A Proud Head
About 500 years ago, rich people wore wide, frilly collars called ruffs. They were made of linen fabric folded into pleats.

A ruff made you hold your head up high. People thought it made them look proud and important.

The trouble was, you couldn’t look down! Ruffs also made it tricky to eat.

Has anyone seen my feet?

The Servant’s Handbook: Washing a Ruff
White ruffs get very dirty. Wash them every day.
1. Carefully wash the ruff with soap.
2. Use starch to make the cloth stiff.
3. While the ruff is damp, put the pleats back into shape with hot sticks.