



*The most Illustrious & most excellent Lady,
the Lady Alatheia Talbot &c. Countesse of
Arundell & Surry & the first Countesse of England.*

**NATURA EXENTERATA:
OR
NATURE UNBOWELLED**

By the most
Exquisite Anatomizers of Her.

Wherein are contained,

Her choicest **S E C R E T S** digested into
R E C I P T S, fitted for the Cure of all sorts
of Infirmities, whether Internal or External,
Acute or Chronical, that are In-
cident to the Body of Man.

Collected and preserved by several Persons of Quali-
ty and great Experience in the Art of Medicine,
whose names are prefixed to the Book.

Containing in the whole, One thousand seven
hundred and twenty.

Very necessary for such as regard their Owne
Health, or that of their friends.

Valetudinem tuam cura diligenter.

Whereunto are annexed,
Many Rare, hitherto un-imparted Inventions, for
Gentlemen, Ladies and others, in the Recre-
ations of their different Employments.

With an exact Alphabetical Table referring to the several
Diseases, and their proper Cures.

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Here beginneth the making of Laces.

IN the manner of making Laces, you shall understand at the beginning that the second finger shall be called *A*, the third *B*, the fourth *C*, and the fifth *D*, and mark wel when thou takest a bow through another, sometime you shall take through the bow aright, and sometime the reverse.

To take right is to put your finger through a bow, and take that that is before him, as the common manner is to take, and in that manner shall you do alwaies, but when the bow asketh the reverse.

For to take reverse is to take a bow throughout another, and that behind that bow, as thou dost when thou shalt change a bow vvith thy fellow, and for that, that when it is taken through another that is sometimes taken reversed, and sometimes not reversed.

Also under, and then the bow is taken reversed, when it is taken in such manner that was before the taking, the taking above is after the taking beneath.

Sometime reversed, is when it is taken in such manner that that was before the taking above, is after the taking above: And sometime is the bow reversed, and sometime turned.

Reversed are, when the party that was afore reversed above, is now beneath.

Turned are when the bows are twice reversed, and that party that vvas afore above, is now above, and if it so be that the Lace be wrought of two of the fellows, shall ever let him on thy right hand, and when you shall change your bows uppermost of your hands next you shall reverse through the overrest of thy hands next, your fellows uppermost bow not reversed of his hand next to thee. And he shall take thine also not reversed, and that is called the changing above: And vvhen you shall change your overmost bows of your farther hand, your fellow shall take you the reverse throughout his overmost bow of his further hand, from thee thy overmost bow unreversed of thy fellows further hand from him, and thou shalt take his unreversed, and that shall be under all the bows, and that is called, the changing beneath. And

And sometime thou shalt hayne your bows, and sometime lowen them: hayne them is to set the bow B upon A, and the bow C upon B, and the bow D upon C. Lowen them is to set the bow C upon D, and the bow D upon C, and the bow A upon B,

A broad Lace of V. bows.

1. IF you will make a broad Lace of V. bows, take two bows upon B. C. of thy right hand, and three bows upon A. B. C. of thy left hand, and then take A. of the right hand through the bow B. upon the self hand, and the bow C. reversed of the left hand, and then low thy bows of thy left hand, and then shall A. of thy left hand take through the bow B. of the self hand, the bow C. reversed of thy right hand, and then low the bows of thy right hand and begin again.

A Lace round of V. bow.

2. IF thou wilt make a Lace round of V. bows, look that the bows be set upon thine hands as is aforesaid, and then shall A. take of the right hand through B. C. of the self hand, the bow C. reversed of the left hand, and then low thy bows of the left hand, and then shall A. of the left hand take through B. C. of the self hand, the bow C. reversed of the right hand, and then low the bows of the right hand, and then begin again.

An open Lace of V. bows.

3. IF you will make an open Lace, viz. two together of five bows, set upon thy hands, as is said in the round, and then shall you work as in the round, save in the round the bow is taken reversed, and in this it is alwaies taken unreversed, and then begin again.

The same Lace of divers colours.

4. AND if thou wilt make two Laces together, the one of one colour, the other of another, of V. bows, of the which the half end shall be of one colour, that other of another, and

be thone colour above, the other beneath and finthes work i
the same manner as is afore said in the open place.

