

The *Treasurie of commodious Conceits*, by John Partridge, 1573
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John Partridge and His Books of Recipes

In reality we know very little about the author John Partridge. Cataloguing records in various databases and bibliographies indicate he ‘flourished circa 1573’. Librarians and bibliographers resort to such language when we have an author we cannot date or discover more about despite our best efforts. We do not know when John Partridge was born nor do we know when he died. We only know that during the years 1566 to 1582 poems and books appeared that were attributed to him or list him as the author. Three of these titles are books of recipes for cookery, confectionery, remedies, and medicines. Even with just three titles, the bibliographic record for John Partridge’s small culinary works is more than slightly confusing. The lack of information about the author carries over into bibliographic details about the actual books. The books were reprinted, revised, and enlarged as time passed. Titles vary ever so slightly as do the running titles within the texts. A number of these editions have never been microfilmed or scanned, and there are also editions that are recorded that no longer exist. This makes studying Partridge problematic at best. The first of these books was the 1573 *The Treasurie of Commodious Conceits*. Partridge admits the recipes for this work came from “a certayne Gentlewoman (being my dere and special frende).” This work would later be published under the title *The Treasury of Hidden Secrets*. Another work in a similar vein was his 1582 *The Widowes Treasure* which is concerned more with medical recipes than concerned with cookery. What we do know is the works were exceedingly popular and remained in print in various editions until well into the next century.

The work being reproduced here is the 1573 edition: Partridge, John. **The Treasurie of Commodious Conceits, & Hidden Secrets, and may be called, The huswiues closet, of healthfull prouision.**

Notes:

The easiest way to work with this text is to read the recipes aloud. In the text of the 1573 book, **the** often appears as **thē**. It’s typed here as the. It may often be read as “then”. Also treatment as to “i” for “j”, “u” for “v”, and “vv” for “w” varies from our modern practices.

Project Notes

The John Partridge text has been part of my files for a number of years. It’s a very small part of a project I began a quarter century ago in which I embarked on a mission to locate and study the English cookery books of the 16th and 17th centuries. The project extended

beyond bibliographic entries into the world of microfilms and special collections. Reprints, facsimiles, and actual rare volumes played their parts, as did countless reference works. It has all led to countless papers, handouts, and talks (including sessions at Cooks Con 2 and 3) through the years.

This manuscript is based on a print out from the microfilm of the 1573 edition. It was created long before either EEBO or EEBO-TCP existed. I am pleased to make it available for inclusion and indexing as part of medievalcookery.com. It's a silver anniversary present to my readers and friends. The select bibliography which follows will help guide the reader to a few sources.

Ferguson, John. *Bibliographical Notes on Histories of Invention & Books of Secrets*. 1959, 1981. Staten Island, N.Y.: Pober Publishing, 1998. [Originally published as part of the Transactions of the Glasgow Archaeological Society, 1882-1888 and 1894-1908.] This edition contains "Index Revision & Bibliographical Additions" by Stephen E. Pober."

Holloway, Johnna H. "Early English Printed Cookbooks." In *Proceedings from the Second Conference on European Cooking from Rome to the Renaissance*. 19-20 January 2002. Colorado Springs, Colorado. Released on CD in September 2002. Contains a full bibliography.

Online Resources

The English Short Title Catalogue. (The British Library and ESTC/NA) Includes the former Eighteenth-Century Short-Title Catalogue (ESTC) and the two short-title reference catalogues covering 1475-1640 (Pollard & Redgrave) and 1641-1700 (Wing). The online version now covers titles that were published between 1473 and 1800 in the British Isles and North America. Now online: < http://estc.bl.uk/F/?func=file&file_name=login-bl-list >

Early English Books, 1475-1640. Microfilmed Collection produced originally by UMI. *EEBO* stands for *Early English Books Online*. Most of the works previously microfilmed by UMI have been scanned and are now available online through a subscription service. A number through EEBO-TCP are being turned into full text versions, again offered on a subscription basis. See < <http://eebo.chadwyck.com/about/about.htm#chron> >

Also see:

Joyce Boro, 'Partridge, John (*fl.* 1566–1582)', *Oxford Dictionary of National Biography*, Oxford University Press, 2004 [academic database accessed 10 April 2010]

Reprints/Facsimiles:

Partridge, John. *A Treasury of Hidden Secrets*. Cambridge, MA.: Rhwymbooks, 2002. ISBN: 1-889298-04-2. xxii + 84 pages. An unabridged reprint of the 1653 edition. This now online at:

< <http://www.povertystudies.org/Links/Rhwymbooks/RBHOME.htm> >

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The Tresurie of commodious Conceits, & hidden Secrets, and may be called The Huswiues Closet, of health-full prouision. Mete and necessarie for the profitable vse of all estates both men and women: And also pleasaunt for recreation, With a necessary Table of all things herein contayned,
Gathered out of sundrye Experiments lately practised by men of great knowledge. By I. Par.

Imprinted at London by

Richard Iones.

1573

[omitting the front matter]

The Chapters and contentes of this Booke.

To bake a Capon with yolks of Eggs. Chapter i.

To bake a Feasant, or Capon, in Neede of a Feasant. Cap.ii.

To bake Chickins, Sparrowes, or other Birds. Cap.iii.

To bake Woodcoks. Cap.iiii.

To make Pescods of Marow. Cap.v.

To make a sawce for a rosted Rabbet, first vsed to King Henry the eight. Cap.vi.

To bake an Oxetung. Cap.vii.

To make vineger of Roses, Uiolettes, or Elderne Beries. Cap.viii.

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To gylde a Marchpane, or Tarte. cap.x.

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To make conserue of Roses, Redde, or white: With the sundrie Uertues and Operations of ech of them. Cap.xvii.

To make Conserue of Uiolet flowers, with the sundrie Uertues and Operati-ons therof. Cap.xviii.

To make Conserue of Buglose flowers, with the sundrie Vertues and Operations therof. Cap.xix.

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To make Conserue of Rosemarie flowers, with the sundrie Uertues and Operations therof. Cap.xxi.

To make Conserue of Succarie flowers, with the sundrie Uertues and Operations therof. Cap.xxii.

To make Conserue of Elder flowers, with the sundrie Uertues and Operations therof. Cap.xxiii.

To make Conserue of Sorell, with the sundrie Uertues and Operations therof. chapter. xxiiii.

To make conserue of Maydenhaire: with the sundrie bertues & Operations therof. chapter. xxv.

To make sonserue of Elecampane roots with the sundrie Uertues and Operations therof. cap.xxvi.

To make Conserue, of Gladon, or yelow Flowerdelice: With the sundrie Uertues and Operations therof. Ca.xxvii.

To make Marmylade of Quinces. Chapter. xxviii.

To make Marmalade of Damasines or Prunes. Cap.xxix.

To make conserue of Strawberyes, and the vertue therof. And of Damasines: or of Prunes. Cap.xxx.

To make Conserue of Cherries, and of Barberies. Cap.xxxi.

To make Succade of ye peels of Orenge: and Lemons. Cap.xxxii.

To make greene Ginger, & Pepper condicted. Cap.xxxiii.

To make al kynd of Syrops. Ca.xxxiiii.

To make Manus Christi. Cap.xxxv.

To make Losings. Cap.xxxvi.

To make powder of Holland againste the Colicke. Ca.xxxvii.

To make a powder to loose the Bellye gentlye. Ca.xxxviii.

To make a receipt to restore Strength decayed with sicknesse. Cap.xxxix.

To make Ipocras. Chapter.xl.

To make a Uiolet, or Damask powder for wollen and Fures. Cap.xli.

To make a sweet pouder for linnen cloths. Chapter. xlii.

To make a fine Pome Amber. cap.xliii.

To make a fine Fumygation to cast on the coales. cap.xliiii.

To make the same in Oslets. cap.xlv.

To make a moist Fume, to put in a Fumyng Dish. cap.xlvi.

To make a Fumygation for a Presse of Clothes. cap.xlvii.

To make a powder for sweete waters. chapter. xlviii.

To make Damaske water another way. chapter. xlix.

To perfume Gloues diuers wayes. chapter. l.

To make a Perfume for Chystes and Cubboords. And also for Gloues. cap.li.

To colour Cloues. cap.lii.

To make Muske Sope. cap.liii.

To make red sealyng Wax. cap.liiii.

To make sweete Damaske Powder .iiii. maner of wayes. cap.lv.

To keepe Barberies whole in Syrope. chapter. lvi.

To make fine Rice Porredg. cap.lvii.

For the Ague in a womans Brest. chapter. lviii.

