

coars and pound the spices and seeds in a mortar and
then mingell the spice seeds and hearbs all together
and then still them together not in a limbeck but in
a still and sture it about once or twice in the still befor
it be thurely stilled drinke of the water morning and
evening a Resenable drath with a litell suger :::::

Jan For The Cofe of the Lungen

Take comfry roots bitany coultis foot and rose leaves
of each a handfull boyle them in kuring water all
together from a pottell to a pint then straine it thorow
a cleane cloth put in to the pint that was then left a
pound of kichen suger and let it sinder in to a su
rope with a uery temprat cole fire for halfe an ho
ure which will produce a uery plesant surope take
there of 9 sponesfulls first in the morning and last at
night use this as often as you see occasion :::::

Jan To Make whit leech

Take a quart of creame in a bason and set that in
a bason on one a chafingdish of coles and make it bo
yle and put in a litell rose water and two grains of
musk a pece of large mace and halfe a nutmege and a
good pece of Isinglass then take halfe a pound of Ju
rden almonds and beat them in a mortar with a litell rose
water and straine and straine them in to that then let
that boyle a litell and when it is cold you may slice t
hat as you will but you must let that kune thorow a str
ainer and if you pleas you may make sume of that in
to culers as yelow greene or red your yelow must be pe
d safrant your greene the Juice of greene wheat and th
e red with Schuchepile :::::