



Do you like to learn about the past? Have you ever wondered how your grandmother crocheted that scarf for you or embroidered that pillowcase? Have you looked at a quilt on your grandmother's bed and wondered how it was made? If you said "yes" to any of these questions, then this project is for you. Heritage Arts includes the practical skills passed down from preceding generations that were developed to provide basic family needs. Some examples include cross-stitch, knitting, crocheting, needlepoint, embroidery, macramé, basket making, candles, and many more!



Exploring 4-H Visual Arts - Heritage Arts

Spark Activity: Cookie Cutter Candles

Candle making is a very old craft. For centuries, people have depended on burning wax or animal fat to light their homes. Today, candles are used as emergency sources of light or heat, as well as to provide a special touch to home décor.

Materials Needed:

- Sheets of Beeswax
- Cutting Board
- Cookie Cutters
- Wicks - Old wicks from candles not being used or new wicks can be purchased at a craft store

Now let's make some cookie cutter candles!



- Lay sheets of beeswax individually on a cutting board. (Note: if the beeswax you are working with is rolled, gently unroll it. If it is stiff or cracks while unrolling, soften it by warming it with a hair dryer.)
- Using a cookie cutter, cut six shapes (or more if a thicker candle is desired) from beeswax.
- For non-symmetrical shapes, turn the wax over if it has a "right" side, to cut half of the shapes.
- Sandwich the wick in the center of the wax layers, leaving 1/2 inch at the top of the candle.
- Press the wax shapes together. (Note: If they do not stick together well enough, heat slightly with a hair dryer.)
- To burn the candles, secure them on another small piece of beeswax or on a non-flammable surface.

4-H Project Levels and Goals

Beginner

- Identify six different examples of heritage arts - knitting, crocheting, needle arts, quilting, weaving, beading, wood carving, etc.
- Research the history of at least one heritage art
- Learn the craft of at least one heritage art

Intermediate

- Identify additional examples of heritage arts - especially those more unique to your area
- Network with heritage artists at fairs and festivals in your community
- Learn additional techniques within the heritage arts

Advanced

- Visit museums or historical sites to identify examples of heritage arts
- Take classes to learn the historic craft of different heritage arts
- Learn the art and history of family heirlooms
- Perfect your skills in one or more art forms with historic significance

Put Your Project Into Action

Show Your Skills

- Create a poster to show the various career opportunities in the heritage arts field
- Prepare a display of different knots that can be used in macramé

Service and Leadership

- Make baby hats or blankets to donate to your local hospital
- Organize your group to make items to send to Veterans
- Create items for a local homeless shelter
- Teach a class for your 4-H club or community group
- Assist with project exhibits with younger members
- Start a knitting club in an afterschool program

Entrepreneurship

- Create items to sell at a local craft show
- Teach classes to groups in the community and charge a fee
- Start an online store selling items

Technology Connection

- Digital technology is becoming a standard tool for the collection, preservation, and exhibiting of art and sharing other cultural heritage information
- Many opportunities exist to virtually tour museum collections and other cultural sites
- Research ways to preserve historical pieces of art

Connecting with a Mentor

- Interview a local museum curator
- Join a local artisan community
- Visit with members of a local quilting group

Events

- Participate in your local county fair and exhibit your project
- Participate in a local heritage fair, festivals or other events



Careers Related to Visual Arts - Heritage Arts

Information Specialist
Curator
Conservation Architect

Digitization Technician
Genealogist
Art Instructor

Start a Conversation

What else would you like to learn about how this piece was used in the past?
How could you take what you have created and merge it with another item?
What is a problem you could solve using the skills you gained from completing this project?

Want to learn more?

go.illinois.edu/4Hheritagearts

Explore more at Illinois 4-H!

4-H.extension.illinois.edu



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Credits: "Candle Making" - Canada 4-H Manitoba | Colorado 4-H Heritage Arts Tip Sheet | University of Wyoming 4-H project sheet | North Dakota State University Extension 4-H project sheet | 4-H Spark Sheets are a collaborative effort of 4-H staff, volunteers, alumni, and teens from across Illinois. A big thanks to the many contributors and reviewers!