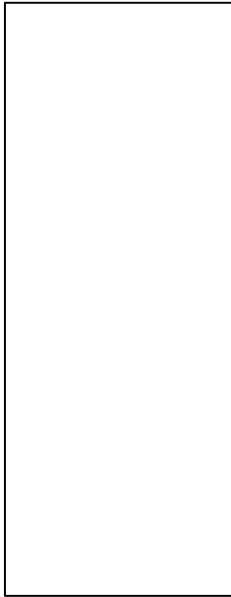


Aire Currents

Newsletter for the
Canton of Aire Faucon



Janet Thompson
515 E. Ohio Avenue
Bessemer City, NC 28016

Come visit us on the web ...

<http://aire.atlantia.sca.org/airenoframe.htm>



Volume VII, Issues I- VI
January- June A.S. XXXVIII
being 2004 Gregorian



Canton Regnum for Aire Faucon

Seneschal & Chronicler:

Lady Maeve Griffinsward
(Janet Thompson)
gryphon@carolina.rr.com

Deputy Seneschale:

Lady Brianna O'Duinn
(Sherra Dunn)
brianna@roanwoulfe.com

Chatelaine:

OPEN

MoAS & Deputy Chronicler:

Lady Katerina Sina Samovicha
Kathryn Evans
CheshireKat@charter.net

Exchequer:

Lord Otto von Schwyz
(Tim White)
twhite614@earthlink.net

Herald:

OPEN

Webminister:

Lord Cyriac Grymsdale
(Kevin C Towery)
valmersage@aol.com

Knight's Marshal:

Baroness Fiona MacLeod
(Andrea Davis)
fionasca@hotmail.com

HAPPY BIRTHDAY TO:

Jessica August 7
Johan August 24
Fiona (Megan) August 28



MEETING MINUTES

January 13, 2004

New Business: Ymir - remember to get reservations in. Inn on the Road - \$352 total expense for feast - \$90 people cooking (360) - \$20-\$25 children - Catherine St. Loe will do children's' activities. \$? Prizes for tourneys

Donated. Making decorations, bring banners, count on 90 people, and encourage reservations, charity to be the battered women's shelter. Novice Tourney- Challenge of Phoenix: Gaelan to use Robear's field kitchen. Working on a bid for IAPE for January at Daniel Stowe Gardens

Seneschal: 4th quarter reports for seneschal, chronicler, MoM & Waivers are in. Rapier charity tourney @ Ymir - will get name of charity for checks - collect practice, university & Feb meetings @ Friday night of Ymir - New web minister - Kevin (Cyriac)

Exchequer: getting married, will do report ASAP. \$1243.94 in acct.

A&S: new Pearl in Canton - Kisaiya, Canton A&S night - Wednesday, Next Tuesday - Spinning, Next Wednesday: baronial spinning night, Other baronial A&S nights?, What is happening
Charlesbury Crossing 1&3 Monday, Jessamyn's A&S Wednesdays at announcement regularly scheduled meetings

Knights Marshal: Fiona's warrant paperwork in & ready to go, Letter from Maeve to go to Alan - paper signed by seneschal & two officers

MoL: Manya & Fiona - class done, test take & now two events to do

Chronicler: newsletter electronic will go on website, Remember it is up will go out, Subscriptions .50 left if you want refund give to Ymir

Heraldry: been crazy, working on it, will get together with Baronial herald.

February 10, 2004

New Business: We need a deputy seneschal. Need to bring money for the library next month; Gaelan and Jonathan both gave money for this month. We are still waiting on Fiona's marshal. Exchequer and MoAS were the only officers present. A new proposal was put forth to take fifteen to twenty minutes at every business meeting for a short A&S class or presentation. The thought was to get people in the canton interested in what everyone else is doing, and also to give newcomers an idea of what it is we do. Katarina, as MoAS, volunteered to give the first presentation and then would organize it and get other people lined up for future meetings.

Exchequer: we have money.

MoAS: Asim and Susanna both taught at this past University, Asim received his Pearl, Lydia was made a Fellow of the University, and the next university will be held in Falcon Cree for anyone who wishes to attend or teach. No update on Inn on the Road, as the autocrat was not there.

March 9, 2004

New Business: Need to move May meeting to 3rd Tuesday, as room not available on 2nd. Bid for Phoenix Eye for Jan '05 @ Daniel Stowe to be turned in w/I next couple weeks. Market Day tentatively scheduled for July 31st. Jonathan gave a presentation on how to write poetry

Seneschal: nothing happening



Chronicler: newsletter out soon, as (will be) our phone directory

Exchequer: same amount of money

MoAS: not present

Chatelaine: not present

Knights' Marshall: Fiona is officially warranted

April 13, 2004

New Business: The Callahan's, returning canton members were present. Shelly is interested in dancing, cooking & needlework. Inn on the Road: Susan providing best documentation prize from barony. Need heavy & rapier prizes - bell, pommel & quillions donated by Otto. June 12th - Wastelands tourney, pleasant gardens, NC, autocratted by Otto.

Seneschal: quarterly reports are in - Several newcomers: Jim: William de Roan interested in heavy combat.

Chatelaine: needs someone to take office over.

MoAS: two new laurels in Canton, Bera & Susanna, banner class - Wednesday night - another banner class

Exchequer: Stepping up into Baronial position, looking for a replacement

Chronicler: putting an edition out soon.

May 11, 2004

New Business: Lord Gaelan has six signs, shield shape w/ posts. Plan to repaint the SCA part in reflective paint - Gaelan is storing them. Inn on the Road went well, vivats to Katheryne and her staff! Distributed prizes. Recommend take 74 Business off directions. Thorgrimr came & washed dishes / left before feast. Shall we continue to use Loy White? Rates increased - \$139 site, \$2/person insurance. Camp Rotary, alternate site, but there are not a lot of openings. Get and compare price info on camps & make decision, then make reservation for next year.

