NATURA EXENTERATA:

OR

NATURE UNBOWELLED

By the most

Exquisite Anatomizers of Her.

Wherein are contained,

Her choicest SECRETS digested into
RECEIPTS, fitted for the Cure of all sorts
of Infirmities, whether Internal or External,
Acute or Chronical, that are Incident to the Body of Man.

Collected and preserved by several Persons of Quality 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 Own Health, or that of their friends.

\[\text{Valetudinem tuam cura diligentius.}\]

Whereunto are annexed,

Many Rare, hitherto un-imparted Inventions, for Gentlemen, Ladies and others, in the Recreation of their different Employments.

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

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 Gun near the West-end of S. Pauls Church, 1655.
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Selected Experiments

To Dye divers kinds of Colours.

To dye yellow.
Take of running water and as much Taw wort, then take Alome and steep them together till the Alome be molten, then put in the Yarn and let it steep till it be somewhat yellow, then wash it clean out of the water, then take Clay water, or Chalky water, then take Wheld and steep it in the said water, then take weights of Lead or Stone to keep down the Weelde, and then let it steep till it flour above, then put in the Yarn, and so let it steep a little.

To dye red.
Wash Alome your Yarn as you do the yellow, then take Brash, and lay it in water a night, then steep it, and put more water thereto as you think good, and then let it steep till it flour above, and then put in your Yarn and let it steep till the water look Oreng-tawny, then take a handful of bay Salt and call upon it, then let it steep till it be molten.

To dye Carnation.
Take running water four gallons, and take two pounds of Pot ashes and lay in the said water two dates 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 fill the other as it feeth away: Then take an earthen pot and put in the said water, then take two pounds of red Flocks Briste, and let it steep till it be thick, then take a little Gum arabick and Alome, of both as much as a Walnut, then let it stand till it be but warm, and then put in the Yarn, and let it yse a night and a day.

To dye Papingay Green.
Take penny-ewe, and put to it Chamberlye or good Bockley, and steep it and put in the yeallow Yarn, and let it steep, the longer it steepes the deeper the colour will be.

To dye dark Green.
Take your Yarn, and let it be wet in thefat, and then put it in the yeallow fat, and let it steep, and it will be a darke green.

To dye Purple.
Take Orchall and mingle it with half Chamber-ley, and let it steep till it be a dark colour, and then put in your Yarn white.

To dye Russet.
Take green Copers and Nutgalls, and steep them to powder, put them in water and let it on the fire till it be hot, and then put in your Yarn.

To dye Tawny.
Take sowt that is over an Oven, and Buck ley and Cork and steep it together, and then put in your yeallow Yarn, and it will be a Tawny. Take a handful of Bay salt, and call upon it.

To make stones or dying waters.

To make a deep Green.
Take two peniworth or three peniworth of Vergegree, grind it on a stone, take blades of worts the greenest and the fayreft, flamp them and wring the juice thereof through a cloth, take halfe a pint of this Juice, and put there to three penecworth of Vergegree, temper it together.

Another
Selected Experiments

Another Green.

Lay first a blew, and when it is dry lay thereon a yollow; the better will the green be.

A light Green.

Take Florey a shell full, and put thereto into some vessell the eighth part of a gallon of water, stir them together and put it on a cloth, then take yollow water, and with a penfello do it upon the other till it wax green, the more yollow you lay on the better green.

A blew Water.

Take clean water of the well and a shell full of Florey, of the said water one pint, mix them and lay it on thinne.

Another.

Take a portion of Florey blew, a portion of Aloe, mix them in water.

Another fine Blew.

Take a portion of Florage, a portion of Ley or Lime water put into a pan, let it not plaw, put thereto a portion of Aloe, stir it well, take it off the fire, and call thereto wood-ashes, this is a fine blew.
Selected Experiments

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

Then to begin your work anew again. The fourth course, that is, to make an end of your Diamond, is to make ten winding stitches twice about your pin, and so to work your course throughout.

Then to begin your work anew again, is to make nine stitches, working every other stitch, and the tenth to wind twice about your pin, and thus to work your course throughout. And then to begin your work anew again, as I have above written.

To make Net-work of the Scallop-shell.

First make a plain course, the second course, take the third stitch, and work it plain down to your pin, then loop over the next stitch to that to your hand, and then loop the next stitch to that to your hand, and so work all that course.

