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## ANNOUNCING

### New Home for Fiber Science and Apparel Design Department

Fiber Science and Apparel Design moved to an exciting new building behind Martha Van Rensselaer Hall in August. The Human Ecology Building (HEB) is a spacious, light-filled, modern space, with wonderful new facilities. You will find Charlotte Coffman in 235 HEB, and Fran Kozen in T35 HEB. Stop and visit next time you are on campus.



# ENGAGING YOUTH

## Career Exploration

by Fran Kozen

The FSAD Career Exploration program offered in June was *Upcycled Clothing: Transforming Old Clothes into New and Useful Items*. Students learned what happens to donated clothing, and then explored ways to use old clothing, especially jeans and T-shirts, as sources of raw materials for new items. They wove mats from T-shirt yarn on hula hoops, learned many ways to cut, twist, braid, or embellish T-shirts, or to cut and sew jeans into bags, skirts, dresses. You can find a plethora of ideas on the internet for reusing, recycling, or refashioning T-shirts and jeans, as well as instructions for cutting and using T-shirt yarn. I listed a few below as a start.



T-shirt yarn weaving

T-shirt Re-design



Jean and T-shirt skirt



Joyce Church with a completed sleeping bag

The final project was making sleeping bags for the homeless using garments and household textiles. Joyce Church, a volunteer from the Dryden, NY Sleeping Bags for the Homeless project for my Brother's Keeper, showed us how to assemble the cover, piece clothing together for insulation, then stitch it together. The students liked making the bags and also liked the opportunity for a public service project. If you would like to investigate making bags, go to <http://www.thesleepingbagproject.org/>.

#### Links for Fun Re-Use Projects:

- Washington State 4-H ideas for jean re-use: [http://4h.wsu.edu/clothing/quick\\_projects/denim/denim.htm](http://4h.wsu.edu/clothing/quick_projects/denim/denim.htm)
- T-shirt yarn: <http://mousechirpy-polkadotpineapple.blogspot.com/2008/03/tutorial-t-shirt-yarn.html>
- Some T-shirt re-fashions: <http://www.squidoo.com/altering-embellishing-decorating-t-shirts-fashion-sewing>
- Simplicity instructions for jean modification: <http://www.simplicity.com/t-how-to-sew-classic-jeans-skirt.aspx>; <http://www.simplicity.com/t-how-to-sew-jeans-purse.aspx>

American Eagle stores collected used jeans for Cotton Incorporated's COTTON: FROM BLUE TO GREEN for the first half of October. Check out <http://www.cottonfrombluetogreen.org/> to see how used jeans are made into home insulation to be used in Habitat for Humanity homes.

## FSAD at the New York State Fair

by Charlotte Coffman

Attendance at the 2011 New York State Fair topped 900,000 with many families stopping by the Youth Building where they were greeted by exhibits, interactive programs, demonstrations, and robotics competitions. Some of the activities led by teens and volunteers began in the FSAD department.

Program	Counties
Fabric/Flight Connection	Jefferson, Monroe and Wayne
In-Touch Science	Chemung and Westchester
Plants & Textiles	Herkimer
Simple Gifts	Saratoga



Chemung county youth leads In-Touch Science activity.

FSAD faculty also assembled 4-H uniforms and photos into a small display *The Wearing of the Green and White in New York* to honor the 100<sup>th</sup> year of Cornell Cooperative Extension. Many thanks to John Sterling of Ithaca, NY and Hazel Parker of Perry, NY for the loan of 4-H uniforms.



4-H uniform exhibit honors CCE Centennial

## CONCERNING CONSUMERS

### Updates in Safety of Children's Products

by Fran Kozen

The Consumer Product Safety Commission (CPSC) has determined that drawstrings in children's outerwear tops, i.e. jackets and sweatshirts, are a substantial safety hazard because they cause choking and strangulation if they snag on playground equipment and other objects. Drawstrings can also catch in car or bus doors, causing children to be dragged. The CPSC recently approved a final safety ruling that designates children's upper outerwear in sizes 2T through 12, with neck or hood drawstrings, and children's jackets in sizes 2T through 16, with waist or bottom drawstrings, as substantial product hazards. This ruling affects design and sales of hoodies, parkas, and warm up jackets, and many common jackets worn by children

(<http://www.cpsc.gov/cpscpub/prerel/prhtml11/11268.html>).

The Consumer Product Safety Improvement Act (CPSIA), which designates the safe level of lead content acceptable in products designed for children 12 and under, went into effect at the final limit of 100 ppm for

manufacturers, importers, retailers and distributors of children's products in August. Lead is associated with impaired hearing, learning issues, brain damage and even fatalities. Children's products such as toys and clothing must be tested for lead content by independent 3<sup>rd</sup> party laboratories. It is not the textiles themselves that are of concern, but attached painted metal buttons, snaps, zippers, or decorative elements. Full enforcement is expected to begin in December, although the Consumer Product Safety Commission is looking into alternative testing for craft products and small manufacturers.

