

in the glass 6 hours and more and still
as the water wasts fill it againe with hott wa
ter and when it is boyled andorese let it stand t
ill it be coold in the posnat for if you sture it
befor it will break then straine it and put it in
a glass

A Restorative To helpe digescione

preserved oranges or oranges in surope and
preserved sitarne pells of each 2 ounces conce
ue of roses 2 ounces ginger preserved halfe an
d ounce of surope of mints one ounce confect
van all cermes one drame mingell all together
in a mortar of stone and make it in an electua
ry and take as much as a raised nutt immedi
ately ~~before~~ ~~meat~~ before meat and immediately after

For the Soreness in the throat
or any Swelling or hardnes
it will soften and dissolve it

Take the roots of holly hocks made cleane and cut in small peces of camamile of wilts flowers flowers of mallows with the roots of each one handfull boyle them in sufficient water till the water be consumed then put to it some barley flowre lincseed and fe necrick well stamped and beaten of each one handfull and ounce of henes grease oyle of camamile oyle of sweet allm onds a litle to make the plaister fat if you see it wi d breake put in the oyle of lilleys and the roots and a few great raisons and figes leaven milke ot mell