

Diaper Directions

750 ml peeled grated potatoes
250 ml grated carrots
300 ml water
100 ml vinegar
2 sheets of shredded newspaper

blender
bowl
cookie sheet
paper towels
rolling pin

1. Grate potatoes and add vinegar to prevent discoloration. Put water in blender and potato mixture. Puree.
2. Gradually blend shredded newspaper into mixture.
3. Stretch old pantyhose over bowl. Pour mixture into the pantyhose. Pull pantyhose around mixture to form a bag.
4. Squeeze the bag to remove moisture from the mixture. Continue to squeeze until moisture no longer seeps through the pantyhose.
5. Place several layers of paper towels on a cookie sheet. Remove mixture from pantyhose and place on top of towels.
6. Hand flatten the mixture and shape like a diaper; place a layer of paper towels on top then roll the mixture flat (2 cm thick).
7. Remove top layer of towels and allow diaper to air dry for 3 to 4 days.

