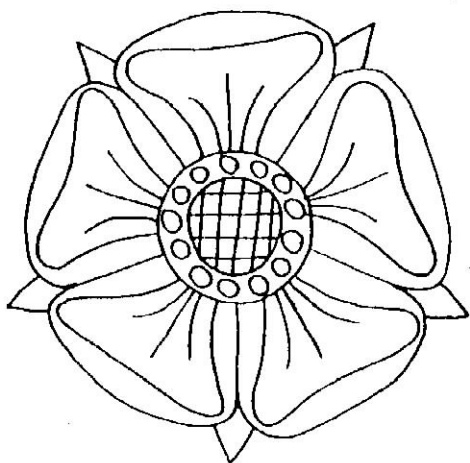
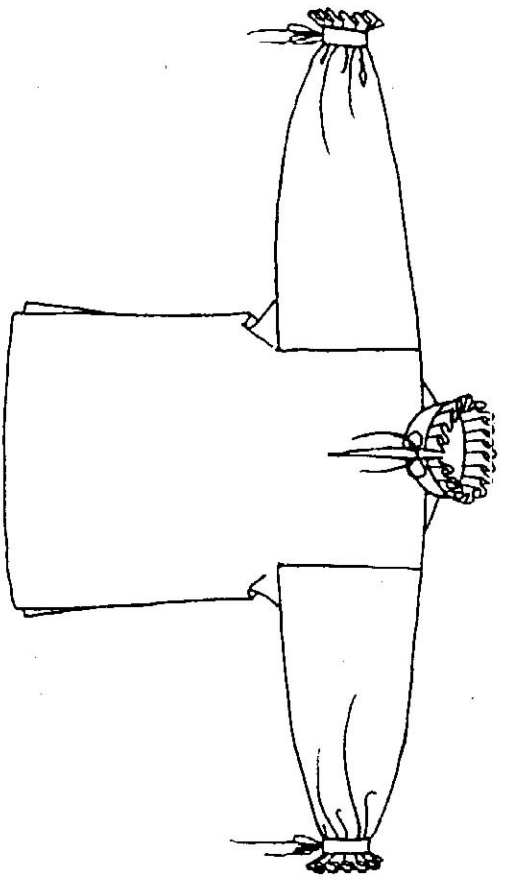


An Elizabethan Shirt Instruction: Grace Gamble



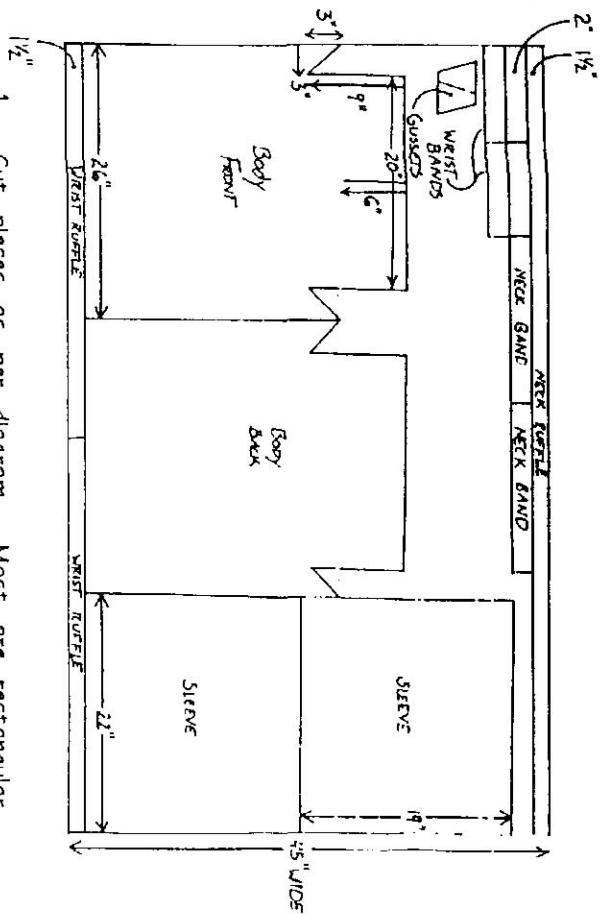


Materials needed:

- 2-1/8 yds of 45" wide linen
- 1yd of ribbon or candlewicking for ties
- (cut into 6" segments)

