take Spring water and Salt and so souse yo
thorne back in it you must chang it often if yo
keepe it very long let your thorne back be boy
led well and tender with water and Salt and
whit wine veniger and a bundell of hearbs asti
me margrome and parsly and rosmary and wh
en it is well boyled pell ofe the skinne that lo
cks black and then put it in the sousing wh
en it is could.....

To make tostes or pudings

Take fine manchet and cut it in round tostes
and dipe them in sack and then fry them in but
er and for the Sace pieces and sinamon and sug
er the bread must be cut prety thick and new
bread that is not a boue a day ould is best then
lay 6 or 7 in a dish and strow Suger and ser
ue it.....

To make tostes and other way

Take whit bread that is new and light and cu
t then in round slices and dipe them in Creame
and fry them in butar and so serue them 7 or
8 in a dish.....

Shred pyes

A Bolacks hart is very good to make Shred
pyes and hart and kidnys together shred with
befe sewet is very good and season them as you
doe your Shred pys.....