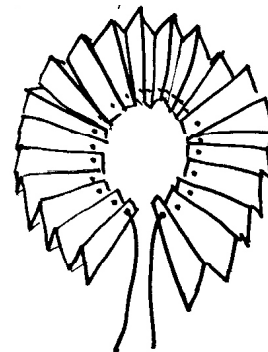
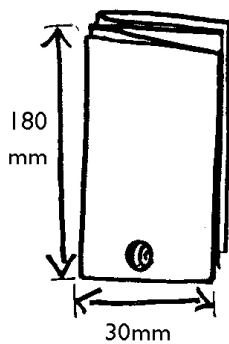


# Instruction on how to make a Ruff and/or Tabard

## For a Ruff you will need:

- Paper, 180mm x 1200mm
- 500mm baby ribbon (6mm wide)
- Hole Punch
- Scissors
- Sellotape

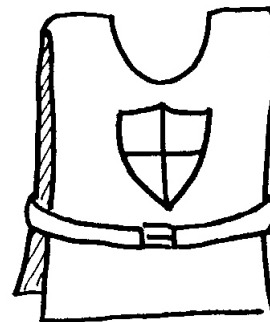
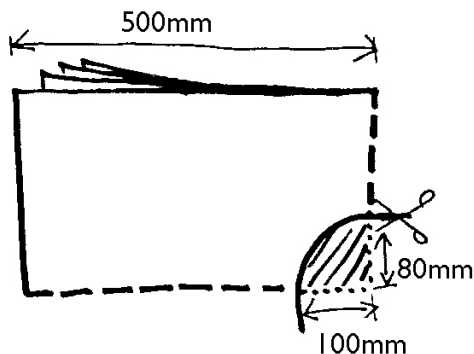
Fold paper 30mm evenly along the short side to make a concertina (like a fan). Hold tightly and cut in half. Use Sellotape to fix together to double the length. Use a hole punch to make a hole in the middle at one end. Still holding tightly, thread baby ribbon through the hole. Spread concertina over two thirds of the length and tie around child's neck, adjusting the folds evenly.



## For a tabard you will need:

- Length of calico or cotton, 450-500mm wide
- Scissors
- Fabric Paint
- Belt

Each child should design their own heraldic shield. Measure the child to determine the length from shoulder to thigh and from shoulder to waist. For length of tabard, double the measurement from shoulder to thigh (total length of material: about 1-1.2 m). Fold into four; across the width and then the length, and mark from the centre of fold 80mm along shoulder and 100mm down the length. Cut out the opening for head (approximately 200mm x 150mm). Paint design for heraldic shield on front, between the neck opening and the waist, no more than 200mm high, to allow for a belt at the waist.



All measurements are approximate.