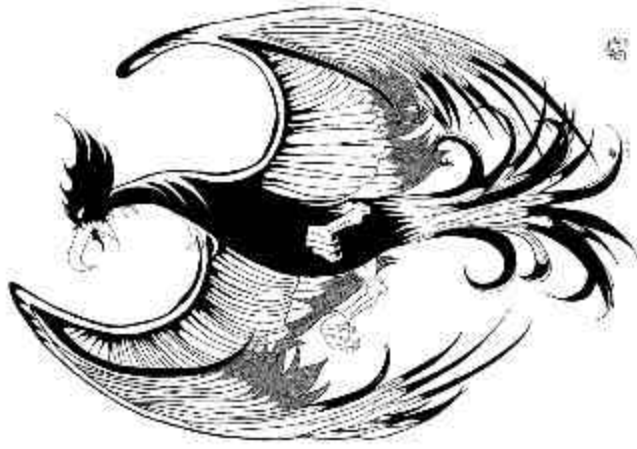


# *The Phoenix*

*The Barony of the Sacred Stone*



*July 2005 AS XXXX  
Volume 19, Issue 7*

Barony of the Sacred Stone, SCA, Inc.  
Kathryn Evans  
4493 Leepers Street  
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# *Unto the Populace*

## **From the Baroness**

Greetings to the Populace of Sacred Stone!

I would like to thank Baron Achbar and his staff of Desert Wind. From all reports it was a wonderful event. I also would like to thank Lord Christian and his staff for running In a Phoenix Eye. This event was a wonderful time and educational. I was impressed by the entries we have. Congratulations go out to our neighboring Barony, Nottinghill Coill, who won the inter-baronial competition. We will have to work hard to regain our title next time.

As the summer progresses, I know many of you are preparing for Pennsic. If you are staying with Sacred Stone, please remember to get your tent info to Mistress Alianor. She has very nicely run this camp for many years now. In that vein, if you are interested in running the camp next year, please talk to Mistress Alianor. She can show you how things work and get you information on being a top notch camp steward. She has been gracious about helping us out, but we need some other people to take on the torch and start helping out.

After Pennsic we have our Baronial Birthday. I hope to see many of you there as we celebrate another productive year within Sacred Stone. We will be having a Champions Challenge in the Heavy, Rapier and A&S categories. I encourage you to partake in this challenge, even if you do not want to be the next champion of Sacred Stone. That being said, I urge you to consider going out for the Champion position. It is work, but it is also incredibly rewarding. You will represent this noble Barony and her people. You do not have to have reached any certain level in the SCA for this position, all it takes is love for Sacred Stone. So please, give some thought to it.

Thank you for your hard work and wonderful energy.

Kisaiya

Baroness

## **From the Herald**

Greetings Sacred Stone!

I will be hosting a consult table at Baronial Birthday this year, so feel free to stop by and get your paperwork turned in. Any heralds who would like to help, feel free to bring whatever you want and do so. Anyone who would like to field herald for Baronial Birthday, please contact me. I look forward to seeing everyone there!

Apollonia

## **From the Castellan**

If you have a Video cam and would like to assist Baron Achbar in a demo DVD, please let me know.

We need garb for men. We have a lot of garb for ladies. If you have old garb and would like to find a home for it, please see Achbar. We can let the new comers to our hobby use it

Achbar

## **From the Chronicler**

Greetings all,

I would like to thank Lady Brianna O'Duinn and Mistress Susanna von Schweissguth for their articles that appear in this month's newsletter. Both articles are very useful and informative and I hope you all enjoy them. And I encourage anyone who might have an article or perhaps a class handout to submit it. It is wonderful way to share information.

Always in service,

Lady Katerina Sina Samovicha

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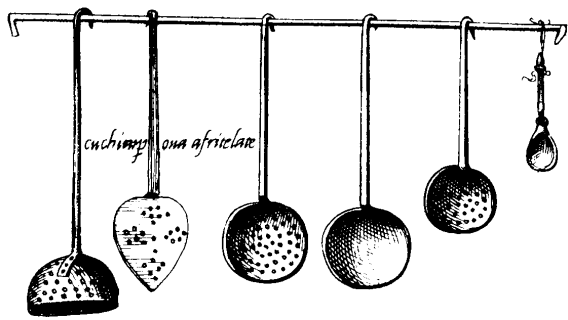
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## Feasting on a Budget

Lady Brianna O'Duinn  
MKA Sherra Dunn

Yes, you can do an elegant feast without breaking the bank. Here are a few helpful hints to allow you to do exactly that.

