

**Elizabeth Birkett's Commonplace Book (1699)**  
**Transcriptions Master**

**1. A remedy against the bleeding at the nose by the instruction of Sir Thomas Braithwaite**

Take Laudanum Paracelsus gr 12

Let the Patient have the Laudanum Equally divided and rowled up in two fine **Linnen Tents** and thrust up into Each Nostrill once, keeping them in for long as the Patient can suffer them to stay. They are to be put up cold at any time when the Haemberage afflicts them day or night, and when you have done, wipe them cleane and dry, and lye them up for the same againe. Probat Est

**1. Remedy for the Emerauds by the same author**

[list of ingredients and measures]

Fiat unguent

Then lye a little of the said ointment upon a linnen Cloth and lay it to the partyes fundament

Probat Est<sup>1</sup>

**1. To make the ? Balsom of Sulphur**

Take **Lack** sulphuris - ?

Chimical oile of Anneseeds - ?

Mix them and in a Glass body boile them for long, till the Oile hath perfectly extracted the Tincture of the sulphur of a glorious Red colour, which will be about when the oile is halfe boyled away. Then decant the Balsom, and keepe it for use. Dose hereof is 8. 9. or 10 drops in a good spoonefull or two of SIRRUP of Lickeras or in white sugar, first and last, Direction of Dr Lickbarrow.

**2. An ointment against a scald or Burn by Dr Harris Phisition in Ordinary to his late Majesty**

Take Rue leave one handful

House leeks<sup>2</sup> – one handful and a halfe

Hens or Goose lung – 2 ounces

Ffresh Butter unsalted a quarter of a pound

Fry them together and then straine them through a Canvas cloth.

Herewith a little being warmed in a spoone, anoint the scald or burned place, once in 3 or 4 houres, applying thereto, two or three Plantaine leaves.

**2. A perfect care for the ffits of the Mother**

Take Galbanum<sup>3</sup> 4, spread it upon Leather the bredth of the Palme of your hand. Then strew a graine of Muske<sup>4</sup> upon it, and aply it to the Navel of the Patient. And give her watter and wheat flower dissolved in it, to drinke.

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<sup>1</sup> It has been proved

<sup>2</sup> Houseleek or sempervivum

<sup>3</sup> An aromatic gum resim

<sup>4</sup> Aromatic substance from a gland of the male musk deer

## 2. Ffor a Pleuresy or a stitch in the side

Take 20 drops of Balsom Sulphur and halfe a Gill of Brandy and mingle them together, then take halfe a Cake or two slices of wheat bread, and toast it a little then poure the liquor upon it and warme it hot upon a Powder dish, and aply it to the side of the Patient, give the Patient 6 drops of the Balsom of Sulphur upon the quantity of a Nut of sugar inwardly, with a draught of Posset drinke to sweat upon. If you cannot get Balsom Sulphur, take a Gill of Treacle of ? in stead of it.

## 3. Abracadabra

Abracadabra  
Abracadabr  
Abracadab  
Abracada  
Abracad  
Abraca  
Abrac  
Abra  
Abr  
Ab  
A

This word written after the method here described, and worn about the Necke of one afflicted with an Ague or several other distempers is said to be a Cure.

## 3. Against shortness of breath with a cough

Take the Roots of valerian, and boile them with Liquorice, raisins stoned, and Anniseeds and drinke of the **decoction** often. This is singular good against the said deseases, for it openeth the passages, and causeth the flegme to be spit out easily.

## 3. To stop bleeding at the nose

Take the blood of the Patient and therewith write on his brow the words, *Consummatum est*<sup>5</sup>.

## 3. Another for the same

Take Bolearmoniack<sup>6</sup> and stampe it firmly to powder, and the Ashes of an old hat of Each alike. Mix them and blow up some of them into the bleeding Nostrill of the Patient. Dr Salmon.

## 3. Another for bleeding at the Nose by touching

You may stop bleeding at the Nose by pressing outwardly upon the Jugular Corotide Artery when other Remedies may fail. Salmon.

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<sup>5</sup> It is completed – Christ's words on the cross

<sup>6</sup> Bole armeniac – an astringent clay like earth

### **3. Ffor bleeding at a wound**

If **Ffuse** balls soft and tough be cut into slices and squeezed hard in a preese, then aplyed hard to the wound is sufficiently able to stop bleeding. Alsoe the ffungus growing on a Birch tree will doe the like. Salmon.

### **4. Another for stopping bleeding at a wound**

The powder of Mans blood is almost an infallible cure strewed upon the place, or it be in the Nostrils blowne up with a Quill. Sheeps bloods or Oxes blood does the like. Dr Salmon.

### **4. To cure the Herps**

Take the Root of Elecampaine<sup>7</sup>, and mix it with flower of Brimstone<sup>8</sup> it certainly fills up the eateing Herps, aplyed outwardly as a Balsome. And is good against scabs and Itch.

### **4. Ffor the falling evil<sup>9</sup>**

Take the blood of his little finger that is sicke, and write these 3 verses following and hang it about his necke

Jasper fert Mirham, Thus Melchior, Belthazar Aurum,  
Haec quicum secum portet tria nomina Regum,  
Solvitur a morbo Domini pietate caduco<sup>10</sup>

### **4. Directions for dyeing of some colours by the Instructions of a Scotch Woman**

#### **Ffor Browne**

Ffirst take Galls pound them very small, and boyle them well in watter; and after they are boyled put your stuffe into the Liquor; and a little Madder. Boyle it a little while therein; Then put in Copperas and boyle it againe, take the stuff often forth to aire it, and put it in againe, it will take the colour the better.

#### **4. Ffor Black**

Take Galls as before; or if they be to begot take some soure docks, called sorrel Rootes and all, then boyle your stuffe in watter, with these soure docks, and being well boyled, throw away the Docks and Liquor. Then take **sticklett** and watter boyling your stuffe therein; and then put in the Copperas, boyle it, last of all a little Chamberly<sup>11</sup>. Alwise take your stuff out to aire it as before.

### **5. Ffor Yellow**

Ffirst boyle your stuffe in Alom watter, Then take Tansey, Roots and all; well washed, put them in and boyle your stuffe.

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<sup>7</sup> Elecampane or horse-heal. Recent research has proven that extracts of the herb will kill a range of bacteria including MRSA

<sup>8</sup> The traditional name for sulphur. Some compounds of sulphur are antibacterial

<sup>9</sup> Epilepsy

<sup>10</sup> Jasper brings myrrh, Melchior frankincense, and Balthazar gold. Whoever carries with him the names of these three kings will, by the grace of the Lord, be exempt from the falling sickness

<sup>11</sup> Urine

### **5. Greene**

Take Rock Indico and pound it well, put it in warme Chamberlye set it by the fire till it be dissolved, then put into it your stuffe first yellowed as before, and let it stand by the fire, and once a day take the stuff forth to aire it, warme the liquor putting it in againe, doing this till it be perfected

Alwise before you dye any wool or woollen cloth, wash it well in soape, and put it into your dye well.

### **5. Carnalion**

Ffirst boyle your stuff in Alom, Then take **Waine Stone**, being like a hard stone of Gray colour. Pound it well in a Mortar; boyle the stuffe therein then take **scutchon rele**, pound it, put it in the liquor, last of all put in Stale Chamberlye.

### **5. To dye linen orange colour**

Take first wood Ashes four ounces, and of Arnotto 2 ounces, melt it in watter on a pewter dish. Then put the Ashes and Arnotto into cleare watter together with your stuffe, boyle it but very little, alwise takeing it forth to aire it, and put it in againe. This will dye one pound of Linnen yarne

### **5. Madder Read**

Take to 4 yards of Cloth, one pound of Madder and one pound of Alum first steepe your Madder in smale drinke and yeast for about 8 or 10 hours, first boyle the Cloth in Alom, Then put in the Madder and liquor, and boyle it againe, last of all put in Vino.

### **5. Browne: the Irish way.**

Take blackthorne bark and **seale** Barke, steepe them, and boyle them in watter. Then take a few Galls, pound them, and Logwood and Copperas, put in your stuff, boyle all together, last put in vino.

### **6. Orange**

Boyle your stuffe first in Alom, then poure forth the liquor, and let the stuffe hang up a little to drye. Then take Crabtree bark and for want thereof woodus, and boyle it in Watter with then throw away your bark or woodous. And into your liquor putt the stuffe, boyle it, then take out the stuffe to drye againe. Then put it into cleane watter, and a little Madder, about a halfe pennyworth will serve 6 or 7 yards of Cloth, boyle your stuff in the last watter with the Madder and it will be a pure Orange

### **6. Greene**

Ffirst boyle it in Alom, then take it forth to drye, then put it into cleane Chamberlye with Indico. Let it stand till it be blew, Then get a good quantity of the Tops of the greenest Ling. Boyle it in faire watter, throw forth the Ling, and into the Liquor put the stuffe. First blened, boyle it againe, and it will be a good Greene.

## 6. To Japan

Take Seed Lake<sup>12</sup> 4<sup>d</sup>. Skell lake<sup>13</sup> 2<sup>d</sup>, Gum Sandrake<sup>14</sup> 2<sup>d</sup> Mastick<sup>15</sup> 4<sup>d</sup> and of the Spirit of Wine one Pint.

Put the said Ingredients into the Spirit of wine; let it Stand 4 dayes and every morneing shake it, and Mix it well together till it be a varnish.

Then take Ivory black 4<sup>d</sup> and put it into a part of the varnish mixing them well together. Then take a Brush of Camels haire, with which lay it upon the Box 3 times, let it dry betwixt every time, and polish it with Shave Rush. Then lay it on the Box other 3 times polish it as before.

Then take the Cleare varnish lay it upon the Box 3 times, and pollish it with Tripille<sup>16</sup>, then other 3 times and pollish it with Tripille as before.

When it is well drye wash it in cleare watter, and rub it well with a Cloth, then rub it over with oyle or Butter, and rub it well with a dry Cloth and tis finished.

