

Jan To make Leche of allmonds

Take halfe a pound of sweet almonds and beat them in a mortar then straine them with a pint of new milke from the cow then put in to it a graine of musk 2 sprunfulls of rose water 2 ounces of fine suger the weight of three hole shillings of fising glass that is very whit and so boyle them then let all runne thorow a strainer then may you slice it and serve it

Brath
Take a pound of french barley and boyle it by it selfe and shift it once then put in your muten and boyle it till it be boyled anuse and when you see it is thic ke anuse put large mace take it off with a litell whit wine with kaisons and so serve it

Jan To make A precious water for any
Sore eyes

Take 3 drams of tuttifmel powder as much aloce he uatred in powder 2 drams of fine whit suger whit rose water and whit wine of each 6 ounces mix all together in a new glass stope it close and put it in to the sunne the most part of the heat of summer shaking it twice or thrice a day and it is finished it may be used with great benifet to the eyes that be dune sighted though they be not sore and it clears the sight 3 or 4 drops at a time is enough lye one the back till it have dune smarting

Jan A medison for the yelow Janders

Take a quart of the best whit wine you can get and set it upon the fire then take some 25 of the great earth wormes and wipe them cleane thorow a cloth and put them in to