For the vnnaturall heats of the Lyuer. chapter. lix.

For the canker in the mouth. cap.lx.

To know what time in the yeare Herbes and Flowres, should be gathered in their full strength. cap.lxi.

The sundry vertues of Roses for diuers Medicynes. cap.lxii.

The sundry vertues of Lylles. cap.lxiii.

The sundry vertues of Milfoyle. ca.lxiiii.

The sundry vertues of Rosemary. ca.lxv.

A briefe Treatise of Urines aswell of mennes vrines, as of Womens, to iudge by the colors, which betoken helth, which betoken sicknesse, & which also betoken death. chapter.lxvi.

How to make a soueraigne Water, that Doctor Steuens Phisicion, a man of gret connyng did vse of long experience. And therewith did many cures, and kepte it allwayes secret, tyll of late a little before his death, that a special friend of his, dyd get it in writyng of him: with the sundry vertues and operations thereof. chapter. lxvii.

[the recipes begin here]

To bake a Capon with yolkes of Egges .

Cap.i.

WHEN THE CAPON IS made redi, trusse him in the ye Coffyn: then take .viii.yolks of egges sodden hard, & pricke into euery of them .v. Cloues, & put the yolks into the

Coffyn with the Capon: then take a quantitie of gynger and salt, and cast it on the Capon, and let it bake .iii. Houres.

Then take .ii. raw yolkes of egges beaten into a Gobblet of Ueriuce, with a good quantitie of sugre sodden together, put it into ye Coffyn and to serue it.

To bake a Fesant, or Capon in steede of a Fesant.

Ca.ii.

DResse your Capon lyke a Phesant trussed, perboyled a little & larded wt swete lard: put him into the Coffin, cast theron a little Pepper and Salt: put therto balfe a dish of sweete Butter, let it bake for the space of .iii. howres, & when it is colde: serue it forth for a Phesant. And thus bake a Phesant.

To bake Chickins.

Chapter. iii.

TAke and trusse your Chickins, the feete cut off, put them in the Coffin: the for euery chickin put in euery Pye a handfull of Gooseberies, & a quantity of butter about euery Chickin: then take a good quantitie of Suger and Sinimon with sufficet salt, put them into the Pye, let it bake one howre and a halfe, when it is baken take the yolke of an egge & half a Goblet of veriuce wt sufficient suger sodden together, put in the pye & serue it.

To bake Woodcoks.

Chapter. liii.

PERboyle them, and being trussed put them into the Coffyn with swete larde about the, season them with Pepper and salte, and a good quantytie of butter, let them bake one howre & a half, & so serue them.

To make Pescods of Marow.

Chapter. v.

FYrst slice your Marow in legh, driue your past as thin as a paper leafe: the take and lay smal Raisins, Cinimon and a little ginger and Suger aboute the Mary, fashon them vp lyke Pescodes, frie them in butter, cast vpon them Cinimon and suger, and serue them.

A Sawce for a rosted Rabbet: to King Henry the eight. Cap.vi.

TAke an hadful of washed percelye, mince it small, boyle it with Butter & veriuce vpon a chaffing dish, season it wt sugre and a little Pepper grose beaten, when it is redi: put in a

few fine Crumes of white bread, put it in amongst the other, let it boyle agayne till it be standing, the lay it in a Platter, lyke the breadth of three fingers, lay of each side one rosted Conye (or mor) and so serue them.

To bake an Oxe toung.
Chapter. vii.

SEeth the toung till it be tender, then slyce it on a boorde in fayre peeces: and take a good quantity of Marow slyced smal, cast it into the bottome of the pye: & lay the slices of the toung vpon it: and betwixte euery one some marow, and a little salt vpon them. Bake it the space of an howre, then tost halfe a manchet a little at the fyre, and put the tostes into halfe a pynte of Redde-wine with a little uineger, straine them out together: the take cloues, Mace, Sinimon and Suger, seeth them in ye liquor tyll it waxe somewhat thick: make a hole in ye couer of the Pye, put it in, set the Pye agayne into the Ouen for a quarter of an howre, and serue it.

To make Uineger of Roses.
Chapter. viii.

IN Sommer time when Roses blowe, gather them ere they be full spred or blowne out, and in dry wether: plucke the leaues, let them lye halfe a day vpon a fayre borde, then haue a vessel with Uineger of one or two gallons (if you wyll make so much roset,) put therein a great quantity of the sayd leaues, stop the vessell close after that you haue styrred them wel together, let it stand a day and a night, then deuide your Uineger & Rose leaues together in two parts put the in two great Glasses & put in Rose leaues ynoughe, stop the Glasses close, set them vpon a Shelfe vnder a wall syde, on the Southside wtout your house where the Sonne may come to them the most parte of the daye, let them stande there all the whole Somer longe: and then strayne the vineger from the Roses, and keepe the vinegre. If you shall once in .x. dayes, take and strain out Rose leaues, and put in newe leaues of halfe a dayes gatheryng, the vyneger wyll haue the more flauor and odour of the Rose.

You may vse in steede of Uinegre, wyne: that it may wexe eygre, and receiue ye vertue of the Roses, both at once. Moreouer, you may make your vineger of wine white, red, or claret, but the red doth most binde the bellie, & white doth most lose. Also the Damaske Rose is not so great a binder as the red Rose, and the white Rose loose th most of all: wereof you may make vinegre roset.

Thus also, you may make Uinegre of Uiolets, or of Elder flowers: but you must first gather & vse your flowers of Eldern, as shalbe shewed hereafter, when we speake of makyng Conserue of Elderne flowers.

To make a Marchpane
Cap.ix.

TAke halfe a .li. of blanched Almons, & of white sugre: a quarter of a .lb.: of Rosewater, halfe an ounce: & of Damaske water, asmuche. Beate the Almons with a little of the same water, and grinde them til thei be smal: let them on a few coles of fier, til thei wax thick: then beate them agayne with the Sugre, fine: Then mixt the sweet waters and them together: and so gather the, & fashion your Marchpane. Then take Wafercakes of the broadest makyng, cut them square, paste them together with a lytle licour, and when you haue made the as brode as wil serue your purpose, haue redy made a hoope of a greene hasell wand of the thiknes of halfe an inch on the inner syde smothe, and on ye vttersyde round & smooth without any knags: lay this hoope vpon your wafer cakes foresayed, & the fyl your hoop wt the geare aboue named, the thicknes of ye hoop: the same driuen smoothe aboue wt the backe of a Siluer Spoon as ye do a Tarte and cut awaye al the partes of the Cakes euen close by the outsyde of the hoope wt a sharp knife, that it maye be rounde, then haueing white paper vnderneathe it, set it vpon a warme hearthe, or vpon an instrumet of Iron or bras made for the same purpose, or into an Ouen after the breade is taken out, so it be not stopped, it may not bake but only be hard and through dryed, and ye may while it is moyst stick it full of Comfets of sundrye coolers, in a comely order ye muste moyst it ouer with Rose water and Suger together, make it smoothe: and so set it in the Ouen or other instrumet, ye clearer it is lyke lanterne horne, so much the more commended: if it be through dried, and kept in a dri & warme aire: a march pane will laste many yeares, it is a comfortable meat, meete for weake folks, such as haue loste the taste of meats by reason of much and long sicknesse. The greatest secret that is in the makynge of this cleare, is with a little fyne flowre of Ryse, Rosewater and Suger beaten together & layd thin ouer the marchpane ere it go to dryinge: this wyll make it shine lyke Ice, as Ladyes reporte.

To gylde a Marchpane or any other kinds of Tarte. Cap. x.

TAke and cut your leafe of Golde as it lyeth vpon the booke, into square peces like dise: & wt a Contes taylles ende moiste a litle, take the mold vp by the one corner, lay it on the place beyng first made moiste: & with another tayle of a Conte dry, presse the Golde downe close:

And if ye wil haue the forme of an Hert or the name of IESVS, or any other thing, whatsoeuer, cut ye same through a peece of Paper, & lay the Paper vpon your Marchpayne, or Tarte: then make the void place of the Paper (throw which, ye Marchpayne appeereth) moist with Rosewater, laye on your Golde, presse it downe, take of your Paper, & there remayneth behinde in Golde the Print cut in the said Paper.

To bake Quinces.

Cap.xi.

PAre them, take out ye Core, perpoyle thm in water tyll they be tender, let the water run fro the til they be drie: then put into euery Coffin one Quince, t it a good quatity of marow. Also take sugre, Cinamon, & a litle Ginger, & fil the Coffin therwith, close it, let it bake an howre, and so serue it.

