

\$5.00

# HILLCREEK FIBER NEWS

Published twice yearly by

*Carol Leigh's*  
**HILLCREEK FIBER STUDIO**

**Carol Leigh's Specialties**

Established 1982

Specializing in Custom Handwoven Textiles, Nature-Dyed Fibers, Handspun Yarns using natural fibers and dyes

Home of the

Spriggs 7' Adjustable Triangle & Rectangle, and 5' Adjustable Square Frame Looms

**HILLCREEK FIBER STUDIO**

Established 1986

Specializing in Workshops in Nature-dyeing, Spinning, and Weaving, and in related tools, supplies and books

Bed & Breakfast and Airport Shuttle Service from St Louis & Kansas City available for students

Fall 2012, Vol XXX, No 2

Event Calendar for 2012-2013

Subscription \$8.00/year for two issues

## Autumn Greetings Fiber Friends!



Fall has finally arrived after a very long, hot summer. As long as I have been offering fall **Missouri Dye Workshops** (since 1986) we have never been rained out (knock on wood), and the weather has been just awesome! This year was no exception. Thanks to Hurricane Isaac (and a cool front from the north), we were luckily on the fringe, the hot drought broke, and we received a few inches of rain over the two weeks before our workshop. See page 3 for a report on the workshop, complete with colorful pictures. (Always check out our newsletter on line to see newsletter pictures in color!)

**Speaking of Nature's Colors**, stay tuned for our next book, **Nature Provides**, on a workshop approach to obtaining a rainbow of colors from natural dyes. I won't be offering workshops forever, so I foresee the need for creating a book explaining how I go about preparing for and presenting our dye workshops, so others may carry on the process. Photographer daughter Rose was here from Florida to take pictures before and during the workshop, both this year and last, for the upcoming book. I know what you're thinking! How many years for THIS book? No promises, but this one will be smaller than our first one on the **Continuous Strand Weaving Method**, and there will be no projects to weave for the book (hmmm, that's an idea ... should there be?).

**It's time to set the record straight** regarding mordants to help hold the color on fibers. See page 4 for an exposé on the use and safety of mineral salts with natural dyes.

**Daughters' New Ventures:** Speaking of photographer Rose, both daughters are setting out on new adventures with their lives. Rose is taking over an established photography studio in Palm Beach, Florida (see Rose E. Martin, photographer), and Bex has sold her part of True Blue Fiber Friends to her past partner and will be focusing on writing and publishing her creative, challenging knitting patterns and on teaching knitting around the country. See pages 8 - 9 for more on their stories.

**New Workshops at the Studio and Beyond:**

**Rug Twining** with master twiner Irene Livingston.  
**Historic Weave Structures** with Marjie Thompson and  
**Lacy Felting with Pencil Roving** with Leslie Samson.  
See pages 4 and 7 for more details on these classes.

**This I Believe** concerns for the nation/ world, page 10.

*Carol Leigh's Specialties*  
and  
**HILLCREEK FIBER STUDIO**  
for weaving, spinning, and dyeing  
Supplies & Workshops  
7001 S Hill Creek Road, Columbia, MO 65203

Call 573-874-2233 for inquiries,  
or the toll free number:  
1-800-TRI-WEAV (874-9328) for placing orders

Web Site: [www.HillcreekFiberStudio.com](http://www.HillcreekFiberStudio.com)  
with an *on-line* Shopping Cart WebStore

**SUBSCRIPTION RATES:**

Annual subscription rate for *Hillcreek Fiber News* is \$8.00 for two issues, Spring and Autumn. Single Copy, \$5.00. Students and customers with purchases during the year of \$20 or more will receive a complimentary issue.

**CLASSIFIED AD RATES:**

For a listing under **Equipment/Fiber Sources** or other classified columns, please remit \$10 by April 15, 2013 for inclusion in the Spring 2013 issue. Limit ad to 30 words in addition to your name, address & phone number. (See Page 11.) Circulation is now around 7000 fiber-interested people.

**WEAVING STUDIO HOURS:**

**Hillcreek Fiber Studio** is a working studio & mail order service. Please call **573-874-2233** or **1- 800-874-9328** before planning a trip to the Studio. **Studio hours** are: **Tuesday through Saturday**, 9 am to 5 pm, by appointment only. At other times, **please leave a message** and we will return your call ASAP.

**DEALERSHIPS**

carried by **Carol Leigh's  
HILLCREEK FIBER STUDIO**

**AURORA SILKS** Dyes

**ASHFORD** Spinning Wheels, Looms and Tools

**EARTHUES** Natural Dye Extracts

**LOUËT** Spinning & Weaving Tools & Supplies

**HANDWEAVERS GUILD OF AMERICA** Shuttle, Spindle & Dyepot

**HARRISVILLE** Friendly Looms

**INTERWEAVE PRESS** Books and Magazines:

*Handwoven, Spin-Off*

**SCHACHT SPINDLE CO.** Looms, Wheels & Supplies

**SNIPES** Weaving & Spinning Tools

**SPRIGGS CUSTOM WOOD PRODUCTS** Adjustable Triangle, Square, and Rectangle Looms; Navajo & Inkle Looms; Drop & Navajo Spindles; Warping Boards; Maru-dai

