

<County: Cambridgeshire>

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<Text: Medical recipes>

<Tranche 1>

<fol. 29r><line 17>¶ For þe cou3he
a principal medicine on warantise . tak
 ysope & rose-marine cerlang~ plaunteine
 & þe rote of radisch & chenlong~ ; of ich a *quartoun*
 & seþen hem in whi3t wyne fro a potel
 to a *quarte* . & þan poure out þe *licour* . & do þin
 herbes in-to a mortar & grind hem smal & þan
 poure þi *licour* in-to þe mortar & medle hem
 weel to-gidre & strein hem a3en in-to þe pot
 & tak half a pint of lijf hony & boil it
 & scome it . & do þer a *quartoun* of mai botir
 <fol. 29v>þ^t is clarefied . & þan lete seþe þe space of þe
 seiying of þis psalme <lat>miserere mei deus</lat> . & þan
 strein it & put þe *licour* in-to a glas . & vse þerof
 first & last . vj . sponful at ones w^t . vj . sponful
 of stale ale warme til he be hool . for
 it is *proued* ¶ For þe drie cou3he . tak half
 a pound of licorise & scrape a-wey þe bark
 & brese it in a mortar & do it in a new erþen pot
 & do þer-to a galoun of good wort þ^t is not *turned*
 & an vnce of sugre roset wel poudrid
 & a *quartoun* of an vnce of þe powder of ginger
 & a *quartoun* of clarified hony & seþe hem in-to
 þe halfdel . & þan strein it & put it in-to a clene
 vessel & vse þer-of at euen hoot at morwe
 cold . ¶ For a man þ^t bledip at þe nose . tak
 & bind his templis w^t a liste & bind þe heed
 þ^t þe veines haue not *her* cours . & drink þe

iuse of smalache & ley vnder þi tunge a peruenke
 leef & it schal staunche ¶ For to staunche
blood if a maister veine be cut . tak a
 pece of salt beef þe lene & not þe fat as
 mich as þ^u hopist wil stop þe wounde . & ley
 it in þe emris in þe fire & lete it roste til it be
 þoru hoot & al hoot þrist it in-to þe wounde
 & bind it fast & it schal staunch . & if a man be
 in gret perel for bleding . loke where þe wounde
 is . if it be on þe foot bind it a-boue þe an
 <fol. 30r>cle a-bou3t þe legg . & if it be on þe legg ;
 binde it a-boue þe kne a-bou3te þe þi3e .
 & if it be on þe hond bind it a-bou3te þe
 wriste & so forþ w^t a good list twies or
 þries . ¶ or tak coprose & sandeuer of ich
 J-lich bi whei3t & make hem in pouder & ley
 hem on þe wounde . & stamp smal þe croppis
 of reed nettis & medle hem w^t a litil hony
 & ley to þe wounde & bind it up & it
 schal staunche . ¶ or tak þe wolfe in a walk
 mylle þ^t goþ fro þe cloþ w^t walking .
 such as fliep a-bou3t like doune . & make
 pouder þer-of in a brasen mortar & medle it
 wiþ þe whi3t of an ey & put þer-to whete
 flour bultid & ley it to þe wound & it
 schal staunche sekirli . ¶ For bleding at þe
nose . tak brooklemk & smal-ache & herbe
 roberte . & 3if him to drink þe iuse . & temper
 þe dros wiþ þe whi3te of an ey & put
 it in-to his nostrellis ¶ or drink þe iuse of
 weibrede & it wole staunche . ¶ For a veyne
þ^t is coruen w^t blood-leting . tak rue & seþe
 it in water & stamp it & ley it þer-to . & tak
 lambes wolfe waschen & ley a-boue &
 he schal be saue . ¶ For þe ston . tak gromel
 & mader burnet percil saxifrage
 carewey smalache collerage mugwort
 <fol. 30v>detaine lemke fenel seed or þe rote . of ich herbe
 Jlich & wasch hem & stamp hem & temper hem w^t stale

