

*R. Philibart*

**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 E 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.

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*Valetudinem tuam cura diligenter.*

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*VVhereunto are annexed,*  
Many Rare, hitherto un-impacted 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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London, Printed for, and are to be sold by *H. Twiford* at his shop in  
Vine Court Middle Temple, *G. Bedell* at the Middel Temple  
Gate Fleetstreet, and *N. Ekins* at the Gan ney the  
West-end of *S. Pauls Church*, 1655. *July 31*

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

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*R. Phillips*

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### To Dye divers kinds of Colours.

#### To dye yellow.

**T**AKE of running water and as much Tap-wort, then take Alome and seeth them together til the Alome be molten, then put in the Yarn and let it seeth til it be somewhat yellow, then wash it clean out of the water, then take Clay water, or Chalky water, then take Wheld and seeth it in the said water, then take weights of Lead or Stone to keep down the Weeld, and then let it seeth til it flour above, then put in the Yarn, and so let it seeth a little.

#### To dy red.

**F**IRST Alome your Yarn as you do the yellow, then take Brasil, and lay it in water a night, then seeth it, and put more water to it as you think good, and then let it seeth til it flour above, and then put in your Yarn and let it seeth til the water look Orenge-rawny, then take a handful of bay Salt and cast upon it, then let it seeth til it be molten.

#### To dye Carnation.

**T**AKE running water four gallons, and take two pound of Pot ashes and lay in the said water two daies and two nights, then divide the water, the one half into one pot, and the other half into another pot, and let the one pot stand in the hot Embers up to the brim, and the other stand warm by the fire, to fil the other as it seeths away: Then take an earthen pot and put in the said water, then take two pound of red Flocks Brisco, and let it seeth til it be thick, then take a little Gum arabeck and Alome, of both as much as a Walnut, then let it stand til it be but warm, and then put in the Yarn, and let it lye a night and a day.

To

#### To dye Poppingay Green.

Take penny-hew, and put to it Chamberlye or good Boockley, and seeth it and put in the yeallow Yarne, and let it seeth, the longer it seetheth the deeper the colour will be.

#### To dye dark Green.

**T**AKE your Yarne, and let it be wet in blewfant, and then put it in the yeallow fat, and let it seeth, and it will be a darke green.

#### To dye Purple.

**T**AKE Orchall and mingle it with halfe Chamber-ley, and let it seeth till it be a dark colour, and then put in your Yarne white.

#### To dye Russet.

**T**AKE green Coperas and Nutgalls, and beat them to powder, put them in water and set it on the fire till it be hot, and then put in your Yarne.

#### To dye Tawny.

**T**AKE sowl that is over an Oven and Buck ley and Cork and seeth it together, and then put in your yeallow yarne, and it will be a Tawny. Take a handfull of Bay salt, and cast upon it.

#### To make steyning or dying Waters.

#### To make a deep Green.

**T**AKE two peniworth or three penniworth of Vertgrece, grind it on a stone, take blades of worts the greenest and the sayrest, stamp them and wring the juice thereof through a cloth, take halfe a pint of this Juice, and put thereto three pence-worth of Vertgrece, temper it together.

Another

*Another Green.*

**L**ay first a blew, and when it is drie lay thereon a yeallow; the better will the green be.

*A light Green.*

**T**ake Florey a shell full, and put thereto into some vessell the eighth part of a gallon of wort, stir them together and put it on a cloth, then take yeallow water, and with a pensell do it upon the other till it wax green, the more yeallow you lay on the better greens.

*A blew Water.*

**T**ake cleane water of the well and a shell full of Florey, of the said water one pint, mix them and and lay it on thinne.

*Another.*

**T**ake a portion of Florey blew, a portion of Alome, mix them in water.

*Another fine Blew.*

**T**ake a portion of Florage, a portion of Ley or Lime water put into a pan, let it not plaw, put thereto a portion of Alome, stir it well, take it off the fire, and cast therinto wood-ashes, this is a fine blew.

