

# Costume Guidelines

## Basic Peasant Dress

### Men

Cap (Muffin or flat)  
Shirt  
Jerkin  
Trews  
Stockings (if trews end above or just below knee)  
Shoes

### Women

Cap (muffin, flat or scarf)  
Shift or Chemise  
Bodice  
2 Skirts  
Stockings (if ankles show )  
Shoes

### Accessories

Apron      Basket      Leather Smocks (smith, tanner, butcher)      Sleeves  
Gloves (knit unless trades man)      Scarfs Pouches      Shawls      Eating Knife  
Bells    Cup (wood or clay)    Minimal Trim and Embroidery

### Colors to Avoid

Dark or vivid Reds and Blues  
Purple

“True” Blacks  
Hot or Day-Glo Colors

### Colors

Russets (brownish reds)      Browns      Yellows (excepting saffron)      Greens  
Washed out Reds and Blues (watery shades)      Lighter Greys      Off White

### Avoid

Satin Trims    Satins (period for only higher nobility)    Brocades    Lace  
Velvets      Silks (finished)      Darkly Dyed Leathers (black)      Boots  
Prints    Rabbit Fur    Ermine      Sable    Otter    Weasel      Metal Buttons

### Fabrics

Felts or Felted Fabrics      Cotton      Raw Silks      Wool    Linen    Corduroy  
( these fabrics are preferable but can be costly)  
Any Fabrics with the LOOK AND FEEL of natural fibers ( also acceptable and less costly)

## Basic Merchant

### Men

Cap (flat or Muffin)

Shirt

Jerkin or Simple Doublet

Trews

Stockings (only if trews end above or just below knee)

Shoes or Low Boots

Shoes

### Women

Cap or Snood

Shift or Chemise

Bodice

1 or 2 Skirts (depending on dress)

Sleeves

Stockings (optional)

### Accessories

Cup (wood, clay or metal)

Shawls

Eating knife

Long Knife (men)

Cloaks

Gloves

Pouch

Apron (women)

Baskets

Spurrs (if knighted) Moderate Jewelry

Moderate Trim and Embroidery

Small amounts of Simple Lace

Fan (women)

Simple Ruffs (Elizabethan)

Feathers (for hats and decoration except Peacock)

### Colors to Avoid

Vivid or Dark Reds and Blues

Purple

“True” Black

Day-Glo or “Hot” Colors

### Colors

Russets (brownish reds)

Yellows (except saffron)

Greens

Browns

Greys

Grey-Blacks

Medium Reds and Blues

White and Off White

### Avoid

Satin Trims

Satin

Brocades

Complex Lace

Velvets

Finished Silks

Prints

Ermine

Rabbit

Sable

Otter

Weasel

### Fabrics

Wool Raw Silk

Linen

Cotton

Felt or Felted Fabrics

Corduroy

Any fabric that has the LOOK AND FEEL of natural fibers

## Basic Nobility

### Men

Cap / Hat  
Shirt  
Doublet  
Trews  
Shoes or Boots  
Corset (optional)  
Stockings (again the knees)

### Women

Cap / Hat  
Snood  
Shift or Chemise  
1 or 2 Piece Gown or Skirts  
Bodice with Sleeves  
Stockings (optional)  
Shoes  
Bum Roll (optional)  
Corset (opt)  
Farthingale

## Accessories

Goblets or Cups (metal)      Cloaks Cape      Gloves Sleeves      Spurs (if knighted)  
Jewelry      Eating Knife      Long Knife (men)      Sword (men)      Lace  
More elaborate Trims and Embroidery      Fans      Pouches      Baskets  
Feathers (except Peacock)      Pomanders      Short Veild (women)      Garters (both)  
Semi-Precious or Precious stones      Weasel Rabbit Otter      Hankies  
Ruffs (Elizabethan)

## Colors to Avoid

Deep Reds and Blues      Purple “Hot” or Day-Glo Colors

## Colors

Bright Reds and Blues      Blacks Greys      Russets      Browns  
Yellows (except saffron)      Greens      Lighter Reds and Blues  
White and Off White

## Avoid

Satin Trim      Satin      Brocades      Prints      Ermine      Sable

## Fabrics

Cotton      Wool      Raw and Finished Silks      Linen  
Felt and Felted Fabrics      Corduroy  
Velvet or any fabric that has the LOOK AND FEEL of natural fibers

## Higher Nobility

<u>Men</u>	<u>Women</u>
Cap / Hat	Cap / Hat
Shirt	Snood
Doublet	Shift or Chemise
Trews	1 or 2 Skirts
Stockings (again knees)	1 or 2 Piece Gowns
Shoes or Boots	Stockings (optional)
Corset (optional)	Shoes
	Fathingale
	Bum Roll
	Corset (optional)

### Accessories

Goblets	Feathers (except Peacock)	Gloves	Hankies	
Fans	Jewelry	Eating Knife	Precious Stones	
Pomanders	Sword (men)	Long Knives (men)	Pouches	
Long Veils (women)	Spurrs (again knights)		Garters (both)	
Sleeves	Elaborate Ruffs	Cloaks	Capes	
Any Trim or Embroidery	Lace	Rabbit	Sable	Weasel
Otter	Ruffs (Elizabethan)			