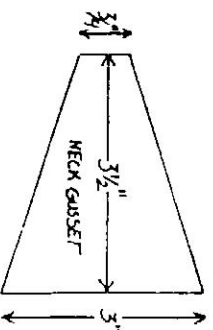
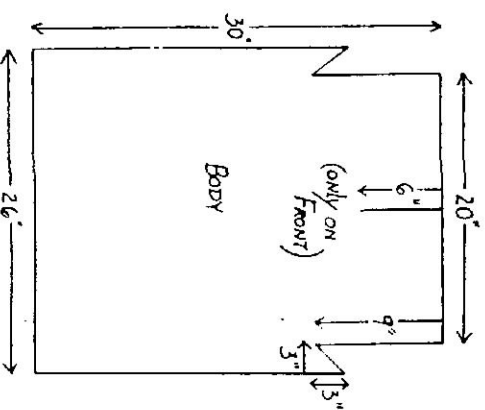
Elizabethan underclothings were made primarily from linen, however, if linen is unavailable, a cotton broadcloth or muslin may be substituted. The cutting diagram is based on one for a fairly normal sized person; common sense should dictate where changes need to be made. If you have a chest measurement greater than 40", the body pieces should be cut wider. If you have relatively long (or short) arms, they will need to be altered. If you have any questions, measure yourself and compare those measurements to the pattern piece measurements.

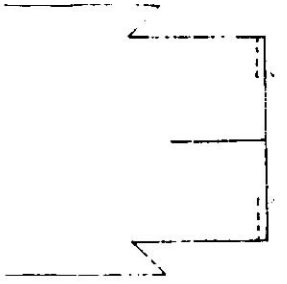
All seams are 1/2".



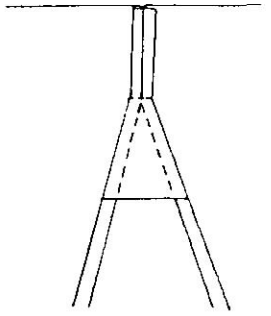
1. Cut pieces as per diagram. Most are rectangular, excepting the body pieces and the neck guse pieces which are illustrated in greater detail below. Cut 4 wristbands and 2 neckbands 2" wide and 1-1/2" longer than measurements taken around wrists and neck, in order to include seam allowances and wearing ease. The 1-1/2" strips used to make the ruffles for the neck and wrist are cut from the selvedge to minimize finishing time.

Note: if muslin is used, most "cuts" either parallel or perpendicular to the selvedges can be executed by taking a small snip at the desired starting place and tearing the fabric along the "grain."

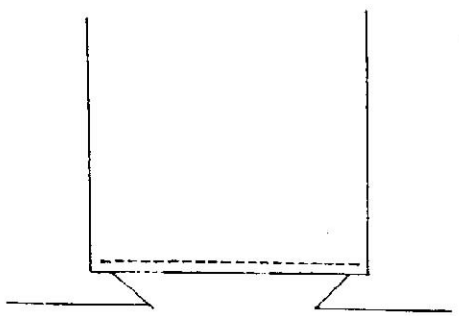




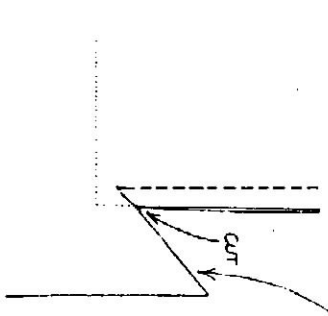
2. Sew shoulder seams together for first 4" and press seams open.



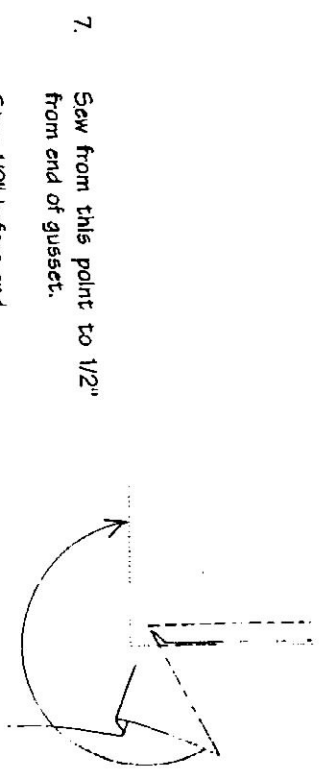
3. Insert Neck gusset into shoulder seams and sew. (Pin middle of gusset point to point at which shoulder seam ends and sew out from there, first on one side of gusset and then on the other side.)



4. Press seams away from gusset.

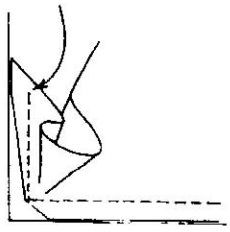


5. Sew shoulders to body at shoulders, starting 1/2" inch from edge of sleeve and ending 1/2" from edge of sleeve. Be precise. Leave 1/2" at edge unsewn.



