

# FRIENDS OF THE FORT

present





# LIFE IN MEDIEVAL SCOTLAND 16<sup>TH</sup> CENTURY



By the time the fort was built, Mary I was the Queen of Scotland.



Mary, Queen of Scots (1542-1587)  
by  
François Clouet

At only 9 months old, she was crowned in the Royal Chapel at Stirling Castle.



The **Stuart** dynasty began with Robert II taking the throne as King of Scots in 1371 and ended with the death of Anne of Great Britain in 1714.





In January 1547, the 9 year old Edward became King of England as Edward VI.



Edward VI of England c. 1546

His uncle Edward Seymour, Duke of Somerset, was appointed his Protector and ran his government.



His regime was to harass the Scots unmercifully with the object of capturing the Queen.



Portrait of Edward Seymour, 1st Earl of Hertford (circa 1537),  
(later in 1547 created 1st Duke of Somerset & Lord Protector 1547–49)



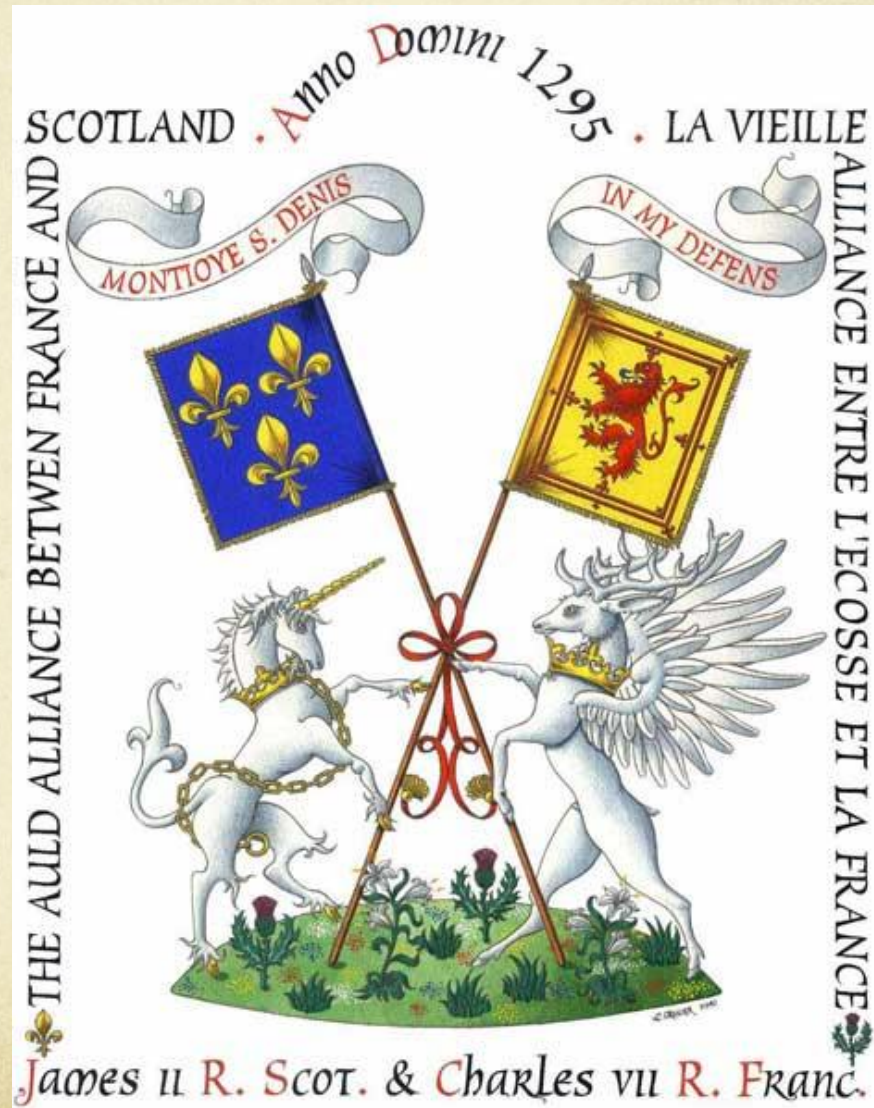
The Scots and the French were bound together by the Auld Alliance.



France Berry Aubigny-sur-Nère Museum Auld Alliance Treaty © 2010 Scotiana



The Scots Guard - 'Garde Écossaise' - was founded in 1418 by Charles VII of France.





The Scots soldiers of the 'Garde Écossaise' fought alongside Joan of Arc against England during the Hundred Years War.







# THE PEOPLE

## FOOD & DRINK



Many of the foods found on medieval tables are familiar - mutton, beef, veal, venison, fish, apples, pears, cherries, leeks, onions and cabbages.



**“ A PIE AND A PINT”**



Honey was used to sweeten food.