Seneschal: contacted by William of Falston, moving back down here, address books are ready, Cyriac has updated the elist.

Chatelaine: Margaret is stepping down, need volunteers; reminded seneschal will have to do report

MoAS: no one comes to A&S nights; Oddny got Pearl; Fiona - OPE; Talorgen - OPE; Mistress JeanMaire willing to share info.

Knights Marshal: reports in; practice this weekend, Axel doing youth practice of BP this weekend

Herald: position open. Katherine's name passed. Sal available for consultation.

Exchequer: \$963.94 as of Apr. 30, Inn on the Road figures not included, Lydia stepping down - Otto stepping up (transition working).

Web Minister: Page is up, member pages are up; email your heraldry to him.

June 8, 2004

Old Business: IOTR report in

New Business: Oddny, Lydia, & Jonathan taught at University. IOTR: next year, new direction, cooking experience - Robear, Oshi, Val, Thorgrimr cooking feasts; Lydia is volunteering as autocrat. The deposit is \$139, \$2/head per insurance @ Loy White. Like to try to bring more people in & raise event fees, \$400 site fee; \$5/head feast, max cap in hall 125? 100? \$50 - prizes \$35 - supplies, \$25 - gifts. Next year's draw to be food - IOTR IX - Smorgasbord?



Focus on food - no fundraisers - maybe gaming and dancing. Total expenses about \$1200, profit about \$600. Per head cost \$14 (used to be \$10).

Visitors from Charlesbury Crossing- Market Day is now scheduled for Oct 17th after Kingdom Crusades, weekend event @ Elkin, Cyriac is the autocrat, Cool fighting scenarios & food. There will be more showers.

Seneschal: Otto's exchequer warranting paperwork is in, Inn on the Road waivers have been mailed, Spoke with Wesley @ Camp Loy White, available dates are Mar 26, Apr. 23 & 30, May 7 & 14.

Exchequer: \$1270.45, \$139 deposit for camp

MoAS: not present

Chatelaine: vacant

Herald: congratulations to Bjorn, Katarina and Margaret whose names and devices have passed, and to Susanna, whose name has passed.

Chronicler: working on several issues in one.

Web Minister: update from Evans, all working well, bring camera to take pictures of members.

Knights Marshal: IOTR report is in; upcoming baronial practice in Hickory.



THE SENESCHALE'S SENDING

Thank you Katheryne for making Inn on the Road 2004 so enjoyable for everyone. Your first outing as an autocrat was wonderful! I look forward to the plans we are already making for next year's Inn! As always, I am amazed and pleased at the generosity displayed by our canton throughout the year; the service to Barony and Kingdom, the additions to gift baskets, the courtesies at events. You all make me proud to be your seneschal.

In service,
LADY MAEVE



THE CHRONICLER'S MUSINGS

Thank you, everyone for your patience in waiting for this issue of the newsletter. I'm already working on next month's. Remember, I'm always looking for items of interest to the canton, so please let me know what you'd like to see in YOUR newsletter.

Always in Service,
LADY MAEVE



A&S' LIGHT

Just a reminder, everyone look for the next issue of Atlantia's A&S newsletter, The Oak. It will feature some of Lord Jonathan's poetry.



Title: I Volunteered for What?! or How to be the Head Cook for an Event

By Lord Otto von Schwyz

Introduction: Now you've done it. You and your helium hands just went nuts and said that, "Why yes, I can cook for the big event." When you got home the realization of what you just did hits you between the eyes. Now you have a vision of 150 very hungry people rushing the kitchen to find out why you have not sent out a loaf of bread yet. Not to worry, in the next few months, I will go over step by step instructions on how to plain out a menu, cost out that menu, and how to stay in budget. Next, I will go over the need to plan out your service and go over the need for a hall steward. Finally, I will explain what you should expect from your kitchen, the need to keep it sanitized and the difference in being clean vs. sanitized. The only thing that I cannot help you with, is the cooking. So for the next six months I will be writing to you about the different steps I take in being a head cook.

Chapter One: The Site

The most important thing for a head cook when dealing with the event is the site. It is the site that will dictate what you will serve, how you will serve it, and how many you are going to cook for. The key to a successful feast is communication and a good relationship with the autocrat.

I suggest that you and the autocrat go to different sites. This will give you a good idea of what the autocrat has in mind for the event. And, unless the autocrat has cooked for a few feasts or works professionally in a kitchen, they will not have a good idea of what to look for when it comes to kitchens. Most autocrats that I have worked with look at the hall or the field first. If the hall can seat 200 or the field can handle the activities that the autocrat has in mind, then more in likely that will be the site. The autocrat will see a kitchen space and the owner of the site will say that they cook in it all the time. What they fail to say is that they cook for maybe 30 people once a month and only to boil water because the oven doesn't heat evenly.

When I look for kitchens there are a few major must haves for me to sign off on the site. The most important thing for a kitchen in my opinion is refrigeration. Keeping stuff cold before you use it is an absolute. As you read further into sanitation you will understand. The next is a three bay sink, this will be found in almost all public kitchens due to sanitation laws in most states. Make sure that the drains work and that the water is turned on for the event.

