

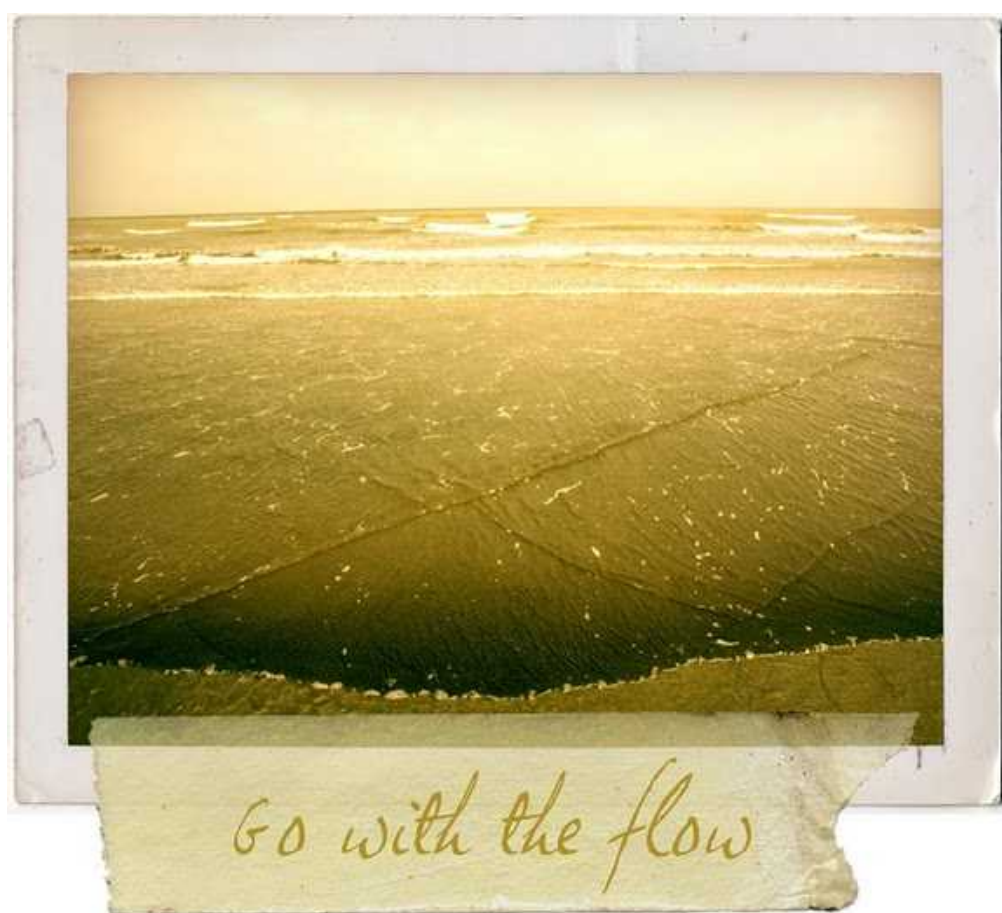


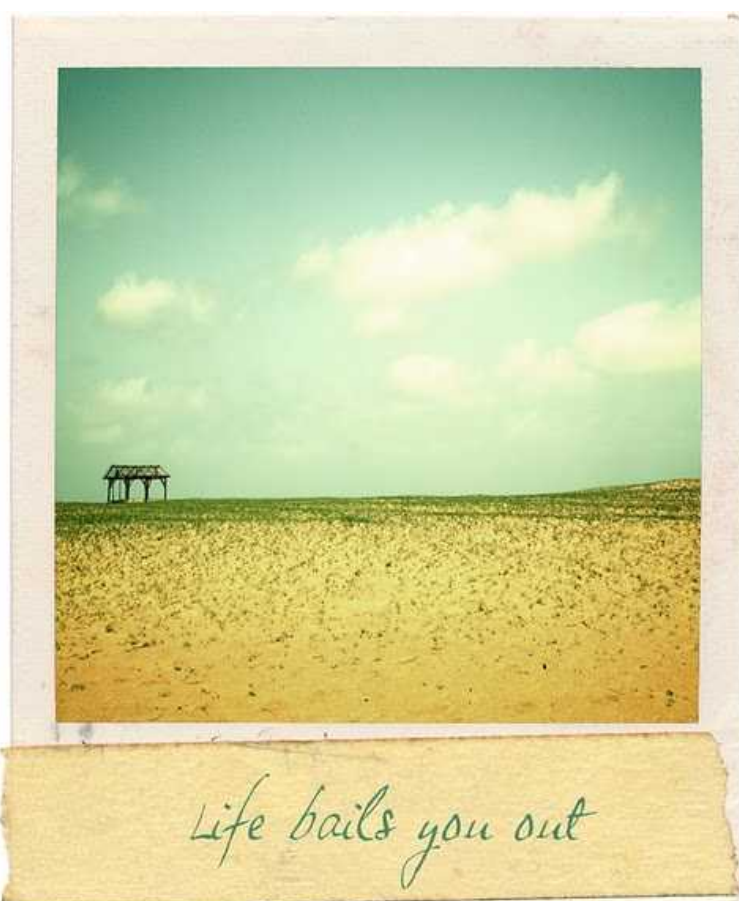


*Take care of yourself*



*you get many chances*





R

B

I

A

E

A





### **Materials**

**About 125 yards of worsted weight acrylic yarn in two colors: 75 yards in color A and 50 yards in color B.** I used Red Heart Soft Yarn, 100 % acrylic, in # 9779 Berry (A) and #9520 Seafoam (B). If you want to use a single color, 1 skein of this yarn will be more than enough.

**Size H-8 (5.0 mm) hook**

**Yarn needle**

**Finished Size:** As written, this sock stretches to fit a standard Swiffer (10.5"x8").

Modification suggestions are given throughout on how to alter the pattern to fit your sweeper, if necessary.

**Gauge:** Gauge is not critical for this project.

### **Abbreviations:**

**ch:** chain **sc:** single crochet **dc:** double crochet **sl st:** slip stitch **st(s):** stitch(es) **FL:** front loop **RS:** right side

### **Special Stitch**

**sc2tog (single crochet 2 together):** (Insert hook in next stitch and draw up a loop) twice, yarn over and draw through all 3 loops on your hook.

### **Swiffer Sock Pattern**

With A, ch 33. **Row 1:** Dc in 4th ch from hook (skipped 3 ch counts as dc) and each ch across, turn -- 31 dc. **Row 2 (RS):** With B, \*ch 4, sl st in FL of next st; repeat from \* across, turn -- 30 ch-4 loops. **Row 3:** Working in FL, ch 3 (counts as first dc), dc in next st and each st across, turn -- 31 dc. **Rows 4-15:** Repeat rows 2 and 3, changing colors after every 2 rows (if desired), turn -- 31 sts. (Compare the sock to your sweeper and repeat these rows as necessary if you'd like to make your rectangle taller.)

**Note:** From here on, work progresses in the round. Do not turn the work at the end of each round.

**Round 1:** With A, ch 1, evenly sc around the edge of the rectangle, working 1 sc into top or bottom of each dc and 2 sc into sides of sts, and working 2 sc in each corner st, join with a sl st in first sc -- 98 sts. **Round 2:** Ch 1, sc in each sc around, join with a sl st in first sc. **Round 3:** Ch 1, \*sc in next 7 sc, sc2tog; rep from \* twice, sc in each sc until 2 sts before corner, (sc2tog) 12 times or as many times as necessary to work up short side until 2 you are 2 sts past short side of rectangle\*\*; repeat from \* to \*\* once more to complete the round, join with a sl st in first sc -- 68 sts. **Round 4:** Ch 1, \*sc in next 6 sc, sc2tog; rep from \* twice, sc in each sc until 2 sts before corner, (sc2tog) six times or as many times as necessary to work up short side until 2 you are 2 sts past short side\*\*; repeat from \* to \*\* once more to complete the round, join with a sl st in first sc -- 50 sts. **Round 5:** Ch 1, sc in each sc around, join with a sl st in first sc -- 50 sc. Fasten off and weave in the ends.

## Directions



**Step 1:** With A, chain 31 stitches. Turn, then double crochet in 4th chain from your hook and in each chain across. At the end of the row, switch to B at the last yarn over of the last dc. Leave A hanging, as you'll pick it up again later.

**Note:** As you can see in the photo above, the foundation chain is shorter than the width of the rectangle -- the sock stretches to fit. If you're making the sock for another brand of sweeper, make the foundation chain at least 1" shorter than the base. If you're using a less stretchy yarn, you may have to adjust the pattern slightly by adding a few more stitches to the foundation chain. Make sure that you end up with an odd number of chains.





**Step 2:** Working in the **front loops only**, \*chain 4, slip stitch in next double crochet; repeat from \* across. This will create a set of loops on the right side of the work (the side facing you).



Here's how the work will look once you've completed the first row of looped stitches. Your work might start to curl on itself a little bit at this point, but that's okay -- it will straighten out as you keep on stitching.



**Step 3:** Turn your work, chain 3 (counts as first double crochet), then double crochet in the **front loop only** of each double crochet (from first row) across. Note that you are working into the reverse side of the same row of stitches where you worked the ch-4 loops.



**Step 4:** Repeat Steps 2 and 3 six more times, changing colors after every 2 rows. The wrong side of the work will look like this when you have finished the base. Turn the work one last time so that the looped side faces you. From here on, you will be working in the round.

At this point, hold your work up to your sweeper. You may need to work a couple more rows depending on your gauge and the size of your sweeper. Just remember to err on making the rectangle slightly smaller than your base (rather than slightly larger).



**Step 5:** Chain 1 and evenly single crochet around the outside edge of the rectangle. It



is not a big deal if you don't get exactly the number of stitches as I have outlined in the pattern, if you follow the gist of the pattern -- however, if you'd like to make it precise, refer to the pattern above.



When you get to the short side of the rectangle, work 2 single crochets into the side of the end of each double crochet row. This will ensure that your work lies flat.

Work one more round of single crochet, as directed in the pattern.



**Step 6:** Work the decrease round. Each sc2tog is a decrease. To make a sc2tog, (insert your hook in the next stitch and draw up a loop twice), as shown above. Yarn over once more and draw the loop through all 3 loops on your hook.



Following the pattern, make a few more decrease rounds to close up the sock so it'll fit snugly over the Swiffer. Try the sock on as you go to make sure the fit is to your liking. If your stitch counts don't match mine exactly, don't fret. It's okay to wing it here -- just make sure you do a lot of decreasing on the short sides of the rectangle and about 3 decreases on each long side of the decrease rounds. Finish it off with 1 round of single crochet.



**Step 7:** Place the sock on your sweeper and get ready to clean! Use the loopy side to collect dust and hair, and the flat side for damp mopping.

## Directions

**Step 1:** With A, chain 31 stitches. Turn, then double crochet in 4th chain from your hook and in each chain across. At the end of the row, switch to B at the last yarn over of the last dc. Leave A hanging, as you'll pick it up again later.

**Note:** The foundation chain is shorter than the width of the rectangle — the sock stretches to fit. For another brand of sweeper, make the foundation chain at least 1" shorter than the base. For less stretchy yarn, you may adjust the pattern by adding a few more stitches — leaving an odd number of chains.

**Step 2:** Working in the front loops only, \*chain 4, slip stitch in next double crochet; repeat from \* across. This will create a set of loops on the right side of the work (the side facing you).

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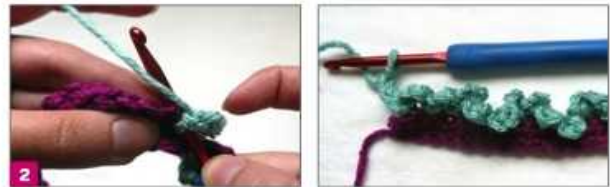
**Step 5:** Chain 1 and evenly single crochet around the outside edge of the rectangle. It is not a big deal if you don't get exactly the number of stitches as I have outlined in the pattern, if you follow the gist of the pattern — however, if you'd like to make it precise, refer to the pattern above.

When you get to the short side of the rectangle, work 2 single crochets into the side of the end of each double crochet row. This will ensure that your work lies flat. Work one more round of single crochet, as directed in the pattern.

