

The Middle Ages
by
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*Illustrated by
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Food in the Middle Ages



In the Middle-Ages the people ate very different food than we eat today. The poor people, we call them also peasants, had not much to eat.

Mostly they had land that they borrowed from a richer man. There they cultivated wheat or kept animals like sheep or cattle.

Because the peasants didn't own the land, they had to pay taxes, and they had to give some of their harvest to the lord who owns the land.

The peasants mostly ate only bread with bacon or something basic like that.

The noble families who were very rich and lived in castles, had more to eat. On some days they

had a big banquet with meat, fruits, vegetables, fish, and so on. In the Middle-Ages they always

decorated the meat for example they put a swan head with its feathers on a pork joint and stuck

in some white feathers. When they had lent they

only ate fish instead of meat. I think, I wouldn't like medieval food!

My friend's home cures

This is a diary of a mother who had four children. She always went down notes how she had cured some disease her children had.

Toothache:

Lisi the oldest of my kids had toothache and I thought that it maybe help when she rub garlic on her thumb and left the smelly paste there for a day but this reliable remedy didn't work. So she had to go to the barber to have her tooth pulled out.

Swelling of one's legs:

Katherine had today an accident and her leg swelled very big. I first rubbed the leg with sweet smelling oils and then I sang sweet songs to her. It helped!

When rumours are out of order:

Today Biddy cried at dinner and left the table before we had begun to eat. So her rumours were greatly out of order. We went to the doctor and he told us that it maybe help letting out some blood by cutting a vein in the arm. But this not helped so at home I tried another thing: I gave her wormwood in spiced wine and some of the custard left from supper.

Personal Coat of Arms

The most significant event in my life from birth up till now was the birth of my Rappanther.

He is called Samuel and born in November 21.

2013. This was a Monday and my father picked me up after school and we drove to the hospital.

My greatest success or achievement in the past year was that I had only ones in my report.

My Rappiest moment in the past year was my birthday party when I got twelve. I invited Sophia,

Laura, Elsa, Anja and Kelly. It was very much fun! I'm good at Rhythmic gymnastics. This is a

sport only for girls where you do exercises to music. There are also special apparatuses like

a ball, or clubs, or a rope, a band, or a hoop.

I want to accomplish by the time I'm twenty-five:

That I was in many countries like France and Spain. But also many more countries.

You should know about me that I am an absolute twilight fan. I love the books and the movies.

And also the actors of the movies like

Kristen Stewart and Robert Pattinson :).

Girls Life Story

I was born in a rich familie in a caste.

I lived there during my childhood and had a quite nice life.

When I got seven years my life got a bit seriouser because I had to learn how a girl had to behave in a castle. But also how to knit, sew, dance and sing.

I liked dancing and singing but knitting and sewing was very difficult to me. When I got fifteen I were married off to a very old knight. I was not that excited about it but I could had a better luck and marrie on uglier knight.

Now my husband has died in a tournament by accident. I was really sad about it but this happens every day.

