

# FRET KNOT



Third Quarter ♦ July – September A.S. LIII 2018

40<sup>th</sup> Year Celebration and Fall Crown



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Herewith follows the legal stuff:

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## From the Chronicler



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Contessa Battista De Kie Del Goya Da Lagos

Greetings,

I wanted to talk just briefly about 40<sup>th</sup> year. As I skimmed through every photo and photo album on display (let's be honest mostly looking for pictures of myself) I was flooded with so many memories of people, events and experiences that I had forgotten. I sometimes wonder to myself why I still play in the SCA after 30 years. I started in college after a friend introduced me to it. I met some nice people and stayed because I enjoyed hitting them with sticks. My family never really understood but they were always supportive. My father would come to events pull up a chair and watch the fighting like he was watching a football game (one with a lot less butt slapping but probably just as many bruises). My mother would worry about her little girl being hit by those big bad men. I always told her that their mothers probably worried about the same thing. It was the fighting and competition that brought me in but it was really the friendships with like-minded people that kept me coming back.

Over the years I have lost friends, lovers and even my father but the SCA has always stayed with me. It's the one constant in my life that I know I can always count on. It doesn't matter how long I stay away it's always there to welcome me back. I'm not saying it is the perfect friend as it is sometimes way to political, often a bit frustrating, and doesn't always get my sense of humor, but like most of my close friends it puts up with me anyways! That is why I have stuck with it for 30 years because it has stuck with me. I'm excited to see what the next 30 years holds for me and the SCA, I will be 83 and I promise you I will still be hitting my friends with sticks!

Yours very truly,

Contessa Battista De Kie Del Goya Da Lagos, Chronicler of Altavia



## From Their Excellencies



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### THL Nikolaos Phaistos & THL Briana MacCabe

Greetings, Altavia!

We hope that you are having a great summer so far! We are only a couple of months into our tenure as your Baron and Baroness and many great things have happened in our Barony and the Kingdom. From hopping fighter practices to a wonderful encampment at Potrero War to the historic 40-Year Celebration and the historic Coronation of Caid's first same-sex Royals, we have seen the love, hard work, and camaraderie of Altavia flourish. Thank you to everyone who continues to help make Altavia the land of Theatre, not Drama.

There are a lot of great events coming up over the rest of the summer. Here's a list of the events happening through September; we hope to see you out there!

#### Baronial Progress (July – September)

- 7/4 – 7/8** An Tir/West War -- B&B will not attend
- 7/14** Royal Champion (Calafia) -- B&B will attend
- 7/15** Royal Champion Archery & Thrown Weapons (Calafia) – B&B will attend
- 7/21** Lyondemere Anniversary – B&B will attend
- 7/27 – 8/12** Pennsic War – B&B will not attend
- 8/18** FOTR/Dreibergen Summer Arts – Baroness may possibly attend
- 8/25** Pirate Tournament (Darach) – B&B will attend
- 8/30 – 9/2** Highland War (Al Sahid) – Baroness may possibly attend
- 9/8** Angels Anniversary and Baronial Investiture – B&B will attend
- 9/15** Crown Tournament (Altavia Hosting) – B&B will attend
- 9/22** Caid Rapier Open (Angels) – B&B will attend

Yours in Service to the Dream,

THL Nikolaos Phaistos, Baron of Altavia  
THL Briana MacCabe, Baroness of Altavia

*(Chroniclers Note: The above notes are the newest updated notes however I wanted to include the older previously written notes as well.)*

Hi, Everyone!

Niko and I are very excited to be at our first council meeting as Baron and Baroness. A little info on how we plan to do these baronial comments; we're going to switch off months where we're the primary presenter, with the other half getting a chance to chime in at the end with anything that was left out or personal comments. As you might have already guessed, I chose to go up to bat first. I want to start off our comments by once again thanking all of you for your help with Anniversary. You took the idea of Midsummer's Night's Dream, fun, and whimsy and made an absolutely gorgeous day for the barony and kingdom. From the floral swags and crowns, to the fun theatre during court, and the buzzing bardic stage and arts & sciences area, to the exciting tournaments and games, it was a grand day! His Excellency and I have received many compliments from the populace of Caid on an event well-run; and that is all down to your hard-work...thank you, thank you, thank you.

The rest of May was a blur with Wintermist Anniversary, Altavia/Darach Equestrian, and Potrero War. We had an excellent group of campers in Altavia for Potrero and I think we all had a lot of fun at camp; I particularly enjoyed sitting around the campfire Saturday evening, trading stories and alcohol with everyone...very cozy! I look forward to an even bigger encampment at GWW this fall and if anyone has ideas for activities you'd like us to do as a barony at that war, let Niko and I know.