The next few items will tell me what type of food I can or cannot serve. One is an oven and a stovetop burners, another is steam kettles or a steamer

Make sure that you have good communication with the autocrat. In fact, help with finding a site by going along. Not only do you get an idea of what the autocrat has in mind for a theme but also you can see the kitchen that you will be working in. When I get a call to do an event, most of the time the site is already picked as well as the theme. The dream kitchen for most experienced head cooks is one that is large, well stocked, and working. I have horror stories of feasts that I trusted the autocrat, did not see the kitchen



before the day of the event, and had only one burner and an oven that worked "most of the time." Most of the time a site will have about 90% of what you will need and you can make up the rest.

So what do you look for in a kitchen to make your weekend as smooth as possible? First, the most important things are can you keep food cold, hot, and is there water on site. Check to see if there are working refrigerators. Walk ins are great but if a standard kitchen refrigerator is all you have you will have to keep track of how much traffic is going in and out of the refrigerator. Too much traffic and there will be no way to keep anything cool. Next is, can you keep cooked food hot? Holding ovens and hot boxes are wonderful to have on hand but it will be a rare time to find one at a site. Keeping food hot is both for the guests' pleasure and their safety. You will have to keep track of time as to when things go in and out of ovens and the service timetables are key if you don't have a way to keep your food hot. Last but not least, is running water. Mundane law prevents restaurants from operating without running water and it should keep you from accepting a site that has no running water. There will be a section on the safety and the sanitation of a kitchen later in this paper, I will go into more detail as for why it is necessary for a site to have running water.

Next is cooking equipment. Are there pots and pans; dishes, spoons, knives, and everything else that you will need to prep, cook and serve your food. And make sure you have access to them as well. A site could have them but if you don't ask if you can access and use them, it might as well be a barren kitchen. Oven, stove, and other cooking surfaces need to be tested at the time of site selection. Make sure that everything works and double check it at the day the autocrat takes "ownership" of the site. This will cover your back if the site calls up on the Monday after asking for a few thousand dollars to fix an oven that wasn't working that Friday before. It will also give you a good idea of what you can and cannot fix for a feast. I make sure that the equipment works, if not find out if it is going to be fixed and then I make up my menu by what I can and cannot do in the kitchen.

The site is the biggest step for any event. It will give life to your weekend and depending on what the site has will dictate what you will serve. Talk to the autocrat, express your needs and remind him/her that no matter if the event went well, a bad feast will ruin the event for all and leave a bad taste in everyone's mouth concerning how the your group hosts events. Make sure that the equipment is available and working both before you sign for the site and the day of the event. Have backup plans if the equipment doesn't work. And last make sure that you have the ability to have water, ice, and heat for your feast.

QUILT HISTORY

By Lady Sarah Davies

The word "quilt" summons a host of images: thrifty pioneer housewives piecing elaborate patchworks for their families; album quilts signed by every member of a community as a gift for a departing mayor or pastor, or perhaps raffled for a worthy cause; perhaps even a wholecloth petticoat worn by a colonial dame as she danced with George Washington, or a brightly colored scrap quilt made by a grandmother or aunt during the Depression. The popular image of the quilt is of the quilt is modern, calico, and American. It certainly isn't medieval!

The problem with this familiar stereotype is that it doesn't go far enough. Quilting may have reached its apogee in the glorious appliquéd quilts of 19th century Baltimore, but it was practiced nearly two thousand years earlier. Quilted garments padded Crusader mail, quilted linens adorned Renaissance bedchambers, and



quilted Evangelists were treasured at 15th century monasteries (Colby). The evidence is scattered and sometimes hard to recognize, but quilts and quilting were hardly alien to medieval Europe.

HISTORY

The word quilt is derived from the Latin *culcita*, meaning a padded and tied mattress similar to a Japanese futon. Quilting is a needlework technique involving two or more layers of fabric, usually sandwiched with padding of some sort, stitched together in a decorative pattern.

It appears to have originated in Asia sometime before the first century C.E. The first known quilted object is a quilted linen carpet dating from that time found in a Siberian cave tomb (Colby 1971). The central motifs (primarily animals, with abstract spirals on the borders) are worked in the backstitch, while the background is diamond quilted in a coarse running stitch. Whether the Siberians developed quilting on their own or learned it from outsiders, its advantages in such a cold climate are obvious: warmth without bulk, strength without stiffness, useable in everything from clothing to saddlecloths, and unusual enough to be traded for luxury goods. That quilted objects were indeed traded is obvious from the next oldest quilted artifact, a spiral quilted slipper found in a rubbish tip in Samarkand, a major stop on the Silk Road between China and Europe (Liddell). The backstitch technique is identical to that used in the funerary rug.

Quilting does not appear to have been done in Europe much before the 12th century, and is usually thought to have been brought back from the Middle East by the returning Crusaders (Colby 1971). However, a recent discovery from Germany indicates that quilted objects may have been known during the Dark Ages. A Merovingian tomb from the 5th century contained a wool twill pall quilted with Egyptian cotton (Rogers). Although the pall was obviously a luxury item, and almost certainly imported, it suggests that quilting was established enough in the Mediterranean to be traded to the less civilized north.

The next evidence of quilting in Europe appears in a French poem of the 12th century, *La Lai del Desire*. It mentions a "quilt of two sorts of silk cloth in a checkboard pattern, well made and rich" (Colby 1971) adorning a bridal bed. The 13th century German *Parvizal* also mentions a quilt on a bed in the *Grail* castle (Eschenbach), suggesting that bed quilts were fairly common in aristocratic circles in at least two countries. There is also a reference in a French inventory of 1297 to a ship captain in Marseilles owning a *courtepointe*, later the French word for quilt (Berenson).

