

# RUSKOVILLA

Product Catalogue  
2007-2008

For Natural  
Clothing



## Wonderful products – Thank you for being there!

This is one of our clients answer in the client inquiry organized to celebrate our 25th anniversary last autumn. There were more answers than we had expected, thousands... Thank you to all those who answered to inquiry. We are thankful and proud of your positive feed-back.. We also got many ideas to develop new products and we also found some criticism. We are looking forward to our future with confidence at Ruskovilla. Read more about customers' experience of Ruskovilla, pages 64-68.



**RUSKOVILLA AND FINNISH ORIGIN** go together. That's what many of our regular clients answered in our inquiry.

Many people think that a textile company must not invest in Finland, that would be a crazy idea! We at Ruskovilla do not agree. At the end of the year we finished an important project, our new warehouse wing was completed and the size of our factory outlet doubled. Our hard-working employees got new facilities for coffee and other breaks. Now our wonderful outfits are made in larger facilities, and we can hire new employees to the growing demand.

### **ORGANIC WOOL – NOBILITY AMONG WOOL**

The demand of eco-wool has grown all the time all over the world, the production has grown so that it is more easily available. Ruskovilla is glad to tell you that we are switching to organic wool gradually during this season, both in our white garments as well as colourful garments. Production takes place in South-America and it has been certified as organic production.

Also this year we are sticking to our traditional Ruskovilla range, where you can find outfits made of wool, silk, silk wool and ecological cotton. Enjoy everyday life and life outdoors and sleep using Ruskovilla bedclothes. Natural fibres guarantee our well-being!

Ossi Näkki  
Managing Director

A handwritten signature in blue ink that reads "Ossi Näkki". The signature is written in a cursive, slightly stylized font.



## Ruskovilla's most favourite products

Silk/wool undergarment and  
woollen bodysuit

**ORGANIC WOOL IS PRODUCED ETHICALLY AND IT WARMS YOUR BODY AND SOUL**

Ruskovilla is gradually starting to use certified organic wool during this season.

Organic wool is the same fine merino wool as the wool our clients are used to wear. However, we want to produce our outfits step by step using material produced respecting ecological criteria when it is possible, as we

already have done with eco-cotton. There are many aspects included in ecological production, e.g. environmental and social factors, which we wish to support by getting our raw material from producers using this method of production. Ruskovilla organic wool is produced in South-America according to the criteria of IVN (Inter-

**Adults**



**Children**



**Babies**



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**Orders**

Please contact our customer service or our agents abroad, see the back page.

nationaler Verband der Naturtextil-  
wirtschaft e.V), the yarn is spun by  
a German spinner and it is certified by  
IMO (Institute for Marketecology).

# RUSKOVILLA

More about organic wool:  
[www.naturtextil.com](http://www.naturtextil.com) and [www.imo.ch](http://www.imo.ch)

## Bedclothes



### BEDCLOTHES

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### Webshop only in finnish

All prices are recommended retail prices  
and include VAT.  
Prices are subject to change without notice.



We also take care of  
recycling our poackages.



# Adults

Nature provides us with wonderful materials for supporting our wellbeing. Pure natural fibres warm you just enough, are breathable and feel comfortable against the skin.

We are respecting nature by manufacturing clothes that are ecological from the beginning to the end of their entire lifetime.



## Wool functions great

Wool is remarkably warming as thanks to its curliness wool binds plenty of air in it. This layer of air balances the temperature between the skin and environment. The heat insulation of wool always works; therefore wool is wonderfully warm in cold and nicely breathable in warm conditions.

### 100 % MERINO WOOL

- the softest wool of all
- feels good on the skin
- pleasantly flexible
- warms comfortably
- breathes and does not make you sweat
- absorbs moisture without feeling wet
- keeps you warm even when moist
- neutralizes body odour
- airing helps to remove odours
- is fireproof
- is suitable for machine wash with delicate wool and hand-wash programs

# Lovely woollens

## Skin-friendly wool

Ruskovilla uses only the softest wool for its clothes: merino wool with fibre thickness less than 20 microns. Thanks to its smoothness, merino wool never itches. It feels good on the skin and therefore can also be used by those who believe to be allergic to wool. Ruskovilla's merino wool clothes are worthwhile to try, they might be quite a surprise.

## Note

Wool used by Ruskovilla is pure and natural, it has no moth protection or non-felting treatment. Store the woollens very well protected: instructions on p. 72.

For more details on the excellent properties of wool see page 58.

## Outdoor shirt

- No shoulder seams: backpack straps won't chafe.
- A protective reversible collar with a wind flap under the zipper.
- Long sleeves that reach the knuckles protect the wrists from frost and wind, wristbands have separate thumbholes.
- Extended rear hem keeps your lower back warm.



Product	OUTDOOR SHIRT		
Colour	GREEN	RED	BLUE
Product no.	1321	1326	1327
Sizes	XS-XXL	XS-XXL	XS-XXL

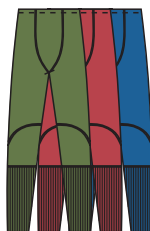


## Finished details

Our outdoor underwear has many carefully designed details that make it practical for various kinds of expeditions and hiking treks.