This past weekend was Collegium and His Excellency and I attended on Saturday. Many great classes were had, including two taught by Altavians (a lucet class by Dame Lynnette and a rapier class by His Excellency). I highly suggest attending this event whenever it comes up on the calendar; I always learn so much! There are a couple of events happening in the next two weeks that His Excellency and I will not be attending including Treasure Chest in Nordwache and St. Corrigan's Day in Dreiberger. These are both fun little camping events and I highly encourage you to go if you're able!

Coming up at the end of June is a once-in-a-lifetime event, Caid's 40 Year and Coronation celebration. The event will take place from Thursday, June 21 through Monday, June 25 in Victorville and will include tournaments, an Artisan's village, merchants, a hall full of Caid's 40 years of history, the historic night-time coronation of our first same-sex royal couple, and more! We're hard at work on many things for this event. I'll be attending as Altavia's sole baronage representative because someone is going to be in the UK during the event. I hope you'll all be able to join me at this historic event.

I want to close out my section of the baronial comments with a reminder. Niko and I both have an "open-door" policy. If there is anything you ever want to discuss with us, please feel free to find us at a fighter practice, event, or through social media or text. We are always here to listen, offer advice, or take constructive criticism. This is your barony and we want to do and be what you need to have the best possible SCA experience.



## Their Exexcellencies

### The Honorable Lord Cristofanus Castellani & Mistress Cecilia Medici

Dearest Altavia,

I want to reflect on the past 4 years that we have been your Baron and Baroness. There really is not enough time here to thank the many that have supported us and been there for us. All the Frets, service awards augmentations etc... do not come close to show the appreciation and how much we enjoyed being your Baron and Baroness and of how thankful we are of your support, your service, your talents and generosity, and your laughter (at Cristofs jokes) all which have made the last 4 years an incredible experience and we are so glad to have shared this time with all of you.

We have a great Barony with so many wonderful and talented people. i know this will be an easy transition and that we retire as Baron and Baroness knowing that we do so leaving the Barony to two very loved and capable people who will continue the long lineage of "Theatre not Drama"

And so I do not say goodbye, I say Thank You, thank you, thank you,  
Thanks for the Memories....

Chronicler Note: This was written and given to me before the stepping down in May after the previous Fret Knot was published but I wanted to include it in the Fret Knot as their Ex-Excellencies final words.

"Sparkling Wine and Underwear"



## Welcoming the New Heirs



### **Their Majesties**

Duke Agrippa Morris and Pan Dawid Radzowycz

Photo by by Fu Ching Lan

## EVENT ANNOUNCEMENTS

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### Fall Crown Tourney

The Barony of Altavia invites you to join us for Fall Crown on September 15, 2018 at Veteran's Park! Watch history unfold as our Kingdom's Heirs are chosen by right of combat. Veteran's Park is located at 13000 Sayre Street, Sylmar, CA 91342.

The tournament's format will be determined by Their Majesties and will be posted at a later date.

Schedule of the day:

Populace welcome for set up: 8:00am

Opening court: 10:00 a.m. (at the discretion of TRMs)

Closing court: 4:00pm (at the discretion of TRMs)

Site closes: 5:00 p.m.

Dogs are welcome but must be leashed and picked up after.  
This is a DRY site.

Registration information:

Member event registration: \$8.

Non-member event registration: \$13.

Children 16 and younger are guests of the Barony.  
Make checks payable to SCA, Inc./Barony of Altavia.

Merchants: Merchants are welcome! If you are interested in being a merchant at this event, please email our Merchant Coordinator at [merchants@sca-altavia.org](mailto:merchants@sca-altavia.org).

Event Steward: Mistress Meliora Deverel (Julie Lawrence)  
Email: [crown@sca-altavia.org](mailto:crown@sca-altavia.org).





## Nostradamus and the Fruits of Summer

By THL Johnnae Ilyn Lewis, CE

Simply mention the name Nostradamus, and the modern audience is already primed for a tale of infamy and magical spells. The subject of several rather bad "historical" television programs such as 1981's "The Man Who Saw Tomorrow" narrated by a rather droll Orson Welles and the newer 2002 Discovery Channel far more serious program "Nostradamus: A Skeptical Inquiry," Nostradamus is best known now as the infamous sixteenth century prophet, the Seer of Provence, and as the author of popular almanacs and, lastly a series of vague mystical writings titled the Les Propheties or the Centuries. The multi-volume "book" in 942 quatrains is reputed to have predicted such people and events as Napoleon, Hitler, World Wars One and Two, the Kennedy assassinations, the horror of 9/11 and of course most recently, the presidency of Donald Trump. Nostradamus remains a mainstay of popular culture; there's even been a rock opera. His likeness along with new alarming headlines predicting the Apocalypse, plague, war and famine still often greet shoppers in those remaining 21<sup>st</sup> century supermarket tabloids. Books, including graphic novels, bearing his name still crowd best seller's lists. The internet has only added to his fame or perhaps infamy. Google the name Nostradamus and be greeted with almost 500,000 matches; Google Books alone lists 436,000 results.

