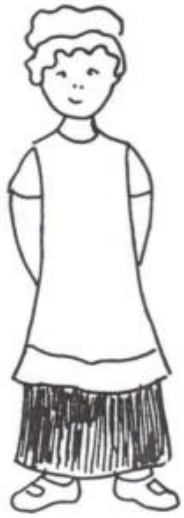
Get ready to meet Florence Nightingale with History Off the Page!

Very soon History Off the Page will visit your school for a Florence Nightingale Day. To help you feel like a resident of 1854, we recommend creating a simple costume to help you feel the part. Costumes do not have to be fancy – you can do a lot with clothes you already have! Here are some ideas:



Girls' Costume

Dress: Either a long dress nipped in at the waist, or a long skirt and blouse.

Smock/Apron: Preferably plain white.

A mob cap: A mob cap is very easy to make – you need a circle of white material about 30 cm diameter (depending on the size of the head). Neaten the edge and maybe add a little lace. About 5 cm from the edge stitch on a ring of bias binding, leaving a gap to thread through a length of elastic. Adjust to fit and stitch firmly or knot.

Shawl: This can complete the look. Any plain or simply decorated shawl will do.

Boys' Costume

Trousers/Socks: Either short trousers and long socks, or long trousers/track suit bottoms tucked into long socks.

Shirt: A collar-less shirt (cut the collar off an old one.)

Waistcoat: You could add a plain waistcoat, if you have one.

Cap: Something like a fisherman's cap or a newsboy cap will work.

Please do not come dressed as a specific person.