A Lace bastwe of five Bowes.

WHen thou wilt make a round Lace that is called bastwe
of five bowes, be the halvendle of every bow of one co-
lour and the other of an other, and set thy bowes upon thy
hands, as in the round, now the colour that is above on that
one hand shall be beneath on the other hand, and then work as in
the round afore.

A broad Lace for Purfes of ten bowes.

IF thou wilt make a broad Lace for Purfes of ten bowes with
a fellow either of you take five bowes as is aforesaid of the
broad lace of five bowes, and be they set on the selfe manner
on your fingers, and then worke in the same manner as
in the broad lace aforesaid, and when you have done once with
the right hand, and once with the left hand, and thy fellow al-
so then shall you change your over bowes of your next hands,
and then begin againe.

A Lace bordered.

TAke thou and thy fellow ten bowes of the which the halfe
of every bow be of one colour, and the other of an other
colour and be the bowes set upon your hands in the same man-
ner as was said in the broad lace afore, but all that one colour
shall be above upon the next hand, and the other beneath on
the further hands, and then work both with the right hand,
and with the left hand, in manner as is aforesaid of the round
lace of five bowes, and then shall you change the over bowes of
the hands next and begin againe.

A Lace covert of ten bowes.

TAke ten bowes in the selfe manner set on thy hands and on
thy fellows, as is said of the lace bordred, save in this lace
that one colour of all these bowes shall be above, and the other be-
neath, and then either of you work once with the right hand, and
once with the left hand, in the manner, as is aforesaid of the
open

open lace, and then shall you change the over bowes of your hands next, and the over bowes of your further hands, and then beginning againe as you did afore till you have all done, and then shall you have a lace within and other without, and that one of one colour, that other of another, and that one shall now be drawn out of that other and therefore it is called a lace covert.

A Lace double covert.

TAKE ten bowes of the selfe manner departed, and in the selfe manner set upon their hands as it is said of the lace covert, and be one lace of the greatnesse of the halfe of thy bowes bound at the one end betwixt thee and thy fellow, and the other end be bound with thy bowes, and then work of the same manner as it is said of the lace covert, save when ye shall change the over bowes of your hands next, ye shall change above the lace, bound betwixt thee and thy fellow, and when you shall change the over bowes of your further hands, you shall change from beneath the lace bound betwixt thee and thy fellow, then shall you have double covert three laces each within other.

A Lace coupon covert.

MAKE it of twelve bowes be the halfe of one colour, the other of another colour, and be three bowes upon *B. C. D.* of both thy hands, and of thy fellows also, and be all thone colour above of both your hands, then take with a right thorow all thy bowes of the selfe hand, the bowe *d.* left, and also doe with thy left hand, and thy fellow do also and work in the same manner, as in the double covert of ten bowes till thou hast all done.

Another Lace of coupon covert depiole.

TAKE twelve bowes in selfe manner set on thine hands and thy fellows, as is said of the coupon covert of twelve bowes, save that in this lace the colour shall be beneath of the further hands and the selfe colour above on the next hands, and then work on the selfe manner, as in the Coupon covert of twelve bowes, save that the bowes of this lace shall never be reversed.

A Lauce daunce broad of twelve bowes.

Let the bowes be all set, and the colours departed on your hands and on your fellows as is said of the coupen covert of twelve bowes and then work in the selfe manner save in this lace *a.* shall be taken ever reversed and after the change above and beneath, then begin as afore always.

The same round.

Take eight bowes of the which four bowes shall be of one colour, and four of another, and set the four of one colour upon A. B. of both thy hands, and thother four upon D. C. of both thy hands and then shall A. right take through his bowes, and the bowes B. C. D. of the selfe hand, the bow D. reversed of the left hand, and then shall A. of the left hand take thorow B. C. D. of the selfe hand the bowe D. reversed of the right hand, and then low your bowes of the right hand and begin againe as before, but the bow that was afore without upon A shall come through the other, and shall dwell upon A. and that that was afore within shall be upon B.

A Lace piole.

Take eight bowes, foure of one colour and four of another colour, and put the one colour be of the one hand, and the other of thother hand, and then work in the same manner as in the daunce of eight bowes.

A Lace covert cheveron.

