

Roman Life - Cetera**HOW TO  
MAKE A  
TUNIC**

Latin I

If you have several students interested in making a tunic, it would be most helpful as well as cheaper to have one person purchase the total yardage needed to make each student's tunic in bulk form. Buy approximately 2 1/2 yards per person of muslin, broadcloth or similar material, needles, pins, pin cushion, thread, tape measure and scissors.

- The color of the material should be beige, tan, or a similar color.
- Roll out the material on a table. To determine the total yardage needed, have each student measure from shoulder to mid-calf. Double that measurement and add three inches because you will need to calculate for the front and back of the costume.
- Cut the length of material needed for each student.
- Take that lengthwise piece and cut it in half from selvage to selvage. The selvage is the finished edge of the fabric.
- Place the two pieces of cloth for each tunic with wrong sides together. Calculate the amount of the arm hole opening by measuring from shoulder to mid-calf.
- Pin the two pieces of cloth together from the bottom up leaving the shoulder to rib measurement unpinned towards the top. This will create the arm hole opening. Do both sides of the tunic the same way. Measure the circumference of the student's head. Add three inches to the measurement. Then pin the shoulders of the tunic, leaving an opening in the middle the same circumference as this measurement.. This will be the tunic's neck opening.
- Using a back stitch, begin from the bottom and sew to the arm hole on each side.
- Do the same at the shoulders.
- At the bottom, do a hem of approximately three inches using a simple whip stitch or slip stitch.
- At the neck, turn the edge under 1/4" twice and use a whip stitch or slip stitch to finish.
- Use any type of rope for a belt.

These instructions will provide a very basic Roman tunic suitable for wearing for cultural events in the classroom, at a JCL convention, or for plays and skits.

Video is available at KET.  
Kentucky Educational Television  
Jane Smith  
600 Cooper Drive  
Lexington, KY 40502  
1-800-333-9764

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Roman Life - Cetera

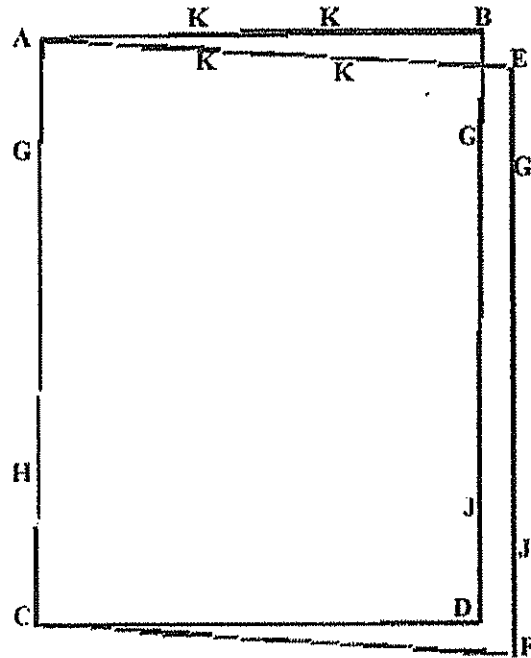
Webmaster

*Roman Life - Cetera*  
**Make It! Tunica**

48" Fabric: 3.5 yards  
 60" Fabric: 3 Yards

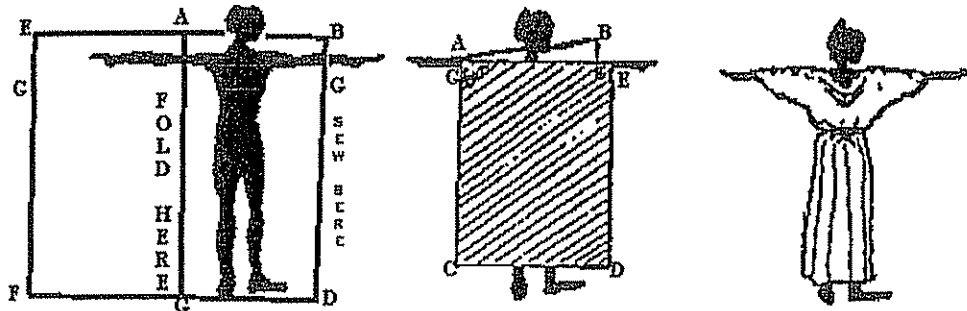
AB Back 4'  
 AE Front 4' 4"

Extra Fabric is for V Neck in Front



CHOICE:

- For 48" Fabric, sew GC (underarm to armhole) and GD to GF
- For 60" Fabric, fold along AC; cut armhole AG; sew GD to GF; sew or fasten AK with buttons along shoulder; do same for BD to EK



For man's Tunica, cut at HJ to produce a 4'x4' square.