### Colors to Avoid

Purple      “Hot” or Day-Glo colors

### Colors

Bright and Deep Blues and Reds      “True” Blacks      Greys  
Russets      Browns      Yellows (except saffron)  
Greens      Any Blues and Reds of lighter shades      White and Off White

### Avoid

Ermine      Prints (unless hand painted or stenciled)

### Fabrics

Cotton      Wool      Linen      Satins      Brocades  
Velvets      Raw and Finished Silks      Felts and Felted Fabrics  
Corduroy      and any fabric with the LOOK AND FEEL of natural fibers

## The King or Queen

**“We don’t tell the King or Queen what they can or can’t wear”**  
(“WE” Isn’t used when addressing Princes)

## Generalities

Noblemen or Knights of Means would wear Plate or Chain Mail  
Soldiers from Middle Class Families would have access to Chain Mail or Leather Armor  
Peasants might have access to Leather Armor Pieces Or padded Cloth Armor if any at all.

Illicit women would not always wear hats, they would however, wear their shifts or chemises upon their shoulders. Horns are not a sign of Adultery but the trappings of Heresy in both Protestant and Catholic views. Illicit women would wear breeches or trews similar in fashion to men's clothing when wearing open front gowns or skirts.

Bells were generally worn to advertise the selling of some item. Merchants and Hawkers would wear or ring bells to attract customers, so would Illicit women. Tails have no reference to prostitution or adultery, neither do horns. The issue with horns may have been confused with the Medieval Italian requirement that Illicit women wear "Horned" ( the double pointy caps) Caps.

Cross Dressing should only be acceptable if the Clothes Match The Character's Sex.  
Or if you need a man to portray a really unlovely woman.

Additions according to the individual Nationalities of the Guilds should be left up to the Guilds and their Guild Masters or Mistresses. (i.e. Kilts, Tams, etc...)

Peasants or Middle Class people may wear black if it is part of a liveried uniform, either servant or soldier

## Anachronistic (Non Period) Items

The Following items should be omitted from your costume:

Horns            Pagers            Cell Phones            Bikinis (fur, chainmail, otherwise)  
Sunglasses (unless prescription)            The wearing of bodices without chemises or shifts  
Wings or any other item deemed "fantasy" in nature

## Tobaco

# SMOKING IN ENGLAND--ELIZABETHAN

Opinion is still divided about which of the sea captains or colonists in the time of Hawkins and Drake was the first to introduce the plant into the country, and we can be sure only that smoking slowly established itself in England between 1565 and 1590. From the first, however, Englishmen seem to have been more concerned with the pleasures offered by tobacco than with its medical virtues. No doubt the English sailors were the first to become acquainted with cigar and pipe smoking from their rivals in Spanish, Portuguese, French, and Flemish ships; some soldiers may have collected tobacco pipes from the Huguenots with whom they fought in France. Smoking was doubtless a familiar practice in the ports of England before the frequently quoted incident of Drake's return from Virginia with a number of colonists in 1586. These men brought with them pipes, tobacco seeds, and plants, and their example of what was at first called "drinking" tobacco smoke (inhaling and apparently swallowing it) is known to have caused considerable excitement and interest. From that time, at any rate, smoking developed from the private pleasure of a few "tobacconists"--as the first smokers were called--into a social practice.

A tremendous impetus was doubtless given to the habit by the influence and patronage of so distinguished a man as Sir Walter Raleigh. Every school boy knows the story of the servant who found Raleigh smoking and who, thinking that his master was on fire, drenched him with beer. Many fabulous stories have attached themselves to the name of Raleigh, who has almost been regarded as the patron saint of smoking; though most of these are probably fictitious, and Raleigh was certainly not the first to introduce the plant, he perfected a method of curing the leaf and helped to popularize smoking among the courtiers of his day. But smoking was an expensive pleasure; the poor took to it very slowly. Some seventy years later Aubrey wrote in his comments on Raleigh: "It [tobacco] was sold then for its weight in Silver. I have heard some of our old yeomen neighbours say that when they went to Malmesbury or Chippenham market, they culled out their biggest shillings to lay in the Scales against the Tobacco." And so, while the Elizabethan dandies with their starched ruffs, gilt-handled swords, and velvet breeches took boxes of silver pipes to the theater, clay pipes were passed from hand to hand in the so-called "tabagies"--meeting places resembling ordinary taverns. And the poor man had to content himself with a pipe made from a walnut shell and a straw stem.

The contemporary writer Dekker employs the term "artillery" to describe the elaborate smoking paraphernalia of these fashionable dandies who, especially at the Elizabethan theater, earned themselves the title of "reeking gallants." Such a "tobacconist" might carry a set of Winchester clays (or those ornamented with silver and gold), an ivory or metal box which contained up to a pound of tobacco, silver tongs for lifting the glowing ember to light his pipe, a pick, a knife to shred the tobacco, and a small scoop for drying the leaf. With such equipment a gallant might sit on a stool at the side of the stage and, "clouding the loathing ayr with foggie fume," as one observer put it, embarrass the actors with his audible criticism. Serving boys supplied lights which were passed from one gallant to another on the point of a sword. It is therefore not surprising that a citizen's wife in a contemporary play should remark, "This stinking tobacco kills men. Would there were none in England."

