



Wiltshire Guild Spinners Weavers and Dyers



Newsletter March 2012

Letter from the Editors

We have had two very productive meetings so far this year, January's meeting was an "in-house skills day". Auli, Diana, Jackie, Jenny and Judith entertained and informed everyone teaching new skills: February's meeting was "guild activities" in the morning and a talk by Clare Clansey about her apprenticeship and her work at the Royal School of Needlework in the afternoon. It was really nice to hear of her experiences and to see examples of her work. Thank you to everyone involved in organising these events.

Harriette and I ventured out to the monthly "spin-in" at *The Spinning Weal* in Clevedon in January. The owner, Sarah, is inspiring as a crafts person, but we discovered that she has taken up the sport of Gig Racing (rowing in a flimsy looking boat in the open sea) and given up "falling face first" into pie shops (her expression). She says that she feels much fitter and has more energy. We were inspired therefore, to make the newsletter for this quarter, a cake free zone and have included some stretches planned with spinners in mind. We hope that you find the exercises beneficial, please ask your doctor if you have any doubts about them being suitable for you.

We try not to have too many references to the internet, but this does not always work, as there is so much information available to anyone with the time and inclination to look at it. If anyone has not got access to a computer at home, then your local library usually has a computer with internet access and the librarian can help you look for information.

Please let us have your comments and any ideas and contributions, either by email or at Guild Meetings.

Harriette and Julia

A warm welcome to new members;
Georgina Curtis, Alison Grey, Julie Holmes, Jean Hudson,
Helen Robinson, Coleen Russell, Christine Yearly and
Sue Whyborn.

Diana Gravina 1939-2011

Although I have spoken about Diana's death at a Guild meeting, I wanted to put something in writing for those who missed it.

Diana was a member of the Guild, a member of Frome Workshop, spinner, weaver, inkle loom enthusiast, knitter, and keen on all things textile. She became ill with cancer and died in September last year. Although she never proselytised, she had a strong Christian faith which she demonstrated by the way she lived her life. She was always kind, helpful and always looked for the good in others. Her nearest thing to criticism was a quizzical look from underneath her fringe and a twinkle in her eye. If anyone was sat alone at Guild, or looked like they needed a hand, she was there.

Several of us attended her Memorial Service, which was packed with friends and family. The sheep she had made were by the Altar. Her friend Gwyneth told us about their life as student nurses and how Diana had written to her saying "I've just met a public school twit" – "That was me!" shouted out Tim her husband. It was a very warm, loving Service.

Diana herself had written a message for us in the Order of Service:

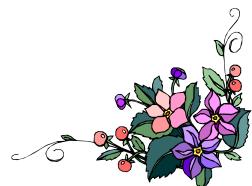
"During the last few weeks I have been on the most incredible spiritual journey. Quite incredible. I have met the most wonderful people, God's people, who all do so much for this world. I should just like to bring you a little part of this journey, which I have endured. It has been very, very grim at times, but it has been beautiful."

You will see here that we have a candle, my favourite sheep, my favourite necklace and a few flowers.

Now imagine you are on a beautiful Cornish beach. Perhaps in your imagination you may like to take off your shoes and be on the beach, on the sand and in the waves, to feel the water on your feet, washing them. A very special part of God's earth, a part that we take so much for granted and which is so beautiful."

She will be very much missed.

Lesley



Chair's Report March 2012

Dear Guild Member

Immediately after Christmas your new Committee began work. Our two new members: Sue Thatcher and Margaret Moore, have agreed to be Demonstrator Arranger and Outings Arranger respectively. Margaret has started organising two trips; one to the Wonderwool Wales which is on April 28th, and to the National Exhibition in West Sussex which is on 21st July. This is a Guild day, but it is the only Saturday it is open. Those of you who don't want to come on the trip can come and spin/weave etc as usual. The Wales trip will be about £20 and the Exhibition will be about £15, as we get free access to the venue as Guild Members. It is at the Weald and Downland Museum which is of interest anyway.