## 6. To dye straw or Quills

Ffor Blacke take Logwood 3d

Ffor Read take Brazill 3d

For Orange take Readwood 3

For yellow take Turmerick 1d

Ffirst your straw or Quills in Alom watter, then boyle them in Logwood and cleare watter, and they will be blacke

## 7. Ffor Read

Boyle first your straw or Quills in Alom watter as before, and then in Brazill and watter. Before you dye any Quills be sure to shave them smooth, and cut of one end.

## 7. Ffor yellow

Boyle them in Turmerick and watter onoly, without any allom watter

## 7. Ffor Bloome colour

When you are dyeing with Brazill put into it an handful of unflaked Lime and boyle them.

## 7. To make Greene Quills

Take oyle of Turpentine 2d, Turpentine 2d, Verdigrease 1d, Grinde all these together well and then lye it on the Quills being first dyed yellow, lye it on with a feather.

## 7. To make silk that is stained to come to their Colour againe

Take of unquenched Lime one ounce, of the Ashes of lime one ounce of the Ashes of an Oake one ounce and a halfe, put all these in a vessel of watter, and medle them well together, then heat them a little over the fire, And when

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<sup>12</sup> Lacquer made from processed insects who feed on sap

<sup>13</sup> Refined clear lacquer, shellac

<sup>14</sup> A resin which exudes from the tree *Callitris quadrivalvis*, native of NW Africa; it is used in the preparation of spirit varnish and pounce, 1655.

<sup>15</sup> A gum or resin which exudes from the bark of *Pistacia lentiscus* and some other trees. Now used chiefly in making varnish.

<sup>16</sup> Tripoli - A fine earth used as a polishing-powder, consisting mainly of decomposed siliceous matter; called also infusorial earth or rottenstone.

tis warme, then take it off the fire, and let it clarifye then take a sponge and wash the stained spots therewith, and see you weat noe other place but the stained spots, and it will returne againe

#### **7. Ffor an Iron Mole in Linnen**

Take a Chaffing dish with Coales, then cover your Coales with a powder dish until it be hot, then lay your Linnen thereon where the Mole is then with a Lemon or an Orange, but the Lemon is better, to rub your Mole therewith, and still as it dryeth in, lay your juice thereon, and still rub till it be all cleane, and this way will have it out ? Est

#### **7. To lay gold upon any thing**

Temper Red Lead with Linseed Oile, and write with it, then lay Gold upon it, and let it dry and polish it with a smooth bone

#### **7. Pounce powder**

Take Gum Sandrack and pound it very small and rub the Page where you intend to write it over againe with the powder and it will carry Ink againe.

#### **8. To lay gold upon glass**

Take of Red Lead, and Chalke a Little quantity, Grinde them well together with Linseed Oile, then lay it on the Glasse, and when it is almost dry lay your Gold upon it, and when tis well dryed polish it with a smooth bone

#### **8. To make letters the colour of gold, without gold**

Take one ounce of Orpiment<sup>17</sup>, and one ounce of fine Christall and beat Each of them by themselves in a Mortar, then grinde them well together with Glazes and use it

#### **8. To make letters like silver without silver**

Take an ounce of Tin, two ounces of Quicksilver<sup>18</sup>, and melt them together, and then grinde them well upon a painters stone with Gum watter, and write with it.

#### **8. Remedy for a Canker<sup>19</sup>**

Take new fresh Cheese, and take small powder of Risalgar and mix it with Life honey and spread it upon the Cheese Then take womans Milk that is now milked and with a feather anoint it above, and lay it to the fore when thou goest to bed And if there be any Camker therein, it will eat thereof and it will kill the Canker, proved & found true.

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<sup>17</sup> A deep orange-yellow coloured sulphide mineral, commonly used to imitate gold or make pigment for paint although it is highly toxic

<sup>18</sup> Mercury

<sup>19</sup> Disease usually found in plants and characterised by the appearance of small areas of dead tissue developing over a number of years

### **8. Ffor one that cannot hold their watter**

Take Goates Tallow<sup>20</sup> and burne it, and make thereof Powder and put it into the Patients Pottage, and let him use this and he shall pisse measurable enough

### **8. To cause one to make watter**

Take the herbe sunshine, and sheepes Tallow, and seeth them well together, and as hot as it may be suffered lay it to the member, and he shall make watter presently.

### **9. Little Ffryed Pastyes**

Take 3 or 4 livers of Rabbits, and perboyle them, and mince them small, with some tender hearbs, put currens and a short cake grated to them. And season them with with Nutmegs, Mace, Cloves, Pepper and Salt, and soe worke them up together with Creame and the yolk of an Egge. Then put them into fine Past in the fashion of litle Pastys and soe fry them in a frying pan over the head in Liquor, then take them out and sirrorup a little sugar upon them & soe serve them up.

### **9. To bake red Deare**

Perboyle and presse it, and let it lye all night in read wine and vinegar, then lard it thick and season it with pepper, salt, Cloves, Nutmeggs and Ginger, Bake it in a deepe Coffin of Rye past with store of Butter. Let it soke well, Leave a vent hole in your Pye, And when you draw it out of the Oven, put in Melted Butter, vinegar, Nutmegg, Ginger, and a little sugar, Shake it very well together, put it into the Oven againe, and let it stand 3 or 4 houres at the least to soake thorow, when your oven is cold take it out, and stop the hole with Butter

### **9. To stew a dish of Ducks**

Take them and halfe roast them, the carve them up, and put a Ladle full or two of good strong Broth, Rosemary, Mace, 2 or 3 Cloves and a whole Onion or two, with the Gravy that come from them in cutting up. Let all stew together close covered, till they are very tender, halfe an houre before you intend to serve it up, put a little Clarret wine and one Onion shred very small, a few capers small shred, and halfe a spoonefull of grated bread, and a little salt. Then lay your Ducks into the Dish and poure your sauce all over them, you must take out the whole Onion and the Rosemary which you first put in before you serve them up.

### **9. To Ffry a Dish of Clary<sup>21</sup>**

Take a good handful of young Clary, wash it cleane, and pick out the stalks, then putt Butter in your ffrying pan, when it is melted Lay in as many Leaves as will cover the Bottom of your Pan, then hold your pan over the fire till the Leaves are hot thorow, Then have in readinesse, 4 Eggs, 3 spookefull of Creame, 2 spoonefull of sacke halfe a Nutmegg grated and a little sugar, beat

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<sup>20</sup> Rendered fat

<sup>21</sup> Sage

all these very well together and poure them all over the Clary in the Pan. When it is baked soe, as your Eggs are hardened, with a Pye plate turne it, like a Pancake, and when the other side is baked, lay it on a pye plate, and serve it up on a Dish, stroweing a little sugar on the topp.

### **10. To bake a Pudding**

Take a quart of Cream and boil it with grated bread, and put in a Nutmeg cut very small, and about halfe a pound of New Butter, and when tis boyled soo thicke, as you may see the bottom when you stirr it take it off, and put in some rosewatter and sugar and a little flower in your hand. Then take 8 or 10 Eggs, all the yolks and half the Whites, Beat them very well, and put them to the pudding. Iff you thinke your pudding be too thicke, put a little more Creame to it. And stir it well with a spoone. Iff you have any almonds, you make take a handful blansht, and beat them in a Mortor small, and soe mingle them in the pudding. Then take your Dish, and rub it all within with butter, and put your pudding into this Dish and soo Put it in the Oven, when tis baked enough which you may perceive by the brownnesse of it, take it out and sIRRUP a little sugar on it, and soe serve it up.

### **10. To Boyle Sturgeon**

Boyle your sturgeon in Alegar<sup>22</sup>, and put pepper, Ginger, Mace, Cloves, Nutmegg, and some Bay Leaves, into a Bagg, and boyle them with the sturgeon, and when he is boyled almost, you must put in a litl vinegar according to the bignefs of the sturgeon to give it a tast, and when it is almost cold, take the fatt away from it, And putt it into a Barrell or Mugg, that will keep it close from taking aire.

### **11. To make a Hash**

Take a Neates<sup>23</sup> Tongue or two, cut them in thinne slivers, leave out the hard **Curnett** part, then take a pint of Clarot or white wine, then put in one or more Anchovies according to your fancy, then put in half a Nutmegg cut in quarters with the pill of halfe a Lemon. When it is halfe stewed then put in some Capers and Broome buds, and halfe an Onion cut in quarters, and the Juis of one Lemon, when it is ready to dish, take 3 or 4 spoonefull of Sack, and the yolke of one Egge, beaten well with the Sack, then poure it into the Hash and stir it well together before you put it into the Dish, send it up with shred Lemon, and sippets<sup>24</sup> before you dish it, be sure to take out the onion Nutmegg and Lemon pill.

### **11. A Receipt for a Pye**

Take some veale, and suet, and sweet hearbs, and shred hem together, soe season them with Cloves, Mace, pepper, And make a large pye, and put this meat in the bottom of your pye. Then take some Artichokes bottomes, some Lambe stones<sup>25</sup>, some sweetbreads, some Pallats of Beefe, some Marrow,

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<sup>22</sup> Malt vinegar

<sup>23</sup> From the old English "neat" meaning ox or cow

<sup>24</sup> A small piece of something such as fried bread or toast eaten with soup or gravy

<sup>25</sup> Testicles

some yolks of Eggs, and place them upon the top of your other Meat, and then throw a litle fruit amongst it, then close your Pye, then make a dozou little pyes to be sett about and fill them with the minsed meate.