Now known more simply as Nostradamus, Michel le Nostredame or Michel de Nostradamus or even Michael Nostradamus, was indeed a real person who lived from 1503-1566 in France where he is described as "fameux medecin et astrologue." Like his French contemporary, the author Rabelais, Nostradamus received medical training at Montpellier, but was dismissed before graduation because his previous employment as a wandering apothecary and herbalist was grounds for immediate expulsion. What is little known about Nostradamus and overlooked by many others is that besides the later activities associated with astrology, the predictions and the fortune telling, Nostradamus was at least a partially trained medical professional of his time and was especially noted in that time for his skills in the preparation of certain cosmetics and remedies for plague. Historian Mary Hyman notes French medicine in the sixteenth century consisted of surgery, dietetics, and lastly pharmaceuticals and medicines. Working in the latter area, apothecaries worked with very precious ingredients, one of which was sugar. Nostradamus' medical studies and later work married into that of the apothecary and hence the confectionary or "sugar" arts. That he originally came from Provence and settled in the village of Salon, has been commented upon as well, as the region to this day has a noted reputation for various sweets and preserves. Food historian Toussaint-Samat feels Nostradamus gained much from the combination of raw ingredients found in Provence along with commonly and long held Moorish and Italian confectionary influences of the region. **(Continued on Page 17)**

## A Poem by Baron Beorn of the Northern Seas

This poem was written for Crown Tourney in honor of Condessa Battista and Master Colwyn

### Cantiga de amigo

A Sable Scorpion sunned herself upon the rocks,  
A Sable Stag, her friend, along the path then walks.  
The barb may be unbaited, yet is sharp.

"I think I'll fight in Crown today," she simply states,  
"Friend Stag, walk as my Consort through the Crescent Gates."  
The barb may be unbaited, yet is sharp.

The Stag smiles, and then joined her for the Caid Thrones,  
While cheerfully ignoring all the fallen's bones.  
The barb may be unbaited, yet is sharp.

The journey pit them up against a motley host,  
They did quite well (though Scorpion is loathe to boast).  
The barb may be unbaited, yet is sharp.

And entering the List Field, she felt right at home,  
How strange to feel so close the farther off you roam  
The barb may be unbaited, yet is sharp.

A flexing, twisting, armored dervish Scorpion be,  
Take care to not be facing Scorpion or you'll see.  
The barb may be unbaited, yet is sharp.

Some Norse, some Mongols, and some cunning Irish knights;  
The Scorpion honored Stag in all her many fights.  
The barb may be unbaited, yet is sharp.

It was the Tourney's end, and history had been made,  
For Stag and Scorpion? Back home from this wind-swept glade.  
The barb may be unbaited, yet is sharp.

Stag nodded at her sting, she laughed and then decreed,  
"No venom shall I use against my dear Caid."  
The barb may be unbaited, yet is sharp.

"For after Crown is done, we must remain true friends,  
And those who know my poison, only view their ends."  
The barb may be unbaited, yet is sharp.

And so the friends returned along the winding tracks,  
How grand that they protect Caid from all attacks!  
The barb may be unbaited, yet is sharp.

**House Porto Sponsors a Beautiful Midnight Walk at GWW!**



**40 years of "Theater Not Drama"**





## Altavia Current Champions



- 
- ❖ **Archery:** THL Miguel as of 10/29/17
  - ❖ **Armored Combat:** Sir William Ulfsson as of 5/12/18
  - ❖ **Arts & Sciences:** Lady Annabel Radleigh as of 5/12/18
  - ❖ **Bardic:** Lord Robyn Lon Creighton of Thorndyke as of 12/16/18
  - ❖ **Chess:** Natasha of Altavia & Mike Manley as of 12/16/18
  - ❖ **Defender of Altavia:** Sir Uilliam Mor MacGregor as of 5/13/17
  - ❖ **Equestrian:** THL Guene Annwyll Currently
  - ❖ **Fretted Fork:** Baroness Cecilia & Lady Natalya as of 10/29/17
  - ❖ **Period Division:** Lady Raine as of 10/29/17
  - ❖ **Rapier Combat:** Don Nathaniel Longbow as of 5/12/18
  - ❖ **Thrown Weapons:** Lord Ryan as of 10/29/17
  - ❖ **Unarmored Combat:** THL Tierrynna Caer Narvon as of 5/12/18
  - ❖ **Youth Archery:** Loki of the Dell as of 10/23/16
  - ❖ **Youth Arts and Sciences:** Natallya as of 5/13/17
  - ❖ **Youth Combat:** Nicholai Stagghorn & Cora Valenzuela as of 5/12/18