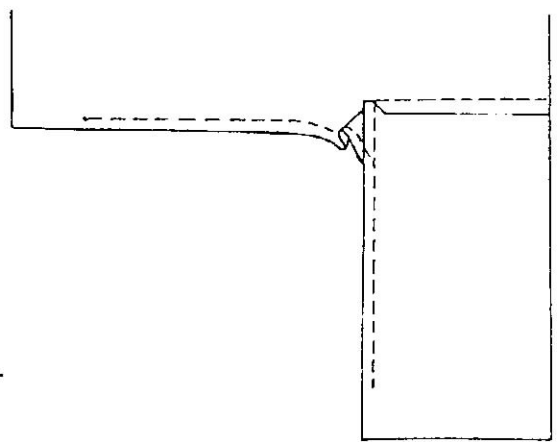
6. On body piece only carefully snip down angle of gusset area to the point at the end of the seam (as per diagram) to allow gusset point to rotate to match up with the under arm seam. Do not cut sewing.

7. Sew from this point to 1/2" from end of gusset.



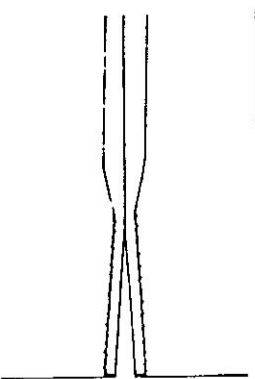
Stop 1/2" before end

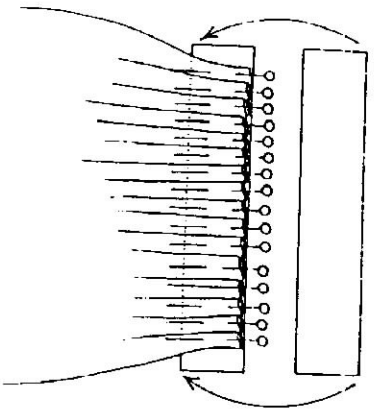
8. Iron shoulder seam towards sleeve and gusset seam towards gusset.



9. Sew side seam from 3-1/2" from end of sleeve, past the gusset area, down the side seam to a point 5" from the bottom of the body pieces. Make sure to pin the point of the gusset area so that the two sides match up and the points of the gusset do not get in the way of the seam. Press open.

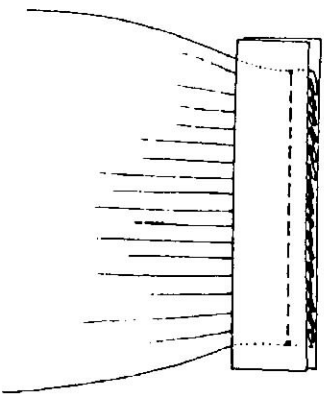
10. Turn under the seam allowances at wrist openings to form a narrow rolled hem.





11.

Pleat wrist of sleeve onto wristband leaving 1/2" seam allowance at edge of band. Place another band on top of pleating, sandwiching the pleating in between the two bands. Make sure that they are matched up, and then sew.
Do not sew seam allowances.
Iron wristbands away from sleeve.

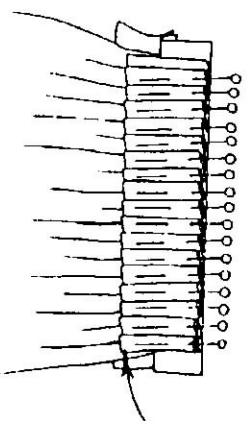


12.

Turn a narrow rolled hem at the short edges of wrist ruffles and neck ruffle.



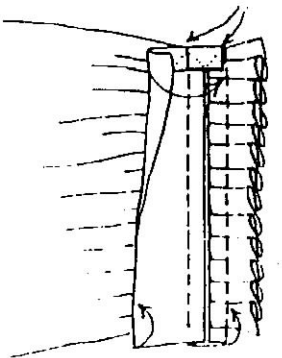
13.



14.

Pleat ruffles to wrist bands keeping edges of wrist ruffles 1/2" back from band side edges for seam allowance on band sides.

clip out at corners, but not too close.

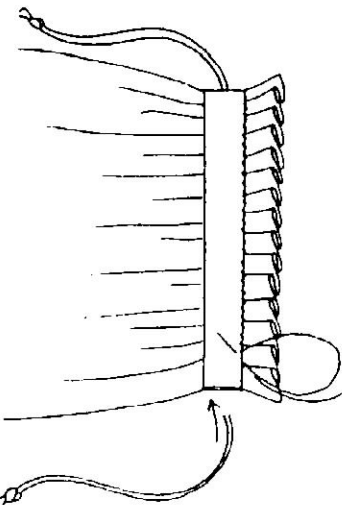


15.

