

Take one pise you must set your milk
in a pottell of woome water in the thing you set your
in and when it is woome then set it with your
lenat which is for new milck chesces this is a good
way you may make them with all creme if you
cas or some creme and some new milck together

To fetch of the Tan from the face L.P.

Squees the Juice of Lemone in to new milck till
it turns it cleere and then wash the face with it
it is verry good for children to wash with in sumer

For the face

Take may dew of barley befor the sunne be up and
it is much the bettar then set it in the sunne all the
sumer and then wash the face with it

An other wash for the face C.P.

Take buter milck and let it stand till it be
verry soore and stink and then wash the face
with it will make the face smoth and good for
heat

To pickled cowcombers M^s

Take your cowcombers and wipe them cleane and
then make pickell for them take water and salt
and whit wine vineger and boyle it well together
and then take it from the fire and poure it seth
hot to your cowcombers in your crock and cover
them verry close and so let them stand all night
and the next day poure the lickor from them and
be it scalding hot againe and poure it