### **11. A Dish of Scotch Collops**

Take a Legg of Veale and slice it very thin, then beat them to make them tender, then shred a litle Orange Pill very small, then mix a litle thyme with them, and so season. Then frye them. When they are fryed very well, beat some yolks of Eggs, and a litle wine, and so put them into the frying pan, and toss all together, and so dish them and lay some shred Lemon upon the Top and garnish your dish with what you think fit

### **11. A Spinage Tart**

Take a good quantity of spinage and boyle it, and when tis boyled, put it into a Cullender, that the water may run out from it, then shred it very small, and season it with good flow of sugar, and a pretty quantity of melted butter, then put in yolks of Eggs, and beat them altogether. Then make a sheet of paste very thin, and put it upon a Dish; so put your Tart Stuff upon it, then another sheet to cover it but your past be cooled

### **12. To Pickle Cocles**

When you have washed your cocles well, sit them over the fire in a pan, put in about a pint of small Beare, to keepe the pan from burning, as they open shake them in the pan, to open those that lye on the topp. When are all open poure them into a seive, or something that the watter may run out of them, and soe take at the ffishes, the watter, that comes of them must be put into a Mugg pot, that it may settle, then wash the fishes in fair spring water, till all the sand be cleane out of them, then wash them in a litle Beare. Then take a part of the liquor that came of them, and let them steepe all night in that liquer, for the rest of the liquor that is clear sit it to boyle, a few cloves, and a litle whole Mace, and a litle pepper grossely beaton and put in pretty store of salt, boyle it with the spices a pretty while. Then take your cocles out of the formor liquor and put them into this, wherin you boyled your spices, and give them a litle scald, as it begins to boyle take them off, soe let them stand till they be quite cold, then take out the cocles and put them into a Rundlet or Mug pott. Take as much of this liquor as will cover them, put it to a litle vinegar to give it a pretty sharp taste. Soe put that liquer to your cocles, be sure to keepe them very close covered, iff you would send them in a Rundlet close bunged up for your owne use in a Muggpot and be sure they be well and strong of salt.

### **12. A Creame Tart**

Take some Creame and boyle it with large Mace then thicken it a litle with some fine flower and some yolks of Eggs, and put in a litle butter and good store of sugar, and so make a sheet of cold paste and put it upon a Dish and so put your tart stuffe upon it, and bake it, but have a care the oven be not too hott.

### **12. To Make a Pidgeon Pye**

Cut the legs and the wings of, and the Brawne<sup>26</sup> of and lay them in a pott the deepnesse of a Tart, and put them in, and shred some Mint small, and put it on with a litle pepper, and a blade or 2 of Mace and some Bacon but very small in thinne slices and lay it on the topp and likewise about it, and bake it not too much.

### **13. To roast a Pike**

Take your pike and rub him well with salt, than take forth his Gutts and cut out of his belly. Then take a good quantity of sweet herbs. If your Pike is large put in the greater quantity of all these things that are here named, a quantity of Garlicke, take some Anchovyse, and some butter and all sortes of spices beaten together, mix these and fill his belly full and for spike him on the spit, and that which spares of filling his belly, put it on a dish and a little wine, and baste him with it, then put all on the dish with him and send him up in that sauce, you may after put in a quantity of pickled Herrings.

### **13. To make a Creme**

Take 2 Quarts of Creame, and half a pound of Almonds, beat the Almonds very small and put them into the Creame, and mix the Creame and them very well then strain the Almonds Cleare out of the Creame, and sweeton it according to your tast, and pour this Creame into a tankard and shake it up and down till it be thick, but take heed you Churne it not too much, for then it will turne to butter, it must be done as you use it and soe pour it on the dish and serve it up.

### **13. To make a Sillabub**

Take a quart of White Wine and a pint of Creame, and put them into a glasse bottle, the wine and creame, and jumble them well together, and put into a sillabub pott , and sweeton it to your tast and milke upon it as you doe another sillabub and let it stand 4 houres before you eat it.

### **13. China Ale**

Take 24 gallons of New Ale, let it stand 24 houres after it be tunned, then take 6 ounces of coriander seed bruised, take the Barme<sup>27</sup> out a litle by and put in ye seeds bruised as before, and for cover the Barme again, and let it stand 24 houres longer. Then draw it into some open vessell through a **seark** to keepe ye seeds. Then take 4 pound of good powder sugar, dissolve it and work it with cleane hands into the open vessell. After it is very well mixed bottle it up as quickly as you can, the longer tis kept the better twill be.

### **13. Mrs E. West's receipt to make a cake**

Take a Hoop of flower heaped and 2 pound of Butter, breake it into the flower in small pieces and rub it between your hands till all the Butter be firmly mixt with the flower, that you see noe butter, then put in 4 pound of currans, very cleane washed and picked and rubbed cleane in a course cloth,

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<sup>26</sup> Meat from the head of an animal (usually a pig), cooked and compressed

<sup>27</sup> The foam or scum formed on top of fermented alcoholic beverages

2 Nutmigs, and a litle Mace finely beaton, 3 quarters of a pound of sugar first beaton and searced. Mix all very well together with the flower and butter, then put in 10 eggs but half the whites. Beat them very well with 2 spoonsfull of Rose Watter before you put them in, then you put in a quart of very good Barme strayned, then mingle it with as much Creame as will make it the stiffness of ffrench bread you must boyle your creame before and let it coole, till you can endure your finger in it before you put it in. When it is mingled warme a cloth and cover it and sett it before a fire a quarter of an houre, then butter a very large sheet of Brown paper all over as thinne as you can and lay your cake the bignesse you would have it spreading abroad with your hand as rugged as you can, for if you lay it smooth you spoil it. Then Edge it with a quarter of a pound of sugar beaton and put in a Pomgranet with Rose watter till it is all of it but **inst** with, then warme it till you can but endure your finger in it then with 2 or 3 feathers tyed together, lay it all over the cake and put it into the oven and let it stand about an houre and it will be baked enough.

#### **14. Almond Cakes**

Take a pound of Almonds, blanch them in cold watter, then beat them with Rose watter to keepe them from oyleing. Then put in a quarter of a pound of flower, and the whites of 4 eggs and put them into the Almonds, beating them well together, then lay them on wafers in what fashion you will and bake them.

#### **14. To Make Codling Creame**

Take a quart of Creame and put to it 2 spoonsfull of Rice firmly beaten and searsed, then take green codlings. If the time of yeare will not serve take the greenest Aples you can get, codle them soft, take the pap of them and put it into a dish, put to it a pint of Rose watter, season it with some Nutmegg & sugar, cover it all with another dish, sit in on a chaffing dish with coales till the liquor all be dryed up. Take it of the fire and mingle it with the creame, then put in on the fire, boyle it a litle, take it off. Let it stand till it be cold. Serve it up.

#### **14. To make Creame with Oranges and Ffiggs<sup>28</sup>**

Take a quart of the best Creame, slice thin into it the midle of 3 oranges, when it hath stooped a good while in it, then boyle is softly untill the oranges be dissolved, then take it of the fire, and when it is almost cold, strain into it the yolks of 9 eggs, and beat the Eggs and Creame together and be sure you do not suffer the Eggs to breake and put in some Amber and if you think it be not sweet enough put in some sugar and soe dish it and serve it up.

#### **15. Rasbery Creame**

Take a quart of Creame put it to the boyle. Beat the white of 3 Eggs well, and when it hath boyled well, put your Eggs with a Leafe of Mace and a slice of Lemon pill. Boyle it till it thicken, season it with sugar, then strain it, and beat it well in your dish, than haveing your Rasberryes well stewed, mix them with

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<sup>28</sup> No figs feature in the recipe!

your Creame, stirr it with some of the Juice of them, you must also put in some Amber, and serve it up.

#### **15. A thick Creame**

Take a gallon of Afterings set in on the fire in a broad pan, let it simmer from morning till night, then take it of, and sit it to coole till the morning following. Then take it up in flakes and lay sugar in the bottom but not on the topp.

#### **15. Lemon Creame**

Take a quart of Creame, boyle it a pretty while, then take 4 whites and one yolk of Eggs, beat them well and put it into your Creame, and then let it boyle, take it of the fire and squeeze the juice of Lemons into it till it turn to curds, then take it and hang it up for one houre, then take it down & season it with sugar and serve it up

#### **15. Purld Creame**

Make a white wine sillabub, let the curd be as hard as you can get it cleare from the drinke, beat it well with some of your Lemon Creame with a litle of the juice of Rasberryes only to turne the colour, then strayne it, season it with sugar and serve it.

#### **15. Time Creame**

Boyle 2 Gallons of New milke and put in a good sprigg of Tyme and the whole rinde of a lemon, then as it boyles, pour it into a Pottell of sweet Creame, then boyle it againe. You must put into it, halfe a pound of sugar and the juice of a lemon. Stirr it continually, take it of suddenly and stirr it till it be halfe cold. The cover it close and let stand 2 dayes and one night, at the least one night and a day, then dish it as others & serve it.

#### **16. Cherry Creame**

Take your Cherryes boyle them with as much watter as will Cover them, let them boyle a good while with some sugar, boyle your Creame to a good thickness, and let it be almost Cold, then strayne your Cherryes mix it with your Creame, beat it well and Dish it

#### **16. Rice Creame**

Take half a pound of Rice, beat it steepe it in a pint of New milke over night with a sliced Nutmegg in it. In the morning strayne it then beat a quart of Creame, another pint of New milke, a blade of Mace then boyle it to a pretty height, sweeten a little Rosewatter with sugar in which a graine of Musk is dissolved, and put it to the rest then Dish it that it may Coole it is best when it stands.

#### **16. Rosemary Creame**

Take a quart of Creame put a good quantity of Rosemary flowers into it then boyle it on a soft fire, and when it is boyled to a good thickness, take it of and strayne it, put sugar in it, when it is as cold as new milke – put into that quart 2 spoonefull of **Runnet**, pour it into a Dish and it will be like Gilly

### **16. Sack Creame**

Take a quart of Creame and put into it 2 or 3 spriggs of Time and sugar according to your tast, and let it boyle Leasurely on a soft fire till it grow somewhat thick. Then take it of the fire, and when it is somewhat Cold put into it 2 or 3 spoonefull of sack softly and stir it with a spoon one way, and give it 2 or 3 boyles, and if it be not thick Enough, take it againe of the fire and put in some more sack leasurely and soe boyle it a little and Dish it

### **16. Almond Creame**

Take a quart of Creame, a Leafe of Mace a grated Nutmegg with a good deale of sugar, then boyle them altogether on a soft fire, and take the white of an Egg and put in 2 or 3 spoonefull of Creame with the beateing of it, then take the Creame from boyling let it Coole. Take a quarter of a pound or more of blancht Almonds beat them very small, then take some Cold Creame, and mix with your Almonds and strayne them thorow a sieve, when your Creame is ready to come of the fire put in your strayed Almonds, and let it have half a warme, and Dish it

### **17. Creame of Ffrench Barley**

Take the third part of a pound of ffrench Barley, and steepe it all night in faire watter. In the morning put two skillets on the fire, with faire watter in one of them, put in the Barley and let it boyle till the watter looke read then put your watter from it, and put that Barley into your other skillet then boyle it and Change it with warm fresh watter, till it boyls white, then strayne your watter Cleare from it. Then take a quart of Creame, put into it one Nutmeg quartered one large Mace and some sugar, and when your Creame is ready to boyle put your Barley into it, let them boyle together about a quarter of an hour, and when it hath thus boyled, put into it the yolks of 2 or 3 Eggs well beaten with a little Rosewatter, then Dish it and eat it Cold. If you please you may put in a few Almonds beaten with Rosewatter, you may Doe it without the Eggs according to the thickness of your Creame

### **17. Clouted Creame**

Take 4 quarts of New milke and put it on the fire, then put in a flake or 2 of large Mace, and when it is just boyling, put a quart of good sweet Creame, and be sure to keep it stirring; as soon as it boyles after the Creame is put in, then take it off and strayne it through a Cleane Cloth into a Milke pan, and there keep it stirring that it scum not, till it be almost Cold then cover it Close, and let it stand from the morning it is boyled till the next morning; then take of the Topp with a skimmer, and put it into a Cleane Dish, and beat it with a spoone till it be thick, and serve it with Creame and sugar.

