



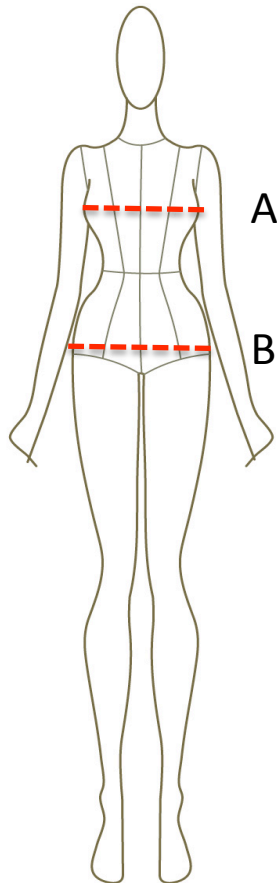
# Elf's Pennsic Bog Dress

*This is my version of a semi-flattering 'bog dress'. I do not claim it is authentic, though it seems to be fairly reasonable for early Celtic or Norse. It could be worn alone or over another tunic as a pleated peplos-style overdress. Its not much different than many of the other bog-dresses you see at Pennsic, but it does allow for using less fabric and gives a bit more form to the garment. It is an inexpensive and very simple way to add comfortable garments to a hot-weather wardrobe.*

*PLEASE TRY THIS IN TEST FABRIC FIRST!*

**I highly recommend a test garment in scrap fabric first. This way you can make sure its roomy enough to walk.**

1. Measure your bust and fullest part of the hips, whichever has the larger measurement will be your base number.
2. Add another 25-30% to that figure. This should give you enough room to move freely. OR add 10-12 inches. I haven't made these in a variety sizes yet so I don't know if 10 inches is enough ease for everyone or if the ease should be based on a percentage!
3. Divide the above figure by two then add 2 inches for your seam allowances. This is how wide each panel of the dress will be.

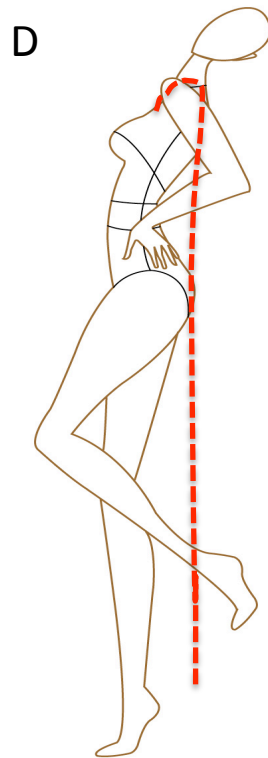
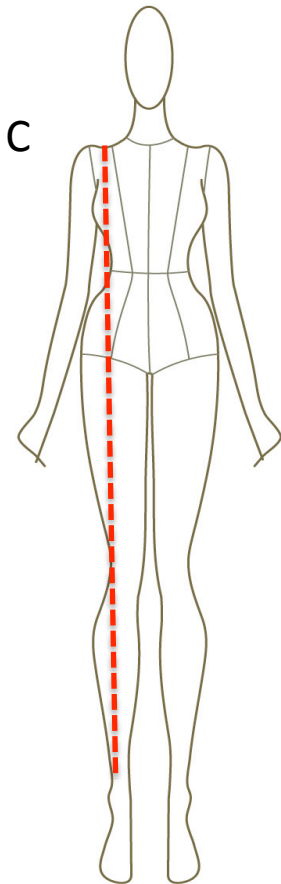


If this model has measurement A of 34 inches and B of 38, I would use the hip measurement of 38 as my base. 25% of 38 is 9.5 but I will round it off to 10. So my total will be 48.

Divided by two I get 24 for each panel PLUS the 2 inches each for seam allowances. So each of my panels will be 26 inches.

***Note, you might get away with less than 25% from the above example, or, you might need more. You should test it first to see how much room you need for movement/comfort.***

4. C will be measured **over the bust** from the point at which you will pin this garment with brooches (Viking or Peplos style brooches) and be as long as you want (I prefer ankle length).
5. D will be from the brooch point OVER the shoulder, down the back, over the bum and to the same preferred length as you chose for the front.
6. Add two inches to each length for seam allowances.

