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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Papyrus sheets Are Made

By Dr.Nabil Elkhawaga

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Steps of Making Papyrus Sheets;

Papyrus is the ancient Egyptians invention for writing paper, and it was the most important writing material in the ancient world. Our word "Paper" derives from the word "papyrus", an ancient Egyptian word that originally meant "that which belongs to the house i.e. the bureaucracy of ancient Egypt". Papyrus is a common marsh plant having a triangular reed that used to grow along the banks of the river Nile. The paper was made from the pith of a papyrus, the tall stems were cut down and carried off in bundles. Each stem was stripped of it is rind and cut into short pieces which were then cut lengthwise into narrow strips. The papyrus pith was kept soaked in water until the fibers become flexible and translucent.

Two layers of papyrus strips arranged at right angles were put on a hard flat object and beaten or pressed to desorb the water until they fused together.

The resulting sheets were left to dry in the direct sun for several days, then they were polished and glued together to form scrolls.

Painting was carried out utilizing oil colors or gauche colors.

This art was missed for a very long time until it was uncovered around sixty years ago by some researchers. The way our papyri is made now in Egypt is a replica of that one used 3000 years ago.

No chemicals, additives or modifiers are used, this is to ensure that the work of the recent artisans looks the same as that of their ancient grandfathers.

Processing Steps

1. Papyrus Plant

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2. Cut the Papyrus

3. Making the sheets

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How To Care For Silk Sheets

By Gray Rollins

Sleeping on synthetic fibers can be an uncomfortable experience. Synthetic materials are usually hot and sticky during the summer months and chilly during the winter. Although cotton sheets are more comfortable to sleep on than sheets made with man made materials, they can be a bit coarse, especially if they don't have a high thread count and they are prone to wrinkling. Silk sheets are the ultimate luxury for the restless sleeper. However, since they are a bit more expensive than other types of sheets, caring for silk sheets is an important concern.

Most silk sheets are designed to be machine washed on the delicate cycle in cold water. However, you should check for a label with washing instructions on your sheets before you assume they are machine washable. Some silk sheets must be hand washed in cold water instead.

No matter how you wash your sheets, don't use a traditional laundry detergent or bleach. These chemicals are too strong for silk and can cause the silk to shatter, which is a condition where the silk fabric literally breaks apart. Instead, you should use a special silk safe detergent. In an emergency, you can try washing your sheets with Ivory soap, which is extremely mild.

Once you wash your sheets, it is time to dry them. Don't wring them out to remove any of the water still on them, because they are just too delicate to handle this. Instead, you can gently shake the sheets to remove some of the water and then hang them carefully across an indoor clothesline or drying rack until they dry.

Using a dryer to dry your sheets is a bad idea, since the heat could cause the silk to shatter. Even if the sheets come out of the dryer looking unharmed, they will not last as long as air dried sheets because the heat makes the silk threads very brittle. Drying sheets on a clothesline outdoors is a bad idea for the same reason. After all, the sun can give off quite a lot of heat. In addition, sunlight can really damage the color of your silk sheets.

Finally, if you are overwhelmed at the thought of caring for your silk sheets, you may want to consider

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having them dry cleaned. Make sure that you let your dry cleaner know that the sheets are made with silk before you hand them over. A good dry cleaner knows exactly how to clean and iron silk without damaging it.

Gray Rollins is a featured writer for JustSheets. To learn more about sheets, visit us at

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