ale & seþe hem vnto þe halfdel & þan strein hem
 & tak pouder of an hare & a letuarie þ^t is cald
 bunduta . of eiper a quartroun & do to þ^t licour & seþe
 it ri3t wele & do it in-to clene vessel & keuere it &
 drink it at euen hoot & at morwe cold . ¶ For þe
swelling of mannes pintil . tak lekes heedes w^t
 þe fasing & wasch hem & stamp hem & frie hem in barwe
 grece & make a plaister al abou3t þe pintil .
 ¶ or tak þe iuse of weibrede & of ribbillis<?> & of
 primerose of ich Jlich & do þer-to þe floure of rie
 & frie hem to-gedre & make a plaister al abou3t
 & it wole cese þe aking & do away þe swelling .
 ¶ or tak smalache & herbe robert . herbe water
 sengrene reed docke leefes & henbane leefes
 & stamp hem & frie hem in barwe grece & in schepis
 talwe & in a plaister ley it to . ¶ For scalding
of þe pintil . tak herbe roberte herbe water
 vngle auence egrimonie smalache peti morel
 sengrene pimperlol henbane / reed nettil . weybrede
 hemp orpin ribbe-wort violet and
 brere croppis & madur of ich an handful
 wasch hem & stamp hem & do þer-to a quarte of mai
 boter þ^t is clarified & medel hem weel to-gedre
 & put hem into an newe erþen pot & knede
 hem weel to-gedre w^t þin hondes þ^t þei be not
 holwe & keuere it weel & so lete it stonde . ix .
 <fol. 31r>ny3tes . & þan frie hem in a panne ri3t weel & strein
 hem & make þer-of an oynement . & þ^t wele hele
 ony pintil þ^t is scaldid or ony oþer maledie
 of þe pintil . or wounde on warantise . ¶ For
swelling of ballockis . tak bene mele & vineegre
 & temper hem to-gedre & in a plaister ley it to .
 but lete it come ny3 no fire for it must be
 cold . & if þ^u haue grene benes stamp hem & temper
 hem w^t hony & in a plaister ley it to al cold ¶ or
 tak rue & wormode & stamp hem & temper hem
 wiþ hony & al cold ley it to ¶ or tak wormode
 & stamp it & bene mele & poudre of
 comyn of ich J-lich & temper hem w^t white wyne

& frie hem to-gedre & ley it to warme . &
 þis is good of alle maner of wickid humouris
 of baclockis . & wan þ^u takist a-wey þi plaister
 wasch þi ballockis w^t vinegre at ilke a time
 for þis is proued ¶ For to cese þe aking of swelling
of heedes & of sore woundes so þ^t þe bones
be not broken . tak malwes wormod mugwort
 betonie egrimonie hilwort puliol de
 mounteine of ich . <mrg>an</mrg> handful & wasch hem &
 stamp hem . & tak þre vnce of whete floure
 & þre vnce of hony & þre vnce of barwe grece
 & stamp hem alle in fere & do þer-to reed wyne &
 frie hem weel to-gedre . & tak a faire reed cole
 leef & ley on þe wounde wol warme . & it
 <fol. 31v>schal cese þe aking & do away swelling / ¶ For to
knowe wan a man is smeten on þe heed w^t
a staf if þe brain-panne be broken or hool wan
þe flesch is hool a-boue . tak & schaue þe heed
 þer þe sore is . & tak a clene linnen clou3t & dou3ble
 it . & sprede þe whi3te off an ey on þe
 clou3te & ley it on þe sore at euen wan he goþ
 to his reste & lete it lie bounden to til on þe morwe
 . & þan take it away . & if þe panne be broken
 it wole be moist þer anempst & ouer al ellis drie .
 & þan must þ^u kerue þe flesch anempst þe breking
 & lete out þe bresed blood . & do þer-ine / an
 oynement þ^t is kinde þer-for . & so schalt þ^u
 saue him & hele him & ellis he were but deed .
 ¶ For þe cankir in mannes bodi . tak þe rote
 of dragaunce & schere it in smale pecis &
 lete it drie & þan make poudre þer-of . & tak
 . ix . peny . <mrg>whei3t</mrg> of þ^t poudre & do it in hoot water al
 a ny3t & on þe morwe poure out þe water
 & do þer-to whi3t wyne & seþe it ri3t weel
 & lete þe seke drink þer-of warme . & wiþ-in
 þre daies he schal be hool on warantise .
 ¶ or tak a quarte of getes milk & an vnce of
 danse seed weel poudred & medle hem to-gedre
 & seþe hem to þe þrid part & drink þer-of . iij .

