

Take one all your wet Sweet meats papers wet in faire water
and wiped with a cleane linen cloth that they may be brent
damp when you lay them one and lay them verry close to
the Sweet meats and cut litell holes in the papers or pack
hoales befor they be wet then tye and other paper close over
the glasses and so set them in a dry place -----
If you keepe your whit marmelot of quince longe you must
keepe some syrope to put one it some times to keepe the Cules
of it -----

To Cure and Age
Let the pacient drink a quart of verry good claret
burnt hot and drink it in the cold fitt and
or when the hot fit comes drink and other great
of burnt claret this hath cured diuers
Syrope of Ruberbe is best if you make syrope
and then tye the Ruberbe up in a fine Rase and so
hang it in to the syrope it is much bettar then to
boyle it in the syrope -----

Parsnips make verry good pyes make them as you
doe your skeret pyes and they wil eat almost as
well and they are good to make litell pudinges w
ith or pancaks after they are tender soyled and
mashed small and then mixe some creame and eg
es and nutmeg and suger and one sponfull or too
of verry fine flowre and mixt well together and
then fry them in litell pudinges or in thinn panc
aks and strow suger on them and serue them
in what you will

To make Cowslip wine a good way
Take some faire water and Raisons of the Sunne
call Atoned and a good many Cowslip flowers and