

and a halfe then boyle till they remaine halfe a pint
then straine it and put to it halfe and ounce of ma
na then straine it a gaine and take it by 6 a clock
in the morning when it hath both once or twice then take
some warme broth

A gentell purge

Take a pint of whit wine for want of wine take alle o bore
put to it ~~alle o bore~~ halfe and ounce of seney a kace of
ginger sliced a sponfull of any seeds brused a lickrish sti
ck sliced a fenell root 2 or 3 persly roots set it on the em
bers all night the next morning boyle it to halfe a pint th
en straine it and take 8 or 9 sponefulls and put to it a
drame of kuberbe and straine in as much concree of red
roses as a walnut and drinke it in the morning fasting
eat broth and howere ~~fasting~~ after this will make a good
deale take the other quarters of a pint and slice 8 or 9 pre
wans in it and eat them and a sponefull of the Europe
2 mornings together it will give you 2 or stools each day

And other very good purge

Take 12 peny waith or more as you see good to the waith
of 10 d of mecoicam make it in poudes and lay it in 5
sponfulls of sack all night then drinke it in the morning
and a boret one hour after drinke some posat all

To purge gently

Take a potell of clarified whay put thereto a great
handfull of harts tunge the roots of fenell persly and sick
ey burge liues worth maiden haire violet leaves be
gless 4 ounces of lickrish fine beaten 3 ounces