**Step 6:** Work the decrease round. Each sc2tog is a decrease. To make a sc2tog, (insert your hook in the next stitch and draw up a loop twice), as shown above. Yarn over once more and draw the loop through all 3 loops on your hook.

Following the pattern, make a few more decrease rounds to close up the sock so it'll fit snugly over the Swiffer. Try the sock on as you go to make sure the fit is to your liking. If your stitch counts don't match mine exactly, don't fret. It's okay to wing it here — just make sure you do a lot of decreasing on the short sides of the rectangle and about 3 decreases on each long side of the decrease rounds. Finish it off with 1 round of single crochet.

**Step 7:** Place the sock on your sweeper and get ready to clean! Use the loopy side to collect dust and hair, and the flat side for damp mopping.



## About the Author

Linda Permann prefers crocheting over sweeping and dusting any day! She is the author of *Crochet Adorned* and blogs at [lindamade.com/wordpress](http://lindamade.com/wordpress). She also teaches classes at Yarnivore ([yarnivore.com](http://yarnivore.com)) in San Antonio, TX.



## CROCHETED REVERSIBLE SWIFFER SOCK

By Linda Permann

➡ I've always hated buying refills for my Swiffer sweeper — even though I use both sides of the cloth, it just seemed silly to throw them away. My sweeper had been languishing in my closet because I had no refills when I realized I could crochet my own reusable cover from some yarn I already had in my stash. I came up with this reversible version that's loopy on one side (to grab the dust) and flat on the other (for damp mopping).

This "sock" is fun and quick to crochet, easy to complete with scraps, and a great use for acrylic yarns, since they create static, which makes dust and hair cling. Once you're done dusting, you can brush the excess dirt and dust into the trash bin (really, it's okay to touch dirt!) and then throw the sock in the washer and dryer with your other laundry. This project is fast and satisfying — you might want to make 2 so you can always have a clean sock handy.

## Pattern

### Finished Size & Gauge

As written, this sock stretches to fit a standard Swiffer (10¾" x 8"). Modification suggestions are given throughout on how to alter the pattern to fit your sweeper. Gauge is not critical for this project.

### Swiffer Sock Pattern

- » With A, ch 33.
- » **Row 1:** Dc in 4th ch from hook (skipped 3 ch counts as dc) and each ch across, turn — 31 dc.
- » **Row 2 (RS):** With B, \*ch 4, sl st in FL of next st; repeat from \* across, turn — 30 ch-4 loops.
- » **Row 3:** Working in FL, ch 3 (counts as first dc), dc in next st and each st across, turn — 31 dc.
- » **Rows 4–15:** Repeat rows 2 and 3, changing colors after every 2 rows (if desired), turn — 31 sts. (Compare the sock to your sweeper and repeat these rows as necessary if you'd like to make your rectangle taller.)
- » **Note:** From here on, work progresses in the round. Do not turn the work at the end of each round.
- » **Round 1:** With A, ch 1, evenly sc around the edge of the rectangle, working 1 sc into top or bottom of each dc and 2 sc into



### ABBREVIATIONS

- |                          |  |
|--------------------------|--|
| <b>CH</b> chain          | <b>Special Stitch</b>  |
| <b>SC</b> single crochet | <b>sc2tog (single crochet 2 together):</b> (Insert hook in next stitch and draw up a loop) twice, yarn over and draw through all 3 loops on your hook. |
| <b>DC</b> double crochet |  |
| <b>SL ST</b> slip stitch |  |
| <b>ST(S)</b> stitch(es)  |  |
| <b>FL</b> front loop     |  |
| <b>RS</b> right side     |  |

### MATERIALS

- » **About 125 yards of worsted weight acrylic yarn in two colors: 75 yards in color A and 50 yards in color B.**  
I used Red Heart Soft Yarn, 100 % acrylic, in # 9779 Berry (A) and #9520 Seafoam (B). If you want to use a single color, 1 skein of this yarn is more than enough.
- » **Yarn needle, and size H-8 (5.0mm) hook**

sides of sts, and working 2 sc in each corner st, join with a sl st in first sc — 98 sts.

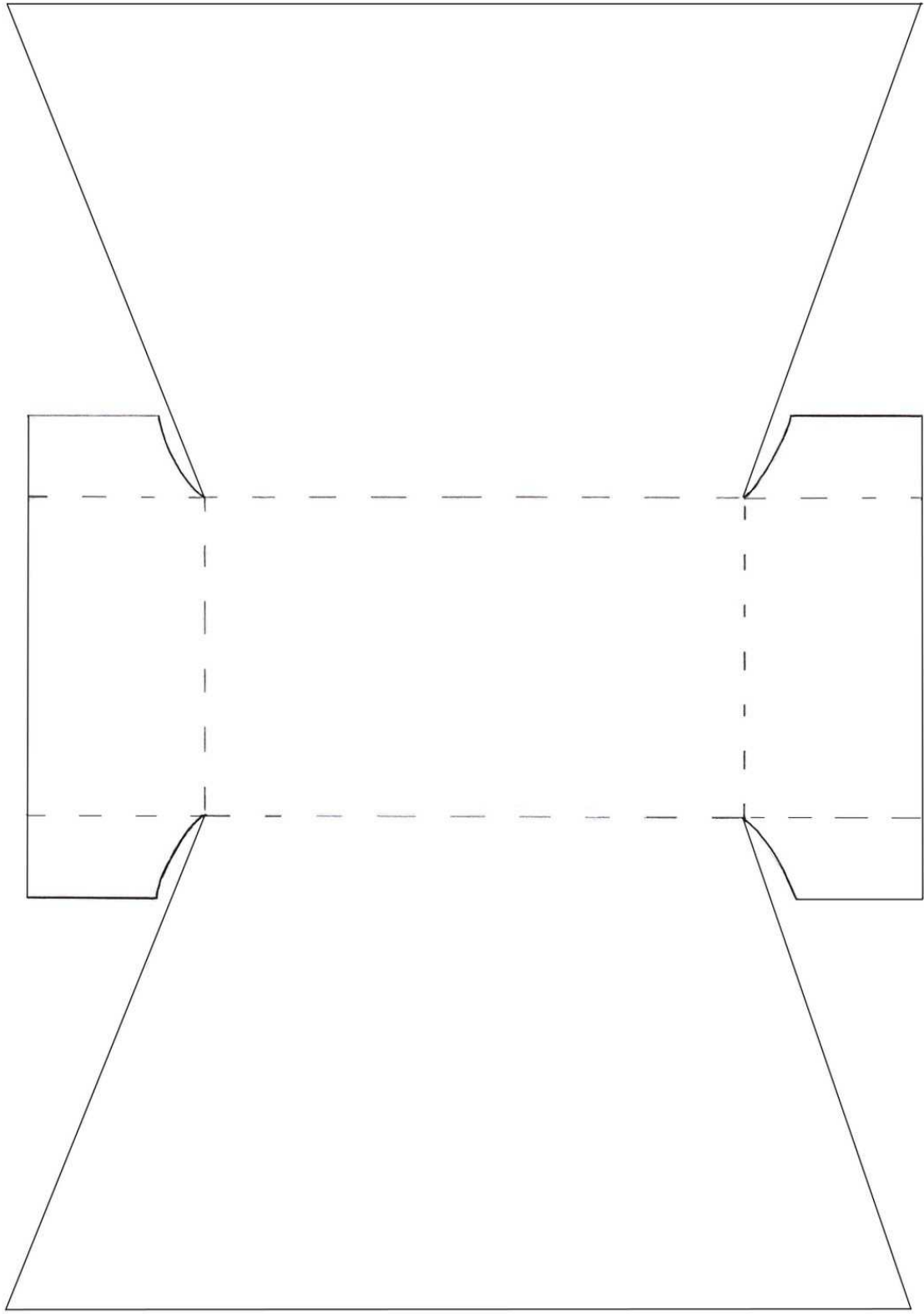
- » **Round 2:** Ch 1, sc in each sc around, join with a sl st in first sc.
- » **Round 3:** Ch 1, \*sc in next 7 sc, sc2tog; rep from \* twice, sc in each sc until 2 sts before corner, (sc2tog) 12 times or as many times as necessary to work up short side until 2 you are 2 sts past short side of rectangle\*; repeat from \* to \*\* once more to complete the round, join with a sl st in first sc — 68 sts.
- » **Round 4:** Ch 1, \*sc in next 6 sc, sc2tog; rep from \* twice, sc in each sc until 2 sts before corner, (sc2tog) six times or as many times as necessary to work up short side until 2 you are 2 sts past short side\*; repeat from \* to \*\* once more to complete the round, join with a sl st in first sc — 50 sts.
- » **Round 5:** Ch 1, sc in each sc around, join with a sl st in first sc — 50 sc.
- » Fasten off and weave in the ends.





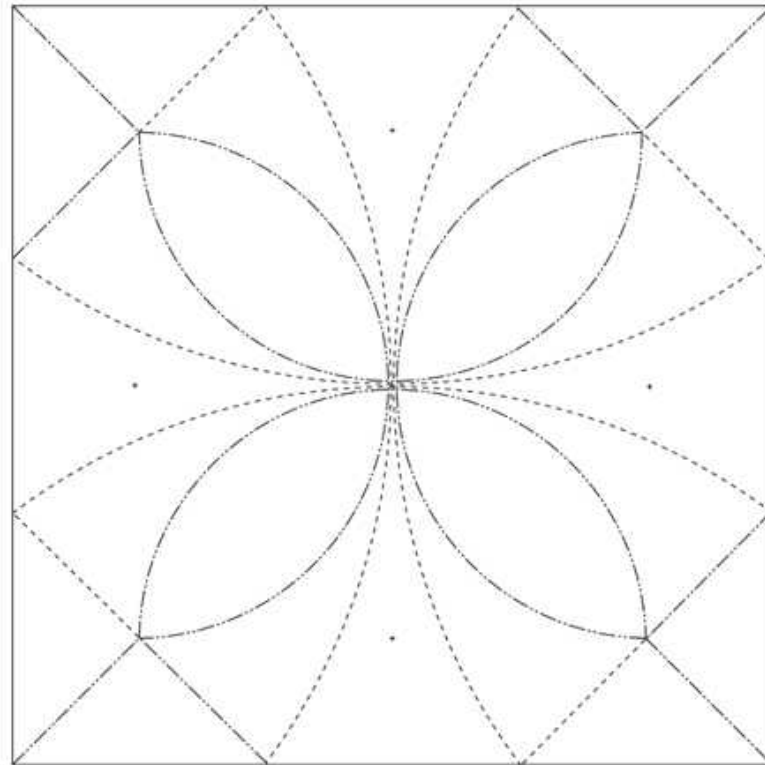


**Big Basket template.** Use as is or score 1 1/8 inch down from parallel to the top of each side & fold down. There's a chunky scallop template, too :o)  
[www.melstampz.blogspot.com](http://www.melstampz.blogspot.com) Copyright M.McCarthy 2009 please share for free



