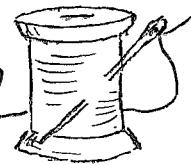


Sewing



Basic Sewing Kit:

- Needles (of assorted sizes)*
- Thread*
- Scissors*
- Straight pins and pin cushion
- Needle threader
- Thimble
- Seem ripper
- Measuring tape
- Tailor's Chalk (for non-permanent marking)
- Assorted buttons and clasps

*Absolute necessities

Tip: Beeswax can keep your thread from tangling

Sewing on a Button:

For a four-holed button you can cross the thread, sew the thread parallel or into a box-like shape.

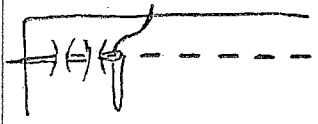


1. Choose thread that matches the garment (or other buttons). Thread the needle, pull the thread so that there is an even amount of thread on both sides and knot the end. Thread should be ~12-16 inches.
2. Hold the button in place and bring the needle up through the fabric so the knot is on the inside of the garment.
3. Follow the sequence of desired button pattern (above). Repeat a few times until the thread is even and the button is snug.
4. To add a shank, wind the thread around the base of the button.
5. Thread needle to the inside of the garment and knot it.

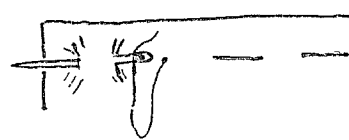
Stitches

Depending on the thickness of the thread and the desired thickness of the stitches, either double your thread or leave it as a single thread.

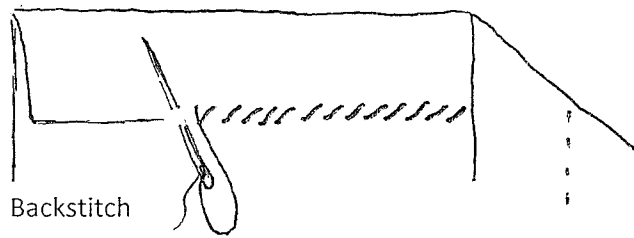
Running Stitch



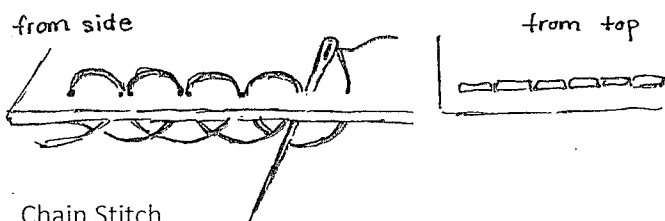
Basting Stitch



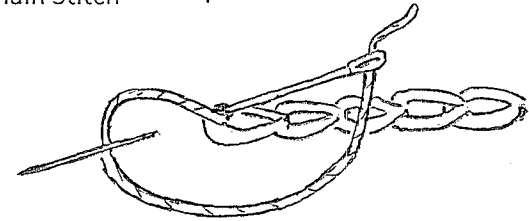
Hemming Stitch



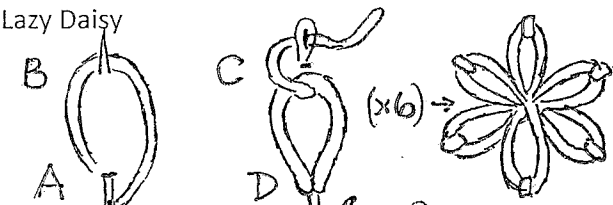
Backstitch



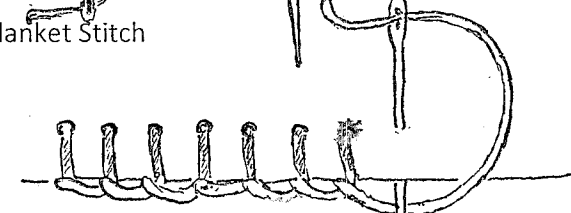
Chain Stitch



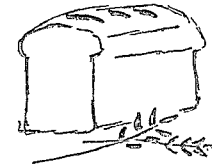
Lazy Daisy



Blanket Stitch



Bread Baking



Oatmeal Maple-Honey Bread

- 2 ½ cups of boiling water
- 1 cup thick oat flakes
- ½ cup maple or brown sugar
- ½ teaspoon maple flavor (optional)
- 1 tablespoon honey
- 4 tablespoons butter
- 1 tablespoon salt
- 1 teaspoon cinnamon
- 1 tablespoon instant yeast
- 1 ½ cups whole wheat flour
- 4 cups all purpose flour

1. Combine water, oats, sugar, maple flavor, honey, butter, salt and cinnamon. Let cool to lukewarm.
2. Add yeast and flour (mixed). Stir to form rough dough. Knead for 10-15 minutes until dough is smooth. Transfer to lightly greased bowl, cover with plastic wrap, let rise for one hour. It should double in size.
3. Divide dough in half and shape into loaves (tuck in ends and let rise smooth side up). Cover pans with lightly greased plastic wrap and let rise until loaves are about 1 inch above the pan rim. Brush top with maple syrup and sprinkle with oats for extra effect.
4. Preheat oven to 350° F. Bake loaves for 35-40 min. Remove from oven when golden brown and interior registers ~190-200° F on a thermometer.



Tips:

Water that is too hot (above 120° F) will critically injure yeast. Direct contact to salt also kills yeast so always mix the salt thoroughly with the flour or other ingredients before adding the yeast.

"The Window Pane Test"- To gage gluten development, pinch a small piece of the dough and pull it away from the rest of the dough. The dough should easily pull into a thin membrane with an elastic and rubbery consistency.