For



*To make Network called the Broad Arrow,  
and the Diamond.*

**T**he first course at the beginning of the work is to make nine plain stitches, and the tenth to winde twice about your pinne, and so to work throughout at every ninth stich to winde the tenth. The second row is to make eight plaine stitches, and your long stitches, that is to make the Diamond; And so to work your second course through out. The third row is to make but seven plaine stitches, and then to make two long stitches and one little stich between the two long stitches, and then to make your course throughout. The fourth course is to make six plaine stitches, and then go down to make your Diamond with a long stich, and then to make two short stitches, and then to make your other long stich, and so to make your course throughout, and then halfe your Diamond is made. Now to make the other halfe of your Diamond is, if you have at the beginning of your course ever a Diamond then to make the stitches that containes to mace. And then to make that which you call the broad Arrow; that is to make three winding stitches twice about your pinn. And to knit three of them winding stitches together in a knot. And so to make three winding stitches more, and to knit them on a knot, so there must be two of them broad Arrowes together between every Diamond, and so to make that course throughout.

The second course of the lower part of the Diamond, is to make them six long stitches in full length. Then to go up with a long stich to your Diamond, then to make two little plain stitches, and then to make down your winding stitches, that is to make the broad Arrow foot, and thus to make your course throughout.

The third row is to make seven plaine stitches, then to go up your long stich. And then to make but one plaine stich, then to make your long stich down, and so to work as

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you

you did before, and thus to work your course throughout.

Then to begin your work new againe. The fourth course, that is, to make an end of your Diamond, is to make ten winding stiches twice about your pinn, and so to work your course throughout.

Then to begin your work new againe, is to make nine stiches, working every other stich, and the tenth to wind twice about your pinn, and thus to work your course throughout. And then to begin your work new againe, as I have above written:

*To make Net-work of the Skallop-shell.*

**F**irst make a plaine course, the second course, take the third stich, and work it plaine down to your pinn, then loup over the next stich to that to your handward, and then loup the next stich to that to your handward, and so work all that course.

Provided alwayes if your work go true, you have two short stiches between one long, that lyeth something course.

The third course; If you have a short stich at the beginning of your work, slip it upward, and then pull out your pinn, and work, and work the next short stich to it as short as you can, then pull out your pin and put it into your first stich, and work your long stich that lyeth overthwart, down to your pinne, as long as it will go, and so do all that course;

Provided alwayes if your work go true, you have one short stich between two long stiches.

The fourth course. If you have a short stich at the beginning of your work, slip it upward and then work your two long stiches down to your pinne, and then slip up, and the next short stich that is between two long stiches, slip it upward, and so do all that course.

Provided alwayes if your work go true, you have three long stiches of an even length. And so your work is made an end, for there is but three courses in all the work besides the plain course. You must take heed at the beginning of your work, that you set one Skallop shell right against another, a Dyamond right against another, and so you may make the work of the double Dyamond as you do this in every point, saving at the beginning of your work you must set your Diamond over-thwart your work, cater corner, if it be wrought with a great pinne it is the better.

*The*

*The Knotwork like Dice.*

**F**irst make a plaine course. The second course wind about your pinne, and work down the third stich to your pin, and the next stich backward to your handward, bring it over and work it down to your pinne, plaine as it lyeth, and the next stich, and the next stich to that, work it down to your pinne, turned as it lyeth, and so do all that course.

Provided alwayes, if your work go true, you have two short stiches between every long.

The third course, If you have two short stiches, you must slip the first upward that lyeth nethermost, and the other pull out your pinne, and work it short, then pull out your pin and work your long stich down to your pin, as long as it will go, then the next short stich work it down to your pin and slip it upward, then pull out your pinne and vwork the next short stich as short as it may be, then pull out your pin and vwork the next long stich, as long as it will be, and so do all that course.

Provided alwayes, if your vwork go true, that you have a Diamond that is two stiches of an even length together and a short stich between.

The fourth course, at the beginning of your vwork if you have short stich slip it upward, then the next two long stiches, vwork them down to your pinne, and slip the next short stich, and so vwork all that course.

Provided alwayes if your vwork go true, you have three stiches of an even length, and a gap between, and then to begin your vwork again, you must vwind your thread about your pinne and vwork down the third stiches as you did before.

*To make Network like seven Eyes.*

**T**he first course, wind your thread about your pinne at every stich, and the second course take two long stiches upon your needle and turne the second stich into the first long stich inward to your hand and pull it through your first stich, and the thread of your first stich, turne it inward through the second stich down to your pinne like a loop or a Nouse, so that the thread of the loop must lye upon the nouse uppermost, then work your nouse down to your pin, and the next stich or

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stitch

bread that lyeth upon your nose work down to your pinne, and make a stitch.

