

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