

Make a Simple Flax Distaff

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If you don't have a flax distaff for your wheel, you can make one as plain or as fancy as you like! Here is a list of things you will need:

1. Wooden dowel rod about 36 inches long. The size I use most often is 3/8 inch. It will depend on the size beads you get.
2. Wood beads large enough for the dowel to fit through. They should fit tight enough to securely glue the beads to the dowel.
3. Some good wood or white craft glue.
4. Some medium to fine grade sand paper.
5. Two clamps. The aperture must be large enough to accommodate the surface you need to clamp to by your wheel.
6. A foot long ruler, and a pencil for marking.



FIRST—Sand your dowel smooth. You want it very smooth. If you want to stain or put a finish on your dowel, now is the time to do it. Be sure it is thoroughly dry and set before continuing.



SECOND—Glue your beads to your rod. (The beads keep your flax from slipping down the rod from where it is tied.) Glue the top two beads about 1 3/4 inches apart. Glue the last bead about 2 1/2 inches from the middle bead. Let the glue set until the beads are firmly attached. Add more glue if necessary.

THIRD—Now your distaff is ready to be clamped to a surface next to your wheel. Clamp one of the C-clamps to the table with the other C-clamp. Use the clamp that is horizontal on the table to hold your dowel to a height that you need to dress your distaff. If you have the bottom part of a music stand, you can put the dowel in there and adjust the height.

Now you are ready to dress your distaff and spend some enjoyable time spinning flax!



Les & Leef Bloomenstiel
7454 FM 121
P.O. Box 776
Van Alstyne, TX 75495

Phone: 903-482-5128
Fax: 903-482-5128
E-mail: leef@appleleeffarm.com
<http://appleleeffarm.com>