

MANUSCRIPT: Italian medical and domestic recipes

Secret to be used for washing of stained draperies

Put good sea salt with black soap stir it very well until it is mixed, and rub it on the stains, and let it dry, and when it is dry carefully put them in clear tepid water, and this will go very well.

For stained gold or silk cloth, use instead a soap cake like this.

Put the front feet of a castrated animal, and grind them very well, and serve that powder, and when you have the need to use it for washing out the stains, put tablecloths in a little bit of clear water where the stains are, and treat them with the ground bone powder, as it is meant to be used, and let them dry in the sun, then wash them again and let them dry well, finally rinse with clear water and wash out the powder, and the stain will come out, and it will remain very beautiful.

The same can be done with an uncastrated animal, but then it is better to use hot water.

To make small boils go away

Take oil and lard from a male pig, and boil them together in a glazed pot, and make it into an unguent, and put the unguent on the boils when you are sleeping

To make a liquid that sends away every dye and stain of the seas and works very well

Take lemon juice, and put it with a little table salt, and scrub it with your hands, and leave it to dry for a little while, then wash it out, and you will see that each stain has been left on your hands and against the washboard.

Rare liquid to make hands and face beautiful

Take the leaves of white lilies, and boil them in a lead pot over a fire, then take a piece of white sandalwood and wash it very well, and put them in the lily water until they are well engorged, then take an ounce of the lily water from the middle of the container, and three quarts of good mastic, and make a paste, and mix the ingredients together well, and distill it in a bath with a mouthful of lambic, and a little perfume if you want it to smell nice, and then you have a noble liquid, and it is for all people.

To wash away scars and marks on the face

Take a pig's fat, and stir it together with a little bit of turpentine, then add some fresh water, and whisk it with three ounces of mistral [anise liqueur], a fresh egg yolk, and a tiny bit of stone from a fortress, and mix it all together very well, and roll it out on a piece of white canvas, and soon you will find a nice piece of flesh. If it seems too greasy, add some fresh milk.

To fix wounds caused by being beaten with wood or stone

Take some hairy barbasso herb and grind it to extract juice, and if the wound has drawn blood, clean and dry it well, wash it with white wine, or with water, and then apply the juice, and on top of the crushed herbs tie the wound with a band, and leave it there all day, and you will see miraculous effects.

Liquid for healing all kinds of wounds, which each person needs to always have in their home, its ingredients being cheap and easy to obtain, and which has sacred virtues.

Take a quantity of new yellow wax, and melt it over a fire in a new pot, and when it has melted toss it into a foreign or Greek or other white wine, and then add in some boiled tomato juice, and mix it well. Then take that solution and put it over a fire and mix it very well until it is all incorporated. Put it in a glass jar and distill, for eight hours add little by little, and at the end add a lot. Above all pay attention to the joints of the vessel you store it in, make sure they are strong and the top is tightened. When the solution gets hard add a little

water to the jar and mix it very well. Don't keep it where it is unable to breath or in a hot place or near a fire. This has many uses and is easy to keep soft.

This topical miraculous liquid will heal all kinds of wounds, and it has been used by many experts that saw it in use by M. Lionello Pio da Carpi in Venice in the year 1578, he used it for a stab wound on the instep of his foot, which is very dangerous. If not for this liquid, the great man would not have lived. He made it at home and in two days no one could see the wound. It still holds true that for a contraction of black wound and many other afflictions of the body that this liquid works well, and if it is distilled again, it will naturally penetrate the wound it is put on. The palm of the hand can be seen miraculously to penetrate in an instant, and leave the place dry as though no wound was ever there.

It is not to be used with many things, by putting with it other liquors or powders of things that want to penetrate the flesh, and remain with them for the use of medicine as well as for beauty products, and other such things.

To make and multiply the mother's milk

Take old fennel leaves, and let them soak in a container of water and the woman should drink it for a meal, and she should take walks more often to make milk very well, and then continue when she begins her menstrual cycle and this should be very good for her health.

Topical unguent for sunburns that leave marks

Take two clear golden ounces of tutia Alessandrina, ten ounces of lime, nine ounces of water, and an ounce of fresh wax, put on the pink marks, and this makes a cream. Use as needed.

This is a very easy and proven method by physicians.

Take that herb called Farfarella or Farfara, and incorporate it with lard from a pig, one fresh egg, and cook them together as in a frittata, and feed it for nine breakfasts, and you will see miraculous results. And then it works to make a small person gain weight.

How to know if a woman can be impregnated

[This part is marked out] Put a hare quail in hot water and give it to a fasting woman to drink, then take a hot bath, and if she gets sick to her stomach, she has a high potential to get pregnant, and if not she will not be impregnated.

A very good and safe remedy for an old or new cough

Take a very thin pesto and a fresh egg yolk and stir it very well, and add a good amount of big mashed chickpeas, and drink it in the morning, and again at night when you are going to sleep, for no more than two or three nights. If the cough is very old and malignant, also use alum every day.

For fixing bruises or dents in stone

[This part is marked out] Take unrefined honey, and put that on the dent when it is cold, and cover it with a bolt of linen, and leave it to become one.

[Translation provided by Ben Kinmont Bookseller, July 2021.]