

1565 AD Elizabethan Underwear

The chemise is made of linen and has been pleated into a high collar. The sleeves are rather tight because of the sleeve design of the doublet. They have been pleated into cuffs.

The under garments consist of a pair of bodies (corset), a farthingale, a petticoat, and a farthingale pad.

The bodice is front fastening for ease in dressing. It has a square neckline and is made of a burgundy cotton twill fabric. The edges are bound in black bias binding for decoration. There are picadils, also edged in black bias binding, around the bottom edge of the bodice. It has rolled shoulder puffs with black banding for decoration. The bodice sleeves are made from panes of the burgundy and black fabric woven together to make a harlequin-like fabric.

The forepart is made of the same cotton twill fabric as the bodice. There is a black fabric guard around the bottom of the skirt for both decoration and protection.

The over skirt is made of black twill fabric.

Hair is worn braided and bundled up under an escoffion.

Shoes are very square toed. Hosen were still being made of fabric rather than being knitted. They were held up by garters.



GENERAL NOTES

Spain became the fashion leader with the introduction of the farthingale. Another event that affected fashion was when steel needles replaced drawn-wire ones. This resulted in an increase in fine embroidery, cutwork, and lace.

Under garments included both the square-necked chemise and the high-necked chemise. Sleeves could either be relatively tight or could be extra long and full to allow puffing through the slits of the bodice sleeves. Additional under garments included the Spanish farthingale; a corset, called a pair-of-bodies; and a hip bolster or farthingale pad. The farthingale was a petticoat made of a series of cane or rush hoops sewn up at intervals. This foundation spread the overskirt outwards to the hem showing the rich "forepart" or petticoat at the front opening. The back of this petticoat was often made of inferior material.

The well-fitted bodice became lower waisted around this time, while the neckline was high. Often there were picadils to accents the armseye and bottom of the bodice. The bodice fastened at either the sides, back, or even buttoned up the front.

Hair was waved in front and gathered into a bun at the back of the head or braided and wound around the head. Men-style hats were popular with women and were worn low over the forehead.

Shoes were more round-toed but still heelless. They were highly decorated. Knee length tailored hose were replaced by knitted ones of silk, finest yarn or worsted. They were gartered below the knee with embroidered sashes or bands.

Gloves, decorative pomanders, flag-shaped fans, pouches for a needle case and scissors, all hung from the girdle.

Jewelry was extravagant. Long ropes of pearls or gold chains with jewels were worn. Magnificent jewels were sewn directly onto the clothes. Brooches were pinned everywhere. Jewelry would be worn in the hair or on the hats along with feathers. Rings were worn on all fingers and pear-shaped earrings were popular.

Elaborate embroidery was common, featuring interlaced designs, conventional and pendant flowers, shells, fruit, and leaf forms, pineapples, roses, and pomegranates. Makeup was popular with the use of perfume, patches, hair dye, and painted faces.

Popular colors used in clothing of this time were yellow, orange, tawney, straw color, bright tan, peach, flame, rose, soft reds, scarlet and crimson, a purple-red called murrey, black, blues, wachet (a light greenish blue), sea-green, cold and warm gray, white, and russet. Materials used in clothing were taffeta, 'mock' velvet, patterned brocades, damasks, velvets, silks, satins, fine soft wool, fustian, russets, and linen.

CHEMISE

TO MAKE A PATTERN

No pattern is needed to make a chemise.

LAYOUT AND CUTTING

Remember to cut all pieces on the grain, not on the bias.

LOW NECK CHEMISE

Equipment needed: paper, yardstick, chalk

You will need the following measurements:

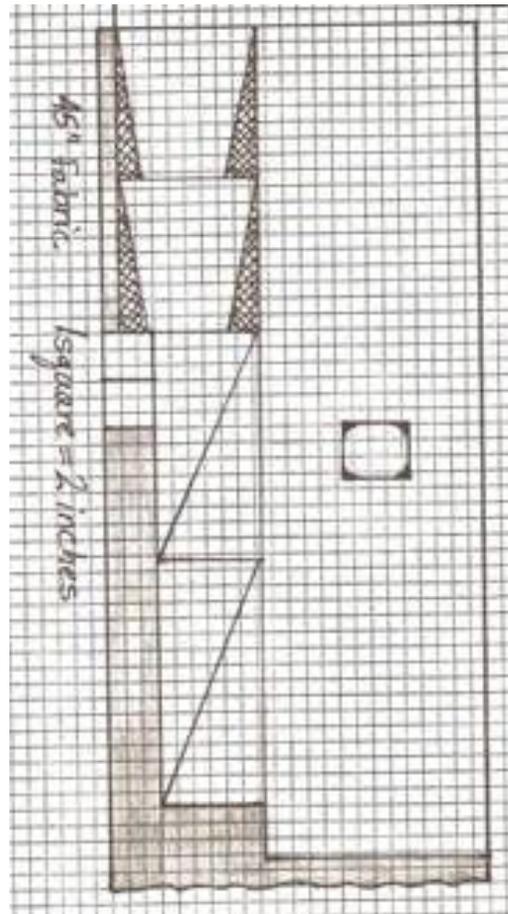
- _____ Bust Measurement
- _____ Waist Measurement
- _____ Hip Measurement
- _____ Center back neck to wrist
- _____ Bicep Measurement
- _____ Hand Measurement
- _____ Shoulder to hem
- _____ Shoulder + 2"

Step 1

Lay out the fabric and, using the yardstick and chalk, mark out a rectangle 27" by 103" long. Draw a line across the center of the rectangle to show the shoulder line.