Quilting clothing and armor began to appear in the 14th century, with quilted doublets and armor appearing in France, Germany and England (Colby 1971) and quilted tunics in Italy (Ibid). Quilted jacks and brigantines, often padded with metal plates, were produced by professional armorers in major cities such as Paris and London (Staniland), while the domestic articles could have been done either by professionals or individual household embroidery staffs. Quilting may have even worked its way down to the lower classes by then; a tiny 14th century Italian ivory shows St. Joseph, traditionally regarded as a peasant or lower class artisan, wearing a diamond quilted tunic (Colby). Quilting had clearly become part of the European needlework tradition.

The first surviving European bed quilts are three *trapunto* (or stuffed) quilts from the same Sicilian atelier. Two, one in the Victoria & Albert Museum in London and the other in the Bargello in Florence, are believed to have been made for a wedding in the 1390's (Young), while the remains of a third, in a private collection as late as World War II, may have been made for the royal house of Anjou (Loomis). All three show scenes from the *Tristan* legend, with the Anjou quilt including a border of the Seven Deadly Sins! The trio is worked in the same technique as the Siberian rug of 1200 years earlier: backstitched linen on linen around the decorative motifs, cotton stuffing in the *trapunto* sections, and running stitch quilting in the backgrounds. A similar quilt, possibly of silk, is shown in the Flemish Bartolomeo Bermejo's 1450 painting *The Death of the Virgin*, placing quilting in the Netherlands by the 15th century (Lidz), while a German painting of



1500 shows a quilted, pieced tunic in what may well be the first accurate depiction of pieced clothing in western art (Gwinner). These early quilts and quilted objects, and virtually all surviving quilting until the 17th century, were of linen stuffed with raw cotton; if wool flocking was ever used for anything besides perhaps armor, it was far too attractive to moths to survive (Colby).

That quilting was not confined to Italy and Germany is evident from two 15th century French references. A Provençal inventory of 1426 mentions bedcovers worked with figures of Alexander and Solomon "in the style of Naples," almost unquestionably a reference to trapunto. Sixty years later the bedchamber of no less a figure than King Rene of Anjou contained a quilt "stitched with figures of men and women" (Berenson). Although the design of King Rene's quilt is unknown, the Seven Deadly Sins quilt referenced above featured heavily stuffed fleurs-de-lis, a device used by the House of Anjou. It is just possible that part of King Rene's quilt survived into this century, and may still be in an Italian castle!

The Renaissance brought increased trade with the Eastern countries where quilting originated. The Ottoman Empire had a native tradition of quilted bedcovers and caftans; surviving examples from the courts of 16th and 17th century sovereigns such as Suleiman the Magnificent and Selim the Grim are worked in the running stitch on silk broadcloth and brocade, sometimes in contrasting colors (Tezcan). Court etiquette dictated that clothing be presented to foreign ambassadors, so it is probable that European diplomats posted to Constantinople returned with quilted caftans in their baggage.

This was also the time when European countries established colonies and trading posts in Asia. India had a strong native quilting tradition and quickly began producing export work in cotton and silk (the very word calico, later the name of the favorite quilting cotton, is derived from Calcutta). Portugal in particular imported "pintadoe quilts" from its Indian possessions (Rae), as well as palampores and unquilted spreads that were later worked up into "colchas" on the Iberian peninsula (Gillow). Many of these mixed European and native design elements with varying degrees of success, and were as popular in Protestant England as in Catholic Portugal; the formidable Elizabeth, Countess of Shrewsbury, owned at least one Bengali quilt of silk and cotton (Levey) in addition to others of unknown provenance. Other quilts appeared in inventories throughout England, and despite a tendency to refer to quilted petticoats as "quilts," enough of these appear in linen and bedroom inventories that make it clear that these were indeed intended as bed quilts, not garments (Colby, Girouard). Henry VIII, for instance, gave his fifth queen two dozen "gold and silver" quilts from the royal inventories as a sign of favor (Rae). Even given his multiple marriages, it is hard to believe that Henry would have had two dozen quilted petticoats waiting for an owner!

These import quilts were so popular that a native European tradition seems to have arisen by the late 16th century. Elaborate whole cloth silk quilts appeared in France, Italy, England, and the Iberian countries. These often featured ships and "exotic" motifs of "Mohammedans" in loincloths, leading to speculation that at least some commemorated the great naval battle of Lepanto (Lidz). Although some were likely made in India, there is evidence suggesting that the chief source was the Mediterranean island of Chios, home to a native silk industry; the silk is not as wide or as fine as the Indian product, and the European design elements are more skillfully handled than in Indian work. A fine example was found in Cornwall in the early 90's (Quilt Treasures), while its near twin surfaced in the Winterthur Museum in Delaware last year (Lidz).

Not surprisingly, quilting became very popular among aristocratic circles. Quilts were expensive, beautiful, and warm, all desirable qualities for the upwardly mobile in the Little Ice Age of the late Renaissance. A spectacular 16th century example was made in Germany (a trapunto spread showing fantastic beasts and birds) (Staniland), while the bed chambers of Elizabeth, Countess of Shrewsbury and her ward, Lady Arbella Stuart, contained no fewer than three quilts (in addition to enough pillows, blankets, carpets, and other linens to supply a small town for a year) (Girouard). Keep in mind that Bess of Hardwick was but a dowager countess, albeit a rich one who loved to embroider. It is hard to imagine how any sovereign in Europe, even



the luxury loving Elizabeth, could possibly have topped this display. Even Scandinavia had its high quality quilts, with Margareta Leijonhufvud, second queen of Gustav Vasa, owning a silk bedcover with a pieced lining (Wettre). Quilted garments were also made, usually either petticoats or doublets (Kohler).