daies first & last ilk a time lew warme &
 vij . sponful at ones & he schal be hool
 on warantise ¶ For þe goute festred.
 <fol. 32r>tak archaungele heyhoue auence betoine *verueine*
 of ich Jlich . saue tak most of heyhoue & boile
 hem in wyne & drink *þer*-of first & last til þ^u be hool .
 ¶ A plaister for þe same . tak a saucerful of þe iuse
 of smalache a-noþer of wormod a-noþer of hony
 anoþer of salt a-noþer of vinegre & medle hem
 wel to-gedre & do to hem a *quantite* of þe flour of
 rie & boil hem falst to-gedre & stere it wel . & in
 plaister ley it to þe sore . & vse þis plaister & þe
 drink to-fore & þ^u schalt be hool on warantise .
 ¶ For þe boon schawe . tak bawme feþerfoie . þe
 two delis of bawme þe þrid part of feþerfoie &
 stamp hem & temper hem w^t stale ale & drink *þer*-of
 first & last . & make a plaister of feþerfoie & popeleer
 leefis & of mai boter . þe two deel popeleer
 & þe þridde feþerfoie & stamp it & anoint
 þe weel *þer*-with aȝen a charcole fire as hoot
 þ^u mai suffre . & make a plaister of þe floures
 of brome stampid . fried in oile & wyne & as hoot
 as it mai be suffrid ley it to ¶ For to wete if
þi seke frende schal lyue or die . tak . v . croppes
 of *verueine* in þi riȝt honde & ley hem in þi lift
 honde . & seie ouer hem in þe worschip of þe . v .
 woundes of crist . v . *pater nostris* . & sey þus . I coniure
 ȝou in þe vertue of þe fife woundes þ^t crist on þe
 rode tre for to bie mannes soule out of þe
 þraldam . þ^t ȝe telle me þoru þe vertu of god &
 of ȝoures wheþer þis man schal lyue or die
 <fol. 32v>of þis sekenes . & þan blesse hem fife times . &
 tak hem in þin riȝt honde aȝen & go to þi frend
 & tak his riȝt hand in þin & aske him houȝ he
 fareþ whil þe herbe is bitwene ȝour hondes
 vnweting him . & houȝ he hopiþ of him-self . & he
 schal þoru þe grace of god bi vertu of þ^t herbe telle
 to þe soþe wheþer he schal lyue or die of þ^t
 sekenes ¶

<Tranche 2>

<fol. 88v><line 8>¶ For to breke a
bile or a feloun wiþ-outen knyf or launcett .
 take angwiltwacchis & þe reed docke rote
 rosted & þe lilie rote rosted of ich Jlich and
 grind hem smal in a mortar & frie hem alle togedre
 in bores grece / & in a plaister ley it to
 a litil warme & it wole breke it wiþ-in
 . vj . plaistris at þe most . ¶ For scabbis in
a mannes bodi . take hoorhounne & celidoin
 & wormod & sorel de bois & helena campana
 of ich Jlich & seþe hem in renyng watir
 til þe halfdel be wasted away & þer-wiþ
 wasch þe seke ilk a daie ones til he be
 hool . ¶ For to make a woman to haue
her floures a3en wan þei ben distried . take
 þe fairest tirdlis of hors dritt & boile
 hem in vinegre & make a plaister & ley it
 to her naule as hoot as it mai be suffrid .
 ¶ or take schepis tirdlis & stamp hem & medle
 hem to-gedre w^t 3eltis grece & frie
 <fol. 89r>hem weel to-gedre & make oo plaister & ley to
 her wombe . & ley a-noþer to her wombe .
 ¶ For to do away wertis . take sorel de+bois
 & wasch it clene & lap it in a worte leef
 & bind it a-bou3te wiþ a pack þreed & ley
 it in þe emeris & hele it weel & roste it a
 while & þan take it out & stamp it . but
 do a-wey þe wort leef . & wan it is stamped
 do þer-to a good quantite of þe pouder of alum
 roche & a litel vinegre & medle hem weel
 to-gedre & do it in a boxe til þ^u nede it . & þis
 wole also do away deed flesch . ¶ For to make
a salue for bochis & bilis . tak perosin
 & whi3t encens & schepis talwe molten
 of ich Jlich molten & pured to-gedre & stere
 hem weel to-gedre til þei ben weel molten
 & þan strein it in-to a vessel & do þer-to þe iuse

