

MAKING A GIRL'S TUDOR COIF

These notes are to help everyone make and understand the clothes which are worn by the adults and children who live and work at Kentwell and which visiting children, teachers and helpers should all wear too.

You will need: white or off-white cloth (old sheeting is ideal) • the collar cut off a white or off-white shirt - optional • a metre of white tape or cord (1cm wide maximum) • a needle • some sewing thread, some pins, a safety pin and some scissors

Cut a dinner plate sized (30-35cms in diameter) circle from your cloth. Fold in the edge of the circle, by about 1cm. Pin to secure, then sew a hem of running stitch all around, leaving both ends of the thread loose. Don't make your stitches too small!

Pull the running stitch thread from both ends to gather it up to fit over your head comfortably. Too loose and the coif will fall off. Too tight and you won't be able to put it on. Tie the ends when you have it just right.

You have now made the 'crown' - the main part of your coif.

If you do not have an old shirt collar, cut a strip of cloth 15cms x 30cms and fold in half lengthways. Pin. Sew the edges together, in a small, neat running stitch. No gathers this time!

Turn this tube inside out, then neaten the ends. It should now look similar to a collar.

You now have the 'brim' (or front part) for your coif.

Pin the brim to the main part of the coif, then sew it on.

If you have time, sew over all the raw edges on the inside, just to be neat.

Thread the tape, using the safety pin, through the hem of the gathered part of the coif, where the brim is not attached.

You have a Tudor hat!

When you wear the coif, tie the tapes in a bow under the chin.

If you have long hair, tie it into a ponytail or a plait to hang down your back from under the coif.

Grown up women must tuck all their hair up into the coif so that none can be seen! Grown ups can also tie the tapes at the back rather than under the chin if they wish.