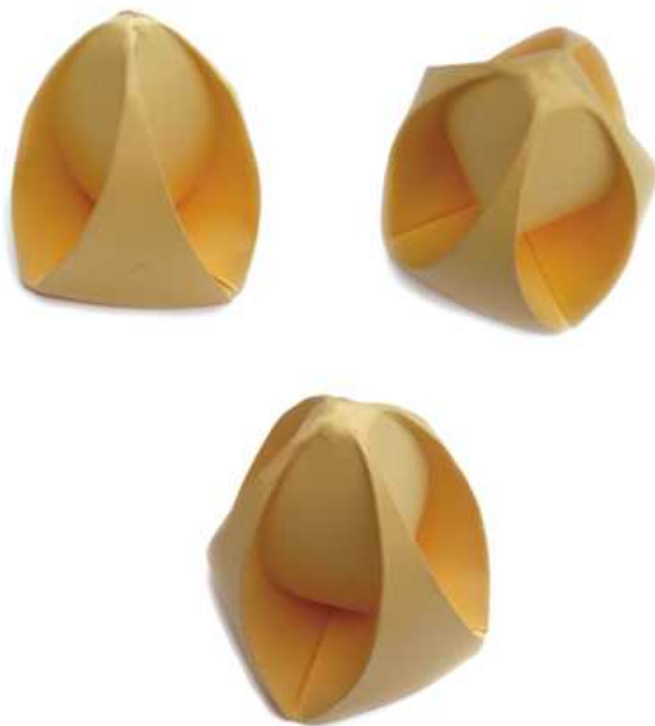


## How to Make Your Own Square-Based Origami Bud



Template for origami bud, designed by Dr. Jeannine Mosely.\*

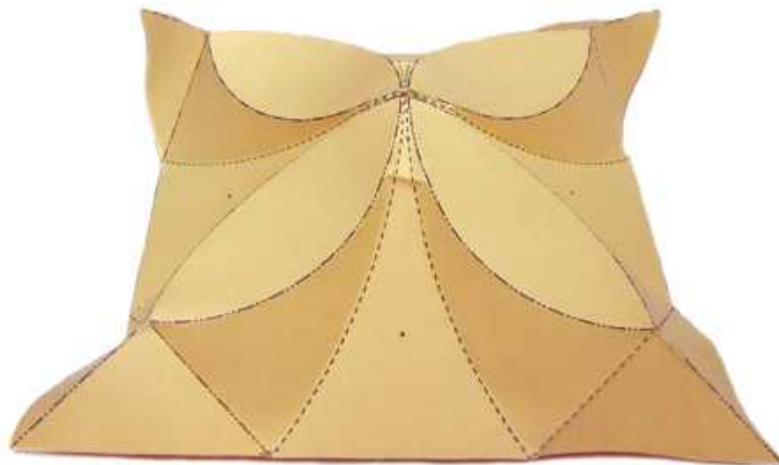
With just a pair of scissors, a scoring tool<sup>1</sup>, and a little patience, you can turn a printout of the above image [print from [this PDF](#)] into a three-dimensional “bud” that looks like this:



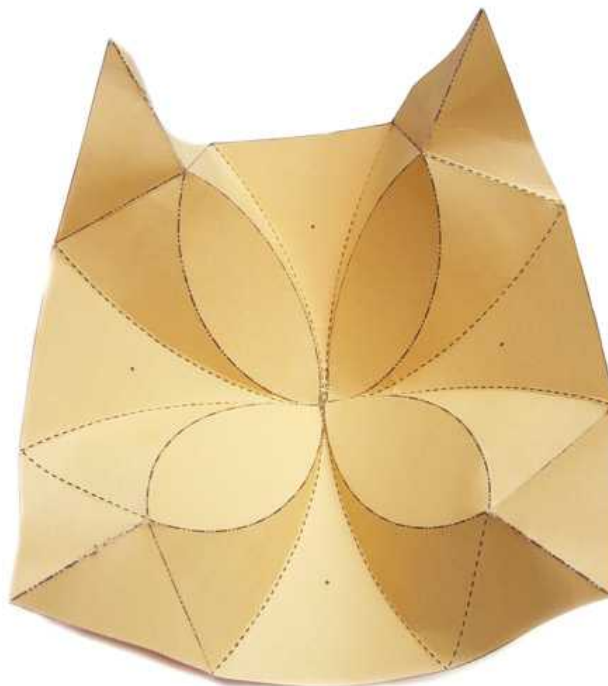
To start, print [this PDF](#) onto a light card stock (70 lb “cover weight“ is ideal) and cut out the square.

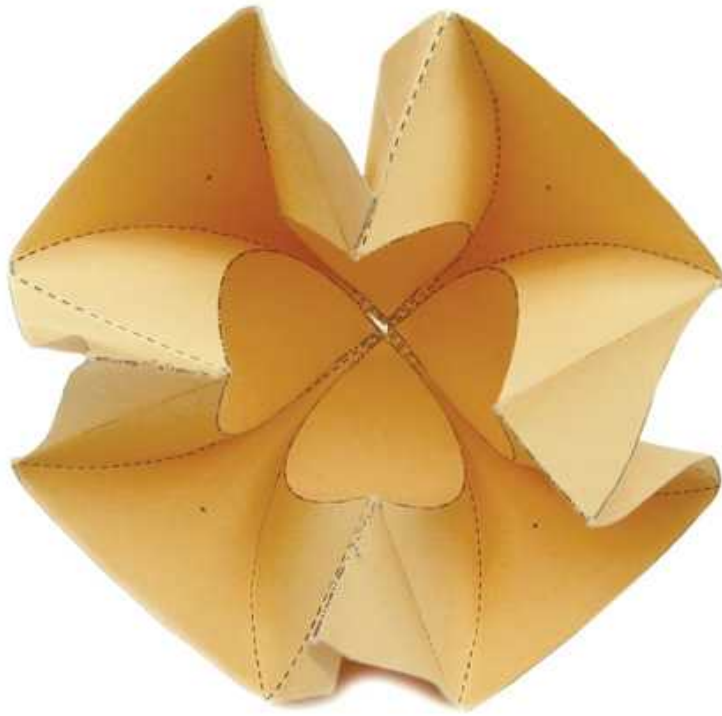
Score each printed line firmly, but don’t press as hard as you can. Overscoring could cause the card stock to crack when you crease it. For best results, score on a flat, padded surface, like a newspaper or your copy of Cabinet.

Next, begin creasing the scored lines, using the following photograph as a guide.<sup>2</sup> This is the trickiest step. It takes time and patience—at least fifteen minutes, probably—to coax all the curves into proper creases. You may have to work around the whole square a few times before your creases are defined and flexible.

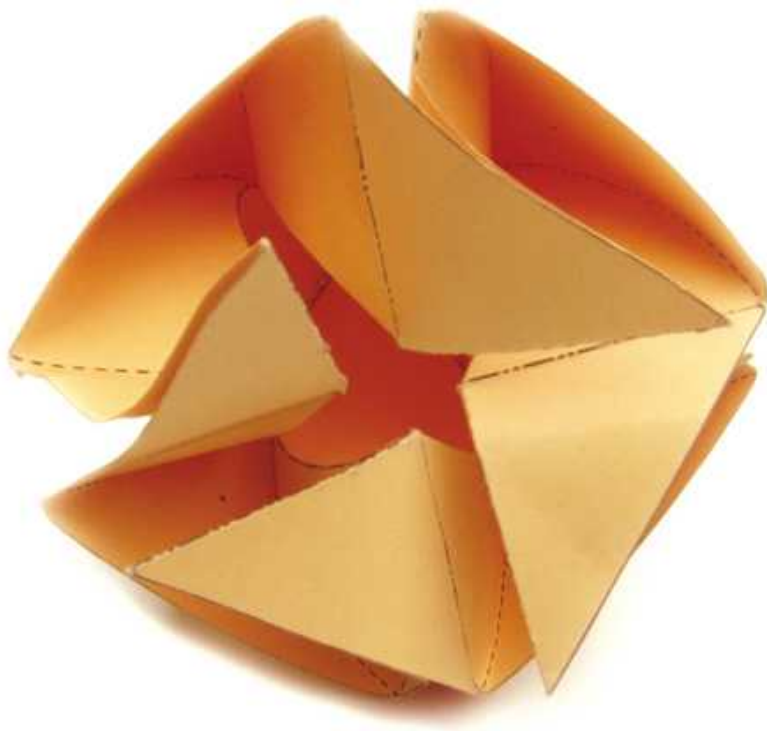


Next, bring the four corners of your creased square together. (The printed side should become the inner, “hidden“ part.) You will almost certainly have to encourage and refine your creases as you do this.

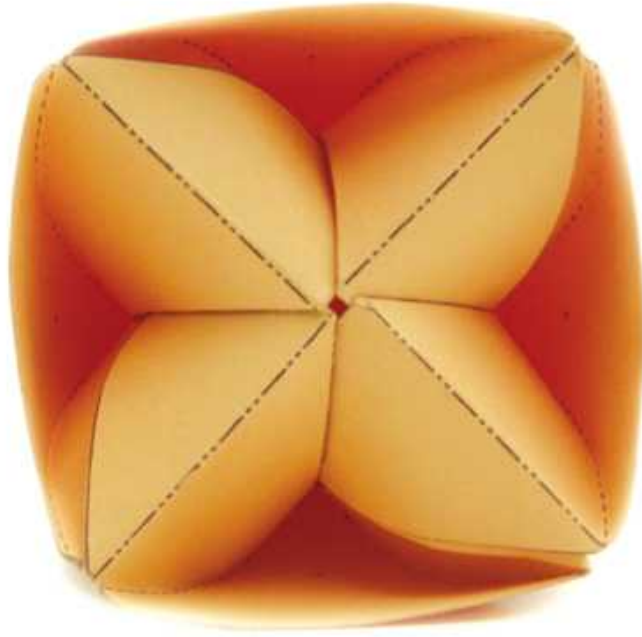




The corners of your square are now triangular flaps. To complete your bud, fold all flaps in a clockwise direction. Then, tuck each flap into the underside of the model. Properly tucked flaps will allow the model to hold itself together.



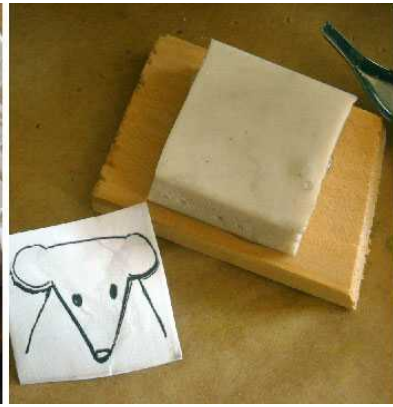




\* This origami bud was designed by Dr. Jeannine Mosely, an electrical engineer who designs and codes geometric modeling software. Mosely is an expert on business card origami and minimalist origami, in which one is restricted to just four folds. She has constructed an entire alphabet—both upper and lower cases—of minimalist origami letters, and is currently completing a model of a level-3 Menger Sponge, the first three-dimensional fractal that mathematicians discovered. Dr. Mosely’s Sponge is composed of 66,048 business cards folded into 8000 2-inch cubes linked together. The construction, which now resides in Mosely’s garage, will be completed in the spring.

1. Many origamists use an empty ballpoint pen for scoring. If you happen to have a bone folder or other round-tipped embossing tool, you could use one of these instead. If you have none of these things, you could try using a full ballpoint pen, since all your score marks will be hidden on the inside and underside of the finished object. But you’d have to be extra careful about fingerprints and smearing.
2. Specifically: Note that there are two kinds of dotted line. All the “dash-dot-dot” lines will crease to form “mountains.” The other lines—made of dots of consistent length—will crease to form “valleys.” The photograph illustrates how your square will look if you crease it according to these rules.











Yumiko Matsui - power of baobab5









Yumiko Matsui - Festival





Yumiko Matsui - Young Cherry blossom with Toy Box

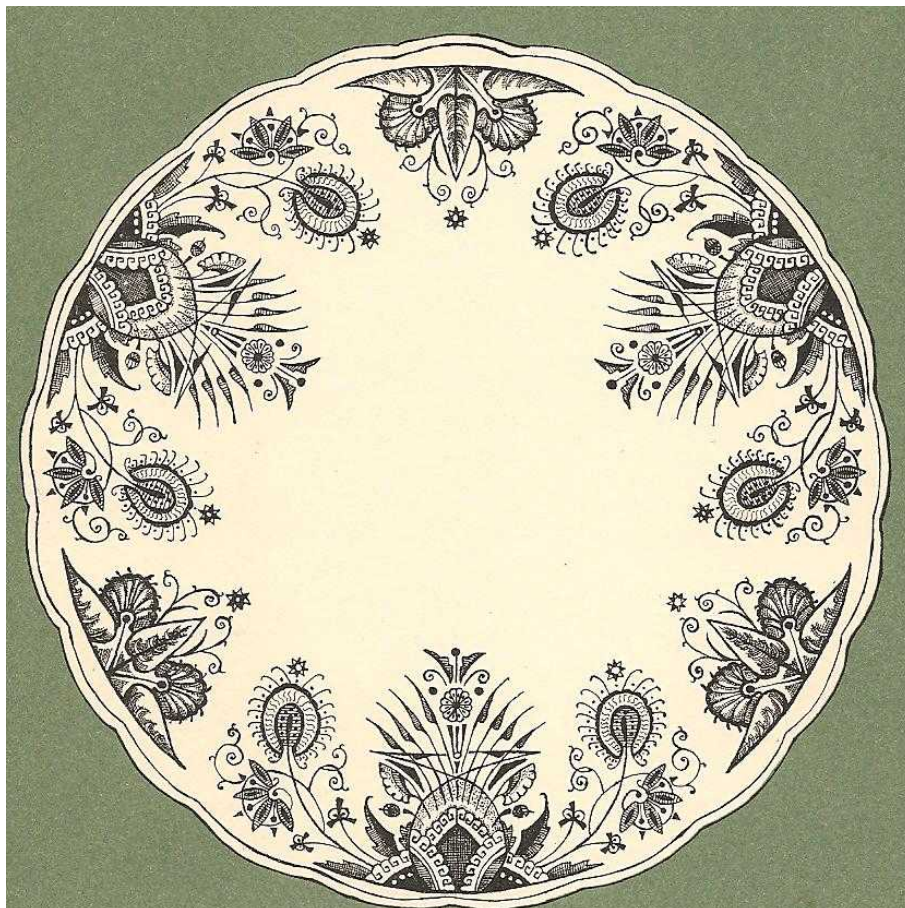
















**Un uomo stava camminando nella foresta quando s'imbatté in una tigre. Fatto dietro-front precipitosamente, si mise a correre inseguito dalla belva...**