Step 2

Draw a 7" square so that two inches are on one side of the shoulder line and 5 inches on the other. This is the neck opening. Round the corners uniformly. Cut out the opening.



Step 3

For the sleeves cut two rectangles 18 1/2" long and 16 1/2" wide. Mark a point 3 1/2" up from the bottom of the left side, and a point 3 1/2" down from the top of the left side. Draw lines from the right top corner to the upper point on the left side of the rectangle, and from the right bottom corner of the rectangle to the lower point on the left side. Cut along those drawn lines.

Step 4

For the gores cut two rectangles of fabric 12" wide and 29 1/2" long. Draw a diagonal line from one corner to the other and cut along this line. This makes 4 gores.

Step 5

For the gussets cut 6" squares. Draw a diagonal line from one corner to the other and cut along this line. This makes 4 gussets.

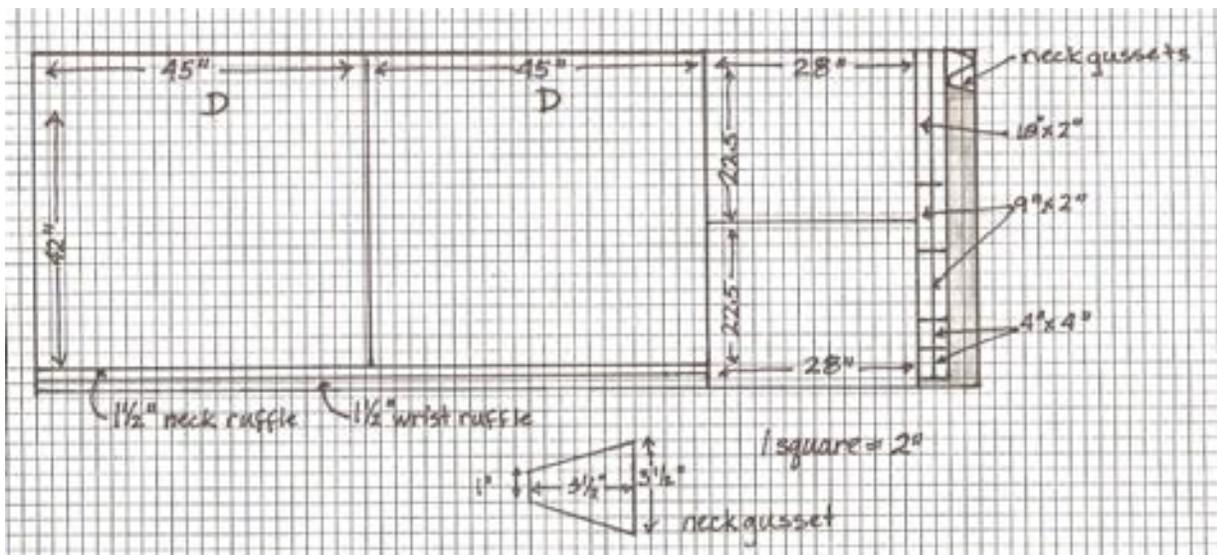
*all measurements in these directions make a chemise to fit a 5'8" woman size 20.

HIGH NECK CHEMISE MEASUREMENTS

- _____ A = Neck circumference + 1"
- _____ B = Wrist circumference + 1"
- _____ C = Shoulder point to shoulder point + 1"
- _____ D = Shoulder to midcalf
- _____ E = Shoulder to wrist + 4"

Step 1

Cut two body rectangles using measurement D x C. Divide your fabric in half lengthwise and then cut two sleeve rectangles using measurement E. Cut two collar pieces 2" by measurement A. Cut four cuffs 2" by measurement B. Cut two 4" rectangles. Cut two neck gusset pieces, 1" x 3" by 3 1/2". Cut a neck ruffle and wrist ruffles 1 1/2" X as long as possible, if you want ruffles.



CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

SEWING DIRECTIONS

LOW NECK CHEMISE

Step 1

Bind the neck opening with bias made from the fabric.

Step 2

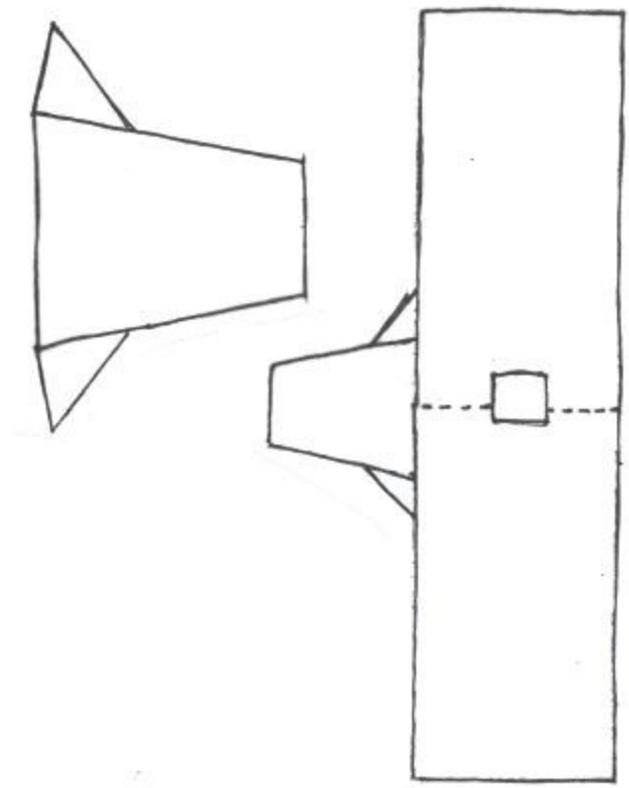
Attach sleeve gussets to the sleeves.

