

wash them in a pint of whit wine let them be
a quarter of an houre then take them out of the wine
and put them in to a glass with the grated kuberbe let
there be also a quarter of a pound of suger put in to the
glass then cover the glass and eat every day a spoonful
all of the said Curance the space of a senight if you
will it may be taken for the Greene Sicknes morning and
night

To Make Seney Alle wheare of a drath
there of giue 2 or 3 stoles very gently and
it is good for your children your selfe and
houshold to drink in the Spring 2 or 3
mornings together

Take alle when it is new clensed and put in to every
gallon of alle halfe an ounce of seney busege cgre mo
ney each halfe a handfull a quarter of a handfull of
Isop a few cloues mace nutmege and galingall if
you have it stope it close when it hath roth and
after a fortnight drink of it and it will doe much
good by gods grace

A very fine glisten for men women or children

Take a pint of new milck and put to it 2 drams of
suger candy and all so sume woorm wood minester it
to a child giue the less also all so mamsey worne is
very good

To make one Sweet