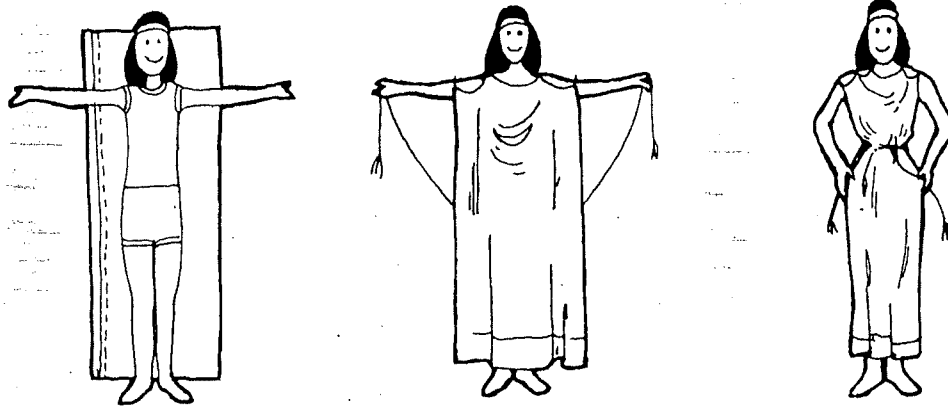


Make a Chiton or Peplos (cont.)

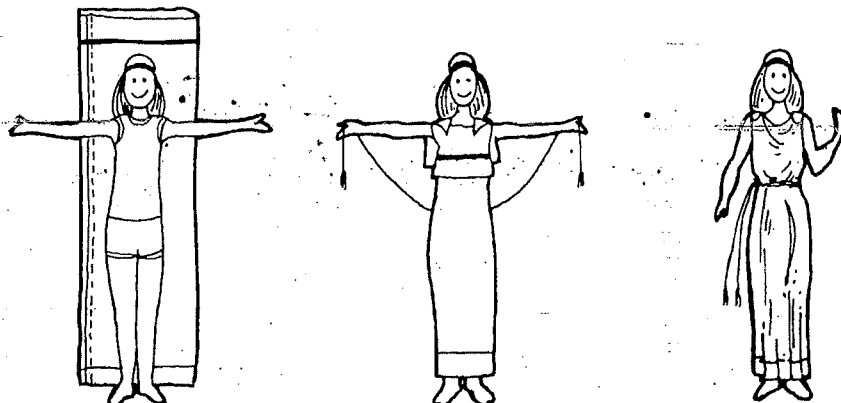
Make a Chiton for a Female

1. Measure a sheet or piece of fabric that reaches in length from the forehead to the ankles. The fabric should be wide enough to fold in two around the body when held from above the elbow to above the elbow.
2. Sew down the open sides of the fabric, starting 8 inches (20 cm) from the top. On the folded side, cut an 8-inch (20 cm) slit at the top. (This is needed to put the arms through.) Turn the fabric right-side out and slip it over the head so that the top edge runs along the tops of the arms.
3. Secure the fabric in place with several safety pins. Tie a belt, sash, or rope around the waist and blouse the fabric to make it comfortable.



Make a Peplos for a Female

1. Measure a bedsheet or piece of fabric from 12 inches (30 cm) above the head to the ankles. The fabric should be wide enough to fold in two around the body when held from above the elbow to above the elbow.
2. Sew down the open side of the fabric, starting 12 inches (20 cm) opening from the top. Cut a 12-inch (20 cm) slit at the top of the folded side. This will make the folded overflap of the peplos. Turn the fabric right-side out and slip the tube over the head.
3. Fold down the flap on the front and back. Then bring the top edge to just under the armpits. Gather the front and back fabric at each shoulder and secure with large safety pins. Tie a belt, sash, or rope around the waist and blouse the fabric to make it comfortable.



Make a Chiton or Peplos

All Athenians wore the same basic tunic-style dress. Males usually wore an ankle-length *chiton*, although boys, soldiers, and laborers wore knee-length chitons for easier movement. Women and girls wore ankle-length chitons, or a *peplos*. All of these can easily be made using a white or brightly colored sheet or fabric. For added effect, students can decorate the bottom edge with a Greek pattern made with permanent markers or fabric paints.

Make a Chiton for a Male

1. Measure a bedsheet or piece of fabric from the forehead to the knees or ankles, depending on the desired effect. The fabric should be wide enough to fold in two around the body when held from above the elbow to above the elbow.
2. Sew down one side of the fabric to form a large tube. Turn the fabric right-side out, and slip it over the head. Bring the top edge to just below the armpits.
3. Pull the front and back of the fabric together over the shoulders and secure with a large safety pin. Tie a belt, sash, or rope around the waist and blouse the fabric to make it comfortable.