***Congratulations to Natalya of Altavia for winning the 9 and under age division in Thrown Weapons at Caid 40 year!***





## Meetings & Practices in the Barony

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### **Meetings:**

- *Council Meeting*
  - 2<sup>nd</sup> Tuesday of the month 7:00pm
  - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
  - This meeting involves officer reports, Baronial discussions, event reports, and announcements, everyone is welcome (and encouraged) to come.
  - <http://www.sca-altavia.org/meetings/>
- *Newcomers Meeting*
  - 4<sup>th</sup> Monday of the month 7:00pm
  - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park at the stone tables near the tennis courts.
  - Everyone is welcome and given an overview of the SCA.
  - Contact the Chatelaine for details.

### **Combat Practices:**

- *Archery* - [archery@sca-altavia.org](mailto:archery@sca-altavia.org)
  - 1<sup>st</sup> & 3<sup>rd</sup> Sunday of the month 11:30am-3:00pm
  - Location: Woodley park archery range ([woodleyparkarchers.org/direction](http://woodleyparkarchers.org/direction))
  - Additional times most Tuesday and Friday nights. Contact the Captain of Archers to verify dates and times. Contact ahead for loaner gear.
- *Equestrian* - [equestrian@sca-altavia.org](mailto:equestrian@sca-altavia.org)
  - Various days of every month 6:30pm-8:30pm
  - Location: Conejo Creek Equestrian Park, 1350 Avenida de las Flores, Thousand Oaks, Ca 91360
  - Open to all regardless of Baronial affiliation
  - Riders must bring own mounts. Authorizations available, jousting, mounted combat, crest combat, mounted games, marshalette and general riding.
  - Minors must have a parent or guardian present at all times.
  - [www.sca-altavia.org/meetings/equestrian/index.html](http://www.sca-altavia.org/meetings/equestrian/index.html)
- *Armored & Rapier Combat* - [rapier@sca-altavia.org](mailto:rapier@sca-altavia.org) / [heavy@sca-altavia.org](mailto:heavy@sca-altavia.org)
  - Every Monday 7:00pm-9:30pm
  - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Unarmored Combat*
  - 2<sup>nd</sup> & 4<sup>th</sup> Monday 7:30pm-9:30pm
  - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.



## Meetings & Practices in the Barony

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- *Youth Combat*
  - 2<sup>nd</sup> & 4<sup>th</sup> Monday 7:30pm–9:30pm
  - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.
- *Thrown Weapons* - [tw@sca-altavia.org](mailto:tw@sca-altavia.org)
  - 1<sup>st</sup> & 3<sup>rd</sup> Sunday 11:00am-2:30pm
  - Location: Woodley park archery range (woodleyparkarchers.org/direction)

### **Arts & Sciences:** - [arts@sca-altavia.org](mailto:arts@sca-altavia.org)

- *Arts & Science Workshops (aka Craft Nights)*
  - 4<sup>th</sup> Tuesday of the Month 7:00pm-9:00pm
  - Location: Proto-Cathedral of St. Mary Byzantine Catholic Church, 5329 Sepulveda Blvd., Sherman Oaks, Ca. 91411
  - Bring sewing or craft projects.
  - Meeting themes are published on groups.yahoo.com/group/altavia
- *Bardic Circle* - [bardic@sca-altavia.org](mailto:bardic@sca-altavia.org)
  - Host Baron Sir Charles of Dublin at the home of Baron Sir Robear du Bois.
  - Contact A&S Officer for directions & dates all can perform or watch
- *Children's Activities* - [children@sca-altavia.org](mailto:children@sca-altavia.org)
  - Children's events are held at every event that Altavia sponsors
- *Culinary Guild*
  - Special interest group for all things delicious to eat and drink.
  - All are welcome in discussions, recipes & historical research.
  - Meetings once a month [www.facebook.com/groups/242868192471271](http://www.facebook.com/groups/242868192471271)
- *Dance Practice*
  - Every Monday 7:30 (**CURRENTLY ON HIATUS**)
  - Location: Verdugo Park, 3201 West Verdugo, Burbank, Ca 91505, right hand side of the park near the tennis courts.

