



Pathfinder Honour: Trainer's Notes

Soap Craft



Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. *(On SPD Honour Website but Leader's level access is required)*

Additional Reference Material

[http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Arts_and_Crafts/Soap_Craft_\(General_Conference\)](http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Arts_and_Crafts/Soap_Craft_(General_Conference))

Please be aware that any material on Wikibooks is beyond the control of the SPD.

Please see RESOURCES AND REFERENCE MATERIAL Page 6

Acknowledgements

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REQUIREMENT 1: What ingredients are used to make soap?

The main ingredients used to make soap are vegetable oils or animal fats, caustic soda and water. Perfumes and dyes are added to make a pleasant finished product.

REQUIREMENT 2: What is the difference between soap and detergent?

Soap is formed by combining blends of fats and oils with an alkali (usually a solution of caustic soda and water). This chemical process is called “saponification”.

Detergent is any type of cleaner that acts like soap but does not contain soap as its main ingredient. Detergents are derived from petroleum bi-products.

REQUIREMENT 3: What causes the cleansing action of soap?

Water by itself does not get through a greasy or dirty surface easily. By adding soap to the water, it acts as an “emulsifier” which means it breaks oil and grease into small droplets. The soap molecules surround the grease or dirt and keep it in the wash water. Other actions such as rubbing or agitating the water help loosen the grease or dirt so that it can be floated off into the suds without being redeposited on the surface of the object being washed.

REQUIREMENT 4: What is scum?

Scum is the substance which results from the reaction of the minerals in the water with the soap. Scum is evident as a ring on the bath tub or on shower walls.

REQUIREMENT 5: Write a story about the history and origin of soap.

Soap making is an ancient craft. We can only guess at who made the first batch of soap and how they came to discover that by mixing the unlikely combination of an alkaline solution with fat it created a substance that will clean things. After all, rubbing greasy fat onto something only makes cleaning more difficult.

Originally soap was made from wood ashes, water and animal fat. Ancient people may have discovered soap when fat and ash were mixed together when cooking in pots over open fires.

The earliest records of soap making are from Ancient Babylon, some 4800 years ago. A formula for soap consisting of water, alkali and cassia oil has been found on a Babylonian clay tablet that was written around 2200 BC and soap like material was found in clay cylinders during the excavation of ancient Babylon.

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Discoveries in Egypt indicate that ancient Egyptians bathed regularly and combined animal and vegetable oils with alkaline salts to create a soap-like substance.

A soap factory was uncovered in the ruins at Pompeii and the Greek physician, Galen, wrote about soap in the second century.

In semi-modern times, crude soap was made by mixing animal fats with lye which was made by mixing water with wood ash and using the liquid strained out of the mixture.

The formula used for soap today hasn't changed much since then. Soap is now made with commercially produced lye - sodium hydroxide (caustic soda) or potassium hydroxide. Fragrances and colours are added to make a better finished product.

REQUIREMENT 6: Carve an object from a bar of soap.

You can buy multipacks of soap at reasonable prices at your local supermarket.

The carvings the pathfinders can make from a bar of soap are endless. Let their imagination and creativity take over.

Start by tracing the design onto the bar of soap, etching the lines lightly onto the soap with a pointed stick or the tip of a knife. Once the design is etched into the soap, begin removing the soap that does not belong. Do not remove huge chunks all at once or the soap may break.

Instruct the pathfinders on knife safety before handing out the knives:

- Do not draw the knife towards yourself
- Pick up a knife by its handle
- Be aware that folding knives can close when under pressure
- Offer a knife's handle to another person when handing it over
- Make sure everyone is well clear when using a knife.

REQUIREMENT 7: Decorate a bar of soap for a gift.

Smooth plain bars of soap can be decorated by attaching ribbons, rub on transfers, or glue on small pictures or stickers. Supply a variety of items for the pathfinders so they can choose what to use to decorate a bar of soap for a gift. Let them be creative and have fun.

Rather than decorating a plain bar of purchased soap, an option would be for the pathfinders to make up a lovely gift pack for a family member with the soap they make in Requirement 9.

Soaps can be wrapped in cellophane, plastic wrap or wax paper or packaged in hand made envelopes, boxes and bags decorated with ribbons or stickers. A basket or dish or pot is a container that is a gift in itself and can be used again. Use decorative fillers in the containers such as rose petals, lavender buds or silk flowers and preserved leaves to add colour. Add a decorative handmade label made from coloured or handmade paper with stickers and calligraphy for that personal touch.

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REQUIREMENT 8: Make a scene out of whipped soap, using at least three colours.

To make the whipped soap, reuse the shavings left over from the carvings, or if not enough, grate more soap. Plain white soap is the best to use.

Place the grated soap in a glass mixing bowl and add water in the ratio of $\frac{1}{4}$ cup water to 1 cup of grated soap. Stand the bowl in a pan of simmering water. Stir until the soap has melted and the water is absorbed into the soap. It should only take a few minutes. Remove the bowl from the pan; add a small quantity of warm water (up to another $\frac{1}{4}$ cup water to each 1 cup of grated soap you have melted) and whip the soap mixture with an electric beater until it is soft and fluffy. Don't add too much extra water or you will end up with a bowl of suds.