Take twelve bowes of the which the halfe of every bowe be green & thother half of six bowes be white, and the half of four bows purple, and the half of two bows yellow, and be three bowes white above upon B. C. D. of thy right hand, and two purple upon B. D. and one yeallow upon C. of the left hand, and be the right hand of thy fellow according to thy left hand, and his left hand according to thy right hand, then shall you take both with your next hands thorow, B. C. D. of the selfe hand, and thorow D. C. the further hand, the bow B. unreversed on the same hand, then change your bowes above
and

and beneath also, and then shall *D.* take of the further hand the bowe *D.* unreversed of the next hand, and shall the bowes be loved of the next hands and begin againe.

A lace depowne.

DOe this lace depown in the selfe manner as is aforesaid, and when thou hast done a portion as much as thee liketh, reverse then all thy bowes, and work in the selfe manner, and then shall that one hand another coupon of tuell, and so at every coupon end reverse all thy bowes, and then shall all thy lace be coupon.

A lace of covert Viceray.

TAKE twelve bowes in the selfe manner set on thy hands and departed, and on thy fellows, as in the covert Cheveron, then shall *D.* of the right hand take thorow his bowe, and change not the bow *D.* unreversed of thy left hand, and then *A.* of thy right hand, shall thorough *B. C.* of the self hand, take the bowe *D.* unreversed of the self hand, and then low thy bowes of the same hand, and then shall *A.* take off the right hand thorough the bowe *D.* of the left hand the bowes, *C. B.* of the selfe hand unreversed, and then heyne the bowes of thy selfe hand upon *B.* and the bowe that is more without upon *A.* of thy right hand set upon *C.* of the left hand, and that that was more within set upon *D.* of the left hand, and in selfe manner do thy fellows, with his right hand as thou dost with thy left hand, and then change your bowes above and beneath.

The same lace compounds.

DOe in the same manner as is aforesaid, and when thou hast a coupon long inough reverse all thy bowes and do in the selfe manner as is aforesaid, and so at the end of every coupon reverse all thy bowes, and so shall thou have all the lace compound.

A Lace Demi-chevron.

TAKE twelve bowes in the selfe manner departed, and in selfe manner set upon thine hands, and upon thy fellows, as in covert Chevron, save the white party of the next hand shall be beneath, and then shall A. of thy right hand take thorough B. C. D. of thy left hand, the bowe D. reversed of thy left hand, and A. of thy left hand shall take thorough B. C. of the left hand the bow D. reversed of thy right hand, and then the selfe manner shall thy fellow do, and then shall you change your bowes above and beneath, and begin againe.

The same Compound.

DOe in the same manner as is aforesaid, and when thou hast a portion as much as thee liketh, reverse then all thy bowes and do as is said afore and so at the end of every cowpen reverse all thy bows, and begin againe.

A Lace covert de bastuve.

TAKE twelve bowes in the selfe manner departed, and in the selfe manner set on thy hands and on thy fellows, as in the cowpen covert of twelve bowes, save in this the colour that is above on your right hands shall be beneath on your left hands, and in the same manner shall you work as in the cowpen covert of twelve bowes save the bowes shall never be reversed.

A Lace covert de bastuve de-miray.

TAKE twelve bowes in the selfe manner departed and set on your hands as in the covert cheveron, and be two above purple upon B. D. and on yellow above upon C. of thy hand and three white above, upon B. C. D. of thy fellows left hand, and three bowes of Tuells above upon B. C. D. of your both righthands, and then work in the selfe manner, as in the cowpen covert of twelve bowes, save the bowes shall never be here reversed, and so shalt thou have tvvaine bastuves covert, and two bastuves rayed of one yellow betvvixt two purples vvith the champ vvhitte.

A Lace Bastwe techell.

TAke twelve bowes in the selfe manner departed and set upon your hands ; as in the lace covert *de cheveron*, save thy fellowvs right hand shall accord to thy right hand and his left hand to thy left hand, and then shall you vwork in the selfe manner as in the covvpen covert of twelve bowes save that the bowes shall never be reversed.

A broad lace for Purfes of seven bowes.

