

drink shake the botell that it may be well mingled and drinke it til it be all out the party must all the time before and after the drinking of this water weare a trusse to keepe up the ruptiure til the place be groune up and they must lye as much on their backs as they cane and fast and houre after they drink the powder: probatum est:

The making a leawe is nothing but the yelks of eges and sume of the lickor it is strued in and butter and all beat well together til it bee pretty thick and then poure it on the strued pigens: and sume times in sume things whit wine ueniger and sume times whit wine if she kecaits menshen it and let it be uery well shaken together to make it thick when it is put to the meat befor it is dished out or ife it be a fricksey made in a frying pan then it must be put in therin and shaken together til it be thick but not held ouer the fire for then the eges will be hard but a uery litell while for the heat of the meat and the pan will doe it:

How To make fowls uery fat
a uery good way 8th thing

Take your chickens or polets or capons and