

An excellent medison for the greene sickness
and to make them that look very pall
to look with a fresh lively color

Take very good curance and stew them in claret wine
if they be very plumpe put in 2 or 3 cloves to the wine
and curance then eat every morning a sponfull of the
curance and sup a litle of the wine and take it a
good while together

The flowers of elders are a very pretty thing candied and
a very holsom thing to eat and so are the flowers dried
and brewed in ale very good to drink for the dropsey

The Cherys that are best to preserve are the cherys
called morella Cherys Surope of red curance are
best to preserve Cherys with and will make them
looke well and make them Jelly or you may put
some Jelly water of your Cherys to the Juice of
curance and mixt them well together

To make a good Tansy

Take 15 or 16 eggs but halfe the whits and take out all
the yredels and beat them very well and then season it with
a litle mace and salt and a litle suger then take 4 hand
fulls of greene wheat and pick it cleane and 2 handfulls
of wilet leavis and 2 great handfulls of ^{prime rose leavis} ~~wilet leavis~~
and wash them all very cleane and swinge them in a
cloth and then stampe them and straine them and then
put in the Juice let the Tansy looke very greene and
put in a bout halfe a pint of creame that is very thick and
put it into a brass skillet to thicken it then fry it