The true heyday of European quilting came in the late 17th and early 18th centuries, when quilted petticoats, waistcoats, bed linens, caps, and even doll clothing (Noble) became wildly popular among the upper and middle classes. By the early 19th century quilting was an established folk art in the United States, Britain, Canada, France, Sweden, and Germany (Gwinner), often with the same patchwork patterns developing independently in two countries (Wettre). American patchwork was perhaps the most elaborate in history, with several thousand documented block patterns in addition to superb trapunto, applique, and "crazy patchwork" (inspired by Japanese yosegire work) (Liddell).

Regardless of quilting's new association with America, its medieval roots are still evident; 19th and 20th century Welsh needle workers use patterns almost identical to those used on Chios three hundred years earlier (Rae), while the stunning Marseilles work of the 19th century is just as elaborate as the Italian stuffed work of the early Renaissance. Medieval quilting is not as familiar as its later counterparts. Perhaps it is time to restore it to its proper place among the ancient needle arts.

TECHNIQUES

In its simplest form, quilting is simply decorative stitching designed to hold two or more layers of cloth and padding together. At least three methods were used to do this: the backstitch, the double running stitch, and the running stitch.

Backstitch quilting is the oldest technique, used in the 1st century Siberian rug (Colby). It is surprisingly fast and accurate, and by far the easiest stitch for working with raw cotton wadding. It eventually gave way to the daintier running stitch as better materials became common.

Double running stitch was used in the Indo-Portuguese and Chiosan silk quilts of the late 16th and 17th centuries. It looked exactly like the backstitch on the top, with the added advantage of being reversible. Several 17th century silk quilts are indeed fully reversible, with the stitching matching the color of the "top." The most popular combination was a strong cochineal magenta top and an indigo/weld olive green back, with at least one with a pale indigo blue top and light cochineal or madder pink back (Lidz).

The running stitch was used in the Siberian rug and the Sicilian wedding quilts, but only in the unpadded background sections; as stated above, it is all but impossible to produce fine, even running stitches through lumpy raw cotton. It became more and more popular as small needles, fine cotton and silk thread, and smooth, carded cotton became available. By the 18th century only the professionals of Marseilles used the backstitch, and that primarily in clothing (Berenson). The running stitch had become the standard quilting stitch and remains so to this day.

MATERIALS

Surviving period quilts are exclusively of either linen or silk, worked in matching thread, and stuffed with cotton. If wool was used, no example has survived. Early examples are natural linen or silk, with motifs outlined in a darker color such as brown or gold; later examples were worked to match the quilt top (Colby). Silk came into vogue in the 16th and 17th centuries, with the Asian trade. The Chios quilts were made from an unusually narrow (27") silk inferior in quality to the Indian product, which tended to be wider (Lidz).

SCA USES



There are several uses for quilts and quilted objects in the SCA. The most obvious, and common, is armor. Although quilting was used for both gambesons and jacks (*Gwinner*), padded linen jacks cannot be made list legal. However, a finely quilted jack or arming doublet would look spectacular in court, particularly if the wearer's arms were quilted onto the back. A better choice for a heavy weapons fighter would be a gambeson or a quilted tunic worn over plastic armor in cold weather. The only caution would be to use only cotton batts - synthetic batts do not breathe, and armor made from them could cause a fighter to overheat and suffer a heat stroke. Most pre-quilted fabric is made with polyester batts and should be avoided for this reason.

Another good choice would be quilted bedding, either pillows (excellent for beginners) or bed quilts. Bed quilts are warm, practical, and be as plain or as fancy as desired. Most fabric stores offer basic quilting classes, by either hand or machine. Machine quilting is obviously not period, but it's possible to quilt a whole quilt in a day by machine. Virtually all modern quilts are made of cotton broadcloth or calico - again, not period, but washable, cheap, and very practical for camping. And Indian tapestries are so close to period "pintadoe" cloth that a quilted tapestry would make a fine addition to any campsite.

And of course there's always garb. Period choices might include caftans or caps for

Middle Eastern personae, doublets or bodices for later Europeans, caps for Elizabethan dames, and underwear a la Provence for Cavalier ladies who want to be complete from the skin out.

One warning: quilting is addictive. The calicos used for modern quilting are among the most beautiful cottons being made today, and who can resist beautiful fabrics? So - don't be surprised if what begins as a single gambeson, or a way to use up scraps, turns into a full-blown obsession. "Quilt pox" isn't period, but it sure is fun....

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Lady Sarah will be teaching at Pennsic in case you're interested (Wednesday and Thursday), with two hours on period quilting (9-11) followed by two hours on pieced clothing (11-1). She'll be camping with Bergental at N-21 as well.

A Lapidary - Translated into the Language of the People of Calontir in the Reign of Their Royal Majesties Eringlin & Alethea. Revised for the Calon Scrolls in the reign of Luther and Lenore. This work is presented that all might know the uses and virtues of stones and gems as told by the Ancients.

By Agnes deLanvallei

This book of stones was dedicated for King Eringlin and Queen Alethea of Calontir, May Heaven ever protect Them, and is rededicated to King Luther and Queen Lenore, may Their reign be joyous. From this work all may know the virtues of the stones of the earth: how the learned would chose a stone, the virtues thereof & how it should be worn.

Herein is but writ anew, now in the modern tongue, the wisdom of the Ancients, for they knew well the virtues of stones. And should any doubt that there is virtue and power in stones, that person be surely a fool.

These are the stones

Aetites, the eagle-stone. - This stone eagles fetch from far lands and bring to their nests to defend & keep their bodies safe. It is round and found in the Great Sea. The stone has another stone within it. It is good for a woman with child that she not lose the child. The people who bear it on their left are kept healthy in age, in good means and rich estate. It makes one well beloved; & causes a good wit. It eases the gnawing of gout.

