

SOS Scarves

Stamp out stress this summer by making yourself a naturally dyed silk scarf. This is a great way to unwind, relax and do something creative at the same time. It is a fun activity to do with kids too.

Notes by: DeAnn Hebert; retired DMPS Home Ec Teacher, NCDS (Natural Contact Dyeing Specialist)

Supplies:

1. Silk scarf---can be ordered from Dharma Trading Company. 11x60 about \$2
Cotton, Rayon fabrics will also work. Silk is a little thinner and works the best.
2. Dyestuffs-Almost anything will work, some better than others. Be brave, try lots of things. You will find yourself admiring other people's flowers and wondering if you can just snip a few to try.

Flowers-Marigolds, Coreopsis, Dahlias, Pansies, Geraniums, Poppies

Berries and seeds-Raspberries, Blueberries, Elderberries, Mulberries

Vegetables-Red cabbage, pea pods, carrot roots, beets, onion skins

Leaves or herbs-flower leaves, trees, ferns, parsley

Lichens-various moss you might find

3. Liquid-Water, vinegar, wine, alcohol, ammonia Y.O.U. (Your own Urine)
4. Mordant-This is something that makes the dye stick to the fabric. Cooking alum, Table salt
5. Other stuff to add color-Pennies, copper pieces from a scrubby
6. Rubber bands
7. Zip lock bags
8. Hammer or rock—vital for stress relief
9. Heat—No problem with this in Iowa
10. Patience—this is not a fast process, those with patience get the best results.

Steps to Stress Relief.....

Select-The Dyestuffs (vegetables, fruit, flowers. Use lots) Place on fabric.

Squirt—The liquid (vinegar, wine, water)

Sprinkle—With mordant (salt, alum) Roll or fold, place in a zip lock bag

Smash—With a hammer or rock

Squish—In another zip lock bag and wrap with rubber bands.

Sit—Relax, have a cool drink, find a comfortable chair, and a good book. Just let nature turn your scarf into a thing of beauty.

Let it sit for two days to two weeks in the sun. Or if you are impatient, you can microwave for 5 minutes power flipping every minute. Be careful, it can burn.

Survey—unwrap your scarf and look at it, like it? Let it dry, Don't like it add more "stuff"

Set the dye—Use a hair dryer or iron to set the dye

Soap—use a mild soap and hand wash the scarf.

Satisfaction—Iron and wear your scarf with pride, tell everyone you made it with cabbage!

Note: Do not skip the "sit" step, that is important if you want a true SOS scarf.