The list is on the Board so sign up or contact Margaret direct – details are on the back of the Newsletter.

Because we are going to the Exhibition, I thought more people might be interested in the Circles idea. This is for members of all the Guilds to submit work, in any textile medium, within a 6" wire circle. The form has to be in from the Guild by May, but the actual item doesn't have to be sent until June. These are not selected – anything sent in will be hung. Several people expressed an interest at the last Guild meeting, so I will get about twenty, which you can buy from the Guild. Each entry is £1.50 plus the cost of the ring which may be £2.

I'm sure that Anne Lander doesn't want a fuss, but members might like to know that despite suffering a small stroke, Anne is home and well on the mend. A card and flowers have been sent from the Guild and she would like to thank everyone for their good wishes.

I would like to remind everyone that we are now committed to the Cloth Road, which will be upon us with amazing speed. We really want this to be a showcase of all the wonderful skills that Guild members have, so please make a contribution.

Lesley



FOR SALE

Light wood, **double drive spinning wheel**.

Unknown maker. Maiu has had this secondhand wheel for ten years but not used it.

£50 ono.

Lillistina counterbalance floor loom. 4 shaft with string heddles for rug weaving.

53ins wide, 47 ins high.

£75 ono.

For more information;

contact Maiu on 01600890026.

Letter from Australia

December 2011

Greetings fellow Spinners from Albany Regional Hand Spinners

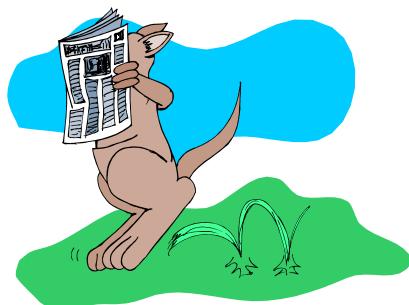
Firstly, I must say a big thank you for allowing me to visit you all and feeling very welcome. I enjoyed being able to... talk to your members and being included in your activities – made my day!

Last week we had our annual “Spin-In”. The surrounding districts (and beyond too) join us for the day of spinning and we supply lunch, morning and afternoon teas and generally socialize.

The enclosed “Spoke” is also launched. I trust you will find it of interest. I was fascinated by your dyers garden.

Try the enclosed seeds – you can get some green dyes from the leaves.

Best wishes from Pauline.



Spoke is the Newsletter of the Albany regional Hand Spinners. The copy that Pauline sent has some great ideas which we will share in future newsletters. The copy of *Spoke* will be in the library.

Jenny Smith kindly sent this email to thank everyone in the Wiltshire Guild for the warm welcome. I am sure it will not be long before we find a date to fit in a workshop on Tenerife lace!

On behalf of myself and other new members who recently joined you from the now disbanded North Wilts Guild, I would like to say a big 'Thank You' for the wonderful welcome we have received at Steeple Ashton. It can sometimes be a little daunting trying to integrate into an established group but you have really made us feel at home.

I have already booked on Jackie's weaving course and am looking forward to learning new skills as well as sharing one of mine - Tenerife lace- with anyone who would like to try this fascinating craft, which has almost disappeared -even in Tenerife itself.

On another subject- the December newsletter gave us the Rocky Road cake recipe. I made some over Christmas and my partner, John who is not a fan of dark chocolate wolfed the lot (well, 80% of it anyway!) so I've attempted another one, this time using white chocolate for the topping, reserving one or two squares to grate over the top when it had almost set. I don't think it will last long!

Jenny Smith



Sales Table

If you have items that you would like to offer for sale, then make a list with your name, the items and the price and bring them on guild days. If the items sell, then 10% commission is taken for guild funds. Please take unsold items home at the end of the session. If you would like to, you can donate items, with or without a suggested price. There are no official regulations about what can be offered for sale except NO ELECTRICAL GOODS.