In order to share his pleasure with different company the gallant might direct his steps to St. Paul's--the fashionable resort and meeting place of sporting men and swaggers. There, it was said, a man could "spit private" and the uninitiated could receive instruction in the solemn ritual of smoking. He could learn to display the fashionable tricks such as "The Ring," "The Whiffe," "The Gulp," and "The Retention"--always "putting the fume through his nose"--and the bizarre fads which would establish him among the "reeking gallants" as an accomplished smoker. From St. Paul's the "tobacconist" might wander to a "tobacco ordinary," or to the shop of a tobacco-seller--a trade rated

almost as low as that of usury--or, turning into the Mermaid Tavern, he might watch the famous writers of the day smoking their pipes with rather less fuss and excitement. Meanwhile Dekker, Marston, Chapman, and many others were writing their lampoons on the subject, which was already arousing criticism from moralists and clergy. It is therefore simple to imagine the amusement of an audience which heard the water-carrier in Ben Jonson's *Every Man in His Humour* make the following observation about "roguish tobacco":

It's good for nothing but to choke a man, and fill him full of smoke and embers: there were four died out of one house, last week, with taking of it, and two more the bell went for, yesternight: one of them, they say, will ne'er scape it; he voided a bushel of soot yesterday, upward and downward. By the stocks, and there were no wiser men than I, I'd have it present whipping, man, or woman, that should but deal with a tobacco pipe: why, it will stifle them all in the end, as many as use it: it's little better than ratsbane [white arsenic] ....

Yet, in spite of satire that was bound to make sport of a habit which was taking society by storm, by 1600 smoking ranked in the life of a fashionable man with dancing, riding, hunting, and card playing. It is therefore surprising that there is no direct reference to it in the plays of Shakespeare. He may of course have considered that the subject was already threadbare, or he may have wished to remain persona grata at Court, for at the turn of the seventeenth century King James I became the center of the opposition to tobacco which did its utmost to stamp out the "Indian vice."

#### THE COUNTERBLASTE

Some pamphleteers insisted that smoking caused sterility, and innumerable diseases. Others, supporting the medical virtues of tobacco, thought it illogical to use the weed for pleasure. Indignation at the extravagant smoking habits of the gallants found fulfillment in the famous *Counterblast to Tobacco* published by James I in 1604. This, reflecting much of the King's narrow-mindedness, proclaimed that the habit had been acquired from barbarous people, that "smoking gallants" were a social menace, that doctors regarded the habit as dirty and injurious to health, and that to foster the tobacco trade meant playing into the hands of Spanish enemies. The treatise concludes by stating that smoking is "a custome lothsome to the eye, hatefull to the nose, harmefull to the braine, daungerous to the Lungs, and in the blacke stinking fume thereof, nearest resembling the horrible Stigian smoke of the pit that is bottomelesse."

In spite of this denunciation from the throne and a subsequent increase in the duty on tobacco (which inevitably encouraged bootlegging, smuggling, and the cultivation of the plant on English soil), the popularity of smoking continued. The consumption of tobacco from Virginia rose to astonishing heights. Whereas before 1616 the indifferent plant (*Nicotiana rustica*) of the English colonies offered little competition to the popular Spanish leaf (*Nicotiana tabacum*) which was grown in the West Indies, Mexico, and the north of South America, the English colonists, by taking the Spanish plant from Trinidad and planting it in Virginia, began to trade in earnest. Indeed, it was largely due to this fact that England kept its hold on North America. In 1616 the first successful shipload of the New Virginian tobacco was sent across the Atlantic. When the colonists asked for women to be sent out to them, their traveling expenses were paid for with tobacco. In 1620 forty thousand pounds of leaf were sent to England, where a guild of pipemakers had been formed, and the increased duties provided a new and immense revenue for the King, who had tried to bring this trade to an end. In order to encourage the colonists, even home-grown tobacco, which was making progress around Gloucester and Worcester, was officially prohibited. No wonder that the antiquary Camden, writing in 1625, remarked: "Tobacco shops are set up in greater numbers than either Alehouses or Tavernes."

## Resources

A World Lit Only By Fire  
William Manchester

Idiot'd Guide to the Reformation  
and Protestantism

The Oldest Proffession  
Bassettman

Medieval Prostitution  
Rossiaud

The Renaissance Man  
Watts

The Renaissance Woman  
Watts

The England of Elizabeth

Period Costuming for Stage and Screen

Living History Coatumer's Guide

The Costumer's Manifesto  
(Search Yahoo)

The Malbolro Home Page

The Elizabethan England Teacher'sResource  
World Wide Web at Cambridge University

The Encyclopedia of The Renaissance

Bibliography of Early English Law Books

(I will have a more complete listing of resources in a week or two. I'm still cross checking some materials)