Amethyst - is purple in color & shining. It is most often found in India. It comforts body and soul. If a wild beast comes into the place, whoever wears the amethyst shall not fear. It comforts sorrows and holds one



strong in faith. It comforts shipmen. It helps those that are drunken. It is to be set in gold and silver.

Agate - is found in the East in the River Agate. It is many things. One is black, girded with white lines. It tempers thirst, comforts the aged, & he that holds it close in his fist shall be invisible. Another agate smells like myrrh. Another is of the color of wax. All these agates are good against venom & the bites of adders. They warn of harm & give good council. Agates make one speak well & be beloved by God and man.

Allectories - grow inside the chicken until it is 6 or 7 years old. Then the stone is strong, but no bigger than a bean, and it is like troubled crystal or clear as crystal & water. If held in the mouth it staunches thirst. Those who bear allectories shall have victory from their enemies. Many kings have won their battles by the help of this stone. It makes enemies friends. It makes one well spoken & well loved. It is of much worth to a woman who would conceive and bear a child. It helps a woman that would be loved of her lord; and a man who would be loved of his wife. He that would prove this stone's virtue must put it in his mouth.

Ambra, or cymbria, - is a stone that comes of a fish in the sea; this stone is white and dry as chalk. Whoever bears this stone shall be merry and shall never take great cold in water or on land. Whoever bears this stone in his mouth, no storm in water or land shall do him harm.

Balas Ruby known as baleyes, - comes from an island between the seas called Counche. It is like the ruby in color. It cools the heat of lechery. Whoever bears balas, it shall put from them idle thoughts & sorrow. He who shows it to his enemy, shall soon be accord with him; & who bears it amongst his enemies shall go safe from them. If a man touches the four corners of his chamber or of his hall or of his garden with this stone, no worm or storm shall do harm. This stone is to be set in gold.

Beryl - is somewhat like crystal & it comes from India. It is round and casts a fair color against the sun. It nourishes love between a man and woman. The water that the stone is washed in is good for sore eyes, & being drunk, it does away with heaviness of heart. It helps all manner of evils of the liver, & is good for fevers. Whoever bears it shall be much worshipped. The great books say that beryl should not be shaped, but rather plain & polished. When the sun shines on it, it takes fervent heat, which signifies the first preachers of the holy church that preached the words of Ihesu Christ.

Carnelian - is like unto a lump of flesh. It soon reduces a man's wrath. It strengthens the limbs of those who bleed. It comforts men or woman despite their sickness and disease & helps them to recover soon. Therefore we ought to love it; it procures love and is pleasing to all.

Chalcedony - is in the womb and maw of a sparrow. It is not full & fair but has much beauty in itself. It has two manners and two colors, the one blue, the other red. It is good for men if they be lunatics, & for men and women languishing and diseased. Whoever bears it will be full wise in speech and well beloved. It must be borne in a linen cloth upon the left side. It helps to complete the work that was begun. It helps greatly against menacing and threatening people, against the wrath of the king, lords and ladies. This stone, washed in water; the water will help the eyes & ease a fever. It strengthens and opens the humors in a man's body. It should be wound in a linen cloth that is dyed green. He who shows it to his adversaries will win them to his cause. If a man be surrounded by wrong, it keeps him to the right. Whoever bears sardonyx, onyx and chalcedony shall be well provided with goods and good qualities, but if they are lost, it is a great sin to bear.

Chrysoberyl - is called also belloculyis, which is beautiful eye. This is like a beryl that has within is a pirell of clearness and about that is a shining circle like yellow gold. Whoever that carries this shall never be dead in battle.



Chrysophase - comes from India & has a color like a fruit of a green apple, & from it, as it were, shine green stars. The man who bears it on him shall be full of grace and right well beloved of all that know him, be they man or woman. Whoever bears it; men shall be glad and joyful of their coming. The Book of the Apocalypse says this stone & its color signify the Lord lying in travail.

Citrine - is a kind of hyacinth and has the same virtues.

Coral - grows in the sea as a grass & when it is out of the sea it is red and like a branch. It is no longer or greater than half a foot. Old masters and authors do write that it defends and keeps one safe from lightning, thunder and from the fury of the storm. It is good to put it in a vineyard or garden, for it will protect it from tempests. It makes the fruit increase. It protects one from faintness. It gives the traveler a good beginning and good ending to the journey on which he takes it.

Crisolite - is like the water of the sea & has in it, of its own kind, sparkles like unto gold. Whoever bears it on him shall do no sin or evil, nor be accused in any land, but shall be beloved of all people. If it has a hole through it, put a thread of silk through it, & wear it & it shall drive away all evils and fiends both early and late, for the stone comes from Ethiopia. It should be set in gold and borne on the left side.

Crystal - is clear and white & keeps away thirst. Make a powder of crystal and give it to a woman to drink to greatly multiply her milk. Touch the crystal unto a stone that has lost virtue through the sin of him who bears it, & so it will amend the sin: it shall return his strength through the virtue of the crystal.

Diamond, - also called Adamant, comes from India and from Arabia; that from India is male, from Arabia, female. The male is brown upon light shining on it, the female white & beautiful of color like crystal. If a man wears diamond, it strengthens him & keeps him from dreaming in his sleep, from faintness and from poison, from wrath and chiding. It sends & helps acquire great wealth. It defends a man from his enemies and keeps him in good estate. There is no stone so good for charms as this. If a man will prove that his wife or lover is true and loves him, lay this stone under her head and if she be true she shall turn toward him, if not she shall stir as a beast and make as though she fell, & cry as if she feared an ungodly sight. Though one falls from a cart or wagon or horse or other beast, he shall not break any bones if the diamond be on him. It does away with the all the fears that come in the night. It destroys hatred and wrath and lechery. Aid a witless man by having him look upon a diamond. It is good for dropsy. It defends against enemies, if the one who bears it loves God. It gives grace to man and woman and gives good council, & it helps a man to great power and strength. And if it is put in wine & afterward puts it in the mouth it helps soothe heartburn forever. And it keeps seed of a man's body within a woman's body, so that the limbs of the children shall not be crooked. It must be set in steel and worn on the left side.