Creative Felting

These are the dates I have arranged for felting:

Sat. March 3rd: Making a scarf

Weds. April 18th: Making a Bag

Sat. June 30th: Making Slippers

Weds. Sept 19th: Making Hats

Weds. Nov 21st: Making Christmas Decorations

There are some Saturdays and some Wednesdays, so that members who work during the week can have a go.

The cost is £2 for Guild members and if you want to bring a friend it is £15 for non-members, plus materials. It is from 10.00 -4.00. Please book a place as we only have so many tables and you will need to organise some equipment. It doesn't matter if you haven't done felting before – come along and have a go. Equally, if you know what you are doing and want to "do your own thing", come along and play for the day.

We have some fibres but you will need to buy your own as well. I will give you sources a couple of weeks before the course.

Contact me to book or for more info.

Lesley

Tel 01985 845049

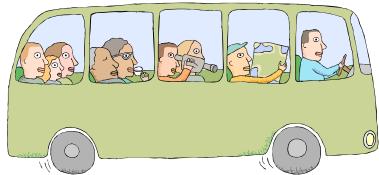
Lesleygreaves52@hotmail.com



National Exhibition, Guild Outing and other dates.

The National Association Exhibition will be at the Weald and Downland Open Air Museum, West Sussex from 16th to 27th July.

We will be having a coach trip on Saturday 21st July and in view of this perhaps members may be more interested in submitting their work?



Can I remind you that there are two categories of entry: one selected and one unselected. The selected items are by photograph and sample and the closing date is 2nd June. The unselected items will all be hung in the Exhibition. The entry can be anything textile but must be within a 6" ring and there is one entry per person, with an entry fee of £1.50. The fee and the entry form have to be in by 18th May, but the actual item has to be in by 12th July.

There is a suggested supplier of rings on www.rainbowflorist.co.uk but they can be from anywhere. If members are interested in this we could put in a group order to save postage. Please let me know.

WE HAVE TO SUBMIT ENTRIES BY GUILD, SO PLEASE LET NOVA KNOW. See back of the Newsletter for her details.

Lesley



The Wool Directory

It is increasingly evident that I spend far too much time finding information on the internet which sometimes has little known use to mankind. This site is an exception to the rule <http://www.wooldirectory.org.uk>. It contains lots of information and crucially a lists small scale producers of fleece in the South West. Anyone can add their details to the list, but if you produce fleece or have a good source, please share the details with us first!

Julia

What's On

British Alpaca Futurity 2012 (Public) 16th/17th March

The NEC Birmingham Hall 3A

www.thenec.co.uk/whatson/british-alpaca-futurity

Wonderwool Wales 28/29 April.

The Royal Welsh Showground,Builth Wells. Day ticket £8

<http://www.wonderwoolwales.co.uk/>



The Cloth Road Arts Trail 5/13 May. Steeple Ashton

<http://clothroadartists.com/>



Woolfest 22/23 June. Cockermouth, Cumbria. Entrance £6 per day
<http://www.woolfest.co.uk/>

Glastonbury Wool Fair 18/19th August. A weekend of sheep related entertainment! The sheep and alpaca run is on Saturday and everyone is invited to make woollen hats to wear on Sunday – the more outrageous the better. They would also appreciate volunteers. See their website;
<http://glastonburywoolfestival.co.uk/> or contact me.

Lincoln Fair at the Castle and 29th/30th September

The Museum of Lincolnshire Life

www.visitlincolnshire.com

Knitting & Stitching Show, London 11th-14th October

Knitting & Stitching Show, Harrogate 22nd-25th November

Lesley

Snippets from the National Newsletter

The November 2011 newsletter gave details of the AGM and Conference to be held at York University between 30th March and 1st April 2012. Speakers include Rachel Gornall, who creates delicate panels with hand dyed fabrics; Deirdre Wood who experiments with strip woven fabrics; Jan Bowman who is a weaver and lecturer at Loughborough University and James Laxton who is the fourth generation in his family to run a woollen mill in Yorkshire.

