

## Medieval Mores and Manners

Thou shall not spit over the table nor scrape or scratch thine own skin with thy fingers

At table beware of picking and cleaning your teeth with your knife.

Do not pick your nose with your fingers nor let it run clear upon your face but do not blow it loudly or with abandon lest you offend the ears of the lord and lady of the keep.

Make certain that your nails, hands and forearms are clean and neat and easy to look upon, be certain your face is washed and your beard and mustache are combed. manners and cleanliness separates us from the beasts.

Be ever respectful to others and your betters upon pain of beating or death.

Put no bread or meat into your poke for later unless the lord and lady, at meals end, make proclamation to do so.

If you must burp never do it in the face of others, tilt your head back and burp quietly toward the ceiling or dip thy head low and burp unto thine shoulder.

Slurping and farting are never acceptable at table.

Never take up more room than each person is permitted by putting your elbows on the table.

Never take a drink from your cup until the king has given the first toast.

Do not let a morsel pass your lips before the King breaks bread, after all you are a guest.

Do not let your voice be heard above others it will be an assault to the ears of others.

Always beg pardon if you have contacted another's body.

Be sure to relive yourself before the meal so that you will not disrupt the feast.

Do not boast or brag lest you be called out and disrupt the feast.

Put nothing on the ground or under the table when you depart, not even for the dogs. Leave the feast hall as tidy as you found it and pleasing to your hosts.

Reach for food with fingers 3 like nobility not with 5 like a unlearned peasant.