Step 3

Attach sleeve assembly to the body.

Step 4

Sew the sides together.

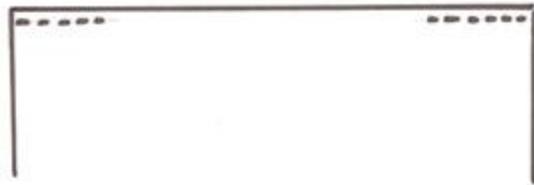


Step 5
Hem the bottom and sleeves.

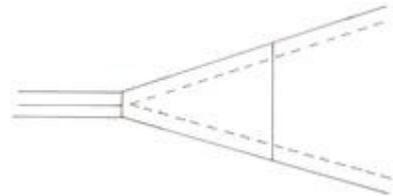
Step 6
Do embroidery around the neck and sleeve edges.

HIGH NECK CHEMISE

Step 1
Sew the shoulder seams together for the first six inches on each edge and press the seams open.



Step 2
Insert the neck gussets into the shoulder seams.



Step 3
Carefully clip the front body down 5-6 inches. Finish off the neck slit with a rolled hem that tapers down at the bottom. Finish off the very bottom with a buttonhole stitch.

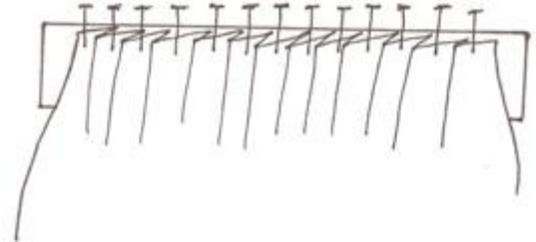


Step 4

Pleat the center section of the shirt onto one of the collar pieces leaving 1/2" seam allowance on the side edges of the band. Place the other band on top of the pleating and stitch. Do not sew the seam allowances. Press the collar away from the neckline.

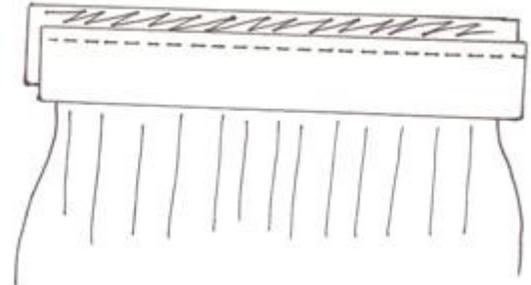
Step 5

If you are adding a ruffle, turn a narrow rolled hem on the short edges of both the neck and wrist ruffles.



Step 6

Pleat the neck ruffle to the collar. Make sure the edges of the ruffle are 1/2" from the band sides for seam allowance. Stitch.



Step 7

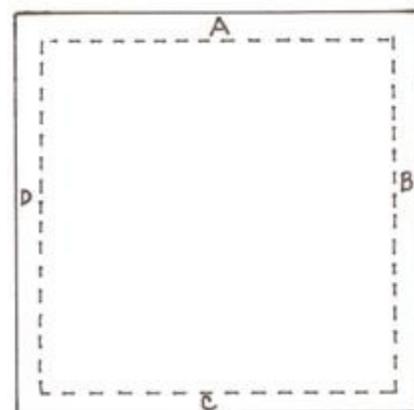
Turn in the side edges of the neckband.

Step 8

Fold the collar piece under and sew closed. If desired, insert a ribbon or tie into both edges of the neckband before sewing.

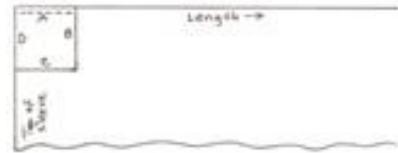
Step 9

Mark the four corners of the sleeve gusset as shown.



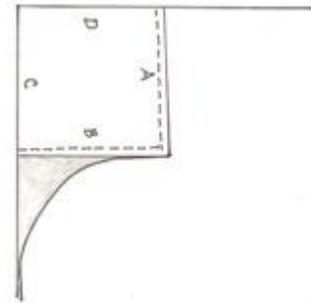
Step 10

Pin the gusset to one side of the sleeve. Stitch from small dot to small dot being sure to back tack at the beginning and end of the seam.