Provided alwayes if your work go true you have two knots together, and a wide bout between, and the next third course begin your work again and round your thread about your pinne at every stitch, as you did before at the beginning of your work.

### The Net-worke of the small Diamonds.

The first course must be wrought plaine, work the second stitches plain and the first stitches loop it over the second, and work it downe to your pin.

Provided alwayes at the beginning of your second course, if you chance to have an odd stitch that is not against your Diamond, work it plain, and then work the third stitch and loop over the second as before, and so your third course you must work it a plaine course as you did at the beginning of your work.

Provided alwayes if your work go true, you have two knots together and one stitch bigger then another, and you must work it with a very great pinne, or else it will be too thick.

### To make the great Loosings.

**Y**OU must knit eleven stiches and then wind about your pynne, And if you will make a lette loosing you must work eight stiches and wind the ninth about your pinne, and at the second course if you have any short stiches work them short and pull out your needle and work your Loop as long as it will go, and the next shortest stitch slip it upward, and so do all that course.

Provided alwayes you must have seven short stiches, if your work be true, and the third course if you have any short stiches at the beginning of your work, work them short, then put up your thrid through your long stitch and turn your two long stiches inward, and then work them down upon your pinne, and put your thrid into your long stitch againe, and work one of your short stiches, and slip it upward, and then pull out your pinne, and work all your short stiches short.

Provided alwayes, that you must have six short stiches between your three long stiches.

The

The fourth course, At beginning of your work, if you have any short stiches work them short, then work one of your three twisted stiches a little longer then your other long stiches, then pull out your pinne, and work your other two very short, then put in your long stitch and work one of your short stiches and make it an other long, and then pull out your pinne, and work two short stiches, winding your thread about your pinne, and that will make a short mask, then work your other two short stiches down to your pinne, and so work all that course as before.

Provided alwayes, if your work go true, you have two short stiches between your longer stiches.

The fifth course, If you have any short stiches work them short, then put your thrid into your longest and work it down unto your pinne, then put your thread into your long stitch, and work one of your short stiches under your pinne, and slip it upward then pul out your pinne, and work one short stitch very short, then pull out your pinne againe, and put your thread into your long Mask, and work your long mask down to your pinne as long it will go, and put your thrid into your long make and work one of your short stiches, under your pinne and slip it upward, and the next short stitch work it upward, and so work all that course.

Provided alwayes, if your work go true, you have but one short stitch between your long stiches.

The sixth course, If you have any short stiches work them short, and then put your thrid into your long stitch, and work down to the pinne, then put your thrid into your great hole, and work your short stitch under your pinne sloping upward, then put your thrid into a hole like a Glasse-window, and turne both those stiches inward, and work them to your pinne, not too long as your other Masks, then put your thrid into that hole like a Glasse-window, and work your short stitch under your pinne, and slip it upward, and so do all that course.

Provided alwayes, if your work go true, you must have three twisted stiches together, and a gap between the three twisted stiches that be against the Glasse-window must be shorter then the other three twisted stiches.

The seventh course if you have any short stitches, work them short, and if your three twisted stitches be against the hole of the glass-window, you must make a long mask of one of them, then pull out your pin, and work the other two short masks, then put your pin into the longer mask, and work down your twisted stitches that are divided into two parts, and so do all that course.

Provided alwaies, that if your work go true, you must have two short stitches between every seven stitches.

The eighth course at the beginning of your work, if you have any short stitches work them short, then put your thread into your long mask, and work it down to your pin, and so work up all your stitches of an even length, which will be eight, then put your thread into your long mask, which is the last stitch of your eight stitches, and work your other short stitch under your pin, and slip it upward, and then pull your pin and work your other short stitch very short, then pull out your pin and put your thread into your long mask, and work down your other eight stitches down to your pin, and so work all that course.

Provided alwaies, that if your work go true, you must have seven stitches of an even length, and a short stitch between.

The ninth course at the beginning of your work, if you have any short stitches work them short, then put your thread into your great hole, and work down all your seven stitches down to your pin, then put your thread into your great hole again and work your short stitch under your pin, and slip it upward, and so do all that course throughout.

Provided alwaies, if your work go true, you shall have nine stitches of an even length, and a gap between.

