. mmm—

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

used pag:
 30. & 30.

for if it be whott it will marr all yo^r Suff. / When it is done and colde mough then anointe yo^r hands with oyle of sweete almonds and make it up in roles, and kepe it to yo^r use for the most pretious salue can be made for all diseases / and for y^e goute to spreade Upon a cloth like a plaster, and put it to y^e place p^recued, and yt will not come off untill y^e p^rame be gon. And if it be for the goute take half a pound of Comen mingled wth y^e things aforesayde wth y^e Campher, you must pound two or thre almonds or els y^e Campher will not come to powder. / When you make yo^r salue in to roles then you must cast in yo^r Campher where y^e goute prieth or akes / Laye to this plaster, and it will drawe out euell humors, & ease you of yo^r p^rame; and this Intreat is good for y^e goute, and for olde sores festred: for maney of all treats it is most cleansing, and a stomper and will ripender and gather newe flesh; yt is good for all old aches, and impostumations of y^e body, head, face, or otherwhere: for Smowes sproonge or shrunkte, or to drawe out venim, stimping or biting off venom beasts, to heale all botches, punches all thinges hardened in the flesh: for noli me tangere to drawe out all maner aches in y^e lymes and head ache, y^e splene & y^e eies, and breaketh all maner of posthumacions or swellings in y^e Coddys, festers and Cankers all fluxes of men and women: good for Emrods & good to make any plaster or searcloth, to heale any sore: This Intreat is called flos unguentoru, for it cometh of Jesus Christ to a recluse by an Angell at y^e red hill in Almaine, y^e w^{ch} wrought many maruells wth yt, and neuer had other medicine. —

The order of this medicine

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

To make Oile of Exiter

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

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

To make Oyle of Swallowes. ~~~~~ in p. 29.

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

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

To make anointment for y^e stomak against
the colic. mmm

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

For y^e Sciatica

Take a pound of Wax, the Juice of margerom, red sage, in spoone
fulls of y^e iuice of onions two spoone fulls of frankensente nutmegs
cloues mace, and ammis seede, of each a penyworth of turpentine
and applie it vpon leather mmm

For y^e same.

Take Aquadite or Carnonal, in marrow of a deer-blanch or deer-fat
or reats foot oyle. now putt all these together in an earthen-pott or
see distill them in y^e sunne or a pott of warm water. Mrs. Mathews.

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

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

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

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

A powder for y^e Stone.

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

A Very good almond milk for y^e bloody Flux

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

For one y^e is Surge with an Aider

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

For a greene Wounde .

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

A drinke for y^e ouerflowing of the Gaule: .

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

For one that cannot make Water. .

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

For the same

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

Another for the same .

Take black Soape of the stimpins If you can gett, and worke
yt with white salt very hard, untill it be like paste, and
then role it up like a bale and binde it to your Nauell
with a clotbe

To help the Quila

Take a peece of fine linen cloib, cut it rounde as bigg as y^e mould of y^e head.
laye on it fine flax allouer not very thick: Then take nigella romana
nutmegs and comen, beate them altoeather to a powder, then laye all y^e
powder upon y^e flax allouer then laye an other lane of flax on the same
as before, then take baye salt, drie it as drye as yo^r can, beate y^e same into fine
powder, and lay it on y^e flax. all ouer; cut a round peece of cloib as the other
before quilt all these toegether, that y^e powder run not abroade, geuing a
spetiall marke to y^e side y^e salt is on, laying this quilt to y^e middle of
y^e head, vearly w^hot, the salt side oppermost from y^e head, and when
yt

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

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

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

An aquacomposita for y^e yellow Iandize ~~~~~

Take in gallons of very excellent strong ale, ij ounces of Ginger ij ounces
 of nutmeggs one ounce of Cinnamon, one ounce of long pepper, one ounce
 of prames, one ounce of Galingale, a dram of Cmcorns horne in ounces
 of

of annisede and in ounces of liquoris, all these brused, half a pound
of sallandine, half a pound of mercury of the field; as much mallowes
All these herbs, finely shred, in or in roots of fenill, of parslye and
succorye, the piths taken out, shred them also, two ounces of english
saffron, finely beaten / y ounces of the greene of goose tords newly
made, y ounces of Elicampana rootes, y ounces of reddewormes, w^{ch}
are comonly called eases; ripp them asunder in y middest, and scrape
out y filth, and scoure them in salt, and wash them very cleane
and drie them in a cloth, and putt them into the ale: you must
take of the shell snails, and cut of the heads of them, and slit them
a sunder and scoure them in salt very cleane, and wash them very
cleane untill all the filth be out. Then drye them in a cloth very drie
Take y ounces of these also, and putt all these aforesayd into the ale,
into an earthen pott, one daye and one night, and stir it fivie or six
Tymes in that space and then still it either in a lymbbeck of glass, or
of pewter, you must still it in May, and lett the patient drinke it in ale
at morning and evening, one sponesfull at a tyme; you may kepe this
in or in yeres, the longer the better: Put also vnto these aforesaid
half a pound of reasons of y sun, stonned, and two ounces of hart shorne
finely made into powder.

For y^e Green-sickness.

Take earthwormes open them, wash them cleane, drye them in
an Ouen & beat them to powder. geue 2 sponesfulls in white
Wine in y^e morning.

A medicine for the Stone

Take an onyon, and cutt out the topp, fill it wth castle soape
and the powder of franckensence, sett the onion in the whott
Imbers and when it is mough, laye it plaster waye to y^e nauell

A medicine for the Emrods

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

For any sore, or pimples in the face

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

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

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

Take one ounce of Unguentu rosatum, of the best you can gett and half a pennyworth of y best brimstone, and a pennyworth of y best gringer that you can gett, pare it, and beate them bothe very fine, & searce them, and putt them into yo^r rosatum: mingle it very well togeather putt it into a box, Then nomte yo^r face where it is pumpled, xx nights and in all that tyme you must take hede, that no sweat come to yo^r face. Then the xxiij night, take some oile of sweete almonds, and anomte yo^r about one houre before you goe to bedd: and when: (face you:

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

G 311111

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

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

G 311111

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

Take an ounce of Nutmegges, an ounce of Cloues, & an ounce of Mace, of Rosemary y^e worth (i. a good handfull) of Sallet oyle a gill. Boyle all together & lay it on y^e crowne of the head, of said ingredients being doyed & first beat to powder. y^e may lay vnto y^e eyes Concrete of Rasps &c.

G 311111

Balles for the face . mmm

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

Oile of
Swallowes.
fy. 18.

A singular Ointm. for any Bitch or Bruise.

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

A devine Plaster for any ache (which
hemo laied to y^e place greaved, taketh away
the paine so soone as it is once throughly warme

Ude
p. 56.
15.

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

For nummes of members. ~~~~~

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

For the falling sicknes.

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

For the dymnes of the eyes.

Take of the Water that is filled of strawberries, and Wash y^e eyes
with yt; Likewise it doth quenche y^e heate of the face, and take
awaye the redd spots of y^e same, if you use it xij daies together.

To stopp the Flux.

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

To heale the Emrods.

Take A ron called Cuckoo pmitle, and boile it in oile-Oliffe and
warne applye it twice in the daye, it healeth it wth in ix daies at
the surtbest.

For sore eies a remedy most excellent

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

To heale a fellon or Bile.

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

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

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

For a sore-Breast. or y^e Wolf.

Take Litch or Rosin ʒ 3. Bees-Wax ʒ 3. Sheep-fitt ʒ 3. all boyled together takinge away y^e scume. then take a piece of new-linnen cloth vnwashed fro y^e weauer or steep it in it of both sides like a fear-cloth, as cutt it in pieces according to y^e wound, as yf it need a Tent take some of y^e said plaster & make a little tent as put it in. then lay on y^e plaster as yf it doth not euide make y^e lultice of sweet-milk or oatmeal, but in noe case let y^e wound stink of themselves, for they will break in another place. When it is cured anoint it wth y^e oyle of S^t wallors or some mild oyle to take away y^e redness out of y^e breast. y^e party tokin she is cured must keep her Breast Rott for half a year after.

To cleere a dymme sight of the eyes

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

For the Jaundize and Choller

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

For acbe, Sitch, or swelling . . .

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

For the windcolick or the Stone.

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

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

pag: 38.

Take wax \mathfrak{z} rosine \mathfrak{z} j \mathfrak{q} and of the powder of *Arisolochia rotunda* and of longa of each \mathfrak{z} y, melt the wax and the rosine then putto yo^r powder finely beate and sears, and stir it till it be colde, and laie of it to arie of the greeues morne and euen plaster wise, yt remedith in short space, as it hath bene tried. 4

To drawe the reume from the gummies . 11 .

Take of the roote of pellitorie of spaine \mathfrak{z} y, being in fine powder, then infuse in it stronge Camiger, and make rounde smale peles with it, and holde one now and then in thy mouth, this will purge y^e gummies and ease the toothache

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

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

For the Migrome . . .

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

For the Coughs . . .

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

For shortnes of the breath

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

A medicine for pissing a bedd

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

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

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

To stopp a flux .

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

For the Tisick .

Take horebounde wormewood, Isop and calamit ana ʒij bruse them, and putt them into ij gallons of strong ale or beere for 24 houres, then straine it and to every quarte putt ʒij of suger in fine powder, and eate man^{er} xpus and pennedice morne and even ʒij at a time, not for to drinke after it for ij houres Use it 24 daies .

For a Stiche or Pluresy .

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

For burninge or skalding .

Take graye sope and anointe the greese wth it ^{haires} 4ⁿ together, that you lett it not be without nointing half a q^r of an houre for those 4 houres this will saue it from blisring, and heale it in 4-8 houres .

To take awaye Cornes .

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

To take awaie the rednes of the face .

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



To heale a greene Wounde .

Take Venice Turpentine zj mix yt with as much suger, and
 apply it to the Wounde .

For the botche .

Take honie and the yelk of an egg, and mix them with brunt allome
 and laie it on linte, and laye it too: and a plaister of greene treate Cypon
 yt, and it will heale it .

For such as do vomitt and cast up their meate

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

For the skurff and scab in the face

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

For such as have the Lunacy.

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

For the yellow Jaundize

Take livar worte and stamp it, and take ʒij of the Juice, and hony ʒij being clarified boile them together in the forme of a sirop, and Use it 5 or 6 times in the daye ʒj at a tyme.

To cleanse the Urine and reynes.

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

To stint the blood of the Piles

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

For a benommed member.

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

For deafnes.

Take the galle of a Hare, and mix it with womans milk, and putt of it into the eare warme, and stopp it close wth blacke Wool, and it healeth in nyne daies.

For ache of the back or ioints.

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

For ache or swelling in any iointe

Take hemlocke, sheeps tallor, and oile olive, frye them together and laie it too as a plaister.

℞ Unguentū populij.

To stint blood in a wounde .

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

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

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

For a wound y^e hath perill in it .

Giue y^e sick to drinck at y^e beginning pigell bagell and sanacle hearb robar de matfellow egremony daisyes waybrude sentory antorosi cresses tanzey mallbroes and hemp, of each alike, mitch mather half as much as of all the rest of y^e hearbs, stamp them well, then straine it and lett it coole, then giue the wounded to drinck, and if he cast it, it is a signe of life; then search y^e wound diligently and dress it up; this drinke is good for the fister canker and many other thinges you must giue it daily to the wounded man fasting, 5 or 6 sponesfulls at a tyme .

A drinke to heale a Wounde or sore

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

A soverene Water.

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

To take away spots in the face.

Take the rootes of wilde pepper and mallowes of each alike seeth them
well and braye them well with Isell and oile olif, hony and wine, and
therewith anointe y skurf or spots of y face, it remedioth

For the dropsey a good medicine

Take of the flower deluce rootes made as cleane as may be then stamp them (Beary smale, and straine them strongly into a pewter dish, and lett it rest that the groundes may settle, then take the cleere water and putt it into a glass, and putto it white stone suger, and giue the sick one sponesfull, if he be prouoked to cast, take a sponge swett it in Ginger, and hold it to y^e bole of y^e throte, it staieth y^e same. Probatum.

For the Reynes that be sore

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

For sorenes of the back wth bruse or stroke

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

For one that spitts blood.

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

A Powder for the Fisher

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

For one that is Wounded

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

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

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

For y^e same purpose.

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

Sh: N. C.

For the Quartane Fever . . .

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

To take away freckels in the face .

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

For a saseplene face . . .

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

For all maner of Agewes.

Take rewe Wormewood, and sotberne wood, and seeth them in wine
and drinck thereof three daies before the fitt cometh, and come nere
no fier, nor seanie furious meates.

To heale a wounde.

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

To heale a wounde lightlie.

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

To cleere a wounde . . .

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

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

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

A pretious Water for sores olde or newe

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

To stait the flux . . .

Take a quart of faire water and boile it in perrewinckles a handfull sinamom y^e m fine powder a lemmon cutt in peeces boile them till half be wasted then straine it and sweete it with suger, drinck it morne and even . . .

A Water for diuers sores Well tried : //

The Urine of yong children knavish and Wanton a pottle of the clearest Uringer that may be gotten and take stronge Wine Uringer a quart, putt them together and putt them wood ashes and Enrlackt Lymē of each a pretty quantity, and seeth it till y^e third parte be wasted, then lett it stand till it be cleere, then putt to it salt armonike, salt geme, salt nitur and allum de plumbē ana ℥ij made into powder and stopp the glasse close, and keepe it for yo^r use, this water well kill in fower daies any naturall cancker, festur, dead flesh and wenms. yt kills the webb in y^e eie if you touche it with y^e water but once it is good for many other thinges more, as it hath bene proued -----

To staire the Flux : -----

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

For swellings : -----

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

For the toothe ache

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

For the biting of y^e brest and stomak

Take pepper $\frac{z}{\beta}$ in fine powder, baye berries $3j$ likewise in powder mix them well together, and drink $3j$ of it in luke warme wine it ceaseth the torments of the body, y^e biting of y^e brest and stomak. :: /

A Souveraigne Water for Sores.

Take salundine, ragworte and yarrowe, of each two good handfulls boile them in a gallon of water to a pottle, then straine it and putto it aqua fortis $3j$ quick siluer $3j$, and lett them stand; it wilbe like mercury sublimé; This water will heale, all sores & fistelos as it hath bene often proued: :: //

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

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

Henry Cholmeley

For the running out of y^e fundament

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

To stopp y^e flux, or gonorrhoea passio. (Gonorrhoea.)

Take comfiori knotgrass, bursapastoris, and plantine of each a handfull
the knuckles of x or xij legs of mutton, seeth them well in a gallon
of water, till it come to 9 pintes, then straine it with salt, and eat
of it or drinck of it warme morne and even x or xij sponefulls, when
it is colde, it wilbe like a Jelley

For the ^{*}Epileptia, Unfallible (y^e falling sicknes.)
it remedeth in six daies.