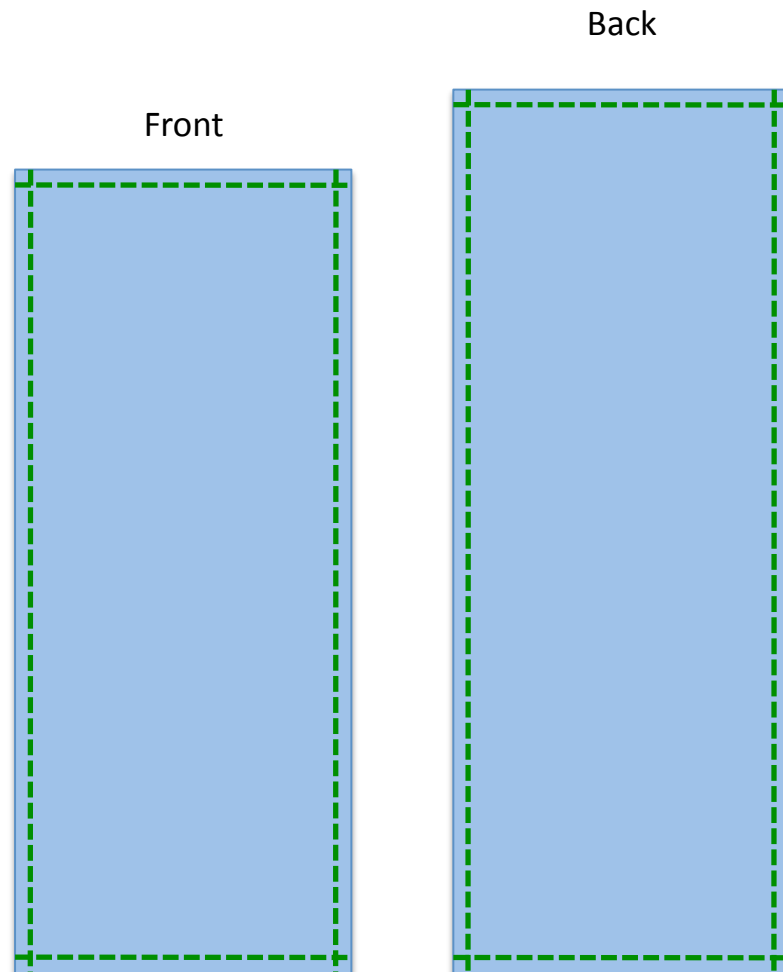


This model has measurement C of 52 inches and D of 57. The two panels will end up being 54 and 59 after adding the seam allowances.

*Note, on my initial dress, I left both panels several inches longer than I thought I would need so that I could later adjust the length perfectly and use those measurements for additional dresses. You may also want it a bit longer to allow for some blousing above the belt.*

*Please don't pose like Figure D when measuring, it was the only profile croquis that was copyright free that I could find!*

7. Do rolled hems at no more than half an inch on all edges of your panels (unless you opted to leave them too long for later adjustment, in which case you will do rolled hems on the remaining three edges.
- You can do this with a sewing machine or by hand with contrasting heavy thread (looks VERY nice when worked up this way on a fabric with a thick, visible weave like linen). I use a running stitch by hand for mine.

