



# Full Tilt

Special Issue VIII

Sept. 2012 AS XLVII



# ART & SCIENCE

EDITION

# Full Tilt

September AS XLVII (2012)

Special Issue VIII

## Art & Science Issue

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### Letter from the Chronicler

Greetings!

Welcome to the 8th annual *Full Tilt - Art and Science Special Edition*! From gardening and stone soup, to silk banner painting and combat photography, the Art & Science Issue showcases the artisans of Delftwood.

Thank you to everyone who took time out of their busy schedules to submit articles and photos!

In Service,  
Desiderata Drake

### Artwork Credits

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#### PUBLICATION:

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#### SUBMISSIONS:

Any gentle wishing to submit articles, artwork, poetry, etc., to the Full Tilt are invited to do so. The Chronicler reserves the right to edit, refuse, or reprint any submissions. The submission deadline for the Full Tilt is the last Thursday of the month prior to the month of publication.

#### CORRECTIONS:

If there are any corrections or changes on articles that need to be made, please contact the Chronicler.

#### BARONIAL DISCUSSION E-LIST:

To subscribe to the barony discussion e-list, send an email request to: [webminister@delftwood.org](mailto:webminister@delftwood.org).

#### BARONIAL WEB PAGE:

[www.delftwood.org](http://www.delftwood.org)

**WHY** is **this**  
**technique** **NOT**  
**PERIOD ???**

In China & India, silk painting was done using wax (& is poorly documented)

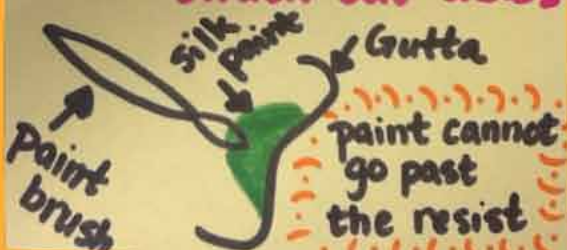
Today gutta is used, which is a rubber-based resist.



## Resists

**Gutta**: A rubber-based  
[permanent] resist  
(black, silver, gold)

**Water-based**: (clear)  
[wash-out-able]

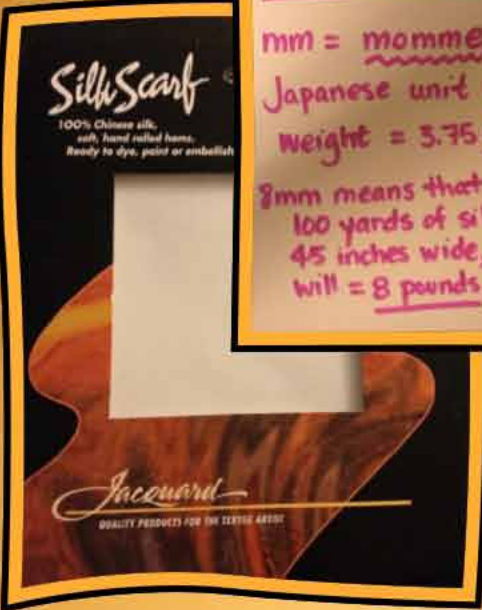


## How to Silk Paint

(Modern-day style)

By: Amalie  
Reinhardt

mm ≠ millimeter  
 mm = momme = Japanese unit of weight = 3.75 grams  
 8mm means that 100 yards of silk, 45 inches wide, will = 8 pounds.



Supplies Needed:

- silk (8 mm Habotai recommended)
- Frame & supplies to stretch silk
- Gutta (resist) in squeeze bottle
- tip (0.5 cm) for bottle
- eye droppers or pipettes
- Brushes
- water cup
- paint palette
- silk paints
- newspaper
- scrap cotton fabric
- tape
- iron
- sink
- salt &/or rubbing alcohol

optional items





Prep Steps: 5. rinse silk & iron flat.

1. Cover your area with newspaper.
2. Stretch your silk on a frame. It should be very tight!
3. Find a picture you want to trace OR draw one on paper THEN tape right-side up to back of silk

4. Put gutta / resist in squeeze bottle & put tip on nozzle. Trace paper design on to silk.  
(very carefully remove paper design)  
Let Gutta dry completely!!



Now...  
Let's paint!





6. use eye dropper or pipette to put paint on palette.

7. Dip paint brush in paint. Then, simply touch your brush on the silk where you want your color of paint.

The paint will spread by itself & should not go past gutta.

Be careful - don't drip!

8. add salt or alcohol for special effects. (optional)

9. Let paint dry completely!!

10. rinse silk in sink  
- remove salt, if necessary  
- remove clear resist, if necessary

11. iron silk between 2 pieces of cotton fabric until dry.