Without a fellowv make them, and be two bowes upon B. C. of thy right hand, and two sundry bowes upon A. of thy left hand and other two sundry, upon B. of thy left hand and one upon C. of the same hand, and then shall you take vwith A. of thy right hand thorough B. C. of the selfe hand, the bowv that is uttermost upon B. left unreversed, and B. right shall take the bowve uttarest upon B. left unreversed, and thorough the left bowve A. right shall take the bowve C. left unreversed. And take good care that the bowves that are on any finger meng them not, and then love thy bowves of thy left hand, and then shalt thou take vwith A. of thy left hand thorough B. C. of the selfe hand, the Bowv that is uttermost upon B. right reversed, and B. left, shall take the bowve that is uttermost upon A. right unreversed, and thorough that selfe bowve A. left shall take the bowve C. unreversed of the right hand, and lovv thy bowes, and then begin againe.

The same Lace open.

Doe in selfe manner as is aforesaid save that never a bowve shall be taken reversed, and if the bowes be departed that one shall be of one colour and thother of an other.

A Lace partie round.

LEt all thy bowes be departed and set upon thy hands as is Laforesaid, and then work in the selfe manner, and what time thou hast but two bowes upon thy one hand thou shalt turne the over bow of the selfe hand, so that the selfe colour that was afore the turning above is after the turning beneath.

The same Compound.

DOe in the selfe manner as is aforesaid, and when thou hast a good cowpen reverse all thy bowes and begin againe.

A lace partie broad.

DOe in the said manner as in the round lace party, save that in the round lace partie, thou turnest the over bowes of both thy hands, and in thy nether not but the over bow of that one hand.

The same lace ray.

TAKE seven bowes of one colour and thy fellow seven of another colour, and be the bowes set upon your hands as in the lace of seven bowes, save that he shall have but two bowes of the left hand, and then work both as in the lace of seven bowes, and when there be but two bowes on thy further hand from thy fellow thou shalt turne thy over bow of the selfe hand and thy fellow shall not turne, and when there be but two bowes on thy hands, next then shalt thou change thine ovvn bowes, so that after the changing you have againe thy seven bowes, and thy fellow his seven.

A lace called pale.

SET fourteen bowes departed upon your hands as in the lace ray, and be all that one colour above upon thine hands, and the selfe colour beneath upon thy fellowvs hands, and then vwork in the selfe manner as in the raylace.

A lace quarter and quar-tell.

TAKE fourteen bowes in the selfe manner set upon your hands as in the lace ray, and then vworke in the same manner as in the lace ray, and over that vwhen there be but two bowes upon your farther hands thy fellow shall turne the bowe upon the selfe hand as vwell as thy left hand, and vwhen the lace is made do another vwith in, and then shall it be both quarte and quart-el.

The

The same compound.

DOe in the same manner as is aforesaid, and when thou hast a good compen reverse all thy bowes and begin againe.

A lace cordeve of eight bowes.

TAke eight bowes, four of one colour and foure of another, and be all that one colour upon that one hand, and thother colour upon thother hand, and then shall A. right change with D. left, and B. right with C. left, and C. right with B. left, and D. right with A. left and begin againe.

A lace Maskell.

TAke eight bowes of one colour set upon A. B. C. D. of both thine hands and then A. right thorough his bowe shall change with A. left reversed, and in the selfe manner B. right with B. left, and C. right with C. left, and D. right with D. left, and do so thrice, and then shall A. right change with B. left and B. right with A. left and C right with D. left, and D. right with C. left, and then shall A. change with A. B. and A. B. with B. C. and B. C. with C. D. and C. D. with B. other thrice, and then shall B. right change with C. left and C. right with B. left, and then beginne againe.

A lace called the fret.

DOe in selfe manner as is aforesaid in the maskell, and when B. right hath changed with C. left, and C. right with B. left, then shall the bowe B. left, be set upon B. right, and C. left upon C. right, and then A. right shall change with D. left, and D. right with A. left, and then B. C. of the selfe hand shall take againe her bowes, and then shall you begin as afore till the lace is made, and then do another within that lace, that is of another colour, and then shall it be fret.

A lace called Cow-de-rate.

TAke seven bowes of Duve colour, and be four bowes upon A. B. C. D. left, and three bowes upon B. C. D. right, and then

shall A. right take to reverse thorow the bowe B. of the selfe hand, and under all thother bowe. the bowes A. reversed of the left hand, and then hie the left bowes, and then shall D. of the left hand take the bow of the right hand not reversed, and then low the bowes of the right hand and begin againe as afore, and this same lace may be made of six bowes, but then shall no bowe be upon D. left.