To kepe Quinces vnpared all the yeare long.

Cap xii.

TAke ripe Quinces and at ye great end cut out a stoppell, then take out the core cleane, and stop the hole agayne with the same stoppel (but pare them not) and perboyle them a little, take them vp and let the water drayne from them, then put all the Cores and some of the smallest Quinces into little peeces all to cut, into the water wherein the Quinces were perboyled, and let them sethe till the liquor be as thick as molten size, that painters occupye, then take it from the fyre and let it keel: in the meane season couch your cold Quinces in a barel or an earthe pot ye great end downward (if the stoppel be out it makes small mater) & one vpon an other. Then put the liquor in, that it be a handfull ouer and above them, couer them close, and after .iiii. or .v. dayes, looke to them and when you see the liquor suncke downe, put in more of ye same which ye purposedli kept to couer them as before, then lay a boorde vpon them and a stone that they rise not, and couer the vessell close with a thicke cloth folded, that it take no ayre, so let them remayne. And when ye intende to occupy some of them, vncouer the vessell and ye shall fynde a Creame coueryng the whole liquor, breake it in ye midst, turn it ouer with your hand, then take out your fruite in order begining in ye midst first: then by ye sides, so that you remoue none (if it may be) but those yt you take away and euery time that ye break the Creme to fetch Quinces, turn the Creame ouer agayne into its place, for you muste know that the Creame keepeth out ayre, & kepeeth in the strength of the Surrop, therefore it maketh much to the coseruatiou of the fruite to saue it, and also to se ye vessel close couered. Also when ye wyl bake your Quinces, washe them well and cleane in warme water, and bake them as before is written.

To make fine Blaunch powder for rosted Quinces.

Chapter. xiii.

TAke fyne Suger halfe a pound beaten in a whote Morter too fyne powder, of whyte Ginger pared halfe an ounce, of chosen Sinimon a quarter of an ounce beaten ready to fyne powder, mixt them well together, and yf you wyl haue it moste excellent cast two Spoonful of Rose or Damask water in the heatyng of the Suger.

To conserue Quinces in Syrope conduct, alway ready to be serued whole: or in quarters.

Cap. xiiii.

AFTER your Quinces are cored and pared, seeth them till they be tender & soft: then lay them out tyll they be colde, in the meane time take of ye same licor .ii. quarts or more (accordig to the number of your Quinces which ye wyll kepe) and put therein the cores and some other small Quinces, all to cut in small peeces, sethe them in ye liquor to make the Syrope strong, straine them, & put into the liquor being .ii. or .iii. quartes .i. pynte of Rosewater, & for euery quart also of lyquor, one half pound of suger, seeth them againe together on a soft fire of coles tyl ye suger be incorporated with the liquor, then put in your Quinces, let them seeth softly tyll you perceauie that your Syrope is as thick as liue honuy, the set them to keel, and take them out, lat them in a tray or treene platter: tyl they be cold, then take one ounce of brused Cinamon, & some of the Cinimon in the Syrope, and when it is colde lai a larde of quinces in your glasse (called a gestelyn glasse) or an erthe pot well glazed, then straw a little of your Cinimon vpon you Quinces, the powre some Syrope, lay on an other larde of Quinces, and agayne of your spice, and Syrope, and so foorth tyll you haue done: and couer them two fingers ouer with Syrop aboue, couer the close: and within .iii. or .iiii. dayes, looke to them, and when ye finde the Syrop shrunken downe, put in more, and so reserue them. These are to be serued in with Syrop. See that the Quinces be tenderly sodden, and the Syrop thick and stronge ynough.

Plummes conduct in Syrope

Chapter. xv.

TAKE halfe a pounce of Suger, halfe a pint of Rosewater and a pinte of fayre Raynewater, or of some other distilled water, seeth ye Suger & ye two waters vpo a softe fyre of coles, till ye one halfe be consumed: the take it fro ye fire & when it leaueth boylig, put therin halfe a pound of ripe Damazines, or other plummes, & let it agayne on the embers, & kepe it in the lyke heate tyll the plummes be softe by the space of an howre if neede bee, then put into it some cloues brused and when it is coulede kepe it in a Glasse, or in an earthen or Gallypote, the stronger the Syrope is with Suger, the better it wyll continew. Some put into the Syrroup Sinimon, Saunders, Nutmegges, Cloues, and a little Ginger: seethe them not hastely for feare of muche breaking.

To keepe Cheries conduct, or Gooseberies.

Cap. xvi.

MAKE your syrop as for plumes then take halfe a pound of Cheries and cut off half the length of ye stalke of euery Chery, put them into the syrop, and vse them as you did the plummes, put in what spice that pleaseth you, and so kepe it as before is written: but make your syrop strong ynough of suger lest it waxe hore and corrupte, then must ye make a new syrop stronger of the Suger: and put the cheries in it to keepe, as before is sayde. Thus ye maye doe wt Goosberies to make of them Tarts, or sawces al ye wynter

longe, sauing that Goosberies may be wel sodden without breakyng because of their tough skin, so it be softly and dilligently donne.

To make Conserue of Roses, or other Flowers.

Cap. xvii.

TAke the Buddes of Red Roses, somewhat before they be ready to spred: cut the red part of the leaues from ye white, then take the red leues and beat and grind them in a stone mortar with a pestell of wood, and to euery ounce of Roses, put .iii. ounces of suger in ye grinding (after the leues ar wel beaten) and grinde them together till they be perfectlye incorporated, then put it in a glas made for the nonce: and of purpose: or els into an earthe pot: stop it close, and so kepe it. Thus ye may make conserues of all kynde of flowres vsed therunto.

The vertue of the conserue of Roses.

CONserue of Roses comforteth the stomack, the heart and all the bowells, it molyfyeth and softneth the bowells, and is good againste blacke Color: melancoly, conserues of white roses doth loose the belly more then the red.

To make conserue of Uiolets.

Chapter. xviii.

TAke the flowres of Uiolets and picke them from the stalke, beat and grind them with suger, as you did your Roses, to these put double the waight of Suger to ye waight of Uiolet flowres, but to all other flowres put .iii. partes of Suger to .i. parte of the flowres.

The vertue of the same.

CONserue of Uiolet flowres is good against the heate and influmation of Coler, called yellow coler, it quencheth thirstines, it maketh ye Belly moyst & soluble.

The vertue of the conserue of Buglosse.

chapter. xix.

CONserue of buglosse flowres, coforteth ye hot hert, it is good for the franticke, for the lunatick, and for the melancolicke, it is good for the Sincop and sowning, it taketh away heartburning, and trembling of the heart, or stomack, it profiteth against Coler.

The vertue of the conserue of Borage.

Chapter. xx.

Conserue of Borage flowres, is of lyke vertue, it is especiallye good againste blacke Coler, or melacoli, it also maketh one mery.

The vertue of the conserue of Rosmary.

Chapter. xxi.

Conserue of the flowres of Rose mary, comforteth the cold and moiste braine, it comforts also the Senowes, it is good againste melancoly and flewme.

The vertue of the conserue of Succary.

Cap. xxii.

Conserue of Succary is good against yelow & black coler, & in ye burnig & heat of hot feuers.

The vertue of the conserue of Elder flowres.

Cap.xxiii.

Conserue of the flowres of Elder is good agaynst the morphewe, it clenseth the stomack, and ye whol body from scabbs. Gather the clusters, or bunches whereon ye flowres grow when they are newe blowne and spreade: lay them vpon a fayre sheete abrode in a Chamber a daye or two tyll ye shal perceue ye flowre wyll shake off and fall awaye, then pyke thm cleane, and make therof conserue, as ye do of other flowres.

And whereas it is more holsome then pleasant, therefore put some other conserue (suche as ye luste) amongst it, when ye wyl occupy it.

The vertue of the conserue of Sorell.

Chapter. xxiiii.

Conserue of Sorell is good agaist al onkind heats, of the stomake and other principall partes of the body, and againste yellow coller. Take leaues of Sorell, washe them cleane, and shake of the water cleane, or els tary tyll the water be dried cleane: beate them, and grind them with Suger as aboue, and then kepe them.

The vertue of the conserue of Mayden heire.

cap. xxv.

COnterue of leaues of Mayden heire is good againste the sicknesse of the syde, called the Pleuresy, and for al diseases of the breast, and of the lyghtes⁴⁴, and in all maladies of Malencoly, and agaist red coler, make it as you do of sorel.

To make conserue of Elecampana Rootes.

cap.xxvi.

