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Maides and young women are to be put in minde, and alwaies to remember, that the best portion, the greatest inheritance, and the most precious iewell that they can bring with them on the marriage day, is shamefastnes: the want whereof is most hurtfull in all women. And therefore they must carefully shunne and a-uoide all idle and wanton talke, nice lookes, dalliance, and light countenance, when they walke abroad, or be in company. A man needeth many things: as wisedome, eloquence, knowledge of things, remembrance, skill in some trade, or craft to liue by, iustice, courage, and other things and qualities moe, which were too long to rehearse: and though some of these be lacking, yet he is not to be misliked, so that he haue many of them. But in a maide, no man will looke for eloquence, great wit, ordering of the Common-wealth, prudence, &c. Finally, no man will looke for any other thing of a woman, but her Honestie: the which onely if it be lacking, she is like a man that wanteth all that hee should haue. For in a maide, the honestie and chastitie is in stead of all. She verily may truly be said to bee an euill keeper, that cannot keepe one thing well committed to her keeping, and put in trust to her, with much commendation of words: and especially which no man will take frō her against her will, nor touch it, except shee be willing her selfe. The which thing onely, if a woman.

When a woman loseth her honestie, then hath she lost her chiefe treasure.