**...giunse sull'orlo di un precipizio, ma per fortuna trovò da aggrapparsi al ramo sporgente di un albero.**

**Guardò in basso, e stava per lasciarsi cadere, quando vide sotto di sé un'altra tigre. Come se non bastasse, arrivarono due grossi topi...**

**...l'uno bianco e l'altro nero, che incominciarono a rodere il ramo.**

**Ancora poco e il ramo sarebbe precipitato.**

**Fu allora che l'uomo scorse accanto a sé una bellissima fragola. Tenendosi con una sola mano, con l'altra spiccò la fragola e la mangiò.**

**Oh, che bontà: com'è dolce, pensò!**







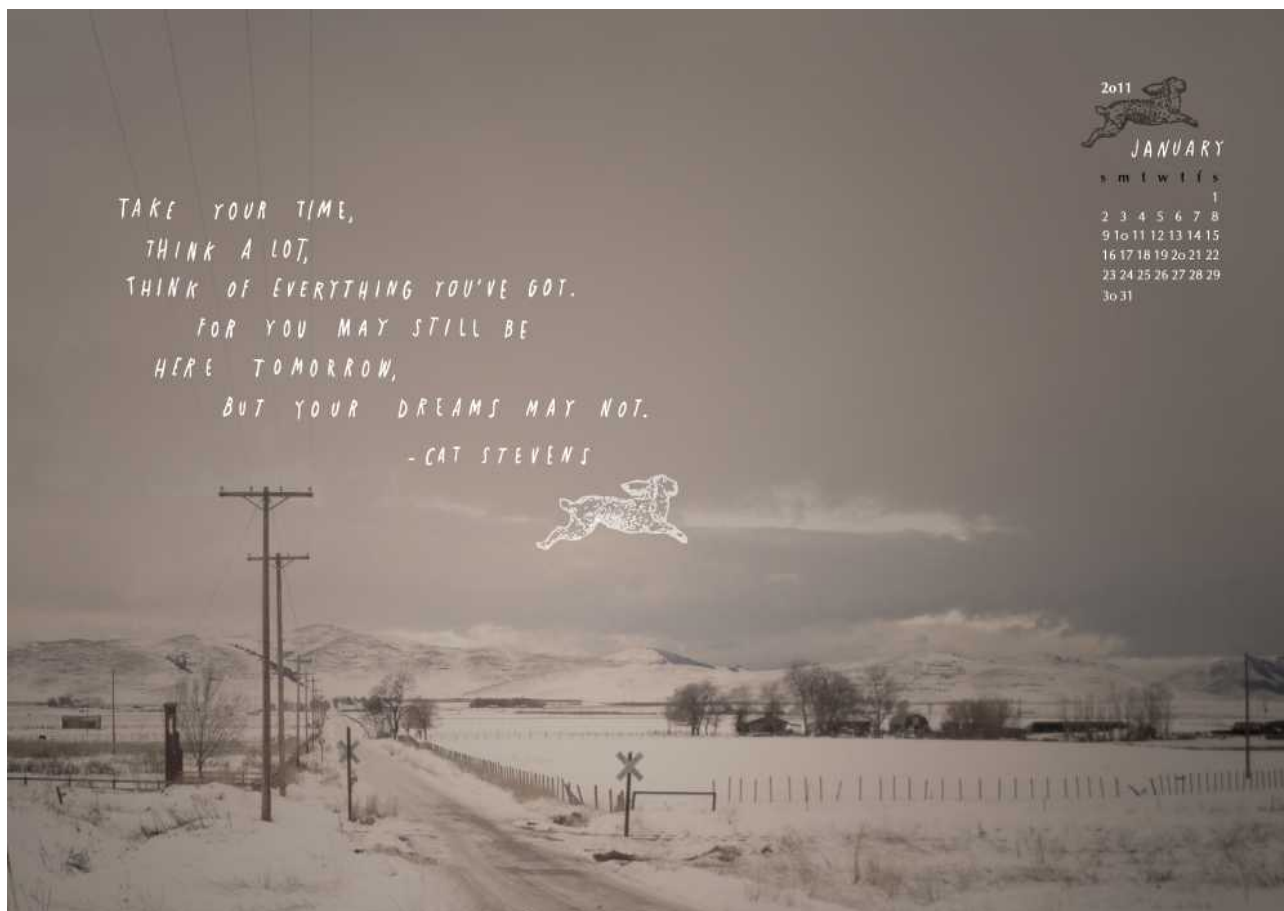
TAKE YOUR TIME,  
 THINK A LOT,  
 THINK OF EVERYTHING YOU'VE GOT.  
 FOR YOU MAY STILL BE  
 HERE TOMORROW,  
 BUT YOUR DREAMS MAY NOT.  
 - CAT STEVENS

2011



JANUARY

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JANUARY

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CHRISTOPHER  
 ENGEL









# Fabric Printing with Citra-Solv

Any photograph, image or design that looks good in black and white is a great candidate for printing with Citra-Solv. It's permanent, can be washed in the washer, takes about 2 minutes to do and it's cheap and easy. Once you start printing it's hard to stop because the possibilities are pretty endless.



## What you need:

1. Citra-Solv. They have an incredible website with product info, art stuff, order info, go [here](#). If you live in the States you can find it at just about any Whole Foods. But save yourself a trip and go to their website if you live far from town. There are great ideas there that I didn't know about until after I wrote this 'ible.
2. Small shallow bowl
3. Cheap 1" or larger paint brush
4. Fabric you want to print on (this should be the smoothest fabric you can find - usually that means a tight weave, but experiment - if you don't have a lot of detail such as a photo you can use a looser weave fabric.
5. An iron
6. Access to a copier that uses toner (most do, like a Xerox or Cannon etc.)
7. Newspaper or something to protect your dining room table if need be
8. A big spoon, wooden or metal
9. Some pins



## 10. Images you want to print

### About Citra-Solv:

Citra-Solv must have some other uses besides being used to print images onto fabric but I don't know what those uses are unless I read the side of the bottle. You can do that if you want. I am not going to be pedantic and do it here.

All that matters to you and I is that it is pleasant to smell, but you still need to use it in a well ventilated room or outside, and you should try not to get it on your hands - it doesn't burn but it's not good for you. Keep it out of your eyes obviously - OK, I read the side of the bottle. A little bit anyway.

There is more info about this in the ironing section - be sure to read that too.



### What to do next:

Make a bunch of copies (on a copier) of photos you like or images or designs. Until you get the hang of it keep your images to about 4" x 4" (10 mm) to start with. You will find that you get better the more you do, but in the beginning just use some junky fabric. It takes a little practice to know how hard to burnish, how secure the paper must be not to be moved while you are burnishing and how much Citra-Solv to use.

You can use images that you have on your computer (I am assuming I don't have to say anything about copyright stuff here, you know the drill by now - DONT COPY other's work without permission). Print them in black in white or color - it doesn't much matter as you are going to be making copies of them on the copier that will be in black and white. You are then going to lay the image upside down, meaning that you will be looking at the back of the paper. Now secure it to the fabric with those pins from the supply list.



## Brushing on the Citra-Solv

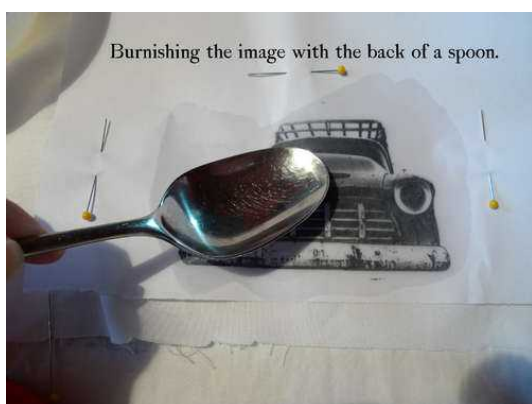
As you can see from the above photos the stuff is like water and it's easy to just wipe it across your upside down copy in under a second.



## Burnishing

This is where your spoon comes in. It can be a metal or a wooden one, but the idea is to rub and rub the spoon on the image. That rubbing pressure will make the ink, which has been turned into a liquid from the Citra-Solv, transfer to the fabric underneath.

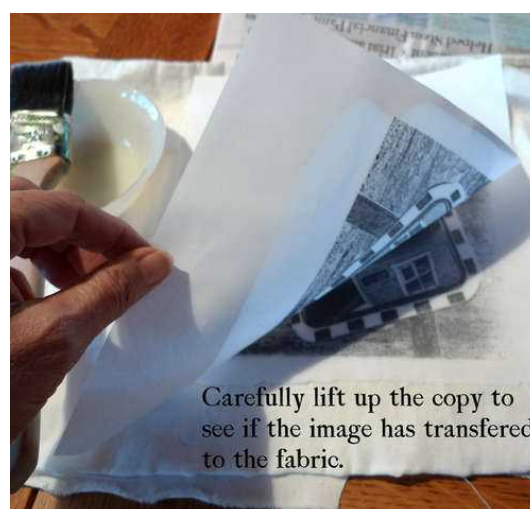
Your printing/burnishing surface must be fairly hard - not as hard as a table and not as soft as a towel on top of a table; newspapers and a piece of fabric give about the right hardness. Think about how the paper would bend if you were burnishing on a really soft surface. Think about your lack of surface area on a really hard surface. Look for something to give you an in-between surface.



## Peeking

In this step you take out all but one pin and take a peek to see how you are doing - is the image all there? Is it smeared? Is it dark enough? I can tell you from experience that once you get the hang of this kind of printing you will not want to take a peek because no matter how careful you are to place the paper back down just right, it usually shifts just a tad. The result is a blurry print.

But the reason I want you to peek at this point is because you are just practicing. Peek enough times and you will soon get to the point that you won't have to.







## Ironing

Sometimes I don't remove the paper at all but iron right on it after burnishing. Sometimes I remove the paper and then iron. Sometimes I think I get a darker print if I iron right through the paper but I think more depends on the weave of the fabric.

Iron on a cloth to protect your ironing board. You are protecting it from smelling like Citra-Solv forever and also in case any ink goes right through your fabric.

I don't think it is a good idea to breath Citra-Solve fumes as they evaporate from the hot iron so you should do this outside or in a well ventilated room or wear a real gas mask. When I am working with it I tend to print many, many images on a piece of fabric so I wear a real gas mask, don't let this deter you from tying this 'ible. I use a lot so I take more precautions. It doesn't say anything on the bottle about it being harmful if inhaled (it does smell pretty good too) so it must not be, but it's just common sense to me. (Yes, I read the side of the bottle after all).

## Hints

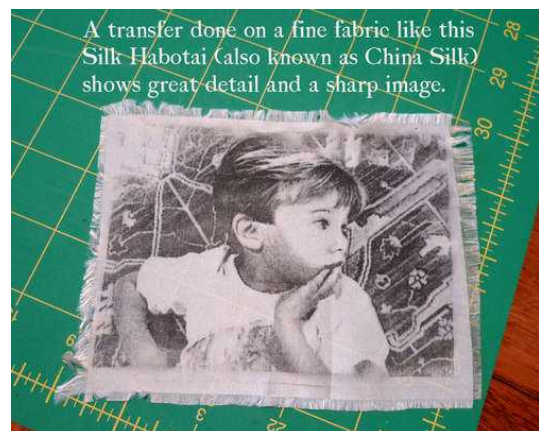
Weave matters. The tighter the weave the more detail you will have in your print.

