

It is a proved thing to keepe back a
fitt of the gout for a longe time
proved Mr W.

Take bay Salt and beat it verry fine and
quilt it in to the ~~the~~ sole of your socks and
weare it to the soles of your feet and quilt
fresh every 3 or 4 dayes and weare it for a
long time and you will find it will draw aw
a great deale of the goutish humor and doe a
great deale of good

An a proved thing for a pluresey C^R

Take soft durt such as lyes in the streets and make
a cake of it and brile it verry well one a grigirne and
then lay it verry hot to the side and when that is cooled
lay one and other and so doe till you find eas

hoges tunger may be dried on dry with whit salt and
laid close till they be stife and salt and then hang them
up in the Chimney Corner but not to hott but that they may
dry lesurably and they will look verry black with out
and ked with in: Mrs G

A verry good thing for the sleepey dises in the head
the lethargy or a perplexsey proved by one that
cold not doe any thing all most but sleepe

Take in the morning fasting one good spondfull of musturd
with a little suger in it take it 3 mornings together and it is good
for a new lara eye and stampe it all well