- Plan well in advance. Determine your menu, write out all your recipes calculating for portions needed and make your grocery list, including quantities needed.
- Know your area. Know what stores you have available, which carry the best variety, and which have the best prices on which foods. Also, does your area have certain foods that are common to the area but not found elsewhere? Or, that are unavailable in your area? Does your store have their own brands and are they any good?
- Farmer's markets can be a great source for vegetables and herbs. Most of the time, you can also find vendors that are willing to discount for bulk. Here again, know your prices. Make sure you know when you're getting a good deal. Also, the quality at a farmer's market can be far superior to that of a grocery store. Even when working on a tight budget, you still want good quality food.
- Holidays. Consider what holidays fall between the time you decide to cook a feast and when the event is planned. Example: If you decide in July to cook a feast for an event in December, you have several holidays in-between. What foods are usually cooked for these holidays that may go on sale? Also, many stores will put leftover food (especially meat) on a reduced price immediately after a holiday.
- Sales are our friends! When you plan well in advance and have your grocery list handy, you can then wait for your items to go on sale. Knowing your area also helps here. Is \$1.99 per pound a good price for london broil in your area? Of course, shopping sales only help with foods that will keep. You certainly can't buy milk a month in advance, but you can buy butter and freeze it.
- Know how much storage space you have available. This is where having friends in your area comes in handy. Does anyone have a deep freezer? What about pantry space? You'll also need a lot of refrigerator space.
- Buying in bulk - friend or foe? Again, it comes down to knowing your area and pricing. Also, take a calculator if necessary. Sometimes, when you break down a price you'll find that it's cheaper to buy, say, (4) 12 ounce cans of beans rather than (1) 48 ounce of beans.
- Prep, prep, prep. It may seem like a good idea to pay a little more for sliced mushrooms than whole mushrooms, and, for a family of four, it's not a big deal. However, when you're feeding 150 people, those cents add up! Do whatever prep work you can in advance. This is also another time when friends in the area helps! Invite all your cooking friends over to abuse, oops, I mean use, well, that doesn't sound good either! Seriously, invite over your cooking friends and have a party.

- Make your own stocks. Buying chicken and beef broths makes things easier, but they can be made cheaper. Remember to keep any unused chicken or beef scraps that can later be made into broth. When it's time to make the broth, keep in mind that the vegetables you use in stock can be "past their prime". Check your store to see if they have any at a reduced rate. It may be a little time consuming, but it can save you money and will usually taste better.
- Group feast stores. Does your local group keep nonperishables that are left over from previous feasts such as dried spices, lemonade mix, tea, coffee, sugar, etc.? These can be of great value.
- Donations. Some head cooks donate some of their personal money toward feast. I cannot personally do this, but I do donate some things from my kitchen. If I have a recipe that calls for a relatively small amount of an herb or spice, I'll just take mine. This is also what I do about stock. If I cook chicken at home, then de-bone it and serve only the meat, I keep the bones and skin for use in making stock.
- Last and least. When you want to include an expensive meat or vegetable, put it last on your menu. By the time that course is served, even the pickiest eater will at least have the edge taken off their appetite. This will mean that the delicacy that you're serving will be savored instead of swallowed whole! This is true of your menu no matter what you're serving. People will eat more of the first course than they will of the last, so remember to plan your meal and quantities appropriately.

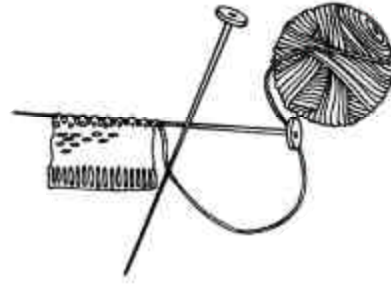


From William Caxton's 1484 edition of *The Canterbury Tales*

# Knitting in the Middle Ages

Susanna von Schweissguth, OL

MKA Susan Evans



The earliest evidence of knitting is in Egypt and the Middle East, at the eastern end of the Mediterranean Sea. These oldest pieces of knitting (1000 to 1300 A.D.) are actually more like small tapestries, made with very small stitches and with different colors in one piece (some multicolored, a number with blue and white patterning).

Most of these relics show evidence of having been knit ‘in the round’ on 4 or 5 needles, much like socks are made today. While there is speculation that larger garments, like shirts, may have been made, the existing fragments and complete pieces only point to pouches, socks, and perhaps small pillows. These small works of tapestry art were made out of linen, cotton, and wool, sometimes combined, and many are still brightly colored.

In Northern Europe, knitted relics, mostly wool, point to a different tradition in knitting. There are competing theories that knitting developed spontaneously in many areas vs. the skill spreading via returning warriors during and after the Crusades.

Regardless of the beginning, Northern European knitting seems to follow the traditions of naalbinding, which pre-existed. That is, wool was used and the stitches were larger, as was the diameter of the yarn. Many of the finished pieces were fulled, adding additional body and warmth to these utilitarian garments: hats, mittens, gloves and socks.

To this day, knitted socks show distinctive differences, which can show whether they were constructed in an “Eastern” (middle Eastern) or “Western” (North European) tradition...

European socks (and this is true of pre-1600 relics) are constructed closely following woven/cut/sewn socks. These models include gussets shaped over the instep of the foot, a seam under the heel and shaping on the sides/bottom of the foot (sometimes omitted.) The European socks, whether knit today or in the Middle Ages are almost universally constructed beginning at the top of the leg portion and ending at the toe.

Middle Eastern socks conversely begin construction at the toe, are shaped to cover the foot and heel, and end with working up the leg.

In the late Middle Ages, extant relics suggest a convergence of Eastern and Western skill, design and materials in Spain, Italy and Southern Germany as evidenced by Eleanora of Toledo’s stockings, the Dresden Trunk Hose and the lovely silk multicolored jackets, which blossomed in the 17<sup>th</sup> century. While we don’t know which specific workshops they were designed and knit in, they show an acme in skill and patterning that I don’t think as been exceeded to this day!

Interesting aside: When I was in grade school in Toledo, Ohio in the mid to late 60’s (1900’s), J.C. Penney sold knee socks that were machine knit in the same pattern as Eleanora’s of Toledo (Spain). I really was meant to be a princess as a young girl!

# *Announcements*

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## **Baronial Meeting and Practice**

The Baronial Meeting will begin at 10:30 p.m. on Sunday, July 24, 2005 at the Salisbury, North Carolina practice site. Baronial Fighter Practice will follow immediately afterwards.

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