

or onecke the water is exelent good to wash
sore eyes

when you make the Red surfet water put in sum
Angellica water and spare mint water and bala
water and Red Rose water after it is all strained
out it makes it much the better for the stomack and
not so hot - and poppy water - of each of theses waters
Take a pint or a pint

for a whit cartret in the eye that is a whit spot
and a skinne growing all over it for it take the
pouder of a whet stone as will lye one a grate
and as much of the pouder of whit Rose sugar as a
great pines head and as much as a pins head of wh
it salt: the water is the whit of an ege and sule
line and bay salt and a litell whit copres blowe
sume of the pouder in the eye with a quill and then
after then wash the eye with this water - proceed

To make good bread

Take a gallon of fine flower twice sifted thorow
a lane sieve a great deale of new ale yest and 4 eges
shells and whits and beat the yest and eges together
and wet it with cold milk and wet it very soft
almost like batter nead it not at all and so let it
stand for halfe an houre keeping it in hot cloth
all the time then make it up and set it in to a well
heated oven and bake it quick and when it com
out of the oven then kasse it when it is hot