

A Surfet water much used by the
Lady Twisden

Take 4 good handfulls of cardus and 2 of balme
and as much of spere mints and 2 of wormwood
and shred them together and put to them a gallon
of new milke and let them steepe all night and
still them the next day in a could still with a
slow fire and lift up the still often at one side
and sture it from the ~~fire~~ botome with a spon
for burning and of this quantity you may draw
3 quarts of water and you may let it kune till it
~~begin~~ begins to come soure: but the last will keepe
worst and must be spent out first you may drink
it with suger or suger Candy or sweeten it with a
ney surope you pleas but Surope of orenge is most
used in fevors and you may drink a good drath
of it at a time and as often as you pleas and so
for any illness in the stomach and good for children
to
or you may put in a litle diascordiam in it if you pleas it is very
good or metridat it is good to drink in a morning att
hand drinking A Recait for a Cofe proved D H

Take 3 sheeps harts wash them and pick them
cleane then take the warrth in lofe suger then p
ut the suger in to and earthen pot and lay 3
^{rosmary} sticks cross the crock to lay the harts one
that they doe not tech the suger then put