

A Broad Lace of 5 Bows

Take 5 bows and set them on *Lbc* and *Rabc*. With *La*, go through one but not other, pick up *Rc* reversed. Shift down *Rab*, do the same.

A Broad Lace Baston

Take 5 bows departed and set them on *Lbc* and *Rabc*, one colour up on one hand, the other on the other. Work as above.

Another Broad Lace

Take 5 bows, 2 red and 3 white. Set white on *Lbc*, red on *Rabc*. Work as above.

The Rosemary Braid

Nun's Book = Five linked boes on two hands. Put through one boe and take the upper side of ye nethermoest boe.