## Outdoor underpants (long johns)

- Fit men and women.
- Adjustable rubber waistband.
- Double-layer gusset at front and rear keeps you warm.
- Double-layer reinforcement on knees provides extra warmth.
- Rib knitted legs: trouser legs fit well into boots.



OUTDOOR UNDERPANTS		
GREEN	RED	BLUE
1481	1486	1487
XS-XXL	XS-XXL	XS-XXL

## Adults

WOOL • OUTDOOR UNDERWEAR

Air clothes often, wash occasionally and protect against moths. Washing instructions on p. 70, washing and care products on p. 75.

## Practical layered clothing



**Tips:**  
Ruskovilla woollens stay fresh even during long trips. Regular airing removes odours.



### The basis of practical layered clothing

Underwear is the basis of layered clothing. If the start goes wrong it is impossible to take the full advantage of a practical intermediate layer or a good quality covering garment. When your underclothes are made of warm and breathable merino wool you can even enjoy cold weather.

Additional layers can be worn on top of wool underwear according to the weather and need: a wind-proof anorak suit for mid-seasons and quilted clothing for winter times. Slalom skiers at ski slopes do not need as heavy clothing as a baby sleeping outdoors during winter or even a jigger during a long wait.

**Using many thin layers works better than wearing one thick layer.**

Product	BASIC UNDERSHIRT			
Colour	WHITE	GREEN	RED	BLUE
Product no.	1210	1211	1216	1217
Sizes	S-XXL	S-XXL	S-XXL	S-XXL

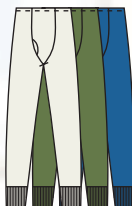


### Wool retains a suitable temperature balance

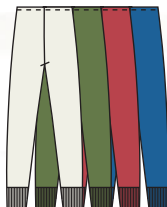
Those who take an interest in outdoor activities know how important it is to dress appropriately. When you move, it is your skin that regulates your body temperature, also supporting your metabolism and the intake of oxygen. Good undergarments act like a second skin and improve thermal transpiration in both directions: for this reason woollen underwear is a good basis of outdoor dressing.

Woollen basic underwear is ideal for all kinds of daily exercises. It warms appropriately all who participate in outdoor activities: actively or leisurely. Thanks to its comfortably thin material and functional design it can be worn both under outdoor garments or everyday clothing. Ruskovilla undergarments are timeless and of good quality, they have been designed to serve for long.

Product	MEN'S UNDERPANTS		
Colour	WHITE	GREEN	BLUE
Product no.	1400	1401	1407
Sizes	S-XXL	S-XXL	S-XXL



Product	WOMEN'S UNDERPANTS			
Colour	WHITE	GREEN	RED	BLUE
Product no.	1410	1411	1416	1417
Sizes	S-XL	S-XL	S-XL	S-XL



Air clothes often, wash occasionally and protect against moths. Washing instructions on p. 70, washing and care products on p. 75.

## Adults

WOOL • BASIC UNDERWEAR

# Nature's heat treatment

## POLO SHIRTS

A polo shirt can be used to form a set of underwear with either basic underpants or with outdoor underpants (see previous spread). It is at its best in winter activities. Polo collar protects the neck and throat from draft and cold.

## SHORT UNDERPANTS

for men and women

Act as additional protection both under trousers and skirts.

### Tips:

Combine a suitable combination for yourself from outdoor and normal underwear.

### Clothing for versatile use

Conveniently warming and comfortably breathable woollen underwear can also be used for other purposes than active physical exercise. When your working conditions are cold, when you need to dress warmly for work trips, when you are naturally sensitive against cold, or you need warm clothing due to an illness: woollen undergarments warm wonderfully under your everyday or working clothes.



Product	POLO SHIRT		
Colour	GREEN	RED	BLUE
Product no.	1311	1316	1317
Sizes	S-XXL	S-XXL	S-XXL



Product	SHORT UNDERPANTS
Colour	BLUE
Product no.	1447
Sizes	S-XL

## Adults

WOOL • POLO SHIRT, SHORT UNDERPANTS

For more details on the excellent properties of wool see p. 58-6

# Warmers

## WARMERS

### Knee warmers

Product no. 1630

Sizes S, M, L



### Wrist warmers

Product no. 1620

one size



### Shoulder warmer

Product no. 1600

Sizes S, M, L, XL



### Waist warmer

Product no. 1610

Sizes S, M, L



### Leg warmers

Product no. 1640

one size



FLEXIBLE AND  
SOFT WARMERS  
ARE MADE OF  
100 %  
MERINO WOOL



## Adults

WOOL • WARMERS

# Warm from head to toe

Complete your outfit with woollen mittens, socks, and headwear and avoid being caught by cold. It is important to protect the extremities of the body as they will cool down more quickly than the rest of the body. Nothing beats wool in winter conditions: the warmth it produces is pleasant, yet you do not feel sweaty.

Humans usually regulate heat through sweating from the head. A woollen cap warms even when damp and does not feel cold even when sweaty.

**A woollen balaclava bonnet or a woollen neck warmer** offer good protection. For people with sensitive skin Ruskovilla collection also includes a real silk balaclava bonnet and mittens with silk lining.