### Special Effects

Salt = "sucks" wet paint toward salt grains



Rubbing Alcohol = pushes wet paint away from drops of alcohol



1. keep gutta "capped" when not in use.

2. use small amounts of paint in palette. It will go a long way!

3. immediately wash/soak gutta'd tip in order to clean it after use.

4. Go slow to prevent mistakes!

hints & tips



# Lady Helene's Garden

By Lady Helene al-Zarqa'

## All Around the Mulberry Bush

*"Mulberry trees are very slow-growing and long-lived. They were planted by institutional gardeners with an eye to the future, not by hungry kitchen gardeners." (McLean, p. 238)*

When I moved into my house, I did not know my luck. There were many trees and bushes that I wanted to chop down to create my own landscaping. One tree was slated for the chopping block, but the leaves were pretty, so my mother persuaded me that it should stay. It was a mulberry tree, and I am now very glad I did not chop it down.

Mulberries ripen in late June and early July, and look like very large blackberry. They are much sweeter and the flavor is not as intense.

In medieval England, the most popular fruit tree was, without a doubt, the apple tree. The apple is a versatile fruit, and most kitchen gardeners would have apple trees before any other fruit tree. While Mulberry trees did not even rate as the second most popular tree (pears), it was a useful fruit tree for making wine, dessert, and coloring food and fabric.

"The most popular murrey fruit was the mulberry, which gave its name to the dish. Its juice was a popular dye, ideal for brightening up medieval meals, and its taste mediievally sharp. Mulberry juice and sugar was added to wine as well as pottages, to sweeten and colour it. It made an invigoratingly scarlet drink in its own right... Mulberry juice as one of the ingredients, along with elderberry, bilberry and blackberry juice, of the blue dye turnsole, used to color pottages and also paintings and manuscripts."

I have found the berries stain a reddish purple. At least that is the stain they leave on my fingers after picking the berries.

"A Forme of Cury" lists a recipe for "Morree" with a note that it is so-named for the mulberries used therein (though the recipe does not mention them by name).

Though it is too late in the year to make any interesting recipe with the mulberries from this year, we'll see what the tree brings forth next summer and what fun can be had this versatile fruit.

See you next month!  
Helene



*Pretty Mulberry Leaves*

*Photo by Lady Helene al-Zarqa'*

### References

Lindhal, Greg. *Forme of Cury*. <http://www.pbm.com/~lindahl/foc/9/9/12>

McLean, Teresa. *Medieval English Gardens*. New York: The Viking Press, 1981. Print.

# Combat Photography

Presented by Dragos Pelekanos  
College of Three Ravens 2011

## Course Outline

- Introduction
- What You Need
- Natural Light vs. Flash
- Setting Up Your Camera
- Holding Your Camera
- The Right Way To Focus
- The Art Of The Squeeze
- Follow The Motion
- Anticipation

# Introduction

- **Common pictures taken at an SCA event:**
  - **Candid/people photos**
  - **Court photos**
  - **Combat photos**
- **Common problems with event pictures:**
  - **Too dark or bright**
  - **Blurred**

# What You Need

- **Camera**
- **Computer**
- **Storage**
- **Printer**
- **A little knowledge**
- **An eye for detail and motion**
- **A little patience**

# What To Look For In A Camera

- Resolution (aka megapixels, aka MP)
- Optical Zoom (aka, something-X)
- Digital vs. Optical Zoom
- Type of Memory Card
- Special Features
  - Scene modes
  - Flash
  - Attachments

# Memory Cards

- How Much Do You Need?
- How Many Pictures Fit On A Card?
- Single Card vs Multiple Cards

# Natural Light vs. Flash

- Most camera flash units have a very limited range
- 8-15 feet range
- Using a flash locks your camera's shutter speed at 1/60<sup>th</sup> second
- Too slow for most action



# Optimal Camera Settings

- Look for a high speed setting. Might be an icon of a running man, something to do with sports.
- An SP setting – “Speed Priority” – locks the speed of the camera where you set it. Speed of 1/100<sup>th</sup> of a second or faster (1/200, 1/400) are the best for capturing motion.
- ISO settings- ISO is the sensitivity of the “film” or sensor. The higher the number, the more sensitive. Higher values can shoot at higher speeds and/or with less light.
- Higher ISO values do not capture colors as clearly.