#### *Loosings of eight stitches.*

The first course make a loosing of eight stitches, and wind about the ninth stitch, so you must have eight stitches between every wind.

The second course, at the beginning of your work, if you have any short stitches work them short, then pull out your pin, and work your long stitch down to your pin as long as it will go, and the next short stitch work it about your pin and slip it upward.

Provided

Provided alwaies, if your work go true, you must have seven short stitches and two long stitches.

The third course, if you have any short stitches work them short, then put your thread into the hole that is like a glass-window, and turn your two long stitches inward, and work them down to your pin, then put your thread into the same hole again, and work one of your short stitches under your pin, and slip it upward, and so work all that course.

Provided alwaies, if your work go true, you have six short stitches between two twisted stitches.

The fourth course at the beginning of your work, if you have any short stitches work them short, then pull out your pin and work your three twisted stitches down to your pin, then put your thread about your pin, and work it close down to your pin, and it will make you have four stitches in all, whereof two short and two long, then pull out your pin and work your short stitches short, and so work all that course.

Provided alwaies, that if your work go true, you have four long stitches and five short.

The fifth course at the beginning of your work, if you have any short stitches work them short, then pull out your pin, and put your thread into your long stitch, and work it down to your pin, and so do all your long stitches which are four, then put your thread into your long mask, and work one of your short stitches under your pin and slip it upward, then pull out your pin, and work your short stitches short, and so do all that course.

Provided alwaies if your work go true, you have four short stitches and five long.

The sixth course at the beginning of your work, if you have any short stitches work them short, then put your thread into your great hole, and work down your five long stitches close to your pin, then put your thread into your long mask, and work one of your short stitches under your pin and slip it upward, and then pull out your pin and work your short stitches, and so do all that course.

Provided alwaies if your work go true, you have six long stitches and three short.

The seventh course at the beginning of your work, if you have any short stitches work them short, then pull out your pin, and work your six long stitches down to your pin, then work one of your short stitches to your pin, which will make

seven long stitches in all. Then pull out your pinne, and work your short stitches, and so work all that course, provided alwayes, that if your work go true, you have seven long stitches and two short between your long.

The eighth course, if you have any short stitches work them short, then put your thread into your long Mask and work it down to your pinne, and all the rest the seven stitches, then put your thred into your long Mask, and work one of your short stitches under your pinne, and slip it upward, then pull out your pin, and work your next short stitch very short, and so do all that course;

Provided alwayes, if you your work go true you have eight long stitches, and one short between.

The ninth course, if you have any short stitches work them short, then pull out your pinne, and put your thread into your great hole, and work all your eight stitches down to your pinne then put your thread into your great hole againe, and work your short stitch under your pinne and slip it upward, And so do all that course.

Provided alwayes, if your work be true, you have nine stitches together, and a twisted gap between, and so is your halfe finishing done, and then must you work eight plaine stitches, and wind about your pinne as you did the first course.

*To knit Net-work like Glass-windows:*

**T**He first course, you must wind your thred about your Pin at every second stitch, and so work the other stitch plain to the end of your work, and the next course you shall work it plain, drawing one of the knots shorter then the other, provided alwayes, that course that you wind your thred about your Pin, you must wind that stitch that the knot of the glass-window is lowest to your pin.

If you will have a double Glass window, you must wind your thread about your Pin every third stitch, and so work it as before, and at every third course wind about your Pin, and if you will make your Glass-window of four stitches, you must wind at every fourth stitch, and so likewise if you will make it of 5. of 6. of 7. or of 8. you must do likewise as before, or as big as you will.

If you will have your Glass-window very wide, you must wind your thread about your Pin twice together.

*How*

*How to knit Net-work of the Harts.*

**T**He work of the Harts you must knit first three stitches, then pluck out your Pin, and work it backward and forward again, then you must make one long stitch, the knot must be half the way, and so work three plain stitches more, plucking out your Pin, and work them backward and forward as you did before, of this fashion you must work all the breadth of your work, and the last; and the last three stitches at the beginning and at the ending you must work it six Masks of length, for the beginning of your long stitches at the next course.