# Make It! Tunica

Pg. 2

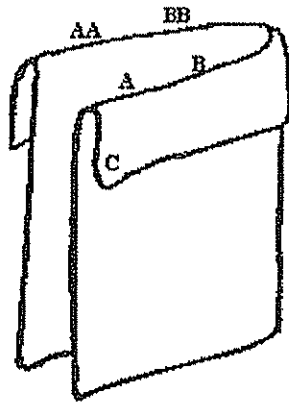


Fig. 14 The Peplos

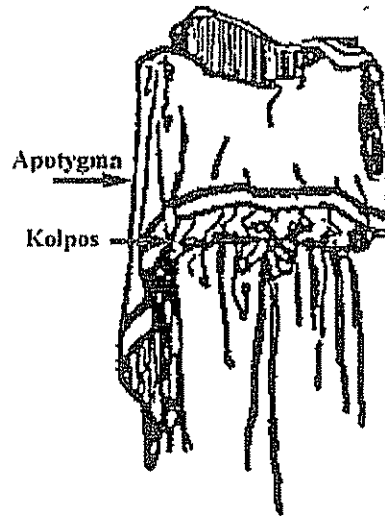


Fig. 15 Doric chiton, showing "apotygma and "kolpos"



Illustrations from *Historic Costume* by  
Katherine Morris Lester and Rose Netzorg  
Kerr, (Chas A Bennett; Cog Inc. Peoria, IL)

Fig. 17 Ionic chiton

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*Make It!*  
*Tunica*  
Pg. 3

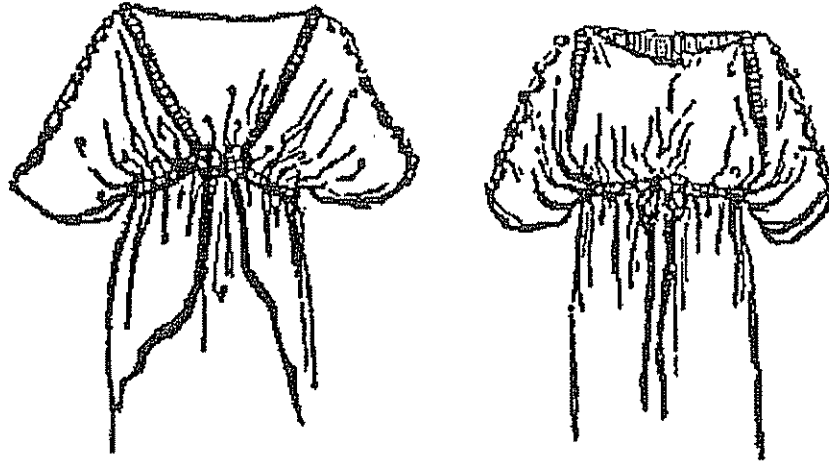


Fig. 18 Ionic chiton, showing adjustment of girle



Fig. 19 Ionic chiton showing adjustment of girle



Fig. 20 Greek ornament

# Tunics, Togas, and Pallas

In early times, both men and women wore *togas*, loose-fitting cloth garments that were usually white and often had colorful border designs. Later, only men wore togas.

A woman's cloak was called a *palla*. It was slightly fuller and often more elaborately decorated than a man's toga. The *palla* was draped to be worn around the woman's neck. One corner was sometimes pulled over the head. In later times, Roman men and women usually wore a knee-length tunic, or *tunica*.

Roman men and women usually wore simple sandals with leather straps that were crisscrossed up the leg and then tied



## TUNIC

Materials you will need:

White or colored cloth, cord for belt, needle and thread, tape measure or yardstick, scissors, straight pins and safety pins, permanent felt-tip pens or fabric paints

1. Cut a panel of cloth 72 inches (183 cm) long and 28 inches (71 cm) wide.
2. Fold this over to make a rectangle 36 inches (91.5 cm) long and 28 inches (71 cm) wide.
3. Sew two 1-inch (2.5-cm) seams to within 12 inches (30.5 cm) of the top edge, as in Figure 1. Then turn the material right side out.

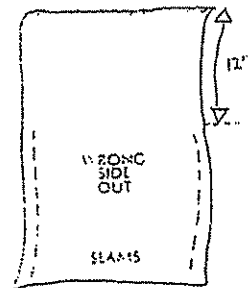


Figure 1

4. In the center of the top fold, cut a slit about 10 inches (25 cm) wide in the middle. This will be the neckhole.
5. Slip the tunic over the head. Use a piece of cord as a belt. Belt loosely, as in Figure 2.