**THE SPINNING STUDIO** St Blaize Combs

**UNICORN BOOKS** every type of fiber-related book

**VICTORIAN VIDEO PRODUCTIONS**

**YARNS and FIBERS:**

**BROWN SHEEP CO,** *Carol Leigh's* Nature-dyed Riata,

*Carol Leigh's* Nature-dyed wool potholder loops,

**DRAGON TAILS, ELLEN'S 1/2 PINT, FIESTA YARNS,**

**HARRISVILLE, JAGGERSPUN,**

**MAYSVILLE CARPET WARP, PERLE COTTONS,**

**SOUTHWEST TRADING, Ashford TEKAPO,**

**VERSEIS/FOXFIBRE, WEAVING SOUTHWEST**

**AND MUCH MORE**

**Partial Listing - MISCELLANEOUS Items**

**Pewter Jewelry** by Ram's Horn

**Brass Shawl & Kilt Celtic brooches** by Mountain Forge

**Handmade Bookmarks** by Moosetrack Studio

**Weaving Picks** by Cathy Berlincourt

**Lucets** by Peggy Ledrich

**IN THIS ISSUE**

*Greetings from Carol Leigh Brack-Kaiser* ..... Page 1

**Index, Subscriptions, Ad Information, Hours** ..... 2

**Dealerships carried by Carol Leigh's HFS** ..... 2

**Hillcreek Fiber Studio Workshops Schedule** ..... 2

**Missouri Dye Workshop** ..... 3

**30-year Anniversary Open House and Sale** ..... 4

**Two Fiber Workshops: Twining & Weaving** ..... 4

**Hillcreek Fiber Studio Event Calendar** ..... 5

**Workshops Offered at Hillcreek Fiber Studio** ..... 6

**Natural Dyes versus Synthetic Dyes** ..... 7

**Felting Workshop** ..... 7

**Breaking News from Bex** ..... 8

**New Knitting Patterns** ..... 9

**Rose's New Adventures** ..... 9

**This I Believe** ..... 10

**Classifieds, Contact Information for Events** ..... 11

**Map to Hillcreek Fiber Studio** ..... 12

**HILLCREEK FIBER STUDIO  
WEEKEND & LONGER WORKSHOPS**

Taught by **Carol Leigh Brack-Kaiser**  
unless otherwise noted

**2012**

- Nov 3 - 5 ..... **CONTINUOUS STRAND WEAVING ON TRIANGLE, SQUARE, AND RECTANGLE FRAME LOOMS**
- Nov 11 - 16 ..... **NAVAJO WEAVING WITH SARAH NATANI**
- DEC 8 ..... **TWINED RUG WORKSHOP WITH IRENE LIVINGSTON**

**2013**

- FEB 16 - 19 ..... **BEG/INTERMED 4-8-SHAFT WEAVING**
- FEB 23 - 24 ..... **ANCIENT DYES, THE LESSER KNOWN**
- APR 6 - 9 ..... **BEG NAVAJO WEAVING**
- APR 26 - 29 ..... **SPINNING: BEGINNING, DESIGNER YARNS, SPECIAL FIBERS**
- June 2 - 7 ..... **FIBER FURLOUGH ONE: SPINNING, DYEING, FELTING**
- June 9 - 14 ..... **FIBER FURLOUGH TWO: WEAVING OF ALL TYPES**
- Sept 7 - 8 ..... **MISSOURI DYE PLANTS**

PRIVATE WEAVING AND SPINNING LESSONS ARRANGED BY APPOINTMENT

Tuition: Two days, \$140; three days, \$195; four days, \$260; five and 1/2 days, \$345. Workshop with guest instructor, \$445. Tuition includes hot lunches. Deposit of one-half tuition will hold a space for you. Bed & Breakfast available at the Studio: \$50/night. Airport shuttle available from St. Louis and Kansas City airports to Studio. Also, some flights arrive at Columbia Regional airport. Call toll free to reserve space in a class or two: **1-800-TRI-WEAV (874-9328)**

Missouri Dye Plant Workshop

I'm excited by the recent increase in interest in using natural dyes for color. The Missouri Dye Workshop has always been popular, but this year we had so many people wanting the class that we opened it for a second weekend and both classes were full — 20 students total, and most were from out of town, so our bed and breakfast was brimming over both weekends. They came from Virginia, Wisconsin, North Carolina, Kentucky, Illinois, Iowa, Kansas, as well as Missouri.

My concern for lack of dye plants due to our drought was mostly unfounded. Pokeberries in our yard were dried up, so we took two 5-gallon buckets with us to New York for a family gathering at the end of August so we could take the back roads coming home for "the search." We did fill up every container, including bread wrappers. Then after we got home we drove the river bottom roads and found plenty more. In fact, the two weeks of rain we finally had just before the workshops rejuvenated the poke in my yard, which now have fresh blossoms and little green berries starting!! Go figure! More rich magenta in a month! With poke, remember the vinegar to mordant the fibers as well as to cook the berries in. Because cotton does not like acid, and pokeberries love it, there's not any color on the cotton, but the silk and wool mordanted in vinegar yield beautiful lasting fushia and magenta -- my favorite colors!



Our elderberries were ripe so early this year due to the heat that we picked a bunch in early August and refrigerated them. Those came in handy during the second workshop as there were absolutely no more to be found in the wild by then. I love the rich lavendars/teals/greens and blue using all the mordants on raw silk, cotton and wool in the same dye baths.

The goldenrod yielded especially bright yellows this year -- probably more concentrated due to the dry year. Bidens (*Tickseed coreopsis*) always worries me, as it never starts blooming until just a couple days before our workshop. And this year the fields where we often pick were mowed and bailed for hay, because it was so dry, just a couple weeks before the workshop. We found enough in ditches along the road and in one unmowed field for both classes. Though they were pretty well spent by the second class they still yielded their glorious, rich oranges and browns.



Sumac berries from the staghorn sumac always amaze me with their range of color — pinky/tan on raw silk and cotton, yellow with tin on wool, and charcoal to black on all fibers with an iron after-bath. The old faithful walnut tree near our house yields a wide variety of browns/red browns/chocolate and brown-black with various mordants.

Then there's the prairie sunflower and the ironweed with purple flowers which both give a burgundy dyebath yielding various shades of green and yellow/green! Had no nut sedge or red-top grass this year.

Students took home file folders of over 60 colors on all three fibers for their records -- eight colors with each dye plant. Some also brought extra silk scarves, fabric swatches, shirts, and yarn to dye.