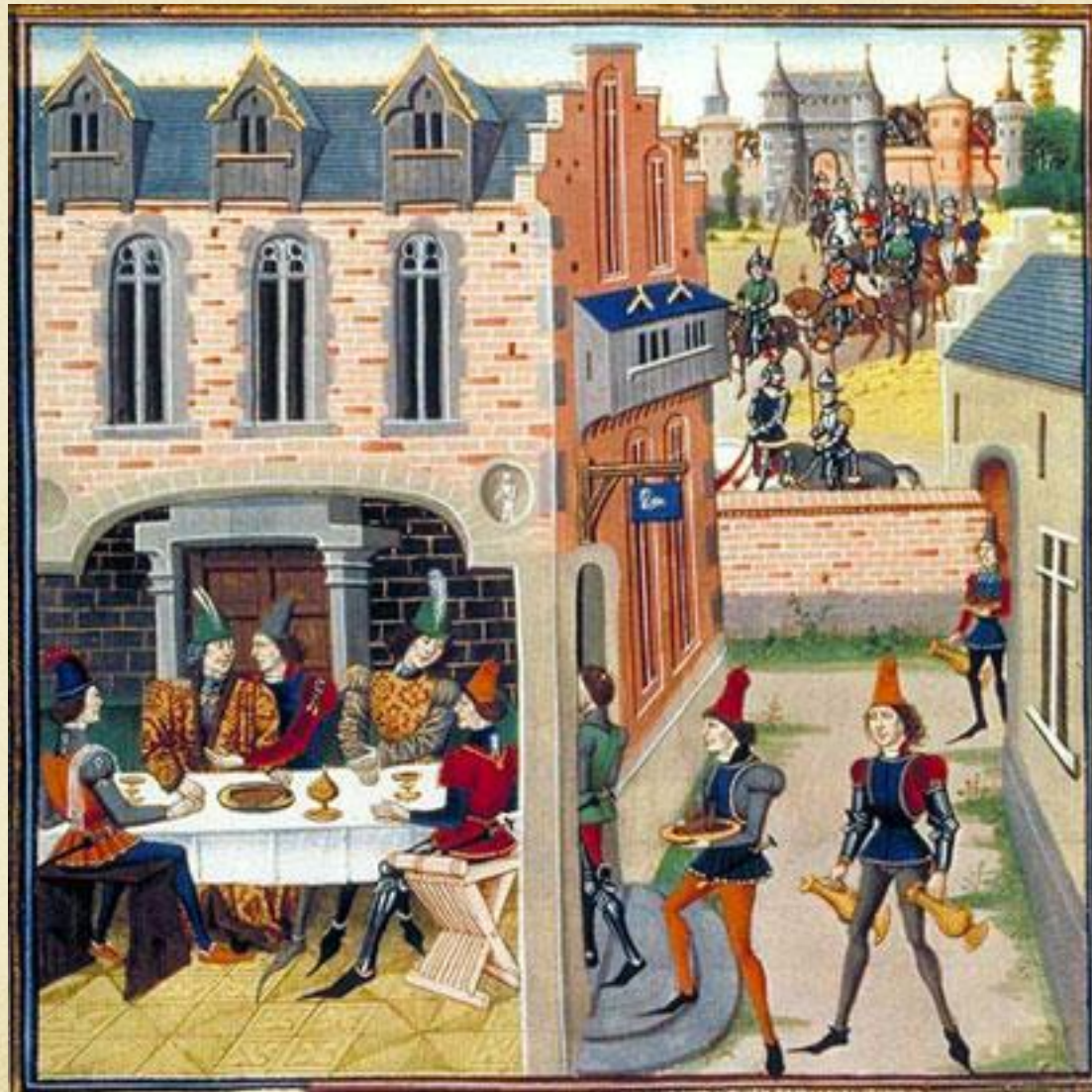


Food was strongly seasoned with herbs and spices, including garlic, rosemary, fennel, mint, parsley, cinnamon, peppercorns, root ginger, cloves and nutmeg.





Salt was very expensive; it became a status symbol for kings and rich nobles.





Medieval Scots also ate all sorts of creatures we don't eat today including swans, peacocks, seals, wild little birds and porpoises.



