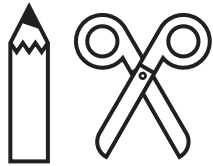


# Portuguese Paper Dolls

Portugal has a rich history with regional fashions to match. This paper doll set has a variety of outfits, each with its own story.



## Supplies Needed:

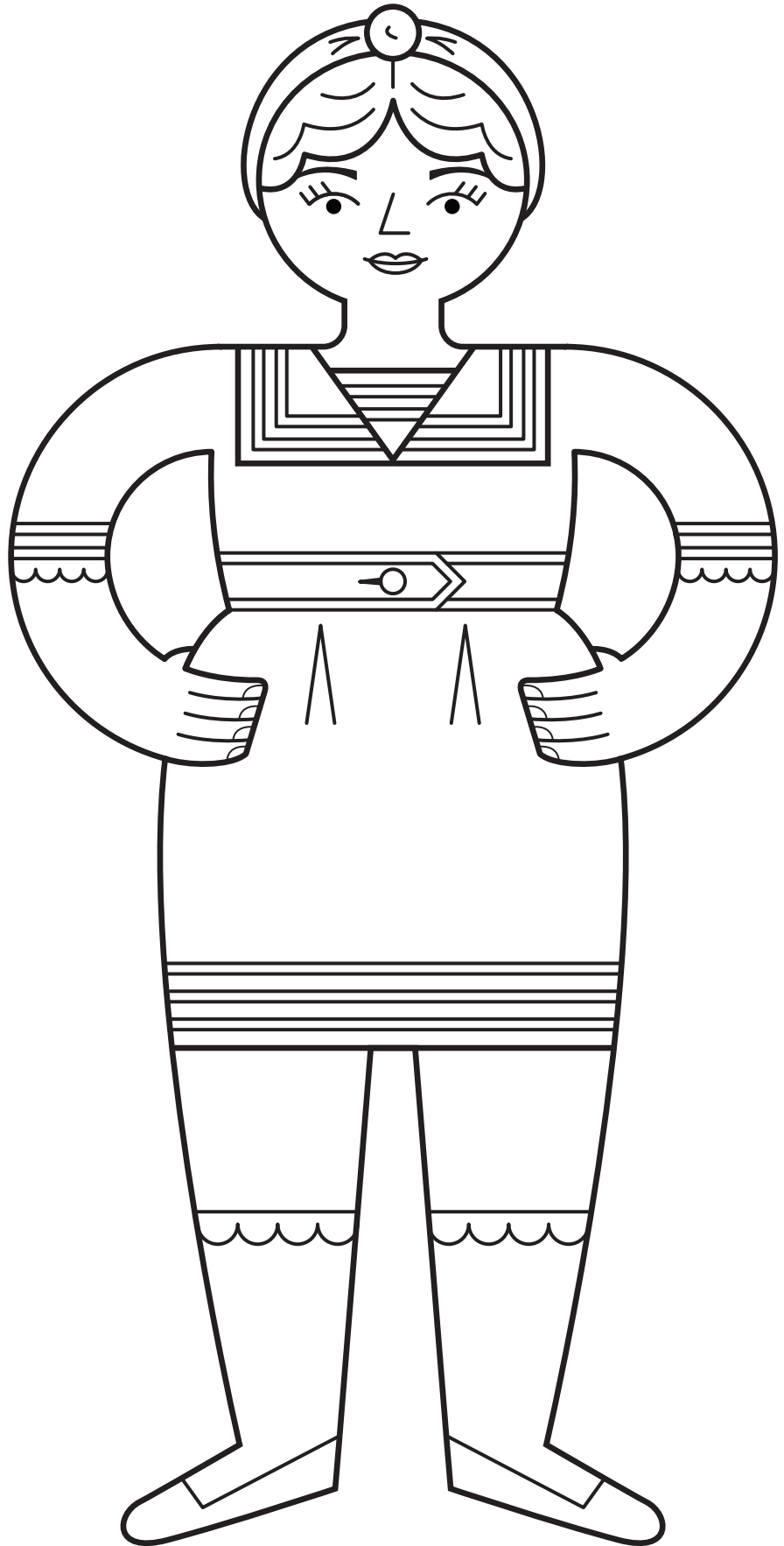
*Colored pencils or markers*

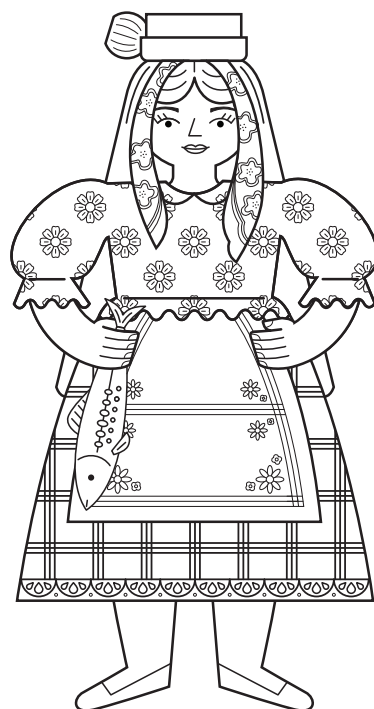
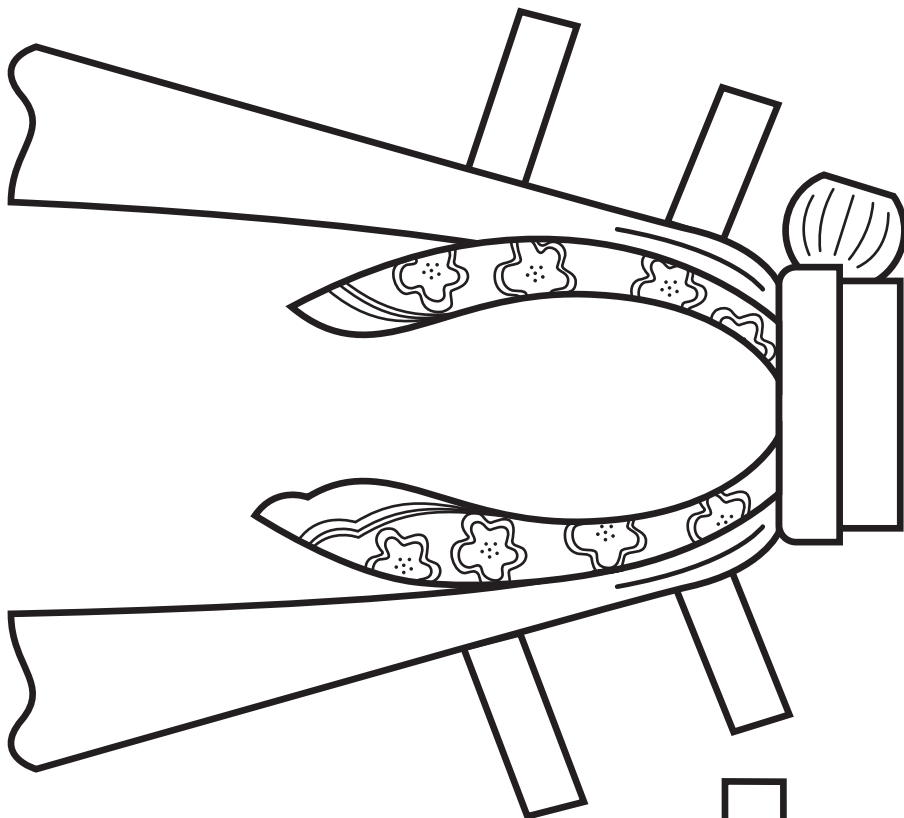
*Scissors (ask an adult to help with the tricky parts!)*

## 19th Century Bathing Costume

Sea bathing was introduced by wealthy Portuguese society in the late 18th century. Swimming costumes were very different than the bikinis of today!

This bathing costume from the 1800's featured a "gown" with matching drawers (pants) and was made from wool!  
Not very comfortable.