The same Lace.

IF you like to make this lace the one to turne of one colour thother of another be all the bowes departed, and that one colour of all the bowes be above and then work in the self manner as is aforesaid:

The same Lace compound.

WHEN thou wilt make this lace coupon. Take seven bows as afore with six departed, and in selfe manner set as in the cowlace, and work in the same manner, save that the bow A. left shall be taken unreversed, and when you have a good portion reverse your bowes and begin againe.

The same Lace of sixteen bowes.

SET four bowes of one colour upon A B. C. D. left and all thother upon A. B. C. D. right, and in the selfe manner upon thy fellows hands and then shall you both work with your left hands till that the four bowes of one colour be come upon A. B. C. D. right of thy fellow, but you must afore every reversing change your over-bowes of your next hands, and then shall you work both with the right hands as you did before with the left hands till the foure bowes of one colour be come againe upon A B. C. D. left and then begin againe:

A Lace bend.

TAKE eight bowes, foure bowes of one colour upon thone hand and four of another colour upon the other hand, and then shall A. right take thorough his bowes B. C. D. and D. C. B. left, the bow A unreversed of the left hand, and then hie thy bowes of the left hand, and then shall D. left take the bowe D. right, and then low thy bowes right, so that the bowe that was taken thorough that other dwell upon A. and that that was upon A. be upon B. and then reverse all thy bowes, and beginne againe.

The same Lace of sixteen bowes.

BE thy right hand according to thy fellows right hand and thy left hand to his left hand, and then shall you work both as in the lace bend of eight bowes, and a afore the reversing of your bowes you shall change your over bowes of your hands next, and then reverse your bowes and begin againe.

A Lace cheveron broad.

TAke sixteen bowes, eight bowes of one colour, and eight of another colour, and be four of one colour set upon A. B. of thy right hand, and C. D. of thy left hand and four of another colour, upon C. D. of thy right hand, and A. B. of thy left hand, and be the right hand of thy fellows according to thy left hand, and his left hand to thy right hand, and then shall you take both with A. of your hands next thorough.

A Lace cheveron round.

TAke sixteen bowes set upon thy hands, and on thy fellows as is aforelaid, and then work in the selfe manner as in that other lace, and when you have changed your over bowes of your next hands, you shall change your over bowes of your further hands, and then reverse all your bowes and begin againe.

A Lace penne de pound.

TAke sixteen bowes of the which foure be green, foure redd, foure white, and foure black, and be the foure green upon A. B. of your next hands and foure red upon D. C. of the left hands, and four white upon D. C. of your further hands, and four black upon A. B. of the self hands, and then shall you work in the selfe manner as in the cheveron broad, till that the green be upon A. B. of your further hands, and then work in the selfe manner with A. of the further hands as ye did with A. of your next hands and then begin again as before.

A Lace en leved of sixteen bowes.

DOe in the selfe manner as in the lace penne de pound, but when ye have changed your over bowes of your next hands ye shall change your over bowes of your further hands, and then reverse all thy bowes and begin againe.

A lace cheveron broad of eight bowes.

TAKE foure bowes of one colour and four of another, and be all that one colour upon *A. B.*: of both thy hands and the other colour upon *C. D.* of both thy hands, and then shall you take with *A.* of the right hand thorough *D. C. B.* of the left hand, the bow *A.* unreversed of the selfe hand and then hie thy bows left, and the left bowe so taken set upon *D.* left and after shalt thou take with *A.* left thorow *D. C. B.* right the bow *A.* right unreversed, and then hie thy right bowes and set the selfe bow upon *D.* right, and then shall *D.* right change his bowe with *D.* left and then reverse all thy bowes and begin againe.

A lace Chevron round.

TAKE eight bowes, and do in the selfe manner, as afore in the broad of eight bowes but when *D.* right hath changed with *D.* left, then shall *A.* right change with *A.* left, and that under all the other bowes and begin againe.

A lace ovnd of sixteen bowes.