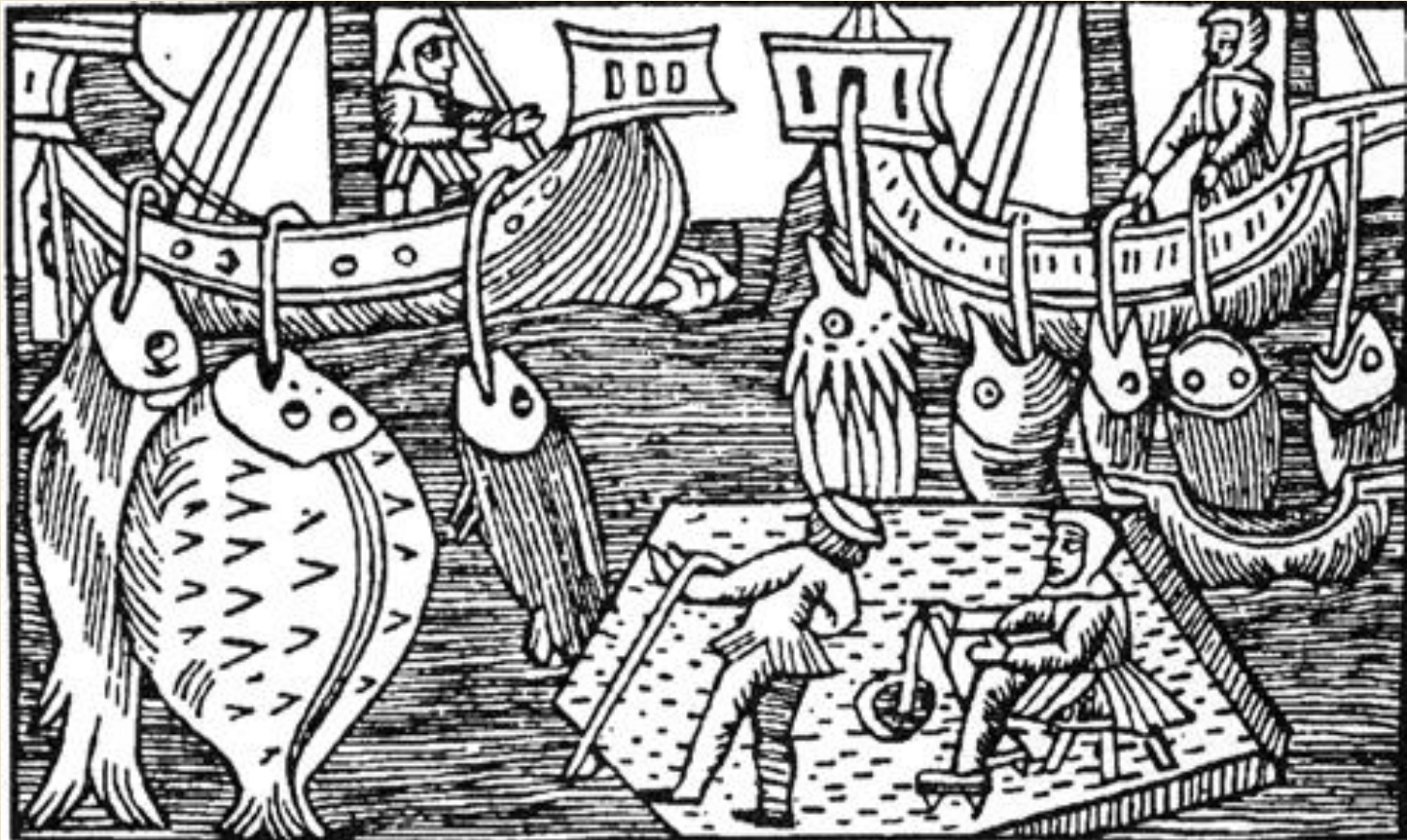


Some medieval dishes, such as meat jellies, seem very strange today.





Fish was a regular dish as the church forbade the eating of meat during Lent and on Wednesdays, Fridays and Saturdays.

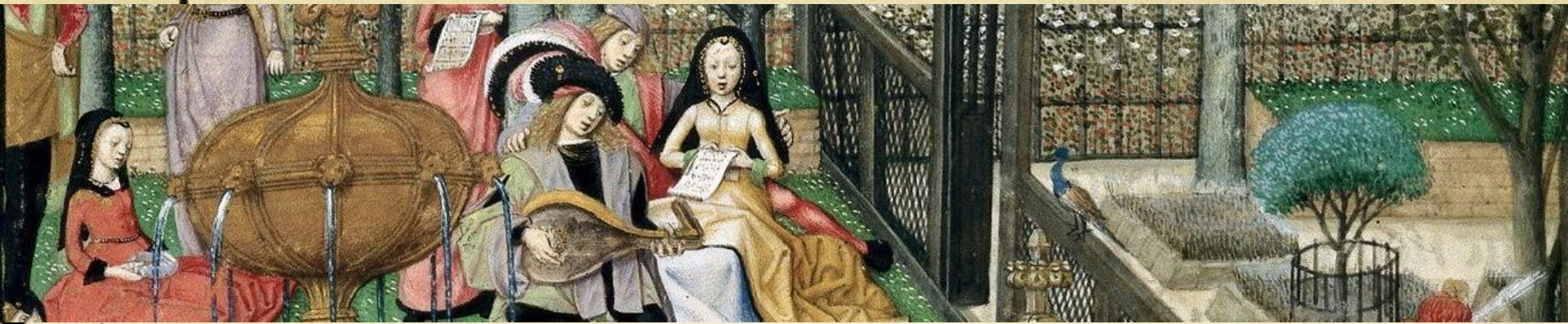




Herring, pike, salmon and bream were commonly eaten as well as eels, which were caught in lochs with wicker eel traps and barbed eel spears.