of walwort as mich bi whei3t as of on
 of þe toþer & medle it weel þer-wiþ . ¶ For bleried
i3en . take raw creme in may & drop
 it in a clene scoured basyn & take a vessel
 þ^t haþ stonden . vj . daies or . vij . wiþ olde
 ale . & poure out þe ale & welme it ouer þe
 basyn wiþ þe creme al a ny3t til on þe
 morwe . & if þ^u haue no creme tak mai
 boter made of ewe milk . & þan take / it out
 of þe basyn & do it in boxis til þ^u nede it .
 for þis is a *precous* oynement for bleried i3en .
 <fol. 89v>¶ For to make a salve for sore pappis of women
þ^t ben broken & rennen . take sorel de+bois
 & lappe it in a wort leef & roste it in þe embris
 half a mile wey & þan stamp it as smal as
 þ^u maist & do þer-to lijf hony & vinegre & medle
 hem weel to-gedre & þan put in boxes . but
 first ley to þe sore pappe þe plaister biforseide
 of garleke & of mele boiled in wineegre two
 times or þre & þan ley to þis salve in boxes .
 ¶ For scalding & brennyng . take þe rotis of dockes
 & do a-wey clene þe rinde . & þan put it in an
 newe erþen pot & seþe hem in faire water of a
 welle vn-to þe time þei be nesche . & þan
 braie hem in a morter & tempre hem w^t creeme
 of milke & strein hem þoru a caneuas & put it
 þan in-to a panne & sett it ouer þe fire & seþe
 it a litil . & þan put it in boxes & anointe
 þe sores of brennyng & scalding þer-wiþ & it wole
 it on warantise . ¶ For reede i3en . take whi3t
 gynger & rubbe it on a westoun in a clene basyn
 & take also a porcoun of salt & of eufraas and
 stamp hem weel to-gedre & temper it wiþ wine
 & lete it stonde al day & al ny3t & þan take þe
 clere þ^t stondeþ a-boue & do it in a viol of glas
 or into a clene horne & anoint þin i3en þer-w^t
 a litil wan þ^u gost to bedde . & also if it like þe
 wan þ^u gost to slepe ony time in þe day . for þe
 oftner þe sunner it schal be hool ¶ or take þe