*Carol Leigh's Specialties & HILLCREEK FIBER STUDIO*

7001 South Hill Creek Road, Columbia, Missouri

**Celebrating 30 years in business: 1982 to 2012****Open House and Holiday Sale****December 15 and 16, 2012**

Noon to 5 pm both days

Music and Refreshments

Sales on many items: books (over 500 weaving, spinning, dyeing, felting, historic textiles, and more titles), fibers (a great variety from various wool breeds, to alpaca, silk, flax, buffalo, cotton, blends, metallics, natural dyed wool, and more -- great for spinning and/or felting), yarns (wool in many weights from 16/2 merino to bulky rug wool, cotton carpet warp in over 70 colors, pearl cottons, linen, bamboo, and more), spinning and weaving tools and equipment (frame looms and Navajo looms large and small, rigid heddle, table 4-16 shaft and floor 4-8 shaft looms, shuttles, weaving combs, battens, and more; many models of spinning wheels, hand spindles, hand and drum carders, wool combs; natural dyes and dye aids from Alkanet to Zinc; jewelry, patterns, magazines and much more. Also, finished woven goods -- great for holiday gifts!

30% off on Yarns and Fibers, 20% off on Books, 10% off on tools and equipment in stock

**Our actual 30-year anniversary date is 12/12/12**

**Call Carol Leigh or Denny for directions or to order sale items**

**573-874-2233 or 1-800-874-9328 (TRI-WEAV)**

**Fiber Workshops****Twined Rug Workshop, Saturday, December 8, 2012, Hillcreek Fiber Studio**

A one-day workshop on making a rag rug by twining will be given by Irene Livingston, Missouri Folk Arts Master Craftsman. Twining is a method of making a rug from recycled cotton fabric. Twining is done on a simple loom that can be easily made. Twined rugs are thick, durable, and machine washable. They look like braided rugs, but they are rectangular. Participants will produce a small mat that can be used as a trivet. They will learn all the techniques needed to make a twined rug, including preparing fabric strips, the twining process, and finishing techniques. All materials needed for the class will be provided, including a warp made from blue jeans, fabric strips for the weft, and a simple loom that the participant may take home. Tuition \$80, includes lunch.

**18th and 19th Century Handwoven Fashions for the Home and Body,**

Saturday and Sunday, April 13th and 14th, 2013, location TBA, Marjie Thompson, Instructor

Presenting a round-robin journey through the 18th and 19th century handwoven textile world with drafts from the everyday through British "high fashion" -- for the middle class. Participants will weave samples of many once used but now most often ignored weave structures. Drafts will be taken from published and manuscript sources and existing textiles and will include, among others: log cabin, crossbar, spot, dumb flowers, flushing variations including damboard, Armenia net, and gebrochene. For further information, contact Jean Williams at [williams.jeanandbill@gmail.com](mailto:williams.jeanandbill@gmail.com).

## Hillcreek Fiber Studio 2012 - 2013 Workshop and Event Calendar

<u>Date</u>	<u>Workshops/Events</u>	<u>Location</u>
<b><u>2012</u></b>		
Sept 24 - Oct 7	ISEND (International Symposium and Exhibition on Natural Dyes) and WEFT (World Eco-Fiber and Textile Forum) 2012	Sarawak, Malaysia
Oct	assisting daughter Rose set up her new photography business	Jupiter, FL
Nov 3 - 5	<b>CONTINUOUS STRAND WEAVING, Hillcreek Fiber Studio</b>	Columbia, MO
Nov 11 - 16	<b>NAVAJO WEAVING: Intermed to Advanced with Sarah Natani, HFS</b>	Columbia, MO
Dec 8	<b>TWINED RUG WORKSHOP: Guest Instructor Irene Livingston, HFS</b>	Columbia, MO
Dec 15 - 16	<b>HILLCREEK FIBER STUDIO 30th Anniversary Open House and Sale</b>	Columbia, MO
<b><u>2013</u></b>		
Jan 16 - 26	Alafia River Rendezvous, Sutler, Seminars	Homeland, FL
Feb 16 - 19	<b>BEGINNING 4-SHAFT, INTERMED 4 - 8 SHAFT WEAVING, HFS</b>	Columbia, MO
Feb 23 - 24	<b>ANCIENT DYES: The Lesser Known Dyes, HFS</b>	Columbia, MO
Mar 8 - 10	Fiber Retreat, Lincoln University Extension, vendor, teacher	Jefferson City, MO
March 14 - 17	Tropical Handweavers	FL
Apr 6 - 9	<b>BEGINNING NAVAJO WEAVING, Hillcreek Fiber Studio</b>	Columbia, MO
Apr 13 - 14	Marjie Thompson weaving workshop, Columbia Weavers and Spinners' Guild	Columbia, MO
April 20	All-Missouri Spring Spin-In, TBA Co-sponsored by Arrowrock and Columbia Guilds	Mid-Missouri
Apr 26 - 27	<b>BEGINNING SPINNING, Hillcreek Fiber Studio</b>	Columbia, MO
April 27 - 28	<b>SPINNING DESIGNER YARNS, Hillcreek Fiber Studio</b>	Columbia, MO
April 28 - 29	<b>SPINNING SPECIAL FIBERS, Hillcreek Fiber Studio</b>	Columbia, MO
May 11	Chelsea Brack's wedding	GA
May 17 - 19	Navajo Weaving Workshop, Guild ?	near Dayton, OH
June 2 - 7	<b>FIBER FURLOUGH ONE: Spinning, Dyeing, and Felting</b> Beginning Spinning, Spinning Special Fibers, and/or Spinning Designer Yarns, Dyeing and Painting with Natural Dyes, Felting Wet and Dry, <b>HFS</b>	Columbia, MO
June 8	<b>BLUE PARTY</b> Four different blue pots for dyeing, Bex Olinger, <b>HFS</b>	Columbia, MO
June 9 - 14	<b>FIBER FURLOUGH TWO: Weaving of all Types:</b> Continuous Strand all shapes; Navajo & Kilim Tapestry; Pile Carpet; Four to eight-shaft on Floor and Table Looms; Rigid Heddle, Inkle, Tablet, Finger Weaving and more, <b>HFS</b>	Columbia, MO
June 17 - 22	Midwest Weavers' Conference (Prairie Winds), Vendor, CSW Instructor	Emporia, KS
July 12 - 14	Fiber "U", vendor, Navajo Weaving and Continuous Strand Weaving workshops	Lebanon, MO
July 18 - 31	Continuous Strand Weaving Workshops	Nova Scotia, Canada
Aug 16 - 18	Michigan Fiber Festival, Allegan County Fair Grounds, Workshop & Vendor	Allegan, MI
Sept 7 - 8	<b>NATURAL DYEING: Missouri Dye Plants, Hillcreek Fiber Studio</b>	Columbia, MO

