

Delmatiki/Dalmatica

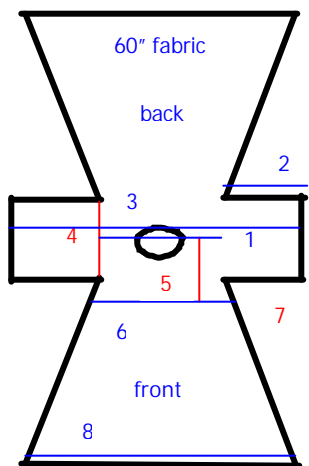
Eastern Roman Empire/Byzantine Garment

Worn by Men and Women

Project Sheet
Meghan Elphinstone

A delmatiki is a simple garment with a round neckline and flared sides worn over a kamison/tunica by both men and women. Sleeves did not always reach the wrist. The neck opening may be closed with a brooch. It could reach to the knees for men, or be longer for both men and women.

Note: the delmatiki should be a loose bell shape, but it is not meant to have a full skirt or a train.



Please read the entire sheet before beginning and contact me if you have any questions.

Purchasing fabric:

- Linen, wool and silk are good choices.
- Soft white, tan or bright colors in a simple weave or in a brocade with a stylized repeating design. Ecclesial brocades are usually appropriate.

Measurements: Numbers below correspond to numbers on the illustrations. Most of the answers will be transferred to your actual Pattern/Mock-up. Please print out this sheet, fill in the blanks completely and

refer to it as you mark your pattern.

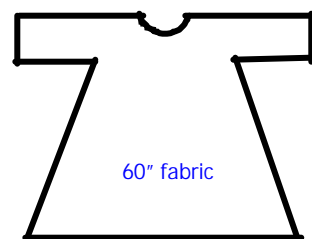
- This symbol / means number divided by number.
- Measurements will be more accurate if someone else takes them.
- Vertical measurements are in red; horizontal ones in blue.

1. Shoulders _____
2. Sleeve: shoulder point/top of arm to desired sleeve length _____ + 2" = _____
3. Width of garment at Shoulders: $2 \times \#2$ _____ = _____ + $\#1$ _____ = _____ width (Clarification: " $\#2$ _____" = fill in the blank with the answer from 2. Sleeve)
4. Opening for Arm: under arm and over shoulder _____ + 3" = _____ Make a circle of tape measure 1-1/2" smaller and slip over upper arm to check for comfort; flex arm
5. Shoulder to fullest part of chest in front _____
6. Chest _____ + 6 = _____ / 2 = _____ (use a number larger than 6 if you would like the garment more than 3" larger than chest measurements)
7. Shoulder to hemline in front _____ + 3" = _____ (more if belted)
8. Hem: $\#6$ _____ x 3 = _____. If this answer is a larger number than the width of the fabric, consider adding gores to achieve the bell shape.
9. Gore: under arm to hem _____ + 5" = _____

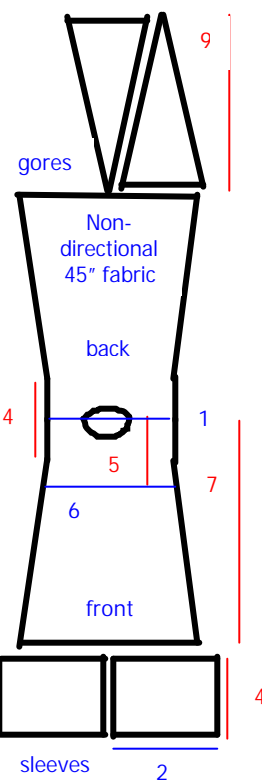
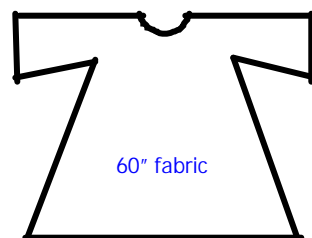
- Write your answers next to the corresponding numbered line on your print out of the project sheet for the correct fabric width.

Layout and Cutting Suggestions:

- I recommend drafting a pattern and making a mock-up at least to the hips to check fit before cutting into your good fabric. A long straight edge is helpful.
- A variety of pattern Layouts are illustrated for different widths of fabric and

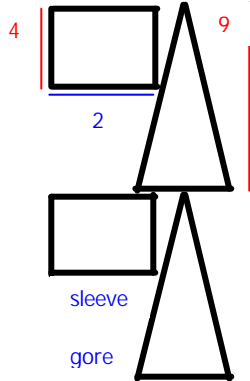
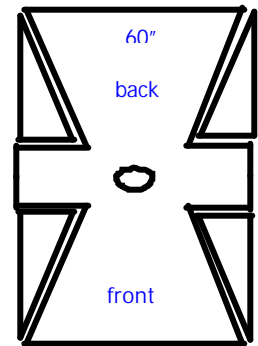


front view
and pattern for
directional fabric



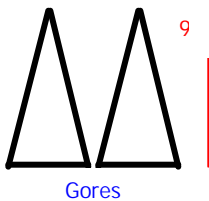
different methods of cutting out the gores. You will need to determine which one best meets your needs.

- If fabric is directional (one-way design), decide which way you would like as "up". Use layout elements showing all pattern pieces pointing towards the top of the page. It will be necessary to lay out the front and back separately (pg 1 top right). Add seam allowance to shoulder and create a front view pattern piece.

