

Making Soap Balls



More than likely, you haven't spent much time thinking about how early Arkansans kept their hands clean. If you have, you probably imagined that it involved a chunky bar of lard soap. It might surprise you to learn, however, that scented soap balls (also called wash balls, toilet soaps, and fancy soaps) could be bought at many stores in Little Rock in those days. Receipts (recipes) to scent pre-made soap at home were also popular.

You can personalize any plain, white bar of soap with ingredients you already have on hand. Recipes from this period suggest rose water, lavender essential oil, cloves, cinnamon, nutmeg, lemon peel and lemon juice, but you can also use oatmeal, dried herbs, and other essential oils.



Gather your Supplies!

You'll Need:

- Bar of plain, white soap, preferably unscented
- Grater or knife
- Whatever you want to add into your soap balls.



***Adult supervision and assistance required with this step, please!**

Grate your bar of soap, or shave it into thin strips with a knife.



Wet your hands, just a little, and gather up a small handful of shredded soap. Squeeze several times, as if you are trying to soften a lump of hard clay.



NEXT, put your soap down and dry your hands, Pick it up and resume kneading/ squeezing until it starts to have the consistency of clay.

You can add your ingredients by pushing a small dent in the soap with your finger. Fill it, squeeze it closed, then knead your soap to disperse it evenly throughout.



When you're done, let them dry for about a week before you use them.



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