

millefolly and bone worth of each one handfull the pite
of the back of a bolock halfe a handfull or more dats
a quarter of a pound or halfe a pound whit sanders
a quarter of an ounce steepe all together all night
and in the next morning still them in a limbeck do
inke of this bloud worme thesee sponfulls in the morn
ing as much at noone and as much at night it
strenghtneth the back uery much

For the hume head ache diness
and singing in the head

Take pitch francomsence colighewind alies droyed two
pentime comen seeds cloues and mace of equall quan
tity brus and boyle all together spread it upon leather
make soales therof and weare them in your shoes chang
ing them euery month or 6 weeks

To Make manesticriste

Take halfe a pound of suger as much Rose water as will
wet it throw a quarter of an ounce of pearle or diacorde
boyle it a litle together and then being betwene hot and
could you may make it in to caks

Canded dubell yellow primkoses are uery good to
eat and uery houlson if they be drune well
yellow dubell garden primkoses are a uery fine
salat if they be put up with whit wine uineger
and suger and so eaten for a Salat in winter

Whit damsons are the plumes that are to be put
up in spit of olives when the are greene and put them
in whit wine uineger and salt or in uerger and salt