# THE PEOPLE

## CLOTHING

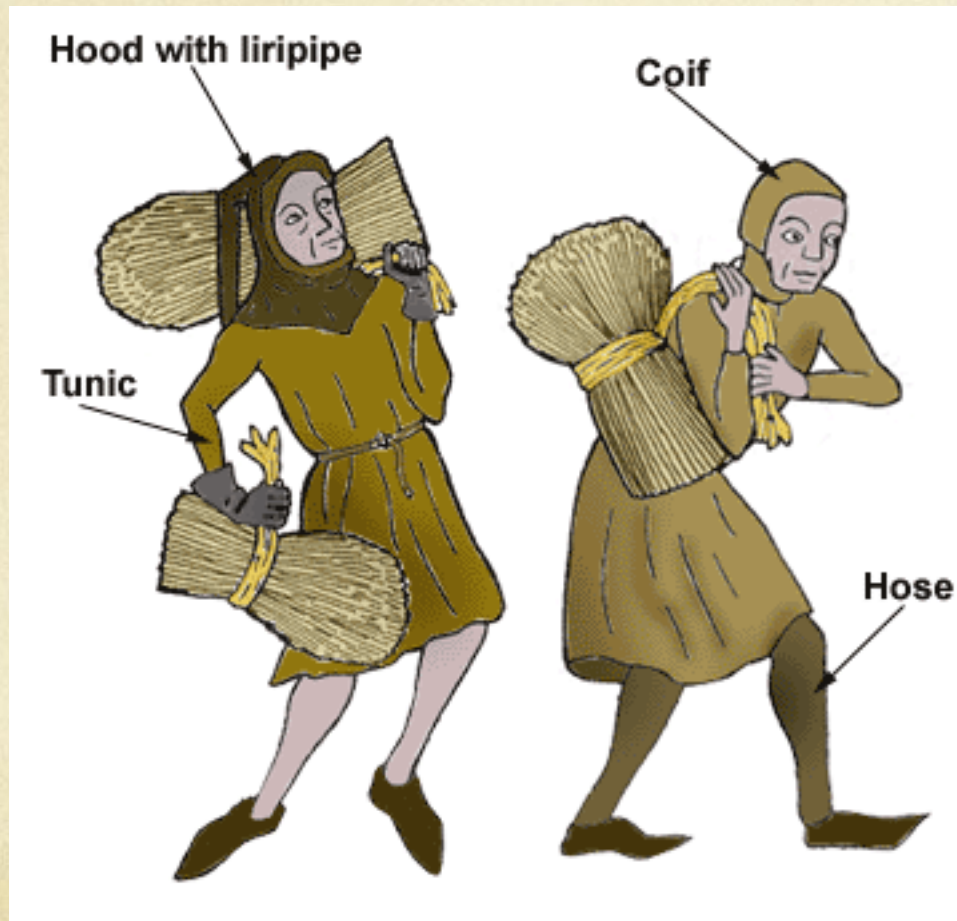


There were extremely strict rules, some enforced by Acts of Parliament, governing who could wear what in medieval and Renaissance times.