Take the after burden of a woman, and drie it in a pott till you make
powder of it and give of it to the diseased for vij daies, fasting in
the morning 3℥ at a tyme, in ale or bere, not to drinke after it for
two houres. You must use the burden of the male childe to the
woman, and the femine to the man. This is prooved bolbe of
man woman and childe Unfallible

For y^e same. y^e falling sicknes.

Take y^e hearts of Moules dryed into powder, or armed Cowslip-wat

Take a pottle of old Ale without hops: half an ounce of Nutmegs: a q^{ter} of an ounce of Ginger,
half a q^{ter} of an ounce of Cynamon; & half a q^{ter} of a pound of sugar. beat y^e spices together
in a mortar, put them in y^e Ale: & take a q^{ter} of a pound of Liony-root, & bruisse it
in a mortar & put it into y^e Ale wth y^e spices, & let it stand 3 nights, & then drinck a
draught of it 9 mornings together, stir it well when y^e drinck it. & if it
cure not wth y^e first 9 mornings, rest fro it 2 or 3 daies & then use it againe
gray for a h^{er}bing. And every night when he goes to bed apply to his forehead
Rosemary bruisse of a Nutmeg grated, & white wine Vinegar like warme & set red

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

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

For the stone in the reynes and bladder

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

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

Take y^e spirit of Wine rectified iiii tymes, oile of Sulpbur and of vitriall ana
 $\frac{1}{2}$ lb Julip of Vitolatts $\frac{1}{2}$ lb, mix them togeather in a glasse and give to the sick
of it 3 ii at a tyme, it recovereth them that lye at y^e pointe of death, it mittiga-
teth all paines, and dissolueth all infirmities, it breaketh all colerick Tumors
preserueth y^e stomack, it causeth appetite, it helpeth all kinde of fevers, and
preserueth both man and Woman, in good state, Use it somtymes.

Right noble knight your binding and love
 to me and myne
 hath bene always such as makes me be
 your servant of more fauours which if it please
 you now to grant I will not in great matters be
 so troublesome to you againe, it is for those
 cups I desire to be thankful to for manye articles
 receaued at thour hands, my fute is for a page
 which if it please you to grant and I shall
 thinke you doo me ab great a pleasure at
 this tyme as ~~you~~ I can desire of you, I
 beseech you sir for all the fauours y^e euer you
 haue done me dooing me not in this and
 if you do grant it me let me haue it with
 speed for I ~~will~~ ^{will} to packe it and send it up
 to London before y^e first of august, youge
 Henry Chambley he not here I must not
 forget to present this service and thanks
 for all your curtises, thus with my service
 presented to you by my god so grant
 you what you can best wish for your soules
 health and worldly comfort, I will athisays
 be your assured and thankfull friend

thaxd for
 margrth

(159)

A. medicino to cure by the weapon published
amongst other things by Rodolphus Goelbruus
Professor of Physick in wittenberghe in
the yeare 1608. Intituled the magneticall
cure of a wound. Page: 264

Take of the mossa of the skull of a strangld man
2 ounces. of the mumia of mans blood, the ounce and
a halfe, of earth wormis washed in water, or wine and
dried, one ounce and a halfe, of Helmetitis 2 ounces
of the fatts of 1 Boare, bore pigge, and Bore of each
2. Drams, of oyle of Turpentine two Drams. pound them
and keepe them in a longe narrow pott, make this
when the gumme is in Libra, Dippe into the oylment
the iron or wood, or some sallow sticke made wett with
blood in opening the wound. Let the patient washe
his wound in the morninge with his owne urine
or cleare water, and bynde it with a cleane cloth
alwaies wypping away the matter. /

a plaster

take pofet Decula made of Sural also unisposed
fennel seeds, brown sugar sandie & Gumme /
for paines in the head

take bay salt, running seeds, and fennel
of omeat ~~and~~ fennel one a hand full of boate
they well to gether & boyle them in a pint
of urine & a pint of rose water and til
they be halfe a plaster

For head ake.

Take of oile of Rose & orange or of juice of Rue and alike quantity =
mingle them together as amount of head often times therewith. Or.
Take of braines of a Crowe. seethe it & eat it. as it will help.

H. Cro:

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

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Take Beffen & profsen of each a pound. Virgine's Mass & France-
linfance of each a quarter of a pound. Mastick an ounce. Starke tallow
or Reso-ferritt a qdr of a pound. Camphire 2 drames. Make those of
are to be melted, & pounce those of are to be pounced fine & cover the
or boyle the over a fyre. then strain them through a cleane canvase
clothe in a pottle of White Wine, then boyle y^e Wine & all together
then lett it cool till it be noe warmer then blood. Then put to it
a quarter of an ounce of Surrpentine, & more stirring it till it
be through cold. but beware of y^e stuffe be noe warmer then blood
when y^e put in y^e Surrpentine. Then when it is cold make it up
in Rollas, & keep it for y^e most best Salve y^e is to be used.

To help y^e Spleen wth great speed.

Let blood under y^e tongue in one of those 2 Veines y^e is on that side where
y^e milke dyeth, that being done take mustard & mixe it wth y^e wine of
a boy, & lay it between 2 cloathes, & lay it on y^e fore place one night, &
then y^e it be not well wth it still on till it be helpd. Samardo Rhimovani

A plaister for Wormes.

Take of Camomil, featherfene, Wormewood, Sarsely, Herbe-grace; y^e blades
of vnsitt Leekes & Parsely of each half a handfull. Fry them in fresh
butter, & putt them into a linnen bagge & apply them about y^e regiment of
y^e stomach as hotte as y^e patient can suffer.

A mollifying Glistor.

Take of Cowes-milke a pinte, y^e yolkes of 3 Egges, 3 ounces of Stoney.
2 ounces of Oile-olive: make all this into a Glistor & give it warme.

To stopp Blood.

Take linnen-clothes & dipp them in y^e gress some where Frogges have their
spawne 3 dayes before y^e new-moon.

To pull out a tooth.

Take Wormes when they be a gendering together. Dry them upon a hott ryle stone.
then make powder of them, & what tooth y^e touch wth it will fall out. H. C.

Or take Wheat-flower & mixe it wth y^e milk of Spurge & therof make a paste or dove
or y^e fill y^e hollow of y^e tooth & leave it in a certin time & y^e tooth will fall out.

57.
A playster for strengthening of backe.

Take of y^e flowers of pomegranats, and frankincense, each
a dragme and a half, which may be about the wayte
of an^d. the best Bole Armeniane one ounce, and of
the best aloes half an ounce, of choyse mastike
and dragons blood each one dragme. white wax,
oyle of roses, and oemie Turpentine, as much of
each, as will serve to make it a playster.

Queen Elizabeth her powder for wind,

take ginger, Cinamon, Gallin gall, of each one ounces
Aniseeds, Caroway seeds, fennel seeds of each one half an
ounce; mace, nutmegs of each tow drames, of
Sethuall one drame, ponde all ^{or brace them} together, & putt
therin one pound of white suger. use this powder
after or before meate at any time, it comfort
the y^e stomack, & helpeth digestion. /

Scurvigrass - Drink. / A Dyett,
to be taken 2 houres before meales.

Take Zerfaparella ℥6. Loliopod of oak ℥4. Sene ℥4.
Anise Fenell & Caraway-seeds, ana ℥i. Liqueurize scraped &
bruised ℥2. Agrimony & Maiden-haire ana 2 handfulls. Siver =
wort one handfull. Scurvigrass 2 peckes. new Beere or Ale
3 gallons.

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

alias. Take Loliopode, Spiknard, Squinant, forked-ginger, Marjoram, Galimgal,
Setwell ana 6 penny weight. Anise-seeds, Saffabrafts & Plantain ana
7 weight, Senny of leaves & codd, as much as all of rest. If aforesaid
particulars being grossly beaten into powder, half a peck of Scurvigrass
stamped, put all of Scurvigrass & of Drugges into a Sagger, & hang it with
a packthread in 2 gallons of strong Ale, & stop it for close as new
ayre may come to it to dead if Ale, or else cover it Ale every 4th day
with fresh barne or yeast. & Drink thereof 9 or 10 dayes.

this Drink. It purgeth all humors in of body. It will not suffer
of blood to putrify: neither flume to haue dominio: nor Melancholy to
haue exaltatio. It doth multiply blood. It helpeth all evil in of body.
It purgeth Redume. It defendeth of Stomach. It nourisheth, pfisheth
& pfisheth Youth It engendreth good colour. It comforteth of Sight. It
nourisheth of minde. & is good against of Stone.

My La. Fleetwood's
receipt. by Mrs Perinot

Green Oyntment made in may

Plantain Sage rue wormwood. Camomill Chickweed
Eldor Tops: mallows of Each one handfull
Shred in smalls - put to in half pd of may but
unwashed or salted - put to it half pd of blue
2oz. of oyl Spike & 2oz. oyl. olive let in boyle
gently on a soft fire till the but. is out
be well melted in. strain it and keep for use
very good for bruises & strains

how to make the greene ointment:

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

the vertue of this ointment.

If yo annoynt the stomacke wth itt, itt helpeth y^e digestion
 & expelleth all obstructions; rubb itt on the smell of the
 backe, & itt helpeth the stone: the quantitye of half a
 bras will rubb in beynd the eare, being stopped with

60
Blacke woole helpeth all paines therein, it is all for good
against all aches & Fellons & swellings of wounds,
& also against tooth ache proceeding of cold humors, it
helpeth unger bruse or strain; in vaine or scario.
tis good for the cramp & ~~sciatia~~ sciatica & all
manner of burnings & scaldings stickis & stifele
or stranes in milk or Breast

it is made only in maye.

For a Consumption.

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

A Gelly for y^e same.

Take a Red-Rigger neither too fatt nor too lean, dress it
clean & boyle it in a sufficient quantity of Water wth Maiden=
haire & Colt-foot of either an handfull, Liquorize scraped &
bruised; ouner. Raisons of y^e Sirra stoned, & Currans of either
a handfull. 6 Dates sliced, & 6 chinns of large Male, & lett them
boyle to y^e height of a Gelly. then strain it & putt to it as much
Sugar as will make it sweet. then putt to it y^e Nutmeg sliced
Cynamo 2 Drames, Ginger y^e Drama, & 6 or 8 spoonfulls of
Red-roke Water. Clarify it wth y^e white of an Egg; & rüne it
through a Gelly Bagge & referve it for your use. And
of this y^e one to take a good draught warme, first & last. Dr. Butler.

For the Sciatica.

Take y^e Gall of a Bull or Ox, let y^e moisture thereof into some little Shelllet & set it over a soft fyre & a little fyre with a rife, w^{ch} must be taken offe. putt thereto as much of y^e best Aquavite as y^e clear of y^e gall w^{ch} remaineth is, & have before hand halfe an ounce of Zeppart as small beaten as possibly may be) ready & putt thereto also, & as much of y^e marrow of a storge-shank as a good Wallnutt, or for want thereof an ounce of y^e Oile of Camomill. & When they have been a little over y^e fyre incorporated together, take it offe, & keep it close covered or stopp'd in some Bottle or Bott of Stone or glass till you use it.

The Use.

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

Probat^o. by m^r Hunt of O.R.S.

For y^e Splen & Melancholy.

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

M.S. 44.23.

For a Consumption.

Take 2 spoonfulls of China very thinn sliced
 2 spoonfulls of Ly^e White of Hart's-horne very thinn
 sliced, 2 spoonfulls of White or red Saunders thinn
 sliced, 4 or 5 spoonfulls of French-Barly well picked
 & washed, a Succory root, a Largeely root washed &
 y^e pith taken out, & sometimes a red-Doche root
 pick'd; putt all these into 4 pintes of Spring-Water
 & into an earthen pott covered & made close wth some
 Let y^e pott be sett vpo^o hotte coales for y^e space of
 8 or 9 houres: then take more Water & all y^e former
 ingredients into a bigger pott. Then take a Cocke &
 runna him till he be weary, then kill him & dress
 him & putt him into y^e pott wth 2 spoonfulls of Ca-
 pers, some of y^e leaves of Borrage, Five-leaved gras,
 Rosemary, Violet leaves, Strawberry leaves of these
 every one a little as you can get the. In
 Winter, in stead of herbes, use Cucumber seed, Millon
 seed, also 2 good spoonfulls of Corranth, 3 of Raisons
 of y^e Sunne, stoned; when all have boyled together
 for y^e space of 7 or 8 houres then take out all y^e
 stuffe, & beat all well in a stone Mortar, then
 putt all into the pott again wth halfe a pinte of White
 Wine, & lett it boile a while, then strain it and
 keep it for your use.

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

D^r Hunt^r.

A Belly

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

Take y^e pottle of running Water, 2 handfulls of Be-
romy of y^e wood or Wilde Betony (or for want of it take
garden Betony) one handfull of Unsett Hyfop, green
Sage leaves 30, 25ijons of y^e Sunne half a pound, stoned.
Blessed Cucurbit, a quarter well washed & bruised in a Mortar.
wth y^e 25ijons a quarter of fine Sugar, & halfe an ounce
of White Sugar-candie to putt into it when it is boyled.
Lett all these be putt into y^e Water & boyle the^m untill a
pinte of y^e pottle or somewhat more be consumed. then
putt into y^e same (whilst it boyleth) a pinte of y^e best
White Wine, & lett it boyle upp & soe take it off. &
then straine it out & soe drinck it Evening & Morning
or at any other time finding any stopping.

A Candle to strengthen y^e Backe.

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

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

Take a quart of old Ale, 2 pennyworth of Saffron
one pennyworth of Turnemarake. Iane's Bracke 2 worth
Mangle it together till it be well mixed. Make to y^e quantity
of a quart & take it at 4 draughts, one at Morne, another
at night, for 2 daies. but when it is to be drinck lett it be
well stored. /

Another for y^e same. of my Eg. Cholmaley.
Take Rosemary 3 handfulls, a good q^{ty} of a handfull of Centaury
of Honey half a pint. put them in 3 quarts of Water, season it & boyle it
to half. strain it & take 10 or 12 spoonfulls first in y^e Morning & last
at night. fast 3 Rowres after. my La. Rich Cholmaley.

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3 Drames.

To make Biskett bread of y^e best.

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

To make Braggot.

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

To make Brads

To make Knotts, or Bumballs.

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

To make Almond-bread, or Fritters.

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

To make Maccarounes, or Fritters.

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

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

To make fine Cakes.

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

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

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

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

An other excellent Perfume to burne.

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

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

To dry Apricoches y^e best way.

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

How to preserve whole Roses or Gillyflowers or Marrigolds &c

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

To Candy Angelica.

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

An excellent good Perfume.

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

M^{rs} Ell: Parisian.

The Diet drinck

Take Senne	ʒ 4
Sasaparela	ʒ 3
Epithimum	ʒ ʒ
Hermodactils	ʒ ʒ
Sticadose	ʒ 4
Camomell flowers	ʒ ʒ
Liquoris -	ʒ ʒ

A diet drinke pro morbus

Take lignum vita	ʒ ʒ m
Sasaparela	ʒ ʒ m
Senne	ʒ ʒ m
amissede	ʒ 4
cologuntida	ʒ ʒ
fennell sede & Bentory	ana ʒ ʒ
Pisula	ʒ ʒ †
agua fontanes	2 4
mallasue	†
	1 ʒ

For the tertian Ague

Auria alexandrina
 Oxisaccarum simplex
 Sirupus de A. calasa simplex
 Sirrop of tart pomgranats
 Siropus de Byzantijs.

