

^{puffs}
Take ches curds such a quantity take 3 whits of eges a lit
ell flowre work them together uery well take a peece of
hit paper and butter it well and lay this ingredences one
it and so puse them you may put nutmeg in them and salt
and when they come out poure butter one them.

Jan To make The Read Salme for wounds and ulcers

Take the oyle of roses omphame which is to be had at the
Apoticaries and pure oyle olive of each a pint powder of
Askany roots 2 ounces egremony 3 sope ueruen wood
bine plantan cumfry tutsum scabious hunting lades
mantell st James worth st Johns worth yalearen of
each one handfull aders tunge and seneckle of each 2
handfulls stampe the herbs and sques out the juce
and boyle it with the oyle one a chafing dish of coles
till it leaue spatringe and sture it often then strai
ne it from the thick drags and put it in the bason a
gaine that it was boyled in put to it the askany powd
er and let it boyle till it be of a red blood head cu
ler then put in to it 3 ounces of fine mire in powder
and let it boyle a litell then take it from the fire and
when it is cold sture it together and put it all in a
glass and stoppe it close and set it in the sunne the 3
hottest months when you use it put some of it in to a
luer spone and heat it and when the wound is cleane
wiped poure in a litell of your salme as hott as can be suf
red and close up the wound and lay lynth or a litell flaxe
wet in the oyle over the wound and a lead plaister of
that afore kiten and if the wound be deepe put in more
oyle and lay the plaister next the sore and chang the pl
aister once a day and it will heale it up sorend it is all
so good for ould sores to eat out pored flesh and mak
good flesh a gaine if you dipe fine lint in the salme