Emerald - is green and comes from the Stream of Paradise, and from Syria. Those of Syria are the best. This stone multiplies a man's goods. Whoever bears it on him & keeps it clean, it makes wise of word and fortune. Emerald is good for the gnawing gout. Emerald heals the sight when looked upon and calms great storms. It voids lechery, for God gave it such virtue. Whoever keeps it, his body and members should be ever clean and without evil & St. John says that griffons keep emerald in Paradise. It must be set in the best gold and borne on the right side.

Heliotrope - surpasses many stones for virtue, for God gave it such strength. It comes from Ethiopia and Africa. It is of color like an emerald and has drops of blood. If it be put in a vessel of water against the sun, it seems that the water is all red. Whoever bears it shall be a great purchaser and happy to get goods. It keeps the body in health, virtue and power. It staunches blood and it is good against venomous wounds.

Hyacinth - is red and gentle and of great virtue. It makes a man glad and honest and true to himself. Put in



the mouth, it will kill thirst. A man may go far into countries without fear of beasts and other things if he carries hyacinth, & that which he goes for shall soon be found and will not hidden from him that carries hyacinth. And he shall have no dread or doubt of his host, wheresoever he may be, by land and water. Hyacinth is to be set in fine gold.

Yellow Jacinth, - called ligure, helps jaundice. It is good against many types of gout, and cleans away all sorrows of the stomach. Ligure pleases a man who is angry and gladdens him. It staunches bleeding wounds and the blood of women. The book tells us that this stone is full good for ladies, for the more they shall be pleasing and loving. This stone cools great heat if put in the mouth & whoever touches it to the eyes will dry away grievance and blood of the eyes.

Jasper - which is called also Iaspes, is a stone of 9 types and many colors. The best is green as an emerald. It may have red drops. It protects against dropsy. It helps a woman in bearing children that the sooner she shall be delivered. It keeps a man from fits. It does away with phantoms and fevers. It stops bleeding. It is good against all manner of worms; & heals all manner of poison. Jasper keeps a man from his adversaries. Whoever bears it shall lead a clean life; therefore it signifies the virtues that should be in every good man. It should be set in silver rather than gold or any other metal.

Jet or Gagetes - is a proud gem. It comes from Linche & greatly resembles the diamond. Another type comes chiefly from Britain. It is a black, shining, light & plain stone. It burns in water and is quenched with oil. It is good for phlegm that is between the flesh and the skin. The powder of this in a little water cleans a man's teeth and makes him fast. If a woman be naked in a bath, put powder of jet in the bath: if she be a maid she shall not move far, if she be none she shall stand up in great haste and depart all naked, for shame. It assuages gout if the afflicted burns it & smells the odor thereof. As soon as adders smell burning jet they flee. It forbids witchcraft and charms. It is good against evil spirits. The woman in travail with child that drinks water where this stone has lain in but four draughts: forthwith she shall be delivered.

Magnes or Magnet - is a stone colored like iron & it draws to itself iron. This stone is found in the sea of India. Delder the Enchanter used it much, for he knew well that it helped greatly with enchantments, & after him the marvelous enchantress Circe used it much. This stone makes love between man and woman & gives a man grace to speak sweetly. If a man drink of it in oil it shall purge him of dropsy. A man who bears this stone shall never be filled with anger at his wife, nor the wife with the husband. Whoever has a felon, that is a wart or boil, if he drinks the powder of this stone, shall be healed. If a woman drinks the powder of this stone, she shall be barren; and if a man drinks it four times he shall lose his genitals. The might and virtue of this stone is so great, that if it be set under a vessel of gold or of brass, if iron is set thereupon, by moving the stone that is beneath, so shall the iron move above. It is right good to be set in an azure ring.

Malachites - is a green stone & it is like to emeralds, but a more boisterous green than the emerald & so it is named after the color of mallows, as Isidore wrote. It is found in Arabia. It protects children from evils and accidents. Whoever bears it on his left side, shall not be grieved by wicked things.

Obsidian - is a stone that if a man bears it, there shall never be harm to him, nor shall any man speak harm to him, so long as the stone is upon him. No one who bears obsidian upon their person shall have an evil death.

Onyx - which is Onicle, comes from India and Arabia. Any onyx makes the bearer bold, hardy, strong & brave if it be borne on finger or neck. It engenders good. As the books tell us, if a man would speak with his dead friend, lay onyx under his head and he shall converse with him in his sleep. And if he fails to meet in the night, then the dead friend is suffering and in travail. Whoever that bears onyx shall have many



graces. It should be set in gold.

Prase - is a green stone that comes out of Macedonia. It is good for womankind, for it makes light the labor of women, & is good for a woman who conceives. It is good for helping the father and the mother & is good for anger. Isidore wrote that this stone will never be hot with fire.

Pyrite - is a stone that whoever draws him forth, it will not abide with him. Its name is pyre, that is to say, fire. This stone is to be touched lightly, & be held softly in the hand. If it is held strongly in the hand, it will burn the hand, or if it is rubbed on a finger, the finger shall burn. Pyrite is red, like to the quality of the eggs, & much fire is in it and springs often out. Hang this stone around the neck, & it helps arthritis.