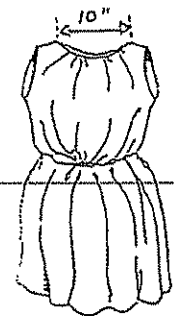
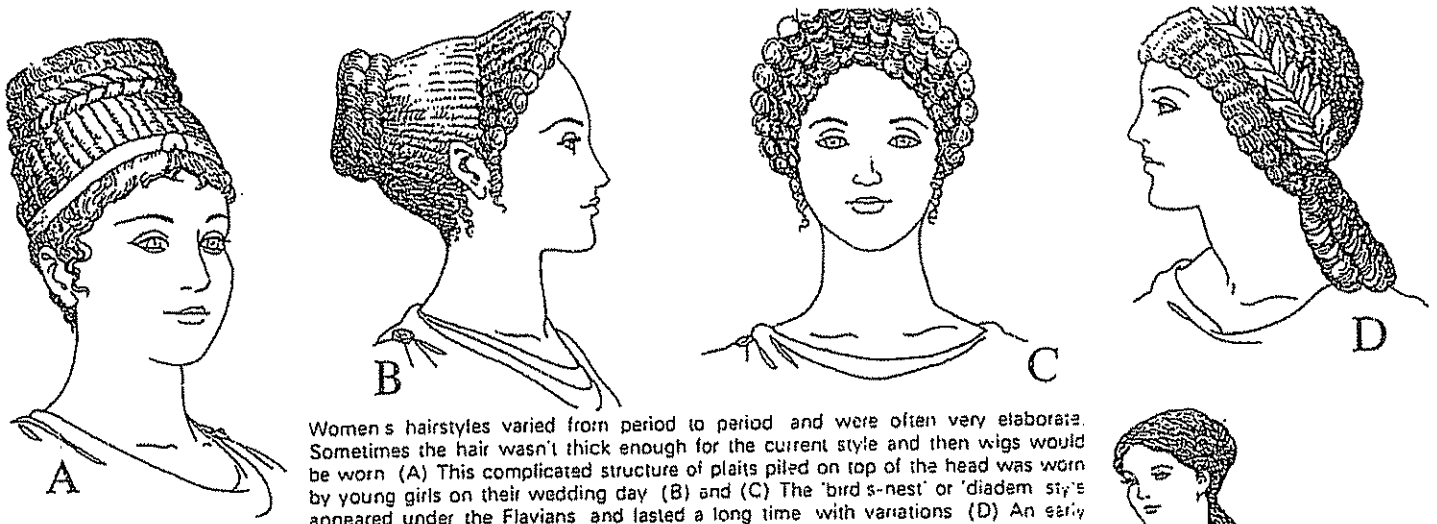
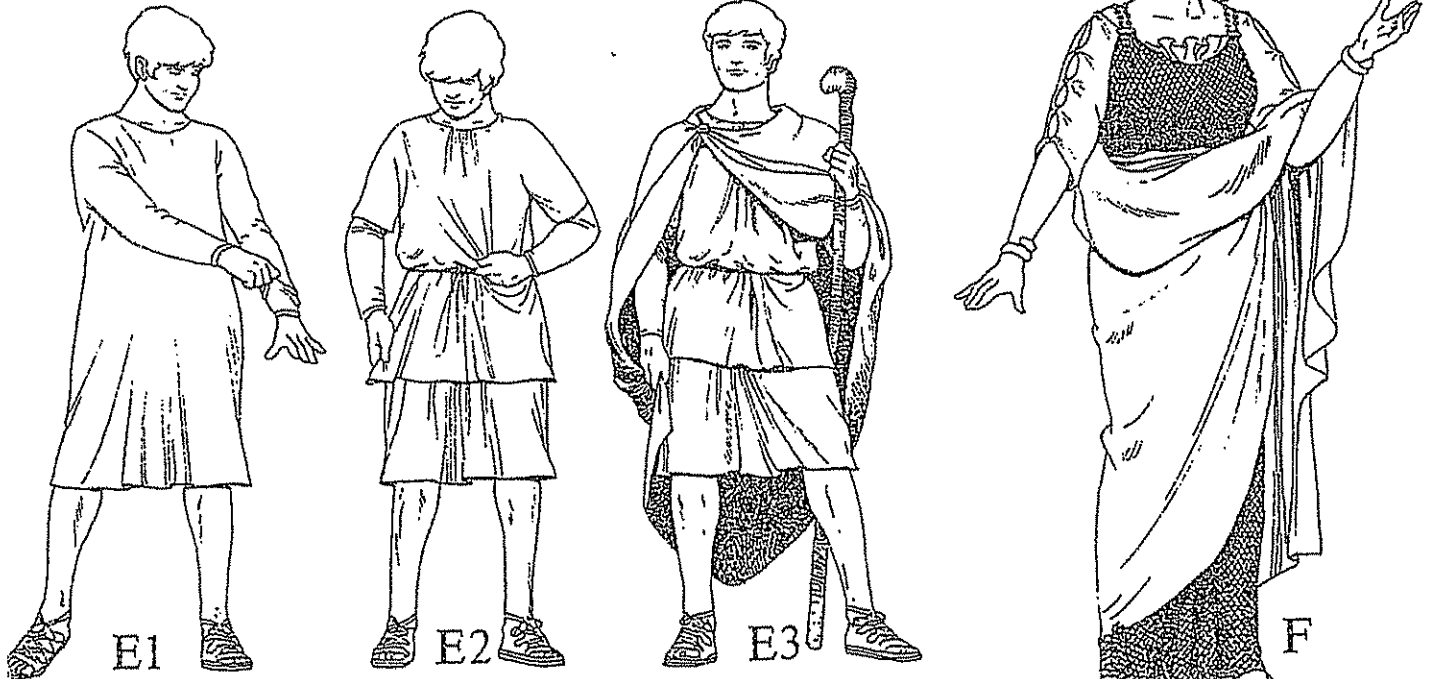