For the quartan Ague

Antidotum asmericum
 Diasene
 Mithridatu Andromachi
 Oxisaccharum
 Unguentu Arogon.

For the burning Ague

Sirup of Violets
 Diaprunes non laxative
 Decoction comunis
 Electuaru catholicum.
 Mell Violatum, sirup² de lemomb²
 Trochisio de camphora. Unguentu populon

For the mixt Ague

Diaphenicon
 Pelula de aggregatue
 Pelula de Rubarbari
 Trochiscie de diarhodomis

For a longe Ague coming of colde

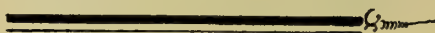
Diacurcuma
 Diacoralium maibesbrale
 Pills of Rubarb
 Sirupus de Eupatorio
 Trochisci de Rubarbario
 Trochisci de Absinthio

The 4 greate Whott seedes

Annis seede
 Fenell seede
 Cummen seede
 Caraway seede

The 4 lesser wholl seedes

Anij seede
 Amomiū seede
 Smalage seede
 Yellow carret seede



The 4 greate colde seedes

Gourd seede
 Coucumber seede
 Million seede
 Cithrone seede



The 4 lesser colde seedes .

Endif seede
 Sicori seede
 Lettice seede
 Purslme seede



The 4 Wholl Unguents

Unguentum martiaton Albbeam

Unguentum Aragoni

Unguentum Agrippæ

Unguentum dialthia

The 4 colde Unguents .

Unguentum album

Unguentum Populion

Unguentum resumiliuum

Unguentum Citrimum

Five Waters to comfort y hart

Endif Water.

Succori Water

Scabius Water

Langdebes Water

Balme Water.

Five opening rootes

Smalage rootes
 Fennell rootes
 Parcely rootes
 Sperage rootes
 Rue Holme rootes

Seaven solitarie hearbs

Mallowes,
 Mercury
 Violatts
 Collworts
 Hollibocks
 Acanthus
 Beetes. //

For y^e biting of Venomous beastes

Mithridatum
 Thiriaca galem
 Oleum de Scorpione

For assuage paine outwardly

Emplastrum Oxicroceum
Oile of Delle
Oyle of Juniper.

For inward diseases.

Antidotum A. sinceritum
Mithridatum /
Auria Alexandrina.

For burning or skalding

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

for

For appetite



Antidotum asmericum

Aromaticum rosatum

Miua simplex

Conserue of Quinces

Siropp of Wormewood

Electuarium de confortiuu stomachum.



For ycolde shaking ague

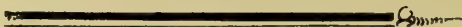
Mitridatum galemi

Sirope of sticadosi

Trochisci de eupatori

Oile of delle

Oile of Sotherne Wood



To comfort a colde brayne

Electuarium de gemmis

Aromaticum rosatum

Conserue of Gladwen

Thiriaca galemi

Oile of mace.



To purge y^e bladder of grauell

Antidotum Asmicitum
 Benedicta Laxatiua
 Diacurcumæ
 Oximel duriticum

To asswage y^e paine in y^e bladder

Emplastrum de granis Laurelli
 Muhridatum galem
 Electuarium clasis
 Sirup^{us} de iuibus
 Oleum cheiri
 Trochisi de Alchachengi
 Oile of sweete almonds.

For the Collick

Antidotum Asmicitum
 Aurea Alexandria
 Diaphemcon
 Trochisi de Rores
 Oyle of camomell

For brouses

Emplastrum de Palma
 Unguentum aureum
 Unguentu Potabile.

For paine in spitting

Emplastrum Carorum
 Loche de Pino.

For belching of Winde

Diagalanga
 Diatrion peperion.
 Diatragacantha calida
 Lohoch sanum
 Oximele Scilliticum
 Sirup^d de Calamita.

For paine in y^e back

Pilula fatida maioris
Oleum de Cheiri
Oleum de Scorpions
Dia casia.

To drawe forth broken bones

Emplastrum Oxycrocium
Emplastrum contra rupturas

For goute in y^e feete only

Antidotū asmericitum
Benedicta Saccatiua
Mithridatum
Pilula de gumis penerib^{us}
Mirabolanorum
Pilula fatida maioris
Oleum Sulphurum
Onguentū marciaton.

For y^e goute.

By Rosen & May butter. make a searchloth therof & lay it upon the
joint mised. Brevis & medicina sicut onulsi valens & pter omne^m expetationē.
m^r H^c. Cholmeley.

For to comfort the hart

Diacorallium magistrale

Thiriaca galem

Elect: de gemmis

Sirup^d de acetosa

Trochisci de gallium muschata

Aromaticum rosatum

Conserue of roses

Diamber

Dia margaritū calidū:

Diarhodon Abbatis

For y^e yellow Saundize

Antidotum asmericitum

Diarhodon abatis

Elect: de ribis

Sirup^d de bizantium.

Thiriaca galem

Trochisci de cumphora

Trochisci de rābarbaro

Trochisci eupatorio

Friasandale.

For y^e Ellica pashio

Antidotum asmericum
 Theriaca palei
 Mithridatum andromachi
 Pilula sine quibus
 Unguentu martiaton

For inflammation

Antidotum asmericum
 Cirotu Stomachicum.

For Whot impostum in the
 stomake or liver.

Cirotum stomacho.

For inward impostumes

Trochisci de rubarbo
 Trochisci de eupatorio
 Oleum Violarum.

For (what) impostumes in y^e throate

Diamoran poti

To ripe Impostumes

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

For inflamacon of Choller

Conserue of Violets
 Unguentu rosarum

For paine of the liuar

Antidotum asincritū
 Diacurcuma
 Pilula agregatiui
 Pilula euphorbio
 Trochisci rubarbario
 Sirap of Citrac

To make a man Laxative

Antidotū asmericum
 Hierapicra galem
 Conserue of Violets
 Diacasia fistula pro emmatibus

For heate of the Lungs

Diatrapantbia frigida
 Diardon abbatis
 Triasandali
 Sirop of Violets
 Sirop of Endif
 Sirop of Endif compounde
 Sirop de infusione rosarū Peridiarū

For coldnes of the Liuar.

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

For y^e hicop

Antiolatum asmericitum
Sirop of mirrb.

For fallings of y^e heare

Oyle of baye
Oyle of Caste

For ache in the hipps

Auria alexandrina
Pilula fatida maioris
Pilula de gumq. generib² mirabon
Oyle of baye
Oleum Sulphurum
Unguentu martiaton
Unguentu Arogon

To purge the head.

Pilule A. ureæ.
Pilula cochia rasis

To increase heate in y^e Inner partes

Antidotum asmericum
 Diacumina
 Diambri
 Emplastru Stomaticum
 Oile of Rew

For trembling of y^e hart

Confectio de muscho dulcis
 Conserue of Borage
 Conserue of Longpebeef
 Electuaru de gemmis

For y^e heate of the hart

Sulip of Roses
 Sulip of Violats.
 Sirop of Violats
 Sirop of endif compound
 Sirop^e infusione rosaru Viridu
 Sirop^e de succo acetosa

For beate of y^e liuar

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

To purge y^e head *sup. 105.*

Pilule Aurea
 Pilule cochia rasis

For the Emrodes

Micleta
 Pilula de Bdellio

For paine of y^e matrix

Emplas^{trum} de granis lauri

Oyle of sweete almondes.

Trifera

Antidotū asmericitū: good for y^e mother

For all diseases of y^e medriss

Mithridatum

Thiriaca galeni

Pelule de cochi rasis

Oile of spike

Oile of euphorbi

For the palsey

Antidotū asmericitum

Confectio dulcis de muscho.

Mithridatu

Pilule de euphorbio

Serop of sticados

Unquentu martiaton

Diaprantū frigida

To purge y^e Reines of grauell

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

For bleeding at y^e nose

Trochisci de terra sigillata
 Trochisci de carabo.

To deliuer a dead childe

Thiriaca galem
 Water of Veruane
 Water of sauene

To breake the stone

Auria alexandrina
 Thiriaca galem
 Mithridatum
 Oleum de Scorpione

For the faintnes of y^e hart

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

To prouoke sweate

Oyle of Delle
 Oyle of Cumme . /

To stopp sweatt

Rosata nouella
 Oyle of Quinces
 Oyle of mirts .

To staie Vomiting

Aromaticu gariophilatum
 Mma simplex
 Rosatata nouella
 Sirop of mirts .

For y^e roughnes of y^e tonoue

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

To breake Winde

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

For Wormes in y^e bodye

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

unguentū aureum for ulcers or wounds

℞ oyle oliue j lib. β. new waxe j lib. rofme. ℥ iij
 therebenthine ℥ iij. melt all these together then
 adde in the collinge franckinsence & masticke
 made into very fine poudder an^a. j. ℥. saffran
 in poudder. j. 3. mixe them well together & fiat

A strong unguent for an old sore.

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

A weaker unguent for an old sore.

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

℞ enula campanæ rottis boyled in stronge viniger
 Swoyns greafe & oyle an^a ℥ iij. wax ℥ i comon
 salt in powder. ℥ β. terebenthine. ℥ iij. the fuyce
 of fumeterre and lymons of ech half a pinte
 boyle all together till the fuyces be consumed
 if you will haue it stronger put into it ij ℥
 of quicke siluer killed in terebenthroz.

A good playstrr for wounds

℞ the fuyce of smallage. plantayn & bettony an^a
 j pinte wax rofme terebenthine an^a lib β. boyle
 all together till the fuyce be consumed & fiat
 A playster for old sores

Emplastrū nigrū.

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

℞ Dear. feruitt, Red & white-lead of each 3 ounces. Sallet-oyle a pinte.
 Be wax 4 ounces. good white-wine Viniger a pinte Boyle all these
 well together untill it be blacke &c. Butter. ℞ Probans.

℞. ℞. ℞. ℞.

To make a clyster.

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

A potion purgative

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

These are drunke a full of Rubarb and
apple mixt in the whine of rogan
womngest out the noxt ahwarings and
darker full wgan at the of the stork
full som morning fastings the poie
of a of drunke som of a som
shod, but drunke a drunke of the
waker, wgan the som of the before
ye putt any brood or fruit into the brot

A Clyster for the Spleene or mune

Take a pint of Sack and add unto it one handfull of the
 Camomill flowers, of linseed and Comfrey's each one ounce
 Let them boyle gently till a third part be consumed, and then
 strain the liquor, and put into it the electuarie called Diacatharticon
 dissolved in the sack and about 2 ounces of the oyle of
 Telle for a Clyster to be given whensoever at any time of the
 Day

To make an Earningbagg

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

To make fine Cream Cheese

Take five quartes of Stripings five quartes of Cream
 but put into your Cream pott five or flower peeces of large
 Wheate and put to your Cream a littell carrying unglued not
 two spoone fulls of Rose water and a littell Clove of Gaillan, when
 it is come take it up and laye it in the press fall not out brakeny
 and presse it downe not your hand then lay it in a fine Cloath
 and presse it not a galle Stone weighe, and turne it twice or
 thrise in sixe houers then rubb it over not a littell Salt
 and let it drie

To make fresh Cheese

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

To make fresh Orudder and Oreame

Take five rogetes of Eggs and two yolles and beate
 them together then take a pinte of sweet Oreame and
 mingle it wth them and straine them together and then
 put them into a C^ocket and put to it a brance of
 Rosemary & nutmedge bruised and a grane of muske
 put these in a linnen cloath and sett it upon the fyre
 and straine them well for burning wgen it beynies to some
 put in the iuce of an Orange or Lemmon and a little
 Rose water and wgen it is well boyled take it off and let
 the wpage runne from it in a faire cloath then season
 it wth Sugar and boyle the Oreame wth you serve it
 wth in wth the yolles of Eggs and Rose water

To make Pomander
 Take Amber greace 32 grames Muske 44 grames C^owill
 16 grames Gum Beniamin 6 grames Clovattles 15
 grames Labdanum 6 grames Camdraggon 12 grames
 Rose water very thicke and beate them in a stone morter
 to strong paste and then mould them

To preserve *Alombe* Greene

The best *Alombe* to preserve Greene is the white date *Alombe*, the best
 time to preserve it in is the latter end of July, take a brode *Shell*
 wth some faire water in it and sell it on the fire and make it weddy (so
 then put in as many *Alombes* as will stand one by another and sell
 them on the fire, then sell on some kinde of *Shell* of faire water and make
 it boyle, and when you see the *Alombe* a little settled in the first water
 take them up and putt them in the second, then sell on the first water
 and make it boyle againe, and putt them into the water keeping them
 close covered all the time of their being in the *Shell*, but lett them
 not boyle till the skin be taken off, then take them up and pill of the
 skin skin, and sell on the first water againe and make it boyle faster, then
 take your *Alombe* saving the skin taken off, and putt them into that
 water letting them boyle leasurely and being close covered lett them boyle
 in this liquor till they be as Greene as you would have them, then take
 them up and lay them one by one till the water be cleane runne from
 then wring your *Alombe* and to every pound thereof take a pound and
 a quarter of *Sugar* finely beaten, putt into the bottom of a brode dish

123.
Take of your sugar and lay in your Plomber one by one, and as you
pull them in, pour or roll them in the Sugar, and to a pound pull
half a spoonfull of water lett them boyle leasurly for 3 quarters
of an houre still turning them in the Sizzupp, then take them from
the fier and wpon they be thorough sold pull them up, and keepe
them nere the grate of the fire

To make Marmalade of Appippins

Take a pinte of faire water and a pound of Sugar boyle and
skim it very cleane, then putt in a pound of Appippins quartered
cored and pared, and lett them boyle a prettie while, till they be very
tender, then take them of the fier and breake them in small pieces
wth the backe of a Spoon in a Silver Porindish, then putt them
againe into the Pan and gawe reddie two or three ozing Pills,
being very firm and finelic cutt, they must first be watered a day or
a night and boyled verie tender, likewise you may putt in the Juice
of 2: or 3 ozinges and soe boyle it till it come from the bottom of the
Pan, and then putt it into your boxes and lett them stand covered a
day or two, in some place nere the ayre of the fier, if you have
not fresh ozinges you may take orange pills preserved. /.

To make Sugar Plate or Lasing Comfits.

Take half a pound of double refined Sugar finely beated and putt
 to a little gundragon steeped in Rose water and a little muske
 or Amber greece finely ground. then mingle it well together in a
 stone mortar till you may make it like paste then roule it out very
 thin and cutt it into little lasinges or printes, you may make the
 like wth the powder of Violettes, Roses, Marigolds, Marigold
 Saffron or sug like, but in these you shall need neither muske nor
 Amber greece, you must put into the iute of roses a little of the juce
 of a lemon to make the coloure orient, you may likewise make Sugar
 Plate wth the juce of a spir white or read wth the powder of Corin

To make Cakes of Apricotts, Pearre plombe & Oranges
 or Quinces.

