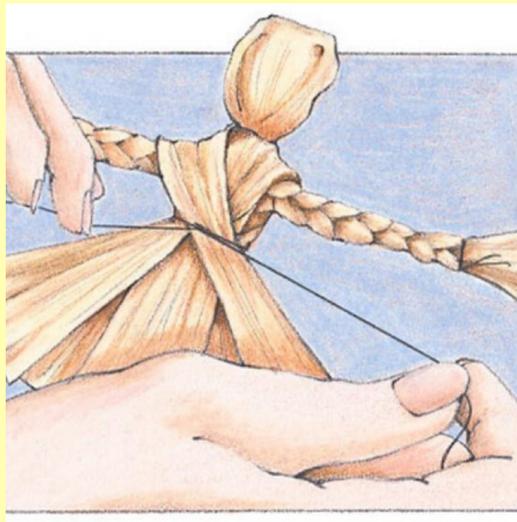
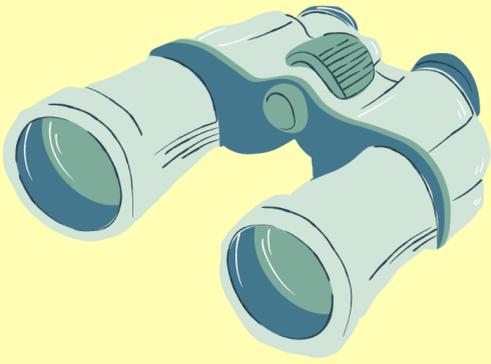
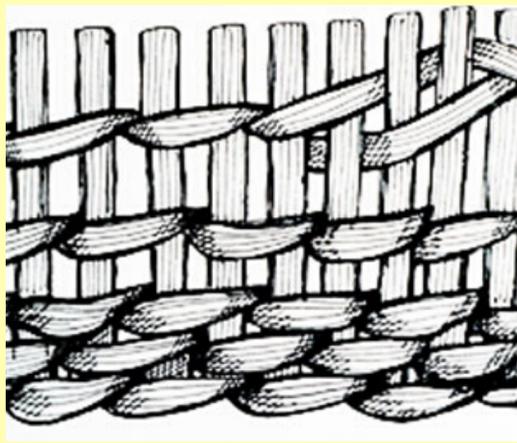


# MOUNTAIN HERITAGE CENTER



**2020 Summer  
Camp**



# HOME 7/10-7/16

For a chance to be featured on our social media please email pictures of completed activities to:

**MountainHeritageCenter@gmail.com**

## **Theme: Home**

### **Introduction**

Welcome to Packet #4! We're continuing our exploration of resources people used long ago to help them survive in the mountains. This week we'll look at how people created woven items for their homes. We'll try **braiding dyed yarn** and **weaving**, and investigate **coverlets** and another natural resource, **black walnuts**. We also have included information on **natural dyeing** if you want to try that.

**Coverlets** are woven blankets people used to keep warm through cold mountain nights. They were made on big wooden looms. When people started making quilts instead of weaving, some looms were turned into firewood while others continued to be used to make **Rag Rugs**.

Enjoy this video of a woman using a loom at Mt. Vernon.

<https://www.youtube.com/watch?v=FnbUF0wglfw>

(Title: Weaving on Mount Vernon's 18th Century Loom)

At the back of the packet, we have some printed **coverlet designs** for you to color. They are a gift from the Art Department here at WCU. They are printed in light colors so you can add additional patterns, outlines, and borders. While coverlets were typically just 2-3 colors, you can create anything! Share your creations with us, we'd love to see them!!