### **Scheduled Arts and Science Classes**

- July 24<sup>th</sup> - Casting- Part 1- Mold making! Learn how to make a silicone mold to use for pewter casting.
- August 28<sup>th</sup> - Casting- Part 2- Use the molds you made in part 1 to cast pewter objects of your design!
- September 25<sup>th</sup> – Heraldry
- October 23<sup>rd</sup> – Viking Whipcord Braid
- November 27<sup>th</sup> - Screen Printing Part 2- Screen print your own design!



## Altavia Baronial Officers



- ❖ Baron: THL Nikolaos Phaistos
  - [Baron@sca-altavia.org](mailto:Baron@sca-altavia.org)
- ❖ Baroness: THL Briana MacCabe
  - [Baroness@sca-altavia.org](mailto:Baroness@sca-altavia.org)
- ❖ Chief Lady in Waiting: Lady Juanica Montanez
  - [court@sca-altavia.org](mailto:court@sca-altavia.org)
- ❖ Captain of the Guard: Cassandra de Lorrain
  - [guard@sca-altavia.org](mailto:guard@sca-altavia.org)
- ❖ Seneschal: Mistress Meliora Deverel
  - [seneschal@sca-altavia.org](mailto:seneschal@sca-altavia.org)
- ❖ Deputy Seneschal: VACANT
  - [seneschal@sca-altavia.org](mailto:seneschal@sca-altavia.org)
- ❖ Deputy Captain of Archers: Cristofanus Castellani
  - [archery@sca-altavia.org](mailto:archery@sca-altavia.org)
- ❖ Arts & Sciences Officer: Lady Juanica Montanez
  - [arts@sca-altavia.org](mailto:arts@sca-altavia.org)
- ❖ Deputy Arts & Sciences Officer: THL Edith of Arbroath
  - [arts@sca-altavia.org](mailto:arts@sca-altavia.org)
- ❖ Chatelaine: Lady Monique Marie Sauniere
  - [chatelaine@sca-altavia.org](mailto:chatelaine@sca-altavia.org)
- ❖ Deputy Chatelaines: Mistress Meliora Deverel
  - [chatelaine@sca-altavia.org](mailto:chatelaine@sca-altavia.org)
- ❖ Children's Minister: Baroness Tezar of Aeolis
  - [children@sca-altavia.org](mailto:children@sca-altavia.org)
- ❖ Deputy Children's Officer: currently vacant
- ❖ Chronicler: Contessa Battista de Kie del Goya da Lagos
  - [chronicler@sca-altavia.org](mailto:chronicler@sca-altavia.org)
- ❖ Constable: Selene Colfax
  - [constable@sca-altavia.org](mailto:constable@sca-altavia.org)
- ❖ Deputy Constable: Yusuf of Altavia
  - [constable@sca-altavia.org](mailto:constable@sca-altavia.org)
- ❖ Exchequer: Elle Wynn of Essex
  - [exchequer@sca-altavia.org](mailto:exchequer@sca-altavia.org)
- ❖ Deputy Exchequer: Elle Wynn of Essex
  - [exchequer@sca-altavia.org](mailto:exchequer@sca-altavia.org)
- ❖ Herald: THL Damien von Baden
  - [herald@sca-altavia.org](mailto:herald@sca-altavia.org)
- ❖ Court Herald: Baroness Tezar of Aeolis
  - [herald@sca-altavia.org](mailto:herald@sca-altavia.org)

- ❖ List Officer: THL Matlens Litovka
  - [lists@sca-altavia.org](mailto:lists@sca-altavia.org)
- ❖ Marshal: Griffith Von Bremen
  - [marshal@sca-altavia.org](mailto:marshal@sca-altavia.org)
- ❖ Deputy Marshal: VACANT
- ❖ Deputy Marshal for Equestrian: Guene Annwyll
  - [equestrian@sca-altavia.org](mailto:equestrian@sca-altavia.org)
- ❖ Deputy Marshal of Armored Combat: Sir Thorin O'Seaghdha
  - [marshal@sca-altavia.org](mailto:marshal@sca-altavia.org)
- ❖ Deputy Marshal of Rapier: Don Nathaniel Longbow
  - [rapier@sca-altavia.org](mailto:rapier@sca-altavia.org)
- ❖ Deputy Marshal Thrown Weapons: Cristobal Santiago Barba de Alcazar
  - [tw@sca-altavia.org](mailto:tw@sca-altavia.org)
- ❖ Deputy Marshal Unarmored Combat: Cecil Sawyer Smiter
  - [tw@sca-altavia.org](mailto:tw@sca-altavia.org)
- ❖ Deputy Marshal Youth Combat: Baroness Tezar of Aeolis
  - [youthcombat@sca-altavia.org](mailto:youthcombat@sca-altavia.org)
- ❖ Social Media Officer: Eadwine Dane
- ❖ Webwright: Dame Lynnette de Sandoval del Valle de los Unicornios
  - [webwright@sca-altavia.org](mailto:webwright@sca-altavia.org)
- ❖ Deputy Webwright: Vasilisa
  - [webwright@sca-altavia.org](mailto:webwright@sca-altavia.org)



