

For the whits in women proued [A]
Take some good small alle and boyle it and the fir
st froth that riseth take ofe and throw away and th
en the next froth that riseth take up with a sponne an
d eat some every morning set one a pint at a time
and eat all the froth that will rise - - - - -

It proued For the wind colicke
Take the prickells of thornebacks and dry them to pou
der and drinke of the powder in whit wine or beane pod
water Water proued - - - - -

It diat drink for the spring [A]
Take saige and stampe it and straine it and put
it in to a skillett and let it boyle and scume it uery cl
eane and then when it is cold put it up in a glass
botell and then put a litell sponfull in to a glass
of whit wine in the morning fasting - proued :

And a proued thing for and impostome to
break it and Carey it downe wards pro
ued by a man that had it broke for many
yers by this medison - - - - -

Take a bout a quart of new milck and put in
it a good quantity of plantan seeds and boyle
it in the milck till it be so thick that a sponne m
ay stand upright in it that is boyled from a li
uart to a pint and then when you fear the in
postome eat often of it and it will kot the ba
g and turne it downe wards - - - - -