

halfe and ounce 30 cloves 6 maces one nutmeg 2 pe
ces of ginger halfe a sponfull of sinomon one sponfull
of whit sanders one sponfull of head sanders make all
this into powder boyle all in three pints of claret wine
untill a quarter of a pint be wasted then straine it a
nd put in it 2 ounces of treacle and 4 ounces of brow
ne Sugar candy 2 ounces of the suet of ~~browne~~ sugar
candy clove gilliflowers so worne them together and
drinke of it morning and evening like worne a quart
er of a pint all at a time untill it be ended

Fan To Make Blamminge

Take the brane of 2 capons minced very small and ta
ke a pound of rice dry it and beat it very cleane and
searce it thorow a fine searce and take a potell of creme
and some refined sugar Rose water Amber greece 2 grains
then take some of the creame and straine it with the br
ane of the capons put the rest of the creame with the rice
and sugar stire them well that they clod not then set
it on the fire whilst it is boyled and stire it it will
take 2 hours in boyling this is to be spent out of hand
but if it be to be kept or for a sick body then you must
make it of strong broth of veale or of muten

Fan To Make portingall eyes

Take some 4 ounces of sugar refine it with rose water
and then take some 24 eggs the yolks beat very well with
Amber greece and some rose water then make a funnel of
cap paper and yorer sugar being on the fire let your h
and shake the eggs in and let one take them up with
a skimmer and lay them in a deepe dish with a lemond the
sourd ~~free~~ foundation and garnish it up with d