

you may take ondy the weers and the mcks and
them in water and salt and a hole onyon and su
grau and hole pepars or a litell beat -

To make almond Cakes a good way R2

Take a pound of almonds and blanch them then
take a pound of very fine lofe suger and beat it
fine and searce it thorow a lane sieve you must beat
the almonds in a stone mortar very small putting in no
and then a sponfull of rose water or faire water to
keepe them from oyling when they are well beaten
mixe the suger and almonds together then take
the whites of 4 eges beat them well till they froth
and put in ondy the froth as it riseth bake them
one buttered plate well buttered let them stand in till
they be hardened a litell then take them of the plate
and lay them upon whit papers till they be anryed

An approved thing for the gout to give ease

Take Fucus leaves and make a sock with them and
so weare it on the foot where the paine is and
have a fresh one euery day you may keape your
foot all over with Fucus leaves and a cloth over
it to keepe it ane and so doe till you find ease

A good wash for the face

Take elder flowers and still them in new milke
and so wash the face with the water Mrs. Hopps