

Living History @ Home

Make a Bedgown Activity



Use these directions to make a bedgown after our *Discover 18th-Century Clothing* program!

Materials:

- 1 button-down shirt
(any color; hemp, linen, cotton, and/or wool are most period appropriate)
- an apron that ties around the waist
(a belt, rope, ribbon, or anything else that can circle all the way around your waist also works)
- safety pins
(straight pins, needle and thread, tape, binder clips, or anything else that can be used to hold fabric together also works)

Instructions:

1. Start by laying out your button-down shirt. Then, fold the collar down, tuck it inside, and tack it in place using safety pins.



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2. Next, turn the shirt inside out. Pin the button placket (the edge of the shirt where buttons are sewn) down so that the buttons won't show when the shirt is turned right side out.



3. Pin the seams (where the shirt is sewn together) around where your natural waist (the slimmest part of your torso) is to make it more form fitting. Then, turn the shirt right side out again.



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4. Now, roll the sleeves up on each side. Make sure that the sleeves are not rolled so high that your elbows would peek out when wearing the shirt.



5. Finally, put the shirt on (you can pin it together in front to hold it in place if you'd like) and tie the apron at your natural waist. All done. Head over to a mirror to check yourself out wearing an 18th-century bedgown!