# Holding the Camera

- It is a camera, not a television
- Hold the camera close to your eye
- Keep one hand under the camera
- Brace one elbow against your chest



# Standing With a Camera

- Stand like a fighter
- One foot forward, one to the rear
- Stability reduces swaying



## Focusing Your Camera

- All cameras take time to focus
- Focus before the shot
- Hold the button half-way down to lock focus

## Taking Your Shot

- Never push a shutter button
- Take a breath and hold it
- Squeeze the button

You should already have it pressed down halfway

## Following Motion

- Fighters, fencers and dancers flow when they move
- Look ahead of where they are, to get the shot where they will be
- To learn how your subjects move, watch them for a while before trying to take pictures

## Capturing Movement

- Turn off the automatic review on the camera
- Most camera can take multiple shots
- Look for a button or setting labeled with 3 overlapping rectangles, like pictures stacked up
- Take multiple shots by keeping the shutter button pressed

# Stone Soup:

## A Collection of Recipes From Shoote in the Wyldewood



# Stone Soup: Recipes from A Shoot In The Wildewood

As probably mis-remembered by Dragos Pelekanos

## CHILAQUILE

*(Aelfrida Faria & Taran Artbranan)*

2 cans whole corn  
2 cans black beans  
2 cans chopped collard greens  
2 cans diced tomatoes  
4 tbs lime juice  
1 tbs black pepper.

Drain corn, beans and greens. Mix in pot along with diced tomatoes and pepper. Heat until reaching a low boil/simmer. Remove from heat, stir in lime juice, and serve (a normal batch is 1/2 of all of the above)

Options – serve on tortilla shell and top with shredded cheese.

## RATATOUILLE

*(recipe from Dragos Pelakans, made by Baroness Olivia)*

1 large Eggplant  
1 medium Yellow squash  
1 medium Zucchini  
1 medium Onion  
6-8 Roma Tomatoes  
1 large can diced tomatoes  
1 Green pepper  
About 4 oz Feta cheese

Slice eggplant, squash and zucchini in medium thick slices, and quarter them. Rough chop onion, tomatoes and green pepper. Saute together in pot with diced tomatoes until vegetables are soft. Stir in feta cheese and allow to simmer for 5 minutes. Serve.

## VEGETABLE CURRY

*(Lady Morgan)*

Cubed potatoes  
Sliced rutabaga  
Sliced zucchini  
Diced onion  
Garlic  
Spices: vegetarian curry powder, rosemary, basil, salt  
3 tsp Olive oil  
3 tsp White vinegar  
Water

Simmer all together until tender.

## DRAGOS' TURKEY BEAN THING

*(Dragos Pelekanos)*

White northern beans, pre-soaked  
6 diced roma tomatoes  
1 sweet onion, coarse chopped  
About 1 lb turkey breast, chopped  
Handfull of turkey pepperoni  
Chili powder to taste.

Stir together, simmer until beans are tender. (about 90 minutes)

## TABOULLI

*(Dragos Pelekanos & Helene al'Zarqa)*

1 box cous-cous mix  
4 diced tomatoes  
1/2 diced zucchini  
1 diced small sweet onion  
1/2 cub cider vinegar

Make the cous-cous according to the box's directions, including olive oil in the water. When cous-cous has absorbed all liquid, fluff and add vegetables and vinegar.

## CHILI

*(Dragos Pelekanos)*

1 lb ground venison  
2 large can diced tomatoes  
6 tomatoes, chunked  
1 can black beans  
1 can dark kidney beans  
1 coarse-chopped onion  
1 coarse-chopped green pepper  
Chopped garlic  
Garlic powder  
Chili powder  
Habanero sauce

Brown the venison. (with onions, garlic powder and chili powder if possible)  
Add vegetables, beans, garlic, garlic powder and chili powder. Add a few drops of habanero sauce – USE SPARINGLY!  
Simmer for 45-60 minutes.



## FRENCH ONION SOUP

*(Baroness Olivia)*

3 gallon bag thinly sliced onions  
1 lb butter  
1 qt concentrated homemade  
beef stock  
1 beer bottle of Artimus and  
Oeric's Dry Mead  
Salt and Pepper  
Provolone  
French Bread

All of this was over the fire, so cooking times will vary  
Melt butter in cast iron dutch oven. Add onions and a dash or two of salt. Stir to coat onions with butter. Cook onions til soft and translucent stirring regularly. Add beef stock. Add pepper to taste. Bring to a boil, continuing to stir regularly. Add mead. Return to a boil. While returning to second boil, toast french bread slices. Remove soup from heat. Ladle into bowls and top with bread and cheese.

## GOAT CURRY

*(Lady Helene al-Zarqa')*

Goat meat (in this case, on the bone)  
Curry powder  
Cumin  
Red pepper  
Chili Powder  
Chopped onions  
Diced tomatoes  
Sliced zucchini  
Black Pepper  
Salt

Brown the goat in the assorted spices and onions. Add tomatoes, zucchini, and water. Simmer until broth has reduced and the meat is cooked through.