The facts about the Middle Ages

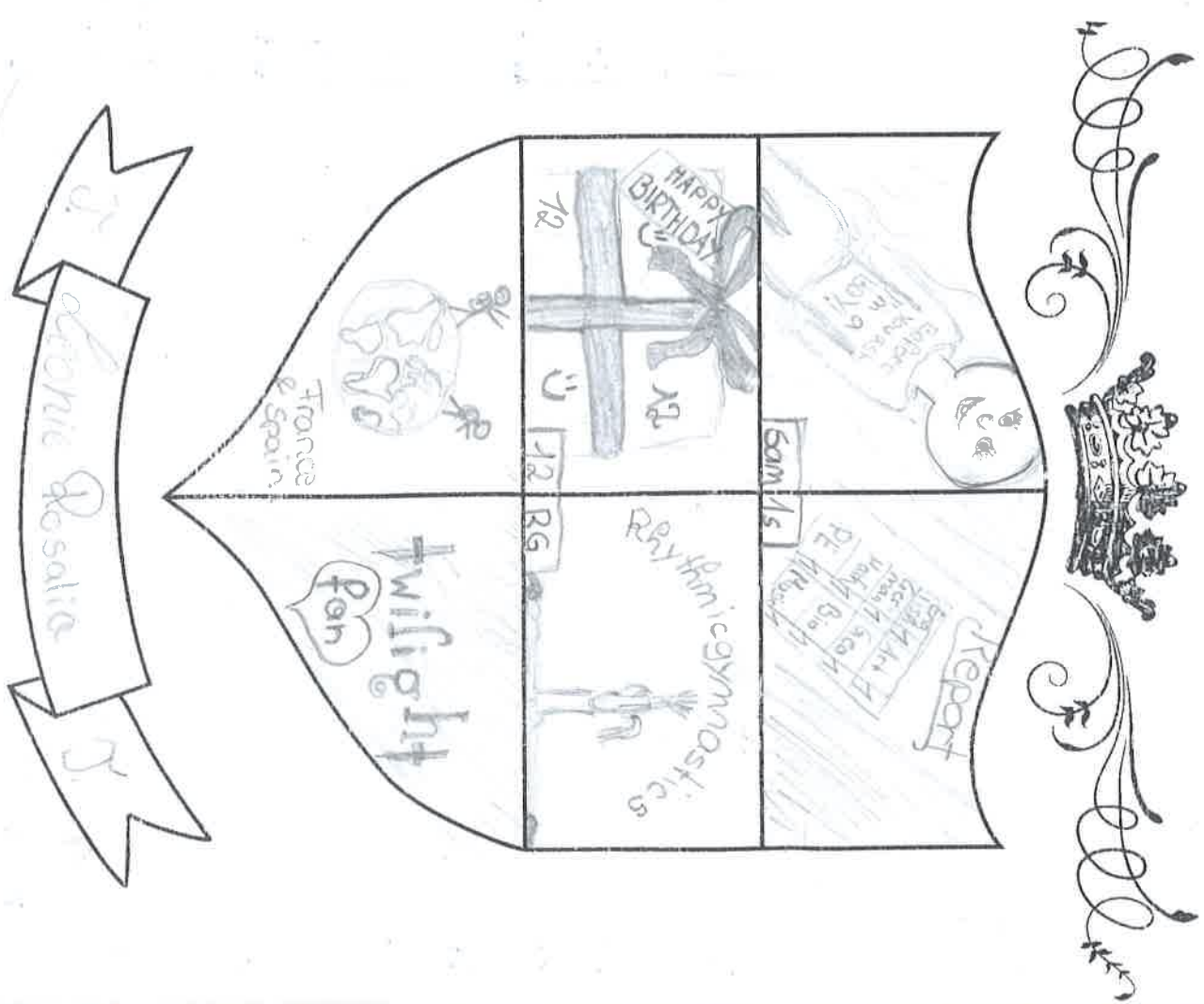
Hygiene:

The Hygiene in the Middle Ages was very bad. Everywhere was dirt because they had no garbage bins or service. So the whole alleys there was lying horse shit or mud. The people in the Middle Ages washed only once a year because they had no showers so they had to get some water of a well. And because of this conditions many peasants died from the black death.

Traveling:

Traveling was very difficult in the Middle Ages because they had no cars or bicycles. When they traveled they first of all had to pack their things. Then the bags were hung on a horse. The most used way to travel in the Middle Ages were travel on horseback but when you were a poor family you could not permit you a horse so you had to travel on foot.

PERSONAL COAT OF ARMS



Robin Hood



Robin Hood's story is 700 years old. You don't know exactly if he lived, or if he was really called Robin Hood. There were so many similar names like Robin Hood and at that time many people were called like this.

If he lived he was a robber. But he was no normal robber, he stole from the rich people to give it to the poor. And he was such a cunning robber as a fox. I think that is also the reason why he is tapestried as a fox in the cartoon-movie.