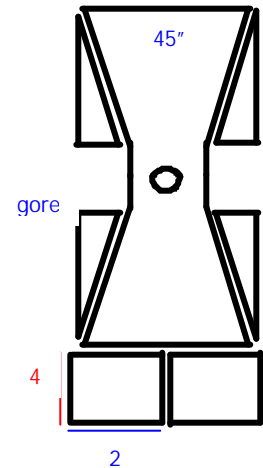


- If fabric is not directional, split gores can be cut from 54" and 60" fabric under each arm. If cutting two triangles for each gore gives a sufficient hem, you will not need to purchase extra fabric for gores unless you prefer a one piece gore.
- **Pattern:** create a pattern that looks like your choice of layouts by transferring your figures from #3,4, 2, 6, 7, 8 and 9 under Measurements above onto the corresponding area of your pattern or mock-up. The answers to numbers 1 and 5 will help you place your marks correctly. (For instance: #5 lets you know how far down to place #6)
- **Bell Shape:** From under the arm to the hem, run a straight line out to the edges/selvages of the fabric, taking care that the area over the chest is sized to be comfortable. ← ← **Important**

- **Neck** is rounded and higher in back (t-shirt neckline). If you fold fabric at the shoulders to cut it out, be careful to only cut the lower neckline on one layer of fabric for the front of the garment.
- **Neck opening:** a slit was popular from the neck down the left shoulder. About 4" should be long enough. Test by slipping over the head.



Note: All sewing will be with right sides of fabric together. Take extra care if you are working with a directional fabric. Use a 1/2 - 5/8" seam. Pin edges together to keep the fabric from slipping while you are working with it. Press seams as you sew.



Fabric yardage:


- Read "Layout" carefully before making a purchase.
- Determine how much fabric you need before purchasing.
- Layouts are given for both 45" and 54"/60" fabric. Several methods of laying out gores and sleeves are shown. Choose what works for you based upon the width of the fabric, whether it has a directional pattern or nap, and whether you want a spit gore (2 flat sided triangles are sewn together to form one gore) or you want a one piece gore.
- If fabric is washable and you intend to wash the garment, wash and dry fabric before cutting.
- Purchase extra fabric to allow for shrinkage.
- **Yardage for 60" wide fabric:** Total for #7 ____ x 2 = ____ / 36 = ____ yards
- **Yardage for 54" wide fabric:** same as 60" ____ yards
- Add gores only if necessary to achieve the bell shape. Split gores can be cut from under the arms. If extra fabric is needed for gores: Total for #7 ____ x 2 = ____ + #9 ____ = ____ / 36 = ____ yards.
- **Yardage for 45" wide fabric:** See layout for 45" fabric given below. It may be possible to place split gores next to the body of the garment. Check before purchasing fabric. If so, you will only need additional fabric for the sleeves. If two sleeve rectangles formed from the answers for #4 and #2 will fit side by side on your fabric use this: Total for #7 ____ x 2 = ____ + #4 ____ = ____ / 36 = ____ yards
- If you want one piece gores chose a different gore layout and use this: #7 ____ x 2 = ____ + #4 ____ = ____ + #9 ____ = ____ / 36 = ____ yards
- If the sleeves will not fit side by side across the width of the fabric and you want one piece gores the first layout under "Layout and Cutting Suggestions" may be the best choice. #7 ____ + #9 ____ = ____ x 2 = ____ / 36 = ____ yards

Decoration: Delmatiki could be decorated in much the same way as the kamison (see kamison project sheet) Bands can be laid over the shoulders and extend as far as the hem. Round, oval and square decorations and can be applied. Hems can be decorated. It can also be without decoration or with a wide band around the hem.



Theodora and Attendants, mid 6th century, St. Vitale, Ravenna, Italy

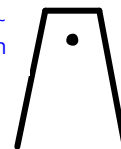
Basic Delmatiki Construction: if you are adding gores or sleeves, read all of the construction paragraphs before continuing.

1. If back and front are two separate pieces, attach front to back at shoulder seams. Sew from the neck out to the shoulder.
2. With right sides together, fold at the shoulders so that front and back face each other.
3. Sew from the underarm to the hem.
4. Sew from the underarm to the wrist.
5. Check the size of the neck opening by pulling it over your head. If there is a chance you may stretch the fabric out of shape as you sew the neck, stay stitch the neckline first. This is a small running stitch/straight stitch near the edge of the fabric to help stabilize it. Then finish the neck with a handkerchief hem. Roll fabric to wrong side or fold over twice as small as you can manage and hand stitch.
6. Try on and mark sleeve length. Cut off excess. Finish the sleeves with a  running stitch handkerchief or small double-folded hem.
7. Mark hemline. Cut off any excess fabric beyond the amount allowed for the hem and stitch.

Construction with Gores –

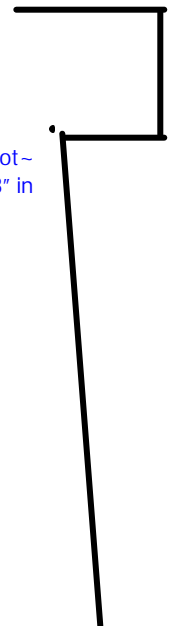
1. Follow #1 from basic instructions above.
2. Referring to illustration at right, cut off the tip of the gore and mark dot. Mark a dot on both front and back of delmatiki at the underarm.
3. Carefully match the dot on the gore to the end of the seam on the garment. Pin. Attach gore to front of garment by starting at dot and sewing to hem.
4. Carefully align and sew gore to back. Pin. Start at dot and sew to hem. Turn right side out and check appearance of gore.
5. Follow #4 - #7 under basic construction.

~dot~
5/8" in



gore top

~dot~
5/8" in



Construction with Sleeves –

1. Follow #1 from basic instructions.
2. Sew top of sleeve to shoulder
3. Follow #2 through #7 above.

This is a simple project sheet meant for fabric layout and sewing instructions only. For more information on this garment, please refer to the downloadable PDF's on my web page:

Byzantine Court Ensemble, 5th-6th Century - female

Early Byzantine Clothing, Ornamentation and Accessories, 5th-6th Century – female and male

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