### **17. To Make Cheese Cakes, Mrs. West's Receipt**

Take a gallon of Milke, make of it a tender Curd wring the Whey from it and put it into a Bason, and take 3 parts of a pound of Butter and breake it in pieces in the Curd then with a Cleane hand worke the Butter and Curd together, till it be very well wrought in the Curd, then take the yolks of 8 Eggs, and beat with as many spoonefull of Rosewatter, put them to your Curd with a pound of sugar finely beaten and 2 Nutmegs grated, mingle them altogether with a little salt and a pound of Currans washed and picked, then make your

Coffins of fine flower, and breake a good peck of Butter into the flower, 2 or 3 spoonefull of Rosewatter, 3 Eggs, but the whites of two, a quarter of a pound of sugar, beaten, and searced, make up your Past and Coffin very thin and round, pricke them on the Bottoms, and fill them with your stuffe and pin white paper about them about 3 Inches broad, it is to keep them from running over the Crust, for in bakeing they will rise very high Then set them in the Oven, and when they are almost baked, draw them out and take a quarter of a pound of Butter, and more, and a 7 or 8 spoonefull of Rosewatter, and a quarter of a pound of sugar, set it on a little fire, and stir it well till all be melted, then poure a spoonefull or 2 all over the Cheese cake, and strew fine searced sugar on them then sett them in the oven a little, till the lseing be dried. If you please when you set the Cakes into the Oven, you may lay thin past cut with a Jacking Iron, or crosse on them, it will make them looke something handsome

### **18. Cleare Almond Cakes**

Lay halfe a pound of Almonds in a quart of faire watter, let them lye there 2 dayes, shifting them twice a day into faire watter, then blanch them into Rosewatter, beat them very fine, then take a pound of double refined sugar, boyle it into an orderly height , then put it into your Almonds, and let them boyle up, twice or thrice, soe drop them into Cakes or what forms you please.

### **18. Another sort of Almond Cakes**

Take the white of an Egg beat it into Rosewatter, and beat it with your Almonds, and according to your Almonds, add sugar weight for weight. Make them into cakes and bake them.

### **18. Almond knots**

Take a pound of Almonds, blanch them, and beat them, adding a little Rosewatter as you beat them when they are beaten firmly; then put in a pound of sugar firmly sifted, beat it into a Past, and roll it up into several kinds and knots.

### **18. To make Puffs**

Take a pound of double refined sugar, beat it and sift it fine, then take 2 graynes of Amber greese<sup>29</sup> finely beaten, and mix it with the sugar, then take the White of an Egg, and beat it till it be all a froth. So put in your sugar by degrees and beat it as you would do a Biskett, then take a pretty quantity of Coriander or Carroways, put them in And roll it up in little Balls about the bigness of a Nutmegg and lay it upon Wafers, and set them round like Loaves and bake them.

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<sup>29</sup> "Ambergris", a wax-like substance found in tropical seas and as a secretion in the intestines of the sperm whale. Used in perfumery and formerly in cookery.

### **19. Best sort of Bisketts, Mrs Leybourne's Receipt**

Take 4 new layd Eggs whites and all, take out the **straynes** and beat the Eggs half a quarter of an hour, then put to them 10 spoonefull of Rosewatter, and beat them together a quarter of an hour more then put to it a pound of sugar, finely beaten and searced beat all these well together then put in one pound of pure flower being first well dried, a pound of Coriander seeds or Carraway cleane rubbed and picked, mingle the floure in by stirring with a spoon, but do not beat it any more. Have all your plates rubbed with a little Butter tyed up in a Bagg, then put a spoonefull of the Batter upon a Plate and hasten them into the Oven, which must be as hot as for Tarts, and must be cooled at the top with a wett Broome half a quarter of an hour will bake them Enough. In making the Bisketts be sure to beat oneway alwise, when they are baked Enough put a knife carefully round about the Edges that the **Ice** doe not breake. If you would have them large put more stuff upon Every plate, One pound will make 10 well

### **19. Bisketts by Mrs West**

Take one pound of fine flower and put it into an Oven to drye, after bread is Drawne forth, let it stand till it be cold then searce it thorow a **peece** of Tiffany, take as much fine sugar as the weight of yr flower after its well beaten and searced. Then take 8 new layd Eggs, and beat the yolks and whites together a quarter of an hour with a spoonefull of Rosewatter, strayne them, and put your flower and sugar to them, beat it altogether about an hour and a halfe. Then take Annisseeds and Carraways of Each halfe an ounce, put them in and stirr them together till they be mingled, then dish them 2 spoonefull into a Plate. To glaze it, take a spoonefull of Rosewatter and as much sugar as will make it a syrrop warm it and take a feather and wash the topps of your Biskets

### **19. To make Marrow Pastyes**

Take Marrow, Currons, yolks of boyled Eggs, all alike quantity, and halfe so much Candyed Oranges, season with Sinamon, Mace Rosewatter and sugar, and soe roule your Paste, lye it in, make up yor Pastyes, you may put in some Aples but small if you please

### **20. To make a Carraway Cake**

Take half a peck of the finest flower, and 3 pound of sweet Butter, rub it very fine among the flower, one penny worth of beaten Mace and Cloves, and one pound of Almonds blanch and beaton, fine and small six penyworth of Amber grease mixed with a peniworth of Rosewatter. Mix all these together, take as much Barme and Milke as will wet them. You must strayne the yeast and the Milke to make it up into Past, then work into it 3 pound of Carraways, spread it out upon Paper, and sit it in the Oven, and let it Stand an houre, leave a little Ambergrease to wash it with when it comes out of the oven.

### **20. Read Marmolot of Quinces**

Take the gallon of pure Quinces, pare them, and core them, string the cores on a string, quarter the Quinces, and take to every pound of Quinces a pound of sugar and a pint of watter and put them in a Possnett and sett them on a soft fire closse covered, you must save out a quarter of sugar until they be

tender, and when they be very tender, take a rolling pin, and pommill them well with the bottom of it till they be very small, then put in the rest of of the sugar, and take out the Cores before you make them small, and boyle them till they come from the bottom of the skillet and soe box them up.

### **20. To Dry Peares**

Take of the fairest and clearest Pusills witout spots, lye them one by one as close as you can, one layer upon another in a Deep Earthen pott till it be full, cover it closse with a board and Past, sit them in the oven when you do bake bread, let them stand all night. Next morning take them out and let them stand till they be something cold, that you may pill them and as you pill them, lye them on thin boards, one close by another, and flatt them with your finger a little, sitt them in the oven to dry and turne them every day. You must heat your oven againe for the Drying of them, but take heed it never be too hott. When you put them into the pott to stew, you may if you please, put a glass or two of claret wine into the bottom of the pott.

### **20. To preserve Oranges or Lemons**

Chipp of the out rinde of your Oranges as thin as you can, then make a little round hole where the stalk growes, and take out the Kernels and the Rindy part of the oranges, then put them into a pale of watter, let them lye in the watter 4 or 5 days, changing the watter twice a day. Lye something over them to keepe them under the watter, that no part of them be drye, after boyle them in a good bigg pan. let the watter boyle before you put them in, and be sure to put a good handful of salt into the first watter.

### **21. An Antidot or Preservator against the Plague and other Infections**

Take of Mirrh Moes and Cinamon of each 3 drams of Mastick, Mace, Cloves Lignum Moes and Boliarmoniack of each half a dram. Make them all into fine powder, take for much as will lye upon a six pence every morning fasting

### **21. Orange Watter**

Take 6 oranges pare of the rinde and shred them very small, then take halfe an ounce of Clove Gilliflowers, and as much of cowslips, Rosemary flowers and Borrage flowers with Mace of each a dram 2 or 3 spriggs of Balme, put all those into one pint of sack to stoope for 2 Days being close covered that the strength doth not goe out. And when you put it into your Rose still Add thereunto one quart of sacke more, then past up your still close and draw it with a moderat fire, breake some hard sugar and put into the glass you set to let it drop into. Note that if you would have the watter retain the Collour of your Oranges, you must one of the Rindes of the oranges, round the hollows of the Top of your still before you set it on.