Poke just a small hole in the top of the Citra-Solv bottle so the stuff doesn't evaporate too fast and so you have more control as you pour it into that shallow dish.

Iron your fabric before you start printing because you really need a flat smooth surface.

If you are printing on a T-shirt put something inside the shirt so you don't have ink bleeding through to the back of the shirt.

I know you will ask but no, you cannot



use this technique with stuff you print out from your inkjet printer. I tried it and nothing happens, no ink transfers because no ink dissolves. Laser printers I do not know about - try it and let us know.

An Additional Note: I tried this technique with a color laser copy (not to be confused with a color laser print, which I have not tried yet) and there was no transfer at all. The color copy (from Kinkos) was a few years old. A brand new copy may have a different effect.

Remember that if you are printing an image with words on it that they (the words) will print in reverse. Actually the image will print in reverse too. You probably already knew that but just in case you didn't, make them backwards before you make your copy so you can read them. Some really great copiers have this feature - so if yours does, use it. You will only forget one time.

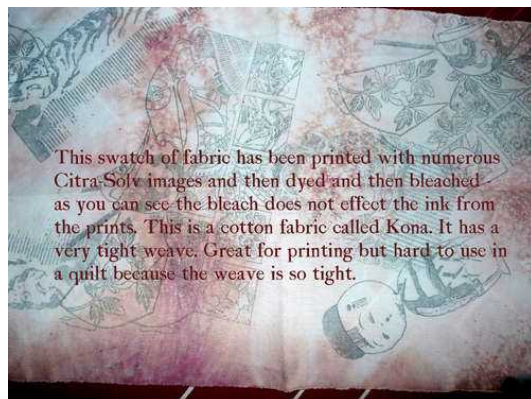


### **The best step - you can wash it!**

Yes you really can. I have even tried to bleach it with no effect at all. It's on there for good.

### **The End**

Happy Printing. Don't hesitate to ask me questions, and please rate my Ible.



# Tea-stained Paper



I made some strong tea and put it in a shallow pan. I crumpled the pages and tossed them into the tea. I did not fully submerge the paper.

I removed the papers, flattened them a bit, and laid them out to dry.



When they were all dry, I had a stack of paper like this,



Which I put into the press, and got this:



I used this paper to make some thick signatures - here they are on top of some regular signatures made from the same paper (unstained).



I used the thick sections to make some journals in the style of the Nag Hammadi books.

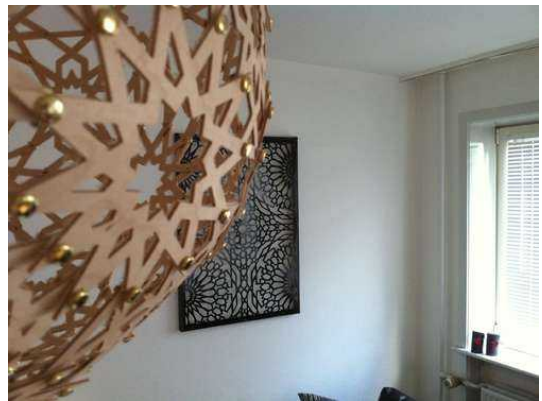
# Moresque lampe

Hey everyone, this is my first instructable, and i would like to share with you, how to make this Moresque inspired Lamp.

The lamp can be made either with some thick paper or some thin plywood ( 1- 3 mm ).

In this exemple i will make it with plywood ( 3 mm thickness )

Unfortunately i Cannot afford a laser cutter, so i will use the traditinal way to cut



## What do you need ?

Made by thick paper :

- you will need some sheets of paper
- scissors
- glue

Made by plywood

- some plywood sheets ( no thick than 3 mm )
- alots of Brads ( no less than 288 !! )
- material to saw your patterns

AND of cours the patterns !



## Cutting the patterns !

well .. i am using a CNC machine, but you can really cut then the traditional way, just print the patterns and glue it the wood and use a drill and a saw.

If you are using carton or paper well, print them and use your scissors :)

Once CUT ... we preceed



### Connecting things together

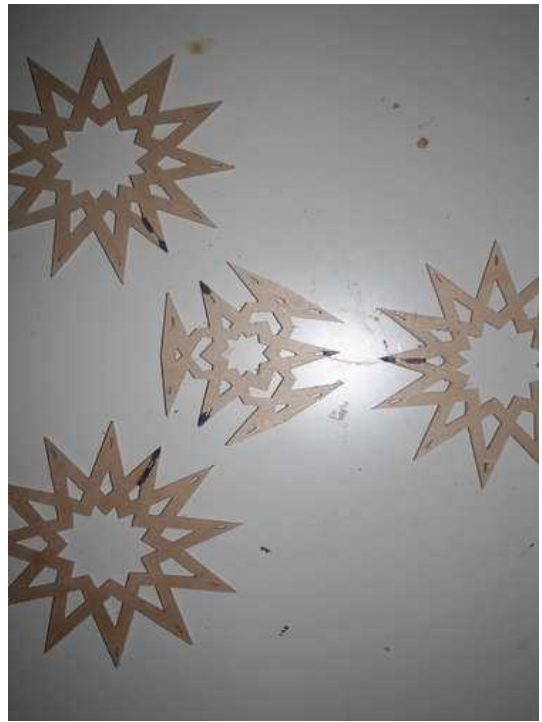
Before connecting the pieces together i put them in a sink of water for 10 min, just so they bend easily. but if you are using very thin plywood ( 1 mm - 1,5 mm ) you dont need that !

Then to connect them

**IMPORTANT :**

make sure to connect the stars to the triangles first in such manner that the **shorteste "arm" of the star** ( the black dot in the picture ) should connect to the middle arm of the triangle .. just look at the picture :)

And then use the brads to secure them in place together or use the glue if you are using paper. Then finish by cutting the sticking part of the



### Keep Connecting !

for making the "skeleton" of the lamp, you need : 8 square patterns in a row ( will be bent at the end to make a circle, the patterns are connected together with the part we made from the earlier step ( you will need 8 of these in total - 4 at the top of the "skeleton " and 4 at the bottom of the skeleton )