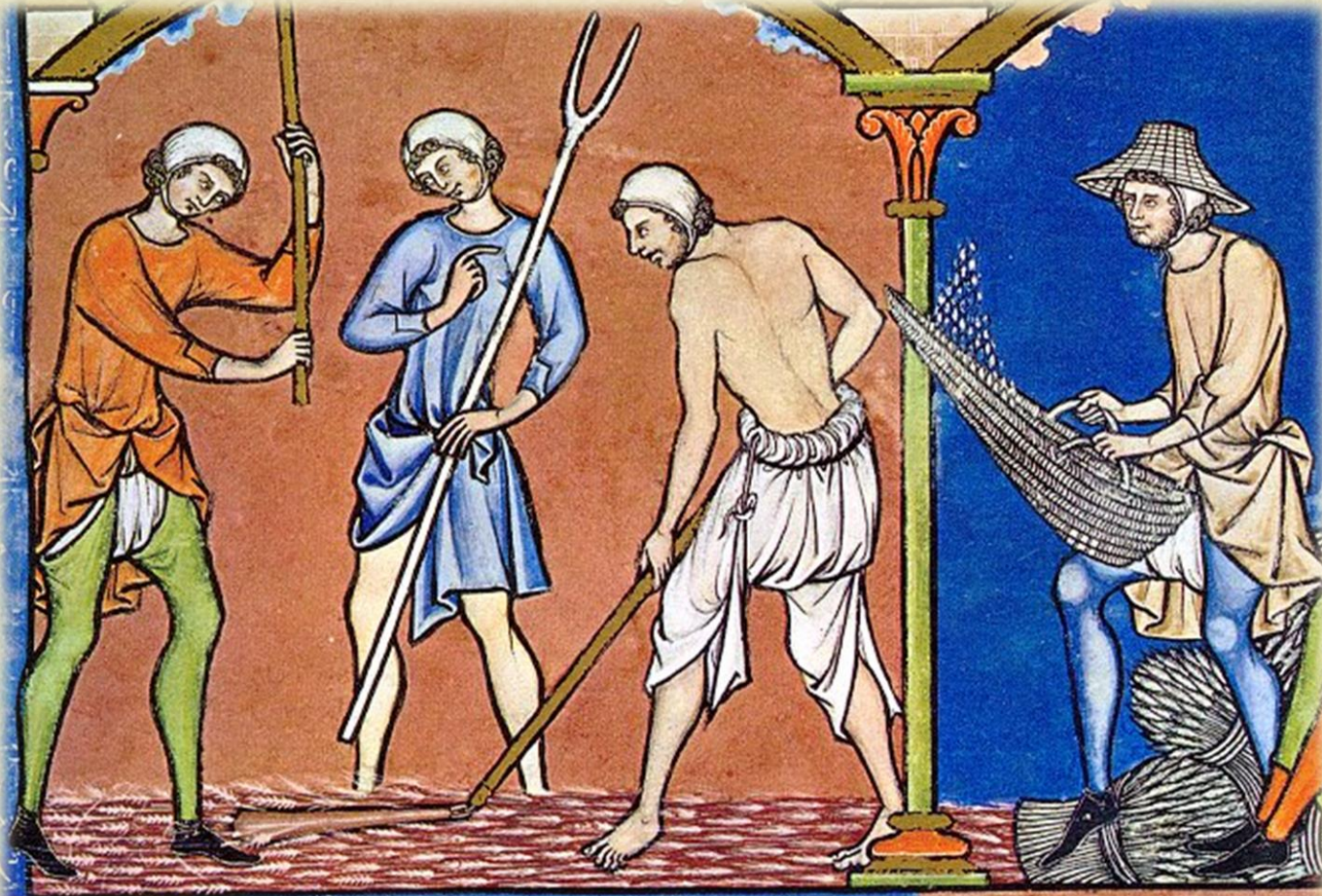


The general rule was that the poorer someone was, the simpler their clothes were: a simple belted tunic for peasants, shorter for men and longer for women, generally made of wool or linen.



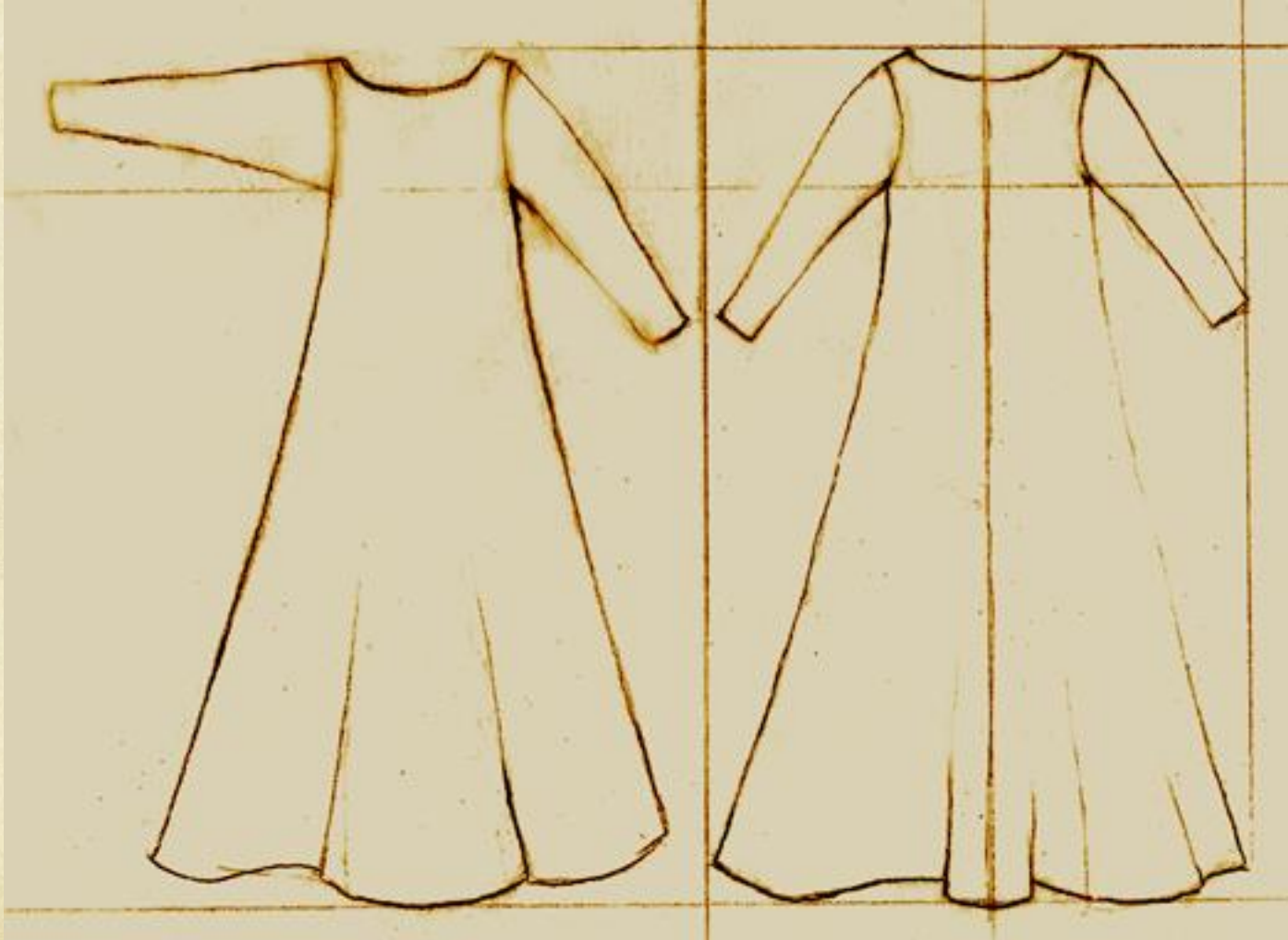


Men wore 'braies' - large baggy underwear - beneath their tunics.