So, it was in the 1550s that Nostradamus published the small text of recipes under discussion here. (This was prior to the publication of the first volume of ***Les Propheties*** or ***Centuries*** of 1555.) Exact titles for various editions are given at the end of this article; I shall refer to the confectionary parts here as: ***Traité des confitures*** for the ease of the reader. The work may have been first published in 1552, based upon certain textual references; if so, there are no surviving copies of that edition. The first edition which survives was published in 1555 in Lyon. Henry Notaker in his comprehensive bibliography of cookbooks notes new editions under various titles appeared in 1556, 1557, 1560, 1567, 1569, and 1572. (Notaker, p15)

Nostradamus' recipe work was written with much consideration and shows a practical and practiced hand at the subject of cosmetics and confectionary. For what must have been an audience seeking recipes which could be prepared by or for upper class ladies or "pleasant persons" at their leisure, he included much practical advice on the use of sugar versus honey in preparing certain preserves of fruits. This was a transitional period when the merits of sugar for certain preparations were being recognized and being promoted. Nostradamus recognized this situation, and he even goes far as to state:

"If I am to tell the truth, however, it is certain and there is no doubt about it that sugar is best for preserving jelly, because it will keep for a longer time. However, one can do as he likes in such matters, but as far as I am concerned, I award the honours to items preserved in sugar." [Boeser, p.128]

It should also be noted that, unlike the almanacs and the prophecies, the confectionary work was not published in English until the 1990s. Whereas other books of secrets, such as those by Alessio were known in a number of languages and editions and printed for decades, Nostradamus's recipe collection appeared in just French and German editions and was not reprinted after 1589.

***Traité des confitures*** contains recipes or instructions for the making of wet or liquid sweets and in another section instructions for the making of dry preserves such as candied nuts and seeds. There are thirty major recipes (with variations noted) for such

things as fruit peels, walnuts, clarifying sugar, cherries, roots, ginger, almonds, quinces, and marzipan. The elixirs section deals with the preparation of various soaps, waters and oils. Those potion recipes are as detailed as the confectionary ones. Those interested in preparing summer fruits for preservation will find recipes for citrus fruits, cherries, walnuts, fresh ginger, quince, pears, and pine-nuts.

One suspects Nostradamus sold his fortunes, prophecies, his popular annual **Almanac**, and in time his recipes much as he vended his various cures and concoctions. This is what the marketplace desired, and this is what he in turn provided. Nostradamus lost his first wife and two children to an outbreak of plague. He remarried and had six more children. To support his family, he worked then as an apothecary, medical doctor, seller of remedies to prevent the plague, and as a writer of the popular almanacs and texts which contained predictions. During his lifetime he rose to the position of court physician and royal counselor; he was sought out by the nobility for fortunes and astrological readings. One senses in many ways that he worked very hard to make a living in a turbulent time.

For those interested in the confectionary arts, Nostradamus **Traité des confitures** will prove to be insightful and delightful reading. Predictions can be safely made that readers will find themselves in kitchens trying various concoctions and recipes while mulling over the advice of sugar versus honey when preserving this or that fruit after reading the charming text.

#### **Availability:**

There are a number of ways in which interested readers can find and read Nostradamus' confectionary recipes. I have owned a facsimile version of the **Traite des Confitures** dated 1557 since the 1970s and have purchased a number of other editions through the years.

The Bibliothèque Nationale of France catalogues the first edition in 2018 as:

Nostradamus (1503-1566)

[Excellent & moult utile opusculé à tous nécessaire, qui desirent avoir cognoissance de plusieurs exquisés receptes, divisé en deux parties [Texte imprimé]. La premiere traicte de diverses facons de fardemens & senteurs pour illustrer & embellir la face. La seconde nous monstre la façon & maniere de faire confitures de plusieurs sortes... Nouvellement composé par maistre Michel de Nostredame, docteur en medecine de la ville de Salon de Craux en Provence... .] Publication: (Lyon: A. Volant, 1555.)