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

The third course, If you have a short stitch at the beginning of your work, flip it upward, and then pull out your pin, and work the next short stitch to it as short as you can, then pull out your pin and put it into your first stitch, and work your long stitch that lyeth over the next to your pin, down to your pin, as long as it will go, and so do all that course.

Provided always if your work go true, you have one short stitch between two long stitches.

The fourth course, If you have a short stitch at the beginning of your work, flip it upward, and then work your two long stitches down to your pin, then flip it upward, and the next short stitch that is between two long stitches, flip it upward, and so do all that course.

Provided always if your work go true, you have three long stitches 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 Scallop Shell right against another, a Diamond right against another, and so you may make the work of the double Diamond as you do this in every point, saving at the beginning of your work you must set your Diamond over thwart your work, cut the corner, if it be wrought with a great pin, it is the better.
thread that lyeth upon your muss work down to your pinne and make a stitch.

Provided always if your work go true you have two knots together, and a wide knot 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-works of the Small Diamonds.

The first course must be wrought plain, work the second stitches plain and the fifth stitches leap it over the second, and work it down to your pin.

Provided always 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 leap over the second as before, and so your third course you must work it a plain course as you did at the beginning of your work.

Provided always 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 Loopings.

You must knit eleven stitches and then wind about your pinne. And if you will make a lisle looping you must work eight stitches and wind the ninth about your pinne, and at the second course if you have any short stitches work them short and pull out your needle and work your Loop as long as it will go, and the next short stitch slip it upward, and so do all that course.

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

Provided always, that you must have six short stitches between your three long stitches.

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

Provided always if your work go true, you have two short stitches between your longer stitches.

The fifth course, if you have any short stitches work them short, then put your thread into your long stitch and work it down unto your pinne, then put your thread into your long stitch, and work one of your short stitches under your pinne, and slip it upward then pull out your pinne, and work one short stitch very short, then put out your pinne again, and put your thread into your long Mask, and work your long loop down to your pinne, as long it will go, and put your thread into your long mask, and work one of your short stitches, under your pinne, and slip it upward, and the next short stitch work it upward, and so work all that course.

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

The sixth course, if you have any short stitches work them short, and then put your thread into your long stitch and work down to the pinne, then put your thread into your hole, and work your short stitch under your pinne, slipping upward, then put your thread into a hole like a Glaise window, and turn both those stitches inward, and work them to your pinne, and put too long as your other Masks, then put your thread into that hole like a Glaise window, and work your long stitch under your pinne, and slip it upward, and so do all that course.

Provided always, if your work go true, you must have three twisted stitches together, and a gap between the three twisted stitches that be against the Glaise window must be shorter then the other three twisted stitches.

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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 always, that if your work go true, you must have two short stitches between every even stitch.

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

Provided always, 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 thred into your great hole, and work down all your seven stitches down to your pin, then put your thred into your great hole again and work your short stitch under your pin, and flip it upward, and so do all that course throughout.

Provided always, that 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 flip it upward.

Provided always, 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 thred 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 thred into the same hole again, and work one of your short stitches under your pin, and flip it upward, and so work all that course.

Provided always, 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 thred 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 always, 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 thred into your long stitch, and work it down to your pin, and so do all your long stitches which are four, then put your thred into your long mask, and work one of your short stitches under your pin and flip it upward, then pull out your pin, and work your short stitches short, and so do all that course.

Provided always, 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 thred into your great hole, and work down your five long stitches close to your pin, then put your thred into your long mask, and work one of your short stitches under your pin, and flip it upward, and then pull out your pin and work your short stitches, and so do all that course.

Provided always, 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
Selected Experiments

in Knitting Network.

How to knit Net-work of the Harts.

The work of the Harts ye must knit first three stitches, then pluck out your Pin, and work it backward and forward again, then ye must make one long stitch, the knot must be half the way, and to 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 left; and the left 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.

The first course ye must wind your thread 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 ye must wind it plain with knot-drawing of one stitch shorter then the other, provided always if you have a short stitch at the beginning of that course of your work, that one knot is shorter then the other, ye must wind your thread about the Pin, and make that stitch a long one, and provided always 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 thread about your Pin, and work that stitch by itself, and so begin your work as before, for there is but two courses.

A Knot-work like Honey-comb.

