

Next time you're about to throw away an old newspaper or magazine, stop!

With a bit of imagination and some easy-to-make sticky paste, you could turn yesterday's news into a modelling masterpiece! Learn how papier maché works here and then have fun deciding exactly what you're going to make.

Ingredients

- 1 cup plain flour
- 8 cups water
- 6 tblsp sugar

Equipment

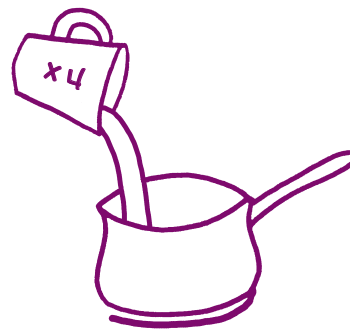
- Cup
- Mixing bowl
- Wooden spoon
- Tablespoon
- Saucepan
- Hob

Instructions

- 1** To make the papier maché paste, pour 1 cup of flour and 4 cups of cold water into a bowl and mix them together until there are no lumps.



- 2** Put 4 more cups of water into a saucepan, place it on an oven ring and bring to the boil.



- 3** Remove the boiling water from the heat, and then carefully pour the flour and water mixture into the pan.



- 4** Stir and bring the mixture back to the boil.



- 5** As soon as it starts to bubble, take it off the ring again and this time add 6 tablespoons of white sugar.



- 6** Give the mixture a good stir and then leave until it's completely cool (overnight if you can).



To make a papier maché bowl

You can use papier maché to make all kinds of things, but a simple, funky bowl is a good place to start. Even if you decide to do your own thing, the instructions below for how to apply paste and paper strips to your project will work in the same way.

Ingredients

- Papier maché paste
- Old newspapers, magazines or scrap paper
- Paints and a paintbrush to decorate (optional)

Equipment

- Small bowl

Instructions

- 1** Tear your paper into small strips. They should measure 1-2cm x 4-5cm, but this is only a rough guide - it's ok if they're all slightly different sizes and shapes.



- 2** Take a small bowl – this is the mould for your papier maché - and rub some cooking oil or Vaseline all around the outside. This will make it easier to take the papier maché off when you've finished.



- 3** Next, wrap the outside of the bowl in cling film. Press it around the bowl and pull tightly so it's as smooth as you can make it. Fold the loose ends inside the bowl.



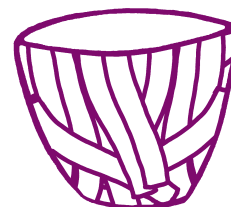
- 4** Now you're ready to start sticking. Brush a little bit of paste onto one side of your first paper strip and stick it in place on the cling film-covered bowl. Brush some more paste over the top and then move on to your next paper strip.



- 5** Keep adding strips, overlapping and sticking them down in different directions - up, down, around and diagonally across your bowl. Remember, you're only sticking them on the outside of the bowl, though, going from the rim around the top all over the sides and the bottom.



- 6** When the whole bowl is covered, leave it to dry. This might take a while, depending on how warm it is. Once it feels completely dry to touch, add a second layer of paper strips. Dry again, then add a third layer and leave to dry one last time.



- 7** To remove your papier maché from the mould, undo the loose ends of cling film inside tucked inside your bowl. Gently pull the cling film downwards and it should slowly slip off the bowl mould, taking the papier maché with it. Peel the cling film away from the inside of your papier maché bowl.

- 8** You can either leave your bowl finished plain or paint it for a brighter finish. Any sort of paints will work; our favourites are acrylic colours which come in plenty of mixable shades and give a lovely, slightly glossy look.

TOP TIPS:

- If you don't want to make your own papier maché paste, a good alternative is wallpaper paste. You can buy this quite cheaply in packets from DIY shops, or ask mum and dad if they've got any left over from decorating jobs. Just add water to the paste and use it in the same way as the homemade version.
- It's really important that you tear the paper strips when you're making papier maché instead of cutting them with scissors. The rough, ripped edges stick together much more easily than sharp cut sides and you'll get a neater, smoother bowl in the end. Ripping paper is great fun, too!
- When the weather's chilly, your papier maché will take longer to dry. To speed things up, leave it somewhere warm - the airing cupboard, a toasty kitchen or near a radiator is good, but make sure it doesn't get too hot or the paste will crack.