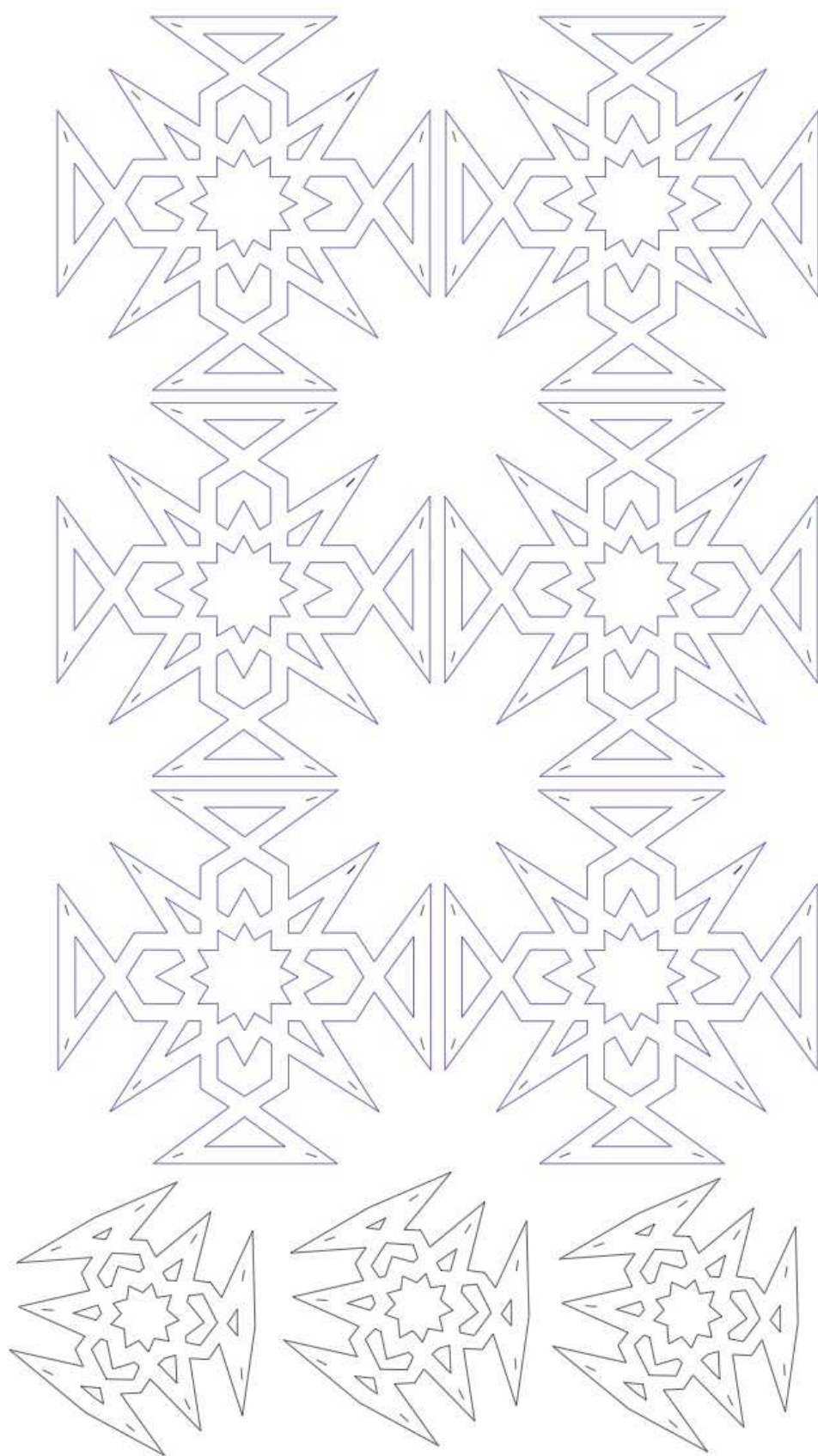
Just look at the images

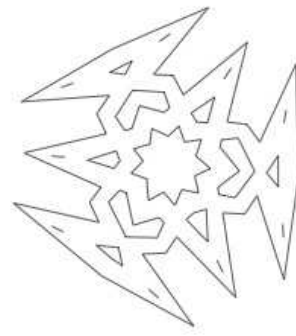
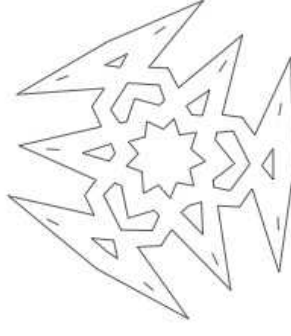
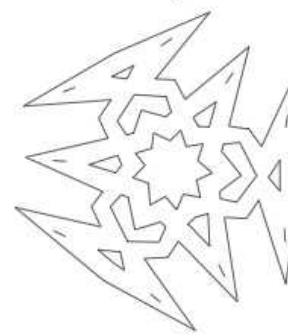
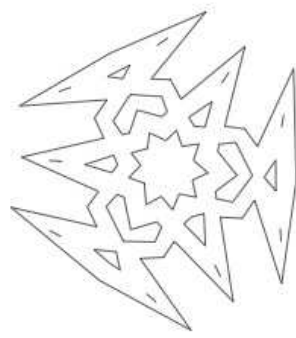
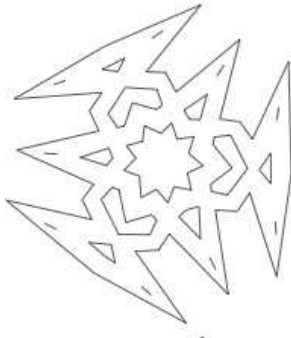
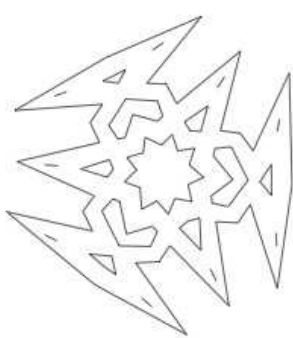
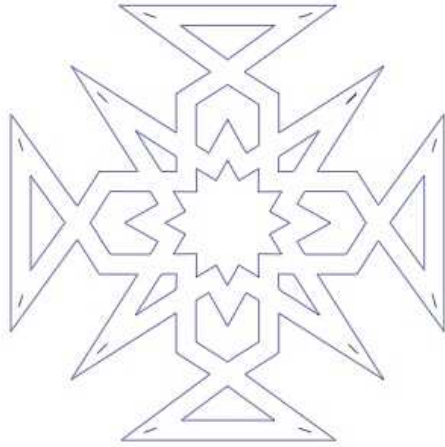
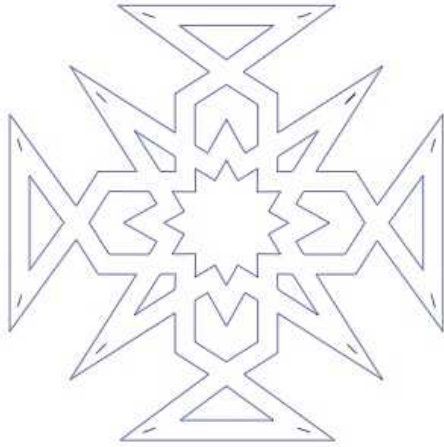
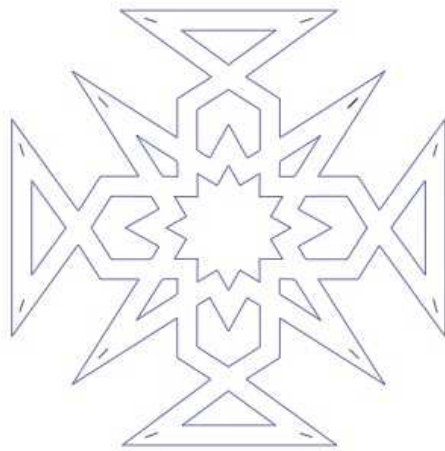
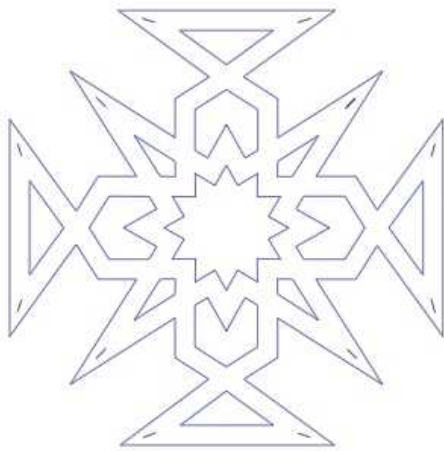
And finish the step , by connecting the end of the "skeleton" to make a circle.