For a chance to be featured on social media please email pictures of completed activities to: **MountainHeritageCenter@gmail.com**

### **Traditional Craft (p.3)**

Black Walnut Introduction

Black Walnut Ink

Black Walnut Pudding and Cookies (p. 4)

Braiding natural dyed yarn (p. 5-6)

Natural dyeing (p. 7)

### **Rag Rug**

- Supplies: looms, rags, warping yarn, spacers, shuttle (p. 8)
  - <https://www.metmuseum.org/metmedia/video/metkids/metkids-create/weave-on-a-mini-loom> (#metkids - Weave on a Mini Loom)
- Instructions

### **Additional Activities**

- Coverlet history and pictures (p. 9)
  
- Coverlet Coloring Pages (pages at the end of the packet)

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

## Black Walnuts

Black Walnuts were a useful tree for Native Americans and settlers in the mountains. Even though they are toxic to other plants, these trees were often allowed to grow in people's yards. The nuts could be eaten. The hulls of the nuts produced a strong dye that could be used for coloring yarn or for ink. The wood from the trunk was used for furniture and gun stocks.

Black Walnuts are still common in the mountains. Look for them along Cullowhee Creek at WCU. Gathering the nuts in the fall is quite easy although you should wear gloves. Here are some fun things you can do with Black Walnuts:

### Walnut Ink

#### Materials:

Shells from 8 walnuts	Small strainer
Kitchen towel	Small bowl
Hammer	Small saucepan
½ tsp vinegar	½ tsp salt
1 cup water	Small jar with lid

#### Instructions:

- Fold the towel in half and place the walnut shells into the center of the folded towel. Use the hammer to crush the shells in the towel.
- Place the crushed shells into the small saucepan. Add the water.
- Heat the walnuts and water on a stove until the mixture boils. Lower the heat and continue to simmer the mixture for 45 minutes. The water will turn dark brown.
- After 45 minutes, turn off the heat and let the mixture cool for 15 minutes.
- With an adult helping, pour the mixture through the strainer into the small bowl.
- Add the vinegar and salt to the mixture and stir until the salt is dissolved.
- Pour your walnut ink into a small jar.
- This ink dries very quickly, so keep the ink jar closed when you are not using it.

**Walnut ink stains fingers and cloth, please be careful when you use it.**

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

## Black Walnut Recipes

### **Black Walnut Pudding**

1/2 cup finely chopped walnuts  
1 tablespoon butter  
4 teaspoon corn starch  
1/2 cup of milk  
2 egg yokes  
3 egg whites  
1/4 teaspoon salt  
tiny pinch of cream of tartar  
1/4 cup granulated sugar  
1 teaspoon maple flavoring

- Butter a baking dish.
- Mix all ingredients except egg whites.
- Place in greased baking dish.
- Top with well-beaten egg whites.
- Bake at 350 degrees about 45 minutes.

Recipe from Foxfire 3

### **Black Walnut and Oatmeal Cookies**

3/4 cup brown sugar	3/4 tsp. salt
1/2 cup white sugar	1 tsp. baking soda
1 1/4 cups butter	1/3 tsp. nutmeg
1 tsp. vanilla	3 cups oatmeal
1 1/2 cups flour	1 cup black walnuts
1 1/4 tsp. cinnamon	1/2 cup raisins or chocolate chips, optional
1 egg	

Mix sugars, egg, butter and vanilla together. Stir in remaining ingredients. Spoon onto a cookie sheet. Bake at 350 degrees for 10 minutes. Cool. Makes approximately 3 dozen.  
Recipe from <https://black-walnuts.com>

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

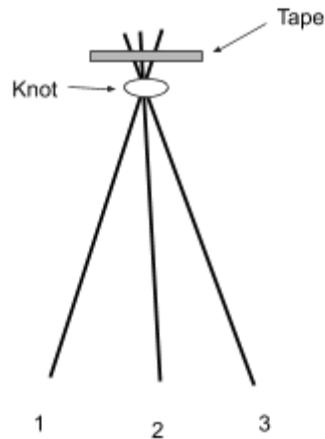
## Make a Braided Bracelet Using Natural Dyed Yarn

