To make good martlenus bese

Take the thinn brest peces and salt it well for a forth
knight and then hang it up and let the brine drope from
it and then after your browne bread is drane out lay
in sume faget sticks that are cleane and if the oven
be not to hot lay in the bese to dry and put it into the
oven 2 or 3 tims and it will be dry anese then put it
in a cleane linen cloth and hange it neere the fire
of the fire but not in the chimny to be smoked at
all and so you may keepe it all the yeare longe good

To bath the place where the gout is with brandy a litel
worme is verry good and then dipe a cloth of linen and la
y one it and bath it often and it will give greate
ase proued. speret of wine is also very good to bath f
or the gout or aquite is good also .....

you may if you have a limback you may still your
lees of stronge beare or wine or ale and take the strongst
of it to steepe the orenge pells in and it will be very
good .....

If one get a fal and bruse them selues that they
look with bunches let them drink a good draft of
beare and it will kepe it from loking black and
blew and hould your hot hand one the bunch a
good while and it will doe much good .....

The black plaister for the nick is very good for str
ains bruses and falls and for ~~scalds~~ or any ac
hes in the lims with great traueling proued .....

Camamile posats are very good to drink a nights for
the agew and so is Cardus and saige posat allso