### **21. To Fry a Calves head the french fashion**

Ffirst boyle your head, the cut the one halfe of it, and the other halfe cut into pieces and some boyled Bacon with it after, and put some thin collops of Bacon finely carved and tost them before the fire, then lye into your pan the halfe head and let it be halfe enough before you put to your cut peetes, then let it all fry till that be pretty browne. For your sawce take some Anchovis dissolved in a good quantity of white wine, which being done put to it a

handfull of Capers some Butter & a litle viniger, and serve it up lyeing the halfe head in the middle of the dish, the cut meat, toasted collops and sippets round the outside thereof

### **21. To make little Puddings in a Dish**

Take 6 yolks of eggs and 4 whites well beaton, put to them near a pint of Creame, 3 spoonefull of Rosewatter, halfe a pound of Carrawayes and a quarter of a pound of stoned raisins of the sun, Season it with a litle salt, beaton sinamon, grated Nutmigg and some sugar to your taste and thicken it with grated bread and a litle flower soo thick that it will Rowle in your hand, first rubbing them with a litle Butter, you may make them round or long as you please. Bake them in a hollow Dish with a quantity of Butter upon a Chaffin Dish of Coales, turning them often till they be something browne. Ffor your sawce take a litle sack or some white wine and sugar and Butter, scrapeing sugar upon them in ye Dish

### **22. To Make Mead**

Take 5 quarts and a pint of watter and warme it, then put one quart honey to every Gallon of Liquor, one Lemon and a quarter of an Ounce of Nutmegs, it must boyle till the scum rise black, but if you would have it quickly ready to drink, squeeze into it a a Lemon, when you Tun it, it must be cold when you Tun it up.

### **22. Remedy for the falling Sickness and Convulsion fits**

Take spanish likoras, double piony roots and Anniseeds of each 2 Drams in powder, Alcaumus one dram and a dram of Cloves beat to powder, made into an Elechiary with black Cherry watter, take of this first and last 2 days before and after the change of the moone, the quantity of a Nutmegg.

Dr Dunstone

### **22. For the yellow Jaundice**

Take an handfull of selandine the greater boyle it in a pint of New Milke one quarter away, being blood warme, put into it 2 drams of Turmerick in powder, one peny worth of Treacle of Jeane and peny worth of Safaron, a scruple of **hop thrush lice** or **church lice**, they ? one thing, take this 3 morneings together by Equall proportions divided

Dr Dunston

### **22. Ffor the Chollicke**

Phile pendula the Root dried and grated to powder taken in Ale or Beare as much as will lye upon a goat is a speedy remedy against the heart cholicke. In your Ale or Beare, put in the smoke of 2 or 3 quiffs or Tobacko, which you may **doe** by puting the small end of the pipe and bloweing the smoke into it

Dr Dun

### **23. Ffor the Stone**

Take the Budd of Elder at their first comeing and drye them in a well tempered Oven, then beat it into powder, the dose to be taken is according to the strength of the party as much as will lye upon 6d, 4d or 3d before and after the full and change of the moone, this caused some to void many stones without great paine

Dr Dun.

### **23. Ffor the Tooth Ach**

Take the Inner Rinde of Burtery in the Spring 2 drams with one dram of Euphorbium and one of Pillitory of Spaine, of white salt 3 scruples. Make all these into powder, then mix them and tye them up in a peece of sasnet or such like stuffe about the Bignesse of a Hazelnut and hold it where the paine of the tooth is. It is a speedy cure, letting the Rhume out

Dr Dunstan

### **23. Madam Strickland's sauce for boyld Pikes or any other ffish**

Take a Gill of white wine or claret and as much watter put into it 2 onions or lesse being cut into halfe and as much horse Radish scrapt as will be 2 spoonfulls, and lemon Pills about the bredth of 2 halfe Crownes either dried or better undryed, about halfe a Nutmegg, a small bunch of sweet herbs, Hysop, savory and a litle mint, with other herbs. Put them all into the wine and watter mixt, let them boyle very fast, then take 4 or 5 Anchovys and about a dozn Capers, shred them together and put them in after it boyle. Boyle them a quarter of an houre and poure it out from the Anchovys and all the rest and put it into another sauce pan and sit it on the fire againe and put to it some liquor a good quantity of Butter and put only ye onions in to it againe, and let it boyle very fast a quarter of an houre longer, still stirring it with a spoone, then put it boyling hot on to your fish and serve it up.

### **23. A Bath aplyed to the knee twice a day for a sore legg**

Take Mallowes, Brooks lime, watter Cresses, **scurvy** grasses, ffumitory, ffox glove Leaves and hounds tongue of each a like quantity with Roach Alome boyled in smiths watter.

### **24. A Julip for a ffeavor**

Take the third part of a pound of ffrench Barley, and let it steepe in spring watter all night, then take it out, and boyle it in 4 quarts of springwatter over a soft fire about halfe an houre, then change it with as much warme watter as before, and let it boyle till the strength of the Barley be all out, and it be soft, Take it of and let it stand till it be Luewarm straine it and put to it a good quantity of Rose leaves, and some Read Sanders, let it stand till it be cold, then straine it and put to it some spirit of vitriol to make it to tast something sharp, then put to it 3 spoonefull of spirit of Clove Gilly flowers, and 2 or 3 of violets and as much sugar as will sweeten it to your tast. you may make it with watter without Barley or with wine if you thinke fitt

#### **24. Suppositors**

Take one Spoonfull of honey, and halfe a spoonfull of salt, boyle them together till they be black, then poure them on a **Pewder** Plate & with a little Butter on your hand rowle them

#### **24. Good for the Mother**

Take a quantity of your best Galbonum, spreads it upon white Leather something Bigger then a Crowne peece, then strew over it a graine of Muske, and lye it upon the Navil of the Patient it must lye on as long as it will sticke close

#### **24. Ffor the Man worms**

Take the Inner Rinde of **Rantry** barke, and boyle in New milke to be drunk 8 or 9 Mornings

#### **24. Perfect cure for all Worms**

Take of Mirrh, Lupins and Gention of Each one penyworth and put them into a pint of Brandy, and let the party take a Brandy taster thereof, morneing and eveneing, before and after the change or full of the Moone often proved

#### **25. A Blister in the Neck for sore eyes**

Take 6 or 8 french flyes, beat them to powder, put to them 10 drops of white wine viniger with a little quantity of **soure Leven**, mix them well together, and spread it on a peece of Leather 3 fingers Square, and lye it on the Nap of the Neck, or behinde the Eares, it must lye on about 12 houres, And if the Blister be not broke, clip it with a payre of sisers, and ly on a plaster of Burgundy pitch, or some draw leaves and keep it open as long as you can.

#### **25. Ffor a Rupture in Man or Woman.**

Take Wool, read Lead, and Bolearmoniack, and make it up into a Trusse of fustian, and quilt it, then take a Rupture plaster to be bought at the Apothecaryes, and spread it on a Cloth, first put up the swelling and aply it to the place, then binde on the Trusse as fast as you can, for want of this plaster you may use this following. Take the whites of 2 Eggs as much of the Juice of Comfrey and Butterwort as that quantity will make it up into a spreading plaster with fine Bolearmoniack, read Lead and Bean flowers of each a like quantity, spread this on a Cloth and lye it on the Breach, and lye on the Trusse as before, the Root of Comfrey boyled in Milk is good to take inwardly, The herbs named before dryed and rubbed to powder, taken in Muskadine or **Tart** wine, is good, If the swelling have been long. You may anoint it with Oile of spike, and oile of Roses mixed with viniger before you aply the plaster

#### **25. Another for a rupture or broken belly**

Take tender crops of the herbe **Osmond** in May, and drye them in the winde and not in the sun, and make powder thereof and searce it, and keepe it drye in a **blader** and let the patient drinke of that powder with white wine morning and evening winter or summer, for this drinke, will make the broken belly greene as it were new broken and the patient must be well and Easily Trussed that they may **goe** with it all day, and night, let him lye upright as

much as he may, and not strayne his belly, and keepe lax as much as may be. Then make use of this Plaster following.

Take Pollipodium that growes on an Oake the Roots and pare them and the Roots of Enalacampane, and pare them, and beat them to Powder, and temper it with Oile of Bay, and make it a plaister and lay it on a cloth thicke a good quantity and lay it on the greived place under the trusse and change it once or twice in 24 houres. probat Est, In May take the leaves of ye herbb to make the plaster

#### **26. Ffor the Tooth Ach**

Take the bigness of a Nut of Sugar, and as much of **Bet** Alom, and the same of Paper, boile all these together till they will rowle into Pills, and hold one in your teeth to Eppell the Rheume.

#### **26. Another for the Tooth Ach**

Take Read Nettle Roots, a quantity and as much salt, beat them together, and put them in a pooce of Linnen Cloth, and hold it in your teeth to Eppell the Rheume

#### **26. Another Excellent medicin for the Tooth Ach**

Take a quantity of Pepper small powdered and as much salt, worke them well together, and lye them close of a lump upon the backs at the small of the Arme at the Jaynt of the setting on of the hand, on that hand of the same side where the tooth Ake and keepe it close there proved often

#### **26. To cure the **llch****

Take the Powder of Brimstone, the Rootes of Docks and some Bay leaves, and a little Beewax, boyle all together in fresh butter, then drayne it, and with that oyntment anoint the Patient

#### **26. Ffor a Scald head**

Take a Peny worth of Lamp oile, and halfe a pint of faire Watter and boile it well together, and when tis cold put thereto halfe a peniworth of quicksilver, and temper it well together and anoint the head

#### **26. Ffor the Stone and Gravell**

Take and drye Roots of Read Nettles, make them into powder and drinke a spoonefull of the Powder in a draught of white wine something warme, and it will breake the stone speedily, use it every day till the stone and Gravel be broken and consumed being of small price, but of great vertue

#### **26. Dr Bate's Medicin ag<sup>t</sup> a consumption**

Take Liverwort 2 handfull, succory 6 handfull, Endive, Borage and Colts foot of each 6 handfull, shred them finely put them in a Gallon of New milke, let them steepe all night, in the morning distill them in a Glasse still, then take 3 spoonefull of Rose watter and 3 spoonefull of this watter, with halfe a pint of Red Cowes Milke, and as much sugar as will sweeten it

### **27. To keepe the tooth cleane**

If you will keepe your teeth from rotting, wash your mouth every morning with Juice of Lemons, and after rub them with a sage leafe, and wash them after meat with faire watter

### **27. A cordial Cherry Watter**

Take a **potle** of Aquavita, 2 ounces of Ripe Cheryes stoned, sugar one pound, 24 cloves, one stick of Cinamon, 3 spoonefull of Aniseeds bruised, let this stand in the Aquaevita 13 dayes, and when the watter hath fully drawne out the Tincture pour it of into another Glasse for your use, kept close stopped. The spice and the Cheryes, you may keep for they are very good for winde in the stomach

### **27. Paine in the head**

Take Marigold flowers and distill them, then take a fine Cloth, and weat it in the distilled watter, and lay it to the forehead of the Patient, and being soe aplyed let him sleep if he can.