- 3 pieces of yarn, about 19 inches long
- Small piece of tape

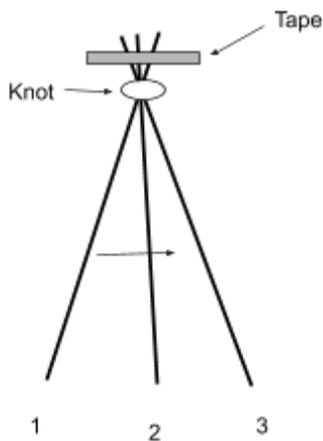
**Step 1:** Knot the strands together and tape it down to your desk

- Measure down a few inches from the top and tie the strands in a knot
- Place the tape below the knot, leaving enough length in the tails to prevent the braid from sliding out

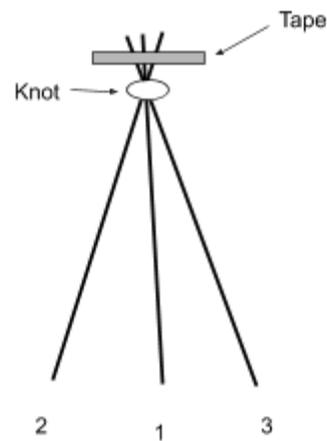
**Step 2:** Divide the strands to start the base for a 3-strand braid



**Step 3:** Move left strand (1) over strand 2.



**Move strand 1 over strand 2**



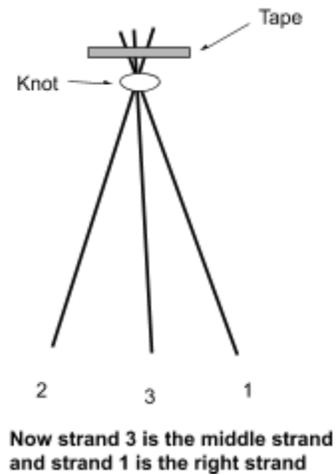
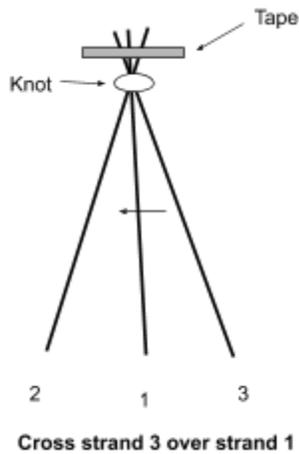
**Strand 1 is now your middle strand**

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

**Step 4:** Cross the right strand (3) over the new middle strand (1).



**Step 5:** Tighten the strand

- Gently tug the outer strands so the crossover point scoots up to the knot at the top.

**Step 6:** Repeat the cross-over process until the bracelet is the length you want.

- Continue to cross the left over the middle, followed by the right over the middle.

**Step 7:** Knot the end of the bracelet, then cut the rest off.

- Cut the tails until they are a few inches long (needed to tie the tails together).



Image credit:  
TheNeonTeaParty.com

**Step 8:** With both knots tied, the completed bracelet should look similar to this. Each end should have tails and the braid in the middle. Remove tape and tie ends together.

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

Mountain Heritage Center, WCU, 2020

## Natural Dyeing:

Onion Skins (yellow)	Mullen plant leaves (pale yellow)
Black Walnuts (black to dark brown)	Blueberries (purple)
Dandelion roots (purple)	Beet roots (red)
Mountain Ash berries (orange)	Kool-Aid (you name it)

Recipes for the above can be found in the sources in the bibliography below. For most, the process starts by mordanting the cloth or yarn being dyed (treat it with a chemical to make the dye fast). Mordants are water plus a tsp. or two of alum, salt, or cream of tartar. Soak the cloth for a day in the mordant then simmer the cloth with the dye stuff for an hour or two the next day... Experimentation is fun!

Kool-aid dyeing is even easier.

1. Place a layer of wool in a deep container. Sprinkle with Kool-aid.
2. Layer on more wool, sprinkle with Kool-aid.
3. Slowly pour hot water down the side of the container until all the wool is covered. Don't agitate but press wool into the bath. Cover and let sit for 20-30 min. or more.
4. Squeeze out dye and put wool in warm clean water to rinse. Squeeze and rinse again in fresh H<sub>2</sub>O. Squeeze and let dry.