All workshops are taught by Carol Leigh Brack-Kaiser, unless otherwise noted.  
Events in BOLD and ALL CAPS are workshops offered at *Hillcreek Fiber Studio*

Call 1-800-TRI-WEAV (874-9328) to register for weaving, spinning, and dyeing workshops.  
Bed and Breakfast at Hillcreek Fiber Studio is available for students.

**Scholarship opportunity** If you would like some financial assistance to attend a Hillcreek Fiber Studio workshop, please inquire about our Scholarship Fund.

We are always open for impromptu classes. If our workshop schedule does not fit your schedule, don't hesitate to contact us and arrange for a mutual time for a couple lessons.

## Workshops Offered at Hillcreek Fiber Studio

Nestled in the Little Bonne Femme Creek Valley amidst woods and pastures in view of a major state park Hillcreek Fiber Studio offers the serenity for a true get-away. Let someone else do the cooking. Just focus on learning a new skill or on exploring an older one. Cuddle up with a book from over 800 titles on the shelves. Relax. You deserve some quiet time for yourself.

Workshops at Hillcreek Fiber Studio allow the student to immerse her or himself in the study and exploration of a number of textile-related subjects. We offer sessions in Spinning, Natural Dyeing, Four & More Shaft Weaving, Navajo Weaving, and Continuous Strand Weaving. We periodically add classes in Spinning Special Fibers, Spinning Designer Yarns, Children's Fiber Weekend, Inkle & Tablet Weaving, Felting, Knitting, Dyeing with Lesser-known Ancient Dyes, among others, as the demand warrants. In the past we've added special workshops with guest instructors in subjects such as mushroom dyeing, and kumi-himo. Let us know what subjects interest you!

**CONTINUOUS STRAND WEAVING METHOD ON TRIANGLE, SQUARE, OR RECTANGLE LOOMS** **Two or three days Nov 3 - 5, 2012.** In two days students can complete a full 7-foot Triangle Shawl using the simple, unique continuous-thread method. Or choose to stay three days, take your time and learn a few intermediate or advanced techniques, such as twill, leno lace, and double weave, plus color patterns such as log cabin, tartan plaids and color blending, or create wearable and household textiles on the square or rectangle loom.

**BEG, INTERMED & ADVANCED NAVAJO WEAVING:** **Five and one-half days, Nov 11 - 16, 2012.** Guest instructor Sarah Natani has become family. This will be her sixteenth visit to Hillcreek Fiber Studio. Sarah's focus will be on Intermediate and Advanced Navajo Weaving techniques, including twills and two-faced structures (different design on each side) by using 4-shed techniques. Carol Leigh will assist beginning weavers. Sarah shares stories and traditions of her culture.

**BEGINNING/INTERMEDIATE FOUR TO EIGHT-SHAFT WEAVING:** **Four days: Feb 16 - 19, 2013.** **Beginning students** will warp their loom twice, complete two projects, learn threading and weaving techniques and how to read and understand pattern drafts and basic weaving theory. **Intermediate students** will work independently on projects with guidance from the instructor. They may choose to weave a "Colonial Weave Structure Sampler," learn traditional loom-dressing methods for a "Tartan Dancing Shawl", or explore another weave structure and project of their choosing.

**ANCIENT DYES: Two-day weekend, Feb 23 - 24, 2013.** Every couple years we explore the less commonly used Ancient Dyes of Alkanet, Annatto, Fustic, Lac, Pomegranate rinds, Red Sandalwood, Safflower, Sumac, Weld and Woad. Premordanting and altering color with afterbaths are covered. Students take home samples of a full color spectrum of dozens of colors on wool roving, raw silk, and cotton fabric.

**BEGINNING & INTERMEDIATE NAVAJO WEAVING:** **Four days: Apr 6 - 9, 2013.** Students will warp their looms and learn basic Navajo weaving techniques and color joins. The experience will include readings and discussions of the Navajo/Diné culture. Most students will finish a sampler, learning finishing techniques for the tight ending.

**BEGINNING SPINNING/ SPINNING DESIGNER YARNS/ SPINNING SPECIAL FIBERS.** **April 26 - 27, 2013.** **Beginning students** will learn basics of spinning, choosing and skirting fleece, cleaning, carding & combing techniques, spinning on spindles and on a variety of spinning wheels.

**April 27 - 28, 2013.** **Designer Yarn** students will learn color & fiber blending and Navajo 3-ply techniques. They will create novelty yarns such as slubs, knop, marl, core-spun, loop, and feather yarns, among others.

**April 28 - 29, 2013. Spinning Special Fibers** students will dress distaffs and spin flax, unwind cocoons & spin silk from several preparations, spin cotton and other fine fibers on charkas & taklis, and will comb wool.