### **27. To make the Philosopher or Celestial Stone**

Take Roman Vitriol 4 ounces, salt of **Nit?r**, white Lead, & Bolearmoniack of Each one ounce, salt Amoniacum halfe an Ounce to be powdered and boyle it in a Gill and a halfe of white wine vinigar, till it become an hard stone, the scrape it out burne it in a Crucible 6 houres in a wood or Charcoale fire, then beat it and put one ounce into neare 2 quarts of faire watter, let it have one boyle upon the fire, then strayne it through a browne Paper and use it warme to an old sore and to new sore very hot, and to sore eyes cold.

### **27. A plaister for an old sore**

Take 4 handfull of Plantaine leaves, beat them very well in a Mortar, then take the bignesse of an Egg of Alom, and Bolearmoniack 4 penyworth, a pint of New Churned Milke, the whites of 8 Eggs beat them all very well, and thicken them with the Bolearmoniack till it be thick enough to spread as a Plaster

### **28. Against a Pleurisy**

Read sage laid upon hot Coales, put in a wooden Dish and viniger sprinced upon it, and a Cloth over it aplyed to the stich

### **28. To make haire to **come a pace****

Southern wood burnt to Ashes, and tempered with the oyle of Radish or dill

### **28. Another to make haire to grow**

Take and **seeth** mallowes rootes and all, and wash the place, where the haire lacketh, and it will grow

### **28. To doe away haire**

Take Horse leeches and burne them to Powder, and mingle it with **Eysell**, and couch the place where the haire groweth, and it will grow noe more there

**28. For the Ach of an hollow tooth**

Take **Assafetida** and put it in ye tooth that is hollow, and it will appease and take away the Ach

**28. Ffor the Cough of the Lungs**

Take the sirrurp of Horshound, and safron, the quantity of 12 or 20 graines at the most given in sweet wine 2 or 3 times a day

**28. Ffor sore eyes**

Take the bignes of a Nut of the best bleu vitrioll, and the like quantity of White Copperas, and put them into a quart of white Rose Watter, and anoint the Eyes with 2 or 3 drops into them

**28. Cordial Watter by Sir Walter Raleigh**

Take a Gallon of stawberryes, put them into a pint of Aquavitae soe let them stand 4 or 5 dayes, strayne them gently out, and sweeten th watter with fine sugar

**28. To Increase Woman's Milk**

Take ffennel seed bruised, boyle them well in Barley Watter, where of let the wet Nurse drink very often, in winter warm in summer cold, and let them beware of drinking much strong beare, Ale or wine for they are hot, and great dryers up of Milke, and soe are all spices and too much salt and salt meats

**29. Ffor a Stich in the Side**

Take a peice of white leavend bread, and toast it on both sides, then spread one side thereof with the best Treacle of **leane**, and cover it with a fine Linnen Cloth and lay it to the greived place

**29. To keep Iron from rusting**

Take Lead filed very small, and put soe much oile olive upon it as will cover it in a pott, then make your Iron very cleane first, then anynt your Iron with the said oile after it hath stood 9 dayes and it will never rust

**29. Ffor one that Cannot hold his Watter**

Take Goates Tallow, and burne it, and make thereof Powder and put it into the Patients Pottage, let him use this and he will pisse leasureably.

**29. Another to hold Urine**

Take the Clawes of a Goat, and burne them to powder, and let the party use thereof in Pottage

**29. Helpes to bring away a dead **child** or after **burthen****

Take safron, Mace, and Cinamon, beat them to powder, and searce them and take of the Powder a **inst** quantity, give as much as will lye upon the poynt of a knife, in Ale, Beare, or what they best like

**29. A greene Ointment to be made in May which will cure all strains, swellings, Akes, Boiles, Cuts, Cramps, Scalds, Burns of all sorts, all outward Greifes Easeth the sciatica and Gout all swellings in the face through cold**

Take young Bay leaves, and wormwood of each halfe a pound, read sage and and rue of Each a pound, pick them cleane but wash them not and gather them in the heat of the day, then beat them very small in a Morter like unto greene sauce, then take sheeps suet new killed, 3 pound picked cleane and shred smal, beat all these till they be well incorporated then put to it a **potle** of the best oile olive, worke it soe with your hand till it become all of one softnesse and colour then put it all into an Earthen pan, and let it stand close there covered in some cold place, 8 dayes then boyle it on small Coales almost a day stirring it well And after it hath boyled 4 houres or more put to it 4 ounces of the best Oile of Spike, And to know that it is thoroughly boyled Take a drop thereof in a cleane saucer, and if it look duskish, boyle it longer, but if it looke with a faire greene collour, take it of, and strayne it through a New cloth, and keepe it close in a **Gally** pott and it will last 7 yeares

**30. A pleurisy or any Payne in the side**

Take 2 hand full of Camomile, and one handful of **cumin** seed, bruise them and boil them in a potte of faire watter, till the one halfe be consumed, and make 2 bags of course linen cloth of the breadth of your hand, and fill the Bags with the same, wring out the watter cleane till they be drye, and as oft as you can suffer them lye them to your side and shift them till you finde ease

**30. Ffor the Rhume**

Take a pint of Hysop watter and licqoras and beat it small and searce it through a searce, mingle the watter and licqoras together seeth it until it be like a sirrup, then put it into a Glasse and set it in the sun 3 weekes and above and make Lozenges thereof and use it as Need shall require

**30. An approved good Medicin for the Spleene**

Take a handfull of Rue and an handful of Camomile, a pretty quantity of Cumin seeds, a **potle** of smiths watter and a pint of vinegar, boyle them together till a pint be wasted, then take a Cloth and **weat** it therein, and bath the Patients side therewith as hot as may be suffered

**30. Ffor the Biting of a Mad Dog or other vermin**

Take a quantity of Rue, 3 Cloves of Garlick, and a handful of Hassel nut kernels, **stam** all these together, and strayne them with Ale then put to it as much Treacle as a Beane, and let the Patient drinke the Juice, then lay the Dregs to ye place bitten or stung, and this will heal both man and beast

**30. To paynt Papers for flowers**

For Red take ground vermilion, mixt with Gum watter

Blew, Blew **verditure** mixt with Gum watter

Orange Take Orpiment mixed with Gum watter

**Peach colour** Take Lake, grind it with thin Gum watter, and to make it paler add white lead in the grinding

Ffor yellow, **Gumbergium** steeped in watter

Greene, Take verdegrease, grind it with the Juice of Rue  
Purple, Boyle Logwood with Alom in watter  
All colours except yellow is better to be wet over againe with Gum watter

### **31. Ffor the falling sickness**

Take 2 or 3 young Goase Goslings out of a nest, and take out the Guts and dry them to powder, and take them in a draught of Ale without Hops in a morning fasting, they will serve 3 or 4 morneings

### **31. Ffor the Rickets**

Take for a Girle the blood of a bull calfe, and for Boy the blood of both bull and ? Calfe mixt and in the morning **weat** the Child all over before the fire and let it dry on and wear of on it selfe

### **31. Ffor the consumption**

Take in summer Bryer Leaves and dry them dry them to powder and take it in Treacle morneings

### **31. Ffor the Gout**

Take New **dishes** and boyle them in watter, and aply them hot to the place

### **31. Ffor an Ague**

Take a spider and lye it quick in a Cloth, and hang it about the parties neck they not knowing of it, and tale it away when the fitt is over

### **31. To make Naples Bisketts**

Take 6 Eggs beat them well in a wooden Bowle, then put a pound of sugar to them being beaten very small, beat your Eggs and sugar together halfe an houre, then put 3 quarters of fine flower to them and a Grayne of Musk, and beat them till your oven be as hot as for Manchet, then butter your pans and put it into them, and bake them, then lay them upon the Bottome of a sieve to dry them and keepe them for your use

### **32. To make Mackerons**

Take 3 quarters of a pound of Almonds and blanch them, beat them very small in a stone mortar, puting sometimes a litle Rose watter into them in the beating, then take the whites of 2 Eggs and beat them in a wooden bowle, then put halfe a pound of sugar to them and beat them a litle while, then put your Almonds to them and a graine of Muske and beat them till your oven be as hot as for Manchett<sup>30</sup>, then lay them upon Waffers, and set them upon papers and bake them, and drye them againe keepe them for your use.

### **32. How to make Marchpane Cakes**

Take blancht Almonds, and sugar and beat them up into a Past, and when have beaten it into a Past rowl it out about the thickenesse that you will have your Marchpaine Cakes to be and cut them in 3 square pieces and set an

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<sup>30</sup> "Manchet", a wheat loaf

Edge to them of the same past, and Impe<sup>31</sup> the Edges of them, then take Rose Watter and beat searced sugar in it till it be as thick as Pancakes, butter, and wet them within it and strew a few of Bisketts in them and set them upon Wafers, and set them againe upon Papers and bake them, and keep them for your use.

### **32. To Make Past of Apricocks**

Take your Apricocks and pare them, and take the stones out of them put them into a Pot and cover them close, sett them into a Kettle of Watter, and let them stand infuseing in it 2 or 3 houres, then take them and strayne them through a Sive, then put to a pound of your Pulpe of Apricocks halfe a pound of the Pulpe of boyled Pippins then clarify a pound of sugar, and boyle it to a Candy height, and put your Pulpe of Pippins and Apricocks into it keep it stirring over the fire till it comes cleane from the bottom of the Pan, then lay it upon plaites, dry it and keep it for use.

### **32. To make a Past of Oranges and Lemons**

Take your Oranges or Lemons peelee and boyle them very tender in faire watter and strayne them through a sive, put to a quarter of a pound of ye pulpe of your Oranges or Lemons, 3 quarters of a pound of the pulpe of Pippins, then clarify a pound of sugar and boyle it to a Candy height, and put your pulpe into it and keepe it stirring over the fire till it come cleane from the bottom of the pan, then lay it upon plates or boards, drye it and keepe it for use.