The first course wind your thread about your Pin every other stitch, the second course you must put your thread 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 always you must have two stitches against every Honey-comb.
The Knot-Work of Latticides:

The first course, at every fourth stich wind your thread about your pin, and so work all that course through, winding your thread about your pin as every fourth stich, provided always, that if your work go true, you must have three short stitches between your long stitch, & the second course at the beginning of your work; if you have any short stitches one or two work them short, and pull out your pin, and put your thread through your long stitch, and then work a stitch upon your pin, and then put your thread about your pin, and put it through your long stitch, and work one of your short stitches under your pin, and knit it upwards long, and then pull out your pin, and work two short stitches, and so do all that course through: Provided always that all your course must go with two short stitches, and two long: the third course at the beginning, work two short stitches short, and pull out your Needle, and work your two twisted stitches as long as the loops will go, and the next short stitch to it, knit it up high that it may be as long as the other two, then pull out your pin, and work your short stitch very short, and then pull out your pin and work your long stitch as before, and so work all your long course; provided always that you must have three long stitches together, and one short stich between. The fourth course if you have any short stitches at the beginning of your work, work them short, then pull out your pin and work your long stitch upon your pin, then put your thread into your long stitch and work your short stitch under your pin, if it be your short stitch at the end of your Latticet, draw it upward and work it as length, then the next long stitch that is next to your Latticet, you must put the other into it, and then work a stitch about pin, and the next short stitch that is between your two long stitches, that stitch will begin a new Latticet, you must work it close to your pin, and so work all your course through; provided always, that if your work go true, you have four stitches 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 stitch, two and twenty more stitches and seventeen will serve for the wideness of a Gorget, if the thread be fine.

The order how to knit a Hose:

First in the top it must be six score and twelve stitches wide, so work downward, and take in at every four purles hard at the seam of the right hand Needle one stitch, and of the left hand Needle, leave a stitch between the team, and then take in, and so work down till you have made four purles, and then begin the ham, and work upright, neither widen nor freighten till you have made fourteen knots, and then widen out both sides of your team as you did before, at every four purles, till you have widened seven stitches and a side, then work up plain, neither widen nor freighten till you have made fourteen knots, then take in at every fifth midst a stitch of each side as you did before, till 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 final that your ham rife for what round, you must take in some what faster then is appointed here, that your final be not too big, and from your call to the beginning of your clock amounteth unto seventy knots, and then divide your Needles into three equal parts, allowing upon your two heel Needles three stitches of each, more then upon your instep Needle, and then at the beginning of the right hand Needle of the heel make two turned stitches, and so work plain till you come at the latter end of the left hand Needle to the instep ward, and there make two turned stitches again, and then knit plain round till you come again to your heel-needle, then make one purl at the beginning of your heel-needle, then take up a stitch between the two purls and work it plain, then the next stitch make a purl, and the next stitch work plain, then shrink two stitches into, and work till you come to your left-hand Needle, then you must leave four stitches of your Needle, and so shrink two together, then cast up your thread and make a knot, then widen a stitch and work it plain, and make a knot again, and so work your instep-needle, and so work plain one course round about, till you come to your right hand heel Needle, then make at the first stitch one purl, and knit a plain stitch again, and then take up a stitch and work that plain, next that cast up your thread and make a knotted stitch, and then work a plain stitch again, and take in two plain stitches into one, and so knit a bout
in Knitting Hose.

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 straiten till there be ten purls on the side Needles, and take off your two side Needles, three stitches of each, and put them upon your instep Needle, and when upon your side Needles, knit up your heel till you have 14 purls, taking in at every fourth purl a stitch from the purfl or the right side, and leaves a stitch between the purfl of the left side, and to take it in till you have but 28 stitches of each side, and then upon your right hand you must work of 12 stitches with the purfs 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 ly, 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 another, bind on those stitches and not of another, then work till you come at your seam stitch, and so put both the right sides of your Hose togethier of both your Needles, and take a third needle, and work both those needles together on the wrong side, loopin one stitch over another, as you do end a hole, then take two Needles, and take up al the knotts on the wrong side next to the edge stitch, and so knit one course plain 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, till you have seventy six, and to take three at the point of your clock, at every course of stitches of both sides till you have done so purls, and stich in at every second course a stitch of each side till you have done twenty purls and so at every third course till you have other twenty.
in making Laces.

And sometime thou shalt say thy bows, and sometime lower them: hayn them is to set the bow B. upon A, and the bow C. upon B, and the bow D. upon C. Lowen then is to set the bow C. upon D, and the bow D. upon C, and the bow A. upon B.

