

Take a handfull of Kosmary Saige marjoram
ope bitaney the leaues and roots of piane wash all the
herbs and put them in to a potell of faire water and let them
seeth together till the one halfe be wasted then take out the
herbs and put in to the cleane water all most halfe a pint
of honey clarified let them boyle together with a drame
of sticados cuitt in a linen cloth and let it boyle till
the sweetness of the honey be boyled out then take out the
sticados and put thereto a quarter of an ounce of sinomon
3 nutmegs well brused and put them to the same liquor a
nd seeth them together a good while and then straine them
thorow a linen cloth and so use to drink it morning and
evening

A Surope for the paine in the head which Cometh with the paine of the Stomack

Take wormwood and bray it in a mortar take the leaues and
Juice out and put thereto a good quantity of honey and mingle them to-
gether and set them on the fire and boyle them softly untill the sugar be
princepall in the seething put thereto an ounce of wineger and put them
up when they be cold

And other for the head Ache

Take flowers of sticadase and lavender of each a like much 4 drams
s of margrome Kosmary and bitany of each a handfull Red roses halfe
a handfull cloues one drame maie halfe a drame when they be all br-
sed mingell them together and put them in to a linen cloth of a
spare breadth then if the cause be hot sprinkle it with a litell Kos-
water and so lay it upon the head

For The Negrome

Take a rose cake and wett it in oyle of benedictud
and lay it to the tempells and this will ease the negrome