

Waterford charter roll 1373



The Normans always cooked their fruit because they believed it was dangerous to eat fruit raw.

The Normans invented stirrups, which keep your feet safe and secure when riding a horse – without stirrups you'd fall off really easily!

The Normans used spices like ginger, nutmeg and pepper, which were really expensive, as they were brought in from abroad in ships. They spiced their meat because it was not always fresh and the spice helped to make it taste better.

The Normans brought rabbits to Ireland and kept them in specially built warrens. During the winter months they ate the rabbits.

Look carefully at the charter roll. Poulaine shoes, which were long and pointy, were very much in fashion then.

Poulaine shoes became so long-toed that they had to be tied to the leg with a little chain or string so that the wearer would not fall.

Poulaine shoes were so awkward to wear that the wearer had to walk backwards to go up and down steps.

In the Middle Ages there were laws controlling the colour, fabrics and even the types of garments that people were allowed to wear.

Kings were the setters of fashion trends in the fourteenth century and controlled what different classes of people were allowed to wear, keeping red for themselves, as that dye was the most expensive.



The fashion at this time in the Middle Ages was for two-coloured outfits from top to toe, such as this red and fawn gipon. Hose and shoes were the ultimate fashion statement. The colours are carried through in the wide-brimmed hat and even into the feather pinned on by a gold brooch.



King Henry III's outfit, here, is a fashionably padded cotehardie with scalloped edges. Over this he is wearing a mantle or cloak with matching scalloped edges. The cloak is fastened at the neck with a large flower brooch.