

After the Juice is in the sugar but keepe it a while
stirring over the fire then put it in a bottell and set
it in a cole place

To preserve wallnuts

Take your wallnuts at midsomer at the full of
the mone put them in a linen bage and boyle
them in a ketell of boyling water untill the wa-
ter be changed black then put them in to another
ketell of boyling water but it must boyle first
so change them from one ketell to another of bo-
yling water but it must boyle first so chang-
them till the biterness be gone all most and then
they will pele like a codling then pelle off
the black skines and way to them their wait
in sugar and some what more then take a qu-
arter of a clove and stick in to every of them a-
nd so preserve them as you doe other things

A very good Salve for any Sore ould
or new and for a bruse

Take of st Johns worth flowers ^{and} the tops malow
flowrs and some leaves elder flowrs and some
of the ~~bark~~ middle bark red rose flowrs selfe hele
bugell saneckle wood bitany egremony scabious
boneworth balme cloons wound worth plantan he-
arbe Robert houns tunge auncence of each a hand
full of bigness a cording to the quantitys you