TAke the roots of Elecampane wash the clene, slice them in to peeces as big as your thumbe, seeth them in faire water, tyll they bee tender, take them up, & powne them & draw them throw a haiesiue, put therto in the second sethig the doble or treble waight of sugre and when the sugre is perfectly incorporated, take it off, and kepe it. See it be wel styred in the sething.

The vertue of the same.

COnterue of Elecampana is good to comfort ye stomack, and the noorishing mebers, it maruelously looseth tough flewme, desolueth, and consumeth the same, by the siedge it auoydeth it.

To make conserue of Acorns, or Gladon. With the vertue of the same.

chapter. xxvii.

TAke the roots of yelow flowre delice which groweth in moist grownde, otherwise called a Flag roote, washe them and scrape them, seeth them, and order them as ye doo of Elecampana now last before rehearsed, and so kepe it. This conserue is good againste all sicknesse of the brain and synowes, and against all deseases of fleume, vnto women it openeth naturall course and termes.

And you muste generally learne, that in makyng conserues, frutes and Roots are made with fyre and seething: but Flowres are made wtout fyre or seething. Moreouer the more Suger or Honey is put into the, so it be not past .iii.ii. to .i. the conserue shal continew the better.

To make Marmalade of Quinces.

Cap. .xxviii.

AFter that your Quinices are sodden, ready to be kept conduct as before in the chapter is written, then with some of the liquor wherf thei were sodden (but without ani spice) beate them and drawe them as ye wolde do a Tarte, then put some ouer the fyre to seethe softlye, and in the seething strew by little & little of pouder of suger, ye waight of the Quinces, or more, as your tast shall tel you, stir it continually, put ther to some pure

rosewater, or damask water, let it seeth on height til it be wal standyng some of it vpon a colde knife and let it keele, if it bee stiff, then take it off & boxe it while it is warme, and set it in a warme and dry ayre, yf you wyl gyldde your Marmalade, do as afore is spoken of a Marchpane. The beste makyng of Marmalade is when the Quinces haue layne long & are through ripe, And forasmuche as Quinces are bynding, and therefore not good for some sickefolkes costife, it is necessary to put a good may of ripe apples of good verdure, as Renet, Pyppen, Lording, Russetyng, Pomeriall, Rex pomoru, or any other apple that is pleasant raw among them, being fyrst drawne, for a tart and then sodden amonge the other matter of Quinces. Thus shall you make your Marmalade some what souple, and also encrease the quantitie and verdure of the same, specially if it be well dashed with swete water.

To make Marmalade of Damsins of Prunes.

Cap. xxix.

TAke Damsins which ar ripe, boyle them on the Fyre with a little fayre water tyll they bee softe, then draw them through a course Boulter as ye make a tart set it on the Fyre agayne seethe it on height with sufficient suger, as you do your Quinces, dash it with sweete water .&c. and box it.

If you wil make it of Prunes, euen likewise doo put some Apples also to it, as you dyd to your Quinces.

This wise you may make Marmylade of Wardens, Peares, apples, & Medlars, Seruits or Checkers, strawberys euey one by him selfe, or els mixt it together, as you thik good.

To make conserue of Strawberies, With the vertue of the same.

chapter. xxx.

TAke Strawberies .i. quart clene picked and washed, set them on the fyre til they be soft, strain them put thereto two times as much suger in powder, as waight of the strawberies, let them seeth tyll the suger be incorporated wt ye straberis put it in a Glasse or earthen Pot well glased.

The vertue of the same.

The conserue of Strawberies is good against a hot liuer, or burning of the stomack, and specially in the feruent heate of an ague.

Thus make conserue of Damasins and Prunes.

To make conserue of Cherries and Barberries.

Cap. xxxi.

Likewise ye must make conserue of Cherries, and also of barberis sauing that these require more Suger then the other do which ar not so sowre as they bee.

Here is to be noted, that of conserues of Fruits mai be made marmalade, for when your conserue is sufficiently sodden, and ready to be take off, the seeth it more on height and it wyll be Marmalade.

Moreouer some make their conserue, Marmalade & Syrops with cleane Suger, some with cleane Hony clarified, some with Suger and Hony together. And after the opinion of diuers great Clarkes, Honye is more holsome, though it be not so toothsome as suger.

To make Succade of Peels of Oranges and Lemons.

Chapter xxxii.

FYrste take, offe your Peeles by quarters and seet hthem in fair water from .iii. quartes to .iii. pynts, then take them out, and put to as much more water, and seethe them lykewyse, and so doe agayne, till the water wherin they are sodden haue no bitternesse at all of the Peeles, then are they ready. Now prepare a Syrop as ye doe for quin ces conduct in syrop in ye .xiii. chapter before written: seeth them in the Syrope a while, a keep them in a Glasse or Pot.

To make greene Gynger.

Chapter. xxxiii.

TAke the Rases of cased Ginger of the fairest, vse them as foloweth, lay on a broad lane of faire sand vpon a low flore on ye grownd halfe a foote thicke, then laye your Rases of Ginger vpon the sande in order, couer the Ginger with more sand .iiii. or .v. fingers thick, sprinkel the sand ouer faite with water, twice euey day, that it be moyste, thus dayly do tyll ye shall perceauue your Rases to be soft. Then take vp your Rases: wash them & scrape them cleane, haue a Syrop readye made as aboue is sayde, seeth them in it till they be wel seasoned, take them vp and with some of ye Syrop cast the, or put the in a pot of stone.

To make Pepper soft: with the vertue of the same.

AFter the same manner with sand ye may make pepper soft and with lyke Syrop season & kepe them. Ginger & Pepper in syrop comforteth a colde stomake, & helpeth much to good disgestion.

To make all kinde of Syrops.
Chapter. xxxiiii.

TAke Buglosse, Borage, white Endiue, of each .i. handfull, of Rosemary, Tyme, Isop, winter Sauery, of each halfe a handfull seeth them (being fyrste broken betweene your hands) in .iii. quartes of water, vnto iii. pints, the straine it, and put to ye liquor, whole cloues an ounce, pouder of Cinimon:half an ounce, pouder of Ginger: a quarter of an ounce .i. Nutmeg in powder, of suger half a pound, or more: let them seethe vpon a softe fyre well styred for burning too, vntyll it come to the thickenesse of liue Hony, then keepe it in Gallypots, if you put .i. pynte Malmzey in the second seethig, it wyl be better. When it is perfecte, haue sixe graynes of fine Muske in powder, stiffe it amongst your Syrop as ye put it in the Gallypot, and couer it.

This Syrop will last many yeres and is excellent against swowning and faintnesse of hert, it coforteth the Brayne and Sinewes, if it bee vsed as muche as a Hasell Nut at once, at your pleasure.

To Make MANVS CHRISTI
Chapter xxxv.

TAke halfe a pownde of white Suger, put therto .iiii. ounces of Rosewater, seethe them vpon a softe fier of Coales, tyll the water be consumed, and the Sugre is become hard, then put therein a quarter of an ounce of the powder of Pearles, stirre them well together, put for euery spoonfull a peece of a leafe of Golde cut of purpose: caste them vpon a leafe of white Paper, announted fyrste, with the Oyle of sweete Almonds, or sweete butter, for cleauing too.

To make Losings.
Cap.xxxvi.

TAke halfe a pownd of Suger, and as much Rosewater: or other distild water, as for Manus Christi. seeth them lykewise, and when ye wyll know when it is sodden through, take out some vpon a kniues poynt, and let it keel, and if it be harde lyke Suger, then it is sodden innough: then put into it of any of the powders hereafter nexte following, one ounce: stirre the well together, lay it vpon a paper oyled: driue it as thin as ye thinke meete, lay on your Golde leafe wt a Conys tayle, cut your Losings Diamonde fashion, and so keepe them.

Powder of Hollond against Colick, and gnawing of the belly. cap.xxxvii.

TAke Cinamon, Anysseede, fenel seede, Cummin seede, of ech a quarter of an ounce, of shauen Lyquerice .iii. quarters of an ounce, of Gallinal one ounce and a half, of Spyknard a quarter of an vnce, of Sene of Alexandria .ii. ounces: beat them al into fyne powder, and serce them, whereof take a quarter of an ouce in a messe of Potage.

Powder to make the belly soluble, causing a gentle laske: meete for noble personages.

Chapter. xxxviii.

TAke Sene of Alexandria one ounce, of fyne Gynger halfe a quarter of an ounce, of Anys seede a quarter of an ounce, beate them into fyne powder and serce them, put of this powder into your sodde Sugre, and make Losynges as before: of the whole, ye nuber of xvi. wherof disolue two of them in a messe of Potage, or in a Cup of Wyne tastyng in th emorning, and tast one howre after, if you doe put as much of sugre in powder, as the waight of the whole powder, yee may keepe it in a Bladder, and the whole poudere wil serue .viii. times to receaue, as euen now is sayd.