TAKE sixteen bowes of which eight be of one colour, and eight of another, and be all that one colour upon *A. B.* of both thy hands, and on both the hands of thy fellows, and that other colour upon *C. D.* of both your hands, and then shall you change your over bowes of your hinder hands, and then work in the selfe manner, as in the Chevron broad of eight bowes and begin againe.

A lace ovnd round.

SET your bowes upon your hands as in the ovnd broad, and work also in the selfe manner, save ye shall change here your over bowes of your further hands, and begin againe,

A lace sawter of eight bowes.

TAKE foure bowes of one colour, and four of another, and be that one colour upon *A. B.* of both thine hands, and that other colour upon *C. D.* of both thine hands, and then shall *A.* right take thorow *B. D.* of the left hand, the bow *A.* of the selfe hand unreversed, and then hie thy bowes of the left hand, and then set the selfe bowe taken upon *D.* left, and then shall *A.* left take thorough *D. C.* of the right hand the bowe *A.* right unreversed, and then hie the bowes right, and then set the selfe bowe taken upon *D.* right, and then *D.* right shall change his bowe with *D.* left and then reverse all thy bowes, and begin againe as afore, till when the selfe colour be come againe upon *A. B.* of both thy hands, and that shall be when thou hast done foure sythes as is said afore, and then shall *A.* right take thorough his bowe, and *B. C.* of the self hand, and then low thy bowes right by, so that the bowe taken dwell upon *A.* and that was upright on *A.* be set upon *B.* and then shall *A.* left take thorough his bowe and *B. C.* of the left hand the bowe *D.* unreversed of the selfe hand, and then low thy left bowes so be that the bowe taken dwell upon *A.* and that that was upon *A.* be set upon *B.* and then shall *D.* right change his bowe vvith *D.* left, and then reverse all thy bowes, and begin againe, till that the selfe colour be come againe as afore upon *A. B.* of both thy hands, and that shall be vvhen thou hast done other foure sythes nethervvard, and other foure sythes overvvard, changing among like as is afore said.

A Lace Croisle.

TAKE eight bows of the vvich two be of one colour, and six of another, and be the sixth of one colour upon *A. B. C.* of both thy hands, and the other two upon *D.* of either hand, and then work in the selfe manner as in the Sawter, but when *D.* right hath changed his bow with *D.* left, then shall *A.* right change his bow with *A.* left, and that under all the other bows.

A Lace Croise Uliet.

TAKE eight bows, six of one colour and two of another, and in the self manner set upon thy hands as in the croise, work then in the self manner as in the Sawter, save that in the Sawter thou takest but four sythes thine over bows downward, and four sythes upward, and in this Lace thou shalt take thine over bows eight sythes downward, and thy lower bows eight sythes upward.

A Lace double losenge.

TAKE sixteen bows; eight of one colour and eight of another, and be all the bows set upon thine hands, and thy fellows as in the Lace Ownd, and then work both in the self manner as in the Sawter, save that when *D*, right hath changed with *D* left his bow, then shall you change your over bows of your hinder hands and further hands, then reverse all your bows and begin again as afore.

A Lace double croise.

TAKE sixteen bows of the which eight be of one colour, and eight of another, and be they set upon your hands as in the Lace Ound, and then shall you work both as in the double Losenge, save that you shall not change the over bows of your further hands.

A Lace uliet boss.

TAKE sixteen bows, of the which be eight black, four white, and four yellow, and be four black upon *A B*. of the right hand, and *C. D*. of thy left hand, and two white upon *A. B*. of thy left hand, and two yellow upon *C. D*. of thy right hand and be thy right hand according to thy fellows left hand, and his left hand to thy tight hand, and then work both in the self manner as in the Lace enlewed. you shall work six sythes with your hinder hands, and other six sythes with your further hands, and in this Lace you shall not work but four sythes with both your hands.

A Lace uliet vine.

TAKE sixteen bows of such colour as in the Lace bows, and in the self manner set upon your hands, and then work in the self manner as in the Lace bows, save you shall change your over bows of your further hands:

A Lace Uliet bows.

OF two colours bene two bows set in the stead of yellow, and then work in the self manner as in the Lace Uliet Vinee, and then shall you make uliet bows of two colours:

A Lace Sawter Uliet.