There is lots of information available on weaving and dying. One great source of advice is Susan Levielle who ran *Dogwood Crafters* in Dillsboro. She has led many classes and given information on these skills for years.

## Sources on dyeing and Natural dyeing

Amor, Jennifer. Flavor Quilts for Kids to Make: Complete Instructions for Teaching Children to Dye, Decorate and Sew Quilts. American Quilters Society, 1991. (A book about dyeing and quilting with interesting ideas for children to make community based or story-telling quilts.) **Adult**

Conner, Berenice Gillette. Dyes From Your Garden. Miami: E. A. Seemann Publishing, Inc., 1975. (A book with easy directions and explanations, includes many different dye recipes using common plants.) **Adult**

Dyer, Anne. Dyes from Natural Sources. Newton: Charles T. Branford Co., 1976. (Has the best explanations of natural dyeing and includes a long list of common and uncommon natural sources of coloring fabric and yarn.) **Adult**

Wigginton, Eliot, Margie Bennnett, and Their Students, ed. Foxfire 3. 1973. On making fabric and natural dyeing.

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

## Weave a Rag Rug

<https://www.metmuseum.org/metmedia/video/metkids/metkids-create/weave-on-a-mini-loom> (#metkids - Weave on a Mini Loom)

### Materials:

- 1 piece of cardboard with evenly-spaced notches cut on 2 sides - this is your LOOM
- Cardboard spacer and popsicle stick
- 12' to 15' twine - this is your WARP
- Rag cloth, cut or torn into narrow (1/2") strips - these are your WEAVERS

1. Start at one corner of the cardboard, wrap the Warp twine around the Loom. Be sure that the Warp goes into each notch, and is not so tight that it makes the cardboard bend. After the warp goes around the last pair of notches, tape it to the back of the Loom. (Pic 1 showing back)



2. Put a cardboard spacer into one end of the loom. Weave it over / under through the Warp. (Pic 2 showing front)



3. Take a piece of rag and weave it over and under your warp threads starting at the end where the spacer is. (Pic 2)

4. When you come to the end of the row, go back the other way, going under the threads you went over, and over the ones you went under. Pack your rows close together with the popsicle stick. Don't pull them in too tightly on the left or right.

5. Continue going back and forth, adding new pieces of rag as needed, until you reach the other notched end of the loom.

6. Weave any loose tails back into the mat.

7. On the back of the loom, cut the warp yarns, 2 at a time.

8. Tie these pairs of warps together at the sides of your mat, making your knots close to the woven rag edge to keep it from coming apart. Cut the next 2 warps and tie those knots. Work your way down to the



For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

last pair. Trim the ends if you like but leave about 1/2" so they don't come loose.

## Coverlets

A **Coverlet**, sometimes called a “kiver,” is a blanket woven out of yarn on a big loom. Coverlets have been made in the mountains since settlers arrived around 1800. The yarn used was usually wool along with either cotton or linen. Raising sheep for wool or growing flax for linen were skills settlers brought with them from England, Ireland and Germany. Typically, it took six full days to weave a coverlet but that doesn't include the days it took to shear a sheep, clean the wool, dye it and spin it into yarn. Wool yarn was used with cotton or linen yarn to create a warm, durable blanket. Usually, coverlets were made with different colors that resulted in patterns with fun names such as Blazing Star, Double Bow Knot, and Catalpa Flower.



Seven Stars (Southern Highland Craft Guild)



Tennessee Blazing Star (MHC)



For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*

Table (MHC)

Lover's Knot (MHC)

For a chance to be featured on social media please email pictures of completed activities to:

[MountainHeritageCenter@gmail.com](mailto:MountainHeritageCenter@gmail.com)

*Mountain Heritage Center, WCU, 2020*