

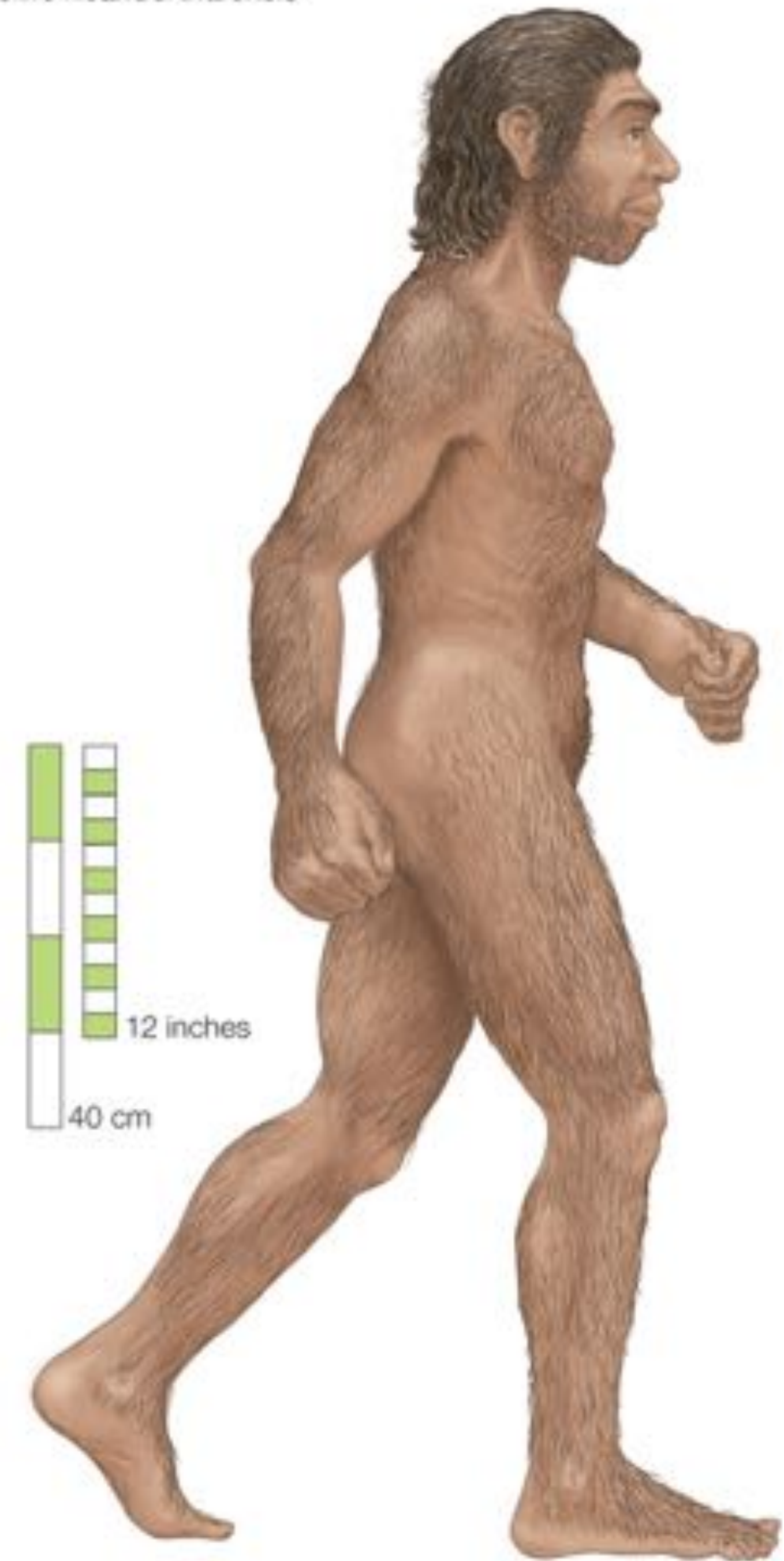
# A Brief History of Fiber Arts

A look at the roots of fiber arts and where it may go

Myra Chang Thompson and Carla Wackenheim. May 16, 2020

# Neanderthal Man

From our earliest beginnings, man needed cover for the changing climate.





# Modern Man

Finds cover in a host of fibers.

- Wool
- Cotton
- Silk
- Linen
- Man-made fibers







Racka



Manx Loaghtan



Icelandic



Shetland



Faroe

All modern day sheep came from the "primitive breeds."



# Shearing the Sheep

Removing the wool from the sheep

Can be done in several ways:

1. Some sheep can lose their coat or roo, where it can be left on fencing or plants for people to collect
2. Shearing by hand or with machines







Finnish  
Landrace-  
Shetland  
Cross



Finnish  
Landrace  
Cross



Shetland

Three shorn fleeces from 3 different sheep breeds.