**A full face bonnet** provides adequate basic protection for the face against strong cold wind. In wintertime, toes can often feel cold; then it is the fully woollen socks that keep your feet warm and dry. Ruskovilla woollen socks can even be used all around the year as they fit in various types of shoes. When using Ruskovilla woollen socks in boots and hiking shoes, we recommend that you wear them under a thicker sock, as they will last longer this way. You can also acquire mending thread from us!

## Tips:

Warm woollen socks help you to fall asleep.



## 100 % MERINO WOOL

- no moth protection or non-felting treatment
- off-white, blue, red and green

## 100 % REAL SILK

- off-white



Wool has an extraordinary ability to absorb moisture. It warms wonderfully.

Air clothes often, wash occasionally and protect against moths. Washing instructions on p. 70, washing and care products on p. 75.



	NECK WARMER				MITTENS				WOOL BONNET			
	100 % wool • one adult size				2-layered wool		wool, silk lining		100 % wool • one adult size			
Colour	WHITE	GREEN	RED	BLUE	GREEN	RED	BLUE	WHITE	WHITE	GREEN	RED	BLUE
Product no.	1080-A	1081-A	1086-A	1087-A	1151	1156	1157	1140	1030-A	1031-A	1036-A	1037-A
Sizes	one size	one size	one size	one size	S,M,L	S,M,L	S,M,L	S,M,L	one size	one size	one size	one size



	NECK WARMER				CAP				INSOLES	
	100 % wool • one adult size				2-layered wool • one adult size				100 % wool, on the other side jute covered with india rubber to keep them steady.	
Colour	WHITE	GREEN	RED	BLUE	WHITE	GREEN	RED	BLUE	1860	
Product no.	1080-A	1081-A	1086-A	1087-A	1050-A	1051-A	1056-A	1057-A	36 - 48, add size number after code	
Sizes	one size	one size	one size	one size	one size	one size	one size	one size		



	ANKLE SOCKS							
	with terry soles, reinforcement on heel and tip							
	100 % wool				100 % wool			
Colour	WHITE	WHITE	WHITE	WHITE	BLUE	BLUE	BLUE	BLUE
Product no.	1800-10	1800-14	1800-16	1800-18	1807-10	1807-14	1807-16	1807-18
Sizes	34-36	37-39	40-42	43-45	34-36	37-39	40-42	43-45

	MENDING YARN	
	100 % wool	
Colour	WHITE	BLUE
Product no.	1910	1917
Sizes	50 g	50 g

Silk Socks and Silk Bonnets on the next opening

# Adults

WOOL • ACCESORIES

### **100 % REAL SILK**

- clean and untreated
- off-white
- light, soft, and breathable
- balances temperature:  
warm in cold and cool in hot
- its smooth and flat fibre suits  
even to the most sensitive skin
- contains sericin that has a therapeutic  
effect on skin problems
- absorbs moisture very well  
without feeling wet





### Long-sleeved shirt

Product no. **2210**

Sizes S, M, L, XL



### Sleeveless shirt

Product no. **2230**

Sizes S, M, L, XL

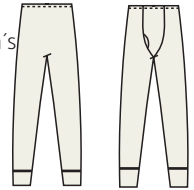


### Underpants

Product no. **2410** women's

Product no. **2400** men's

Sizes S, M, L, XL



## Silk cares for your skin

Silk is a highly appreciated and very popular natural fibre as its nurturing touch and unique qualities can ease several conditions. Even the early users of silk noticed that it has a beneficial effect on skin allergies, rheumatism, bedsores, and symptoms of menopause.

Silk is a source of vitalising power and contains nurturing sericin that reduces irritations of the skin. Silk consists of the same elements as human skin, therefore it is said to be "like a second skin". The touch of silk is beyond words; one must experience it!

### Silky beauty

Silk is a very warm material, almost comparable to wool, and five times warmer than cotton. Silk fibres retain plenty of air that acts as heat insulation. Thanks to its fine and light fibres, silk feels cooler than wool and is therefore also excellent for hot weather. Ruskovilla silk products have not been chemically treated during production and the silk thread we are using has been given the safe textile certificate Öko-Tex Standard 100.

### Silk bonnet

Product no.

**2030-A**

One size



### Silk socks

reinforced with nylon  
colour black

Product no. Size

**2809-10** 34-36

**2809-14** 37-39

**2809-16** 40-42



## Adults

SILK

Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

**SILK WOOL**

- 70 % wool
- 30 % Silk
- off-white

# Silk wool for people with sensitive skin who catch cold easily

## An excellent combination

Ruskovilla's silk wool garments are made of a mixture of real silk and soft merino wool.

Silk wool combines the best characteristics of both of these natural fibres: it warms and feels comfortably soft against your skin.

## We realize your wishes

Silk wool is perfect as underwear under both outdoor and everyday clothing. Originally this combination of natural fibres was tested out to fulfil our customers' wishes; the result was a comfortably thin and conveniently warm underclothing.

