

RECIPES

IN the following recipes, it is understood that the standard methods discussed in previous pages are to be used, unless some variation from this method is given. It should be noted that there may be differences in the mordanting as well as in the dyeing. The standard methods for these two processes are repeated in brief form here.

STANDARD MORDANTING RECIPE

Alum	4 ounces
Cream of tartar	1 ounce
Wool (dry weight)	1 pound
Water	4 gallons

Dissolve the solids. Enter the goods. Simmer for thirty minutes.

STANDARD DYEING RECIPE

Crush dye-plant and soak overnight.
Boil dye-plant one hour. Strain.
Enter goods and simmer thirty minutes.
Rinse and dry.

ALDER. *Alnus* (*Aune*)

There are several species of alder in Canada and the northern United States and all of them are useful in dyeing. They are usually shrubs, but sometimes grow to tree size, and are found in dense thickets in swamps, along the sides of streams, and on damp banks. The bark is best gathered in the spring. It was used extensively as a dye by the early settlers and also by the Indians, who employed it in colouring cedar bark, porcupine quills and other materials. It will dye both vegetable and animal fibres, and does not require a mordant. Among the Iroquois it was used by elderly people as a hair dye, producing a dark red. "The leaves gathered while the morning dew is on them, and brought into a chamber troubled with fleas, will gather them thereunto, which being suddenly cast out, will rid the chamber of these troublesome bed-fellows."—Culpepper, *British Herbal*, 1652.

BROWN. ALDER ROOTS, 1 LB.

Use standard recipes on page 32, except:
Boil roots 2 hours. Dye wool 1 hour.

YELLOW-GREEN. ALDER LEAVES, 4 LBS.

Use standard recipes on page 32, except:

Use only 2 oz. of alum.

YELLOW-BROWN. ALDER BARK, 4 LBS.

Use standard recipes on page 32, except:

Use only 2 oz. of alum. Boil bark 3 or 4 hours.

Dye wool 1 hour or more.

APPLE. *Pyrus malus*. (Pommier).

A cultivated form of the wild crab-apple; common everywhere in temperate regions. Over 2000 varieties are recognized.

GOLDEN YELLOW. APPLE BARK, 1 LB.

Use standard recipes on page 32, except:

Boil the bark 2 hours or longer.

BEARBERRY.

Arctostaphylos Uva-Ursi.

(Raisin d'ours).

Very common on rocky ground and on bare hillsides all over our area, except in some parts of the southern prairies. The Indians smoked bearberry leaves mixed with, or instead of, tobacco.

YELLOW-GRAY. BEARBERRY LEAVES, 4 LBS.

Use the standard recipes on page 32, except:

Use only 3 oz. of alum. Dye the wool 45 minutes.

BEDSTRAW. *Galium*. (*Gaillet*).

There are two native species of Bedstraw, and one introduced from Europe (Lady's Bedstraw, *Galium verum*). The two native species are Northern Bedstraw (*G. boreale*) and Dyers' Bedstraw (*G. tinctorium*). Of these the last is probably the best as a dye. The root possesses the quality of curdling milk, hence its French name of *gaillet* (*caille-lait*). "The decoction of the herb and flower, is good to bathe the feet of travellers and lacquies, whose long running causeth weariness and stiffness in their sinews and joints." Culpepper, *British Herbal*, 1652.

YELLOW. BEDSTRAW ROOTS, $\frac{1}{2}$ LB.

Use the standard recipes on page 32.

RED. BEDSTRAW ROOTS, 1 LB.

Use the standard recipes on page 32, except:

Use only 3 oz. of alum. No cream of tartar.

Boil roots for 2 hours.