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

To make Paste of Goma

Take rinde of stringebone pounce, the rinde of Lemons also a pounce
 water from well, and boyle them till they be tender then take also a
 pounce of Adatoc or Quince roasted pounce them together in a
 Mortar putting to them one grane of muske, and a little Rosewater,
 and when you see them into fine past put to them half ounce of
 fine Sugar finely scard with the weight of an Ounce, pounce that
 a new untill you have brought it to fine paste againe, then make
 it in some Beades to the bigness of a Tennis ball, then put them
 upon a tray of fyre into an Oven and lett them drye but see they
 growe not to faste, then wash them ouer with the weight of an Ounce
 and Sugar .i/.

To make quinic Cakes

Boile your Quince very tender then pare them and take the best
 and softest of them, to make a pounce of them, take one pounce of Sugar
 beate it finely and putt vnto it as much water as will moisten it
 and lett it boile vntill it be reddish to handie, then putt in your quince
 and lett them boile together vntill it will not sticke to your fingers

If grapes being well then save youe molde reddie wth a litle fine Sugar
sorted toppom them and see putt on youe quintes of water thicke
you thinke good and lett them lie untill they be cold then sell them
before the ffier to drye. / / /

To make Paste of Oringes.

Take faire sic roll ed Oringes putt them and wringe out the juce and
boyle them till they be very tender, Lette youe wat^r often in the boyling
till it leaue to be bitter, w^{hen} they be boiled tender presse out the
wat^r & ward betwene two trespers, then beat them well in a stone
morter w^{hen} they be well beaten straine them throug^h a faire Sieve,
take to every pound of Oringes see beaten, a pound and a halfe
of Pippins being boiled and strained, then mingle youe Oringe
stufte wth youe pippine and beate them well together wth a spoone.
take the weight of these two together in Sugar being finely beate
and put it into a Pan or Skillett put to it a sm^{all} faire wat^r as will
well moisten it, then set it ouer the ffier and let it boile untill
it come to a man^{er} of cruste, then put in youe Oringe and pippine
stufte into it and mingle them well together, sell them ouer

Quer the fier and boile them altogether till it will nat sticke to your
 ffinger, then take it up and make it into cakes or other device as you
 selfe shall thinke good. ./. .

To make marble Paste.

Take of the aforesaid rolls that you like best and roule it out somewhat
 thin, then take as it were a white and reade flower one upon another and
 roll it out the longer way and it wilbe miltarded like Batonn then sell
 one pece by an other and close it the badde way) but you must observe
 to ioyne a white and a read together and you witten to be somewhat
 thicker then you read or of fouled, and when you have closed it soe sell all
 one end a pece of the same, then roule it furth both wayes untill it take like
 a ramlett wainscote and soe put it out in peeces or losings: If you will make of
 the lesser sorte you must lay your peeces one upon another and roule it up
 aforesaid and put it out the longer way and close one end to another the long
 way, then roll it up againe and roll it suddenaies in little peeces
 and roule it out, and soe lett it dry. ./. .

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Oniments for Aiges, Bruises, Cuts, Stings,
 Falls, Lamenes and Crampes. / of Green-Lyntm.

Take Sage and Rue of eij a pound, of wormewood and
 Bayes eij halfe a pound, Sheepes suett cleane picked three
 pounde, Stamp all these together, till none of the suett be
 come, then putt thereto one pottle of Sweet oyle oliue, worke it
 (wery) well together then put it into an earthen pott and pouer itt
 close, and let it stand x dayes, then take it out mouldie as
 it is and brake it into a brasse panne and make a softe fire
 vnder it still stirring it, till the greedes waxe sand, then take it
 off and lett it coole, and straine it then putt thereto two ozj of
 oile of Spite, and stize it well together and soe putt itt vpp
 in a pottle, and when you vse it warme it.

To make Sizzupp of Pimyex

Take Conduit water galfe a pint, white Syde galfe a pounde
 Boile them together till galfe the water be consumed, then putt to

Item a qt℥ of a pinte of rosyte wine vinyger, and lett them all
boyle agayne together vntill they come vnto the consistance
of a Syrrupp still takinge awaie the Skyme wch is thera

• To make Almond Synger-bread

Take fourden Almond^s blan^{nt}g, Item in faire wat^r warme
but put them presently into faire colde wat^r as you blante
them sic the Almonds in a faire lining stoff, and beate them in a
stone Mort^r a verie litte rosyte, then put two or thre Spoonesfull
of read Rosewat^r to keepe them from oiling, If done you must
beate them verie neare an houre, and put in that quantitie of
Sugar finelic scard that you thinke will make it sweet enoug
it must be bett exceding finelic, and euer as you beate it pull
in Cinamon and Synger finelic scard, wpen it is sufficiently
beaten mould it and printe it in Cinamond and Synger but
not Sugar, wpen it is made it must be kept vpon paper in
a Box, neare the fire. / . / . /

To make *Tragische Pudding*

Take a halfe Trindle, a quart of Creame, halfe a
dozen Eggs, a Mansfett, a pound of Currants, wth Cinnamon,
Ginger, Nuttmeyge maie and Gloues, and Sugar,
and a little Rose waate, a quantity of *Spice meriorum*,
permyciast, winter Sauory, and Camomill h^{er}ed all these
small wth some mutton suett emongest them, putt them into
the Bagge and soe boile itt.

To make *Sauory*

Take the Pillitt of Fatte wth some other parte hereof
that is fatte and leane well mixt and not sinowey winter
then putt it into a mortar, wth a little small bett Gloues and
maie, a little quantitie of grosse pepper, and nuttmeyge
beaten, *Spice winter Sauory* and *Time* mince them
finall, then putt them together wth soe much salte as is
fitt for the seasoning, then lett them be well beaten putt

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

To make ffine Suet. ./. ./.

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

To make a Skirrell Dic. ./. ./.

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

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

To roast a Shoulder of Mutton. ./. ./. .

Take a shoulder of good mutton, and take half a pecke of good Oysters
wash them well and draine the water steame from them, take the
toppe of Rosemary, thyme, and Parsley choppe them small, also the

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

Take yolles of freeword eggs, not a Lemmon and an Onion minced
 altogether, putte a quantity of grosse pepper, and fower spoonfulls of
 wine minged mingle all these together not your Oysters, then stuffe the
 Shoulder of mutton being farr washed therewith and baste it with sweet
 butter when it is roasted take 4 spoonfulls of Rospite wine minged
 and put it to some of the gravie and so serve it. (././.)

To boile a Carpe

Take a good Carpe and with your knife, take out the gall from the
 Bwilt, then with your fingers in the bawke, take salt and floure him
 very well, and wash him in farr water, take then also a pinte
 of wine minged also a pinte of Rospite wine also the skin of
 a Lemmon, two farr Rates of Ginger sliced also a quarter
 of an ounce of large mace, a fower toppes of Lime, and
 of mario, not also a pound of sweet Butter, put all these
 into a deepe dish that will containe your Carpe, put in three
 spoonfulls of Calte, set it on a Chafin dish of Cole's till
 it boile, and then drie your Carpe very farr, and put into
 the

To dish And fourer gins, and lett gins boile a quarter of
 an houre, then turne gins, and put in a quantity of more
 salt, lett gins boile another quarter of an houre, then take
 a mantzette and put in tosted, and either tost them or fry
 them, and lay them in a faze dish, take also a quarter
 of a pound of sweete butter, fourer spoonefulls of wine
 Dinger strike them together till the butter be melted, then
 take the Carpe out of the brothe, and lay gins upon y^e
 Rippette, and poare y^e Sauce thereon, wth a good quan-
 tity of beaten ginger throwed upon it, and soe serue it. //

To make Ruffes. p. 1. 1

Take a Porringer full of Eggs, punde and brake into them
 flower Eggs, then putt to them a handfull of wheat flower
 some Whatmidge, and make them up into little Ruffes
 and set into the Oven upon a paper being well mudded

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

To make Pantales. //

Take six Eggs Yolkes and a pinte of Cream and
also a pinte of Sack, Nutmegs and Sugar as
much as will season itt make your Ballen of a reasonable
tendres wth flower and soe frye from

To Crème Capon. //

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

To make Manus Christi.

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

To make paste of Guineas, Blumbes or Barberies.

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

To make Paste royall of Marmelade.

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

To make Paste of Genua.

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

To make paste of Rippins.

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

to bake venison in a
good crust

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

roste a
ye of
red.

Take y^e fatt of y^e kidner of a Coon of veill & cutt it in
little long peece, roll it in Nutmeg & salt mingled
together, stop yo^r lege of veill wth it & wth herbs butt
make y^e holes deep. prick a peece of kelle over it.
y^e season is butter & viziket Nutmeg salt
& a little sugar. cutt off y^e horn end & serve
it up-right

to make yuffe paste

Take a quantity of fine flower -
4 whites of eggs, a little rose water
or other cold water; mold ye paste
together & beat it wth ye roller in pin for
y^e stiffer ye make it, y^e better. Then roll
hole y^e past forth & lay y^e butter on
in bits, turn it vy of both sides & so
do it 4 or 5 times & then make it up.
ye may lay a litt^e of a little paper & so
set it in y^e oven to se if it rise,

ye must be sure to beat ye
butter, wth a roller in pin, till y^e water
be very clean forth of itt,

Take a pound butter & a pound of fine flower.
2 whites eggs, as much water as will make ye
paste very stiff, then roll it out, & spread ye
butter on it all one way & strow a little flour
over it & save it up and close the butter in, &
so do ye butter 4 or 5 times as you did before,
work ye butter & lay it in
water over night to
make it stiff

to set on a fire in time with the
Kidney of Ox

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Take y^e Kidney shred it small; 2 Apples Shred -
them small; 2 eggs; little soft water; Sinnamon
not more some sugar; a little cream, & some
candied Orange pils cut small, corianders & Veggies,
a date or two; if y^e please;

To make ginger bread by Joseph Rogers Rec^d

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

3 $\frac{1}{4}$ of flower, adding $\frac{1}{2}$ of Orange
Citron sliced - mix with y^e Treacle

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

Just before you set it into y^e Oven
butter & flood y^e Tin pan

It will take an hour & half or Two hours.

Baking

Another Ginger bread cake

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

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

To 3 pounds of Flower mix one ounce of Ginger
 10z of Carraway seeds 10z of Coriander seeds beat fine
 Mix these severally with the flower, and add a good
 slice of Butter. Then take two pounds & three quarters
 of Treacle mix into it two or three spoonfulls
 of yeast & 3 Spoonfulls of Brandy & $\frac{1}{2}$ pound
 of Orange peel ~~Make it~~
~~last~~ Two hours at least

Howe to dye blew
out of white.

Recept: Take 12 gallans of rhamberlee
be sett it on the fire, then when it
is almost at boyleinge, take the
strumbt cleane off it, and then
take it off the fire, and lett it settle
then redde it, and take a quart
a pound of indigo, mingle them to-
gether, then laye no cloth or woole
or any other thinge dyable, and strike
them twice orwell about, for feare of
spottinge.

Howe to dye porpincaye
grene, out of white,

Recept: Take 10 lb^{wt} of woole, take one
pound of Allome; Boyle faire
water, and when it is at boyleinge
put in Allome vnto it, and beinge
melted, put the woole into it, and for
boyle them together, for the space of
thre houres, then take it off the fire
and wolt it, and put out all that
water, then take more faire water
and grene grass, and boyle them
together one houre, and then take
out the grene grass and put no

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

How to dy a feure grene /

first make it a good blene, then washe
it up in faire water, then take allome
atronge to the first portion, and boyle
it thre houres, alwaies when y^e see any
allome, then take it up, then take faire
water, and grene grasse, and boyle them
an houre togit^r, then take out y^e grene
grasse, and put halfe a gallon of chamberls
into y^e grene grasse water, and then
put the woole into it, and stirre it about
for feare of spoilinge, if it be woole
wringe it, and washe it, if it be other
hange it up, untill it be rothe and then
waffe it. /

How to dy a watered

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

How to dy a schewater greene

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

How to dy a maiden faire
colour out of white.

Take one pound of allome, and eight
of woole, boyle them in faire water
thre houre, then take foure lb of
water, and put in faire water and
greene grasse, and boyle them an houre
then take out 1/2 greene grasse and
put in rotten tree, and galle a gallon
of chamberlea, and boyle them togeth
whill yo^u thinke it be a faire colour.

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

Take a pound of sh. d. flome to yo^r friend
proportion of wooll, and boyle it in faire
water thre houres, then take it forth
and wasse it in faire water, then take faire
water, and then take thre ounces of
stutgentale, well beaten to smale powder
and one pennyworth of are smitke, and two
pennyworth of mirrour, beat them all a
stewall, and put them all together of a
powder disse drie, and mingle them a
with one spontfull of wheat flour, and
then divide them into two pte, then
take one of the pte, and put them
into yo^r faire water, when it is almost
boyle, and then stirre it well, and then
put in yo^r wooll, and let them boyle
halfe an houre, then take it forth
and wole it, and when yo^r wooll or
clothe is wole put in thre pte, of yo^r
stuffe into fait water, and stirre it
well, then put yo^r wooll or clothe into
thut water againe, and let it boyle halfe
an houre, then yo^r may se when the
colle^r is faire, and so take it up
wasyng it very well.

To make a faire Parlett out
of whit for fouer yeare.

Take faire water, and when it is at boyle
inge, put halfe a xerle of wheat bran
to it, let it boyle halfe a qrtle of an houre
then put it into some tubbe for a fortnight
to make fouer, and every day stirre it
about, then take faire water and set
it on the fire, and put some of y^e fouer
brame water into it, then when it
boyles, put itt of Dillont into it
then put in y^e clothe or woole and
let them boyle togith^r thre houres, then
take it up and roole it, then put out
that water, and take the rest of y^e
brame water, and ^{one} gallon or two of
smale drinke or droppinge, then put
in y^e clothe or woole into that, and let
it boyle togith^r one qrtle of an houre,
then take it up and roole it, then
take the omds of stutgenale
one pennywort of m^e ruzad, one
pennywort of urefurd, one penny-
wort of Firgill, beat them sevallw

verie small then mixt to gether & then take one quart of hyppocrisse & annidurke, and put them all together into the said water, and then put in y^e cloth or woole, stirringe them verie well, and soe let them boyle for halfe an houre, for feare of spoilinge, and then take it up and coole it, then put into the said water, a quart of a Gallan of Chamberlaine, stirre it well, and put y^e cloth or woole in againe halfe an houre, but in any case stirre it well, and then take it up and coole it and bringe wate waffe it verie faire.

How to dye a purple ingraine

First make it a good blew, then take it to be goug'd. then washe it up, and put it into the small water about said, and when y^e hennke it faire take it up.

for a water to drawe it to yonge
yd stamell fall then blew it then
boyle it in Allome.