It's probably best to do this process in smaller quantities, such as melting and then whipping 1 cup of grated soap at a time, rather than trying to do a large quantity at once.

Spoon the whipped soap in the desired quantities into plastic food containers that you can seal with a lid. Colour the whipped soap as desired with food colouring, mixing in the colour until it is even.

It is probably best to whip the soap and prepare it the day you need to use it, but if not using it straight away, make sure the containers are properly sealed so it does not dry out too much and become too stiff to use. If you do make it a few days before you plan to use it and it does dry out, add a small quantity of warm water as needed and mix well.

The pathfinders are to make a scene with the whipped soap by "painting" it on to a paper plate with paintbrushes. A small knife or small spoon, or even toothpicks, might also be useful. Let their creativity run wild.

REQUIREMENT 9: Make your own soap using a melt and pour soap base.

Making your own soap can be fun and it is easy to do using a melt and pour soap base. The pathfinders will love making their own soap by putting their own personal touches to the melted soap with colours and fragrances before pouring into moulds to set.

Books on this type of soap making with instructions and ideas are available in the craft section of most large bookstores.

You may be able to obtain supplies for soap making from some craft shops. The local phone directory is a great place to start looking for a supplier near you. If you can't find a local supplier, there are many Internet websites from which you can order a full range of supplies online. Please refer to the Section *RESOURCES & REFERENCE MATERIAL* on Page 6

If ordering over the Internet, make sure the company is based in your country to avoid overseas freight charges which might be quite expensive. For example; if in Australia, just Google "melt and pour soap" and search pages from Australia.

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Basic recipe for a do-it-yourself soap using the melt and pour method.

Caution – Strict adult supervision is required at all times.

Please be careful:

- The liquid soap is very hot.
- Spilt liquid soap is very slippery.
- Do not leave melting soap unattended.

Materials and ingredients:

- Unscented melt and pour soap base (either clear or white)
- Colouring – cosmetic grade
- Fragrant oil
- Glass bowl or jug (for use in microwave or double boiler)
- Soap moulds – or any heavy plastic containers, jelly moulds, chocolate moulds or you can use cut down (to about 10cm) milk/cream cardboard containers

Method:

1. Cut required amount of melt and pour soap base into small pieces and place in glass bowl. Melt in microwave or stand in a pan of simmering water.
(Tip: Don't try to melt too much at once. These soaps set quickly so you should only produce them in small batches)
2. If using the microwave, microwave at short intervals until all pieces are liquid. If using a double boiler, stir gently with a wooden spoon until all melted. Don't let the melted soap get too hot.
(Tip: To avoid the liquid getting too hot, heat until nearly melted then using the residual heat, stir the remaining pieces until all melted)
3. Add your choice of colouring and mix.
4. Add your choice of fragrant oil and mix.
5. Pour the melted soap into your moulds. With a metal teaspoon, carefully skim any bubbles off the top.
(Tip: If the soap base begins to set in your mixing bowl before you can pour it into the moulds, simply remelt in the microwave for short intervals being careful not to overheat it.)
6. Let set at room temperature (about 30 mins to an hour)
(Tip: If you are in a hurry to un mould the soap, place them in the freezer for a few minutes to speed up the setting process, but do not leave it in there too long or the soap will take in moisture and "sweat" when at room temperature.
7. When the soap is set, remove from the moulds and let dry.
8. If using the cardboard milk cartons, cut the soap with a knife on a chopping board to desired shape and size.
9. Seal your soap in plastic bags or wrap in plastic to keep the fragrance fresh and to prevent the soap from sweating.

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RESOURCES AND REFERENCE MATERIAL

The following Internet websites were available at the time of writing these Trainer's Notes. You may find them useful, not only for ordering your soap making supplies, but for general information, instructions, tips and ideas on making soap using the melt and pour method.

www.onlinecraftsites.com is a useful link to hundreds of craft websites including soap making websites.

www.teachsoap.com for great ideas, advice and instruction on how to make melt and pour soap

Australia:

www.aussiesoapsupplies.com.au for supplies of everything you will need including melt and pour soap base, colours, fragrant oils, moulds

www.glasshousehandmadeproducts.com.au for supplies of melt and pour soap base, colours, fragrant oils etc

www.heirloombodycare.com.au for supplies of everything you will need including melt and pour soap base, colours, fragrant oils, moulds

www.bigtreesupplies.com.au for lots of moulds and soap stamps, colours and a huge range of fragrant oils

www.hawbay.com.au for a huge range of moulds

New Zealand:

www.gonative.co.nz for supplies of melt and pour soap base, colours, fragrant oils

www.amoraromatherapy.co.nz for supplies of melt and pour soap base

www.aromaticsandmore.com for supplies of everything you will need including melt and pour soap base, colours, fragrant oils, moulds

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