



The Tudor Housewife

Alison Sim

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The political and military history of the sixteenth century is well known, and much written about, but what of the thousands of women who have, for the most part, eluded the historian's pen? 'The Tudor Housewife' aims to answer this question, providing a unique and accessible introduction to the everyday life and responsibilities of women from all levels of society in the age of Henry VIII and Elizabeth I. With chapters on marriage, childbirth, the upbringing of children, washing and cleaning, food and drink, the housewife as doctor, women and business, and women and religion, Alison Sim reveals how women were expected to manage businesses as well as the household accounts, take extensive personal interest in the moral welfare of their children, administer medicine to their households and act as a helpmeet to their husbands in every aspect of life. She challenges widely held assumptions that all households were self-sufficient in the sixteenth century and shows that even wealthy ladies were not brought up to be idle. Written in a lively and readable style, *The Tudor Housewife* provides an attractive and captivating insight into past women's lives.

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