

## BITE RECIPE – RAG RUG

*A very simple, quick bite – everybody has a go, and you end up eventually with a rug for your group or cause. The design can be your logo etc. Use to emphasise how women (usually) in poor countries have to find additional income to make ends meet, and how little value is placed on their time. Everyone, anyone, can sit and hook a few strips.*

### Ingredients:

- **The frame** (optional): could be a sturdy old picture frame the size of the rug you want to make.
- **The rug backing:** cut hessian or sacking to the size you want plus 3cm (1½”) hem allowance all round. Use 2.5cm (1”) of the allowance to make a narrow hem, and stretch the material over and round the edge of the frame, fixing it with tacks or drawing pins.
- **The strip cutter:** a piece of wood about 6 inches long, 10cm (4 inches) circumference, with a groove cut along its length. Long strips of cloth 1” wide are wound round the wood, and then scissors inserted in the groove to cut all layers at once. This gives even strips, 2.5cm (1”) wide and 10cm (4”) long.
- **A stick** to poke the strips through: a large knitting needle, a blunt pencil, a chopstick – or simply a found stick will do – but try it out.
- **Recycled materials** in bright colours. T-shirt fabric is good.

**Method:** Minimum 5 mins

**Age range:** Any over 4yrs old

- Working from the back, poke a hole in the canvas and push one end of a strip of fabric through.
- Make a hole a couple of threads away from the first, and push the other end of the strip through.
- From the front of the frame pull both ends of the strip firmly, making sure the ends are of equal length.
- Work the next strip close to the first, and so on.



### Global issues raised:

- Poverty, inequality, particularly gender inequality, labour exploitation, recycling,
- Understanding the labour needed to earn a few pennies
- Awareness of the essential nature of recycling in poor countries

A good way into discussion is through chat about grandmothers making rag rugs; show them the Zambian example. Why have things changed here? What's our attitude to recycling? How would we feel about rag rugs if we had no money? How long would it take to make one? In UK on minimum wage what would its minimum value be?

**Additional resources:** GLADE currently has a complete kit, with half-made rug featuring an Adinkra symbol (see Adinkra printing). With the kit is a Zambian rag rug, some background pictures and a sheet of ideas you might explore.

**Where to use this global bite:** Fetes, fairs, coffee mornings. Could you auction the finished item or use it in a community building?