a peece of past one the tope of the crock and
it in to the ouen with the browne bread and when
you take it out of the ouen take the harts out and
the Sticks and then Straine it out and put it in a
a botell and keepe it for your use you may take a Sp
onefull or too at a time at any time when the
cofe troubleth you proued thing

An excelent thing for the chine cofe or hooping cofe proued D H

Take 2 good handfulls of Saige of ferusalem
and take a quart of water and wash the Sa-
ige of ferueselem cleane and put it into the
water and boyle it till it coms to a pint or le
then Straine it out and then put into it browne
Suger candy and make it very Sweet and so
put it in a botell togethes and then when the cofe
troubleth you take Sume of it or at any time

A water for the face E D

Take Cowcombers and pare them and cut them
in thin slices and still them in a could still and
keep it to wash the face with it is very good

For a bunch in the brest to disolue it proued

Take flax and lay it upon the Sore place and
keepe flaxe continualy to it and it will never
let it come to any cancer or kings euell which
otherwise it might come to in time