Plans are being drawn up for Summer school 2013 which will be at Trinity College Carmarthen from 3rd to 11th August 2013.

Details of how to submit photographs for consideration to be included in the National Guild's 2013 Calendar are in the February newsletter.

A request was made for information for the Autumn Journal feature on British wool. Up to 200 words with photographs can be submitted about projects using British wool and information about all things woolly is needed for a directory.



The Woolsack Project

Sue Blacker of *Blacker Yarns* in Devon, and Jane Cooper based in Newcastle have been organising a small army of volunteers in The Woolsack Project which is part of the London 2012 Cultural Olympiad. The project has been granted the *Inspire Mark*. The project enables anyone to contribute to making a cushion from British wool. The cushions will be given as a personal welcome gift from the people of Britain to the London 2012 Olympic and Paralympic athletes. Woolsack is a project about British wool, taking it from the farm to the end use. The project has the backing of The Knitting and Crochet Guild and the Campaign for Wool. If you have not been involved – time is short, as cushions need to be finished by 31st March 2012, but watch out for details of the project in the press.

Julia

Glastonbury Wool Festival 2011

On a cloudy September day I attended Glastonbury wool festival. It was organised by Ackroyd & Dawson, The Somerset Guild of Spinners, Weavers and Dyers, along with Councillor Alan Gloak and the Freemen of Glastonbury. I had been last year, but this year was planned to be bigger and better.

It started at 10 o'clock with the annual sheep run. The sheep were run down Glastonbury High Street (an old tradition) under the watchful eye of the Freemen of Glastonbury and with the help of Pearl the sheep dog. It took a while before I could see the sheep come down the High Street but I later found out that they had taken a detour into Boots the chemist and had to be herded out. This year there were four alpacas led down the High Street too; two beautiful brown ones and two white ones. They looked so cute with their permed hairdo. I was surprised how small they were. The sheep and alpacas were penned in the Market Square for public view. It created a lot of interest. The town crier announced that Glastonbury wool festival was now open.

There was also to be a sheep-to-shawl project. The Somerset Guild would attempt to take the fleece from a just shorn sheep and sort it, card it, spin it, knit it into a shawl and wash it before 4 o'clock.



When the signal was given, the medium sized Shetland sheep was hand shorn. It did not take the shearer very long to clip the wool of the sheep. The Mayor took the just shorn fleece to the Town Hall over the road where the ladies from the Somerset guild were ready to start their challenge.

I made my way to the Town Hall. It was full of wool related traders. There were spindles, buttons, beads, fleece, knitting wool and much more. On the stage in the main hall the sheep-to-shawl challenge was in full progress. Another lady in the hall showed me how to spin on a great wheel she had made herself. There was a gentleman who patiently made beautiful tapestries. His wife told me that it would take him all winter to complete one. Another gent showed how to make colourful inkle braids on his inkle loom. It was great to meet and speak to other fibre enthusiasts. With all the goods on offer I felt like a child in a sweet shop.

The beautiful knitted shawl was completed on time and an extra one was made for the dog.



Outside on the field near the famous Tor sheep trials were held too. You could even have a go yourself. This was only the second year of the wool festival. I can see this small festival grow from strength to strength.

If you want to see the youtube videos here are the titles:

- Glastonbury wool festival** and Sheep Event on Monday 5th September 2011
- Flock of sheep invade Glastonbury Boots store

Christine Stedman

Editor's note.

Christine had a lovely day out at Glastonbury Wool Festival. Judging by the website, the festival is planned to be bigger and better this year. It will be well worth venturing into Somerset on either 18th or, 19th August.

Julia

Jackie Pohnert has updated a useful list of suppliers of yarns.
Do venture into Studio 3 to see the samples.