### SILK WOOL

- 70 % wool
- 30 % Silk
- off-white

### Long-sleeved shirt

women's  
off-white  
Product no. **4240**  
Sizes S, M, L, XL



### Sleeveless shirt

women's  
off-white  
Product no. **4260**  
Sizes S, M, L, XL



### Leggings

women's  
off-white  
Product no. **4420**  
Sizes S, M, L, XL



## Adults

SILK WOOL

Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

Clothes that make you  
feel good



**SILK WOOL**

- 70 % wool
- 30 % Silk
- black

### Sleeveless shirt

unisex, black

Product no. **4279**

Sizes XS, S, M, L, XL



### Long-sleeved shirt

unisex, black

Product no. **4219**

Sizes XS, S, M, L, XL



### Short-sleeved shirt

unisex, black

Product no. **4229**

Sizes S, M, L, XL



### Leggings, women's

black

Product no. **4429**

Sizes XS, S, M, L, XL



### Underpants, men's

black

Product no. **4409**

Sizes S, M, L, XL

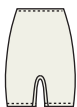


### Short underpants

unisex, black

Product no. **4449**

Sizes S, M, L, XL



### 30/70 SILK WOOL

- a lovely combination
- the softest merino wool
- smooth and nurturing real silk
- feels good on the skin
- warms just enough
- comfortably thin
- breathes freely and does not make you sweat

Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

## Adults

SILK WOOL, BLACK



# Children

Children's wear by Ruskovilla is made of pure natural fibres and it has received no unnecessary chemical treatment. Soft and wonderfully warm **merino wool** is splendid for under- and intermediate clothing during cold seasons: it breathes with the child's body, does not cause perspiration and provides warmth even when damp. **Real silk** and **ecological cotton** are safe choices particularly for children with sensitive and atopic skin.



Warm in every weather



## Layered clothing is the basis of good outdoor dressing!

In layered clothing every clothing layer has its task. Warmth is generated by the insulating layers of air between the layers; therefore several thin layers of clothes warm better than one thick layer. It is important to choose and combine the right type of clothing especially during the cold and moist seasons.

### The first layer keeps the child's skin dry

Silk or cotton underwear is best in warm weather, and a set of long-sleeved and long-legged woollen underwear is good when it is cold. The artificial fibres that transfer the moist into the next clothing layer are not suitable for children's undergarments as they are designed for actively exercising adults. The materials that suit the best for children's underclothing are pure and soft natural fibres.

### The intermediate layer keeps your child warm

As an intermediate layer, a woollen bodysuit can be used where ribbed fabric protects wrists and ankles. The head, throat, and neck can be protected with a woollen balaclava bonnet that absorbs the moisture gathering at the neck and stays warm even when damp. Hands can be covered with woollen mittens and feet with warm woollen socks.

### The outermost layer protects the child against wind and rain

The best outdoor garments from spring to autumn are bodysuits which are easy to put on. Protect your child's head with windproof headgear and cover the hands with wind- and waterproof mittens; use sufficiently spacious footwear suitable for the weather.

### Sensitive spots

The sensitive spots of children during cold weather are the neck, forehead and temples, stomach and lumbar region, ankles and toes, as well as wrists. It is a good idea to protect them well from strong wind and frost. One feels uncomfortable especially when fingers and toes are exposed to cold.

### Tips:

Woollen bodysuit can also be worn at other times than winter. It is lovely, for example, during a boat trip in summertime or under an anorak suit when gathering mushrooms in autumn.



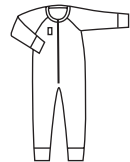
### Bodysuit for a toddler

100 % merino wool,  
elastic ribbed fabric, zipper from  
neck to crotch, no feet  
Sizes 80, 90, 100, 110 and 120 cm

Product no. **1560**,  
**off-white**

Product no. **1566**,  
**red**

Product no. **1567**,  
**blue**



Children  
WOOL • BODYSUITS

# Head, neck, hands, toes...

Fleecy merino wool is also a wonderful material for children's mittens, socks, and headgear. Wool has an extraordinary quality to balance warmth and it stays warm even when wet.



• The woollen balaclava bonnet does not feel clammy even if the child sweats during play

## Balaclava bonnet

- 100 % wool
- **white**
  - Size    Product no.
  - 1-2 yrs    **1030-2**
  - 2-4 yrs    **1030-4**
  - 5-8 yrs    **1030-6**
- **blue**
  - Size    Product no.
  - 1-2 yrs    **1037-2**
  - 2-4 yrs    **1037-4**
  - 5-8 yrs    **1037-6**
- **red**
  - Size    Product no.
  - 1-2 yrs    **1036-2**
  - 2-4 yrs    **1036-4**
  - 5-8 yrs    **1036-6**



• The neck warmer protects the neck and does not let the wind enter at the neck.

## Neck warmer

- 100 % wool, children's size
- **white**
  - Product no. **1080-C**
- **blue**
  - Product no. **1087-C**
- **red**
  - Product no. **1086-C**



• The off-white mittens have a real silk lining.

## Mittens

- 100 % wool with silk lining
- **white**
  - Size    Product no.
  - 1 yrs    **1140-1**
  - 2-3 yrs    **1140-2**
  - 4-6 yrs    **1140-4**
  - 7-10 yrs    **1140-5**



The one-size neck warmer fits a toddler as well as a school-aged child.

### 100 % MERINO WOOL

- no moth protection or non-felting treatment
- off-white, blue and red

### 100 % REAL SILK

- off-white



: Soft woollen or silklined mittens keep little hands warm and are good to wear under protective outdoor mittens.

#### Mittens

Double layered wool

#### blue

Size Product no.