**Unwashed  
lock of wool.**



**Rubbing a wet lock over a  
bar of soap to remove  
dirt and lanolin.**



**Rinsing wool in clear  
water.**



**Clean, dry and  
fluffy locks.**





**Combing locks to straighten individual fibers.**



**Pulling combed fiber through a diz.**



**Spinning combed locks to make a twisted and strong yarn.**



**Knitted or woven articles of clothing.**





**An Ancient Vertical Neolithic Loom  
Or a Warp Weighted Loom**

**Loom used weights to hold individual warp threads.**



**Modern Loom made of hardwoods**

**Many ways to separate and tension threads.**





Projects  
to make  
at home.

Weave a bag.

Weave a flat  
piece.

Make a Japanese  
braid.





# Project #1

Weave a pocket or bag on a cardboard loom



Cut a piece of cardboard 14" x 6".

Cut slots in the top and bottom about 1/4 inch apart. Fold in half.



Thread a strong cotton string around 2 of the slots on top and bottom. Make sure you have an odd number. Tape ends down.



Weave from either side by going over and under each thread. You will weave around and around. For more instructions, watch the following video.



Example of a bag woven around and around with yarns.



# Variation for Weaving a flat piece

Materials needed for this project:

A styrofoam meat/produce tray

A measuring tape or ruler

Dark marker, A blunt tapestry needle

Scissors or a case cutter

Strong cotton string for your warp

A variety of soft wool/acrylic yarn for your weft



Mark the tray every 1/4 inch on 2 sides

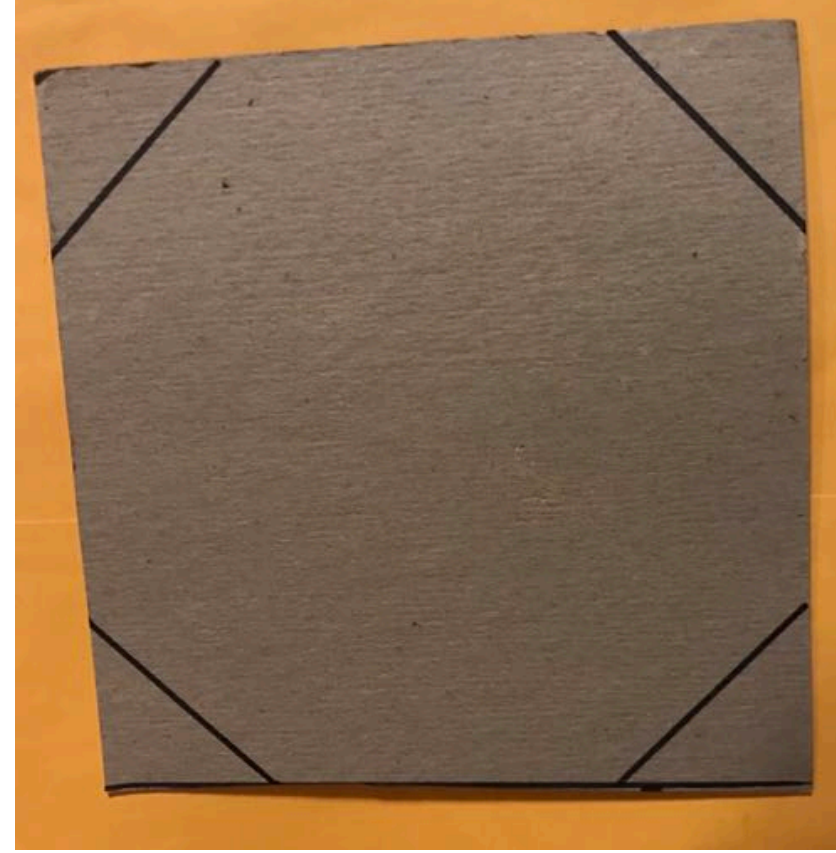
With scissors or a cutter cut slots at marks. Make sure you have an even number. Begin winding your cotton string from one slot to the opposite. Fix the beginning and ending end of string with tape on the back.



# Project #2

## Kumihimo Braid- Japanese Braiding

- You will need:
- A square piece of cardboard
- A small plastic bottle or sandwich bag with pebbles, pennies for weights
- A variety of yarns
- Complete instructions are demonstrated in the video that follows and on a written instruction sheet



Mark & cut off the corners of your square cardboard.



Cut slots on each of the 8 sides of the cardboard. Poke a hole in the center using a pencil or scissors.



Thread 7 yarn pieces down the center hole. Tie a knot. Threads will have a weight attached to them with a string. The long yarn ends will be held in the slots- 1 thread (or group) to a slot. You should have 7 slots threaded.

The blank slot will face your tummy. After you move one yarn, you will rotate the card clockwise.

The thread you will move is in 3rd slots to the right of the empty slot. It moves to the empty slot. Repeat—remember to rotate the card!