

manē. do fars as to frytōs blanchēd. and colō it with grene. put þis to þ̄ ovne & bake it wel. & sūe it forth w ew ardant^a.

For to make ii. ^b pecys of Flessh }
to fasten togȳd. }^{xx.}
IX. X.

Take a pece of fressh Flessh and do it ī a pot for to sceþ. or take a pece of fressh Flessh and kerue it al to gobet. do it ī a pot to sceþ. & take þ̄ wofe^c of comfery & put it ī þ̄ pot to þ̄ flessh & it shal fastē anō. & so sūe it forth.

Pur fait Ypocras^d. ^{xx.}
IX. XI.

Treys Unceſ de canett. & iij unces de gyngen.⁹
ſpykenard de Spayn le pays dun dener^e. garyngale^f.
clowes, gylofre. pocur long^g, noiez mugadez^h. ma-

^a ew ardant. hot water. *Eau*, water; anciently written *cue*.

^b ii. *Twey*, Contents.

^c wofe. Roots of comfrey are of a very glutinous nature. Quincy, Dispenſ. p. 100. *Wofe* is A. S. *wæf*, *humour*, juice. See Junius, v. *Was*, and Mr. Strype's Life of Stow, p. VIII.

^d Pur fait Ypocras. Id est, *Pour faire Ypocras*; a whole pipe of which was provided for archbishop Nevill's feast about A. D. 1466. So that it was in vast request formerly.

^e le pays d'un dener, i. e. *le pays d'un Denier*.

^f garyngale, i. e. *galyngale*.

^g pocur long, r. poiur long, i. e. *poivre long*.

^h mugadez, r. muscadez; but q. as the French is *mugnette*. Nutmegs.