1 yrs **1157-1**

2-3 yrs **1157-2**

4-6 yrs **1157-4**

7-10 yrs **1157-5**

#### red

Size Product no.

1 yrs **1156-1**

2-3 yrs **1156-2**

4-6 yrs **1156-4**

7-10 yrs **1156-5**

: Woollen socks keep the children's feet warm and dry.

#### Ankle socks

100 % wool

soles:

knitted terry

#### white

Size Product no.

22-24 **1800-3**

25-27 **1800-4**

28-30 **1800-6**

31-33 **1800-8**

#### blue

Size Product no.

22-24 **1807-3**

25-27 **1807-4**

28-30 **1807-6**

31-33 **1807-8**

: Even a child with sensitive skin can wear a silk balaclava bonnet. It functions like wool - warming and breathing.

#### Balaclava bonnet

100 % real silk

Size Product no.

1-2 yrs **2030-2**

2-4 yrs **2030-4**

5-8 yrs **2030-6**

: Woollen insoles, on the other side jute covered with india rubber. They can be cut to size with scissors.

#### Insoles

100 % wool, bottom jute

Size Product no.

28 **1860-28**

30 **1860-30**

32 **1860-32**

34 **1860-34**

35 **1860-35**

Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

## Children

WOOL • ACCESSORIES



### Undershirt

Product no. **1210**,

**off-white**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm

Product no. **1217**,

**blue**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm

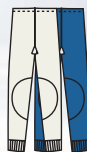


### Underpants, short-legged

adjustable waist band

Product no. **1447**, **blue**

Sizes 100, 120, 140 cm



### Underpants, long-legged

reinforced knees

(not in size 150)

double-layered wedge

on the rear,

adjustable rubber waistband

Product no. **1410**,

**off-white**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm

Product no. **1417**,

**blue**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm



### 100 % MERINO WOOL

- no moth protection or non-felting treatment
- off white and blue

# Wool warms conveniently

## **It lets your skin to breathe!**

The unique qualities of soft merino wool make it the best material for toddler undergarments. A moving and sweat-prone child will feel comfortable in wool as merino wool breathes freely and will not feel cold and sweaty even when damp. Thanks to its warmth, wool is perfect also for a child playing more quietly. Merino wool, being the softest of all wool types, is often also suitable for allergic skin as it generally does not cause allergic reactions. If woollen underwear itches, it can be placed into a lanolin bath or treated with a softening wool-finishing agent and its surface will become smooth as velvet (see instructions p. 70). Cotton or silk underwear can be worn under the woollens if your skin is particularly sensitive or allergic to lanolin.

## **Note**

Wool used by Ruskovilla is pure and natural and it is not protected against moths. Store woollens well protected: instructions on p. 72.

## Children

WOOL • BASIC UNDERWEAR



**SILK WOOL**

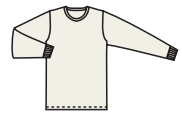
- 70 % wool
- 30 % silk
- off-white

# Natural quality for your child



## The glory of silk wool

Ruskovilla's silk wool garments for children are a mixture of real silk and soft merino wool. Silk wool combines the best of both of these natural fibres: it warms, breathes freely, and feels wonderfully soft against the skin. Silk wool garments are great as underwear for mid-seasons and all year round for children with sensitive skin.



## Undershirt made from silk wool

Product no. **4210**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm



## Underpants made from silk wool

Product no. **4410**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm

Washing instructions on p. 70  
Washing and care products on p. 75

## Children

SILK WOOL

# Silk is the softest

Even children with sensitive or allergic skin feel comfortable in pure real silk. It contains nurturing sericin that cools down itching skin. Soft real silk is used for underwear and balaclava bonnets.



**100 % REAL SILK**  
• off-white

## Undershirt made of real silk

Product no. **2210**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150



## Underpants made of real silk

with reinforced knees

(not available in size 150)

Product no. **2410**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm



## Balaclava bonnet made of real silk

Product no. Size

**2030-2** 1-2 yrs

**2030-4** 2-4 yrs

**2030-6** 5-8 yrs



# Children

SILK

# The softness of cotton

Cotton is an excellent material for underwear that needs to be washed often at high temperatures.

The unbleached ecological cotton is good for even highly atopic skin.

Read more on ecological cotton on page 63.

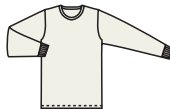


## Undershirt made from ecological cotton

Product no. **3210**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm



## Underpants made from ecological cotton

Product no. **3410**

Sizes 80, 90, 100, 110 cm

Sizes 120, 130, 140, 150 cm



### 100 % ECOLOGICAL COTTON

- ecologically grown
- hand-picked
- off-white
- unbleached

## Children

ECOLOGICAL COTTON

# Babies

Ruskovilla's baby garments are made of soft merino **wool, silk, ecological cotton,** and **silk wool.**

Merino wool suits well for newborn babies whose own body temperature regulation is still developing. Clothes made of real silk care for the baby with sensitive skin as they contain nourishing sericin. Undyed and unbleached ecological cotton is a safe choice.

The natural fibres used by Ruskovilla are produced and processed in a manner respectful to humans and nature, avoiding the use of unnecessary chemicals. They are also clean and safe for a newborn with sensitive skin.