A receipt to restore strength in them that arr brought low with long sicknesse. chapter xxxix.

TAke of the brawne of a Fesant or Partridge, and of a Capon sodden or rosted, of ech a quarter of an ounce, steepe them in rosewater two howres, of the Kernels of Nuttes called Pistaciorum & of the kirkels of ye pine apple, of ech a quarter of an ounce of Cinamon, in fine powder the waight of twenty Barly cornes, of ye Spices of Dianthos, diamargariton, Letificantes Galeni, of each the waight of forty graines of barley cornes, of the seed of Millon, pepon, Goorde, and Cucummer, or each the waight of ten graines, the skin taken of, let them be all grownd smal, then take .vi. ounces of suger, dissolved in borage water, seethe it on haighte as for Losinges, and when it is sodden ynough, the put in al ye other geare, and make Losings therof. Wherof one is sufficient at once dissolved in a messe of Pottage, or a draft of drik: thus doo .ii. or .iii. times every day.

To make Ipocras.

Cap.xl.

TAke of chosen Cinimon, two ounces, of fyne Gynger one ounce, of Graynes half an ounce, bruse them all, & steepe them in .iii. or .iiii. pyntes of good odiferous wine, with a pound of Sugre by the space of .xxiiii. howres, then put them into an Ipocras Bag of Wollen, and so receaue the liquor. The rediest and best waye is to put the Spices with the halfe powned of sugre, and the Wine into a stone bottle, or a stone pot stopped close, and after .xxiiii. howres it wyll bee rady, then cast a thin linnen cloth, or a peece of a boulder cloth on the mouth, & let so much run thorow: as ye wyll occupy at once, and kepe the

vessell close, for it will so well keep both the sprite, odour, and vertue of the Wine, and also Spices.

A violet powder for wullen clothes and Furres. cap.xli.

TAke of Ireos .ii. ounces, of Calamus aromaticus .iii. quarters of an ounce, of Cipres, or gallingal, of Spiknale, of Rose leues dried, of ech a quarter of an ounce, of cloues of Spyke: or Lauender flowres, of each halfe an ounce: of Nigella romana, a quarter of an ounce: of Benjamin, or Storax calimit: of each halfe an ounce. Let them be all finely beaten, and serced, then take two or three graynes of Musk disloue it in rose water, and sprinckell the water vpon the powder, and turne it vp and downe in the sprincklyng, tyl it haue drunke vp the water, when it is dry, kepe it in bagges of sylke.

**A sweete powder for Napery and all Lynnen Clothes.
chapter xlii.**

TAke of sweete Mariorum, (that is hore, that is the sweeter) when it hath in him Seedes ripe, cut the braunches, so that the Roote maye spitnge agayne, when this Mariorum is dried, then rubbe out the sedes and keepe them to sowe about Easter, and the Huskes or leues that grow about the Seedes take for your purpose, rubbe them small betweene your handes (for it you beat them to powder in a Morter, they wyll loose the most parte of their sauor) then take of white Saunders, or of grey Sanders, but looke that they be new of right sweete odour, for if they be olde, and haue no pleasaunt and quick odour, they ar nothyng worth, take I say of these sweet Saunders beaten into fyne powder one ounce, and put it to an ounce of your sweet Mariorum fubbed betweene your handes as afore is sayed, and yf you put one or two Graynes of Muske therunto (for your wearyng linnen it is the better) sowe these vp in a sylke bag together & lay it among your linnen, of such baggs haue a dosen or two, which will continue many yeares, and when you looke to your Linnen: then chafe each of the bagges betweene your handes, that they may yeld out their swete odour. Moreouer in the Sommer time, gather red Roses in faire wether, so soone as they be blowne & opened, laye them vpon a Table, a Bed, or a fayre flore of boords, and now and then remove them least they mould, and waxe foysty, that you may haue .ii. peckes of them, then strewe them amonge and betweene the boughts and foldynges of your Linnen, with .i. handful of drye Spike flowres, to .vi. handful of dry Roses, and lay your sweete bags amongst them. Be sure that your lynen be euerthrough dri er ye lay them by, for els the Roses wyll waxe hore, let your coffer in a drye ayre, and in the winter tyme, or in wet wether, when ye perceue your Roses to waxe moyst, the put them into a pyllowbere or twayne, that they fall not out, and lay them vpon your bed between the Couerlet and the Blancket, all night, or els before the fire, let them drye, and strew them agayne. Moreouer ye must alwayse haue a bag full of dry Roses in store, kepte in a dri ayre, for if he loose his readnesse, the looseth the rose his swetnesse. Fynally ye must euery yeare, put away your olde Roses, and occupye new, but keepe your sweet Bagges styll many yeares.

**To make a Pomeamber.
cap. xliii.**

TAke of Benjamin .i. ounce, of Storax calamit halfe an ounce [=] of Labdanum the eight part of an ounce, beat them to powder, & put them into a brason Ladle with a little damask or Rosewater, set the ouer the fyre of Coles, til they be desolued: and be soft lyke waxe: then take them out and chafe them betweene your hands as you do wax: the haue these powders redy finely serced, of Cinimon, of Cloues, of sweet sanders grey or white, of ech of these .iii. pouders halfe a quarter of an ouce mixt ye pouders wt ye other and chafe the wel together, if they be to dry moysten them a litle with some of the Rosewater left in the Ladle, or other: if they waxe colde, warme then vpon a Kniues poynt ouer a Chafingdishe of Coles: then take of Amber greace, or Musk and Ciuet, of ech .iii. graines, desolue ye Amber greace in a Siluer Spooone ouer the hot Coles, when it is cold, make it smal, put it to your Musk and Ciuet, then take your Pome that you haue chafed and gathered together, and by little and little, (with some swete water if need be) gather vp the amber, musk, & ciuet: and mixe them with your Ball, til they be perfectly incorporated, then make one Ball or two of the lumpe as ye shal think good, for ye waight of the whole is about two ounces, make a hole in your Ball, & so hang it by a Lace.

If you perceauē that ye Ball is not tough ynough, but to brittle, then take a curtesy of storax liquids, and therwith temper your Bal against the fire, but take not to much storax liquida, because it is too strong.

Or ye better way is, to haue some gum cald dragagathi redy disolued in swete water, it will be desolued in .ii. daies, & wt yt gather your Ball with ye heate of ye fire: this Ball wil be of like goodnes within as wtout and of great price.

Some men put in ye making hereof .iii. or .iiii. drops of the Oyle of spike, beware of to much, because it is veri strog.

When ye wyll haue your Ball excede in sweetnes, breake it & haue .ii. or .iii. graines of Musk or Ciuet or Amber greace, you you delight in, or altogether, desolue them in a rose or Damask water, & with the same chafe your Ball ouer the fure tyl al be drunken in, the pearce a newe hole as before.

**To make a fine Fumigation to cast on the Coles.
cap. xliiii.**

TAke of Benjamin .i. ounce, of Storix calamit half an ounce disolue them as for a pomeamber, then haue redy these woods in powders or one of them, Gyniper or Cipres, or of white Sanders, & of Cloues, of either halfe a quarter of an ounce, al in fine pouder, mixt them alltogether: and with some Storix liquida gather the together with the heat of fire, then make the rownde of the bignesse of a blacke sloe, and with your Seale printe it a Cake while it is warme and soft. Of these cast one or two vpon a Chafingdishe of Coles, to purge all pestifferous infection, and corrupte ayres out of your house: if you put to the

other thinges, the powder of Amber beades it wil be the sweter.

Some put also Labdanum, as before is sayd in the making of the pomme amber, heerein doo as the saour therof shall please you.

**To make the same in Oseletts.
chapter .xlv.**

TAke a little of the fyne powder of Sallow, or wyllow Coles, mix it wt som of your fumigatio last before named: in the making work them wel together, then fashion it with .iii. or .iiii. feet alyke a Cloue. and when it is dry kyndle the ende of it at a quick Cole, & it wyll yelde a sweet saour, put not to muche coles for the it wyl saour of the, put not to little Coles, for then it wyll not kepe fyre: put not to much Storax liquida, for then it wyll be too brittle and to moyste, and wyll not lightly drye: therefore it shalbe well to haue som Gume of ye Cheritree or Plumtree, which they call Gume Arabick, disolue some of it in swete water tyl it be liquide and toughe, with this gather your Oselets, or other fumygations.