Figure 2

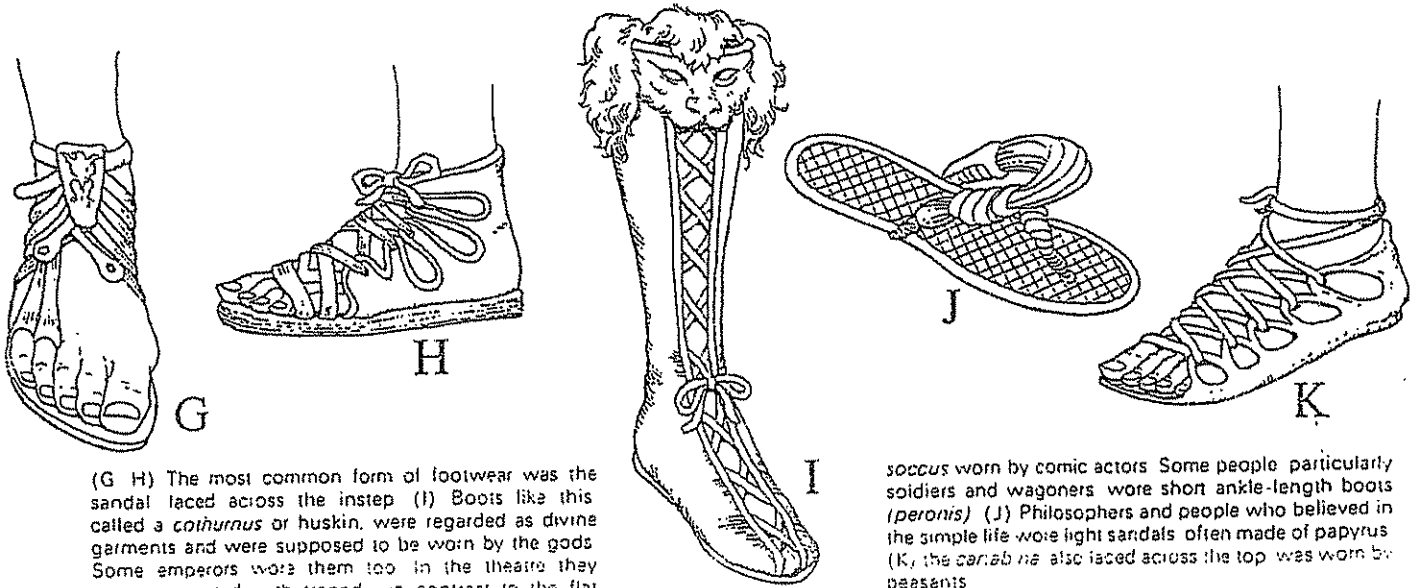


Women's hairstyles varied from period to period and were often very elaborate. Sometimes the hair wasn't thick enough for the current style and then wigs would be worn (A) This complicated structure of plaits piled on top of the head was worn by young girls on their wedding day (B) and (C) The "bird's-nest" or "diadem" style appeared under the Flavians and lasted a long time with variations (D) An early hairstyle until the middle of the first century remained fairly simple



1) A long-sleeved tunic was put on first, and over it 2) a shorter tunic with short sleeves (E3) The outfit is completed by a cloak fastened with a buckle on a right shoulder

(F) Women's tunics often had sleeves fastened with buckles. The over-garment was often sleeveless and a cloak would be worn over it. All these garments were dyed in different colours, usually quite bright ones



(G H) The most common form of footwear was the sandal laced across the instep (I) Boots like this called a *cothurnus* or *huskin*, were regarded as divine garments and were supposed to be worn by the gods. Some emperors wore them too. In the theatre they were associated with tragedy, in contrast to the flat

*soccus* worn by comic actors. Some people, particularly soldiers and wagoners, wore short ankle-length boots (*peronis*) (J) Philosophers and people who believed in the simple life wore light sandals, often made of papyrus (K), the *carabina*, also laced across the top, was worn by peasants