

shall take but twice downward, and twice upward, and after that the right *D.* hath changed his bow vwith *A.* left, then shall you change your over bowes of your next hands and of your further hands also, and then shall you reverse all your bows and begin again.

The same Lace fret and broad.

DO in the selfe manner as afore, save that you shall not change your over bowes of your further hands.

A Lace cressant.

TAKE sixteen bows of all such colours as in the *Ownd Lace*, and in the selfe manner set on your hands as in the *Ownd Lace*, and then shall you work both as in the fret uliet broad, save in the fret one colour is alwaies taken, and in this that one colour shall always be taken, till vwhen you have changed your over bowes of your hinder hands eight sythes and then shall that other colour be taken till that you have changed your over bowes of your further hands other eight sythes, and then begin again.

A Lace indented.

TAKE eight bows, four white, two red, and two black, and be the four vwhite set upon *A.B. C.D.* right, and the two red upon *A.B.* left and the two black upon *C. D.* left, and then shalt thou take *D.* right unreversed thorovv *A.B.C. D.* left, and set it upon *A.* left, and then reverse all thy bowves, and then shalt thou take *C.* right unreversed thorevv. *A.B.C.D.* left and *D.* right and set it upon *A.* left and reverse all thy bowves, and then shalt thou take *B.* right unreversed thorovv, *A.B.C.D.* left and *D.C.* right and set it upon *A.* left, and then reverse all thy bowves and then shalt thou take *A* right thorovv, *A.B. C.D.* left and *D.C.B.* right, and then reverse all thy bowves, and then shalt thou vwork vwith thy right as thou didst vwith thy left hand, and so shall you doe all the bowves at every bowv, taking of both thine hands, and on this manner shall you take first of the left hand and then of the right hand the bowve *D.* thorough *A. B.C.D.* and then vwith the selfe hand the bowve *C.* thorough *A. B. C.*