**A moyste fume vpon a fuming dish.
chapter.xlvi.**

TAK e a peece of your Pomeamber as bigge as a hazel Nutt, bruse it, put it into you fumeing disshe, with sweete water, put therunto a few bay leues, as much of dried Hasell leaues, a lyttle rosemary, and set it ouer the fyre, vpon a Cubbard: or els in the stede of the Pomeaber, put .ii. or .iii. of ye cakes before written broken smal, & .ix. or .x. whole Cloues, and if you wyl haue it excellet sweete, then put .i. or .ii. graynes of Musk, and let the leaues & them stand ouer that fyre together, as before is sayde.

**A Fumigation for a Presse, and clothes that no Moth shall breed therein.
chapter. xlvii.**

TAke of the wood of Cipres, or of Ieniper, of Rasemary dried, of Storax Calamit, of Benjamin, of Cloues, a like waight beaten all in to pouder, then take of ye powder of Wormwood leaues dried: as muche as all ye others, mixe them well together, cast therof vpon a Chafyngdish of coles and set it in your pres and shut it close, & thus do oftentimes tyll you have well seasoned your Presse or Coffe.

**A Powder wherwith to make sweete waters.
cap.xlviii.**

TAke of the wood of Cipers, or the roots of Galingal .i. quarterne. Of Calamus aromaticus .i. quarterne. Of Orace or Iris one quarterne. Of Cloues .i. quarterne. Of

Storix Calamit, one quarterne. Of Benjamin, one quarterne. Or ye may take of each of these, one ounce for a proportion, let all be beaten into powder: and when ye wyll distyll your Roses, fyll your Styll with Rose leaues and a few Spick Flowres, & vpon the top of them, strew some of your pouders, & so distill them. Some put a little of the powder of Nigella romanas to the other powders. These cakes wyll be very sweete: put the water in a large glasse, and to the pottle, put .xii. graynes of Muske, let it hang in the middes of the water in a thin Linnen cloth with a thred, set it in the sonne .xx. or .xxx. daies, then take the Glasse in, and set it in a drye ayre.

An other manner of makyng of Damaske water.

cap.xlix.

TAke of Arace or Iris, of Spike flowres dried, of Cloues, of ech .i. ouce, make the in poder, put them together with a pint of new Ale in cornes, and .i. pynte of Rosewater, into an earthen pot: put therto a good manye of grene Rose leaues, let them soke in it, a night tyme, stoped close, in the morninge when ye wyll distyll, first lay other Roseleues in the bottom of your Stilitary for fere of cleuing to, then take of the Rose leaues, out of the Pot, and put them with other greene Rose leaues in your Stilitary sufficient, and to the water: put Muske as aboue is sayd. This water is excellent to set foorth a Tarte, an Apple moyse, or Almond butter.

To perfume Gloues.

cap. l

TAke Gloues, & wash them in Rosewater, or Damaske water, tyll the scurfs of ye Lether be gon, and then stretch them foorth softly, and keepe the water, you wash them with styll: Then hang them in a cleane linnen cloth that is foulded .iii. or .iiii. doubles: and when they be drye, let them lye in Rose leues dryed, a day or two: then take Oyle of Ciuet Almons, and Musk, and grind them together vp on a Marble stone. Stretch them foorth softly, and with your hande annoynte your Gloues .iii. or .iiii. tymes: & euer among stretch them foorth, then let them drye, and euer stretch them forth softly as thei dry. Then take Sandifer mixed with a lyttle Ambergreace, and strewe the powder of it thinly vpon them and laye them in a Paper: and in a Box, or els melte the Amber greace with a quantiti of Rosewater, and mixe the Sandifer to it, and so annoynt the Gloues with the same. Then let them dry, and lay them in fayre white papers.

2. To perfume Gloues another way.

TAke the Gloues & wasshe them as aforesaid .iii. or .iiii. times & wring them eueri time softly: then take Gume of dragagant, and stepe it in fine Damask water one night, then strain ye water through a fine Linnen clothe, and take the Gume and mix it with an ounce of Amber greace, and a quarter of an ounce of Muske, fyrste grynde your Amber greace wt Oyle of Turpentine, then mingle altogether, & roll your Gloues with the same: laye them to dry, & lay a paper betwene.

3. A preparatiue for Gloues.

WAshe ye Gloues as afore is said, tyll the sent of the leather bee gon, then take Benjamin .ii. ounces, of Storax Calamit .i. ounce, let them be very fine, then take oyle of Ciuet Almons and mingle it with Benjamin & Storax vpon a Marbell stone: When it is wel grownd, put it into an earthen Potte with more Oyle of Ciuet Almond, then put in Cloues in powder, and so let is stand very close couerd: and when you neede, take a little Rosewater in a Sponge, and rub the Gloues softly, & then in lyke manner with the Oyle called Ciuet Oyle for the same purpose.

4. Another way.

TAke twelue Graynes of Muske, syxe graines of Ciuet .viii. graines of ambergrece .iii. grains of storax Calamit .vi. graines of Benjamin and a few Cloues: grynde all these together, with Oyle of Ciuet Almons. Fyrste wash your Gloues: with Fusses, disolued a day in Damask water.

5. Another for Gloues.

TAke your Gloues & wash them in rosewater once or twice, til all the scurffe be gon fro them and then let them drye, and stretch them well out, fyngers and all: Then playne them, and wash them once or twice, then take two ounces of Storax, and as much Benjamin made in powder: Dresse your Gloues all ouer, on a smooth boord before they be dry, then hang them to drye, and when they be drye, saue the powder that is lefte, then take a pynte of Rosewater, and .ii. ounces of Storax, and two ounces of Cinimon, put all these in fine poudet, and cast them to the Rosewater, and let the seethe in a close Posnet couered. Then take a fine Brush, and brush them ouer.

6. An other way to perfume.

TAke Amber grece a dramme, of Musk halfe a dram, of Fusses a dram, of Civet halfe an ounce, put all these together in a pynt of rosewater, or Damask water.

7. An other way.

TAke a dram of Amber grece, a dram of Benjamin, halfe a dram of Fusses, a dramme of Storax, a quarter of an ounce of Labdanum, put all these to Rosewater.

**A perfume for Chestes and Cubbords: And also for Gloues.
cap. li.**

TAke Benjamin and Storax, of ech one ounce, Labdanum, and Fusses, of ech a quater of an ounce, halfe a Dramme of Ciuet. If you burne it for Chestes, or Cubbordes, heate it in a hot Morter. If it be for Gloues, boyle it and put it to Rose water.

To colour Gloues.

Cap. lii

YOU must haue Hulles of greene walnuts, that must lie in water all the yeare long: roule them well with these Hulles, & make them as deepe a couller as you may.

How to couller Gloues yellow within.

TO colour Gloues yellow, wtin take ye yolkes of .xx. Eggs, & put them in a frying pan, with a soft fyre, styrre them euer, and bruse them with a ladle, & the Oyle that ascendeth of them, being annointed on the in syde of the Gloues, wyll make them loke yellow.

To make Muske Sope.

cap. liii

TAke stronge lye made of chalk, and six pounde of stone chalk: .iiii. pounde of Deere Suet, and put them in the lye: in an earthen potte, and mingle it well, and kepe it the space of forty daies, and mingle and styr it .iii. or .iiii. times a daye, tyll it be consumed, and that, that remayneth .vii. or .viii. dayes after, then you muste put a quarter of an ounce of Muske, and when you haue don so, you must al styre it, and it wyll smell of Musk.

To make red sealyng wax.

cap.liiii.

TAke to one pound of Wax .iii. ounces of cleare turpentyne in Sommer, in Winter take fowre: melte them together with a soft fyre: Then take it from the fire and let it coole: Then put in Uermylion verye fynely grounde, and Salet Oyle, of each an ounce, and mix them well together, and it is perfect good.

To keepe Damsins in syrop.

TAke Damsins & picke them wt a knife, or a pi the take clarified Suger as much as you shall thinke wil serue & then you must boyle it til it be as thick as birdlime: Then boyle your Damsins in ye clarified sugre, til they be soft, the take the vp, and put them in a glasse, then you must boyle ye syrop, till it be thick as ye other was, before you put in ye Damsins, & as soone as it is so thick you muste powre it into the Damsins and so couer them close.

For the gnawing in a Womans stomacke.

TAke a good handful of Spermit and a handful of Wormewod, and heat a tile stone, & lat these .ii. thigs on it, & make a little bag, & whe the herbes be hot, put the in ye bag, & so laye them to her stomack.

To make sweete Damaske pouder fowre maner of wayes. cap.lv.

