

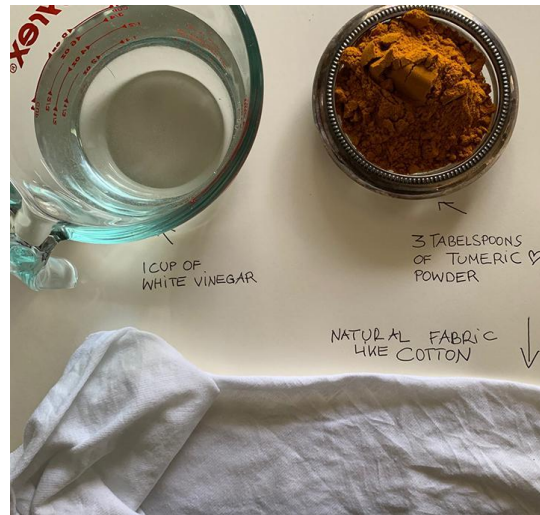
ART AT HOME: *Natural Dyeing with Tumeric*
~ Sascha Mallon, Hospital Artist-In-Residence, Mount Sinai



There is many ways to use natural dyes. I will show you mine.

Materials needed:

- 1 cup of white vinegar
- 3 tablespoons of Turmeric spice
- 1 yard or less of natural fiber like cotton, **PRE-WASHED!**
- 1 pot



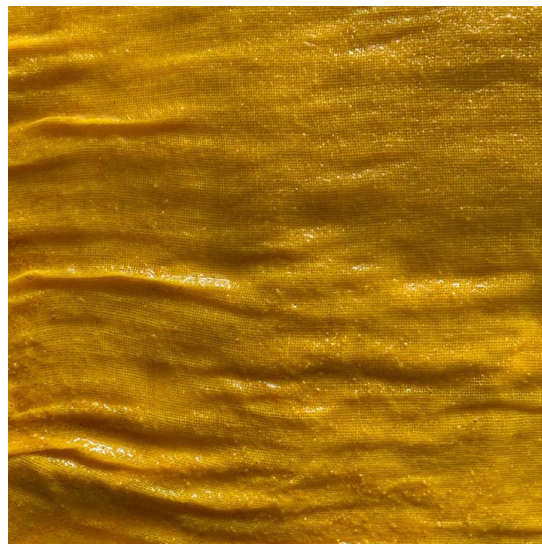
1. Put your piece of fabric into the vinegar and make sure it is wet everywhere.



2. Put the turmeric into a big pot with water and bring it to boil. Stir until the turmeric is totally dissolved in the water.



3. Turn off the heat and put your wet fabric into the pot. Stir and let the fabric sit in your pot for 3 - 6 hours.



4. Stir occasionally.....Take your fabric out and rinse it until the water runs clear. Hang to dry!

When you will need to wash it after use, carefully hand wash it separately from your other clothes- it will bleed!. And, be aware, that with all things nature makes, the color will slowly fade over time.



Next time we will show you how to add patterns to your cloth!



Josephine in her golden tumeric shawl!