To dye yallowe, take Strawber bark
 and boyle it an houre in faire water
 and then take up y^e bark, y^e it be for
 adogon of clothe & pomd & a halfe of
 ullome, boyle it wth the clothe in that
 lirtquor, boyle togth out houre /
 y^e y^e will have a fraire golde put
 in maystring to it

y^e a y^e y^e yallowe take it furd
 and put in a scoole full of Chamber
 loa, and stirre but about and then
 take it furd, & put it into y^e a
 hoot lirtquor againe, and stirre
 it but about and take it furd
 againe then drie it & waffe it
 after it be drie at y^e loasard /

For purple ^{violit} take a pomd of
 Alkome for wth y^e curd of clothe
 and boyle it, in it, for fere gowrd
 shth furd y^e ullome water, and
 waffe y^e wth a cleane, and then
 fill it full of faire water, then
 take a pomd of logwood, in scull
 chencale wth and when it is
 very warme then put it in, then
 let y^e logwood boyle a qth of an

hour then take yo cloe and put
 it in, and let it be in till it be verie
 faine, and fire it well for feare
 of spotting)

To whiten finer yarn, or cloth;

Take a quantity of chamberlaye according to y^e larg-
 ness of yo web, & put in as much new cowe donger, as in
 yo decoration yo think will suffice, then mingle wth
 y^e chamberlaye & rub it well wth yo hands, till all the
 lumps be broken, then lay in yo web when yo have
 washed it out of y^e souling & dryed it, & soe lett it lye
 y^e space of 2 days, & 2 nights, then take it out & wash
 y^e cowe donger cleere fro it in fair watter, then lay it
 forth a day, & a night, & turn it & soe lett it lye again
 a day & a night, alwayes wattering it, soe that it
 never dry, then wash it cleere in fair watter, & hutt
 it & lay it in a boking tubb, then lay on yo Ashcloth
 & take yo Ashes & boyl them in fair watter, & soe pour
 them on & soe lett it stand all night, in y^e morning draw
 it & batt it out, & soe lay it out as before, yo mst be
 remember that every day yo batt it butt in fair watter
 & sow a little peece of cloth on y^e one side of it, whereby yo
 may know to turn it right, this yo may doe twise or
 thrise, both for laying of it in y^e cowe-donger & for
 boking of it, yo Ashes must be ether of Whistles,
 brukons, whines, or Ash; all must be burnt before they be
 thorough dry

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

a nother way to whiten
 cloth, or yarn,

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

for y^e yarn take y^e same liquor as aforesaid for
 shall you nott need to seethe y^e yarn.

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

Doctor Stephens water as if Arch. B. of Canterbury
 got it of him a little before his death. See my bo: the Colledge's booke
 verbatim

Take a gallon of Gasconne wine, ginger, galingall
 Simmon, nutmegs, Cardamon, grains, Cloves, Anniseed
 fennell seed, carraway seed, of euery of them a drame
 then take sage, mints, redrofs, time, politorio, rosmario
 wilde time, Camomile, and Lauander, of euery one of
 them a handfull, then bray the spices and herbes, and
 put all into the wine and let it stand for twelue hours
 stirre it diuers times then distill it in a Limbecke
 and keepe the first water by it selfe for it is the best
 And keepe also the second water which is good, but not
 like the first.

To make vsquabaugh

Take a quarter of a pound of Liguorico, scrape it cleane
 and bruis it, and cutt it into small peeces, then take a
 quarter of a pound of rasins of the sunne, and stone them
 a quarter of a pound of Dates, cutt and washe vniu' cleane
 then take a good spoonfull of Anniseed bruis'd. then put
 all these in 3 quarters of Aqua vitæ, and soo lett it steepe
 24 hours, shaking it 3 or 4 times, then put it from the
 ingredients into a basin, put as much suger to it as will
 giue it a pleasant taste, then let it runne through a
 Jelly Bagge once or twice, and soo keepe it

Another way to make vsquabaugh

Vskabaugh.

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

To make rosa solis

see pag: 160.

Take a pottle of the best aqua compasita put it into a gallon
glasse, and put thereto a pottle of the hearbe called rosa solis
cleane picked, and lett it stand three or fower dayes close stopp'd
then take one ounce of ginger bruised, one ounce of Cinnamon
bruised a quarter of an ounce of whole mace, two spoonfulls
of Anniseeds bruised, a pound of white suger Candie, and 20
Darts cut in small peeces, and put these into another gallon
glasse, and put thereto your aqua compasita, strained from your
rosa solis, and soe lett it stand untill you have occasion to use
the same.

To make aqua mirabilis

Take Gallin gall Cloves, quibibis, ginger, meliats cardimonia
mace, nutmegs, saffron, agremonie, of each of these one drame
and of the juce of sall indome.

To make Vshabaugh.

Take a Gallon of White Aqua-composita & put it in a Vessel.
Then take a pound of Mysh-comfits; an Ounce of Cinnamon, 3
stickes of Licoris, & an Ounce of fine Sugar. Bruise all these
& put the to 3 Aqua-vite & let them remain there 12 daies. and
stirre the well every day, & then poure forth y^e Syrop fro the rest
as cleare as you may. as this is y^e perfect Vshabaugh.

An excellent drinck ag^t y^e Plague

For Mashedine.

Take 3 pintes of Malmei, or handfull of Red Sage, as much of Rue,
Boyle these to a quart then strain out y^e herbes, then take an ounce of long-
Zepper ginger or Nutmegs all beat small in a Morter & put into y^e Wine
& boyle it a little, then take it off & put into it an ounce of Methowat
& 2 ounces of y^e best Toraele, & a quarter of a pinte of Aqua-vite, & put
all into y^e Wine & for keep it.

For hott Anglica-Mor.

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

M^r Quilim his Reize. of Dr. Burger.

Another for y^e same.

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

M^r Lee.

To cleanse an infected-house.

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

ye la: Selby

For η Rickets, (in children.)

Take Succory, Colts-foot, Scordigrass, Lung-wort, Furnitroye, Samole, Stey hafe stamp them fat η juices ouer η fyre, clarify it wth whites of Egges, then strain it againe put to every pinte of juices a pounde or a half of fine Sugar. boyle it according as η doe boyle other Syrops. give η childe a spoonefull morning first & evening last

η Ointment. Take Camornill, Sage, Eausider, Stiffop, Marish, Featherfenn, Stey hafe, Oganion, Samole, redd Fennill, Worme-wood, Spere-mynt, Saint Hopsers herbes choppe them all small: boyle them in fresh butter. put in a large-Mace or halfe a pinte of Muskeadine. when it is boyled strain it & keep it for η use. η childe must be anointed morning & evening; back, sides & haimes & after rotole & tumble it.

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

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

Take a fatt feeding-Pigge, dress him & spitt him, & when it is half-rosted cutt him in pieces, putt it into a gallon of newe Milke. putt thereto the crumles of a penny-White-loafe, a pound of Dates stoned, an ounce of Lime-apple-kernells bonified, a quarter of a pound of Almonds blanched & beaten, a pound of Lent-figgess cutt in pieces, half a pounde of Raisons of η sunne stoned, a pound of Corance washed, a handfull of Spere-mell, η like of Burnett, Betony, Scordigrass, 30 or 40 garden Snayles well cleanged. putt all these in steep 4 hours & then still it in a comon still. take this water in a quart glass into which η must putt 6 leaues of Gold. putt White-Amber powdered 2 dragmes prepared Pearle 3 dragmes. stirre these well together & mixe it wth the Syrope, If the childe be farre spent for η poorest sort (3 η take garden Snayles & putt in a little redd-Rose water & Sugar, & give η childe to drinck 3 times a weeke. Feb. 25. 1632.

my La: Fairfax of Strat

For a Consumption.

Take a peck of Turneps clean washed & dried again either by y^e sun or fire. slice them & put them in a new earthen pott close stopped. Let it in y^e Oven about one hour & a halfe. then strain out y^e Juice, & to every pinte of Syrope putt a pound of Sugar. boyle it to a Syrope thight. take 4 spoonfulls in y^e morning first & as much at night last.

By Dr. Sydenham.

For y^e Scurvy.

Take 3 quartes of Spring-water & put a Calves-foot in it. 3 ounces of Starks-horn, one ounce of Cinamō broken, boyle all these together into 3 pintes. then take out y^e Calves-foot & put in half a pinte of red-Rose water, & a pinte of Muskevine, & 2 ounces of Sugar, & lett them boyle a little all together. & then put it into a pott. & take of it 3 or 4 spoonfulls every morning, & in y^e day time now & then a spoonfull & at night.

To M^r M. Asheton.

For y^e Balley

Take a pottle of Red Ale ^{White} ~~White~~ ^{hops}, half an ounce of Nutmegs, a quarter of an ounce of Ginger, half a quarter of an ounce of Cinamō, & half a quarter of a pound of Sugar. beat y^e spices together in a mortar, putt them in y^e Ale; & take a quarter of a pound of Rionge-root & boyle it in y^e mortar, & putt into y^e Ale & spices, & lett it stand 3 night, & then drinck it y^e mornings. Stir it well together ~~before~~ ^{before} y^e drinck it.

By Dr. Sydenham.

To bring away an After-birth.

Take yellow-Amber as much as a Bean & knock it small, and as much Starks-horn as will lye on 2^o. & a little Beare-stone on y^e point of y^e knife. If y^e have it not, then make it strong of Amber. & y^e must take 4 or 5 spoonfulls of Womens-milk & mingle all together wth as much speed as y^e can to y^e party. & let y^e party lye clean vpp in her bed, & y^e Midwife to be wth her, & hold fast y^e string, & wash y^e party in warme water y^e first thing shee dook when is kneeled vpp in her bed. & then lett y^e party lett down her breath to y^e Midwifes hand &c.

To M^r M. Asheton.

For y^e Backe. &c.

Take y^e pith of an Ox & take y^e skinn & fish away. y^e is good of it when it is beaten thinn putt it into 2 quarts of Ale. Boyle y^e 4 part away. then take lye-stony finely clarified & putt 2 good spoonfulls in it at y^e first, & fragon it more as y^e will have it wth Sugar, & white-bread Crumbs finely grated alisbury like. 8 or 9 Dates stoned & sliced & putt in at y^e first. a few whole Cloves & a pretty deal of whole Mace, & boyl them all together. take 12 spoonfulls in y^e morning, & 5 or 6 at night. but be sure to eat y^e pith. Eat no Deale, nor Rigg, nor any slimy meat.

m^{rs} Asheto.

Ros-folis.

(See pag. 156.)

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

m^{rs} Cholmeley.

For y^e Head-ache.

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

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

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

For giddyness in y^e head of long continuance.

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

For Deafness.

Take Oile of Nuyse-birds & bitter-Almonds mixed together, & putt 3 dropps
 into y^e eares warme, & stopp it wth black Woll.

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

Or y^e juize of Colewort mingled wth wine & drop it into y^e eares.

Or Take y^e gall of a Stare, Aquavite & Womens-milk ana qth equal. & drop it in.

Or y^e Urine of a young man-child new made. Or y^e juize of our wth y^e four Urines

To help any maⁿ being single of hearing, if hee hath beene soe of long time

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

To make a man stearc if ever he shall heare.

Take a great Onion & cutt off y^e upper-part & then take away y^e coar. then
 fill y^e Onion wth Oyle-olive & cover it again wth y^e part cutt off. & lett y^e Onion
 in y^e Rotten imbers, & lett it boyle well. then, when thou goest to Bed, lett y^e Oyle
 be droopt into thine eare. (y^e wth is upmost) as hott as thou maist suffer it. & lye still
 & sleep. & use it for 3 or 4 times when y^e deafe. Do^r H. C.

For of Mad or Frankish-person.

Take Mustard-seed contund it wth Wine & laye it kotte to his head. it repelleth
all fozrage & head-ache. it causeth a man to rest & clearth of head.

When a man falls into Madnes,

H. C.

Take Salt-M. i. & rubb both hands & feet thereto. then take of herbe *Sipfacus*
& contund it well untill it be pappe & use gently tye this to the head of the patient
& when it is dry take fresh & lay thereon till such time as he begin to sleep.

For of Lunatick.

H. C.

Take a Hedge-hogge & make broth of him, & lett the patient taste of the broth & flesh.

A cleansing Water for of hands or face.

Take half a pound of Salt peeter of the purest or whitest. half a pound of Tartar
putt them in a crucible such as the melt gold or silver in, the said Tartar being beat
as small as the said peeter. putt a fyre-coal to it & it will burne downe to the
bottom. when it is cold beat it of same into a grose powder again. putt the powder
into a beast-bladder tye it close & steep it in fair water of quantity of a
pottle 6 houres, then lett it rune through Cap-paper (by way of filtering) &
putt the water wth of fyre wth of bladder into a bagg into some glass, & if
it is wth of bladder into some other glass & keep this for use better. 2 spoonfulls
will serve at a time & if you may add a spoonfull of Rose-water.

H. C.

For of Mother

Take 2 ounces of the powder of Buckes horn & putt it into a quart of Old Ale
Boyle it for a quart to a pinte. drinck the pinte at a draught. 2 takings will serve
mth skell.

For deafness.

Take a great Oyter-shell & fill it wth fasting-hittle. lett it stand 2 dayes &
2 nightes in a dung-hill. then take it out & putt one drop in the eare & stop it wth
black wolle so is wett likewise wth of same.

mth skell.

An Oyle good for teche of bone or flesh. wth Alexander of his mth.

Take a handfull of Ciderage otherwise called *Asphormast* & cut it small of stalkes
wth of leaves & putt them into a glass wth even portion of Oyle olive. Then stopp well the
glass & putt it into kotte stork-dung, & let it be there of space of 15 dayes. then take
it out & strain it through a fine linnen cloath & the Oyle will rune through
flesh or bone & fetch out of ache clean. as hath been often proved.

H. C.

for y Kings-evil.

Take Colombine & stamp it & drinke of juice wth Wine, & it helpeth.

Take groundell of leaves & flowers stamped wth a little Hoggs-grease, Saffro & Salt.

Take Archangell stamped wth Viniger & applyed in maner of a poultice.

Take y leaves of Rue, pound the wth Swines-grease & applye it.

Take Gook-grease pounde wth Hogges-grease.

Take Indian-pepper pounde & mingled wth Honey, & apply it.

Take Balme leaus stamped & mixed wth Salt & use it.

(Take Saggars-tongue sliced & keep it about y week. = or wth Saffro)

H. C.

for y Kings-evil. Kernells & Emerods.

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

for y Kings-evil.

Take Fole-foot stamped wth his rootes, y flower of y seeds of Lyme or flax & y grease of a Barroo-hogge mixe them all together make therof a plaster & lay it upon y sores changing it thrice a day, & all y sores of y disease will be resolved into great. after they be healed wash often y place wth white-wine by y space of 10 or 15 dayes.

How to knowe y Kings-evil.

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

H. C.

for pain in y breast

Take Clarified-Hony & May-butter ana ℥ 4. Comen ℥ i. Amiffa-seeds ℥ 2 Licorice ℥ 3. mingle these together in maner of an Electuary, & use this fasting. for it is a principall medicine.

for one y is sick after a full stomach.