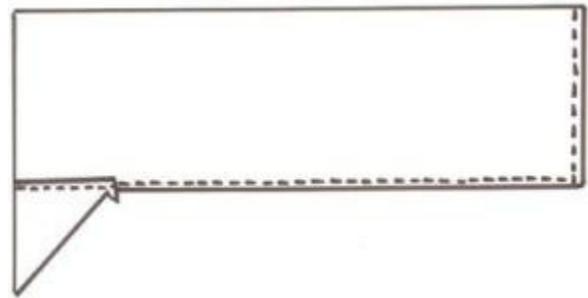
Step 11

Pin the next side of the gusset to the other side of the sleeve.



Step 12

Stitch the underarm seam from the wrist to the dot on the gusset. Be careful not to catch the gusset in the seam allowance.

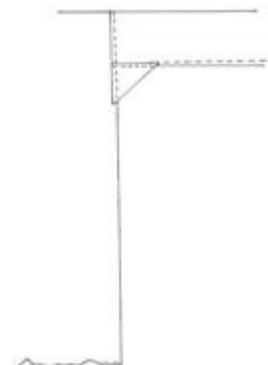


Step 13

Repeat steps 4 - 8 to make the cuffs.

Step 14

Pin the sleeve to the body being sure to match the center to the sleeve to the shoulder seam. Stitch from one side of the gusset up and over the top of the sleeve, down the other side to where you began.



Step 15

Stitch the side seams from the dot on the gusset to the bottom of the chemise.

Step 16

Press the chemise hem up 1/4". Press it up again. Hand or machine stitch the hem.

CORSET

Many thanks go to Lady Elizabeth Ravenscroft, from the Shire of Dun Ard, Kingdom of Calontir, for teaching me how to make the most wonderfully comfortable corset ever. These directions are for making a front lacing corset.

MEASUREMENTS

You will need the following measurements:

- _____ Bust
- _____ Waist
- _____ Waist to underarm measurement
- _____ Desired length of center front

TO MAKE A PATTERN

Equipment needed: paper, tape measure, pencil, T-square ruler and/or yardstick.

Step 1

Draw a vertical line the desired length of the center front.

Step 2

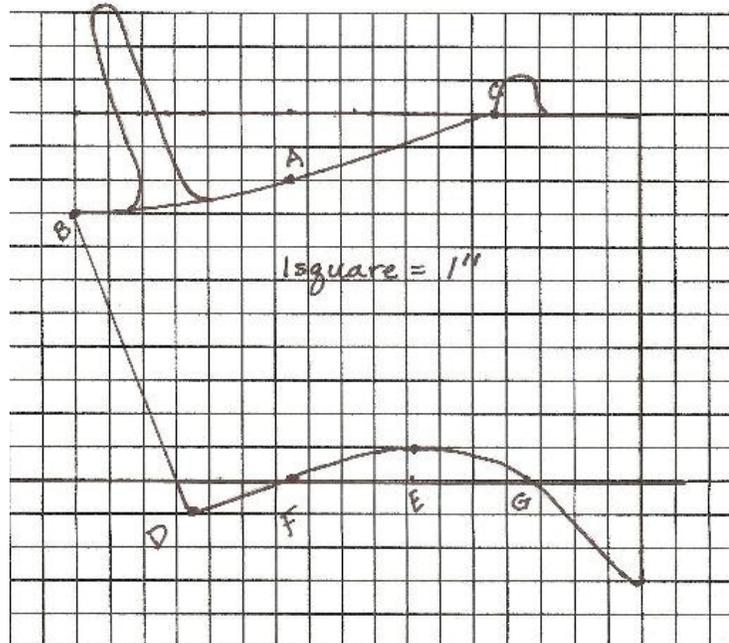
Subtract 2" from the bust measurement, and divide that measurement in half. Draw a horizontal line from the top of the front measurement out to the left.

Step 3

At the midpoint of the horizontal line, measure 2" to the left and mark. From this point measure down 3" for a size D cup or larger. Decrease the number if you are a smaller cup size. Mark this point A.

Step 4

Measure down 3" from the far end of the horizontal line and mark that point B.



Step 5

From the front center, measure out 1/4 of the horizontal line measurement and mark this point C.

Step 6

Draw a curved line to connect points C, A, and B. This is the top of your corset.

Step 7

From point A, measure down the length of the underarm to the waist measurement. Mark this point, and draw a horizontal line across the paper.

Step 8

Subtract 2" from the waist measurement and divide that number in half. Measure out this far to the left along the waistline, mark, and measure down one inch. Label this point D. Connect D and B to from the back center of the corset.

Step 9

Divide the waist line in half, and mark it point E. Divide each half of the line in half again, and mark these points F (on the left) and G (on the right).

Step 10

Draw a curved line from the bottom front center of the corset to point G. Make sure the curve at the bottom center front is wide enough to fit the point of the busk.

Step 11

Measure up from point E one inch, and mark it. Draw a gentle curve from G to this mark, back down to F, and then from F to D.

Step 12

To make straps, measure 3" out from the top front center along the top curve. Mark. Measure 1" further out, and mark. Draw two 5" vertical lines up from these points, perpendicular to the curve.