TAke .ii. or .iii. handfulls of dried Rose leues .ii. graines of Musk halfe an ounce of Cloues and beat these all to powder.

2. An other way

¶ Take .vi. ounces of Orace .iiii. ounces of Cloues .ii. ounces of storax Calamite .i. ounce of Labdanum .ii. ounces of yellow Sanders and a lytle Musk.

3. An other way.

¶ Take .ii. ounces of Cloues .iiii. ounces of Spruce, .iiii. ounces of Storax calamit .iiii. ounces of Roses .iii. ounces of Benjamin.

4. An other way.

¶ Take .iii. ounces of Sypres .iiii. ounces of Benjamin .ii. ounces of Coleander or Labdanu, iii. ounces of Storax Calamit .ii. ounces of Roses, beate all these to powder.

**To keepe Barberyes
cap.lvi.**

TAke claryfied Suger, & boyle it tyll it be thick, whiche you shal perceue yf you take a litle betweene your fingers it wyl rope like Birdlyme: Then put in your Barberyes, and let the boyle with a soft fyre, vntyll you perceau thei be tender, the put them in a Classe and couer them: and so kepe them.

**To make a fine Rise Porredge.
cap.lvii.**

TAke halfe a pound of Iordyn Almons, and halfe a .li. of Ryce and a gallon of running water, & a hand ful of Oke barke, and let the bark be boyled in the running water, & the Almons beten with the hulles and all on, & so strayed to make the Rie Porrege withal.

**For the Ague in a womans brest.
cap.lviii.**

TAke Hemlocke leues & frye them in sweete Butter, & as hot as she may suffer it, lay it to her brest and lap a warme white cotten, and it wyll driue it away in short time.

**For the vnnaturall heat of the Liuer.
Chapter. lix.**

Take borage, buglosse, sicory, violets, fumitori, yong hop buds, fenel buds, of ech a quarter of a hand ful, yong mallows & mercury of ech halfe a handfull, boyle these in a potle of Whey and straine it.

**For the Cankar in the mouth.
cap. lx.**

TAke halfe a pinte of ale, & a sprig of Resemary, & seeth them together, & scum your ale, and then put in a pede of Allu as much as a nut, and a spoonfull of Honey, and two spoonfull of Honysuckle water.

To know what time in the yeare Herbes and Flowres, should be gathered in their full strength. cap.lxi.

MEDicines ar made diuers and sundry wayes, some by leues, some by sedes, some by rootes, some by Herbes, some by flowres, & some by fruits: Such leues as are put to medicins shuld be gatherd whe thei be at theyr full wexing, ere that their coullour be chaunged, or that they fade any thing.

Sedes when they be ful ripe and the moystnes som what dried away.

Flowres shoulde be taken when they be fully open ere they begin to fade.

Herbes should be gathered when they be full of Sappe, and ere they shrink.

Rootes should be gathered when the leaues fall.

Fruites shoulde be taken when that they be at their ful growth, or when they fal, & the heuier ye fruite is, the better, & those that be great and light in ponderation chuse not them, and those that be gathered in fayr wether be better then those that be gathered in rayne.

And those Hearbes that groweth in the Feldes are better than those that groweth in Townes, in Gardns, and those that groweth on hills in the field be best for Medicines, for comonly they be lesse, & not so fat, and haue more vertue.

Many Herbes there be that haue special time to be gathered in: And if they bee gathered in ye time, they haue their whole vertue to their propertie, or els not so good. Some helpeth when so euer they be gathered, & some be nought yf they be gathered out of time, therefore mark well what I teach thee.

Betayne shalbe gathered principally in Lamas Monthe with the seede and the roots, and without any Iron toole, and it shalbe dryed in the shadow, for medicins it may be gathered other tymes, but euermore it is the better yf it be gotten without Iron, and it muste be gathered afore Son risyng.

Swinsgras shalbe gathered whe it pleaseth in time of neede.

Camimamill shalbe gathered in Apryll.

Perytory shalbe gathered in Iune before the Son rysing.

Red docke shalbe gathered when they neede dayly.

Longedebefe shalbe gathered in Iune and Iuly.

Penyworthe shalbe gathered in the beginning of Winter.

Germander shalbe gathered in Lammas Month.

Dragaunce shall be gathered in Iune and Iuly.

Columbyne in Lamas month.

Addertung should be gathered in Apryll.

Pedelyon when thou wilt.

Goundsill alway after midday.

Walwort when it pleaseth you without Iron.

Uiolet should be gathered in the Month of March, & in this month should Uiolets be put into Sugre and to Syrop.

Roses should be gathered in April and in May: and of them shoulde be made Suger ro set in Syropes of Roses and in this same Month should Oyle be made of Camamyll.

Rosemary flowres should be gathered in May.
Centory whe he begieth to flowre.

Origanum in ye Month of Iune.

Solsequie shuld be gathered the xvi. day of Auguste, before the Son rising without Iron.

Hertstong should be gathered ere day, in Nouember.

Aristologia shoulde be gathered the same time.

Garlyke may be taken when you neede for Medicines.

Wilde Garlyke shuld be gathered when it flowreth.

Gurdes shuld be gathered in the ende of September, when they bee rype, and dried where the Sonne may be all day. Wylde Nep berries should be gathered when they wax yellow.

Cucumbers should be gathered when the fruit is rype, and ye fruite should be layd vnder Uines, where the Somme maye not haue all his strength to him in a moyste place that it may roote, for than the seed shalbe good and ful of kernelles.

Citrus when ye frute is rype and dried in a dry place in the Son.

Calamint water shuld be gathered when it flowreth, and drie it in the shadow, and it will last a yeare.

Saffron should be gathered afore that the Son doth ryse.

Godur that groweth amonge flax shuld be gathered when he begineth to flowre, and it maye be kepte three yeare.

Drauke shuld be gathered when it flowreth, and drie him in the dhadow, and a yeare it wyl last.

Eleber must be gathered in Haruest time.

Fenell seeds shuld be gathered in the beginning of haruest, and two yeare he may be kept.

The rootes of Fenel should be gathered in the beginning of the yeare and .ii. yeare they are good.

Baldemonye that some men calleth Gentian, shoulde be gathered in the last end of the yere, and .iiii. yeare he is good ynough. The roote of this Herve is vsed, and how thou shalt know him is this, that he be very bitter: the lesse bitter, ye worse. Also, looke that it be white whole and not hollow within, but sad, & not brittle, nor full of powder.

Gallyngale, is called in Phisick, Cipus: it may be taken at al times when thou wilt, but best is in the ende of Uer: and three daies it must bee layde into the Sonne, and bee dried: that the moysture rotte it not, and then you must keepe it in the shadowe.

Flouredelice, should be gathered in the ende of Uer, and dried in the Sonne, & it wyll

last .ii. yeare well.

Here foloweth, the sundrie Uertues of Roses, for dyuers Medicines.

Ca.lxii.

ROses, be colde and moyste, in two degrees: it hath these Uer tues. Stampe it, & lay it to a sore that brenneth & aketh: and it shall cease both the brennyng & akyng.

Also, it is good for the feuer in the stomacke, & against all euyelles that are gendred in hot humours.

Also, lette any woman drynke it with Wyne, and it shal foorthwith restrayne bleedyngs, and helpe the Marowes of the wombe.

Also, make Oyle of Roses, & that is a principall Receipt for pricking in Sinewes & the water threof is good for sore eien, and for hot euils, and the Oyle is good for head ache to anoynte therewith the timpls, and ye roote of him is good, & drawynge for Iron: or other thing in a man's foote, & the red Rose is much better then the white.

The sundry vertue of Lyllies.

cap.lxiii.

Lillies are colde and dri in three degrees, and so sayeth Galyen, that who so setheth ye leaues in water, it is a noble Plaster for Sinowes that are shorted, & it is good for al maner burnings & scaldings.

Also when the leues and ye roots are sodden in olde Wyne, and tempred vp with honi, it is a profitable Plaster for sicknesse yt are kositen. Also the water & ye Iuce is good for to wash thy brissers, and namely to do away ye frekles on mans visage as Womans, and the roote is good to ripe therwith botches, and for to help to breake them.

Of the sundrye vertues of Milfoyle.

Chapter. lxiiii.

Milfoyle is hot and dry to .ii. degrees, it is good to staunch the bloody flyx, & the iuce therof heleth the biting of a red hound, and if it be sod in red Wine, drinke it, & it sleeth wormes in ye wombe, and it wyll destroye vermin, and it softneth hardnes in mans wombe, and it helpeth Iawnes & Dropsye.