**FIBER FURLOUGH ONE, Spinning, Dyeing, Felting: Five and one-half days, June 2 - 7, 2013.** Class tailored to students' interests. Beginning through Intermediate levels. Dye, blend fibers, and spin

designer yarns. Use dye immersion or painting on fibers, yarns, or fabric. Felt vessels, wearables, or whimsical sculptures using both wet and dry felting techniques.

**FIBER FURLOUGH TWO, Weaving of all Types: Five and one-half days, June 9- 14, 2013.** Beginning through Intermediate. Students choose own focus for week: rigid heddle, four or more-shaft structures, Navajo, continuous strand on triangle, square or rectangle, tapestry, inkle, tablet, kilim, pile carpet, fingerweaving, kumi-himo braiding, lucet cordage, macrame. Obviously, no one person can explore it all, but students choose what and how many projects to explore during the week. What you don't have time to explore yourself you can observe others doing.

Students may choose both **Fiber Furlough** weeks for a **10% discount** on both tuition and B&B for both weeks. Create a true heirloom by designing the whole textile process - weave something the second week from the yarn you created the first week! University credit is available for these classes.

**NATURAL DYEING, MISSOURI PLANTS: Two-day weekend, Sept 7 - 8 2013.** A full color spectrum will be obtained from foraged plants within walking distance of Hillcreek Fiber Studio — red from pokeberries, blue, lavender and green from elderberries, yellows, greens and oranges from flowers, browns and blacks from trees. Students will go home with over 60 dye samples on wool, cotton, and raw silk fabric. They may bring items of their fiber medium to dye.

**Private Spinning Lessons, Two three-hour sessions are recommended for beginning students. \$25 per hour. Dates and times To Be Arranged.**

**Tuition:** Two days, \$140; three days, \$195; four days, \$260; five and 1/2 days, \$345. Guest instructor tuition \$445 for Sarah Natani's class. Tuition includes a hot, nutritious lunch every day. Deposit of one-half tuition will hold a space for you. Bed & Breakfast is available at the Studio: \$50 per night. Airport shuttle service available from St. Louis, Kansas City, and Columbia Regional airports to our front door. Call toll free to reserve space in a class or two: 1-800-874-9328 (TRI-WEAV). Ten percent discount for two or more classes.

## It's time to set the record straight regarding dye aids and mineral salts

### **Natural Dyes versus Synthetic Dyes Which To Use or Not to Use, That is the Question**

Often, when the subject of Natural Dyes and Dye Aids, or Mordants, are discussed the questions of safety and the environment are brought up. When I attended the international conference on Natural Dyes in Loveland, Colorado in 1995 the debate over this issue from the panel on stage, as well as from the audience, was hotter than any debate I have witnessed, even over abortion. The fear of using mordants has been blown way out of proportion. The antagonists claim that mordants are “toxic heavy metals” and that they “pollute the environment” when waste water is dumped.

To be sure, industrial quantities of any waste water stuff may pollute if not treated properly. But consider the following:

Most Mordants are Mineral Salts: potassium aluminum sulfate (alum), copper sulfate (copper), ferrous sulfate (iron), potassium dichromate (chrome), even stannous chloride (tin), are salts, not heavy metals. We eat sodium chloride (salt) every day on our food. Look on your vitamin and mineral bottle. Our bodies need traces of copper, iron, and chrome salts in order to function properly. These are NOT poisonous, unless, as with anything else, we eat or drink too much of them, or breath their fumes when they are boiling (but we are not going to boil our fibers!)

Any substance, when consumed in excess, is poisonous. Too much spinach is toxic (oxalic acid). Even sassafras root (which has historically been used as a spring tonic) has been taken off the market because in excess it may cause cancer! (Who's ever going to drink THAT much?) A few years ago a woman died from consuming too much water during a radio station-sponsored water-drinking contest!

Conversely, synthetic dyes are derived from petroleum products and usually contain heavy metals such as lead, magnesium, cadmium, and mercury — substances which ARE very toxic to our body. Synthetic food dyes have been linked with many “modern” diseases such as autism and neurological/muscular disorders such as lupus. Europe has legislated against using synthetic food dyes for this reason.

Synthetic dyes also usually come to the home dyer in powder form which can be extremely dangerous, as the powder dust can easily get into the lungs causing respiratory and other illnesses, whereas the salts are crystals.

Early dye recipes called for quantities of mordants far exceeding what could chemically bond with the fibers being mordanted, thus there was a waste issue. We, as hobby dyers, or even individual professional dyers, know how to use mordants safely and only in quantities which the fibers can absorb. Whatever little bit might be left in the bath water can be safely dumped on the ground or down the sewer. There never will be enough to reach any water table, let alone pollute a stream. Besides, these mineral salts came out of the ground in far larger quantities where they are mined. They are natural mineral salts, after all.

---

**Scribble Scarf Workshop: New felting technique:** Would you like to learn a novel fiber felting technique? Do you want to do a project in just one day? Then, come join us at my Angora rabbit farm this December. Experienced instructor, felter extraordinaire **Leslie Samson** will spend the entire day teaching you this novel approach to surface design and light felting. Space is limited so make sure to sign up early!