Step 13

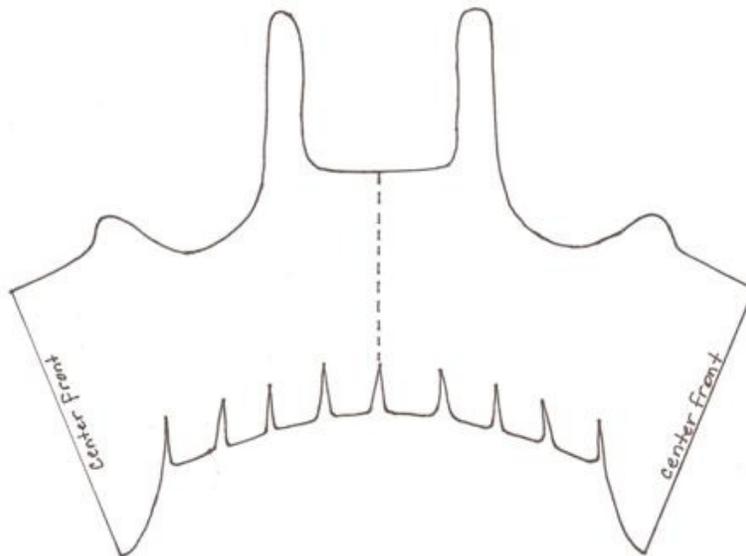
Measure 3" from the back center and mark. Measure 1" further in, and mark. Draw lines as in Step 12.

Step 14

Draw a line 3" below and parallel to the waistline, stopping at the hipbone point.

Step 15

Draw in tabs by dividing the waist measurement by 2-3" to make equal sized tabs.

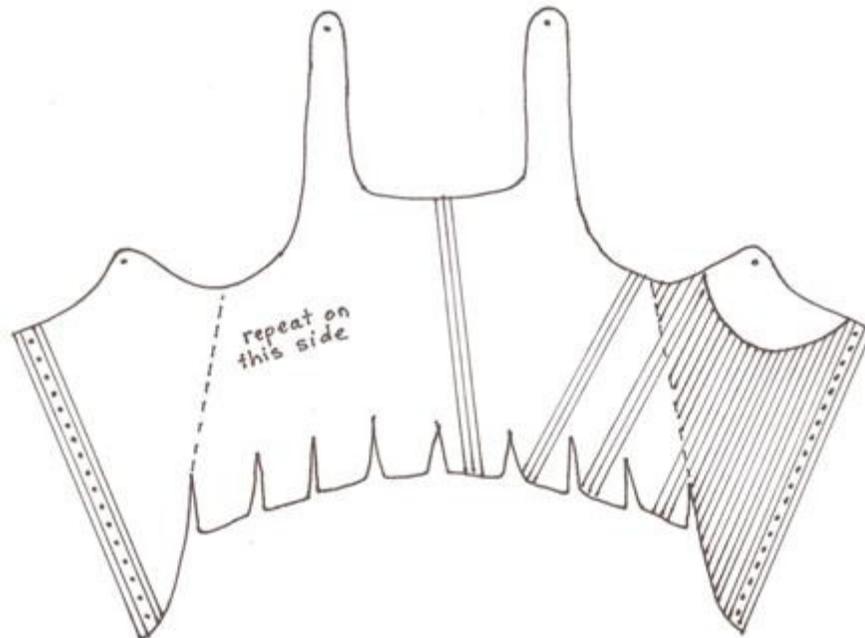


Step 16

At this time redraw the pattern to open in the front. Add 1/2" seam allowance to the back edge. Draw in 1/4" boning channels parallel to the center front. Be sure to leave a 1" area unboned after the first boning channel on each front. That area is to be used for the eyelet holes.

Step 17

Draw a curved line at breast base to indicate the area not to be boned on the corset.



Step 18

Draw 1/4" boning channels parallel to center back. Make stay channels go into tabs as needed.

Step 19

Check to make sure the pattern works by cutting the pattern out of cheap fabric. Make sure the underarm curves and hip curves are large enough so that they won't rub against your body. You may have to move the curves slightly to the front or back to get a perfect fit.

LAYOUT AND CUTTING

Materials needed: polished cotton for lining, cotton ticking, cotton canvas, and a fashion fabric as a cover.

Step 1

Lay out and cut pattern pieces from all four fabrics. Place the grainline on the center front.

CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

SEWING DIRECTIONS

Step 1

Mark and sew the boning channels through all layers except the cover. The first channel on each side of the front is for the busk. Then leave a 1" area unboned for the eyelet holes. If using corset reed, it is necessary to sew boning channels completely around the corset, leaving no space unboned. Otherwise the tabs will quickly bend at the waist. Sew the first line from the bottom of the corset to the top, and backstitch at both ends. Then lift the presser foot with the needle in the fabric, rotate the corset 180 degrees, move the needle to the beginning of the next channel, put down the presser foot, backstitch, and sew down the next channel. Clip the strings between each row of channels when finished.

Step 2

Place the corset cover over the other layers. Cut the tabs into separate pieces. Before cutting, run a very fine machine stitch along either side of each tab mark, narrowing them to a point at the waist where the tab ends. Put fray check down the middle of each seam area and allow to dry before carefully snipping up the middle between the two seams.

Step 3

Insert the boning. The boning should be the entire length of the channel, from the top to bottom edge. Try on the corset to make sure it still fits.

Step 4

Finish the top and bottom edges by binding them in bias tape.