William Hall & Co. 177 Stanley Road Cheadle Hulme Cheshire SK8 6RF Tel: 0161 437 3295 Fax: 0161 436 4855 e-mail: William@hallyarns.fsnet.co.uk	Wide range of linens, cottons and wools and some silks. Minimum order 225g – 450g depending on packaging, although they do have some cottons in 50yd hanks. Mail order only but you can order and collect. Shade cards are available to view in Studio 3. They are extremely helpful and supply high quality products.
The Handweavers Studio 140, Seven Sisters Road, London N7 7NS Tel: 020 7272 1891 Closed Sunday. e-mail: handweaversstudio@msn.com website: http://www.handweaversstudio.co.uk	<i>Handweavers</i> moved in 2009. Check out the website for their range of equipment, books, magazines, fibres and yarns. Mail order is available. The studio is approximately 10 minutes' walk from Finsbury Park tube station.
George Weil/ Fibrecrafts Old Portsmouth Road Peasmash Guildford GU3 1LZ Tel: 01483 565800 Fax: 01483 565807 Open weekdays 10am –4pm. e-mail: sales@georgeweil.co.uk website: www.georgeweil.co.uk	Good range of equipment, books dyes, fibres and yarns. Catalogue can be viewed on-line or a sample booklet in Studio 3.



<p>Texere Yarns College Mill Barkerend Road Bradford BD1 4AU Tel: 01274 722191 Fax: 01274 393500 www.texereyarns.co.uk</p>	<p>Monday to Friday 9am –5pm, Saturdays by arrangement only. Wide range of yarns available for knitting and weaving. Catalogue available to view on-line and in Studio 3. Usually at Knitting & Stitching Show, Alexandra Palace and stitch craft shows.</p>
<p>Fairfield Yarns 131, Rochdale Road East, Heywood, Lancs, OL10 1QU Tel: 01706 623808 Website: www.fairfieldyarns.co.uk</p>	<p>Wide range of non-repeatable yarns. (Well worth a visit. ONLY OPEN FRIDAY or may be there mid-week so phone. Good website.)</p>
<p>Gaddum and Gaddum Daisy Lane, Leek, Staffs Website: www.gaddumandgaddum.co.uk. E-mail: sales@gaddumandgaddum.co.uk Tel; 01538 385888</p>	<p>Please look at the website for a range of yarns including silks.</p>
<p>Weaversbazaar Suppliers of worsted wool yarns for tapestry weaving, cloth weaving and lace knitting. Website: www.weaversbazaar.com</p>	



Tassel by Rachel Lintern.



I know Rachel from the Saturday knitting group at *Get Knitted* in Bristol. She is a skilled and prolific crochet artist. For those familiar with *Ravelry* she is known as *Quinkish*. Her design *Juliana's Wrap* is an easy crochet project. It is a very popular design; so far 289 people have posted pictures of their finished projects on the website. I am not very good with crochet patterns, but found the instructions very clear. Rachel has kindly allowed me to share the instructions for tassels in the newsletter. There is now a copy of *Juliana's Wrap* in the library; it is an easy project as an introduction to the craft.

TASSELS

Tassel Tops

- 1: Using 3 mm hook, chain 5 and join in a circle
- 2: Work 8 hdc over the chain & join (8 sts).
- 3: Sc around & join
- 4: Ch2, 2 hdc in each stitch & join (16 sts).
- 5: Sc around in back loop of stitches & join.
- 6: Dc around, decreasing every 3rd stitch & join (12 sts).
- 7: Sc around.
- 8: Slip stitch around and fasten off leaving a 6" tail.

Tassel

Wrap yarn 90 times round a 2.75"/ 7 cm card.

Using a needle threaded with yarn, gather the wraps tightly and knot together at the top.

Cut and trim the bottom.

Pull the top of the tassel into the tassel top.

The knotting thread goes through the hole.

Use this thread to attach the tassel to your project.