Take Kernell & chew it in thy mouth. Spitt out some & take down some it is a present remedy.

An easy vomitt to cleavage y stomach.

Take y juice of Wallwort drinke it wth white wine an egge full at once & it cleaveth both upward & downeward.

Against a Surfeit, & diseases therof arising.

Take y flowers of Broome & still them, & drinke y Water-Morning & evening
A Penny y 8 used this Water for y same.

H. C.

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

℞ Syrop of Licorize, Mayden-haire, Hysop & Starckownd mixed together and
Sugg therof fro y^e end of a Licorize-stick brei'd.

For fainting of Women.

℞ Ligri-aloes grated & tye y^e same in a clout, dippe y^e same in cold Vinage
& sue applye or hold it to y^e nose.

For Cough of y^e Lungs, & Consumption.

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

To break an Empoitrine in a mans Body.

℞ Tansey a good handfull, & wash it in redd. Wine, & grinde it in a Mortar
& wring out y^e juice & drink out spoonfull every day & it will purge y^e diaph
downward ~~down~~ pain.

Against spitting of y^e Lungs.

℞ Oyle of Oranges, or y^e Syrop of Lemons & eaten helpeth. Or
℞ Oyle of Oranges 3 l. & Capons-grease ʒi. amount y^e stomach theretoth & lay thereon
a Lamb skin dressed wth y^e Wolly-side next y^e body, y^e shirt between & chafe in y^e sel
against y^e fire, & give him oyle of Vitrioll in Clantin-Powder. H. C.

A most p^rious Balm or Oyle made by Matth. Leucately Stud.

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

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

- (as y^e Heart, guts, & Liver) be not touched it will heal it in 4 or 5 times drying
 2. for y^e nose other thing be applyed therunto. 2. It also healeth any Burning
 or scalding. likewise it healeth any Bruise or Cutt being first anoynted wth
 said oyle as a piece of Linnen-cloth or Lint. Dipt in y^e said oyle warmed & layd to
 3. y^e place it will heal it wthout any feare remaining. 3. It takes away any
 paine or grief y^e might grow by reason of Cold, moysture, Catarhe, or teares in y^e
 bones or Joints, first anoynting y^e place for often wth y^e said oyle heated &
 4. a warm cloath layd vpo^r it. 4. It helps y^e Head-ache, onely anoynting y^e temple
 or nostrills thereto. 5. It is good against y^e Winde-Collicke, or stick in y^e side applyed
 5. thereto warm wth hott clothes 4 mornings together, & every time a q^{ter} of an ounce.
 6. It is good against Toxicon, & helpeth a Surfett, taking an ounce therof in a little
 6. sack warmed. 7. It helpeth y^e Biting of a mad-dogge or any other beast. 8. It is
 7. good against y^e Plague, anoynting onely y^e nostrills & lippe thereto in y^e morning before y^e
 8. party goe forth, for y^e day (by Gods promise) she need not feare y^e Plague. 9. It also
 9. healeth a Fistula or Ulcer, be it never so deep in any pt of y^e body, being applyed as above
 10. for a Cutt. 10. It is also good against Wormes or Canker being used as y^e Cutt, but it
 11. will require a longer time to help the. 11. It is very good for one infected wth y^e Plague
 12. Meazells & y^e like, for it be plentifully taken in warm broth a q^{ter} of an ounce, 4 mornings
 12. together, or freest vpo^r it, it also keeps one fro^m vermin. 12. It also helps Digestion
 anoynting y^e nose & Stomach thereto when y^e party goeth to bedd. It will stanch any
 blood plentifully of a green wound, putting a plaster of Lint on it & use it very hard
 y^e said oyle or Balsome may be kept 20 years, & be much better for it.

M^{rs} Thaleston.

for Weaknes.

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

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

M^{rs} Birkell.

For y^e Droppe in y^e Legges.

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

A gentle Purgatioⁿ for a sick or weak body.

y^e La: Shoff: but
wth Mrs Do: Aulton.

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

A Tryfan.

Take Borage, Langsbeif, Sorrel, Endive Cinquafoid 2 handfulls
of Barly well pickt as both ends taken off. then take half a hand
full of red-fennell roots. • quantity of Liquorize, Sugar-candy.
Fegges, Dates, great Reifons, boyl all together fro a gallo to 3 pintes. Sbid.

For a skald-head.

Take Oyle-Olive as putt it into a disk of fair Water & beat or stire
the well together as y^e would make butter. then take it vpp & putt
it into a vessell, & putt powder of Brimston & May-Butter thereto
& make an Oynmtⁿ therof wherwth anoint y^e soare head & it heale it. Sbid.

To make one Sleep.

Take Camomil, Rye-bread, Rye & Batony of y^e wood & grinde them
well together. then wth Vinegar putt it into a panner, fry it well untill
it be somewhat drye. then take a cloth & make a plaister & apply
it to the forehead y^e head, or y^e soles of y^e feet. strow vpo y^e heares y^e powder
of Nutmeggs. is wthout doubt hee shall sleep hee never be sick. Sbid.

For y^e Scabbs in the face.

Take Oyle of Roses of weight of 6th in comon salt & a little fresh Butter
stirred all together. untill it become an Oynmtⁿ. Sbid.

A Restorative after Weakness by a Lash

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

lib. y^e Za. shell.

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

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

lib.

Rize-pottage good for a Flux.

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

lib.

Two Hemorrhoids.

Take Mountain-water a pinte. Guine-dragon a drame, Guine Arabiche as much. putt y^e Guines into y^e said water in a bottle-glass, stirring or shaking it 9 days together. When y^e use it, give to y^e woman 2 spoonfulls at a time (morning & evening) & fast half an houre after.

D. Bush M^o Atwill

For y^e Eyes, fur to clear y^e sight.

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

end D. B.

For $\frac{1}{2}$ stomach-Wormes.

Take Turmeric half an ounce. Long-Zepper a quarter of an ounce beat them to powder. then take $\frac{1}{2}$ leaf of a Swine 2 ounces & shred it very small, then putt them all into a wooden dish, or 2 penny-worth of Treacle with them. then beat them again wth a Rolling-pinne untill they be well mingled all together. then putt them in a little square Ragge (or somewhat long) folded up & quilted, & applye it to $\frac{1}{2}$ stomach 9 nights, & changes wth stirring it.

2. 3.

To make Trochisk for $\frac{1}{2}$ Rhume, or Cough of $\frac{1}{2}$ Lungs.

Take a quarter of an ounce of Anula campana-roots, half an ounce of Liguorice, half an ounce of Amicefeeds, a quarter of a pound of Sugar-candy or fine Sugar all finely beaten & powdered, then beat it in a Mortar wth as much green-dragon steeped in rose-water as will binde it together. then work it up in little cakes or rooles, wth some of $\frac{1}{2}$ powdered, & when they be thoroughly dry. $\frac{1}{2}$ may keep one of six in $\frac{1}{2}$ month as $\frac{1}{2}$ have occasion.

M. Math.

$\frac{1}{2}$ La. North's receipt for making Juice of Liguorice.

First make a decoctioⁿ wth Raisins of $\frac{1}{2}$ Junne Amicefeeds, Liguorice, Maiden-hair, Colts-foot, Figges, boyl all these in 3 quarts of water, till half be consumed. then take of choise Liguorice 1 pound & a half well scraped & washed. then take of choise Liguorice 1 pound & a half well scraped & washed, grossly bruised, then putt it into $\frac{1}{2}$ decoctioⁿ while it is fearding hott, & for lett it remain for 24 houres, then strain it & press all $\frac{1}{2}$ liquor as hard out as $\frac{1}{2}$ may, for $\frac{1}{2}$ Liguorice have noe juice therein. This done, boile it in a fair well-leaded panne or shellatt, stirring it alwaies untill it wase thick. then take it fro^m $\frac{1}{2}$ fire, on dishes in small quantities, & for lett it lye untill it dry. then $\frac{1}{2}$ may make it in balles, in what quantity $\frac{1}{2}$ please.

L. M. Mathews.

$\frac{1}{2}$ La. Bodvis receipt for $\frac{1}{2}$ same. to be made in $\frac{1}{2}$ beginning of May.

Take 4 ounces of Liguorice scraped, beatⁿ & finely powdered, 5 or 6 handfulls of tender toppes of Hyssop, 4 handfulls of Foal-foot, & More-hound. a good handfull of Rosemary flowers, & a handfull of Maiden-hair. stamp all these together in a stone Mortar, & strain them into a fair bagen, wth a pint of Hyssop-water, or fair running-water. putt in $\frac{1}{2}$ Liguorice & boile it till it be as thick as good cream, then strain it again through a fine strainer, and sett it again on $\frac{1}{2}$ fire, & boyl it a good tyme, stirring it continually till it be very thick. then putt in 3 or 4 ounces of redd Sugar-candy, & boyl it till

till it may see of Balon-bottom, stirring it still, then make it up in balls or rolls at your pleasure keep it allways tight & dry. If quantity of a Traife will stopp of Lengthone.

Seco m^{rs} Mathew's.

For nourishing a weak-body.

Take a pint of Allegart. a good handfull of Raisons of y^e Junne Stone then & beat them well in a mortar, & take y^e yolkes of 2 Egges, mingle the all together & sett them on y^e fyre, untill when it is thicken take a good quantity threife a day.

y^e Ea. Vofale Vanafour

For a Surge.

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

m^{rs} Mathew's + m^{rs} Gylshoy.

For a Cough

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

Two ounces of sweet-fennel seed,

one ounce of English liquorice

boyle thes a quarter of an houre & strain it from
y^e liquor then putt two spoonfull of limbeck
virgin honey in a silver dish to a Sirrope.

Take a spoonfull when you goe to bed, & so much
in y^e mornings untill itt be spent.

5th Jun. Quifac

For y^e Rickets.

Take a pound of Curranie, wash them well & boyle them in a gallon of Spring-Well-water till y^e half be wasted upon a clear fyre. then take them & strain them & putt thereto 12 spoonfulls of White-Rome-Viniger & putt it into y^e water-warme. & give them morne & night 6 spoonfulls at a time or any time when they are thirsty.

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

For y^e Yellowe-Jandis.y^e La. Sebuz.

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

A noble receipt for y^e black-Jandis.y^e La. Widderingto.

Take a gallon of Ale, a pinte of Honey & 2 handfulls of Red-Roselles & take a penninorth or 2 of Saffron & boile it in y^e ale (y^e ale being first leuened) then boile y^e honey & y^e Roselles therein all together & strain it well & drink every morning a good draught thereof for y^e space of a fortnight. for in that space (God willing) it will cleare & perfectly cure y^e black-Jandis. / it. y^e La. Widd.

A gentle purge for a weak body.

Take 20 good Prunes clean-washed, & half an ounce of Rhuibarb thinne sliced, steew them together in fair water wth a little Sugar. turn them oft & keep them close covered till they be very tender & in a morning eat 3 or 4 of them & wth wth please a spoonefull of wth Syrop. & fast an hower after. (Syrupus) wth La. Weddington.

A wine against melancholy.

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

The Chalybeat Wine. wth wth Skurvye, squanders &c.

Take of White-wine, 1 pinte. of Chalybe prepared wth sulphur 1 ounce of Roman-wormwood 1 pugill. trochiscs of Agrimony 2 drames. species Hicore pierce 1 drame. Infuse these in wth wine close stopped for 2 daies, shaking wth glasse twice or thrice a day. then

Take of garden Scordigrak 6 handfulls. Water-cresses & Brooklime of each 4 handfulls. Beat these well & press forth wth juice, wth being putt into a glasse must be clarified by filling wth glasse in warm water & running it through a wollen-strainer. Take of these juices 3 spoonfulls, & 6 of wth wine every morning. for 15 daies. wth La. St. Belafis. glasse

This quantity doth serve onely for 5 daies. & therefore wth must prepare wth twice.

for Phlegme or Pleume.

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

for wth lame.

Rest Onions under both members & eat them wth Honey & Pepper & Butter morning & evening, in few daies they shall feel wth breast loosed, & phlegme easily to be avoided. wth La. Weddington.

A Salus. to be made in May.

Take Valerian, Bontjan, Scabious, Plantain, Ribgrass, Bramble & Woodbine-leaves, Agrimony, & Red Sage of each an handfull. Let them lay and wither upon a board untill $\frac{1}{2}$ next day. then shred them small & wash them wth a pound of May-butter unwashed or salted. then put the into an earthen pott & bury them in $\frac{1}{2}$ ground 10 days. then put the into a pannes & boyl them wth a soft fire, & when it is almost-boyled putt in Bees-wax half a pound, Rozen a quarter of a pound. & some Turpentine into a part of it wth you would have to draw most.

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

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

Take Rhubarb 2 ounces, Scourgrass, Watercresses, horse-Radish & Dock-roots ana an handfull. hang theife in a bagge wth in a gellie of ale & after 2 or 3 days drink of it

Mr Hickmatt.

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

Take ale 3 pint. Saffro 2 worth. Wormes a good handfull well washed & beaten in a mortar, strain them into $\frac{1}{2}$ ale. & wth 2 worth of Sney. & a little sugar drink it.

To make a Consumtio-plaster.

Take Burgundy-pitch, 2 ounces. Bees-wax of each a quantity & melt them together, then take 2 ounces of gomme-Serpentine & an ounce of $\frac{1}{2}$ Oyle of Mace $\frac{1}{2}$ quantity of a gill melted altogether. Then spread theife vpo half a sheep-skin. then take a Nutmeg grated & strow it thereon. The blister is to be laid to $\frac{1}{2}$ spoon of $\frac{1}{2}$ Stomack & cut to $\frac{1}{2}$ breadth of a hand

For the tooth-ach

Take white arsenicks and both Armonicks of each a like quantitie, make those up into a small pott with a drop of aqua-vite a drop of sallet oyle and a little lint, stop therewith the hollow of the grewood tooth 2 or 3 hours; Swallow not but spit out the sturmp that shall flow into the mouth and let not ye pavy sleep while it is in the mouth

John Harcourt

The Drinke for the Plage

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Take hartshorn ginseng one ounce, ginger or-
slyed one quarter of an ounce, Juyaberry one ounce,
figgs half a pound, two Orings the vine and rind,
take turmentall roots one ounce, Angollica roots one ounce,
Angollica stalks and leaves, Elder leaves, Red bumble
buds and leaves, Red sage, Rue, and Sassafray of stalks and
leaves, of each of these herbes one handfull ~~of~~ ^{Stamp} all
these in a Mortar, put them to three pithes of white wine
and halfe a pinte of white wine-viniger put all into a pott
and cover it close, let it stand twelke houres, then strain
it out with a woollen cloth, that no liquor remains in the houboy,
put it into a bottle close stopp'd, It will keepe halfe a yeare,
it is as good when it is souer as at the first day,
For prevention take two spoonfull every morning fasting and fast
one hower after, it will make you have a good stomack to your
meat and not trouble you at worke; If anie have taken of
infection, if it make the patient sick give them three spoon-
fulls every halfe hower till it worke more. It hath bene
knowen to worke in those that have bene very much infected
two dayes and a night very strongly.