**Description matérielle :** 228-[11] p. ; in-8

#### **Autre(s) forme(s) du titre :**

- Excellent et utile opusculé à tous nécessaire qui désirent savoir et avoir connaissance de plusieurs exquisés recettes, divisé en deux parties **Notice n° :** FRBNF37306547

While this entry seems straight forward enough, works by Nostradamus and information about the confectionary text are published and recorded under a variety of spellings and under a number of variations of the author's given name. Titles also vary. Variations for the name include: Michel de Nostredame; Notredame, Michel de; Nostredame, Michel de; De Notredame, Michel; De Nostredame, Michel; Nostradamus, Michel; Nostradamus, Michael; Nostre Dame, Michel de. Most of these are rejected now in professional cataloguing or in bibliographies in favor of the author being listed as: Nostradamus or Nostradamus, Michael. They often appear with the additional helpful SEE reference of: Nostradamus, Michel de see : Nostradamus. This also does not mean older bibliographies or catalogues won't list the earlier entries. Most often one finds the confectionary text under: Nostradamus, 1503-1566. Traité des confitures.

One might think that one could find the work easily under a subject heading, but even here subject headings for the confectionary book range from Gastronomy; Medicine; Preserves; 16<sup>th</sup> century; Confectionery; Cosmetics; Cookery (Jam); Cookery—early works to 1800. Fruit Utilization + Processing, etc.

The easiest way to locate a copy if one has online access, Adobe *Acrobat*, and a fast connection is to look at the Bibliotheque Nationale's scanned edition online through Gallica. The work online is: Nostradamus. Excellent & moult utile opusculè à tous necessaie. Publication: 1555. <http://gallica.bnf.fr/ark:/12148/bpt6k79259s?rk=21459;2>

Digitized or scanned images with the confitures' section begins fol. **133ff**, and you may jump ahead to that section by inserting 133 into the pagination box. If the link fails to work, (the Bibliotheque Nationale often revises their online access points), try inserting the author and title into the search boxes and find the scanned book that way.

For those interested in German editions, it should be noted there was a 1572 Augsburg edition, followed by additional printings in 1573 and 1589. The title begins: MICHAELIS NOSTRADAMI. Google Books has a scanned copy of the 1572 edition online. <https://tinyurl.com/yafmjbsa>

Another online source offering a 1555 edition is the website: Repertoire Chronologique Nostradamus. It offers free editions of works by Nostradamus, but be forewarned the website changes or modifies addresses or access often. The text of the **Traité des confitures** appears here: <http://www.propheties.it/biblio/0011.pdf> [valid as of mid 2018.]

Modern editions may be purchased and include:

Nostradamus, Michael. ***Traite des Confitures. Le Vray et Parfaict Embellissement 1557***. Paris: Gutenberg Reprints, 1979. [Facsimile of the 1557 edition entitled *La façon et manière de faire toutes confitures liquides, tant en sucre, miel, qu'en vin cuit*. This is noted as the famous "Texte imprimé" published at Antwerp by C. Plantin in 1557, two years after the original edition was published at Lyon. The Pg. 17-22

spine title reads: *Traité des confitures* with running titles of: *La maniere de faire divers lavemens* and *La maniere de faire confitures.*]

Nostradamus. ***Tratado de las Confituras***. Edicion a cargo de Manuel Serrat Crespo. Barcelona: Editorial Barcanova, 1982. 84-7533-006-1 Spanish language edition based on the Orban edition below. 31 recipes

Nostradamus. ***Des Confitures***. Presentation et adaptation Fabrice Guerin. Paris: Olivier Orban, 1981. 2-85565-173-5 152 pp. French edition. 31 recipes.

Boesler, Knut. ***The Elixirs of Nostradamus. Nostradamus' Original Recipes for Elixirs, Scented Water, Beauty Potions And Sweetmeats***. Transcribed by Carola Friedrichs-Friedlander. London: Bloomsbury, c1994, 1995, 1996. [Wakefield, R.I. : Emeryville, CA : Moyer Bell ; Distributed in North America by Publishers Group West, ISBN: 1559211555 (cloth)]

This edition was first published in Germany by Rowohlt Taschenbuch Verlag GmbH in 1994. Boesler based his work on the German edition which appeared in Augsburg in 1572. This is the first English translation of the work and given that it's been translated from the original French into German and then into modernized German before being translated into English, the term "lost in translation" may be applied to parts of it. The book is out of print but widely available in the used book markets at very reasonable prices. It's worth buying or interlibrary loaning in as it's readable and presented in a modern font and spacing. The recipes can be easily read and adapted by a wide audience. There are 17 recipes for potions and 23 for sweets and confections. If the book is being used for an arts and sciences entry, one, for accuracy sake, should check the language of any recipe against the wording of the original French edition. Other editions include:

Degaudenzi, Jean-Louis. ***Les Recettes de Nostradamus: Recettes Culinaires et Secrets de Beauté, Traité des Confitures, des Vins Aphrodisiaques, des Plantes et des Cosmétiques***. Paris: Losfield, 1999. 209 pp. 2844120210.