*The Knotted-work of the Flese.*

**T**He first course you must wind your thred about your Pin at every second stitch, and leave a stitch between, and bring that stitch over the other stitch, and that course work it so, and at the second course you must work it plain with knot-drawing of one stitch shorter then the other, provided alwayes if you have a short stitch at the beginning of that course of your work, that one knot is shorter then the other, you must wind your thread about the Pin, and make that stitch a long one, and provided alwayes the first stitch of your second course, if you find a Diamond at the beginning, then wind about your Pin and work the second stitch, and bring the first over to it, and if you chance to find an odd stitch at the beginning of your work, then wind your thred about your Pin, and work that stitch by it self, and so begin your work as before, for there is but two courses,

*A Knot-work like Honey-combs.*

**T**He first course wind your thread about your Pin every other stitch, the second course you must put your thred into your long stitch and bring it over your Pin and work a stitch, then put your Needle into the same long stitch and bring it down to the inside of your Pin, and put in your Needle into your short stitch, and make that a short stitch of the inside of your Pin to your hand-ward, provided alwayes you must have two stitches against every Honey-comb.

*The*



*The Knot-Work of Lossinges:*

**T**He first course, at every fourth stich wind your thred about your Pin, and so work all that course through, winding your thred about your pin at every fourth stich, provided alwaies, that if your work go true, you must have three short stiches between your long stich, & the second course at the beginning of your work, if you have any short stiches one or two work them short, and pull out your Pin, and put your thred through your long stich, and then work a stich upon your Pin, and then put your thred about your Pin, and put it through your long stich, and work one of your short stiches under your Pin, and knit it upvard long, and then pul out your pin, and work two short stiches, and so do all that course through: Provided alwaies that all your course must go with two short stiches, and two long; the third course at the beginning, work two short stiches short, and pul out your Needle, and work your two twisted stiches as long as the loops wil go, and the next short stich to it, knit it up high that it may be as long as the other two, then pul out your pin, and work your short stich very short, and then pul out your pin and work your long stich as before, and so work all your long courses; provided alwaies that you must have three long stiches together, and one short stich between. The fourth course if you have any short stiches at the beginning of your work, work them short, then pul out your pin and work your long stich upon your pin, then put your thred into your long stich, and work your short stich under your pin, if it be your short stich at the end of your Lossenge, draw it upvard and work it at length, then the next long stich that is next to your Lossing, you must put the thred into it, and then work a stich, about pin, and the next short stich that is between your two long stiches, that stich wil begin a new Lossing, you must work it close to your pin, and so work all your course through; provided alwaies, that if your work go true, you have four stiches of an even length together on your pin, and a twisted gap between, then begin your work again as before at the beginning, that is to say, to wind about your pin at every fourth stich. two and twenty score stiches and seventeen wil serve for the widness of a Gorget, if the thred be fine.

The

*The order how to knit a Hose.*

**F**irst in the top it must be six score and twelve stiches wide, so work downward, and take in at every four purles hard at the seam of the right hand Needle one stich, and of the left hand Needle, leave a stich between the seam, and then take in, and so work down til you have made four purles, and then begin the ham, and work up streight, neither widen nor streighten til you have made fourteen knots, and then widen out of both sides of your seam as you did before at every four purles, til you have wided seven stiches at a side, then work up plain, neither widen nor streighten til you have made fourteen knots then take in at every fifth make a stich of each side as you did before, til you have left but four and forty of every Needle, which amounteth to six score and twelve, and if it chance in the working of your smal that your ham rise somewhat round, you must take in somewhat faster then is appointed here, that your smal be not too big, and from your call to the beginning of your clock amounteth unto seventy knots, and so then divide your Needles into three equal parts, allowing upon your two heel Needles three stiches of each, more then upon your instep Needle, and then at the beginning of the right hand Needle of the heel make two turned stiches, and so work plain til you come at the latter end of the left hand Needle to the instep ward, and there make two turned stiches again, and then knit plain round til you come again to your heel-needle, then make one purl at the beginning of your heel-needle, then take up a stich between the two purls and work it plain, then the next stich make a purl, and the next stich work plain, then shrink two stiches into, and work til you come to your left-hand Needle, then you must leave four stiches of your Needle, and so shrink two together, then cast up your thred and make a knot, then widen a stich and work it plain, and make a knot again, and so then work your instep-needle, and so work plain one course round about, til you come to your right hand heel Needle, then make at the first stich one purl, and knit a plain stich again, and then take up a stich and work that plain, next that cast up your thred and make a knotted stich, and then work a plain stich again, and take in two plain stiches into one, and so knit a bout