### **33. Past of Quinces**

Take your Quinches boyle them very tender in faire watter, pare them and strayne them through a sieve, dry your Pulp of Quince by it selfe till it comes cleane from the bottom of the Pan, then put a pound of searced sugar into it, and keepe it stirring till your sugar be fully dissolved and melted your Quinces, soe that your Pulpe will lye upon a plate or board like unto other Pastes, then let it stand a litle of from the fire, and lay it upon plates and keepe it for use You must put to your Quinces their equal weight of sugar

### **33. Past of Gooseberryes**

Take your Gooseberryes and infuse them in a pot, in a kettle of watter strayne them through a sive, then put to halfe a pound of the Pulpe of Gooseberryes, halfe a pound of the pulpe of Greene Aples, then clarifie a pound of sugar and boyle it to a casting height, put your Pulpe of Gooseberrys and Greene Aples into it, and keepe it stirring over the fire till it comes cleane from the bottom of the Pan, then lay it upon plates to drye and keepe it for use

### **33. Marmolate of Oranges or Lemons**

Take your Oranges or Lemons cut them in halfes and take the meat out of them, and boyle the Parings and the Cores in faire watter and straine them through a sive, and clarify a pound of sugar, and put to a quarter of a pound of the Pulp of your Oranges or Lemons, 3 quarters of a pound of the pulp of

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<sup>31</sup> " Imp", an old word meaning inlay, extend, lengthen, eke out

Aples or Pippins then put it into your sirrurp and let it boyle, very fast keeping it stirring till it comes cleane from the Pan bottom, then put it into Boxes and keepe it for use

### **33. To Candy Oranges Lemons, or any other thing**

Take any thing which you will Candy and preserve them first, and let them lay a weeke in their sirrurp, after they are preserved then take them forth of the sirrurp, and wash the sirrurp very cleane from them in warme watter and drye them, then Clarify sugar and boyle it to a casting height, and put as many things into it as you think fit to Candy, and let them boyle very fast till your sugar be at a casting height, then set them to coole and when your sirrurp doth begin to Coole take your things forth, and when they are thorow cold they will be Candyed, and soe use them

### **34. To Candy Flowers in their perfect Colour & Scent**

Take a litle peece of Gum Arabeck steepe it [in] a litle Rose watter, when it is dissolved and melted, take an ounce of white sugar Candy and bruise it in litle small peeces like litle sparks of Diamond. Then take Roses, Marigolds, or other flowers in the heat of ye day and lay them upon the bottom of a sive, and wet the one side of them with the Gum watter, and throw them over with the sugar Candy, and when the one side is dry and Candyed turne the other side and Candy them in the same manner, when they are dry they will keepe their perfect Colour and sent all the yeare, and soe use them as you please

### **34. To Dry Apricocks**

Take Apricocks and peepe them, then clarify a pound of sugar and boyle it to a manus Christy<sup>32</sup> height, and put a pound of your Apricocks into it, let them boyle very leisurely till they are very tender, then set them to coole and let them stand three days, then clarify another pound of sugar and boyle it to the same height, and put them into it, and let them boyle a litle while and set them to coole again, and let them stand 3 days longer, then you may take them forth of the sirrurp, and drye them. And then you may make Quadeny<sup>33</sup> with the sirrurp being boyled in Aple watter, or use it otherwise as you please

### **34. To Drye Peares**

Take your Peares and boyle them in smal Alewort<sup>34</sup> and hony till they be very tender, and then you may put them into the Oven after you have drawne bread, and in 3 or 4 times soe doing they will be soe dry you may keepe them all the yeare. A quart of honey will serve to boyle in a Potle<sup>35</sup> of small Alewort, but you may boyle many Peares in the wort till all the wort be drunke up with the Peares, and soe use them as you please

### **35. To Dry Greene or ripe Plumbs**

Take your Plumbs greene and scald them in hot watter, and peepe the thin skin of them, then put them into the watter againe, and let them stand by a

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<sup>32</sup> "Manus Christi", hand of Christ, a cordial made by boiling sugar with rose water.

<sup>33</sup> A jelly or syrup made (usually) with quince juice and sugar.

<sup>34</sup> A fermenting infusion of malt

<sup>35</sup> A pot of half a gallon

soft fire close covered 3 or 4 houres, and they will turne as greene as they were at first, Then clarify a pound of sugar and boyle it to a manus Christj height, put halfe a pound of Plumbs into it, and boyle them very leasurely till they be very tender, set them to coole and let them stand 3 dayes then wash the sirrups cleane from them in warme watter, and soe dry them for your use, And in the same manner you may dry Ripe Plumbs, but you must not scald them in watter at all

### **35. To preserve Quinces White**

Take your Quinces and Core them, and boyle them very leasurely in faire watter to keepe them from breakeing, when they are very tender, paire them then take a quart of Aple watter and boyle 2 pound of sugar in it, let them boyle fast till they are soe tender you may put a straw through them, then take them forth of ye sirrups, and boyle the sirrups by it selfe till it begin to hang at the spoone, then put them into the sirrups againe and keepe them for your use, you must to your 2 pound of sugar but one pound of Quinces after your sirrups is made, and boyle them something fast uncovered

### **35. To preserve Greene Gooseberrys**

Take your Gooseberrys when they are greene, and scald them in hot watter and peepe the thin skins of from them, then put them into ye watter and let them stand by a soft fire close covered till they look of a blewish couler then take them forth of ye watter, and prick them full of holes with a pin, and clarify a pound of sugar, boyle it to a manus Christy height, and put halfe a pound of Gooseberrys in it and boyle them leasurely uncovered, till they are tender, Then sett them to coole, and after they have stood in the sirrups a weeke, they will turne as greene, as they were upon the trees, and soe keepe them for use

### **35. To make Jumballs**

Take one pound and a halfe of wheat flower finely searced dried & beaten one Pound of sugar searced the quantity of a Walnut of cold Butter, mix these together with the yolks of 6 Eggs, and 3 Whites, 6 spoonefull of Rosewatter & 8 of Creame. beat this together and put in a litle Amber greace, a litle muske and a few Coriander seeds bruised, then mold all together and bake it on buttered plates what shapes you please, when they are baked, loose them of the plates, and dresse them with sugar boyled to a Candy, with a litle Amber greace dissolved in it, then set them in againe to drye

### **36. To make White Gelly**

Take a knuckle of veale lay it in watter one night to take away the blood and put it into a pipkin with a Gallon of spring watter, scum it very cleane letting it stew softly till it Gelly, then straine it from the meale let it stand till it be cold, then take up the fatt cleane, and put it into a possnet, set it on the fire to melt, then put in 2 ounces of Cinamon 1 ounce of bruised Nutmeg, 1 pound of sugar, halfe a spoonful of rosewater, 3 spoonsful of viniger the juice of 4 Oranges, and 1 Lemon the whites of 8 eggs beaten to a white froth, and set it on the fire and let it stand without stirring till it boile up, then scum it through a bagg often changing it till it looke clear, the seasoning you may add to your own taste

### **36. To make little cakes**

Take a pound of New Butter and a pound of Wheat flower, one halfe peniworth of Caraway seeds, and another of coriander seeds, 3 yolks of Eggs and one white, 2 spoonfulls and a halfe of New Ale yeast, mixe all these together to a Past, but knead it not, nor mould it but beat it with your hand till it be thin, and cut it in what formes you please and pricke them on the wrong side, strew some searced sugar on them before you sett them in the oven, and when you take them out you must strew some more searced sugar upon them.

### **36. To make Jumballs, all of sugar**

Take 1 pound of refined sugar, beat it and searce it firmly put to it a grain of Muske and as much Ambergreace, and put it into a Marble or wooden Mortar, and as much Gum **dragon**, that hath been steeped in rosewater, and the white of an Egg well beaten, of them both as much as will wet it, soe that you may beat it to a Past, worke them up with a little fine sugar, and rowle them, make them what fashion you please, lay them on wafers and bake them in a soft Oven

### **36. To make Toast with Sack**

Cutt the Crumb of 3 **Manchets** into 10 or 11 slices about a quarter of an Inch thick and the breadth of the palme of your hand, soak them about halfe a quarter of an houre in Creame, and sack. Mingled together, then take them out of the Liquor and lye them on a plate to drayne, then strow some flower on both sides, and breake (breake) 10 Eggs and put to them a little sack, a quarter of a pound of sugar, the juice of 2 Oranges, a little Nutmeg, Cinamon, rosewater and Ginger if you please, but beat these together and put them to your Toasts, and let them lye halfe a quarter of an hour, then take the clearest of a pound of Clarified butter, put it into a pan when tis hott put your Toasts being well turned in the stuffe that it doe well cover them, put them into the Pan one by one, and hold them over a quick fire when you turne them cover them with the stuffe being taken up with a spoone, fry them browne or pale as you please then dish them and scrape some sugar upon them, and squeeze the Juice of 2 Oranges on them, garnish the dish with Oranges, and soe serve them up

### **37. To make Almond Cakes**

Take a pound of Almonds blanch them in cold watter, beat them very small with rosewater, then take the yolks of 4 Eggs and the whites of 2, beat them well in an Earthen pott with a spoone, then put in a pound of refined sugar searced to your Eggs and beat all together till it looke very white, then put in your Almonds with some Muske and Ambergreace, beat them all together and drop them upon Waffers set on a plait, put them into the Oven it being soe hot as not to sett up the stone be sure they burne not

### **37. To make Bean Cakes look as white as snow**

Take 2 Eggs beat them to a froth with a little Rosewater, then put in a pound of sugar searced and beat it till it looke as white as snow and it will drop like Puffs and not fall, put in a little Musk and Ambergreece, then take a pound of Almonds blanched in cold watter and cutt of the ends of them, and cutt them

in thin round or long slices put them into this sugar stuffe and stir them well together, then drop them upon waffers, and with the point of a knife place the Almonds as Edge wise as you can. Sit them in an Oven lightly heated, let them stand a quarter of an hour; If you please you may strow Caraway, Coraind, or like coulered Comfits on them when you put them in the Oven

### **37. To make Quince Cakes that you may print**

Take 3 or 4 yellow peare Quinces and boyle them till they be reasonable tender, when they are cold pare them and cutt all the Quince from the Coare strayne it and take as much sugar as it weighs and boyle it to a Candy height with 2 spooneful of rosewatter, and 2 or 3 spooneful of Orange flowers watter for boyle it in a Marmold Height, and let it stand all night, the next morning you may worke it like past and print it

