



# Nuno Felt Cowl on a Ball

with *Natasha Smart*

Nuno Felting a Reversible Cowl with Gorgeous Sheen and Color!

~ Materials and Tools Available from Living Felt ~

[Supply List](#)

## Shop Supplies from Living Felt: [Cowl Supplies Page](#)

### Fibers

- [Merino Silk Blends Combed Wool Tops](#) **Minimum 35 grams total**  
You'll need **two lengths**, each measuring approximately 41.5 in (105 cm) in length and weighing 17-20 grams.
- [Margilan Silk Fabric](#) **17 x 38 inch (43 x 96.5 cm) piece**
  - Natasha uses a piece of hand-dyed Margilan silk in this cowl. As an alternative to hand-dyed silk, she recommends using commercially dyed [silk gauze](#) for beautiful color results!

### Tools

- [Living Felt Big Bertha Ball](#) When inflated, measures **36 inches** (91.5 cm) in circumference  
\*Using a hand pump to achieve target inflation is recommended.
- **Plastic Washing-Up Bowls/Bins**
  - Bowl to prop up the ball when working: 10 in (25 cm) diameter
  - Bowl to push and roll the ball around in: 12.5 in (32 cm) diameter (**Minimum** internal size)
  - Large bowl to hold water and soap solution
- **Pantyhose / Tights (2 Pairs)** **Size XXL:** 54 to 60 inch hips (137-152 cm hips)  
**Medium Sheer**, 20 Denier recommended
- [Thin Plastic Sheeting](#) Two pieces, each 40 x 12 in (100 x 30 cm)
- **Dish Washing Soap or [Olive Oil Soap](#)** This course uses a liquid dishwashing soap. Olive Oil Soap can also be used.
- **Spray Bottle** For washing-up liquid and warm water solution

### Additional Items

- Weighing Scale
- Electric or Hand Pump for inflating the Bertha Ball
- Measuring Tape
- Permanent Marker Pen
- Large Fabric Scissors
- Towels (several large towels and several small hand/tea towels)
- Steam Iron & Ironing Board



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### Notes on Making the Cowl

#### Cowl Fiber Preparation

Prepare each of the two Merino fiber lengths by stretching them out widthwise to approximately 8.25 in (21 cm). See the video lesson *Prepare the Fibers* for further instruction.

#### Cowl Size

The target cowl size at which to stop felting (prior to rinsing) is no less than 13.5 inches (34.5 cm) wide. The finished width will be approximately 12.5 inches (32cm) after rinsing.

Try the cowl on over your head throughout the fulling process to check the fit. Stop fulling earlier if you would prefer a wider fit.

The height of the cowl can vary, and is likely to be between 11-14 inches (28-35.5 cm).

#### Soapy Water

Use lukewarm water with a very long squirt of dishwashing liquid (more than you would use for washing dishes).

### Tips for Making the Hat and Cowl Together

#### Coordinating Materials

Use the same Margilan silk fabric and Merino silk blend combed wool tops as embellishment in both projects for a coordinated look.

For fully coordinated projects, you could also add any of the fine silk embellishments (fabric or fibers/hankies etc.) used in the hat project on top of the wool fiber layer in the cowl project.

#### Bowls

If you only have or want to purchase one washing-up bowl for use in the pushing-rubbing stage for both the cowl and hat projects, ensure you use the larger size (12.5 inch/32 cm diameter) to accommodate both projects.

#### Tights/Pantyhose

Use the larger XXL tights/pantyhose for both projects if you only have one set (remember they are reusable).