



A note for the Adventurers memory, of such things as hee may (if he please) carry with him, either for his owne better accommodation (on Ship-board, or for some time after his arrivall in Maryland) or for trade, according to his abilitie.

Provision for Ship-board.

FIne Wheate-flower, close and well packed, to make puddings, &c. Clarret-wine burnt. Canary Sacke. Conserues, Marmalades, Suckets, and Spices. Sallet Oyle. Prunes to stew. Live Poultry. Rice, Butter, Holland-cheese, or old Cheshire, gammons of Bacon, Porke, dried Neates-tongues, Beefe packed up in Vineger, some Weather-sheepe, meats baked in earthen potts, Leggs of Mutton minced, and stewed, and close packed up in tried Sewet, or Butter, in earthen pots: luyce of Limons, &c.

Provision for trade in *Virginia,* or *Maryland.*

If he be minded to furnish himselfe with