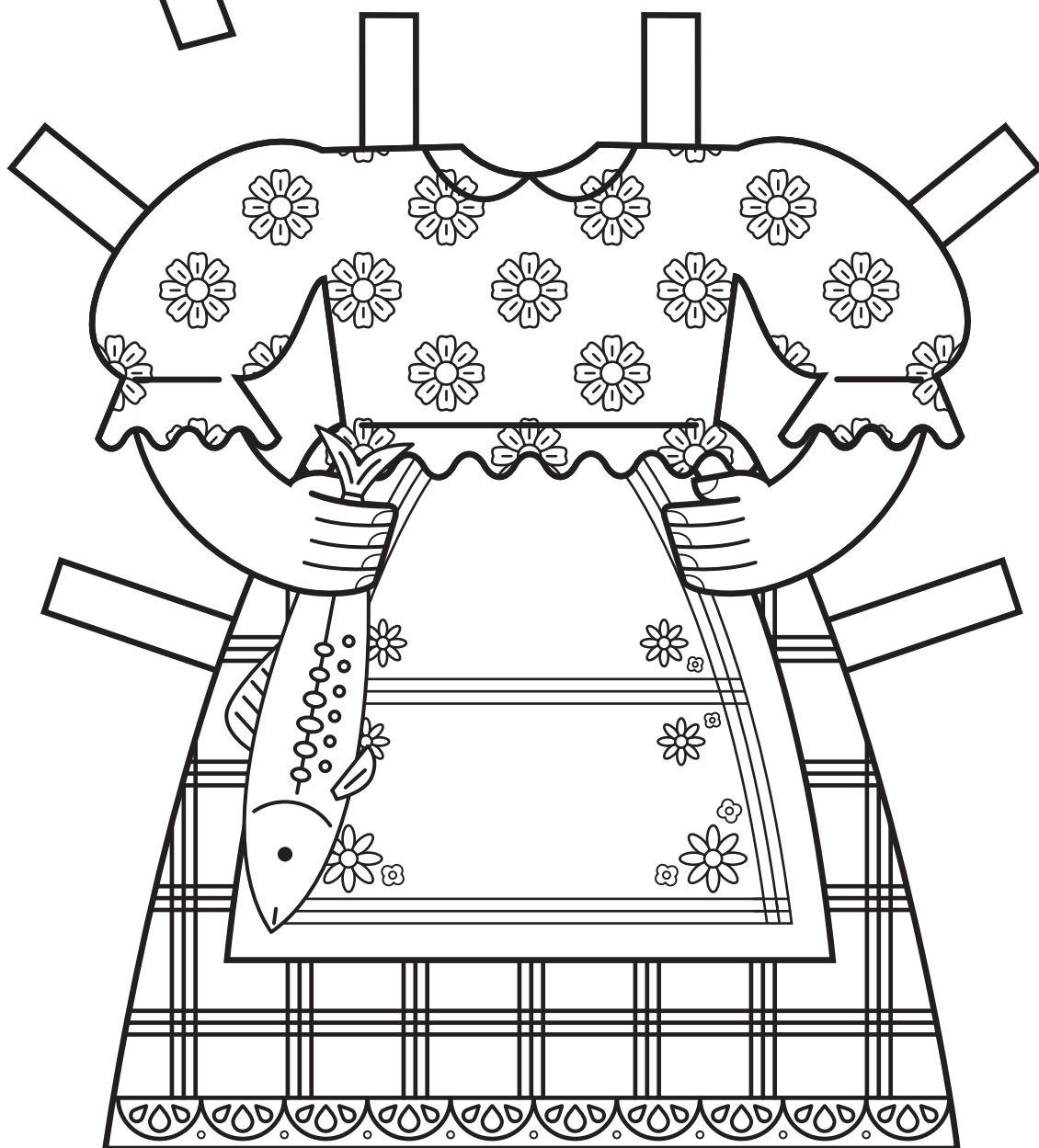




## Estremadura Fish Seller

The traditional garb of women in this coastal region of Portugal was a layered delight, punctuated with a black hat, large feather and scarves.

Estremaduran women used to sell fish door-to-door in this outfit. Pretty neat!





### Minho Traditional Folk Costume

You will see this colorful costume at Portuguese festivals, though it originated in the northern region of Portugal known as Minho. Locals call the dress 'Traje de Lavradeira'.

The costume is often seen in red when worn by younger women and blue when worn by an older or married woman. The skirt is full and vibrant - making it great for dancing!

## Alentejo Farmer Costume

This very stylish outfit was worn by women who worked the fields in southern Portugal. Women needed the freedom of movement so they tucked their cotton skirts at the waist or made them into pants. Their colorful socks completed the look!