**Where:** Shear Delight Farm, Labadie, Missouri,  
just 45 minutes west of St. Louis  
**Time:** Saturday, December 1st, 10 - 4 pm  
**Cost:** \$80, including materials. All you need to bring  
is eagerness to learn and a lunch.  
**Contact:** Rosalie Truong, [truongr@mac.com](mailto:truongr@mac.com)



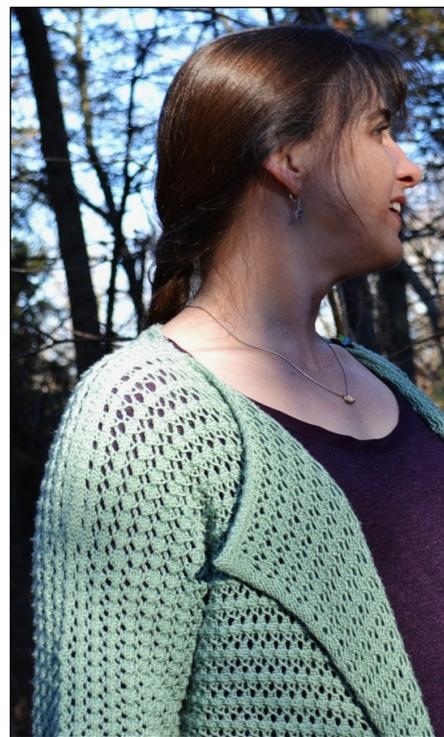
### Breaking news from Bex

As anyone who has been in the yarn shop in the last few weeks could easily see, there are BIG changes happening. I sold my majority interest in the shop (once True Blue Fiber Friends, then TBFF Yarns and More, now True Blewe Yarns) to Linda Glover on September 7. This was a hard decision I felt I had to make for my career and family. I look forward to having the freedom to attend and teach at more conferences, guilds and shops, write patterns and books and (best of all) KNIT. I also look forward to working towards the dream my husband and I share of owning a little piece of heaven in the mountains with energy and time to be able to enjoy it with our sons while we can still hike, fish, bow-hunt, swim, boat and such along with them!

I expected the process of extricating myself from this business I have been immersed in for five years (10 if you know the whole story) to take some time. Turns out all of my things are out now and Linda and the ladies (Nancy, Marsha, Teresa and Dana) have things well under control. Please have some understanding with them if they don't have the answers to all your questions on the tips of their tongues. They don't have the advantage of knowing most of you by name and knitting project either. They are all still dedicated to serving your fiber needs and are quickly learning what it takes to keep things clicking in a yarn shop.

I am going to miss seeing you all everyday, terribly!

**You are the only reason I strove so hard through all the bleak times to keep TBFF open! Trust me, it was never for the BIG financial profits!! Thank you for all of your support and encouragement over the years!**



**Climbing Climatis Cardigan**  
Coming soon

I am still around and would love to get together and knit with your local groups. I am available to teach continental knitting, beyond beginner basics, socks, entralac, mobius or any of my pattern techniques and projects for you and your friends (min 3). I will also be offering my in-home de-stashing and mindful stash organizing services once I am back from Malaysia in October. Get in touch after October 10 to get on the schedule, limited spaces will fill up quick. For my long distance friends with unruly stashes, I plan to document my mindful 12 step destash/restash program soon. You can find me and my patterns on Ravelry (I'm **Bextra** and my group is **Knit Bextraordinary**, my patterns are

under **Bextraordinary Designs**). I am **Bex Olinger** (duh) on FaceBook and Twitter and my business email is [RogueKnitter4093@yahoo.com](mailto:RogueKnitter4093@yahoo.com). I plan to start an etsy site and reconstruct my [www.KnitwithBex.com](http://www.KnitwithBex.com) site and blog, but give me a minute. I hope to see you all out and about at shows and festivals, knitting groups and workshops around the country soon. Sooner if you put in a good word for me with the folks that can bring me to you! Suggest your local guild or yarn shop have me for a guest instructor. Meanwhile, don't get "lost in fiber space", this guide is on a break to Borneo!

All of the following patterns are for sale now on [www.Ravelry.com](http://www.Ravelry.com). If you're not a member, you should be!