American crochet terms are used for these instructions (see page 20)

Julia

~ Stretches for Spinners ~

Bottom, back, thighs, knees and eyes

After an enthusiastic spin you might feel tight in your lower back, bottom, and around the front of the knee. When you stand up maybe it takes a few seconds to get to upright? I suggest you try these exercises to loosen up.

Bottomstretch (avoid this one if you have a recent hip replacement)



Sit on the front of a chair or stool, feet facing forward. Cross the right ankle over to rest on the left knee. Place your right hand on your right knee, left hand on left ankle. Keeping your 'back pockets' on the chair, lean straight forward from the hips over the bent knee and hold for ten breaths in and out for a stretch. Lean slightly onto the left side and do it again for another ten. Then change over the legs and repeat.

Don't – bounce on the stretch, or short cut it – you're stretching big muscles that need time to lengthen.

Lower back stretch



Sit on the front of a chair or stool, feet facing forward. Put your hands under your thighs, palm up. As you press your hands into the back of your thighs curl your hips underneath you and curve your back away from your hands. Breathe in and on the out breath curve a bit more. Let your head drop and lengthen the neck

Don't - slump! The aim of this one is to lengthen and wake up all the little muscles that hold the vertebrae in position. If you slump the muscles aren't going to get lively!



Knee and front thigh stretch (quad stretch)



Use a hard seated chair. Stand by the side of the chair and lightly hold the back of it for balance. Put the knee nearest the chair onto the seat. Bring your foot up towards your bottom and hold in front of the ankle with the hand on the same side. So your left knee is on the chair and you're holding your left ankle with your left hand while your right hand is on the chair back.

As you gently pull the foot towards your bottom, push the knee down onto the chair and try to push your hips forward to stretch the front of the leg and knee. Keep gently increasing the stretch for ten breaths and then do the other side.

Don't – bend your head towards the chair back – think of slightly leaning back instead.

Eyes

Yes, your eye muscles get tight and tired too. Sit back from your spinning wheel and relax. Keeping your head still look diagonally to the top right of the room, then still keeping your head still move your eyes only to the bottom left. Repeat 6 times, and then change to top left to bottom right. Then you do the same diagonal eye movement but bottom to top on the diagonal.

Louise Edwards



Louise Edwards is a friend of Harriette's who came as a guest to the Guild last year. She is a trained Pilates teacher and offered to provide some stretches and exercises when Harriette complained of a stiff shoulder and creaky back - partly, Louise felt, caused by her spinning or weaving for hours at a time. These exercises are useful for those sitting for long periods and not necessarily just for spinners. She has offered to provide a series, if you like them. Let us know.

Free-Range Knitter

Father Christmas gave me this book in my stocking. It's written by the Yarn Harlot aka Stephanie Pearl-McPhee. It had me laughing out loud, even though I had a sore rib and a dreadful cough over Christmas and New Year.

The back page description is: "She lives with her very patient husband and three charming daughters in an untidy, wool-filled house in Toronto, Canada where she avoids doing the laundry and knits whenever she gets a minute. She is the author of Yarn Harlot: The Secret Life of a Knitter and the popular blog www.yarnharlot.ca.

I'm sure several of us identify with some aspects of this description but I would add that I was fascinated by her descriptions of being a knitter in Canada. The need for layers of warm clothes, the inability to recognise new neighbours who move into the area in mid-winter because they all wear so many clothes outside and, best of all, her description of the family Furnace Wars where the last one to put on their furnace (read central heating) is the loser. This leads to a discussion of whether it is cheating to use a fire to heat the house but not actually turn on the heating yet. At what age can you stop considering the fact that your children are too young to be dragged into the war? What happens when your progeny take the lead and refuse to allow the heating to be switched on because their uncle hasn't turned his on yet? Have you been hoisted with your own petard because you gave said uncle and his family hand-knitted gifts last year which they can wear to prolong their campaign?

