

and then beat it in a stone mortar till it is very fine
and then season it as followeth with ~~pepper~~ and nut-
meg and salt and then lard it as you did your
hogs flesh pye and put in good deale of butter and
so bake it and when it is cold eat it it is not so
good ^{hot} and when you serve it serve with mustard
and suger

A goos gutt pye

Take the guts of your fatt geese that you kill at
crismas and then kid them and scrape and slit
them a sunder and scrape them very cleane and
then season them as you doe your shreed pyes or as your
chathne pyes and so make pys of them they will eat very
well if they be right dune

To preserve one from the plague

Take the rootes of seduary other wise called settwall hould
it under your tunge from whence it will bring a litell swallowe
it downe the same water and now and then eat a litell of the root
doe this every day when you have occasion to pass thorow the street
where the plague is

The Greene drinke for the Scouruy

Take handfulls of scoury grass and one handfull of water creses
ampe and stepe them in clarefied whay all night the next morning pres or
straine them bloud worne you may if you pleas use in stead of the whay the
distilled water of thes herbes you may make the same to purge usinge the
linatire drinke in the place of the whay this drinke cureth the scouruy and
the morphe it openeth the splene and preuenth burning fevors which may
beeth them fat which by reason of the stoping of the splene doe pine
away this to be taken as the drinke before thes drinks beaine not the
eir uertewes much more then a week after they are made

For The pylls

Take garlick roasted stampe it well and oyle of bays and stampe it well togeth
moyn the place with it with a flouer