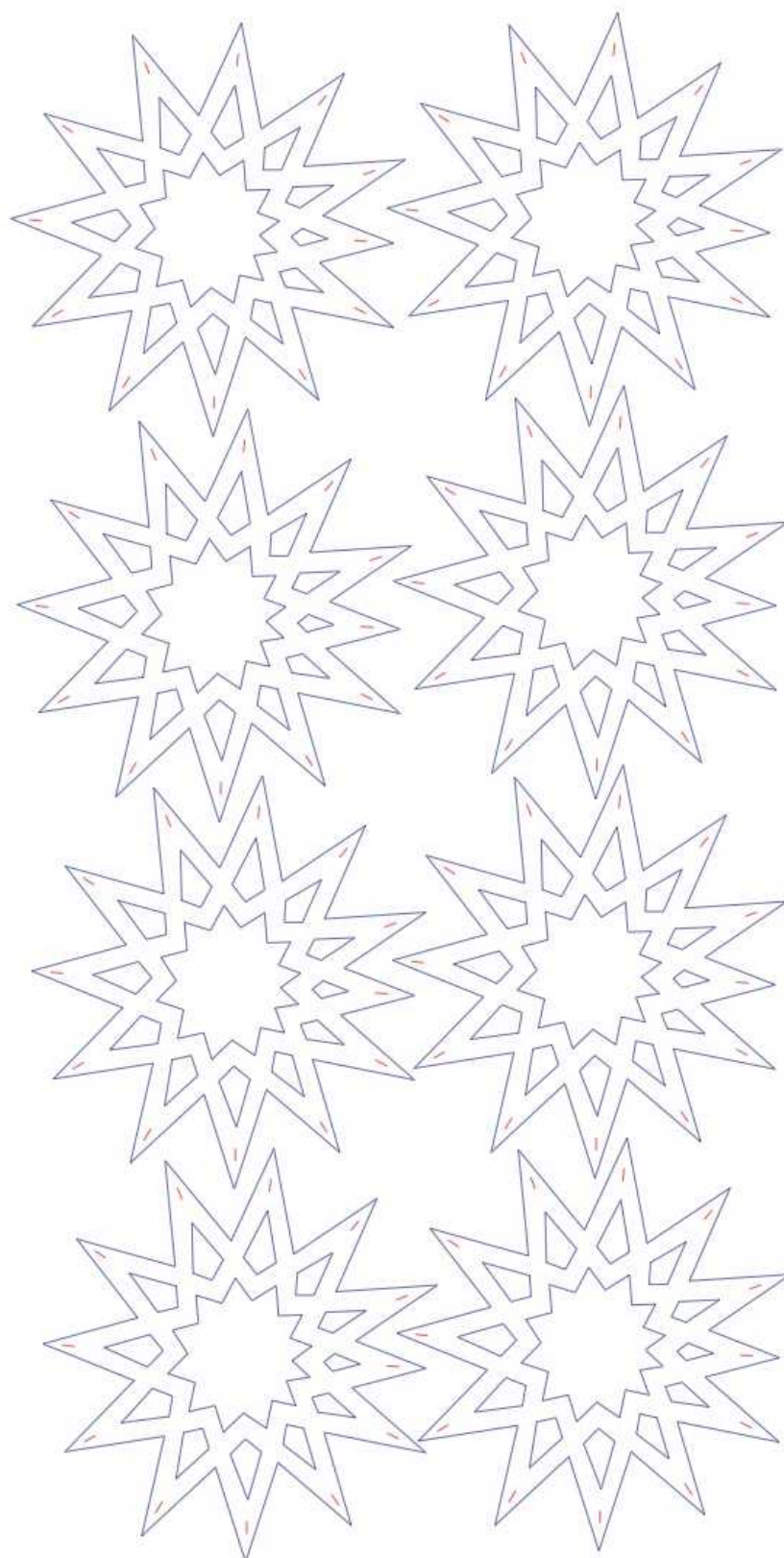


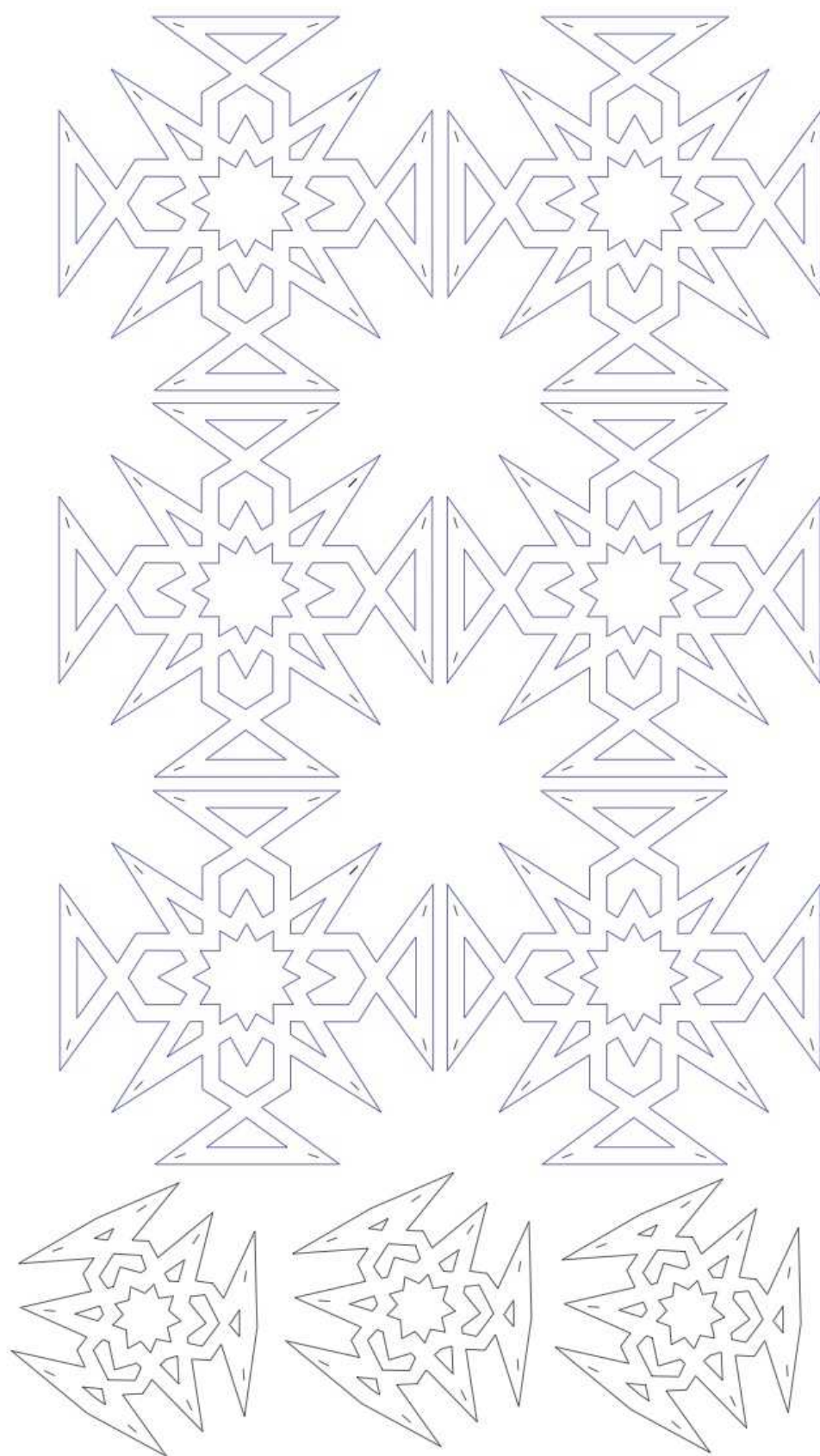


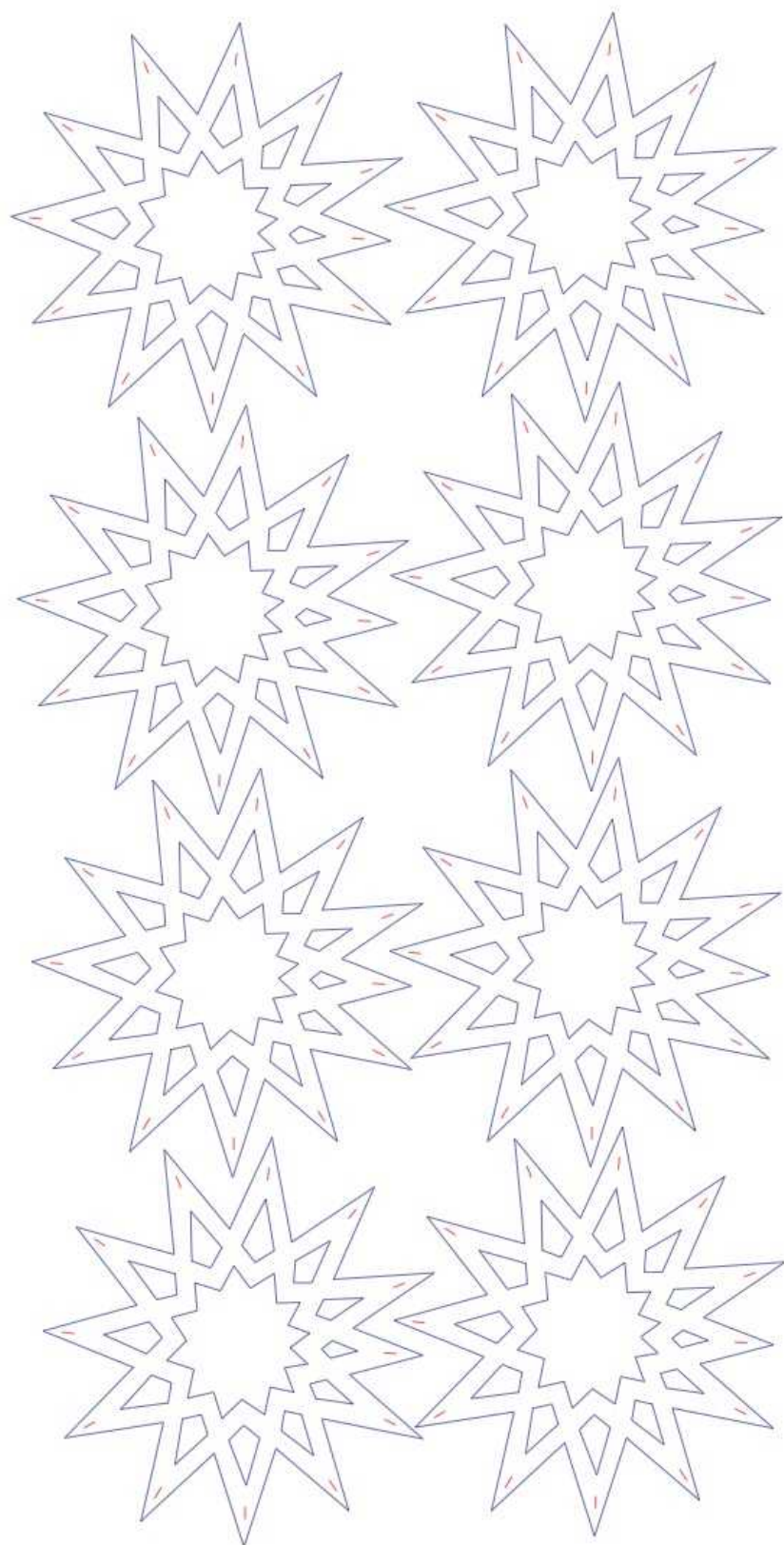




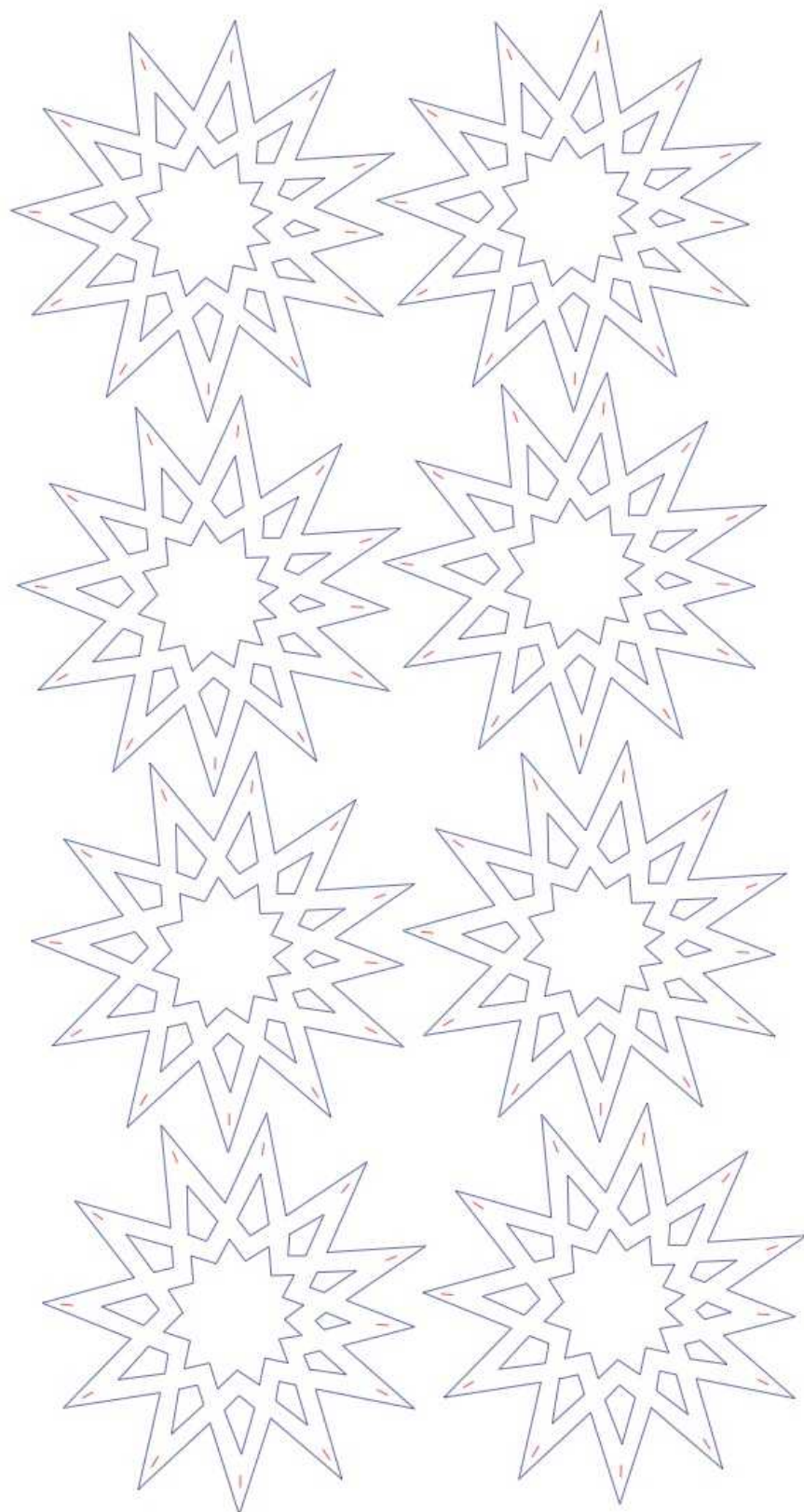


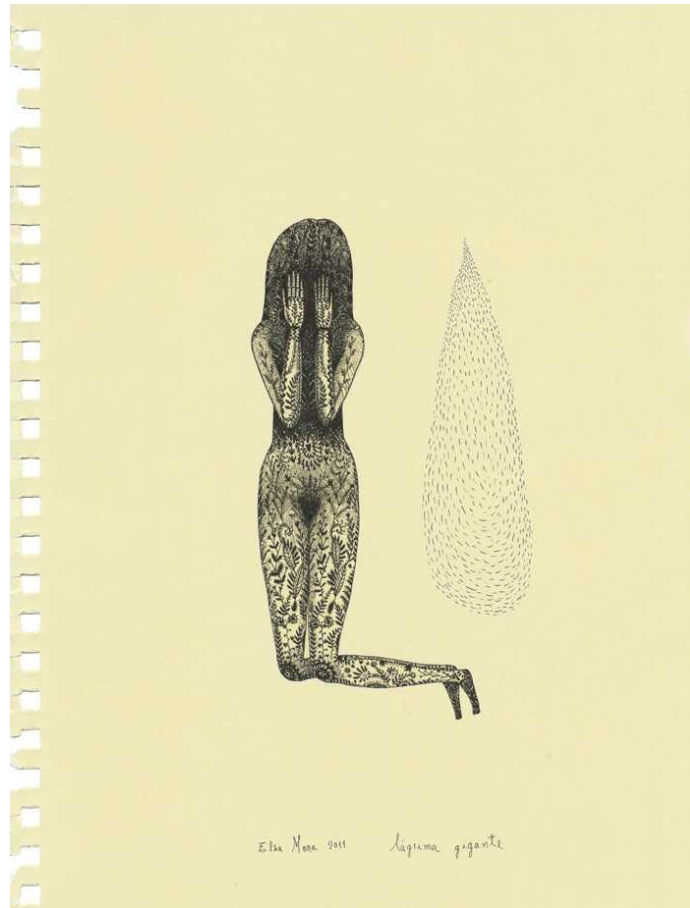












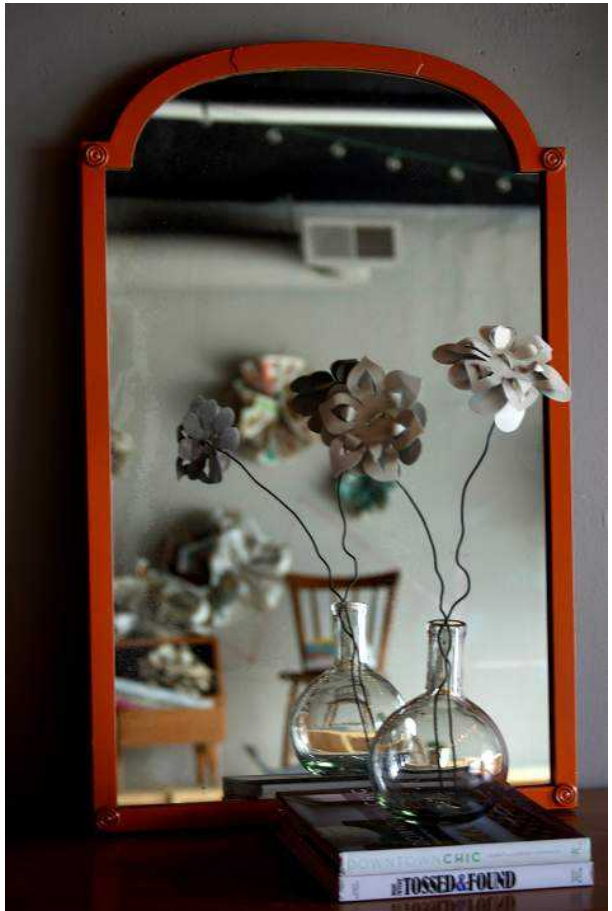






*Louise Bourgeois: The Spider, the Mistress and the Tangerine*

































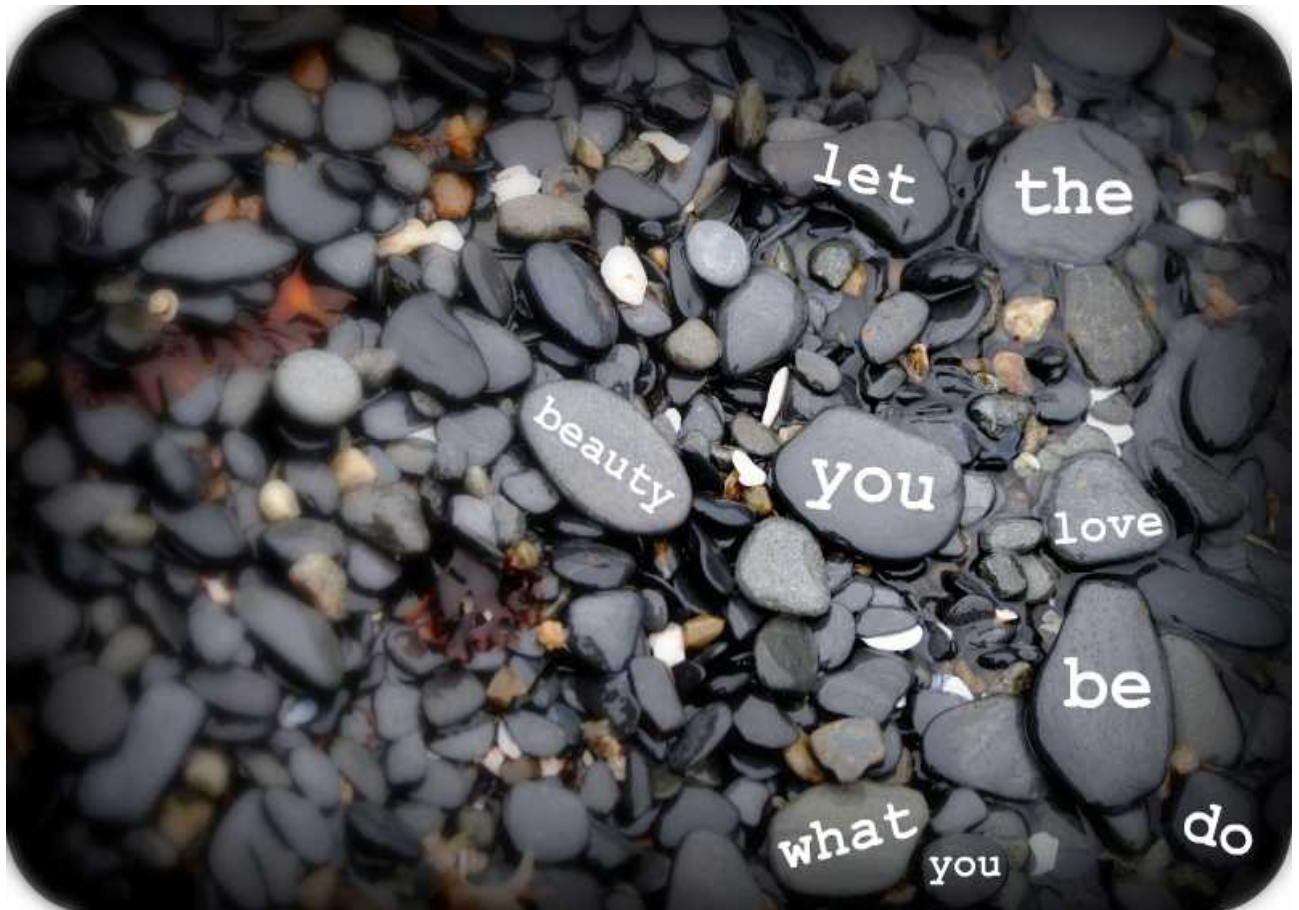




















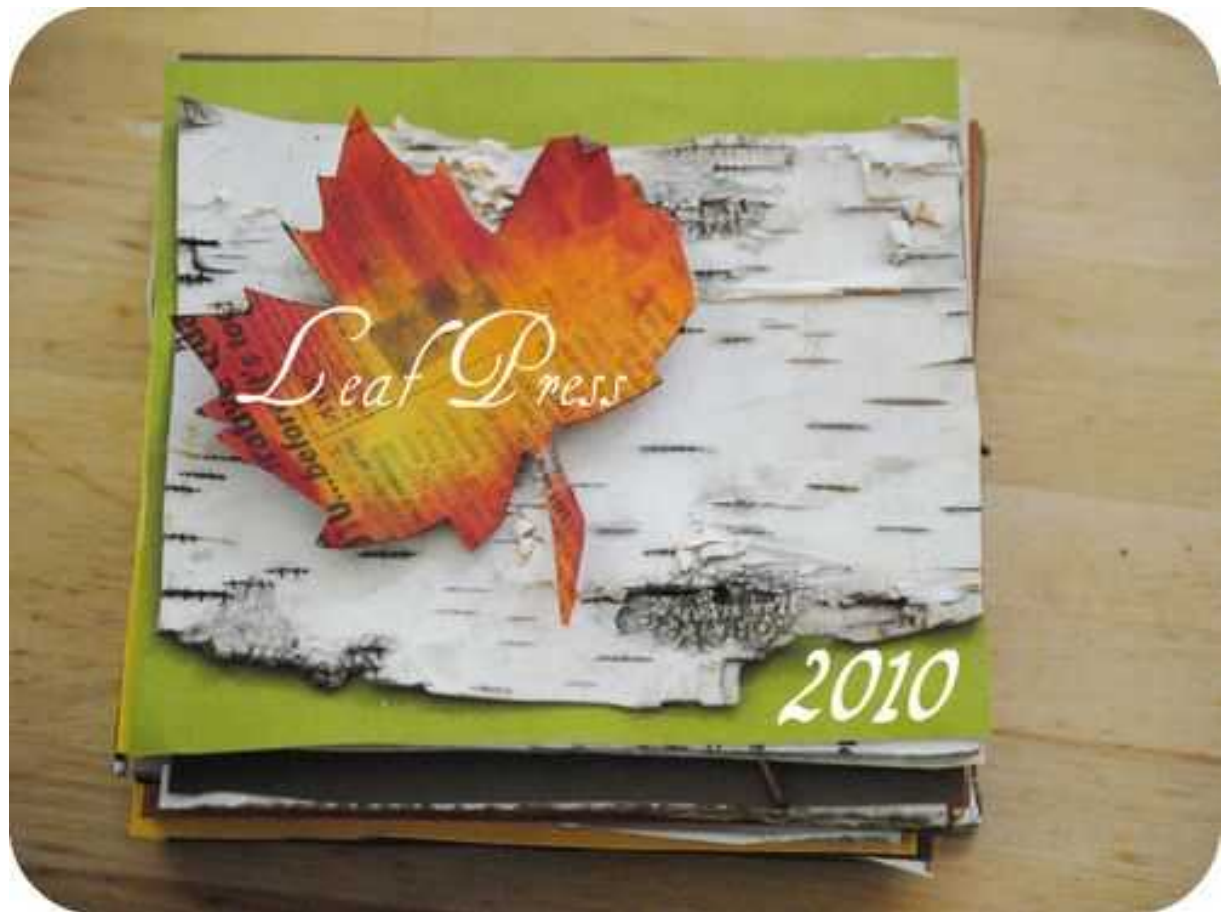
















































## Grown-up Chocolate Hazelnut Spread (Nutella)

*(adapted from*

*[David Lebovitz](#) and [Su Good Sweets](#))*



*Makes about 14 ounces*

10 oz/ 300 grams hazelnuts, toasted and skins removed

2 oz/ 60 grams cocoa nibs

1/2 to 2/3 cup/ 60-70 grams powdered sugar

7 teaspoons unrefined hazelnut oil

1/2 teaspoon espresso powder

To toast the hazelnuts, preheat your oven to 300F and spread the nuts on one layer on a large baking sheet. Toast the nuts for about 15 minutes until golden brown, then rub their skins off with a clean cloth. Set aside.

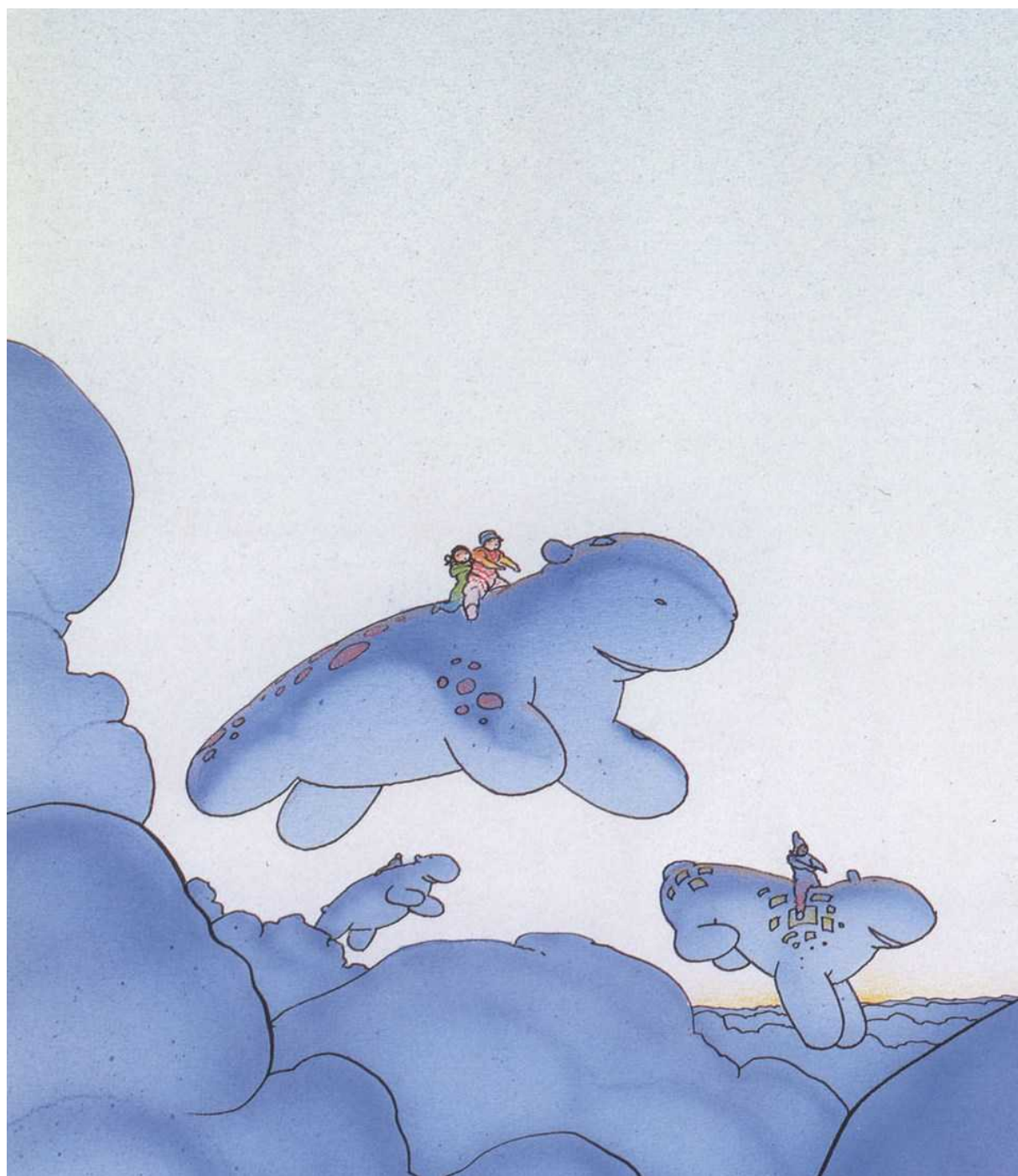
Toast the cocoa nibs by placing them in a saucepan over medium heat, stirring occasionally until they darken and are slightly shiny. Remove from heat and set aside.

Place the nuts and cocoa nibs in a food processor and chop them until they liquefy. Your processor will sound as if it's throwing a hissy fit and about to implode, but keep your finger on the pulse button until you get a thick, lovely dark chocolate hazelnut butter. The nuts and nibs will first gather into a ball before turning into butter. To help move things along, you may need to scrape down the sides of the processor bowl to ensure that everything is pulverized.

Add the sugar, oil and espresso powder and pulse again, scraping down as needed until everything is well incorporated into a lusciously thick sauce. There will still be chunks of nibs remaining which will give a slight crunch to each spoonful.

Store the spread in clean and dry airtight containers/jars and refrigerate. Bring the spread to room temperature before using.













## Baked Potatoes with Balsamic Caramelized Onion and Mushrooms

By Katie Goodman