A nother for the same.

Wormewood steeped in the best white wine-viniger, take
a spoonfull in the morning an hower before you eat;
It is very good to prevent infection.

A Direction against the Plage

Take three quints of Maludsey and brigh tallow Sage; and put
of each one handfull and lett them all boyle together till
it come to a quart, then straine it and lett it on the fire
again and put thereto one pennyworth of long pepper, halfe
an ounce of long ginger, a quarter of an ounce of hartshorn
all beaten together. then lett it boyle a litle and put thereto
four pennyworth of Meturdate, ten pennyworth of Treacle, and
a quarter of a pint of the best Angilive water, take it al-
wayes warme both morning and evening a spoonfull or two
if you be alidie infected and sweat thereto, if not
infected one spoonfull a day is sufficient, halfe a spoonfull
in the morning and halfe a spoonfull at night. This is not onely
good for the common Plage but for the smellegge, Meagles &
purples, and divers other diseases.

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

Take a Gallon of white wine I mean Gascoyne wine,
then take Ginger, Marsh Malles, Aniseeds fennell seeds. &
Caraway seeds and Gallinall, of each of these a doome,
then take Sage red mints rose leaves time and wild time
rosemary remonills Lammortoppe and mellitary of Spaine
of each of these a handfull, then beat the spices
smalls and the herbes alow and putt them all
into the wine and lett them stand 12 howers pressing
it divers times distill it in a Limbecke and keepe the
first water by it selfe for it is the best, and the
second is good too but not soe good as the first.

The vertues of this water followeth

It Comforteth the vitall spirits, it helpeth the inward
Dissolus that come of cold, it is good against the shak-
ing of the Galley, it helpeth conception in women that
it helpeth the stone in the bladder it Comforteth
the stomacke reveth the cold Cough, it helpeth the
toothack, it reveth the cold droopie, it helpeth the
stone in the vaines of the backe, it presently reveth
a stinking breath, and whosoever useth this sometimes
and not often it preserveth them in the strength of
their bodies and shall make them seeme young long,
it Comforteth nature marvellously.

If it stand in the sun all somer it is much the better
It spowefull of it fasting over in dayes: often if you get
oration call for it
You may if you please ad of Annointment and nutmeggs
admirable of each

A Poultice for a Sore breast

Take of Stinking Hemlock, Gundersal, House-Boke, & Lavender berbes, of each a handfull, pound them very small all together, put to them a hand full of Rye meale, or a egge boyled hard, & 3 ounces of Sore grease

For y^e Stone

Take a little Castle soape, & scrape it into posset drink made with March Mallows roots and drinke it; & bath that part in Castle soape

For y^e same by Sr J. Fowler

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

To stay Gripping in y^e belly

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

To cure Chilblanes

Take Beare suet & red rose water, & mix them together hot, & so apply it to Chulles, keout for heat in y^e fire.

Take y^e powder of Flusulfon & Swines grease mixe them together, & so apply it

For a Cough or Stopping with phlegme

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

To strengthen y^e back a Receipt of Dr. Meris

Take a pint of R. Llagart & a large handfull of sacons of yewm Stones, beat them well in a mortar & that they may beat like h. then put to them 2 or 3 spoonfulls of white wine, take y^e yolke of 2 new lade eggs beat them all, mixe all together & straine them, this quantitie serves only for brise or brise & this you must take for y^e or 11 morning together fasting, drinke it as hott as you can indure it, & fast no longer aft^r it.

Gravel
 Take millepedes white Amber Anna. ʒij
 Nutmeg ʒij Chio Turpentine as much as will
 make them into a Mass which form into
 middling pills make eight pills of a Diam
 and take four at a time. P. Watson

Goutt ad
 Cude Opium camphire ann grain putt ʒm
 into a bag & hold to ʒ seat

Solum Saturni ʒss to ʒij of Plantain
 Water: allway shake ʒ bottle when you
 use it

Rasp Currant Wine

To. Every peck of ripe Currant ^{or 12 great quarts} old, ^{measured} you
 must putt ^{wined} 5 quarts of water, brup y^e berry well
 before you putt in y^e Cold water putt y^e into a tubb
 with a tapp: at it, putt in a pint of ale yest to y^e pecks
 of berry: if you have not so many you may putt less
 yest accordingly, after you have stird it well cover
 it with a Rugg or Blankett and lett it stand ^{ten} 10 days
 & night y^e draw of y^e Clear Juice at y^e Tap: & so
 Every 4 quarts of Juice putt 3 p^t of Sugar at 6 or 7 p^t
 y^e empty y^e tub of y^e Dreg: and turn in y^e good into
 y^e tub again & lett it stand 2 day' more y^e same way,
 y^e draw it of and putt into y^e Barrell & lett it
 stand till April ~~then~~ bottle it this makes strong
 wine if you please you may putt a little more water
 to y^e Dreg: and make a small wine to Ordinary
 Sugar putt bottle it at 6 weeks End

Coberry wine y^e same way Mr Grelks

if you mix y^e Rasp & Currance, a few quarts
 of Rasp: will taste it - say a peck to y^e above quanti^{ty}

To make the Plague or Surfeit water

Take of each of this herbs half pound

- Dragons wood Sorrell
- mugwort Feverfew
- Agrimony • Scabious
- Bettony • Carrows
- Baum wormwood Sage
- Pimpernell • hearts Eaw
- fumatory • Tormentill
- Rue Angelice
- Calandine • wild time
- Burnett many hold floors
- Spearminth • Bid poppy floors
- Clove July floors

of Each of these one pound

- Rosemary
- Cowslip floors
- Tormentill Root

Each of these half pound

- Ricampare Root
- Butterbur Root

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

Take
an Oul
rowe
Sweet fenell seeds
and Carroway seeds

- Cardiumen well bruise
- Cloves
- Nutmeg
- Cincimon
- Venice Greenle
- Diascordium
- of each ounce

To all thes add 3 Gallons of good brand
and lett them stand to Infuse 4 days
stiring y^m once aday & keeping y^m pott covered
then till y^m is all so the keeping it
wth wet cloths when the Surfeit
water begins to grow lower taking
more you may boile some of y^m smaller
water wth fine Sug^r & Little Amber Greafe
to ading to sweeten y^m Rest

Syrup of Clove Indly Floors ———

Take half pound of floors. put ⁱⁿ into a pott.
 & pour 9 hills of Ryeilling water upon ⁱⁿ cover it
 & Lett it stand 3 or 4 hours then strain it through
 a sieve & put two pound of ^{see} Loaf Sug: to one pint.
 & give a boill on two & Scum it very well
 you may clear it up wth whites of egg

Excellent water for Horses & Eyes on mans Eye
 & wet. Rather strong for mans

Campfire & ounce fine or a toll Bold Armeriack
 4 ounce Blow Vitoroll: 4 ounce [℥] Burn Allom.
 in powder: putt it into 5 quarts of Boiling water
 & lett it stand till its cold, putt of as much as
 is clear into any pott or Bottle for use & reserve
 of other for any sore or Crack heall

you may if you please ad. to it rest of 4 Ingredients
 Sacrum Saturni one ounce wth 2 ounce Plantain water
 allway shake it Bottle when you use it

Minced Pyes of ~~Red way~~

Take: 13 eggs hard boyld throughout half y^e whole
 y^e Suet y^e prunes y^e Raisons Gile Back quarter
 y^e Lemon peace, 2 oz: of Cinimon & Nutmeg
 Sugar to y^e taste little mace & cloves 4 Apples
 Shred all small & putt in a little Verjuice for
 Sharpening or putt y^e into y^e Pass see y^e next page
 for an Ague

Take Jesuit ~~is~~ bark in fine Powder
 one ounce Salt of steel or Common
 Green Copperas a quarter of an ounce
 Jimmia Lepes quarter of an ounce
 Mollopes — four ounces
 Mix those all together and take about the
 Quantity of nutmeg three Times aday
 when the fitt is not on
 For An Ague

Take Clean Spiderweb halfe drachon and Swallow it Down
 in any form, for severall mornings Successively. When the
 fit is off; Six drachons of Saffron a spoonfull of pepper & Nutmeg
 mixt up wth Ham or wth wine take beyns of about every 4 hours.
 Probatum

well shred — or 16 yolks & 4 whites of egg
 1 pd Cream Sripes; or 13 Egg. hard boyl. take half
 the whites out — 2 pd Suet shred as small as
 possible. — 1 pd Raisin 2 pd Prunes Stone well shred
 1 pd Currants 2 nuts. 2 oz. Cinamon 4 oz. mace
 4 oz. Cloves: 8. Sour aples. well shred fill 3 or
 4 Gall sack little brandy Sweeten them
 wth Sug^r to y^e taste 2 pd Cassia Peall
 best Rec^d for misied Eyes

The Green Oyntment w^{ch} is very good
 for old Sores or Green Wound La. Carr. Rec^t.
 Take of S^t. Johns wort 2 Valerian Garrow
 Bugle Plantain Sanicle fass Glove; bettany
^{ladymantle & yarrow}
 Croswort Soap wort of Each of those herbs one
 handfull. bruise the herbs well wth two pound
 of may Butter one pd of oyl Olive, set it
 in a beller for ten day^s. then boyl y^m an hour
 over a slow fire and Straine out the herbs
 add to the Oyntment Venice Turpentine half
 apound, bees wax one p^d. refin^d. rofen 2 pound
 Verdegrease in powd^r. 2 dram^s resolve y^m alltoget^{her}
 over a slow fire and Strain y^m again and keep.
 for use in a well Glaz^d Earthen Pott
 often Proved

146 The Strengthening Plaster

Contra Rupturium Ounces.

Scraper Santalinum &
 cytm. unguent. Comispe } 2 ounce. each.
 of mirtles Berry — 2 ounce,
 powder of Mastick 9.

Dragon's Blood — } 3 drams each
 Armonialk }

Bistort roots (Halls) }
 Red Corall yel Amber — 2 $\frac{1}{2}$ Dr. each.

Nutmeg — 2 Dr. —————

very good. to lay on y^e Back to prevent
 miseriae for other Straines

Very good Bitter w^{ch} has Cuc. Severall
 in Agues when y^e Bark Failed —

Snake root — 3 4th. put in to 29th
 Gentian — 2. of ale

Sp. Hiera Picea — 3

Camomil Floots — 1

Saffron — 3

Powell Orange 4

Juniper Berries 1

14 pence.

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

No. 1886

The Balm-drops. Excellent for all wounds

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

Put all these together into
 a bottle close stop'd and let it stand
 in y^e Sun Six Weeks in the hottest
 time of the year. Then strain it
 through a fine linnen cloth and put
 it into small Bottles. Put the Dregs ^{back}
 into the Bottle and fill it wth Verjuice.
 and keep it for Sprains or Bruises
 in men or Horses

Eng^d further.

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

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

Receipt for making - Daffys. Elixer

Amaseed	1 oz		
Fennel seed	1 1/2 gr.	- 2	
Span lignosice	1/2 half	- 1	
Rubarb	2 drams	1:3	
Ellecampane	10 gr.	----	1
Manna	1/2 half	1: "	
Jallop.	2 oz	-	1-4
Senoa	1 1/2 gr.	...	5
Saffron half dram	"	"	4
Raisons of the sun	half pound		
		3	Total Charge
Slice the lignosice			4:11
Stone the Raisons			
Mruise the Jallop.			

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

To make Shrub or other bet 1792

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

To Make Blacking for Shoos or boots

$\frac{3}{4}$ lb Bees wax
1 lb best Soft soap or Sweet soap
1/6 barrel of lams black
1 oz Gun powder ^{Dynamytable} beat & sear'd very fine
Dissolve the wax first, then add the Soap
and melt it down likewise, then put in
the black and Gun powder, and let it
boyl till its tollerable stiff ~~but very slowly~~
Take it out of the pan, and work it very well
upon a stone or board till you roll it up for use
observe to Soap up hand and y^e place where
its wrought to hinder its sticking ~~to~~

St Johns wort's Drops. Mr. Lydall

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

allowsc rect. for a cold by Dr Mead

Oyl of sweet Almonds — 2 oz

Diacodion, Balsamick Turpentine

and Aqua Mirabilis Each } 1 = 03

mix

To make Bramble berry wine 194

To every quart of berries put a quart
of water. squeeze the berries and put pulp
& Juice into $\frac{1}{2}$ water, let it stand
all night. then run $\frac{1}{2}$ liquor through
a bag or cloth and to every six gallons
off liqr put 14 pound of sugar at 6
Stir it well and put it in a flask without
yeast let it stand abt. 2. 3. or 4 months
to purify then bottle it ^{what we made by this recd}
~~rather over sweet~~

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

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

Juncture of Hellebore three ounces
Juncture of Lanthanadus one ounce
Spirit of Lavender } each half an ounce
Juncture of Castor

Mix and give a Spoon full th in a glass of
water and take it twice a day — If the
Superfluous humours can be wrought off
by operations by stool This will probably
beary of y^e disorder by Urine

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

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

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

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

Liquid Blacking

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

Currant & Rasp. Wine best way
Take forty six quarts of Currant
rasps when ripe bruise and squeeze
them through a coarse sieve
with a little water to make the pulp
pap. finer - Add six quarts of Water
put it into an open Tub with a tap
put in three spoonfulls of good yeast
stir well, Cover it up for 24 hours
draugh it off as clear as you can
or pour it through ^{a coarse} hair sieve To every
Gallⁿ of juice put 3 pounds of Louis
Lump Sug^r. Then turn ~~put~~ it into a close Cask
we let be full or thereabouts. put in an
Oz of Isinglass, ^{that dissolves in water} let it stand till spring
and bottle it

 you may put
in Rasps to y^r liking as 6 or 10 quarts
of y^e above quantity

To make Chirata Cream

~~The same as~~

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

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

See Folio 205

A Glister for the Stone

Take a knockell of vele or some other boni pese that 3 pintes of water will cover it, Soone it well, then put in 3 ounces of rasens of the sonne. y^e stones pecked out, and a good peece of march malo root, Scraped and pecked sliced in thin peces, boyle thes in a pipken, untill the mete will falle frome the bones, then put in a litted whole mace and halfe a spoonfull of annesedes well beben, and let them boyle alittell while, then croush and bruse all to-gether and strane out the broth, take almost a pint of it and make it sumething too salt to be eten and put in two ounces of course suger and 8 pence, or 12 pence of oyell of violettas, Let this be your glistee although you should be neuer so weake, if you neede it:

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

A never failing medicine for the bites of a mad dog taken out of the Continens Magazine for Oct. 1746

Take Musc ^{peppan pined} ~~Garlick~~ 4 ounces Garlick Venice
tracle Mithridate and pewter verapening Each
4 ounces boyl all these over a slow fire in two qt.
of strong ale till one pint be consumed put it
into a bottle close stoped, and give nine spoonfulls
seven mornings together to eoman & six to a dog

206 To Boyl yarn very white }
as I have often wropt _____ }

First put abt a peck of Bran into
so much water as y^e think will cover
abt 30 score of fine yarn (let it steep
day & 2 (or 3) ^{Hours} ~~nights~~
~~nights~~ in the water after it is
drain^d of ^{y^e bran} through a louse cloth) Then
dry it - when quite dry prepare
2 oz of pot ashes & 1 oz of Sweet soap
to every pound of yarn lay y^e
pot ashes into a qt or 2 of hott water
to dissolve - Then take y^e soap and
raise a lather with clear soft water
wh^{ch} put into y^e kettle, and when
its almost ready to boyl put in y^e pot
ashes ~~of y^e yarn~~ with let boyl an hour ~~in the
water~~ when y^e take it out be sure to have a tub
of cold water to drop it into or y^e heat
will tender it & spoil it Carry it away

and Munge it well then make a lather ²⁰⁷
of Soap and wash it through again
a little Rock allum put into y^e kettle
when its boyling - helps to fasten y^e Gov.

