

W^g or 10 dayes in the sunne till they falleth a shore
of kaine wherby you may gather earth worms the greatest
you can get wash them and scoure them with whit wine and
let them wallow upon a cosse cloth wherby they may be very
cleane then take thes worms with halfe a pound of laurend
or spike and 10 young swallows out of the nest and beat
them small in a mortar that you canot see nether fethers n
or guts nor any thing then put them in to the glass with oyle
le and sture them together and let them stand all night
then take your oyle and all that is in your glass and put
them in to a faire pan or ketel with a pint of the best m
amsey and halfe a pint of the best aqua vite and set it on
a hot fire of coals and boyle them till the mamsey and a
qua vite be well wasted then take it from the fire and stra
ine it thorow a strainer of strong linen and put it into
another faire pan and set it on the fire againe and
when it hath boyled put in to it 2 or 3 ounces of the best
mastick beat to fine powder and as much corices brused
a litle and then let them boyle a quarter of an houre and
then take it from the fire and put it in a close glass used
and stoppe it very close with wax

A poultes for and Ache a yew in the lege
or other places and for bruses

Take faire water set it on the fire put in to it a sh
eeps head chopt in the midell a great many mallows
and chick weed let it seeth till one may take out the
boanes then put in to it as much barley chised as will
make it thick with Geething then lay it to hot some
times add thes herbes folowing hearbe grace camamile
Rosmary brooklime Smallege and water bitany it is goo
d for any Ache for any A yew in ons lege or else whe
are or for and ould bruse

A speciali oyle for all maner of aches and for the
nummes of the Joynts