## See the guidebook **Baby in Wool!**

The guidebook provides more details about the importance of natural fibres in baby's clothing and wellbeing, about swaddling and cloth nappies. You can download this booklet from our home pages.







# Baby is happy in wool

Babies can be dressed from head to toe in soft wool, which is still containing skin-nurturing lanolin. Underwear or a body should be put on first, followed by rompers.

## Wool warms comfortably when outdoors

Babies take outside naps all around the year. Soft and breathable merino wool can be worn in every weather. Woollen bodysuits and a balaclava bonnet keep the child warm during winter and they are also good for a cool summer. The fingers and toes of small babies are often cold, but thumbless first mittens and socks guarantee that your little one's sleep is undisturbed.

## A baby in wool – a happy baby

The wellbeing and health of a baby depends on several factors. Proper clothing supports the child's wellbeing and development. Baby clothes made of wool help the child to remain suitably warm as wool has the quality to maintain a steady temperature and moisture protection on the child's body.

The temperature regulation of babies is not fully operating but a child dressed in genuine wool feels good.

## Warmth has a significant role in baby care

The temperature regulation system of newborns is not fully developed yet and their basic temperature drops easily. Keeping the small ones warm is vital for the development of their organs and thus it is one of the most important matters in baby care.

A baby is best protected from temperature fluctuations and basic temperature decrease by natural materials that balance body temperature as these materials are warm when it is cold and cool when it is hot. Breathable natural materials that are gentle to the skin keep your child conveniently warm.



### Bodypants

Product no. **1540**  
Sizes 60 and 70 cm



### Bodypants

Product no. **1540**  
Sizes 80 and 90 cm



### Rompers

Product no. **1520**  
Sizes 60 and 70 cm



### Baby shirt

Product no. **1200**  
Sizes 60 and 70 cm



### Bodysuit

a full length zipper,  
with feet  
Product no. **1550**  
Sizes 60, 70, 80 cm



### Balaclava bonnet

Product no. **1030-0**  
Size 0  
Product no. **1030-1**  
Size 0-1 yr



### Mittens without thumb

with silk lining  
Product no. **1140-0**



### Socks

Product no. Size  
**1800-0** 15-16  
**1800-1** 17-18  
**1800-2** 19-21



### Sleeping sack

Product no. **1570**  
for baby up to 1 year,  
with adjustable  
shoulder straps



#### 100 % MERINO WOOL

- the softest wool type of all
- feels good on the skin
- is pleasantly flexible
- warms comfortably
- breathes freely and does not cause perspiration
- absorbs moisture without feeling wet
- retains warmth even when damp
- is self-cleaning
- airing helps to remove odours
- is fireproof
- is suitable for machine wash with delicate wool-wash programs

Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

## Babies

WOOL



### **Silk bonnet protects gently**

The silk bonnet protects the newborn's still-open crown area and also provides protection from the surrounding environment's noises, which can irritate the baby's sensitive hearing. The gentle surface of the silk bonnet massages soothingly the baby's head, very similarly to the effect of the mother's womb during pregnancy. The baby's

head is relatively large compared to the rest of its body, which means that the heat loss through the head is significant. Head covered with a silk bonnet, the baby stays warm, and the bonnet can be worn around the clock. **Always choose the correct size!** If the silk bonnet is too large for the newborn, the bonnet can be tied into a knot at the top of the head using a narrow silk or cotton ribbon.

# Lovely silk

Silk feels good on the small one's skin. Pure real silk cares for the sensitive and irritated skin. It contains silk gum or sericin: pure protein fibre that treats and cools irritations on the skin.

## Nicely warm or wonderfully cool

Thanks to its good temperature insulation capability, silk is warm in cold and cooling when the weather is hot. It breathes like a second skin.

## OUTFITS FROM REAL SILK

### Baby's silk bonnet

100 % real silk  
(not manufactured in Finland)  
Product no. Size

<b>2060-0</b>	Tiny
<b>2060-1</b>	0-3 months
<b>2060-2</b>	3-6 months
<b>2060-3</b>	6-12 months
<b>2060-4</b>	12 months -



### Baby shirt

100 % real silk  
Product no. **2200**  
Sizes 60 and 70 cm



### Balaclava bonnet

100 % real silk  
Product no. **2030-1**  
Size 0-1 yr



## 100 % REAL SILK

- clean and safe
- off-white
- light, soft, and breathable
- balances temperature very well:  
warm in cold and cool in hot
- its smooth and flat fibre suits even  
to the most sensitive skin
- contains sericin that has a therapeutic  
effect on skin problems
- absorbs moisture very well  
without feeling wet

# Babies

SILK



## Genuine ecological cotton

### Clean and soft

Cotton is smooth and breathable. Uncoloured ecologic cotton by Ruskovilla is an ideal material for baby clothing and it can also be used by babies with sensitive skin. It is excellent for itchy or allergic skin. Cotton clothes are durable and can be washed in 60 °C, which increases their hygiene. Read more on ecological cotton on page 63.

