

Take a quarter of a pint of white wine  
the best that can be gotten and put it in  
a glass and put in to it a peece of white  
sper as bige as a litle nutt and so sha  
it together and let it stand and th  
n wash the eyse a nights and a morni  
gs this water hath bene well proved

### A spinee Sallet

Take spinee and boyle it tender in the befe pot  
and then squeeze out the water and butter it well  
and some salt: you may put to it curance <sup>plumpt</sup> and  
eggs and hard eggs quartered and laide on it  
and round the dish you must shred it small if  
you put curance to it and suger .....

Barbrey Sugar is best to preserve with all  
Grasell Sugar that is white and dry is best  
to make Jellys and quidenys .....

Refined Sugar hard and white is best for  
ast .....

Surops To be made for a family  
which one cannot well be without

Surope of litle berries for great Cofs or  
fine Cofs in Children very good .....