Women wore long slips known as 'kirtles'.





Both men and women wore 'hose' - leggings like long stockings without feet.





Nobles had access to any fabric they liked, including the exotic silks and velvets brought back by crusaders and merchants.





Only royalty were permitted an ermine trim.



Elizabeth I in her coronation robes, patterned with Tudor roses and trimmed with ermine.





# THE PEOPLE

## TRADES AND WORK



There was a wide range of jobs, mostly involving making and maintaining everyday necessities, for example baking, butchering, spinning, and so on.



Book of Hours, Calendar, Rouen, France c. 1500 Bodleian Library, University of Oxford



Other people provided a variety of services, such as clerks, who could read and write, and minstrels, who were musicians.





Trades included:

- ◆ apothecary (prepared and sold medicines)
- ◆ barbers (cut hair and also conducted surgery and bloodletting)
- ◆ cordiner (shoemaker)
- ◆ swineherd (looked after a herd of pigs)
- ◆ fletcher (made arrows)
- ◆ coopers (made barrels)
- ◆ bonnetmakers (made hats)
- ◆ fleshers (prepared and sold meat)



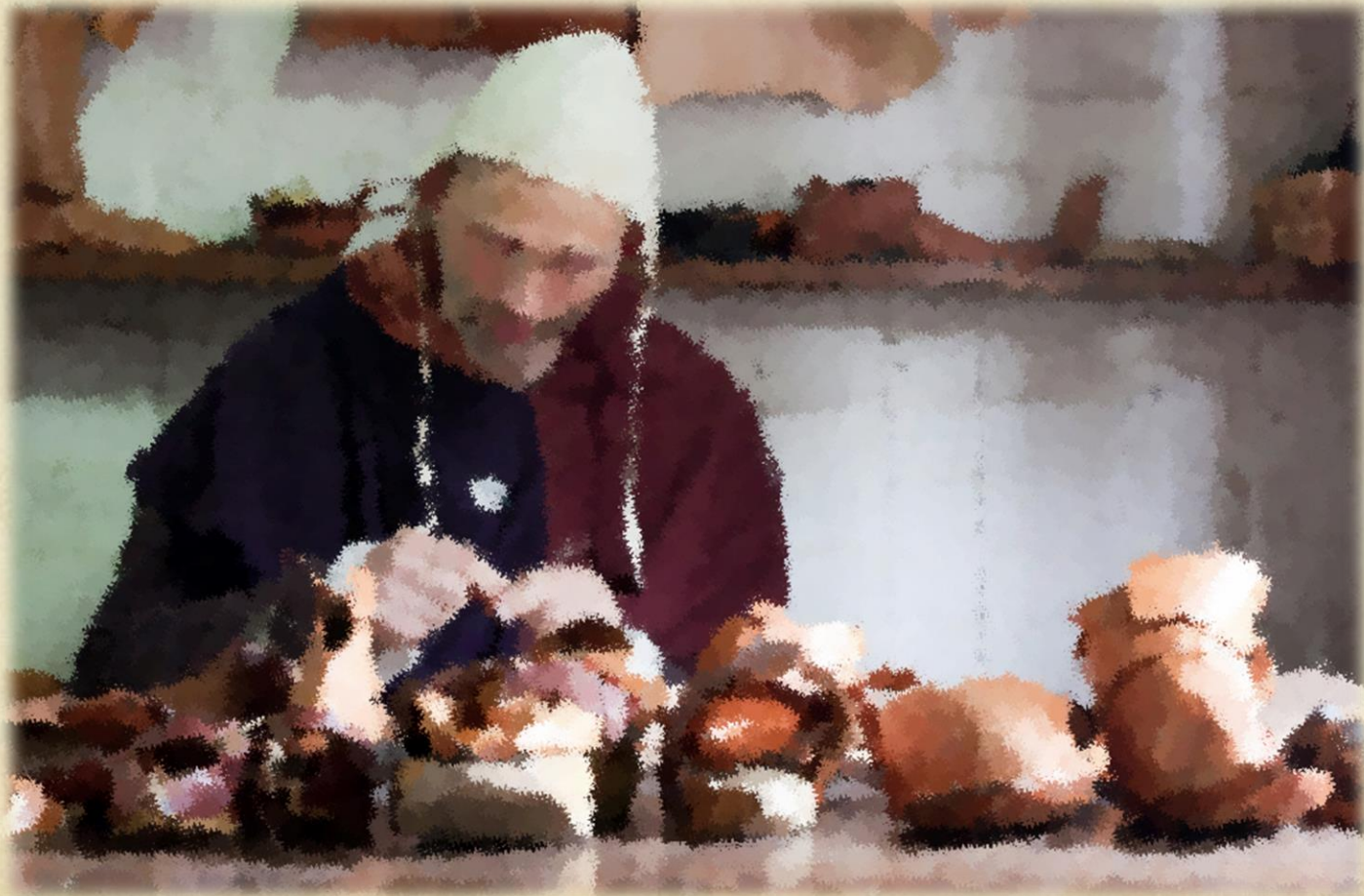


People often took their surname from their family trade, which gives us the Bakers, Wrights and Smiths of today.