### 100 % ECOLOGICAL COTTON

- off-white
- the soft surface does not irritate even the most sensitive skin
- well suited for babies with allergies
- made from hand picked cotton
- unbleached and without any chemical residues

### Baby shirt

100 % ecological cotton  
Product no. **3200**  
Sizes 60 and 70 cm



### Bodypants

100 % ecological cotton  
Product no. **3540**  
Sizes 60, 70, 80 and 90 cm



### Rompers

100 % ecological cotton  
Product no. **3520**  
Sizes 60 and 70 cm



### Nappy pants

100 % ecological cotton  
Product no. **3460**  
Sizes 60 and 80 cm



# WELEDA Calendula skin care products for children



CALENDULA skin care products elaborately mix soothing marigold, mild camomile, and other carefully selected ingredients: all absolutely natural. Weleda uses biodynamically or ecologically grown herbs or controlled wild plants as much as possible. No artificial additives are used in the products, such as perfumes, colouring or preserving agents, or mineral oil. Weleda products have not been tested with animal experiments.

## Note

The Weleda Calendula childcare range has been selected as the best product range by German midwives's association.

## Calendula Moisturising Body Lotion

For the daily care of your baby's skin. Absorbs very well, protects and softens delicate skin. Restores the skin's natural balance, prevents inflammation, and soothes irritated skin. Also very well suited for the care of the nappy area.

**Contains among others** almond oil, marigold and camomile extract, lanoline.

Product No. **C-9072**      **75 ml**

## Calendula Zinc Salve

Protects from abrasion and cares for irritated skin. Also suitable for armpits and hollows of the knees, in addition to the nappy area. It lets the skin to breathe.

**Contains among others** spring water, almond and sesame oil, zinc oxide, beeswax, lanoline, marigold and camomile extract.

Product No. **C-9071**      **75 ml**

## Calendula Oil

A soft basic baby oil that cleans, nurtures, and protects the skin. Well suited for use as a bathing oil, for cleaning of the nappy area, massaging the baby, and daily skin care. Protects skin from drying and irritation.

**Contains** sesame oil and marigold extract.

Product No. **C-9075**      **200 ml**

## Calendula Bodylotion

Suitable for use as a body lotion and cleansing lotion for sensitive skin. Helps to keep the skin soft and elastic. Absorbs fast.

**Contains** among others spring water, almond and sesame oil, glycerine, marigold extract, and genuine essential oil.

Product No. **C-9073**      **200 ml**

## Calendula Outdoor Cream


Protects the delicate facial skin from cold and wind during winter. Forms a natural protection and lets the skin to breathe.

**Includes** almond oil, beeswax, lanoline, and marigold extract.

Product No. **C-9074**      **30 ml**

# Babies

SKIN CARE



Ruskovilla is a pioneer of  
cloth nappies in Finland!

Read more from the guidebook Baby in Wool!

Babies

NAPPIES

42

100% COTTON  
100% SILK  
100% MERINO WOOL

# Combining practically cloth nappies and nappy pants

**Cotton nappies** and **woollen nappy pants** are a natural combination in which your baby feels good. It effectively absorbs moisture but remains still warm and feels dry. Cotton nappies transfer moisture to the woollen nappy pants that can absorb it even in amount of 40% of their weight thanks to the wool's capability to absorb moisture.

## Many alternatives

An extra flannel or wool nappy (as a suction layer) can be placed inside the cotton nappy for the duration of the night or when going out. You can use the same sized nappy cloths during the entire time of using nappies if you fold them differently. Woollen nappy pants should always be worn on top of the nappy:

short nappy pants for the summertime and indoor use or long-legged during cool weather.

When the baby grows and starts to move, we recommend putting on top of the nappy a pair of brisk cotton underpants that would keep it in place. Also, a bodysuit is well suited for babies wearing woollen pants, as it prevents the nappy to move from its place.

## Ecological and economic

Cloth nappies are economic, as their use will cost you only about one sixth compared to the disposable nappies, even when bought at reduced price. They are also an ecological solution. More information about the cloth diapers can be found in the guidebook *Baby in Wool*.

## Wool makes the Ruskovilla cloth diapers comfortable for the baby.

### Wool absorbs moisture very well

The unique capability of wool to absorb moisture makes it an excellent material for baby nappy pants. Cotton nappies will absorb the wee and then the moisture is transferred into the woollen panties. The baby will feel dry and warm.

### Wool generates warmth even when wet

Woollen nappy pants are warm even when moistened. Disposable nappies do absorb the mois-

ture but at the same time they form a cold wrapping around the baby's lower abdomen.

### Wool is self-cleaning

Wool has the ability to neutralise secretions: it is hygienic and does not form a breeding ground for bacteria. You will need to wash the baby's nappy pants very seldom: it is sufficient to air them for dissolving the smell. Of course, faeces will have to be washed out and this can be done very well with bile soap.

# Our ecological nappy products



## Rice paper

decreases soiling of the nappy  
100 pieces/roll,  
biodegradable  
Product no. **8705**



## Wool nappy

100 % wool  
3-layered  
size approx.  
12 x 32 cm  
Product no. **1710**



You can also knit nappy pants for your baby from flock yarn. Smaller pants require approximately 70 grams of yarn and larger pants approximately 100 g. Instructions are included for knitting various different models of nappy pants, and a bonnet and booties. (Instructions only in finnish and swedish).

