Old Cornish [ɪ] to Middle Cornish [ɛ]: a few examples, with notes on how KS spelling decisions have been taken

benyn
-yn by etymology: plural -es shows this suffix is not -en (-ednow)
benenes by rule: stressed syllable in polysyllabic word ɪ > ɛ
Contrast bledhen < *blidhina by a-affection: original vowel still seen in plural bledhydnyow
So UC benen is a less suitable spelling

dyweth
dy- by etymology
dewetha by phonetic rule: pre-tonic ɪ > ɛ
Contrast retention of in pre-tonic position in words where the meaning of the prefix is transparent: an instance of morphological levelling
So SWF diwettha is a less suitable spelling

meneth
-yth (ydh) by etymology (cf plural menydhyow), but parallel form mena confirms that i-quality in unstressed syllable (i coloured schwa) was lost in this word
So SWF menydh is a less suitable spelling

nowyth
-yth (ydh) by etmology
nowedhy by phonetic rule: stressed syllable in polysyllabic word ɪ > ɛ
So UC noweth is a less suitable spelling

kyns
y by etymology
kensa by phonetic rule: stressed syllable in polysyllabic word ɪ > ɛ
So UC kens is a less suitable spelling

kensa
By phonetic rule: pre-tonic ɪ > ɛ
So SWF kynsa is a less suitable spelling

ryb
y by etymology
Pronounced [reb] by phonetic rule: pre-tonic ɪ > ɛ
But KS does not adjust spellings of prepositions (cf dhyrag vs arâg)
So UC alternative reb is a less suitable spelling

kelgh
y would be etymological but *no* evidence of this spelling in the Corpus
So we go with universal Corpus spelling
A phonetic rule may be operating here: arguably [ɪlx] is an impossible sound combination for Middle Cornish – we find it in just one attested word, fylgh 'scythe', and that is only in Lhuyd
So SWF kylgh is a less suitable spelling