A broad Lase of V. bows.

1. If you will make a broad Lase 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 felt hand, and the bow C. reverfed of the left hand, and then bow thy bowes of thy left hand, and then shall A. of thy left hand take through the bow B. of the felt hand, the bow C. reverfed of thy right hand, and then bow thy bowes of thy right hand and begin again.

A Lase round of V. bow.

2. If thou wilt make a Lase round of 5. bows, so thou shalt say: bowes be set upon thine hands as is aforesaid, and then shall A, take of the right hand through B, C of the right hand, the bow C. reverfed of the left hand, and then bow thy bowes of the left hand, and then shall A, of the left hand take through B, C of the felt hand, the bow C. reverfed of the right hand, and then bow thy bowes of the right hand, and then begin again.

An open Lase of V. bow.

3. If you will make an open Lase, six, two together of five bowes, set upon thy hands, as is aforesaid, and then shall you work as in the round, five in the round bow is taken reverfed, and in this it is always taken unreverfed, and then begin again.

The same Lase of divers colours.

4. And if thou wilt make two Lases together, the one of one colour, the other of another, of 5. bowes, of the which the half end shall be of one colour, that other of another, and
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be thine colour above, the other beneath and sinth as work in the same manner as is aforesaid in the open place.

A Lace of five Bows.

When thou wilt make a round lace that is called baslyve of five bows, be the halve of every bow of one colour and the other of another, 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 Purposes of ten bows.

If thou wilt make a broad lace for purposes of ten bows with a fellow either of you take five bows as is aforesaid of the broad lace of five bows, and be they set on the fellow manner on your fingers, and then work 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 also then shall you change your over bowes of your next hands, and then begin again.

A Lace bordered.

Take then thy fellow ten bowes of the which the halfe of every bowe be of one colour, and the other of another colour and be the bowes set upon your hands in the same manner as was laid 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 bows, and then shall you change the over bowes of the hands next and begin again.

A Lace covert of ten bowes.

Take ten bowes in the fellow manner set on thy hands and on thy fellows, as is aforesaid of the lace bordered, save in this lace that one colour of all the bowes shall be above, and the other beneath, 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

in making Lace.

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 again 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 self manner departed, and in the fellow manner set upon their hands as it is said of the lace covert, and be one lace of the graticule 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 fellow manner as 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 compen 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 fellow also, and be all thone colour above of both your hands, then take with a right throw all thy bowes of the self hand, the bowe d. left, and all doe with thy left hand, and thy fellow do allo and work in the same manner, as in the double covert of ten bowes till thou haft all done.

An other Lace of compen covert depioe.

Take twelve bowes in fellow manner set on thine hands and thy fellows, as is said of the compen covert of twelve bowes, save that in this lace the colour shall be beneath of the further hands and the fellow colour above on the next hands, and then work on the fellow manner, as in the Coupen covert of twelve bowes, save that the bowes of this lace shall never be reversed.
Selected Experiments

A Lance dance broad of twelve bowes.

Let the bowes be all set, and the bowes departed from your hands and on your fellows as is said of the coupen cover of twelve bowes and then work in the same maner as in this case. Then shall be taken ever reversed and after the change above and beneath, then begin as above.

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 another 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 bowe D, reversed of the left hand, and then shall B, of the left hand take through B, C, D of the selfe hand the bowe D, reversed of the right hand, and then take thy bowes of the right hand and begin again as before, but the bowe that was afore without upon A shall come through the other, and shall dwell upon B, and that that was afore within shall be upon A.

A Lace piote.

Take eight bowes, four of one colour and four of another colour, and set the one colour of the one hand, and the other of the other hand, and then work in the same maner as in the dance of twelve bowes.

A Lace covert Cheveron.

Take twelve bowes of the which the halfe of every bowe be green, and the other halfe of the bowes be white, and the halfe of four bowes purple, and the halfe of two bowes yellow, and be these bowes white above, and B, C, D, of thy right hand, and two purple upon B, D, and one yealle upon C, of the left hand, and be the right hand of the fellow according to thy left hand, and his left hand according to thy right hand, then shall ye take both with your next hands throveth B, C, D, of the selfe hand, and throw B, D, the further hand, the bowe B, reversed of the same hand, then change your bowes above and beneath:

in making Laces.

