

Take a burdock leafe and pull out the great stringes which are apte to kinge and lay the smoth side with in your stocking next your lege and this will abate and keepe them from swelling which he had experiance of befor he did use it his lege that was broken did swell exceedingly great after he was up a while and this did quit hemady it lay one a fresh one euery morning and by night it will be very dry but neuer the worse if it be bound with a linen cloth you may keepe it one all night lay one a new one the next morning

To keepe the nipells from coninge
and to keepe one the Skinne

Take of the brine that cometh from the chese when you salt them and wet cloths 3 or 4 times dabled in it and lay it to change it often you may worne it you must keepe some of the brine in a glass for winter

And oyle for and ache or for a sore
to heale it

Take a pottell of sallet oyle and put it in to a glass put to it of Rosmary flowers well pressed one pound then stoppe the glass close and set it in the sunne til summer that you may have the best of your flowers then take one pound of head roses befor they be so much blowne cut off all the whitest tops thes must be a pound when the tops are taken away take halfe a pound of dill a pound and a halfe of ~~the~~ the flowers of st Johns wort halfe a pound of ueruen bruse all the herbes aforesaid in a stone morter put them in to the glass of oyle let them stand