There are reflections on the joys of snow and the acceptance of growing older: including embarrassing her teenage children by tobogganing and descriptions of different types of knitter, old and young and how and what one woman did to knit herself out of depression.

I lent the book to Julia and she suggested I review it. I think she said if she were to review it she'd simply say: "Read it". (*Indeed. Possibly, "Buy it, borrow it, read it". Julia*)

If you want to feel part of the international and perennial community of yarn obsessives, feel relieved that it's not just you and to have a laugh, then do get one of her books.

Harriette

ISBN-13: 978-0740750373 Publisher Andrews McMeel (17 March 2008)

Did you know?

In the Middle Ages Steeple Ashton was the centre of the great Romsey Abbey estates in the district. The courts of the Abbey's Hundred of Whorwellsdown were held there, and in 1266 a weekly market and yearly fair were granted to the Abbess. In the taxation of 1334 Steeple Ashton paid more than Trowbridge or Westbury, and in 1377 its 260 poll-tax payers placed it 18th in the whole county. In 1503, at least six houses in the village were destroyed by fire and the production of textiles moved to Trowbridge.

In 1801 the population of the tithing was 618; it increased to 848 by 1831, and then declined intermittently to 603 in 1931. In 1951 it was 1,231, but this number included many Poles temporarily living in a hostel in disused buildings belonging to the airfield at Keevil. The hostel was closed in 1956. The boundary of the parish has been changed, but in 2001 the population was 931.



The church did have a steeple, but that was struck by lightning in the 17th century. It was rebuilt but suffered the same fate and the third attempt to rebuild it was abandoned.

Julia

(With thanks to Wikipedia and British History Online)



Anagram

A painting by Scotland's much loved artist Jack Vettriano is on display in Aberdeen Art Gallery. Sadly, unless you happen to be passing by the gallery you will have to make do with the postcard. I have often seen this image in cardshops. The name of the painting is hidden in the phrase, “**Treble Sigh Tuning**”.

I particularly like the colours in this painting and one day will use them in a textile project of some kind.

The answer is on page 23.

Julia



I searched the glossary of **The Worshipful Company of Weavers** for the word search puzzle on page 23. As you can see, as I only got as far as the letter B, it is full of fascinating words! The Worshipful Company of Weavers is the oldest Guild in London. It was started before London Bridge was built, in a time referred to by medieval writers as “whereof the memory of man runneth not to the contrary”. The Guild would collect taxes, which were paid to the Exchequer and in return, would be granted rights and privileges by the King. They controlled the standard of weaving and were able to raise funds for social, charitable and trade purposes, running what was effectively a monopoly of weavers in London. The Guild has had a long and eventful history. It is now a registered charity and as well as taking part in the ceremonial life of London, it provides accommodation for the elderly, support for primary schools, a rehabilitation programme for ex-offenders, scholarships for the study of textile related courses at selected universities and an award scheme for excellence in woven textiles. If you would like to spend rather more time than is advisable sitting at a computer, here is the link for further reading; <http://www.weavers.org.uk>

Julia



English and American Crochet terms

English	American
double crochet (dc)	single crochet (sc)
half treble (htr)	half double crochet (hdc)
treble (tr)	double crochet (dc)
double treble (dtr)	treble (tr)
triple treble (trtr)	double treble (dtr)
miss	skip
tension	gauge
yarn over hook (yoh)	yarn over (yo)



Meatballs in Tomato Sauce

Ingredients

1lb (500grams) lean minced lamb
1 onion – finely chopped
1 tablespoon broadleaf parsley – finely chopped
½ teaspoon mild curry powder
Salt
Pepper
1 small tin tomato puree
1 Cinnamon stick
1 Bay leaf
Olive oil
Vegetable stock cube
Pinch of sugar or a desert spoon of marmalade



Method

Mix the meat, onion, parsley, curry powder, salt and pepper in a bowl. Make balls with the mixture about the size of golf balls. Place these on a plate in one layer and put in the fridge for about an hour. (That is, if time permits, it makes them less likely to fall apart on the next stage). Heat a little olive oil in a frying pan. Gently place the balls in the pan in batches so that they do not touch each other. Brown the meatballs turning them carefully.