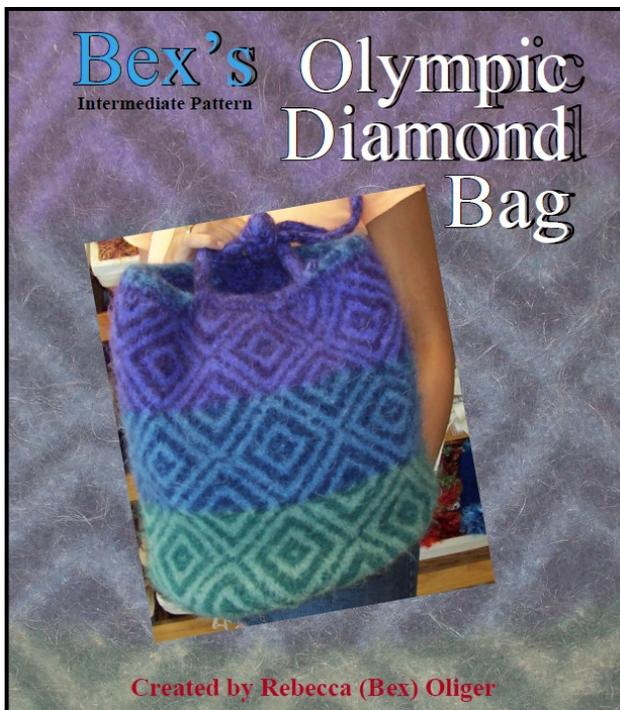
Scarf and hat pattern



The Hills are Alive  
a Bextraordinary Pattern  
By Bex Olinger



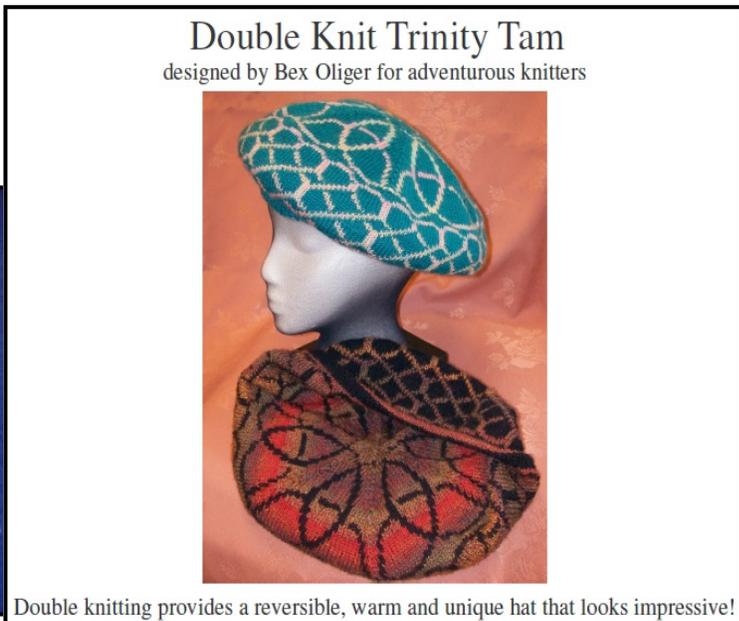
**The Hills are Alive Hat and Scarf**



Bex's Olympic Diamond Bag



Bex's Two-Color Brioche Hat



Double Knit Trinity Tam  
designed by Bex Oliger for adventurous knitters

Double knitting provides a reversible, warm and unique hat that looks impressive!



Bex's Mariboo Reverse Cable Scarf

Bex's Double Knit Trinity Tam

### Rose's New Adventures in Florida

As of October 1, 2012 Rose is acquiring the photography studio and clients of a well established retiring photographer in Palm Beach, Florida. She has also been working with her sister-in-law photographing food preparation scenarios for recipes from an organic farm in anticipation of creating a book on the subject. They are making a name for themselves in the social media world for their recipes, see at [FigandFauna.com](http://FigandFauna.com). She also creates portfolios of dogs for clients of her brother-in-laws' dog grooming/boarding/training business On Blonde Pet Spa, and specializes in photographing weddings, senior and family portraits. See her work at [www.rosemartinphoto.com](http://www.rosemartinphoto.com).

## This I Believe

You may be familiar with National Public Radio's features on people stating their strong beliefs on personal and social issues. Well, here's mine:

**I believe** that in a civilized society education and good health are important for all, in order for each individual to lead a vital, productive life, and for the society to survive long-term. Lack thereof creates discontent and chaos and the eventual downfall of the society. If a society cannot provide adequate means for all to obtain good health and a good education, the society deteriorates.

**I believe** in order to provide a good education, teachers need help. No one goes into the teaching profession to get rich, but rather because they enjoy working with young people and wish to be able to help students grow and be ready for adulthood. When "mainstreaming" became legislated, students of all abilities were thrown into one classroom. I believe *every* teacher needs an assistant trained to work with learning disabled and behavior problem students, so the regular classroom teacher can actually teach and challenge higher-functioning students who want to and are able to learn. We have been stifling creative, vibrant teachers and holding back good students by legislating that teachers teach to a test and teach to the lowest common ability of the classroom.

**I believe** that rather than dismissing teachers in order "to balance the budget" we need to hire more so our students are adequately prepared to qualify for the jobs of the future. How short-sighted can our government be?

**I believe** in order to provide affordable healthcare for all that healthcare costs must be controlled and kept to a minimum. How can people with health issues who can't afford healthcare be able to hold down jobs to provide for their families?

**I believe** far too many people in the USA are obese, thus more at risk for health issues. We are a country with too much sugar, too much fried food, and not enough exercise. Programs and reasonable legislation to help curtail these problems should be strongly encouraged, so we can all work toward a healthier society.

**I believe** healthy, well-educated people hold down higher paying jobs and pay more taxes, which will help to balance the budget *long-term* into the future. What good is a short-sighted "balanced budget" if we have not laid down the foundation for a well-educated, healthy citizenry for a *continued* future balanced budget?

**I believe** that in this country **lack of respect is pervasive**. Students, children and adults talk back to and don't honor their parents, elders, teachers, and elected President, as was once expected. When our elected legislators' sole mission is to "Keep our duly elected President from obtaining a second term," thus thwarting any beneficial legislation, rather than working together to provide services and legislation benefiting the people of our country — for which they were elected — shouldn't that be considered treason? And why should we the people stand for this? Only when the people of the world learn to value differences of opinion and respect the beliefs of others will there *ever* be peace in this world. We in the United States should be setting a good example for the rest of the world. If we can't even respect each other's political beliefs enough to work together, how can we expect the rest of the world to respect other people's religious and political beliefs without going to war over them?

An important election is coming up

Vote

Make sure others are registered to vote

And take at least two others with you to the polls

**CLASSIFIEDS: Equipment/Fibers****FOR SALE:**

**Original Rick Reeves 24-inch Saxony Spinning Wheel with brass signature plate. Reeves signature lazy kate with four extra bobbins. Excellent condition. Asking \$1200. Call 573-874-2233. Carol Leigh**

**Loom4Sale: 72" MACOMBER 4-Harness** (add 6 harnesses later). Bench and 12, 15 & 21 dent Reeds, and Sectional Warp beam. Model-B4L; Serial # 4356. Pictures by request. 816-669-3613 Stewartsville, MO [suzannejones1955@yahoo.com](mailto:suzannejones1955@yahoo.com)

**For Sale:** Large 2-shaft Rug Loom: Rocker Beater, needs TLC. 69" wide x 72" long x 73" high. Homemade with mortise & tenon joinery. Has 38" regular steel, 16 dent reed, rusty. Needs new Heddles, otherwise complete. 9 spool thread rack and sturdy homemade Bench, 27" wide x 17" x 30" tall. Good piece for Historical Museum or Cultural Center. Will consider delivery within 100 miles of Sedalia, MO. Make offer, will negotiate, can send picture. (660) 668-3169 or [drumwinds2@yahoo.com](mailto:drumwinds2@yahoo.com) D.Scott

**2012 - 2013 Event Contacts**

**ISEND and WEFT, September 27 - October 2, 2012, Sarawak, Malaysia, [www.isendwefi2012.com](http://www.isendwefi2012.com)**

