

The leaues of saige dryed and mixed with hon-
is uery good for a sore

To Stent Bleeding

Take the leaues of greene lew and stampe it and lay
it to and it will stay presently

Things good for the Stomack

Red mints Callamints Saige wormwood mastick to
fast often to stand after meat After walking all at
gallingall comene nutmeges peper set well

Things flee for the Stomack

All sweet things nuts ould chese milch all fryed
meats to eat meat upon meat to cate of to many dishes
at one time to drinke last at meat and to be ad warde
to cate when you are ouer hot Anger feare thoughts or
great traucell

For a Cough to helpe it perfectly and
to open the pips and for a Cough

Take lickrish and anyseeds and beat them to fine poud
er and sift it and mingle it with conserue of head her
es pretty thick and take of it when you goe to bed and in
the night and other times when you find the cough to trouble
le you

For the yelow Fandlers

Ruberbe made in fine poudes and take in the morning
as much as will lye one a six pence 2 or 3 mornings
and it will helpe this hath holpen them that fell
to casting and this did helpe the party in once
taking of it