➞ I love loaded baked potatoes, but they aren't exactly waistline friendly. So, I decided a new recipe was in order. Instead of featuring butter, sour cream, cheese, and bacon (basically fat and calories), this recipe incorporates mushrooms and caramelized onions bathed in a rich-tasting balsamic sauce. Sure, there's cheese too, but just a sprinkling for garnish, and the syrupy vinegar sauce moistens the baked potato enough so that you don't need butter and sour cream.

This makes a great vegetarian meal for a weeknight, as the baked potatoes and vegetables can be made in advance.



### Ingredients

**4 large baking potatoes, baked according to your preference**  
**2 tbsp olive oil**  
**1 medium onion, yellow or red**  
**1 clove garlic**  
**16oz baby portabella mushrooms**  
**8oz red wine**  
**3oz balsamic vinegar**  
**1/8 tsp sugar**  
**3/4 tsp cornstarch**  
**2 tsp fresh parsley, minced**  
**Salt and pepper, to taste**  
**Gorgonzola cheese, crumbled for garnish**  
**Chives, sliced for garnish**

### Directions

**Step 1:** Remove the stems from the mushrooms and reserve for another use. Slice the mushrooms thinly, about 1/4 of an inch thick.

**Step 2:** Cut the onion in half from end to end. Remove the skin and discard. Cut the onion into slices.

**Step 3:** Combine the red wine, balsamic vinegar, sugar, and cornstarch. Whisk to mix well and set aside.

**Step 4:** Heat olive oil in a large cast iron skillet or sauté pan over medium-high heat until the oil is shimmering. Add the onion slices to the pan, tossing to coat with oil on all sides.

**Step 5:** Evenly spread the onions out in the pan and continue to cook, stirring just occasionally for about 15 to 20 minutes.

**Step 6:** Grate one clove of garlic over a microplane grater and add to the pan. Stir in the mushrooms and sauté until tender and golden.

**Step 7:** Add the red wine and vinegar mixture to the pan. Bring to a boil over high heat, then reduce to medium and cook until thick and syrupy. Stir in the parsley and season to taste with salt and pepper.

**Step 8:** Serve mushroom mixture over baked potatoes. Top with sliced chives and gorgonzola cheese crumbles.