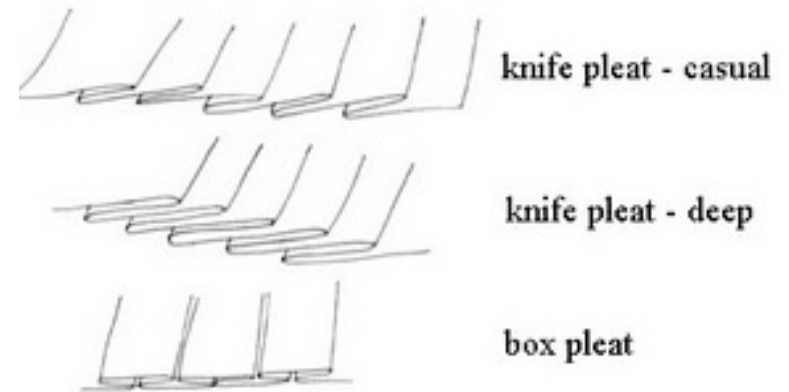
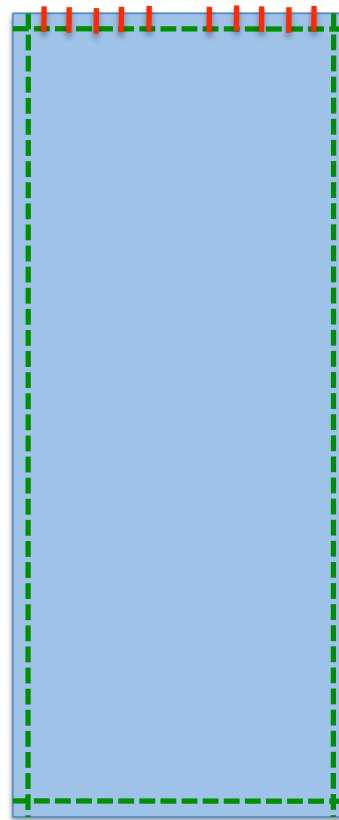
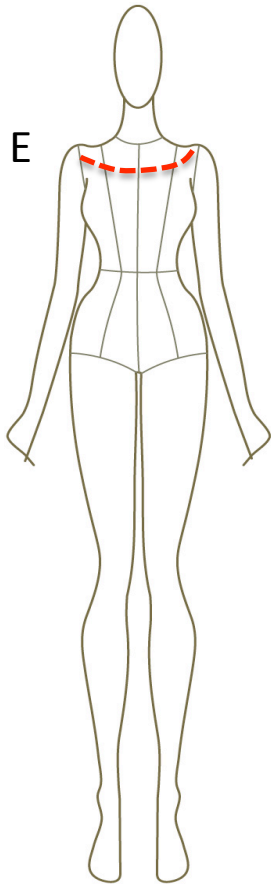


*Machine hem*



*Hand sewn running stitch*

8. Now you will need to measure across the front your chest, in a **slight** drape from brooch point to brooch point. This measurement (E) will determine how deep your pleats need to be. You can make the panels with the pleating in a straight line, rather than a curve, but I find I like the end result better when I curve it a tiny bit.
9. You will need to have assistance to do the same for the back if you don't have a dress form. Do not worry if the two measurements are different! The back pleated portion of mine end up much wider than the front with narrower pleats.
10. Pleat the fabric and pin in place. I do a wider box pleat for the center with knife pleats going from the box pleat to the edges.
11. Use brooches or large safety pins to attach the front and back at the shoulders. TRY IT ON, belt it and see if you need to adjust your pleating to make it either wider or narrower.



*Note, I don't take time to be picky with the measurements for these pleats. I mark the center of the fabric and measure for the first pleat and the rest is just eyeballing it and making sure the garment stays centered and that my finished measurement is close to E.*



12. When the pleats are adjusted to your liking, sew them down. I used hidden applique and slip stitches, but it could also be done by machine or with a decorative top stitch in a contrasting thread. I chose to tack them vertically for the first half inch so that they lay flat. I did this from both the front and the back.



13. Put the garment on again, with brooches. Have someone pin the sides with a safety pin where you want them joined under the arm (higher if you are wearing a bra – and note that you can also pin your bra straps in place under the brooches to hide those as well). Pin again at the waist, upper hip, lower hip and finally, where you want the leg slit to start. You will want a fairly deep leg slit because you will need to walk, sit and move comfortably (but not so deep that you show your secrets during a deep wind)! If you can sit and run comfortably in this, belt it and see if you like the way it looks. If you did the rolled hems all the way around, you will need to do a whipstitch (or other joining stitch) on the inside for this final seam. If you have not hemmed the bottom, do so now and then whipstitch the side seams. (Instructions for a whipstitch binding can be found here: <http://www.holiday-crafts-and-creations.com/whip-stitch.html> )



Galyana modeling a bog dress at Pennsic.



Want a peplos but also want to hide your bra?

Here are some suggestions:

- Pin the bra straps under your brooches
- Sew up the side seam higher than in the pic of Galyana. (If this makes the garment – because it has relatively narrow panels – pull across the bust, then insert a triangle of fabric under the arm to fill in that gap and allow the garment to drape as it should over the bust.

