

new plaisters for if the humor follow much the
plaister will grow losse then it must be wiped and
fresh laid one: E S

E S To Make A Sack posat with out eyes

Take 2 quarts of good Creame and put it in to a
skilab and while it is cold put in to it halfe a
pound of suger and 2 nutmegs Cut in bigg peces
of and halfe a dosen peces of Sinomone broke so bige
that you may find them to take them out of the
creame when it is boyled: then set the creame on
the fire and keepe it sturing till it is taken offe
which must not be till it hath boyled a quarter
of an houre: then have in a Redines halfe a pint
of sacke and halfe a pint of alle worme one a chafin
pedish of Coales in the bason you intend to send it
to the tabell in as sone as you have taken out the
spice poure it softly in to the bason keeping it stu-
ring all the time it is a pouring in: then leaue
in sturing it and Couer it close and let it stand a
while and then serue it to the tabel with suger
scraped about the bason if it be right made it
is like a chese come before it is broke

E S To Stew a calves Chatharn and
exelent good dish of stewed meat

Take 2 calves Chatharnes that is well censed