Do in the same maner as is aforesaid, and when thou hast done a portion as much as thou liketh, reverse them all thy bowes, and work in the same maner, and then shall one bow one another coupen of feele, and so every coupen end reverse all thy bowes, and then shall all thy lace be coupen.

A lace covert Viceray.

Take twelve bowes in the same maner as in covert Cheveron, then shall D, of the right hand take thoreau his bowe, and chang not the bow D, reversed of thy left hand, and then A, of thy right hand, shall thoreau B, C, of the selfe hand, the bowe D, reversed of the selfe 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 B, C, of the selfe hand unreversed, and then thynge the bowes of thy selfe hand upon B, and the bowe that is more without upon A, of thy right hand, for upon C, of the left hand, and that that was more within feile upon D, of the left hand, and in the same maner 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.

Do in the same maner as is aforesaid, and when thou hast done a coupen long enough reverse all thy bowes and do in the same maner as is aforesaid, and so at the end of every coupen reverse all thy bowes, and so shall thou have all the lace compound.
Selected Experiments

A Lace Demi-chevron.

Take twelve bowes in the felfe manner depart'd, and in felfe manner set upon thine hands, and upon thy fellows, as in covert Cheveron, save the white part 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. revered of thy left hand, and A. of thy left hand shall take thorough B. C. of the left hand the bow D., revered of thy right hand, and then the felfe manner shall thy fellow do, and then shall you change your bowes above and beneath, and begin again.

The same Compound.

Do in the same manner as is aforesaid, and when thou hast a portion as much as thee lieth, reverse then all thy bowes and do as is said aforesaid and so at the end of every cowpen reverse all thy bowes, and begin again.

A Lace covert de basfwe.

Take twelve bowes in the felfe manner depart'd, and in the felfe 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 revered.

A Lace covert de basfwe de-mirye.

Take twelve bowes in the felfe manner depart'd and set on your hands as in the covert chevron, and be two above purpure upon B. D., and on yellow above upon C. of thy hand and three vwhite above upon B. C. D. of thy fellows left hand, and three bowes of Trulls above upon B. C. D. of your both right hand, and then work in the felfe manner, as in the cowpen covert of twelve bowes, save the bowes shall never be here revered, and do that thou have two in one basfwe covers, and two basfwe rayed of one yellow between two purpures with the champ vwhite.

in making Lace.

A Lace Basfwe techell.

Take twelve bowes in the felfe manner depart'd and set upon your hands; as in the lace covert de chevron, save thy fellow's right hand shall accord to thy right hand and his left hand to thy left hand, and then shall you work in the felfe manner as in the cowpen covert of twelve bowes fave that the bowes shall never be revered.

A broad lace for Purses of Seven bowes.

Without a fellow make them, and be two bowes upon B. C. of thy right hand, and two in dry hands upon B. A. of thy left hand and other two in dry hands upon B. of thy left hand and one upon C. of the same hand, then shall you take with A. of thy right hand through B. C. of the felse hand, the bow that is uttermoft upon B. left un revered, and B. right shall take the bowe uttermoft upon B. left un revered, and thorough the left bowe A. right shall take the bowe C. left un revered. And take good care that the bowes that are on any finger meng them not, and then bowe thy bowes of thy left hand, and then shalt thou take with A. of thy left hand thorough B. C. of the felse hand, the Bowe that is uttermoft upon B. right revered, and B. right shall take the bowe that is uttermoft upon A. right un revered, and thorough that felse bowe A. left shall take the bowe C. un revered of the right hand, and bowe thy bowes, and then begin again.

The same lace open.

Do in felfe manner as is aforesaid save that never a bowe shall be taken revered, and if the bowes be departed that one shall be of one colour and another of another.

A Lace partie round.

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

E c 3

The
Selected Experiments

The same Compound.

Do in the felte manner as is aforesaid, and when the haft is good cowpen revexe all thy bowes and begin againe.

A lace partie broad.

Do in the said manner as in the round lace partie, save that in the round lace partie thou turnest the over bowe of both thy hands, and in thy nether not but the over bowe 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 thy hands as in the lace of seven bowes, save that be 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 bowe of the felte hand and thy fellow shall not turne, and when there be but two bowes on thy hands next then shalt thou change thine owne bowes; so that after the changing you have against 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 up on thine hands, and the felte colour beneath on thy fellowys hands, and then work in the felte manner as in the raylace.

A lace quarter and quartell.