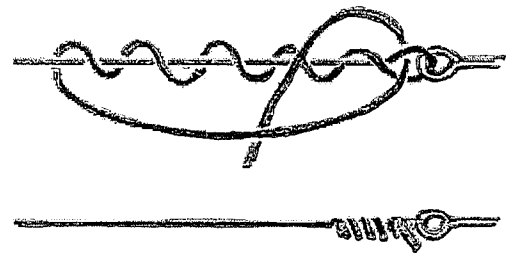
To speed things along, let the bread rise for the second time in a warm oven while it preheats for baking.

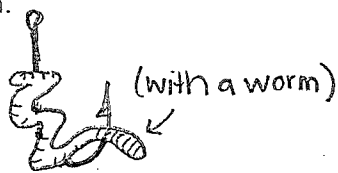
For a glossy, brown crust on your loaves, create steam in the oven by a.) misting the walls and floor with a spray bottle of water a few times at 3 min intervals right after placing the bread in the oven, or b.) placing one cup of water in a preheated pan on the tray below your bread.



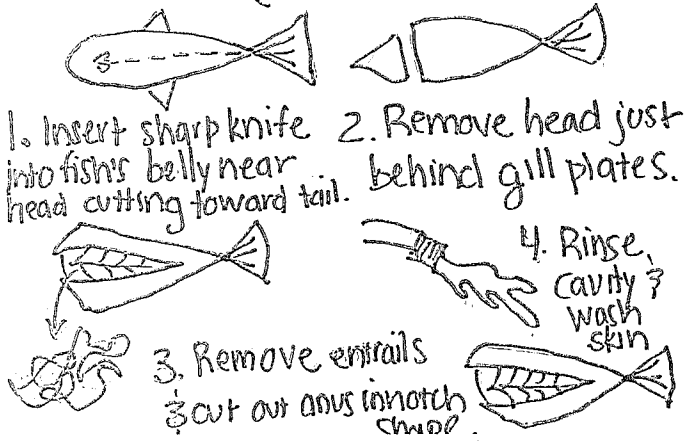
Fishing

1. Purchase a fishing license for the state in which you plan to fish. This can often be done online or at your local DNR licensing agent.
2. Consider the season and the location. Check the local fishing reports for what fish are biting.
3. Choose bait and hooks appropriate to the type of fish you are trying to catch.
4. If the hook is not attached to the line, attach it using a clinch knot:



5. Attach bobber so that the hook hangs just above the bottom.
6. Bait hook:  (with a worm)
7. Cast line and take up the slack off the line.
8. If a fish bites, give the line a quick jerk to set the hook in the fish's mouth and reel in the line until you can pick-up the fish in your hand.

To Clean the fish: (without fillet)



1. Insert sharp knife into fish's belly near head cutting toward tail.
2. Remove head just behind gill plates.
3. Remove entrails & cut out anus in notch chord.
4. Rinse cavity & wash skin.

Soap Making

The basic formula for soap:

$$\text{Oil} + (\text{Lye} + \text{Water}) = \text{Soap}$$

Caution: Working with lye can be extremely dangerous. When making soap wear rubber gloves, goggles and protective clothing and work in safe location. Do not leave the soap unattended. Do not use aluminum bowls or utensils (react with lye) and always add lye to water and not vice versa.

Lye may be difficult to find (due to its use in the making of illegal methamphetamines) but it should be available at a nearby hardware store such as Ace Hardware.

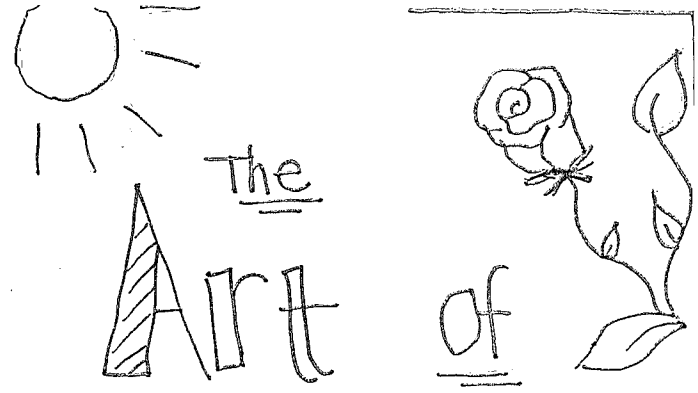
Different oils give the soap different properties:

- Vegetable oil: Cheap, readily available, mild lather. Use as half of your fats to keep costs down.
- Olive oil: Great base oil (up to 100% of the oil in your soap), good moisturizer. Avoid extra virgin, the lower grade the better.
- Coconut oil: Lathers well, adds hardness, use in moderation.
- Canola oil: Good moisturizer, less saturated to slow to complete chemical reactions. Use as up to 50% of base oils.
- Beeswax: Makes harder soaps, use up to 1 oz. per pound of base oils. Adds faint sent of honey.
- Essential oils give soap fragrance.

Sample Recipe:

- | | |
|-------------------------------|----------------------|
| 6oz olive oil | 2 oz. lye |
| 6oz vegetable oil | 8 oz distilled water |
| 4 oz coconut oil | Scent optional |
| ¼ oatmeal (ground in blender) | |

1. Pour water into heat proof container. Carefully add the lye and stir until it is dissolved. The mixture will get very hot so let cool to ~130° F
2. Heat Oil to ~100° F
3. Pour the lye-water mixture into the oil and begin stirring slowly and carefully. Stir mixture until it gets to "trace," the point in which the mixture resembles cake batter and leaves behind a trail when you drizzle it on the surface. This may take some time (15-30min). Add fragrance if desired.
4. Pour the soap into the mold and let sit undisturbed until hard (around 24 hours). Cut into bars and let cure for a few weeks before using.



The Art of

Usefulness

by Lisa DeGuire
ES 399

A take home guide to some basic life skills.



These skills & many more are best learned from friends & family. 