Step 5

Place lacing holes 1" apart. Once the farthingale is also finished, make two pairs of holes at the right side waist and left side waist of the corset. It is important to wait until the farthingale is completed so that the pairs of holes match. When the farthingale is finished, run a short lace through these holes and through matching holes at the sides of the farthingale, and tie them in bows. Lacing the two together keeps the farthingale from slipping down and helps support the weight of heavy skirts.

FARTHINGALE

MEASUREMENTS

These directions are loosely based on the directions in Juan Alcega's The Tailor's Book. These directions use 45" wide material rather than the 22" wide material he indicates.

Materials needed: 3 yards of 60" fabric, 16 yards of 1" wide twill tape, for casings, 16 yards of boning to stiffen the skirt, ribbon for ties.

Measurements needed:

- _____ distance from your waist to the ground.
Add 5" to the measurement. This is measurement A.

TO MAKE A PATTERN

No pattern is needed to make the farthingale.

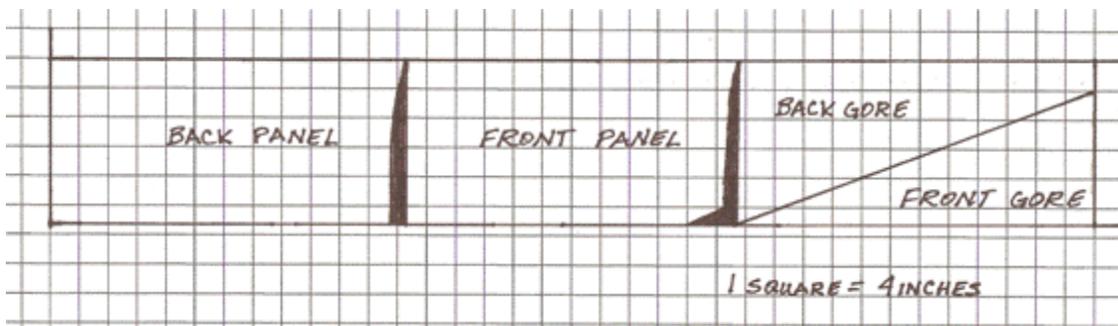
LAYOUT AND CUTTING

Step 1

It is necessary to cut the fabric into the correct widths. Take your waist measurement, add 6 inches, and divide by two. Cut the fabric strips this wide. This will create 2 lengths of fabric the correct size for your waist.

Step 2

Take one of the lengths of fabric, and fold it in half lengthwise. Lay it flat on a table or floor. Cut out the front and back gores as shown. Using measurement A, cut two pieces out of that length. Cut a slight curve at the waistline and hemline.



Step 3

With the remaining strip of fabric, cut it in half width-wise. Lay the two pieces on top of each other, and cut them according to the diagram. The diagonal line creates two triangular pieces. Note that the B gore is larger than the A gore, and should have a few inches width left at the top of the triangle. This gives more fullness to the back sides than to the front. The A gore should come to a point at the top.

CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

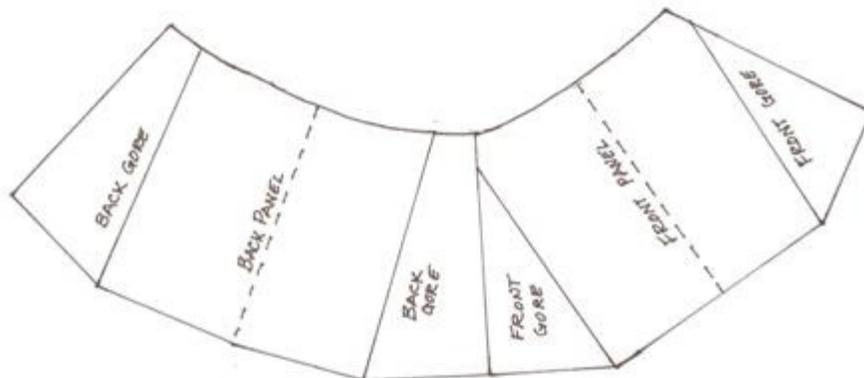
SEWING DIRECTIONS

Step 1

Sew a triangular A gore to either side of the front rectangle with straight sides matching. Sew from the bottom up. Don't worry if it doesn't reach all the way to the top. Trim off the edges so that the triangular side lines run straight to the waist.

Step 2

Sew a triangular B gore to either side of the back rectangle with the bias edge of the gore to the straight side of the rectangle. Sew from the top to the bottom.



Step 3

Sew the front and back together at the side seams, sewing from bottom to top. As the farthingale will tie together at the waist on either side, leave 8" of the side seam unsewn at the top on either side so that the farthingale will be able to fit over your hips.

Step 4

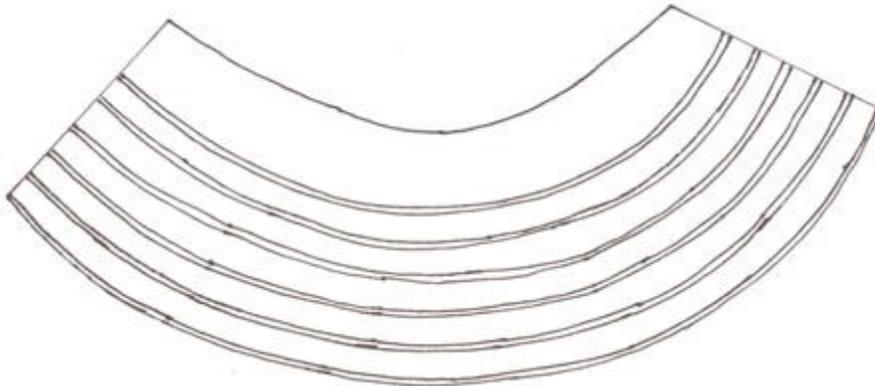
Check the hem to make sure that it is an even circle all the way around.