Turn in side edges, clipping where necessary for removal of bulk at corners. Do not cut too close to stitching.
clip out at corners, but not too close.

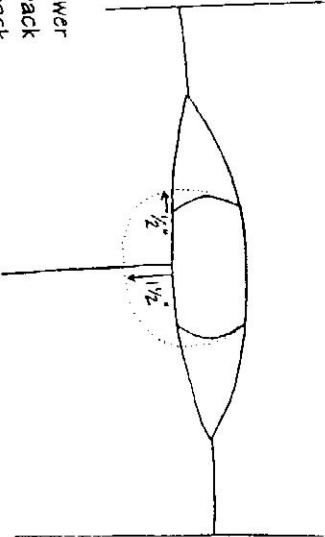
16.

Fold other wristband under and up as shown and sew closed, inserting a ribbon or candlewicking tie into both edges before sewing. Reinforce where ties are joined to prevent them from pulling loose.
tie knots at ends of ties to keep them from raveling.



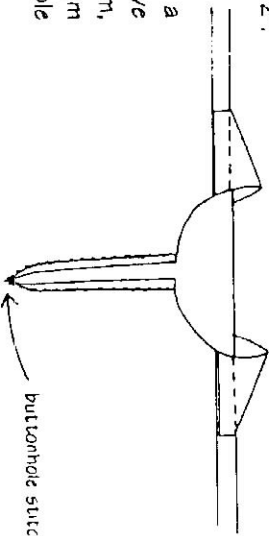
17.

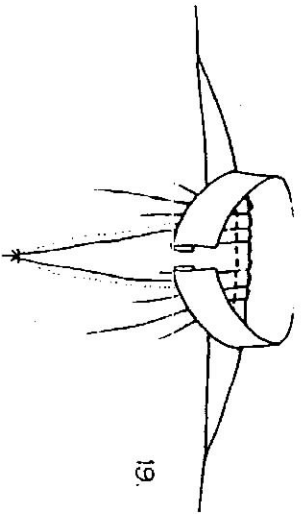
The neckline needs to be lower in the front than in the back so curve it out from the back seam approximately 1/2" and down in the front approximately 1" to 1-1/2" (see diagram)



18.

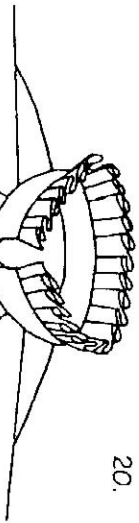
Finish off the neck slit with a narrow rolled hem. It will have to taper off at the bottom, so finish off the very bottom edge with a buttonhole stitch.





19.

Sew neckband to neckline with any pleating that occurs divided between the front and back, but not on the sides. Make sure you leave 1/2" for seam allowance on the band ends.



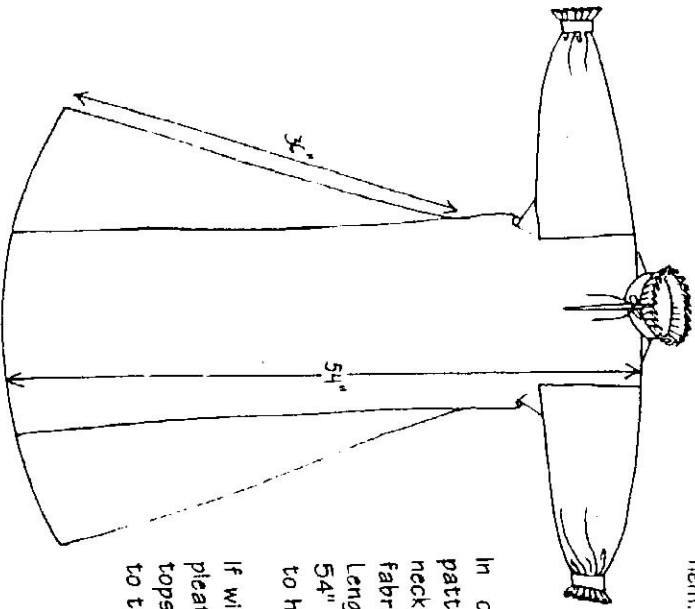
20.

Pleat the neck ruffle onto the neckband, sandwiching it with the other neckband, like the wristbands, and finish off the same as the wristbands, including the ties at the front.

Optional: Add hooks-and-eyes at the bottom of neckband to help with closure.

21.

Finish off the bottom of the shift with a narrow rolled hem.



In order to convert this pattern into that of a high necked shift, 3 yards of fabric will be needed. Lengthen the body panels to 54" and insert 36" gussets to hips at side seams.

If wider sleeves are desired, pleats can be added at the tops of the shoulder seams to take in the extra fabric.