

To Make oyle of swallows
good for aches

Take a quarter of a pound of young swallows pick off their feth-
ers then draw out their guts and stompe them and boyle
them with a pound of camamile stamped in halfe a pound of
swines greas and a quart of a pint of sallet oyle let them
seeth 2 hours and let it stand 2 dayes but take heed they
burne not in the boyling then boyle them a gaine halfe an
hour and then straine it anoynt the ache with it twice
a day worne

To make a black Seare cloth good for and
ould ache or for a bruse or for a plaister

Take a pint of sallet oyle a quarter of a pound of ~~sallet~~
~~oyle~~ Whit lead a quart of a pound of red lead grind it
uery fine Camfer a quarter of an ounce boyle thes all
together on a fire of chare coles keeping it stirred till
it be black then take it from the fire and make it up in
howells and spred it thinn upon leather and lay it too
the ache let it lye a week then new spred it and lay it
one a gaine

For The hot gout

Take horse feete and take off the hoofs then cut the feet
in small peeces boyle them well take the fat of them and lay
it to with fresh may butar anoynt the greefe with this

To make a woman haue Speedy deliucry

Take orice ~~rice~~ beaten in to uery fine powder as
much as will lye upon a six pence then take the one halfe
of the fly cantharides which being likewise used been