If the pan is not very big, put the browned meatballs in a saucepan, add most of the tin of tomato puree and cook this for a few moments.

The remainder tomato puree is the chef's perks just eat it straight from the tin. It is good for you!

Gradually add water to the pan, stirring gently.

Add any all, or none of the following; vegetable stock cube, cinnamon stick, bay leaf, sugar or marmalade.

Simmer for about 30 minutes.

Serve with pasta, rice, couscous, or a salad and chunk of bread.



Julia

This vegetarian dish is really cheap, quick and easy. The measurements are approximate and can be adjusted to your own taste. For “cup” read “handful” if you like. Do be generous with the onions and cook them gently and slowly. Any extra portions of browned onions are the chef’s perks! They are arguably good for you. Left overs can be eaten cold with a salad.

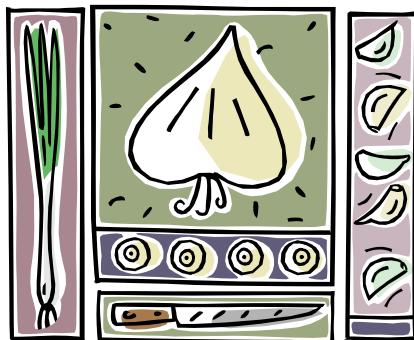
Lentils and Rice

Ingredients

1 ½ cups Brown lentils
4 cups Basmati Rice
1 or 2 segments of garlic
3 Onions
Salt and Pepper to taste
Olive oil

Serve with

Plain Yoghurt



Method

Wash the lentils.

Place in a saucepan; add water to about 1 inch above the lentils. Bring to the boil then; simmer until the lentils are fairly soft. (The water will be brown – that is fine).

Add a clove of garlic, salt and pepper and a little oil.

Wash the rice in a sieve until the water runs clear.

Add to the lentil mixture.

Stir.

Adjust the liquid if necessary by adding more water until the rice and lentils are covered with about half an inch of water above the level of the mixture.

Bring to the mixture back to the boil, then turn the heat down and cook on a low heat until all the water is absorbed.

Meanwhile, slice the onions into rings and gently fry in olive oil until they are browned (chef’s tip – add a few grains of sugar).

Serve garnished with onions and with a helping of plain yoghurt.

Julia

Wordsearch

Find the following words in the square below:

algin	Extract of seaweed used as size or soluble fabric
allo	Another name for nettle
alum	Aluminium Potassium Sulphate used as a mordant
amabouk	Coarse Irish linen
baize	A loosely woven woollen, heavily felted red or green cloth
barathea	A suit fabric with a silk warp and worsted weft for suits
beer	A group of 40 warp threads
beet	A bundle of flax
blotch	A large area of fabric printed in the same colour
butea	Red flowers from <i>butea frondosa</i> which give the orange dye butein

R	G	Z	L	H	N	B	T	E	E	B
B	A	L	A	L	O	A	L	B	W	U
L	E	H	R	W	E	I	H	A	J	D
O	T	J	Y	E	O	Z	H	R	F	B
T	U	R	G	V	E	E	R	A	T	A
C	B	X	E	R	B	B	N	T	M	L
H	K	U	O	B	A	M	A	H	U	G
L	P	W	V	N	N	V	E	E	L	I
G	D	C	W	J	X	X	N	A	A	N
R	O	V	L	Y	V	H	O	L	L	A
M	Z	L	C	E	M	H	Y	J	B	B



Answer to the anagram on page 19

The name of the painting is *The Singing Butler*. It was sold at auction for £744,500.00 in 2004. In 1992 it had been rejected for entry into the Scottish Royal Academy show.

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