**Eastern Primitive Rendezvous, Sept 19 - 29, 2012, Ohio, [www.nmlra.org](http://www.nmlra.org), [www.nrlhf.org](http://www.nrlhf.org)**

**Scribble Scarf Felting Workshop, Leslie Samson Instructor, December 1, 2012, Labadie, Missouri, Rosalie [truongr@mac.com](mailto:truongr@mac.com)**

**Alafia River Rendezvous, Jan 16 - 26, 2013, Homeland, FL, [www.floridafrontiersmen.com](http://www.floridafrontiersmen.com).**

**Fiber Retreat, March 8 - 10, 2013, Jefferson City, MO., Leslie [carroll-bartlett@missouri.edu](mailto:carroll-bartlett@missouri.edu)**

**Florida Tropical Weavers Conference, March 14 - 17, 2013, [www.floridatropicalhandweavers.com](http://www.floridatropicalhandweavers.com)**

**18th and 19th Century Fabrics Weaving Workshop, Marjie Thompson Instructor, Columbia, MO, April 13 - 14, 2013, Jean [williams.jeanandbill@gmail.com](mailto:williams.jeanandbill@gmail.com)**

**All Missouri Spring Spin-In, April 20, 2013, Mid Missouri, Sharon [shutchinson@cvalley.net](mailto:shutchinson@cvalley.net) or Carol Leigh [hlcrkfiber@aol.com](mailto:hlcrkfiber@aol.com)**

**Navajo Weaving Workshop, May 17-19, 2013, Dayton, OH, Antonia [antoniaharter@yahoo.com](mailto:antoniaharter@yahoo.com), 937-572-7874**

**Midwest Weaver's Conference, June 17-22, Emporia, KS, [www.midwestweavers.org/conference](http://www.midwestweavers.org/conference)**

**Fiber "U" - Fun, Fiber, and You! MOPACA event, July 12 - 14, 2013, Lebanon, MO. Liz Mitchko, 417-533-5280, [info@whirlwindranch.com](mailto:info@whirlwindranch.com)**

**Continuous Strand Weaving Workshop, Nova Scotia, end of July, 2013, Erin Volker, 902-485-1773, [j.volker@ns.sympatico.ca](mailto:j.volker@ns.sympatico.ca)**

**Michigan Fiber Fest, August 18 - 20, 2012, Allegan County Fair Grounds, Allegan, Michigan. [www.michiganfiberfestival.org](http://www.michiganfiberfestival.org)**

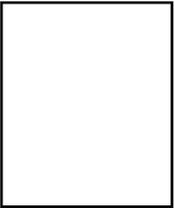
**We accept MC/Visa/Discover**

All of our products may be ordered on our toll-free line:  
1-800-TRI-WEAV (874-9328)  
or on our Website: [www.HillcreekFiberStudio.com](http://www.HillcreekFiberStudio.com)  
with a secure "Shopping Cart" WebStore

AUTUMN, 2012 ISSUE

# HILLCREEK FIBER NEWS

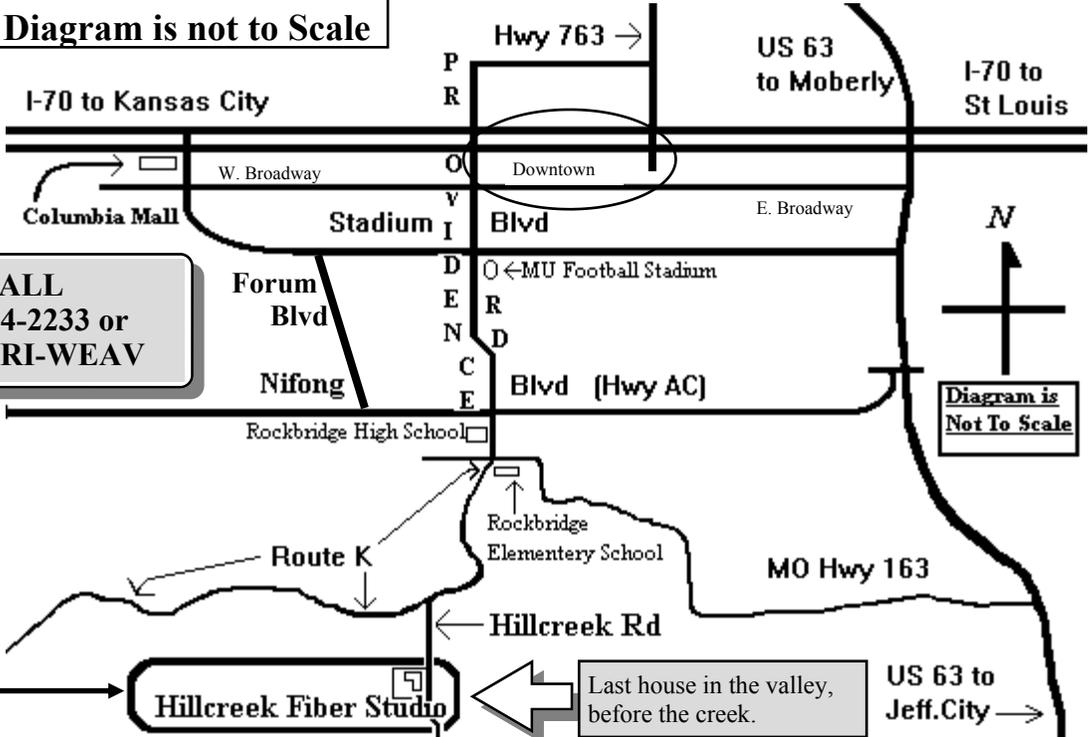
*Carol Leigh's Specialties*  
HILLCREEK FIBER STUDIO  
7001 Hillcreek Road  
Columbia, MO 65203



Return Service Requested



## Directions to visit Carol Leigh's Hillcreek Fiber Studio



Before coming to the STUDIO, GIVE US A CALL so we won't miss YOU