### **38. To make a sweet watter to burn upon a fire pan, a little ?**

Take 12 ounces of Benjamin, as much of Storax a quarter of an ounce of Cloves, all this beaten well to powder 6 graines of Muske as much of the spirit of roses, beat the Muske to Powder and 6 graines of siuet a spooneful or 2 of rosewatter melt the siuet, take a quart of Damask Rosewatter put it in a glasse, then take all the things and put them into it shake them all together in the glasse 2 or 3 times a day, and when the glasse is almost gone fill it up againe to the sweets and it will make the watter sweet for 2 or 3 yeares together and for use it as you need

### **38. To make a greene Pudding**

Take straberry leaves, violet leaves, time and Majorum, shred them and strayn them with Creame, then take grated Bread, Eggs and suet, season them with Nutmeggs sugar and a little Rosewatter, wrap it in a Mutton Cake, and boyle it in a Bag

### **38. To bake a Capon in the Spanish Way**

Take a large fatt Capon perboyle it then cut of the flesh and mince it with a pound of Beefe suet, and Marrow of 3 Bones, a few Cloves and Mace, pepper and a few Currans put all this meat into a Past made with Butter and Marrow melted with sugar, when it comes out of the Oven, season it with Claret wine, Juice of Orange beaten Amber and Sugar stir the Meat and this together

### **38. To make a Great Cake**

Take 3 pound and a halfe of flower, 2 pound and a halfe of Currans, halfe a pound of Raisons of yoursun stoned, half a pound of sugar, halfe a pint of Rose Water, a pint of Creame, a pound of fresh butter, a Gill of Ale barme, yolks of 10 Eggs and 3 whites. Let the Creame boyle and put in the Butter to melt in it, beat 9 Eggs and mingle with the barme, Rose Water and sugar. Pour in the Cream and butter, and stirr it well together, then take halfe an ounce of Mace, well beaten and throw upon it, then take some of the flower and strew over it, and let it stand till it hath wrought over, then work it together, put in your fruit, and when it is wrought until it will come from your hands in the Bowle, lay it upon a sheet of White Paper buttered, and a browne one under it and let it stand in the Oven an heure, then take some whites of Eggs, melted butter and Rose Water, beaten together, and wash your Cake over

with a bunch of Sage, and throw over it sugar and let stand in the Oven a little longer.

### **39. To make Excellent Goose Sauce**

Take a handfull of Parsley, a handfull of other sweet herbs as Time Savoury Mint & Margerum two great Onions or more little ones, shred them small then take as much butter as an Egg a little salt, worke your butter and herbes together and put them into the Goose belly with a spoone when you draw her take out the herbes mix the butter and Mustard together, and soe put it in the dish under the Goose

### **39. To fry Parnsips**

Let the parsneps be first tender boyled, and if they be thick cleave them, being peeled, then strew a little bit Cinamon on them, and put them to steep in little Sack, ffry them in a little butter. Make sauce, with butter, Sack and Cinamon beat together and they will eat well.

### **39. Rice Custard**

Take halfe a quarter of a pound of Rice Picked the whole corns out ? it and wash it well put to it a quart of Thin Milk soe whole Mace and Cinamon, set it on a **sokeing** fire till the rice be **burthen** and very tender, then take a pint of Creame five or six yolks of Eggs well beaten, mingled altogether, and season it wth sugar, Rosewatter to ye tast, and stirr it on a soft fire till it be thick

### **39. Shred Pyes**

Take 4 pound of a legg of veal parboyled, 4 pound of Beefe suet, 6 pared Aples. Shred altogether, put it through a sieve, season it with 4 pound of currans, an ounce of beaten Mace, halfe a pound of sugar, six dates, Lemon Pills candyed, a Gill of Rose Water, as much sack; make them up; a quarter of an hour will bake them.

### **39. Sauce for Tripes**

Butter Mustard and sugar bet together

### **39. Cheese Cakes**

Take 2 quarts of New milk Cheese Curds, 3 Gills of greated bread, work ye Curds up well, then work the bread and Curds together, and put it through a **haire** seive put in 8 yolks of Eggs, halfe a dozn spoonefull of Rosewatter, as much sack, 2 pound of Currans, a quarter of a pound of sugar, a quarter of an ounce of Muce beaten, as much cinamon soe put them in the Past

### **39. A baked Pudding of Goose or Piggs Blood**

Straine ye blood and put to it a pint of Creame, a pint of suet small shred, a pint of grated bread, let through a sive, a Nutmegg sliced a little bit Mace, sugar & salt, 10 yolks of Eggs 4 whites beaten, mix altogether, lay a Past in the bottom of the dish another of Past on the top, set it in a quick oven, an hour will bake it

#### **40. To Stew a Hare**

Take a Hare new killed, cut it in peeces and season it with pepper & salt Then take 8 onions cut them in peeces, take Time & sweet herbs a good handfull shred, A nutmeg sliced, 3 or 4 blades of Mace, mix it with the flesh, & make it up in a Pipkin, put thereto a pint of white Claret wine, a pint of watter, set them a stewing on a soft fire, and when 3 quarters is stewed, put in a pound of sweet butter, serve it up sippets dish it up & squeeze in a Lemon

#### **40. Aqua Mirabilis**

Take Galingales, Cloves, Mace, ginger, Cardimum seeds, Nutmegs, Melilot flowers of each 2 drams, one Pint of the Juice of Celandine and a pint of the Juice of Palm, and halfe a pint of the Juice of Spearmint, Cowslip flowers Rosemary flowers, Borrage and Buglosse flowers, and Marigold flowers of Each of those 2 drams, Angelico Watter one pint, let the spires and seeds be beaten a little, and put to all these 2 quarts of good Canary, and 2 quarts of white wine, and a quart of Brandy, and let them stand 24 houres in a well glazed Earthen pott, then still it aft with a **Linnbecke or Worm**, and sweeten it with double refined sugar for your tast

#### **40. To let blood to Save a Mans Sight**

Who is Letten blood the 18<sup>th</sup> day of March on the right Arme, and on the Eleventh day of Aprill on the left Arme, they shall never be blinde this hath beene proved

#### **40. A soveraigne Medicin for bleared Eyes**

Take a good quantity of Houseleeke, stamp it in a Mortar, and wring out the Juice, and put it in a vessel a day and a Night till it be cleane, poure out the cleare from the Thick Then take 10 eggs and **seeth** them as **hard** as you may. Cleave **each** Egg hot, take away the yolke of every egge and set it upright the white in the shell in wheat bran, and fill it full of the juice of ye houseleeke to serve all the eggs, and let them stand soe a day and a Night, at least a day, then put the Watter of the Eggs into a vial, And take of the said Watter & put in thine Eyes, or washthem with a Linnen Cloth in this watter early and late

#### **41. Cure for the yellow Jandis**

Take a quantity of Turmeracke, and as much Ivory beaten to powder and as much of the Inner barke of a Barberry Tree, and a quantity of safron in Powder, and mix them altogether, and drinke them in drinke or milke 3 or 4 dayes fasting.

#### **41. Ffor to stop the flux**

Take an Onion, and roast it till it be tender and bruise it and lapp it in a Linnen Cloth, and put it betwixt the Clefts of the Buttocks, joyneing to ye fundament, and let the party sit thereon as hot as may be suffered. And then take another Onion and pluck out the Core and fill the hole full of Ffrankinsence and English safron, and take the Covering of the Onion, and cover the hole, put it in Embers, and let it boyle till it be somewhat tender then take of the Covering and lay the Onion as hot as may be suffered upon the Navil of the Patient binde it fast that it fall not away & it will heale him

#### **41. Cure for an Imposthume**

Take Barly, and dry Beanes, and Lickoras, of Each alike, boyle them altogether in faire Watter, and drinke thereof with sugar, every day fasting and at Night goeing to bed, use it 6 dayes or more, and he shall cast out the Imposthume

#### **41. To make a Starch of Potatoes**

Take long Pottatoes, wash them cleane then grate them small let them thorow a Hop Seive, then Rub it well with watter into a Tub or other vessell, then let it setle, after it be settled pour of the watter, and put in fresh watter rubbing it as before, and doe this still stirring it up till the watter be cleane, then take it up, and lye it upon a Linnen Cloth to drye in the sun, and then use it

#### **41. To stampe Cloth in Branches**

Ffor Blacke, Take a Pinte of vinegar and a quart of Raine watter, put to it a little wheat flower, and put 5 pound of Cankerd Iron into it, let it stand a fortnight, boyle it well, Then sew a **harder** Cloth upon the Bottom of a Weight or such a thing; and lay the Colour upon that Cloth, and wett your stampe in it, and set it on your Cloth and ? beat it twice with a Mill or hammer, let it dry, then polish and rub it well with a smooth sleighting stone

#### **42. To have Aples without core**

When Two Apletrees growes neare together, Graft the topp of the Branch of one Tree into a stork of the other Tree or branch with the topp the Graft downewards soe that the Graft may grow at both ends, as well on its owne stocke as alsoe on the stocke wherein the top is grafted, then when the top end grows and is fixed in the other stock cut the Graft in the Midle, and the Aples that growes on that grafte which is with the top downwards will have noe Core

you may try if Barberrys will not doe the like

By Lord Verulam<sup>36</sup>

#### **42. How to have Roses, Greene or yellow**

Graft a Rose tree on a Holling stocke and it will be Greene

Graft a Rose tree on a Ffurze or Broome stalke for yellow

Verulam

#### **42. To make white Lillyes, Greene, read or Bleu**

Take the Roots of White Lillyes gently up, that you doe not breake them, and put into and fill the Leaves of the Roots, with such Ingredients as Dyers use to dye with for such collour as yoe would have the Lillyes to be and they will be of that collour.

Verulam

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<sup>36</sup> Sir Francis Bacon

**42. To increase Milke in a Nurses Breast**

Take the hoofes of the forefoot of a Cow drye them and make thereof fine Powder and let the woman eat it in Pottage or take it in drinke and it will increase milke