To carry out skilled work of any kind, people had to join a guild as an apprentice to learn their craft and then work very hard to gain the right to ply that trade independently.



Medieval shoemaker. Image licensed under Creative Commons by Hans on Flickr



Stone masons had their own ‘mason’s marks’ to sign their work.



You can still find mason’s marks in churches and abbeys.



**Music** was provided by troubadours who wandered from place to place, or minstrels who were in service to a particular patron.



Medieval musician playing a lute. Image licensed under Creative Commons by Hans on Flickr



Romances were essentially the blockbuster novels of their day: heroic and fantastic tales, in prose or verse, telling the daring life of the chivalric knight.



They were often read aloud to entertain a hall full of nobles.



Romances of King Arthur and the Knights of the Round Table were popular subjects.







# RELIGIÓN FESTIVALS & BELIEFS



In the Middle Ages religion was an important part of everyday life.



Many people dedicated their whole lives to God as monks or nuns, or worked as lay members of monasteries and nunneries.



Scotland was home to cathedrals, chapels, churches, monastic buildings, shrines, altars, holy wells, carved stone crosses, relics and burial grounds.



Rosslyn Chapel, Scotland



People believed in the devil and all his works and feared a very real hell.



Rosslyn Chapel, Scotland



The year was laid out as a series of festivals, saints' feast days and holy days.



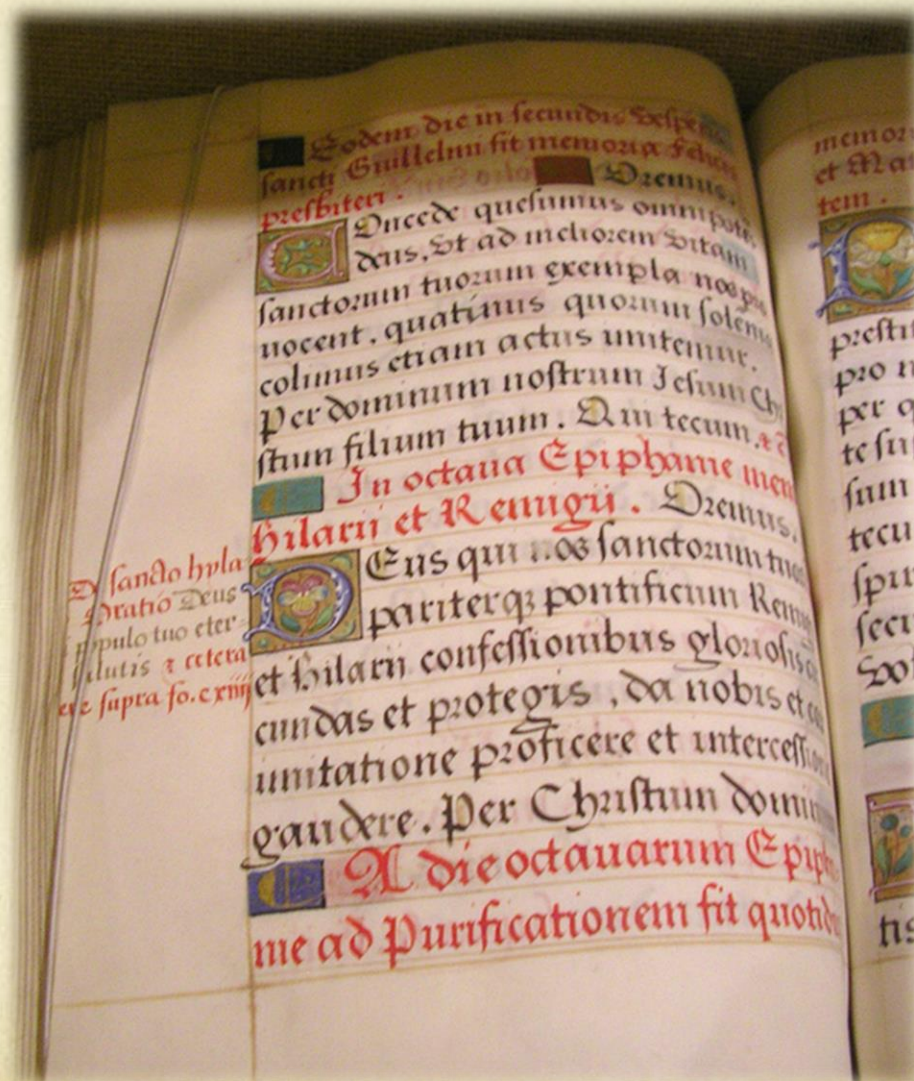


The Christian Apostle Saint Andrew was the patron saint of Scotland while Saint Kentigern, also known as St. Mungo, was the patron saint of Glasgow.





Religious services were conducted in Latin.





Stone carvings, wooden rood screens, wall paintings and embroideries would have brought Bible stories to life.