Ruby, also called carbuncle, - is red like a burning coal. It surpasses all the marvelous stones in beauty. It has the virtue of 12 stones. It is said this stone is the flame of paradise. Whoever bears it, the people shall have joy of his coming. If the sick beast drinks water in which this stone was wetted, it will help the sickness. Whoever views this stone shall be comforted. It drives away illness. It makes a man forget his contrariness. It must be set in gold.

Sapphire - comes from the River Jordan & is found in gravel there. It is good for kings, queens and great lords; it shines like the sun, & in it stands golden stars. The best sapphire comes from the Red Sea. When a man holds the sapphire he shall have in thought and heart bliss. It comforts the heart and limbs & protects against poisons. It helps him out of prison if he is imprisoned: if he touch his bonds with the stone, the irons of prison shall break. It is good for accord between people. It heals boils and swellings & the man who gazes much on the sapphire shall be chaste. It destroys witchcraft. It ought to be set in gold and borne on the right side.

Sard - is a precious stone, of a red color, as it were red earth. It was first found in Sardis, as Isidore says. Many count this stone the least worthy of the precious stones, for they say its only virtue is that onyx will not bring grief in its presence, for onyx has some evil tendencies but they will not be shown when sard is there. Sard makes men glad & to dwell in youth & truth & forsake contrariness. It makes a man bold and hardy. Sard that is all red keeps the bearer from enchantments and witchcraft. And protects from the stinging of worms and wild beasts. Whoever bears sard may pass safely across perilous water.

Sardonyx - has the name of the two stones, sard and onyx. It is of three colors: black is the lowest, & white is the middle & the red as vermilion is the highest. That which has the most colors is the best. It is found in Arabia and India. It tempers wrath; it makes a man rest well by night without much dreaming & keeps him from vices. It makes a man chaste and gracious. It makes a woman of good complexion and chaste.

Selenite - is a stone of green color & is called a holy stone. It is from Persia. It grows with the crescent moon and diminishes with the waning moon. It keeps love between man and woman. It helps men if they are languishing or diseased; it aids men if they are outlawed or wrongfully indicted.

Topaz - comes from the flames of the East and there are two kinds, they are like the gold in the sea but one is clearer than the other. Topaz follows the moon: when the moon is full and troubled, so is the stone troubled; and when the moon is fair and clear, so is topaz fair and clear. He that bears this stone shall want to be ever more chaste, & seek ever a more heavenly way. It keeps a man from sin and keeps him chaste in evil company. Kings should behold topazes, to remember the Royal Life of Heaven that shall never fail. It must be set in gold.



By these, the words of the Great, you that read them shall know what stone you should bear, should your need be great speech or safe passage in strange lands or healing.

SOURCES

English Medieval Lapidaries. J. Evans. and M. S. Sergeantson. 1933. London: Early English Text Society. Humphrey Milford Oxford Univ. Press. (#190) From it I used: Manuscript A. Eleventh Century: B.M. Cotton Thiberius A. III The earliest English Lapidary

Manuscript B. The London Lapidary of King Philip a translation of a French lapidary from the 2nd 1/4 of the 14th C, and the French was itself a translation of a Latin original. The translator made lots of errors and substitutions (there are many versions of the French to compare), some innocuous, some with much changed meaning. I use this bad translation as the inspiration for my very free translation to modern English.

Manuscript F. Petersborough Lapidary, from the Petersborough Cathedral ms 33. the most complete compilation, Late 15th century; and Manuscript G. B.M. Sloane ms. 2628. 16th century.

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NOTES

I thank Mistress Therasia von Tux, Shire of Windy Meade, Cynagua, West Kingdom (Catherine Helm) and James Keeler for their help identifying the stones. Modern mineralogy is very different from medieval lapidary, particularly because stones that could not be separated in the Middle Ages can now be distinguished by their chemical composition. In addition, we distinguish fossils from minerals, and they did not.

Stones:

aetites - limonite concretion or limonite-coated geode with a detached core inside; another source said aetites meant bog-iron.

allectories are presumably gall stones.

amber, (ambra) so beloved today, was not much valued in the lapidaries (Italy, France, England 1200-1600).

garnet and ruby were not distinguished in the Middle Ages: carbuncle and ruby can be used interchangeably for ruby or garnet.

jade and turquoise do not appear in the lapidaries.

The contents are freely by me, combining the 4 lapidaries, possibly adding errors of interpretation. This is consistent with the work of the Medieval translators (especially Manuscript B above), whose translation of French or Latin works into English was in places very badly done.

The use of he as the pronoun occurs throughout the originals. While I have toned it down, it was impossible to use only generic pronouns without extensive losses to the sense of the text. Nor is it always clear that



the authors meant the effects to apply equally to men or women.

The later lapidaries (e.g. manuscripts F and G above) put the stones in loosely alphabetical order.

Isidore is St. Isidore, Bishop of Seville, who in the early 7th century wrote an important lapidary.

I undertook this to find out how to choose a stone for a ring since birthstones are a recent invention: it surely provides some suggestions!

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VIVATS

To Mistress Susanna who was awarded her Laurel at the Tourney of Ymir.

To Lady Oddny who was one of the anointed Atlantian Kingdom Arts and Sciences Festival Champions for 2004.

To Mistress Bera who was awarded her Laurel at Nottinghill Coill's Baronial Investiture.

To Lord Talorgen and Baroness Fiona who were inducted into the Order of the Phoenix Eye at Novice Tourney.

To Lady Oddny who was awarded a Pearl at Crown Tourney.

To Lord Otto who was inducted into the Order of the Opal, for kingdom service and the Yeoman of the Sacred Stone at Wastelands.

To Lady Maeve who was inducted into the Order of the Opal at Hawkwood's Investiture.