As part of the same legislation, the CPSIA regulates phthalates as well as lead, limiting phthalates in children's products such as bath toys, bibs, rain gear, and more. Phthalates are additives put into plastics to make them soft and pliable (<http://www.cpsc.gov/about/cpsia/smbus/manufacturers.html>)

## EXPLORING FIBERS AND FABRICS

### CRAiLAR®

by Fran Kozen

You may soon notice a label on some Levi and Hanesbrands clothing indicating that they contain CRAiLAR® Flax. Flax, which you know as linen, is a bast fiber extracted from the stem of a plant. Other bast fibers you might be familiar with are hemp, ramie and jute. Bast fibers are strong, but a bit stiff. A Canadian firm has developed a technique to soften fibers with natural enzymes to make them very soft and flexible, enhancing their attractiveness for knitted and woven clothing. Naturally Advanced Technologies, the manufacturer, claims that CRAiLAR® flax is similar in feel and comfort to cotton, yet shrinks less, wicks moisture away from the body better, and takes dye color better. Flax is a more environmentally friendly crop to grow than cotton, requiring less water and fewer agricultural chemicals, so if CRAiLAR® is a success in Hanes and Levis products, it could fill some of the demand for organic cotton. For more information, visit [www.crailar.com](http://www.crailar.com).

## RECALLING TRADITIONS

### Monday Washday

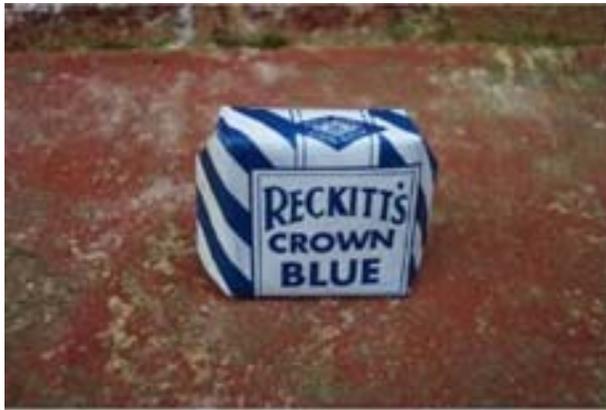
by Fran Kozen



In my exploration of Cornell Cooperative Extension history, one of the oldest documents I found was *The Laundry*, written by Flora Rose in 1912 as a Lesson for the Farm Home in the Cornell Reading Course supervised by Martha Van Rensselaer. Laundry was hard work in those days!

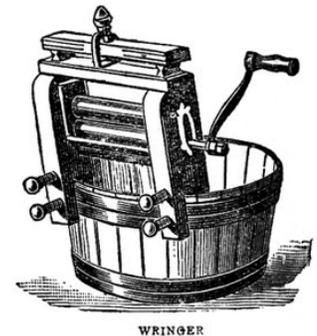
To start, the laundress was required to be a fairly sophisticated chemist, as she had to mix her own laundry supplies. In those days that meant stain removers, soap, blueing to keep white clothes from yellowing, and starch, as well as calculate the need for water softeners or alum to precipitate organic matter. Recipes were included in the lesson.

Laundry was physically demanding without running water and washing machines. Water had to be boiled, and tubs had to be filled and emptied several times. Laundry was wrung between rollers, hung on the line to dry, then sprinkled, and ironed. Ironing involved roller ironing machines for household textiles if you were lucky, or had irons heated on the stove for smaller items. Clearly it was a lot trickier than using a multi-setting electric steam iron.



Monday was washday, presumably because it was a rigorous activity best tackled after a restful Sunday. Prior to washing it was necessary to examine clothing for stains requiring pretreatment and tears requiring mending. Handkerchiefs were soaked in boric acid, for instance, and sometimes bleached. Flora Rose suggested a washing procedure as follows for white linen and cotton clothes:

- Put laundry into soaking tubs according to type and degree of soiling
- Put water on to heat
- Make soap solution
- Rinse soaking water
- Wash in warm suds in order (table linens and clean towels, bed linen, body linen, handkerchiefs, soiled towels and clothes, stockings)
- Wash again in clean suds; wring
- Boil in clean, slightly soapy water
- Rinse in clean, clear water; wring
- Rinse in blueing water; wring
- Starch
- Hang to dry
- Remove from line, sprinkle to dampen, fold and let stand overnight for Tuesday ironing.



Are you tired yet? I positively look forward to folding clothes tonight after contemplating what I would have had to do 100 years ago!

Source: Rose, Flora, *The Laundry*, Cornell Reading Courses Lesson for the Farm Home, Vol. 1, No. 11, March 1, 1912.

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