<page>001v</page>

<image>http://gallica.bnf.fr/ark:/12148/btv1b10500001g/f8.image</image>

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<head>For easing the belly</head>

<ab><m><pa>Prunes</pa> of <pl>Saint Antonin</pl></m>, &amp; if you like you want put among them leaves of <m><pa>mallow</pa></m> &amp; <m><pa>gilliflower</pa></m>, adding in <m>sugar</m> &amp;, if one wants, a little <m><pa>cinnamon</pa></m> for the stomach.</ab>

<ab>Or else <m><pa>marshmallow</pa> root</m> in a <m><al>chicken</al> broth</m>. The fresh kind is more mollifying.</ab>

<ab>Beat <m>syrup of sweet <pa>jujubes</pa></m> with <m>water</m> &amp; to take it in the morning eases the belly.</ab>

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