

Excellent pills for the head

Take mastick 3 scruple olibanum one scruple spi-
rit of Rosmary 3 drapps make thes in to 6 pills out
of which take 2 every other night taking the bign-
ess of a walnut of conceree of Rosmary flowrs
and London treckle mixed together every morning
with oxamel of squills

put in to your fine hoges pudings siterpell and
dats shred them small and eges and rose water
and fine manchot and mace and cloves and Suma-
tramonid past and a few curance and musk and
Ambergreece and so you must in your almond
pudings and a litell fine manchot soaked in creme
pet in some Creme in to all your fine pudings and
a litell sack and in sted of swet put in to all your

fine pudings marrow
lay the guts in rose water the night before you use
them and scrape and slime them well that they

be very cleane ~~A water~~ like small ~~Akamixabelis~~
when you have strained out your ingredients from
the red swet water infuse it in stronge beere or ale and
still it it is a very good water or you may only infuse
it and then when you think the strenght is all out
strain it out and bottell it up it will be good water

A good dish of meat
young chickens boyled with young french beans and the
beans laid one the chickens well buttered the butter being beat
thick one the coles with a litell faire water