Take fourteen bowes in the felte 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 further hand thy fellow shall turn the bowe upon the felte hand as well as thy left hand, and when the lace is made do another ywis in, and then shall it be both quarter and quartel.

The same compound.

Do in the same manner as is aforesaid, and when the haft is good cowpen revexe all thy bowes and begin againe.

A lace cordwove of eight bowes.

Take eight bowes, four of one colour and four of another, and be all but one colour upon that one hand, and another colour upon that 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.

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 felte 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 begin againe.

A lace called the fret.

Do in felte 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 B. left, and D. right with A. left, and then B. C. of the felte hand shall take against 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 Duche colour, and be four bowes upon A. B. C. D. left, and three bowes upon B. C. D. right, and then E. C. 4 shall
Selected Experiments

shall A, right take to reverse throw the bow B, of the selfe hand, and under all thether bowe the bowes A, reversed of the left hand, and then hye 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 before, and this same lace may be made of fix 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, another 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 compone, Take seven bowes as before with five 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 bowe upon A, B, C, D, right, and in the self manner upon thy fellowe 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 reverting change your over bowes of your next hand, and then shall you work both with the right hand, as you did before with the left hand till the four bowes of colour come againe upon A, B, C, D, left and then begin againe.

A Lace bend.

Take eight bowes, four bowes of one colour upon that hand and four of another colour upon the other hand, and then shall A, right take thorough his bowe B, C, D, and D, C, B, left, the bow A unreversed of the left hand, and then hye 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 begin again.

A Lace enluced of sixteen bowes.

In the selfe manner as in the lace penny 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.

The same Lace of sixteen bowes.

Be thy right hand according to thy fellowes 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 afore the reverting of your bowes you shall change your over bowes of your hands next, and then reverse your bowes and begin again.

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 fellowes 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 en thy fellowes as is aforesaid, 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 again.

A Lace penny de pound.

Take sixteen bowes of the which four be green, four red, four white, and four black, and be the four green upon A, B, of your next hands and four 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 left 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.

in making Lace.
Selected Experiments

A lace Cheveron broad of eight bowes.

Take foure bowes of one colour and foure of another, and be all that one colour upon A.B. of both thine hands and another colour upon C.D. of both thy hands, and then shall you take with A. of the right hand throught D. C. B. of th. left hand, the bow A. unreverted of the felse hand and then hye thy bowes left, and the left bowe so taken set upon D. left and after set thou take with A. left throw D. C. B. right the bow A. right unreverted and then hye thy right bowes and set the felse bowe 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 Cheveron round.

Take eight bowes, and do in the felse manner, as afo re 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.

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 thy hinder hands, and then work in the felse manner, as in the Cheveron broad of eight bowes and begin againe.

A lace ownd round.

Set your bowes upon your hands as in the ownd broad, and work all in the felse manner, save ye shall change here your over bowes of your further hands, and begin againe.

in making Laces.

A lace Sawer of eight bowes.

Take foure bowes of one colour, and four of another, and be all 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 thorrow B. D. of the left hand, the bow A. of the felse hand unreverted, and then hye thy bowes of the left hand, and then set the felse bowe taken upon D. left, and then shall D. left change his bowe with D. right, and then shall D. right change his bowe with D. left and then reverse all thy bowes, and begin againe as afo re, till when the felse bowe be come againe upon A. B. of both thy hands, and that shall be when thou hast done foure bowes as is laid afo re, and then shall A. right take thorrow his bowe, and B. C. of the felse hand, and then thy bowes right by, so that the bowe taken dwelld upon A. and that was upon A. be set upon B. and then shall A. left take thorrow his bowe and B. C. of the left hand the bowe D. unreverted of the felse hand, and then thy bowes left to be that the bowe taken dwelld upon A. and 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 felse bowe be come againe as afo re, till upon A. B. of both thy hands, and that shall be when thou hast done other foure bowes in faire order, and other foure bowes ever yoward, changing among like as is afo re laid.

A Lace Croise.

Take eight bowes of the which 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 felse manner as in the Sawyer, but when D. right hath changed his bowe with D. left, then shall A. right change his bowe with A. left, and that under all the other bowes.
Selected Experiments

A Lace Croise Ullet.

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 fythes thine over bows downward, and four fythes upward, and in this Lace thou shalt take thine over bows eight fythes downward, and thy lower bows eight fythes 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 Ownd, and then you shall work both as in the double Losenge, save that you shall not change the over bows of your further hands.