about til you come to the left-hand Needle within five stitches, then take two into one then make a purl, then work a plain stitch, and take up a stitch and work it plain, and then work a purl, and so then work your instep-needle, and then a plain course round about of all three Needles, then make your purl again when you come to your right hand Needle, and then two plain stitches, and then one purl, and so work til you come to your left hand Needle, within four stitches, then make a purl stitch, two plain stitches and one purl, and so work your instep-needle, and then a plain course about til you come to your right-hand Needle again, then make a turned stitch, then one plain stitch, then take up a stitch and make that a purl, then a plain stitch, then a purl, then a plain stitch, then take in two, and work about til you come to your left hand-Needle, til you have left but six then shrink in two, then make a purl stitch, then knit plain again one stitch, then take up a stitch and makes that a purl, then work a plain stitch, then make another purl, and so to your instep Needle, and knit a plain course round about, then when you come at your right Needle, make a purl, then a plain stitch, then a purl again, then a plain stitch again, then knit a plain again til you come at your left hand Needle, til you have left five stitches, then you must make a purl stitch, then a plain stitch, then a purl stitch, then a plain stitch, then a purl stitch again, and so to your instep Needle, and then knit a plain course about til you come to your right hand Needle, then a purl stitch, then a plain stitch, then a purl stitch, then take up a stitch, and make that a purl, and then two purls together. then knit a plain stitch and make a purl again, then a plain stitch, then knit two together, and so knit til you come to your left hand Needle, til you have but seven, then tak two into one, then a purl stitch, then a plain stitch, then a purl stitch, then take up a stitch and make that a purl, and so shall you have two purls together, then a plain stitch, then a purl again, then knit out your instep Needle, then a course about plain, then to your right side Needle, and at the first stitch make a purl, then a plain stitch, then two purlles together, then a plain stitch, then a purl again; And so to your left hand Needle til you come to six stitches, then make a purl, then a plain stitch, then two purlles together, then a plain stitch, then a purl again, and so to your instep Needle, and so a plain course til you come to your right hand needle, then make a purl, then a plain stitch, then a purl

a purl, then take up a plain stitch, then make a purl again, then a plain stitch, then a purl, then a plain stitch, then a purl, and knit two together, then knit to your left hand Needle, til you have but eight stitches, then take in two together, then make a purl, then a plain stitch, then a purl again, then take up one and make it a plain stitch, then knit a purl again, then a plain stitch again, then a purl, and so to your instep Needle, and so knit round about, neither widen nor streiten til there be ten purlles on the side Needles, and take off your two side Needles, three stitches of each, and put them upon your instep needle, and then upon your two side Needles, knit up your heel til you have 54. purlles, taking in at every four purlles a stitch from the purl of the right side, and leave a stitch between the purl of the left side, and so take it in till you have but 28. stitches of each side, then upon your right hand you must work of 12 stitches with the purlles and all, then take two stitches, and loop one over another inward to the seam of your Hose, and so work plain til you come within two stitches of your seam, and work them both into one stitch plain as they lye, and then knit your seam stitch, and your other two stitches next your seam stitch, must be looped outward from the seam, then work till you have but 18 stitches of a needle, and knit two together, and so must you take in and bind at every other course till your binding stitches do meet, if you chance to have any odd stitches of one needle more then of thother, bind on those stitches and not of thother, then work till you come at your seame stitch, and so put both the right sides of your Hose together of both your Needles, and take a third needle, and work both those needles together on the wrong side, looping one stitch over another, as you do end a hose; then take two Needles, and take up all the knots on the wrong side next to the edge stitch, and so knit one course plaine round about your Hose, and at the second upon your side needles, you must at every fourth stitch take up a stitch, and so must you do of both sides of your side needles, til you have seventy six, and so take three at the point of your clock, at every course of stitch, of both sides till you have done 20 purlles, and these take in at every second course a stitch of each side till you have done twenty purlles and so at every third course till you have other twenty.



*Here beginneth the making of Laces.*

**I**N 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 evermost 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 hayn your bows, and sometime lowen them: hayn 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 bowvs 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 vvilt 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 bowvs 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 bowvs of the right hand, and then begin again.