Of course he also had a crew, his best friend was called Little John. And it would not be a good story if he wouldn't have a love. His love was called Maid Marian. She was a beautiful and desirable woman.

Also the bad king wanted her, so Robin Hood had to fight for her and of course he won and married his true love. Robin Hood's last words were: "Barry me where my arrow falls." and that they did.

A Knight's Life Story

I was born in a little richer family in a castle. During my childhood I lived in the castle I was born in. There I lived till I was seven years old. With seven years probably every boy who will become a knight some days, move to another castle of a relative. I moved to my uncle's house. There I learned how to behave as a Page. I also learned how to ride a horse or fight with a sword or with a lance. This training I had till I was fourteen. With fourteen I became a squire. This I was very proud of because now I could go to tournaments and help other knights by dress them for example their armour. But it was not only fun, of course I also had several trainings. But the best comes at the end, because when you are at the age of twentyone you can become a knight and so I did. Then you have a very free live.

Dear Davy!

I'm going to marry, isn't that exciting? I mean it is not something that happens every day. My future husband and me are coming from rich families so the wedding will be very nice. There will be good music and enough food. Besides there also will be a tournament.

I've not seen my wedding dress before because it isn't finished yet, but I'm sure it will be beautiful!

This all sounds really nice, I know, but there is something that I think is not that nice about weddings in that time.

That you can't marry the man you love. I think you have to have much luck that you love the man your parents decide at your birth you're going to marry.

The man I wanted to marry is a beautiful and nice knight. He has blue eyes like the sea and his gold hair blows in the wind.

I don't know if he loves me, but it's not really important because I have to marry the other man anyway.

My future husband is not that bad you might think now but he is just not my dream.

So, goodbye!

The Wife of Bath

The wife of Bath wore one pair of bright, red trousers what shows that she is a rich woman. She also wore new shoes so she really had to be rich because peacocks had any shoes at all.

On Sundays she also wore big hats and head coverings like heavy scarfs that weight about 10 pounds.

The wife of Bath had a long coat named "Foot-mantel".

She had a very bald face and her of tooth fangs. She was a very fat lady and had shelder long hair.

The wife of Bath traveled a lot. She was in Rome, Jerusalem, Belgium and at many other places.

She had five husbands and many boyfriends but no children.

She was also good at sewing and cloth-making.



How Books were made in the Middle Ages

In the Middle Age the people made paper out of sheep, goat or cow-skin, because there was no papyrus grown there.

First of all they had to kill the animal and remove the skin of it. Then they teared out the hair of the skin. After that, they were soaked in water for 3-10 days.

To dry them, they were stretched out in a frame. When they were dry, the monks who made the book, powdered the skins with stiky powder so that you could write on them well.

After being treated they were cut into rectangles. Then the monks sew the pages together into little booklets and finally into a book.

All the texts they wrote into the book, were handwritten. And when they wrote something wrong, they had to scratch it out with a special knife. The ink and the colour they used, were made of plants, vegetables and minerals.

Finally the cover was put on. They were made out of wood, leather, metal, silk or velvet. Books in the Middle Ages were very expensive so only the rich people could buy them.

Dear Reader

In this Booklet you can read many texts about the Middle Ages. For example Diaries, a Story about time-traveling or descriptions how life were there.

You will see, that it was very bad when you were sick because there was not as good medicine as today. Also the Hygenics were very bad.

When you had luck in the Middle Ages, you were somebody from a rich family or from nobles.

When you had bad luck you were a beggar or somebody that comes from a poor family.

What I personally don't like about the Middle Ages, is that when you were a girl you had not many options what you could learn. A boy could become

a knight, a smith, a monk, and so on.

A girl don't even were allowed to go to school, okay I know that very very very bad thought

money for a school but still it was unfair I think. Now have fun read my Booklet and learn a bit

more about the Middle Ages... Yours Leonie!