## POTATO AND LEEK SOUP

*(Baroness Olivia)*

3 lbs potatoes (bag said "restaurant sized")  
2 large leeks  
Fake chicken broth powder (Peri added this. Not sure how much or brand)  
Water to cover potatoes  
3 gloves garlic, peeled and crushed  
Pepper to taste  
2 cups Half n Half

Peel and cube potatoes to bite size. Add fake chicken broth powder and potatoes to pot. Cover with water. Boil til potatoes are soft. Dice leeks to 1" slices. Add leeks, garlic, and pepper to soup and return to boil. Boil til leeks soften. Remove from heat and add half n half. Stir and serve.

## FERGUS' VENISON STEW

*(Don Benedict Fergus atte Mede)*

Venison, cut into stew-sized pieces  
2 bottles of beer (Yeungling lager and Guinness Black lager were used)  
Diced potatoes  
Carrots  
Rosemary  
Basil  
Parsley  
Oregono  
Garlic  
Salt  
Pepper

Brown venison, garlic, herbs and spices, in oil. Add remaining ingredients, 1 bottle of beer, and water. Allow the beer to boil down and add second bottle and continue to simmer until potatoes are soft.

## CHICKEN SOUP

*(Lady Helene al-Zarqa')*

1 Chicken, cooked  
Onions, diced  
Celery, chopped  
Carrots, chopped  
Gluten-free kosher noodles  
Salt  
Pepper

To make the broth, remove meat from the chicken carcass, cut into small pieces, and set aside. Place chicken carcass in "a stock sock" for easy removal later. Place in large pot and cover with water. Add onions, celery, and carrots, salt and pepper. After the stock gets a nice "chicken soup" color, remove the stock sock with the bones, and add chicken and noodles.

*Note from my mother-in-law, the master soupmaker, raw vegetables work to add their flavor to broth, but should be removed when the broth is ready. If you have the time, sauté onions, celery, and carrots in butter or oil with salt and pepper before adding them to the soup. Also, noodles in soups work better when they are prepared according to the box first and then added. This way, they are absorbing less liquid from the broth.*

## MATZO BALL SOUP

Matzo Balls (Passover Knaidlach)

*(Recipe reprinted with permission of Candi Nelson)*

2 eggs

1/2 tsp. salt

1/4 tsp. pepper

1 Tbsp. margarine

1/2 c. matzo meal (You can buy this at Walmart, Tops, Wegmans, and Price Chopper.)

Beat eggs. Add seasonings and margarine. Mix. Add matzo meal. Mix thoroughly. It should have the consistency of tacky dough. Let it stand for 10 minutes until hardened. Form into balls. Drop into boiling soup. Cook 1/2 hour or put into salted, boiling water for 15 minutes.

Broth:

"some" chopped carrots

"some" chopped celery

"some" chopped onion

"some" chopped swiss chard

(which was added by Dragos)

2 cloves chopped garlic

Consomme- Osem Chicken

Flavor (You can buy this at

Walmart. It is marked Pareve,

which means that it has no meat in it at all.)

Directions are on the container (approx 1 teaspoon/cup of water)

*(Amalie's notes: I prepared about 8 cups of plain consomme below just for the matzo balls (double-batch), which were cooked before heading to Wildwood. I used unsalted butter, instead of margarine. Also, melting (or having very soft) butter/ margarine helps. Lastly, instead of letting the mixture sit out I put it in the freezer for about 5-7 minutes to harden the mixture, which is suggested in other matzo ball recipes. Also note that the matzo balls will expand a bit when cooked.)*

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## FERGUS' SAUSAGE CHILI/ STEW

*(Don Benedict Fergus atte Mede)*

Hot rope sausage, chopped  
Sweet rope sausage, chopped  
Diced potatoes  
Diced onion  
Sliced carrots  
Diced tomatoes  
Chopped hot peppers  
Dinosaur BBQ "Cajun Foreplay"  
spice blend

Brown sausage. Add other ingredients, and simmer over fire until potatoes are tender and sausage is cooked through.

## CARAMELIZED APPLE DESSERT

*(Lady Helene al-Zarqa')*

Apples  
Cinnamon  
Brown Sugar  
Oil

Heat oil in a pan. Sautee apples in cinnamon and brown sugar to taste until apples are soft and caramelized.

*Note: this would have been great over vanilla ice cream!*

## GOLDEN ONION SOUP

*(Lady Helene al-Zarqa' & Baron Oeric Lestrangle)*

Onions (onions, and more onions)  
Salt  
Pepper  
Sugar  
Vinegar

Chop up onions to varying sizes. Take about 1/3 of the onions and caramelize them in oil with salt and pepper. Add water and remaining onions. Simmer for an hour or two. Add sugar and vinegar to taste.

## SPLIT PEA SOUP

We also made a split pea soup. The basic recipe is out of Betty Crocker.



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