*An open Lace of V. bows.*

**3.** IF you vvill make an open Lace, *viz.* two together of five bowvs, set upon thy hands, as is laid 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.** A Nd 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

bc

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

*A Lace bastwe of five Bows.*

**W**Hen thou wilt make a round Lace that is called bastwe of five bowes, be the halvendle of every bow of one colour 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.*

**I**f thou wilt make a broad Lace for Purfes of ten bowes with a fellow either of you take five bowes as is afore said 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 afore said, and when you have done once with the tight hand, and once with the left hand, and thy fellow also then shall you change your over bowes of your next hands, and then begin againe.

*A Lace bordered.*

**T**ake 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 manner 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 afore said 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.*

**T**ake 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 beneath, and then either of you work once with the right hand, and once with thy left hand, in the manner, as is afore said 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.*

**T**ake 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 coupen covert.*

**M**ake 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.

*An other Lace of coupen covert depiole.*

**T**ake twelve bowes in selfe manner set on thine hands and thy fellows, as is said of the coupen 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 Coupen covert of twelve bowes, save that the bowes of this lace shall never be reversed.

*A Lauce daunce broad of twelve bowes.*

**L**et 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 d. shall be taken ever reversed and after the change above and beneath, then begin as afore alwayes.

*The same round.*

**T**ake 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.*

**T**ake 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.*

**T**ake twelve bowes of the which the halfe of every bowe be green and thother halfe of six bowes be white, and the halfe of four bowes purple, and the halfe of two bowes 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 selfe 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 lowed of the next hands and begin againe.

*A lace depowne.*

**D**o 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 coupen of tuell, and so at every cowpens end reverse all thy bowes, and then shall all thy lace be cowpen.

*A lace of covert Viceray.*

**T**ake 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.*

**D**o in the same manner as is aforesaid, and when thou hast done a cowpen long inough reverse all thy bowes and do in the selfe manner as is aforesaid, and so at the end of every cowper reverse all thy bowes, and so shall thou have all the lace compound.

*A Lace Demi-cheveron.*

**T**AKE twelve bowes in the selfe manner departed, and in selfe manner set upon thine hands, and upon thy fellows, as in covert Cheveron, 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. reverfed of thy left hand, and A. of thy left hand shall take thorough B. C. of the left hand the bow D. reverfed 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.*

**D**Oe 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 bastwe.*

**T**AKE 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 reverfed.

*A Lace covert de bastwe de-miray.*

**T**AKE 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 right hands, and then vwork in the selfe manner, as in the cowpen covert of twelve bowes, save the bowes shall never be here reverfed, and so shalt thou have tvvaine bastwes covert, and tvvo bastwes rayed of one yellow betvvixt tvvo purples vvith the champ white.

A

*A Lace Bastwe techell.*

**T**AKE twelve bowes in the selfe manner departed and set upon your hands; as in the lace covert *de cheveron*, save thy fellows 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 cowpen covert of twelve bowes save that the bowes shall never be reverfed.

*A broad lace for Purfes of seven bowes.*

**W**ITHOUT a fellow make them, and be tvvo bowes upon B. C. of thy right hand, and two sundry bowes upon A. of thy left hand and other tvvo sundry, upon B. of thy left hand and one upon C. of the same hand, and then shall you take vvith A. of thy right hand thorough B. C. of the selfe hand, the bow that is uttermost upon B. left unreverfed, and B. right shall take the bowe utterest upon B. left unreverfed, and thorough the left bowe A. right shall take the bowe C. left unreverfed. And take good care that the bowes that are on any finger meng them not, and then lovve thy bowes of thy left hand, and then shalt thou take vvith A. of thy left hand thorough B. C. of the selfe hand, the Bow that is uttermost upon B. right reverfed, and B. left, shall take the bowe that is uttermost upon A. right unreverfed, and thorough that selfe bowe A. left shall take the bowe C. unreverfed of the right hand, and lovve thy bowes, and then begin againe.

*The same Lace open.*

**D**Oe in selfe manner as is aforesaid save that never a bowe shall be taken reverfed, and if the bowes be departed that one shall be of one colour and thother of an other.

*A Lace partie round.*

**L**ET all thy bowes be departed and set upon thy hands as is aforesaid, 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.