iuse of houndes-tungis & þe iuse of centorie
 <fol. 90r>or of sauicle & do þe iuse in þi i3e & it schal help
 þe . ¶ or take celidoine & stamp it w^t watir and
 drink it . iij . daies & it schal hele þi i3en sekirli .
 ¶ For him þ^t hap mich þriste . take þe rote of loueache
 & tempre it wiþ wyne or w^t water & drink it
 þre ny3tes wan þou gost to bedde but drink it last
 & it schal do þi þrist away fro þe . ¶ For streitnes
of þe herte & of þe breste . take violet ache & centorie
 & licorise & seþe hem alle to-gedre in watir
 & drink it at euen hoot & at morwe colde . ¶ For alle
euyllis of þe stomak . take ache seed & linseed
 & comyn & stamp hem to-gedre & drink it . iij . daies
 wiþ-out water ¶ or take þe rote of fenel & þe
 rote of percil & þe rote of horshoue & þe rote of
 radisch & þe leefis of serlain & lyuerwort & weybrede
 centorie moderwort puliol nept & quintfoil .
 of ich Jlich þ^t is of ich an handful . & do þer-to a
 litil sauge & a litil wormod & þe floures of violet
 & rose floures & an vnce of licorise . & if be
 a strong man or woman do þer-to þe lesse licorise .
 & if þei be feble do þer-to þe more . þ^t it may be
 þe swetter for to drink . þan take alle þes þinges
 & seþe hem in a pott wiþ water vn-to þe þrid parte
 be soden away & þan lete it stonde stille in þe
 pott or ellis clense it in-to anoþer vessel for to
 haue it þe fairer . & 3eue man or woman to
 drink þer-of bi mesure ilke a day at morwe cold
 at euen hoot . & to þus many herbes do . iij .
 galounnes of faire water . ¶ For to purge a
 <fol. 90v>man of euyl humoures . take betonie sauge
 & sensibire & þe sede of ache of ich Jlich & do þerto
 pepir & hony & stamp hem to-gedre & temper
 hem wiþ wyne & 3eue it to þe seke to drink .
 ¶ For to purge þe breste . take rue & ambrose of
 ich Jlich mich & stamp hem weel & temper hem w^t
 wyne . & drink it . iij . daies fasting . ¶ For
casting & chafyng of þe lyuer . take puliol
 & stamp it & vring it & anointe þe þerwiþ

& lete þe blood *in* þe veyne of þe liuer .
 ¶ For ony euyl *in* þe bladder . take ache *percil*
 & fenel of ich Jlich mich & stamp hem & temper
 wiþ water & drink it & it schal be þin hele
 & make þe weel for to pisse & cast out þe
 ston & hete þe stomak . ¶ For to breke þe
ston . take a cock of a 3eer old & hopene him
 & þ^u schalt fynde *in* his mawe whi3t stones .
 take hem & stamp hem *in* mortar wiþ a pestel
 of tre & temper hem wiþ wyne & drink hem .
 ¶ For a man þ^t mai not hold his pisse . take
 gotes clawes & brenne hem & make powder
 of hem . but þ^u must brenne hem *in* a new pot
 of erþe . & ete of þ^t powder *in* þi potage euery
 day a sponful at ones . & sekirli þ^u schalt
 be hool . ¶ For to sle ony euyl worme þ^t
is copen or bredde *in* mannes bodi . take
 rue & stamp it & temper it w^t a mannes
 fasting pisse & 3eue it hym to drynke .
 <fol. 91r>¶ or take arnement & temper it wiþ morel &
 it schal cast out þe worme wiþ al his venym .
 ¶ And if þe worme haue made ony hoole . tak
 at þe bigynnyng & smere þe hole wiþ hony . &
 take powder of offeras þ^t men callen woderose
 & seþe it & do it þer-to & it schal sle þe worme &
 hele þe wounde . ¶ For þe biting of a wode hounde .
 tak þe seed of flexe & stamp it w^t holi water
 & 3eue it þe man to drinke . ¶ or take tuncresse
 & puliol & seþe hem *in* water & 3eue it þe seke to
 drink & it schal cast ou3t þe venym . & if þ^u
 mow haue þe same hounde take . <mrg>þe heer</mrg> & ley it to
 & it wole hele it ¶ For þe scabbe . take þe rote
 of horshoue & seþe it longe *in* water . & þan
 take þe nescheed þer-of & stamp it w^t oolde
 smere & do it *in* a lynnyn clou3t & hete it hoot
 a3en þe fire & smere þe þer-wiþ & it schal gadre
 a-wey þe scabbe & hele it . ¶ or take þe rote
 or þe docke & stamp it & boil it *in* may boter
 & strein it þoru a clou3t *in*-to a basyn ful of



water & þan do it *in* a boxe & smere þe scabbe
bi þe fire & it schal go away ¶ or ellis take
raw creeme or barwe grece & medle þer-w^t
þe powder of brinston smale Jgrounden . & þerw^t
at euen anoint þin handes al a-bou3te wan
þ^u gost to bedde . & put on þi hondes a peire
of olde glofis & vse þis & it wole hele þe .