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

208 For tickling coughs

Take honey and Squerise root each 4oz
Flower of benjamin & Opium each adram
Camphire two Scruples, Oyl of Amaseed
half adram, Salt of Tartar one ounce
Sp^t of wine rectified one quart

Digest the above in a covered Vessel for a
fortnight shaking it often then decant
it for use - The doze for grown persons
from 20 to 100 drops for Children from
5 to 20 in white wine or Hyssop water

'Tis a good pectoral and admirably allays the
tickling wet provokes frequent coughing it opens
the breast and gives more liberty of breathing
It deterges and cleanses y^e small gland^s and makes
way for their discharges it rarifies & thins
the viscid Cohesions of the Vessels and fits y^e
for Circulation & Secretion

Mixed pyes - by Betty Hoppers Rec^t -

half a pound of Suet shred small One pound of Apples
 full weight when ^{pared &} cored ~~by~~ three of ^{rs} pound of Currants
 half a pound of Sug^r ^{an ounce} quarter pound of Orange Lemmon & Citron
 a little Cinamon & $\frac{1}{2}$ gill of Gooseberry wine.

Rich Dunne's Receipt for to cure the bites of a Mad dog
 Take an handfull of balon boy^{it} ^{slowly} in five gills of milk
 till a pint be wasted Then put in the under mentioned
 powders. when it is blood warm, and to a beast or horse
 put in about a spoonfull, and for a dog, vaine or sheep
 a knife pointfull, & the like quantity of a man, only
 boy^{it} it in water and add the powders when cold and let
 them drink the quantity in two days and repeat it
 for a fortnight or longer & bleed often bleed a horse or beast
 in the neck and roff of y^e mouth and rub some salt on
 the gum.

Comphire, Ferugrick, Turoniseck, Longpepper, Grains
 Bayberrys Amiseds. Cummingseed. Squorice powder
 Best bole and ground Ash scoulded Liverwort, each
 an Ounce, ^{wile butt} mix them all together and keep for use

To pickle Walnuts See another recipe in the 3rd book page 68

Gather your Walnuts when a pin will pass through them pretty easy - put them into a deep pot & cover them over wth Medisary Vineg^r Collicker, change them into fresh every fortnight day till abt 6 weeks are past Then take 2 Gallon of best Vineg^r & put therein 2oz of Dill, Caraway, & Fennel Seed Each; grossly beat, Macerating 10 1/2 times More & over give it aboy over the fire and pour upon your Walnuts & so do for severall times as you shell. Or else oil cover the top wth white mustard seeds & a little salt Mind to keep them over head in the pickle

Major Davison's recipe for the jaundice

Take Tansy, Dandelion, Groundivy & Hellandine. Each an handful beat them in a wooden bowl or Mortar and strain out the juice put to it a quart of Ale and as much of the inner rind of Barberry bark as you can take up twixt y^r two fingers & the thumb. Infuse the ingredients in the ale for 3 or 4 days then drink 1/2 pint morning & night

The Marquis of Granby's Receipt for Brewing
Small beer

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

To Refine Beer
put two ounces of burnt Allum to an hoghead

Orange ale

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

A Cure for the Stone in the Bladder

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

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

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

Tamoor

St

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

To Make poppy Surfeit Water

To two Gallons of Brandy put a peck of the
 leaves of poppies one ounce of Sweet Sea-salt
 half an ounce of Caraway Ditto Coriander seeds
 Two ounces of Licuon sliced half pound of
 good Evison of the Sun stoned half a pound
 of choice Figs sliced half an ounce of Mace
 D^r. nutmegs D^r. Saffron. bruise the Nuts
 & pull to pieces the Saffron. Then mix all
 these amongst the poppy & brandy & let
 it stand a month or six weeks. stirring
 it Every Day. then run it through a coarse
 Linnen bag. This I had from W^m. Paxton
 as a Superbailent Emedy ag^t Cholick
 pains but I shall add a quarter of a pound
 of the Flowers of S^t. Johns wort to it Comp^d.

A Recipe for the Cholick. sent me by J. P.
 Scrape fine Chalk and powder a pint of soft
 water upon Two Spoonfulls of it, and pass
 it through a Sieve two or three times to
 kepe out the grit Sweeten to y^r taste
 and drink it when you are attackt.

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

A Receipt for making Mead

To Two stone of Honey put thirteen Gallons of warm water stir it till the Honey is dissolved Boil in it a bunch of Sweet marjoram, Balm, Rosemary & Sweet Torriar, and put in Ginger & Anniseon Each a quarter of an Ounce, half an Ounce of Cloves, two Nutmegs Coriander seeds & Carraway seed Each an Ounce Bruise the spices & seeds and tie them up in a thin Bagge with a Stone to sink it Let it Boil an hour taking of the Skim clean off as it riseth. And when taken of the fire put in the peels of six Lemons and squeeze in their juices Work it wth yeast And when you Turn it leave out the Herbs & spices put into the Cask when you judge its done working half an Ounce of Mungles dissolved in a little of the liquor Bottle it at 12 Dayes End

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

Andersons Pills

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

To Pickle Lillo or Indian Pickle

Take of ginger 9^{lb} let it lye in Salt and Water all night scrape it and cut it into thin slices put it into a pot with dry Salt so let it remain till the rest of the ingredients be ready - Then take Garlic 1^{lb} peel off the Skin & Salt it three days then wash it in Water and salt it again & let it stand three days longer wash again and put it into a sieve to drain and dry it in the sun

Take Cabbage cut them in quarters salt them and dry them in the sun so do foleflower & Bellory

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

French beans and Apparagus must be salted two days only. after w^h they must have boylin Salt and Water and then be drained in the sun

Take long pepper salt it and dry it and white Mustard seeds bruised Turmeric very fine put all these ingredients into an Earthen Jar and put to it a gallon of Vinegar fill the Jar 3/4 full and let it stand as you see direction for a fortnight after this meet: If you may order Cucumbers, Turnpize, Mustard plumb's. or any other thing you think to have pickled

NB you are not to buy any of these save french beans & apparagus unless things as most of course be bought or sold

Dudg. Hodgsons Eye Water 220

1 ounce of Aloes Succotrine 2 oz of Balsam of Tolu

2 oz of Storax 10 oz of White Sug^r candy in powder

1 oz of Tully prepared

2 oz of Camphor shred very fine

Steep the Lapis Tully in Rost milk for 9 hours
changing it every 3 hours then wash of the Milk
with Rose or Bennell water then put the ingredients
into a quart of Sherry Sack or strong white wine
shake the bottle 3 or 4 times aday for 10 days.

Mr Halls Mixture for a sprain or Cornise

Take two ounces of Salt Petre or Nitre put it into
a pint of best Wine Vineg^r add 2 spoonfulls of
Spir^t of Turpentine & 2 spoonfulls of Sp^r of wine
shake the bottle when you use it If it can be apply
before any swelling rise on the part it will do better

Two Specifics for the Stone & Gravel from Mr Blackburs
Treatise on those Disorders just published ²²¹ taken out of the Corin-
magazine for April 1766
Take 6 Ounces of Pot Ash and 4 Ounces of quicklime from the
Milsn mix and put them together into a glazed Earthen Vessel
then pour upon them a quart of boiling soft Spring Water
let the infusion remain twenty four hours stirring it up
and then and afterwards filtrate it for use

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

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

Take One Teaspoon full of the strongest Soap lye mixed
in two table spoonfulls of sweet Milk an hour before
breakfast and at going to bed before you take the Medicine
take a cup of pure Milk and immediately after take another
if you find this agrees wth you for two or three days may
add half as much more to the dose having well concluded
our author bro^g the valuable secret to light and put it in
the hands of the low as well as the great that the Medicine w^h I believe
to be of the greatest Efficacy against the most painful of all Diseases
I have the reflection of contributing something to human happiness

For a Bruise

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

Another

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

Remarks) of all the Salts there are none more agreeable to the Body and more penetrating than Sal Armoniac
It resolves extravasated blood in an admirable manner

To Stop Vomiting

Swallow a tea spoonfull of Quinceys bitter Stomach Tonic sweetened wth Syrup of Oranges or Quince: it is remarkable that bitters sweetened are of great efficacy in stopping Vomiting when many other things have been try'd in vain Another for the same purpose squeeze the juice of a Lemon into a large Cup and mix wth it just as much Salt of Tartar as will render it insipid take a spoonfull and repeat till the Vomiting ceases if during Bullition so much the better the saffie Mixture diluted wth simple Lemmon Water or fountain and taken every three hours is good for Fevers

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

For the Hiccough

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

For Coughs & Consumptions

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

For Agues and Female Obstructions

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

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

To preserve Peaches in Brandy

To every twelve Peaches 3 quarters of a p^t of double
Refined Sug^r and a gill of spring water first
boyling the Sug^r untill it is clear then take it
off the Fire and let stand till almost cold

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

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6 florines
 8 towels
 + fine hollin crosshand 1 sengel crothoth
 1 breth of both cloth for a rose edged
 1 breth of lavene edged
 11 nett cones
 111 x handkercharres
 11 nove fallenge bandes of kambreke
 11 pare of coules nove

— toft

for the Emervoides.

ffirst take a ^{ten} oz of an oz of gaulth, beaten to fine powder, and
 sweats from upon a sheet, one oz of oyle of linseed, one of
 oyle of lye loe, 3 or 4 smalls of rish shells or lyeve barbot, brackings
 and pillings in galls of 3 upon beate them to water, in one hand
 full of the same oyle, 3 a spoote kind of nuttoun & rase for it,
 then you beate them to water, 3 warme them over the fyre blood
 warme, 3 then you cast them, booke, and so use it upon a new
 boafe or lininge. **¶** **¶** for the Emervoides.

Take one pottle of the first mount and pottle of white wyne
 a handfull of myrrour a handfull of flosse & it is powder 3 not
 removed a handfull of Turmauder a handfull of a pound of
 veisint in the same and take 3 stoube fourth of them, a spoonfull
 of amorphos 3 brouse them, a spoonfull of rullyander, and
 brouse them also, a litle more of same. And boyle all the 3
 to gether so farre untill they be boyled into a quart 3 receive
 morninge and night take the 3 or four or halfe a dozen
 spoonfull full and warme it 3 drinke it 3 walke after it
 you thinke that will not serve for time, if it please you,
 you may bestowe it with more if dont not but that will
 serve for it hath gett some in the gate had it the very good.

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

Take if nuttinge. if you woulde of sinamon one penny worth of
 Clove / in oyle of mace / in ounce of the blessed spittle being
 dryed 3 made into powder / at midnighte the 3 you get being
 finely beat at the weight of them all / then ad at mid of
 powder of Eye bright at all the weste waye 3 mingle all
 to gether / so use through all all the waye when you will at the
 pleasure / in pottage drinke or in the salt / But specially
 first in the morninge at noon 3 last at night.

A prepuative a gainst the plague.

Take Caye of Cardus, And, Elder, Water, Vard brainle baust, of
 darge a handfull stamp them in a mortar alto gether, 3 straine
 them through a fine linnen cloth. A quart of white wyne, 3 a
 good quantity of white wyne done yet, mingle them alto gether,
 put her to a quart of an ounce of white ginger drinke the medycine
 one spoonfull every morninge for many dayes to gether fastinge,
 And you shall be safe for one hole yeare by the grace of god.

And if it fortune one be stricken wth y^e plague or
dumblnes of y^e face medycine, you take y^e p^rese, wth a spoon
full of stabrawt water, & a spoon full of water of Bottong, and a
quantity of fyne hwaite, put y^e pou to y^e gether, & rans^t y^e pou
drinke it, & it shall put out y^e venome And if y^e bottege a
p^rese, you take y^e leaved of elder, & y^e leaved of braunchet
and masterbede, stamp y^e pou to y^e gether, & make a plaster y^e pou,
and laye it to y^e pou, & it will drive out y^e venome goodwillinge.

for an swellinge

Take a quart of newe milk, a pint of y^e full of linsed, &
two y^e lin seed & you beat it in a mortar to powder, Eggs
take 4 handfull of manald, & y^e pou your p^rese, and ab
mister of burton budde, & y^e pou y^e pou wth y^e pou wth y^e pou.
And take a pound of y^e pou a brann y^e pou & beat y^e pou
all to y^e pou, & y^e pou y^e pou are new p^rese, put into y^e pou
y^e pou full of barle meal, & y^e pou y^e pou all well to
y^e pou. And y^e pou y^e pou are well boyled. y^e pou y^e pou a
lin y^e pou y^e pou wth y^e pou And y^e pou all y^e pou y^e pou wth y^e pou
And y^e pou y^e pou of god we shall find y^e pou y^e pou. y^e pou
y^e pou full find.

Angelica & Burrit, each a handfull,
Stamp & straine y^e juce into possitt-drinke
wth y^e powder of 2 or 3 clews, & a little
Nutmeg; drink it 2 or 3 days,

Of sacifrage roote and earbe ij handfull, of Philypendata
like quantitie of grammell seed j ounce, of y^e kernels of cherie
stones ij ounces, of anisesedes half an ounce, of leeres like
quantety, all thes drie and beaten to powder finelie
sear sed and taking so much as often as nedes as you can
take ypp with a franche crune and put into a reasonable
draught of pearly water distilled like warme and
drinkin it fasting ij oures at y^e least and waulkinge after
the taking thereof

A note of ^{rs} M^r

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

i	raijson		
forkies	Pauane	Mr Seriman	
xvi	Why ask yee	Doctor Bull	
—	The Lo:	(Willoughbies Welcom home M ^r Bird	De
dowkes	My trew	Loue is to y ^e grene wood gon. M ^r Ferdinand	
xviii	Loth to depart	M ^r Ferdinand	
—	Pauan delight	M ^r Bird.	
heres	The M ^r Carigold	galiard M ^r Bird.	
iiii	Fortune	M ^r Bird	
cokes	The Cradle	Pauane M ^r Floborne	
ii	The first		
chekins	The second	Courrantes. M ^r Bird.	
x	The third		
giese			
v	Jowes ii braves		

ore

In lita facundo concordat gratia vultu

Mr. Bird