

Jan To Make and exceeding fine perfume

Take 6 ounces of benjamin lay it one night in damask rose water then beat it in and put to it halfe a pound of damask rose leaves beaten also and bray it all together then mingle it with ten grains of musk and 6 of sweet then put in one ounce of whit suger finely beaten and make it in to small cakes as bige as a tow pence and lay a damask rose leaf over each side of ether cake and dry them in a pan some use to put amber greece in to them

Jon The most precious water and vertuest that ever was made for the sight of man woman or child

Take a new lofe of whit bread that is both sowre and soft and break it hot and so put it to a potell of whit wine then you must lay a corse of sulandine in the botome of your still and then put in the lofe to the wine and then and other new lofe that is cold and break that in to your afore said distilled water and then lay and ~~not~~ corse of sulandine in the still and then put in your water and the bread and so distill that a gaine as you did the other before and put that into a faire glass and stope that and drope that into the eye and you shall find that worth the waith in gold for the vertues

Jan To Break and heale a Sore brest

Take a sponefull of butar and let it boyle till it be cleare. scumed then put to it a sponefull of honey and scume it likewise then put to it a sponful of pepar stured in it then put to that as much yelow wax as and hais ell nutt when that is melted then put in all most a sponefull of winiger and let it boyle a litle and tak it and wet a cloth therin and lay it all over the brest betor it be broken and after