A Lace Ullet bows.

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 right hand, and then work both in the self manner as in the Lace enlewed. you shall work fix fythes with your hinder hands, and other six fythes with your further hands, and in this Lace you shall not work but four fythes with both your hands.

in making Lace.

A Lace Ullet bows.

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 Ullet bows.

Of two colours bene two bows set in the head of yellow, and then work in the self manner as in the Lace Ullet Vinee, and then shall you make Ullet bows of two colours.

A Lace Sawter Ullet.

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, G, 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 Ullet, 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 over bows of your hinder hands, you shall change your over bows of your further hands, and begin again as before.

A Lace fixe Ullet round.

Take 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 fythes downward, and four fythes upward, and in this you shall
Selected Experiments

shall take but twice downward, and twice upward, and after that the right D hath changed his bow with 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 bowes and begin again.

The same Lace fret and broad.

Do in the same manner as before, save that you shall not change your over bowes of your further hands.

A Lace crescent.

Take sixteen bowes of all such colours as in the own Lace, and in the same manner set on your hands as in the own Lace, and then shall you work both as in the fret ulter broad, save in the first one colour is always taken, and in this that one colour shall always be taken, till when 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 bowes, four white, two red, and two black, and be the four white 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 shall thou take B right unconverted thory A B C D left, and set it upon A left, and then reverse all thy bowes, and then shall thou take C right unconverted thory A B C D left and D C right and set it upon A left, and then reverse all thy bowes and then shall thou take A right thory A B C D left and D C B right, and then reverse all thy bowes, and then shall thou work with thy right as thou didst with thy left hand, and so shall you do all the bowes are very bowes, taking of both thine hands, and on this manner shall you take first of the left hand and then of the right hand the bowe D, thorough A B C D and then with the left hand the bowe C thorough A B C.

in making Lace.

E C D and D, right, and then B, throw 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 orge.

Take four bowes of one colour set upon B C right and B C left, and a bowe of another colour upon D right, and a bowe black upon A left, and take with A, right thorough B C right the bowe C, left reversed, and then bowe 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 are overmost upon the hands next, and then shall you take again the bowes that you set upon your further hands, and then begin again.

A Lace vices 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, right, and two black upon B D, left, and one bowe 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 do thy fellow, and afterward bowe both your bowes left and take then with B, left his bowe A, right, and he shall take with B, left thy bowe A right, and lock it that it be under all the bowes, and then begin again, and this lace shall be a vice when you have made a coupen this manner work, then with your left hand, as you did with your right, till when you have another cupen and then shall you have a faire vice.
Selected Experiments

A Lace that is called Vine.

Take eight bowes tow bowes of one colour that be set upon A, B, of the lefte hand, and fix 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 throw A, B, C, D, left, and D, C, B, right, the bow A, right unrevestered, and then hye thy bowes of thy right hand, and then shall D of thy right hand take the bowe D, left unrevestered, and then low thy bowes left, so that the bowe that was taken through other 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 felle manner with thy right as is aforesaid, till that two bowes of one colour be againe on thy left hand, and then begin again:

A Lace cheeveron 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 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 felle colour beneath, take then with a right throw all the bowes of the felle hand, the bowe D left, and then bowe thy bowes left. Take then with A, left thorough all the bowes of the felle hand, the bowe 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 allo do thy fellow, and then shall ye change your bowes A, of the next hands, and then begin again, and in this manner do ye till it be full wrought, but look alway that D, in the coating be revestered and this lace shall be a cheeveron with a border on both halfe and also rayed.

The same Lace Compound.

When you have made one good compoun, reverse all your bowes and work as afores, till you have made another compoun, and then reverse againe all your bowes, and begin again:

Explicit Dr. Eliz. Serene.

An Order how to breed Horses.

The choice of your Stallion and Stud Mares.

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

Wild Mares be not best to keep for the Race.

I shall be well done that you handle all your Stud Mares in order, and make them tame, and call them, whereby besides the commoditie you may have of their work which cannot hurt their taming 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 troubled to keep, but also often times do destroy the Colts in their bellies with their rafinities 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 yeares following, when shee shall be fully three years old, and upward put her too your horse to be covered, which in my opinion is the best age to put her fit to the Horse. Although some Writers be of opinion, that it is best that shee be first covered at two yeares old.