

ES To make Saige water exelent good
for the paine in the stomack or
paine in the back and diuers
other diseases: proued

Take a peck of the yongest Red Saige and Cut
it but not uery small. Steepe it in 4 quarts of new
milck all night in the morning make a fire in
the still first then put in the Saige and the milck
of this quantity draw 4 quarts of water: next
morning make cleane the still and put in a fire
still full of fresh saige but noe milck: poure
the water you draed of the saige and milck th
e day befor one the saige in the still and put
to it one quart of sack then still it a gaine
as longe as it will Rune: -----

ES A good Cordial for malancally
wind or distempers by frythes

Take morning and eueening or as oft as you
pleas a preserved walnut in 3 or 4 sponfulls
of mary gould water: proued lady ~~Lyons~~

ES To make a uery good greene Salue and
oyntment proued often times by good wise
wesens Salue of Inch Recede proued

Take Tsape camamile elder yarow mallows Rib
worth Clouns worth plantan Seneckle all
allhoue Amber leaf Cutt finger St Johns worth