Stirling Castle - Tapestry

John Pastrokos





# EYEMOUTH 1547



Fort Point, Eyemouth, was the site of the first “trace Italienne” style fortification in Britain. Building commenced in 1547 by Sir Richard Lee and it cost £1,906.





The place is known by other alternative names such as **King's Mound**; **Eymouth Artillery Fort** and it was built as an artillery fortification.





On the edge of the cliff, mounds still remain visible but they are gradually disappearing as the cliff face crumbles.



Photographed by the RCAHMS in 1980



This promontory was fortified in 1547 by invading English troops and again in 1557 by French forces acting on behalf of the Scottish Queen.



ENGLISH TROOPS



It was demolished under the Treaty of Boulogne in 1550. Rebuilt in 1556 by d'Oisel. The fort could held some 500 French troops.



FRENCH TROOPS



The fort was demolished again under the 'Treaty of Cateau-Cambresis' in 1559.





The two lines of ramparts, with bastions and gun emplacements, can still be traced today in the grass-covered earthworks of the fort.







THE FORT TODAY...



In November 2012, **Tom Dawson** (St. Andrews University) and his team, started a new project: Eyemouth Fort. The project has now the support of 'Friends of the Fort', Eyemouth Museum, Eyemouth High School, BAS- Border Archaeological Society and Dr. Chris Bowles (SBC)



TOM DAWSON



A remote controlled 'hexacopter' belonging to St Andrew's University was used to take images of the fort which stands on the cliff edge at Eyemouth.





Paul Wheelhouse MSP, Minister for Environment and Climate Change joins the 'Friends of the Fort' for a site visit. April 2013





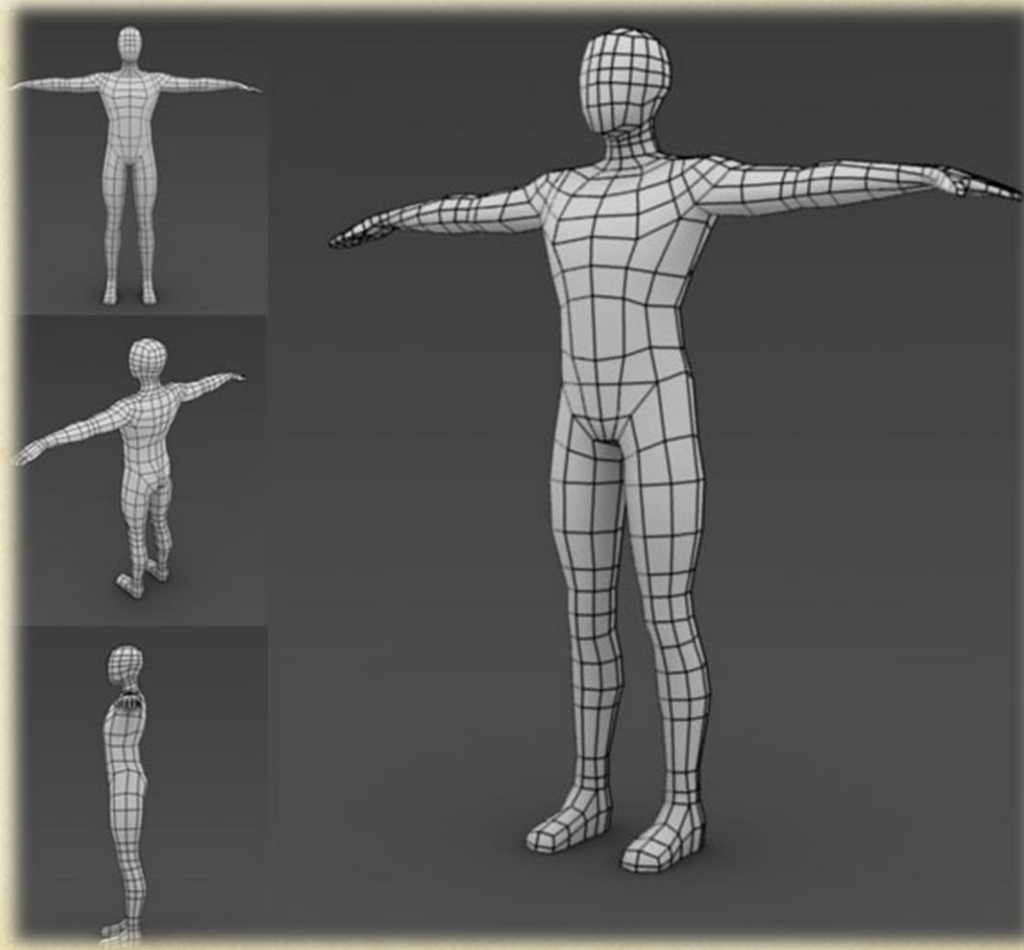
In a break from the usual exercise and search routine, pilot Ian Forrest and observer Colin McLean recently helped St Andrews University with an aerial photographic survey of the 16th century fort on a promontory near Eyemouth.



Pilot: Ian Forrest



Young people from around Eyemouth created 3D models of the canons at Eyemouth Community Centre, after visiting the remains of the fort.





# CREDITS

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