Also take the herbe and stamp it, and temper it with Uineger, and it wyl do away blode in wounds, and it will cease the toothache, when it is tchewed fasting. Also it is dood for the stinging of an Adder when it is sodden in wyne, drinke it, and laye the sobstaunce thereto, and it wyll drawe oute the Uenim of the sore.

Of the sundry vertues of Rosemary.

Chapter. lxxv.

ROsemary is hot & drye: take ye flowers therof, & put them in a cleane cloth, & boyle them in fayre cleane water, vntyll halfe be wasted: and coole it, & drynke that water, for it is much worth agaist all maner of euylles in the body.

Also, take the Flowers, & make powder therof, and bynde it to thy right arme in a linnen cloth, and it shall make thee light and merye.

Also, eat the Flowers with hony fastyng wt sowre bread, or els with other bread, and there shall ryse in thee none euill swellyng.

Also, take the Flowers, and put the in thy Chest, among thy clothes or among thy Bokes, and Mothes shall not destroy them.

Also, boyle the flowers in Gotes mylke, and then let them stande all nyght vnder the ayre couered, & after yt geue them to drink therof that hath the tisike, & he shalbe holpen.

Also, if there be any man that is ramage: take the Flowers and the leaues, a great quatytye, and boyle them together in a good quantytye of cleane water, in that, Paciens bulneat: and it shall heale hym.

Also, boyle ye leues in white wine and wash thy face therewith & thy Bearde, and thy browes, and there whal no cornes spryng out, but thou shalt haue a fayre face.

Also put the leues vnder thy bed, and thou shalt be delyuered of all euyll dreames.

Also, breake ye leues to powdre, & lay the on the caker, & it shal stey it.

Also, take the leaues, & put them into a wyne vessel, & it shal keep the wyne from all sowrenesse and euyl sauours, and if thou wylt sell thy wyne, thou shalt haue good speede.

Also, if thou be feeble wt vnkinde sweat, boyle the leaues in cleane water, and wash thy hed therewith, and ye shalt be deliuered of ye euyll.

Also yf thou haue the flux, boyle the leaues in strong eyzill, and laye them on a linnen clothe, and bynd it to thy wombe, and a none tht Flux shalbe with drawne.

Also if thy Legs be blowne with the Gowte, boyle the leaues in water, and then take the leaues & bind them in a linnen cloth, and winde it about thy Legs, and it shall doo thee much good.

Also take the leaues and boyle them in stronge eyzill, and binde them to thy stomache in

a Clothe, and it shal deliuer thee of al euyls.

Also yf thou haue the coughe by styring or by any other way, drinke the water of the leaues boyled in white Wine, and ye shalbe whole.

Make pouder of the rynd of Rose mary, and drinke it, and if thou bee in the pose, thou shalt be deliuered.

Also take the Timber therof and burne it to coles, and make powder therof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therin, it shall sley them, & keepe thy teeth from all euylls.

Also of the wood make a boyst to smell therto, and it shall keepe thee yongly.

Also make therof a barell, & drink thou of the drink yt standeth therin and thou needest not dread of anye euyll being therein; and if thou set it in the field or in thi Garden kepe it honestly, and it shall bring forth much encreasing of himselfe.

Also if a man haue lost his smelyng of the ayre, yt he may not draw his breath, make a fyre of the wode and bake his bread therewith and eate it, and it shall keepe him well.

Also a man that hath the Gowt, take oyle of Roses, and the yolke of an egge, & the flowres of Rosemary, and medle them together, and do it to his sore, & he shalbe holpen.

A briefe Treatise of Urines alswell of mennes urines, as of Womens, to iudge by the colors, which betoken helth, which betoken sicknesse, & which also betoken death. chapter. lxvi.

It is shewed that in .iiii. parts of the body dwelleth syknes, and helth. That is: in the wombe, in ye head, in ye lyuer, & in the blather: in what matter yt maist show their properties, and therof thou mayst learne.

If a mans uryne bee white at morow, & red before meate, & white after meat, he is whole, & if it be fatte and thick it is not good, & if ye urine meanly thick, it is good to lyke, and if it be thick as Alle pisse, it betokneth head ache.

Uryne yt is .ii. dayes redm & at ye .x. day white, it betokneth very helth.

Uryne yt is fat, white, & moyst, betokneth the feuer quartayne.

Urine yt is bloody, betokneth yt the bladder is hurt by som rottig that is wtin.

A lytle Urine all fleshye, betokneth of ye raines, who pisseth blode, wtout sickenes, he hath some vayne broken in the raines.

Urine yt is ponderous, betokneth that the bladder is hurt.

Uryne that is somewhat bloody of sicknes betokneth great euyl wtin the body, and namely in ye bladder. Uryne that falleth by drops aboue as it were great bolnes, betokneth great sicknes and long.

Womans vryne yt is cleare & shining in the vrynall as siluer, if she cast ofte, and if she haue no tallent to meat, it betokneth she is wt child.

Womanes Uryne that is stronge and whit with stinking, betokneth sicknes in the rames, and in her secrete receites, in her Chambers ful of euyl humours and of sicknes of her selfe. Womans uryne that is bloudye and cleare as water vnder, betokeneth headache.

Womans uryne that is lyke to Golde, cleare and mighty, betokeneth yt she hath lust to man.

Womans urine that hath collour of stable clensyng, betokneth her to haue the feuer quartayne, and she to dye the thyrd day.

Womans uryne yt appereth as collour of Lead, if she be with chylde, betokneth yt it is dead within her.

Here foloweth all the urynes yt betoken death, as wel the uryne of the man, as of the woman.

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IN a whot Axcis one part red and other black, another greene, and another blew, betokneth death.

Uryne in whot Axcys blacke and lyttle in quantytie; fatty, & stinkig betokneth death.

Uryne ouer al colloured as Lead betokneth a prolonging of death.

Uryne darke aboue and clear beneth, betokneth death.

Uryne that shineth raw and right brighte, if the skyn in the bottome shine not, it betokneth death.

Uryne thin in substannce, haueing fleting aboue as it were a dark skye, signifyeth of death.

Uryne dersty, stinkyng, and dark with a black ski within, betokneth a prolonging death.

Uryne that is of the collour of water, if yt haue a dark ski in an Axcis, it betokneth death.

Uryne yt hath drestes in ye bottom medled wt blode, it betokneth deth.

Urine black and thick: if the sick lothe when he goeth to the Priuie, and when he speaketh ouertharte, or that he understadeth not aright, and these Sickenesses go not from hym, they betoken death.

How to make a soueraigne Water, that M. Doctor Steeueyns Phisicion, a man of great knowledge and cunning, did practise: and vsed of long experience. And therwith did very many Cures, and kept it always secret, tyll of late a little before his death, a speciall friend of his, dyd get it in visityng of him.

Cap. lxxvii

The Receipt.

TAke a Gallon of good Gascoyne Wyne: then take Gynger, Gallyngale, Camamyll, Cynamon, Nutmegs, Grains Cloues, Mace, Annys seedes, Fenel seedes, Carawayes seedes: of euery of them a dram. Then take Sage, Myntes, Redroses, Time Pelittory of the Wall, Wylde Margeru, Rosemarie, Peny moutayne: otherwise called Wilde Time, Camamyll, Lauender and Auens, of eueri of them one handful: Then beate ye Spices small, and bruse the Herbs, & put al into the Wine: and let it stand .xii. howres: styrringe it diuers times: Then stil it in a Limbeck, and keep the fyrst pint of the water, for it is the best: then wil come a second water, which is not so good as ye fyrst.

The sundry vertues and operatios of the same, many times approued.

THE Uertes of this Water bee these: in comforteth the sprits, and preserueth gretly ye youth of man, and helpeth the inward deseases, comming of colde, agaynste shakyng of Palseye: It curety the contraction of Synowes, and helpeth the conception of Women that be barren, it kylleth ye wormes in the Bellie: it helpeth the colde Gowt, it helpeth the Tooth ache, it comforteth the stomack very muche, it cureth the cold Dropsye, it helpeth the stone in the bladder and in the vaynes in ye back: it cureth the Canker: it helpeth shortly a stinkig Breath, and who so vseth this Water euer amonge, and not to oft, It preserueth him in good lyking: and shall make on seme yong very long. You must take one spoonful of this water tastig but once in .vii. daies: for it is very hot in operation. It preserued Doctor Steeuens that he liued .lxxx. and .xviii: yeares, wherof .x. he liued bedred.

FINIS.

These Bookes are to be sould at the West ende of Paules Church: By Richard Iones, the Printer hereof, 1573