Daudelin, Éric. ***Fruits & Confiture: Photographies***. [Montréal]: É. Daudelin, [1982?]. A limited edition containing material from: ["*La seconde partie contenant la façon et manière de faire toutes confitures liquids....*, par Michael Nostradamus."]

Nostradamus. ***Manières de faire toutes confitures***. Edition par Clara Schmidt; préface de Richard Roudaut. Paris: Parangon-Aventurine, 2001. 89 p. French language. 2841900460

Kosta-Thefaine, Jean-Francois. ***Traite des confitures***. Paris: Imago, 2010. 134pp.?

Nostradamus. ***Des confitures. Gravures de Mario Avati***. Paris: Les Bibliophiles de, 2010. Expensive limited press edition, priced currently at \$1500.

Additional Reading:

Crum, Maddie. "Nostradamus' Recipe For Cherry Jelly." *The Huffington Post*, TheHuffingtonPost.com, 8 Jan. 2013, [www.huffingtonpost.com/2013/01/08/nostradamus-recipe\\_n\\_2424491.html](http://www.huffingtonpost.com/2013/01/08/nostradamus-recipe_n_2424491.html).

[<http://fxcuisine.com/Default.asp?language=2&Display=200&resolution=high> contains the recipe.]

Dickey, Colin. "Nostradamus Predicts...you'll Have an Excellently Tasty Breakfast!" *Botched & Ecstatic*, 15 Aug. 2011, [botchedandecstatic.tumblr.com/post/8954281467/nostradamus-predictsyoull-have-an-excellently](http://botchedandecstatic.tumblr.com/post/8954281467/nostradamus-predictsyoull-have-an-excellently).

Eakins, Emily. "Suddenly, It's Nostadamus, the Best Seller." *New York Times*, Tuesday, September 18, 2001. pp. E1, E6.

Foden, Giles. "Nostradamus and his pot of jam." *The Guardian*. 1 April 2006.  
<https://www.theguardian.com/books/2006/apr/01/featuresreviews.guardianreview1>

Holloway, Johnna. "The Confitures of Nostradamus." *Tournaments Illuminated*. Fall 2004. Issue 152. pp. 18-20.

Hyman, Mary. "The Apothecary's Table." *Slow Food. The International Herald of Taste*, No. 16. January-March 2000. Web. [http://www.slowfood.com/img\\_sito/riviste/slow/EN/16/marmellate.html](http://www.slowfood.com/img_sito/riviste/slow/EN/16/marmellate.html)

Hyman, Mary. "Les menus choses qui ne sont de nécessité: les confitures et la table." *Du Manuscrit à la Table*. Montreal: Champion-Slatkine/Presse de l'Université de Montréal 1992, pp. 273-284.

*Larousse Gastronomique*. New York: Clarkson Potter / Publishers, 2001.

*Livres en Bouche. Cinq Siecles d'Art Culinaire Francais, du Quatorzieme au Dix-Huiteme Siecle*. Paris: Bibliotheque Nationale de France, 2001.

Mason, Laura. *Sugar-Plums and Sherbet. The Prehistory of Sweets*. Totnes, Devon, U.K.: Prospect Books, 1998.

Notaker, Henry. *A History of Cookbooks. From Kitchen to Page over Seven Centuries*. Oakland, CA: University of California Press, 2017.

Notaker, Henry. *Printed Cookbooks in Europe, 1470-1700*. New Castle, DE: Oak Knoll Press, 2010.

Sabban, Francise and Silvano Serventi. ***La Gastronomie a la Renaissance***. [Paris:] Editions Stock, 1997.

***Six Siecles de Confitures***. Edited by Gilles & Laurence Laurendon. Paris: Payot, 1997. [Recettes choisies, annotees et prefacees by the editors.]

Toussaint-Samat, Maguelonne. ***History of Food***. Translated by Anthea Bell. 1987. Cambridge, MA and Oxford, UK: Blackwell Reference, 1992.

Wheaton, Barbara Ketcham. ***Savoring the Past. The French Kitchen and Table from 1300 to 1789***. Philadelphia: The University of Pennsylvania Press, 1983. New York: Touchstone, 1996.

Willan, Anne with Mark Cherniavsky. ***The Cookbook Library***. Berkeley, CA: University of California Press, 2012.

Online Resources used to verify titles include: Worldcat; Library of Congress; Bibliotheque Nationale.

Note: Websites and articles on Nostradamus come and go. Hyperlinks are often broken. For instance, at one time it was possible to find and use the confections book under "**Traité des fardemens et confitures**". English translation copyright (c) Peter Lemesurier. 2000. <http://www.propheties.it/nostradamus/1555opuscole/opuscole.html> . That link no longer works and the translation appears to have vanished. Be warned.

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