Step 5

To create the boning casings, draw out the lines of the boning hoops on the farthingale. Every few inches, measure up 6 inches from the bottom edge of the skirt, and mark with chalk. Connect the dots to create a line. Measure up 8 inches from this line, and repeat the process. Continue until you have five lines drawn.

Step 6

Beginning at the center back of the bottom hem, lay the twill tape along the boning line. Take the time to pin the strip down to even out and eliminate puckers. Edge stitch the bottom edge of the twill tape down. Edge stitch the top edge down, but leave a three inch gap in back for ease in inserting the boning.



Step 7

Repeat Step 6 for the remaining channels.

Step 8

For each hoop, measure the length of that hoop and add a foot and a half. Cut this length of boning material and slip it into the hoop through the opening in the center back. Once the boning is all the way around, continue feeding the excess in until it is all inside the casing. This overlap prevents the farthingale from buckling at the opening. Whip stitch the opening shut. If necessary, it can be easily reopened and the boning removed for washing.

Step 9

Mark where the waistband should be by stepping into the farthingale and lifting it to the proper height. The front bottom edge should be 3" from the ground, and the back 2" from the ground.

Step 10

Tie a string around your waist. Pull the farthingale through under the string. Adjust the farthingale so that the hem is at the proper height front and back, and mark where it reaches your waist. Make sure the waistline is clearly marked all the way around.

Step 11

Cut a piece of fabric your waist measurement by 1 1/2" in width. Cut this in half width-wise. Fold both pieces in half length-wise.

Step 12

Trim the farthingale to 1/2" above your waistline mark. Using a basting stitch, run a stitch half an inch from the top edge of both the front and back of the farthingale. Pull the thread at the end, and gather the fabric to the length of each of the waistbands.

Step 13

Lay the front waistband against the outside of the front of the farthingale, so that the bottom edge of the waistband casing is even with the top gathered edge of the farthingale. Sew one side of the casing to the farthingale along gathering line. Turn the strip around the raw edge of the farthingale to the inside, fold the excess over, and topstitch or slipstitch the fabric down to the inside of the farthingale. Repeat for the back waistband.

Step 14

To tie the farthingale closed, stitch a ribbon to each side of both openings.

Step 15

Make two pairs of holes at the right side waist and left side waist of the farthingale to match those on the corset. Lacing the two together keeps the farthingale from slipping down and helps support the weight of heavy skirts.

FARTHINGALE ROLL OR PAD

MEASUREMENTS

Measurements needed:

- _____ distance around your hips taken about two inches below your actual waist.

Materials needed:

- 1/2 yard of material (cotton duck or drill fabric is best)
- a bag of polyester batting
- 1 yard of ribbon, silk or cotton 1/2" to 1" wide to tie the bumroll closed.

TO MAKE A PATTERN FOR A ROLL

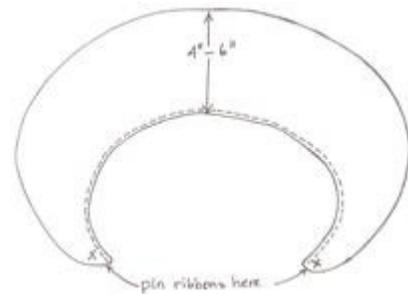
Equipment needed: paper, tape measure, pencil.

Step 1:

Take a tape measure and measure around your hips about two inches below your waist.

Lay the tape measure in an oval shape on the paper and trace around it. Now erase the middle 4" of the center front of the oval so that you have a partially open oval.

It should look like this:



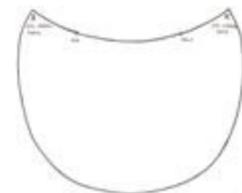
Step 2:

From the opposite side of the opening measure up 6 - 8 inches, and mark that point with a pencil. From the right and left sides measure out 3 - 5" and mark. Connect these points with a smooth curve, and continue that curve until it meets the front bottom point of the pad. Connect the inner and outer ovals with a line from point to point.

This pattern may be too large for you depending on your size. I am 5' 8" and busty. These measurements work well for me. You may need to adjust the size of the roll to fit your physique.

TO MAKE A PATTERN FOR A PAD

Step 1



Create a pattern that looks similar to the one at the right. The important thing to remember is that the pad should fit at the small of the back, about 3" on each side of the spine.

LAYOUT AND CUTTING

Step 1

Cut out two layers of fabric on the straight of grain.

CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

SEWING DIRECTIONS FOR THE PAD OR ROLL

Step 1

Take the two pieces of the pad/roll and lay them right sides together. Cut the yard of ribbon in half, and place each half between the two layers with the ends of the ribbon matching the edge of the fabric and the body of the ribbon between the two pieces of fabric.

