

Boyle good sallet oyle as you wold for the bla
ck salve that is black and when it is hot put
in to it poudes of allome bole allmanick sanguine
dracons and searious each a like in to what qua
ntity you pleas sture it well when you put it in
A very good gargelisme

Take Rose water and wineges each 6 or 7 sponesfu
ls of Rosmary a good strige a good sponesfull of
Honey a pece of allome as bige as a small nutmege
boyle thes together and wash the mouth and garg
ell with it

And otmed poultice for any Swelling

Take the grownds of beare and put to it the a go
od quantity of otmed and a lited ordnery sope
and boyle it to a poultes then scrape sume cake
sope and strow upon it being spread make a ta
int of cake sope and put in the wound then lay the
plaister one dressing it once in 24 hours

M^r Frances poultice

Take a potell of stronge ale and the leares of ke
ad roses ether new blowne or dryed a good quant
ity shread them and put them in to the ale let th
em boyle a pece together then take the leares of
honey socks the leares of mallows and leares of
clouns all heale and the hearbe selfe heale shred
them small and put them in to the ale a boyling
then put in as much otmed as will thicken to a