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The

*The same Compound.*

**D**Oe in the selfe manner as is aforesaid, and when thou hast a good copen reverse all thy bowes and begin againe.

*A lace partie broad.*

**D**Oe 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.*

**T**AKE 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.*

**S**ET 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 fellow's hands, and then work in the selfe manner as in the raylace.

*A lace quarter and quar-tell.*

**T**AKE fourteen bowes in the selfe manner set upon your hands as in the lace ray, and then work in the same manner as in the lace ray, and over that when there be but two bowes upon your farther hands thy fellow shall turne the bowe upon the selfe hand as well as thy left hand, and when the lace is made do another within, and then shall it be both quarte and quart-el.

The

*The same compound.*

**D**Oe in the same manner as is aforesaid, and when thou hast a good copen reverse all thy bowes and begin againe.

*A lace cordruve of eight bowes.*

**T**AKE eight bowes, four of one colour and foure of another, and be all that one colour upon that one hand, and the other colour upon the other 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.*

**T**AKE 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.*

**D**Oe 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.*

**T**AKE 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

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shall

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.*

**I**F 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 afore said:

*The same Lace compoud.*

**W**Hen 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.*

**S**Et 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 bows 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 four bowes of one colour be come againe upon A B. C. D. left and then begin againe:

*A Lace bend.*

**T**Ake eight bowes, four 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*

*The same Lace of sixteen bowes.*

**B**E 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.*

**T**Ake 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.*

**T**Ake sixteen bowes set upon thy hands, and on thy fellows as is afore said, 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.*

**T**Ake 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 againe as before.

*A Lace enleved of sixteen bowes.*

**D**Oe 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.*

**T**ake foure bowes of one colour and foure 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 thorough *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.*

**T**ake 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 ownd of sixteen bowes.*

**T**ake 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 ownd round.*

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

A

*A lace sawter of eight bowes.*

**T**ake 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 thorough *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 upon *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 with *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 when thou hast done other foure sythes netherward, and other foure sythes overward, changing among like as is afore said.

*A Lace Croisfe.*

**T**ake eight bows of the vvhich 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

*A Lace Croise Uliet.*

**T**ake eight bowes, 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.*

**T**ake 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 croisle.*

**T**ake 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 Ownd, 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 bos.*

**T**ake 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 right 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 farther hands, and in this Lace you shall not work but four sythes with both your hands.

A

*A Lace uliet vine.*

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

*A Lace Uliet bos.*

**O**f two colours bene two bows set in the stead of yellow, and then work in the self manner as in the Lace Uliet Vine, and then shall you make uliet bos of two colours:

*A Lace Sawter Uliet.*

**T**ake 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.*

**D**O 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.*

**T**ake sixteen bows of all such colours, and the self manner set on your hands as in the Lace Ownd, 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 vvith *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.*

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

*A Lace cressant.*

**T**AKE 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 vvhen 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.*

**T**AKE eight bows, four white, two red, and two black, and be the four vvhite 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 rake *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 thorovv *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 vvork vvith thy right as thou didst vvith 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 vvith 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.*

**T**AKE four bows of ont 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.*

**T**AKE 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.*

**T**AKE 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 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.

*An Order how to breed Horses.**The choice of your Stallion and Studd Mares.*

FIRST and principally you must force, that your Stallion and Studd Mares be both of good and lively nature, and not subject to any naturall diseases. For as heavy horses and Mares will breed Colts of roilish and heavy nature, so if they be infected with any naturall disease, their Colts for the most part shall be troubled with the same disease.

*wild Mares be not best to keep for the Race.*

IT shall be well done that you handle all your Studd Mares and make them tame, and easie, whereby besides the commerditie you may have of their work which cannot hurt their raming if they be soberly handled, you may be sure at all times to remove them from one Pasture to another, to bring them to be covered, and to take their Colts from them without great trouble, whereas wilde Mares be not only combersome to keep but also often times do destroy the Coultis in their bellies with their rashnesse when you should handle them or any of their fellows.

*At what age your Mare is first to be handled and covered.*

THE best age to take up your Mare to make her tame, and to break her, is, when shee shall be two years old, and the vantage, and so you may the yeare following, when she shall be fully three years old, and upward put her to your horse to be covered, which in my opinion is the best age to put her first to the Horse. Although some Writers be of opinion, that it is best that shee be first covered at two yeare old.