Step 2

Beginning on the inside curve of the pad/roll, sew all the way around. Make sure to catch the edges of the ribbon at the points, but don't catch the ribbon anywhere else. Leave the opening unsewn. This is to help turn the pad/roll.

Step 3

Clip seam allowances.

Step 4

Turn the pad/roll inside out, pulling on the ribbons to get the points completely turned. Stuff the pad/roll with batting. Be sure and stuff it quite firmly so that the pad/roll is solid to the touch.

Step 5

Using a needle and thread, sew the opening closed. Knot the ends of the ribbons to keep them from fraying.

PETTICOAT

MEASUREMENTS

Material needed: 3 yards of 60" wide material

Step 1

Make sure the fabric width is long enough. Put on whatever foundation garments, such as farthingale and farthingale pad, which you will be wearing underneath the petticoat. Take a tape measure and measure from your waist, over the farthingale and farthingale pad, down to the ground. If 60" fabric is not wide enough, put a strip of contrasting fabric on the bottom of the petticoat to lengthen it. The strip would be the finished width of the desired strip, plus 1 inch. Place the strip of edging fabric and the skirt fabric right sides together, and sew the pieces together half an inch away from the edge. Iron this seam flat.

TO MAKE A PATTERN

No pattern is needed to make a petticoat.

LAYOUT AND CUTTING

CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

SEWING DIRECTIONS

Step 1

Sew the fabric into a tube. Start at the bottom of the skirt and stop sewing around 8" from the other end.

Step 2

Hem the skirt.

Step 3

Find the waistline. Make the skirt ankle length. Put on the farthingale pad, farthingale, etc. that will be worn under the petticoat. Tie a string firmly around your middle at the point where you want the waistline to be. Starting with one side of the 8-inch opening in the petticoat side seam, place this edge at the place where you want the petticoat to fasten (back) and pull the top of the skirt up underneath the string, gathering as you go, until all of the skirt fabric is gathered underneath the waistline string. Even out the gathers as much as you can, and then begin pulling the fabric down or up as necessary until the hemline is even. Once you are satisfied the hemline is even, mark the fabric at the waistline string with tailor's chalk. Release the string, lay out the fabric, and mark a smooth line as close to the original markings as possible. Trim the fabric 1/2" above this mark.

Step 4

Leaving about 6" at center front flat, pleat the waistline and run a basting stitch over the pleats, 1/3" away from the top edge of the petticoat, to keep them in place. Iron the pleats at the top edge of the skirt once they're pinned or basted.

Step 5

Finish the side / back opening by turning the raw edges under and hemming them down. Reinforce the bottom of this opening with stitches so that it won't rip out.

Step 6

Cut a small band of fabric 1 1/2" wide and the length of your waist measurement plus 2 inches. Place this band on the right side of the petticoat, with the edge of the band even with the edge of the pleated petticoat waistline. Sew the band to the petticoat 1/2" away from the edge. Reinforce this seam with another seam, about 1/8" nearer the edge. Trim the excess fabric off so that 1/3" of fabric remains between the seam and the top edge of the petticoat. Fold the band over to the inside, fold the end up, and hand-stitch it down using a strong quilting thread.

Step 7

Make fasteners by either tying together with ribbons at either edge of the back opening, or use large, sturdy hooks and eyes.

HOSEN

MEASUREMENTS

No measurements are needed.

TO MAKE A PATTERN

The best way to make a pattern for hosen is to drape the leg.

Step 1

Take several sheets of paper toweling and wrap them around the foot, calf, and thigh of the person.

Step 2

Then use duct tape to snugly wrap the foot, calf, and thigh. For women's hosen, I prefer to go about 4" above the knee. That allows for hemming and for plenty of fold over once the garters are tied.

Step 3

With a magic marker, carefully mark the center back seam of the leg.

Step 4

Mark the instep from floor, across the top of the foot where it joins the leg, down to the floor on the other side.

Step 5

Draw around the edge of the foot where it touches the floor.

Step 6

Carefully cut the pattern from the person using the marked lines. Redraw the pattern pieces adding 1/2" seam allowances to all pieces.

LAYOUT AND CUTTING

Step 1

Cut out two hosen by laying the pattern on a bias fold of the fabric. Cut out two of the foot pieces on the straight of grain. Be sure to differentiate left from right by flipping the pattern piece.

CONSTRUCTION NOTES

General Sewing Tips:

1. It is very important to pre-shrink all fabric and trim. Treat the fabric as you would after the garment is complete.
2. All seams are to have 1/2" seam allowances.
3. Zigzag all edges to prevent raveling.
4. Backstitch 1/4" at the beginning and end of each seam to keep seam from coming out.
5. Pin pieces of fabric being sewn together before sewing to keep fabric from slipping and edges together while sewing.
6. Always put "right" sides of fabric together when sewing.
7. Mark "wrong" sides of material if necessary with a chalk pencil or soap as pieces are cut out.

SEWING DIRECTIONS

Step 1

Attach the foot to the leg piece. I recommend that the seams be laid flat and sewn down to prevent chafing.

Step 2

Stitch the back leg seam.

Step 3

Stitch the sole to the foot.

Use garters to keep the hosen up. I made mine by knitting (in garter stitch) a long length 15 stitches wide. They go around the leg right below the knee, and can be tied with a bow or with a buckle.