TAKE sixteen bows, eight white, four purple, and four red, and be the two upon *A.B.* of thy right hand, and two red upon *D.C.* of thy left hand, and four white upon *A.B.* left, and *C.D.* right, and the right hand of thy fellow be according to thy left hand, and his left hand according to thy right hand, and then work both in the self manner as is aforesaid, in the Croise Uliet, and when *D.* right hath changed with *D.* left, then shall you change your over bows of your next hands, and then reverse all your bows and begin again.

The same Lace round:

DO in the self manner as afore, and when you have changed your over bows of your hinder hands, you shall change your over bows of your further hands, and begin again as before.

A Lace fret Uliet round.

TAKE sixteen bows of all such colours, and the self manner set on your hands as in the Lace Ound, and then work both as in the Sawter, save in that you take your over bows four sythes downward, and four sythes upward, and in this you shall

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.*

B. C. D. and D. right, and then B. thorow, A. B. C. D. and D. C. right, and then A. thorough, A. B. C. D. and D. C. B. right, and so take thy bowes till thou hast so done.

A Lace green de ergee.

TAKE four bowes of one colour set upon B. C. right and B. C. left, and a bow of another colour upon D. right, and a bow black upon A. left, and take with A. right thorough B. C. right the bowe C. left reversed, and then low thy bowes B. left, and then with B. left with C. left take the bowe C. right reversed, and then A. left shall change with D. right.

The same double with twelve bowes.

TAKE either of you six bowes of divers colours, and set upon your hands as aforesaid in the lace give and then do both as is aforesaid once, and then shall you set your overmost bowes of your next hands upon your further hands, and then shall ye change the bowes that then are overmost upon the hands next, and then shall you take again your bowes that you set upon your further hands, and then begin againe.

A Lace vice of three colours.

TAKE six bowes white, and four black, and two bowes departed, that one side black, and the other yellow, then set three white upon B. C. D. right and two black upon B. D. left and one bow departed upon C. left, and also do thy fellow, save that thy left hand shall be like to his right hand, and his left hand to thy right hand, and then reverse thy bowes right and take with A. right thorough B. C. D. right the bowe D. left and also doe thy fellow and afterward low both your bowes left and take them with B. left his bow A. right, and he shall take with B. left thy bowe A. right, and look that it be under all the bowes, and then begin againe, and this lace shall be a vice when you have made a coupon this manner work, then with your left hand, as you did with your right, till when you have another coupon and then shall you have a faire vice.

A Lace that is called Vinee.

TAKE eight bowes tow bowes of one colour that be set upon A. B. of the left hand, and six of another colour of the which two be set upon D. C. left and foure upon A. B. C. D. right, and then shall you take thorow A. B. C. D. left, and D. C. B. right, the bow A. right unreversed, and then hie thy bowes of thy right hand, and then shall D. of thy right hand take the bowe D. left unreversed, and then low thy bowes left, so that the bowe that that was taken thorough thother dwell upon A. and that that that was before upon A. be upon B. of of the left hand and then reverse all thy bowes and begin again till that two bowes of one colour be upon A. B. right, and then work in the selfe manner with thy right as is aforesaid, till that two bowes of one colour be come againe on thy left hand, and then begin againe:

A Lace cheveron broad of sixteen bowes.

TAKE eight bowes halfe of one colour, and eight halfe of another colour that be departed, and eight halfe of another third colour, set then the eight bowes of one colour upon A. B. right and left of thee and of thy fellow, and the eighth of that other colour upon C. D. right and left of thee and thy fellow, and be your hinder hands of the selfe colour beneath, take then with a right thorow all the bowes of the selfe hands the bowe D left, and then bowe thy bowes left. Take then with A. left thorough all the bowes of the selfe hand, the bow D. right and then lowe thy right bowes by, so the bowe A. that is more without be set upon B. and that other shall dwell upon A. and also do thy fellow, and then shall ye change your bowes A. of the next hands, and then begin againe, and in this manner do ye till it be full wrought, but look alway that D. in the taking be reversed and this lace shall be a cheveron with a border on both halfe and also rayed.

The same Lace Compound.

WHEN you have made one good compen, reverse all your bowes and work as aforesaid, till you have made another compen, and then reverse againe all your bowes, and begin againe:

Explicit Da. Eliz. Serene.