## Flocky yarn

100 % wool  
Product no. **1900**  
100 g ball of yarn



Flocky yarn is an untwisted pre-stage of normal knitting yarn, it is soft and handknit and is suitable for handknitting of e.g. nappy pants.

### 1. Cotton nappy

oxygen-bleached

Product no. **3730**

Size approx. 80 x 80 cm

Weight approx. 100 g

6 nappies

### 2. Flannel nappy

soft, unbleached cotton flannel

Product no. **3710**

Size approx. 40 x 40 cm

3 nappies

### 3. Silk nappy

100 % bourette silk

Product no. **2700**

Size approx. 16 x 48 cm

### 4. Underpants

100 5 ecological cotton

Product no. **3460**

Sizes 60 and 80 cm

### 5. Nappy pants, long-legged

100 % wool

double-layered

Product no. **1500**

Sizes 60 and 80 cm

### 6. Nappy pants, short-legged

100 % wool

double layered

Product no. 1510

Sizes 60 and 80

### 7. Snappi diaper fastener, T-shaped

with grips on each end.

These grips embed in the nappy fabric to ensure a well fitting nappy

Product no. **8706**

### These will get you started:

- 24 cotton nappies (folded in triangular form)
- 9 extra flannel or wool nappies for the night or outdoor use
- two sets of long-legged and two sets of short-legged nappy pants
- wool-washing agent, bile soap, wool conditioner

### When your baby grows:

- the same cotton nappies (folded in rectangular form)
- 15 additional extra flannel or wool nappies (an extra nappy is always handy when the baby grows)
- 4 pairs of larger nappy pants
- underpants or bodysuits to keep the nappy in place.

Before use wash the nappy pants by hand. It is also recommended to wash new cotton nappies a couple of times by hand before use so that they reach the optimal absorption capability.



Babies

NAPPIES



## The Tiny Collection for the smallest of all

A premature baby needs the safety and protection of warmth the most. For prematurely born babies we have designed our Tiny Collection that includes a **silk wool shirt** and a **bonnet** as well as **woollen nappy pants** and a **bonnet in real silk**. Silk wool combines the qualities of both of these natural fibres in a uniquely soft and caring way.

A warm sheep wool fleece that is particularly suitable for the baby completes the set. It is safe, continuously hygienic, and bears wet cleaning.

### Note

In many maternity hospitals around the world, genuine sheep wool fleece is used as a mattress overlay for premature newborns. It significantly enhances the sense of touch on the baby's skin. It has also been proven to improve the baby's weight gain if their mattress overlay is of sheep wool fleece.

The products are well suited for prematurely born babies and the size 50 is also suitable for newborn babies with regular weight.

# Babies

TINY / NEWBORN

# Helping the nursing mother

For breast protection, Ruskovilla has designed soft woollen and silk breast warmers and bra protectors made of ecological cotton, which help to take care of breasts. Milk-filled breasts are sensitive to cold, wind, and draft. Moist nipples should be protected throughout the entire time of nursing and kept warm to avoid painful breast infection.

## Baby shirt

70 % wool, 30 % silk

Product no. **4200**

Sizes 40 and 50 cm



## Bonnet

70 % wool, 30 % silk

Product no. **4070**

Sizes 40 and 50 cm



## Silk bonnet

100 % real silk

Product no. **2060-0**

Size 40-50 cm

Other sizes see p. 41



## Nappy pants, long-legged

100 % wool,  
double-layered

Product no. **1500**

Sizes 40 and 50 cm



## Sheep's wool fleece

washable

Honey-coloured

Product no. **7905**

White

Product no. **7904**

Size approx. 85 x 70 cm



## Breast warmers

One side of breast warmers with double function is made of soft wool that, thanks to the unique ability of wool to absorb moisture, warms the breasts even when wet. The other side is made of nurturing silk that relieves skin irritation and is gentle to delicate nipples. Breast warmers are slipped inside the bra. They are flexible enough to adapt to the size of the breast and large enough to cover the entire breast.

It is recommended to have two pairs. They are washed by hand and dried at room temperature; it takes a couple of hours for them to dry.



## Breast warmers

ø approx 20 cm

silk and wool

Product no. **2650**

## Bra protectors

Breasts can leak milk between nursing in all kinds of different situations. Bra protectors absorb the leaking milk and protect both the nipples and the clothes. Breathable ecological cotton feels good against sensitive nipples. Disposable bra protectors are often too tight and may even cause breasts to sweat. Cotton bra protectors stay hygienic when machine-washed at 60-90°C. They can be sterilised by ironing at temperature suitable for cotton. If you need bra protectors regularly, it is enough to have 5-8 pairs of them. You can also protect your breasts in frosty weather with an elastic waist warmer.



## Bra protectors

ø approx. 10 cm

100 % ecological cotton

Product no. **3650**

In freezing weather, you can also protect your breasts with an elastic waist warmer  
Product no. **1610** (page 13)  
(S, M, L)

# Nursing



# Bedclothes

Ruskovilla's ecological duvets, pillows, and mattress overlays are made of genuine natural materials: **wool, silk, cotton** and **millet husks**.

Our bedclothes feel comfortable, are breathable, and warm conveniently. Natural materials do not cause perspiration or hold static electricity; they help the user to reach a deep and peaceful sleep. Peaceful sleep helps you to cope better with the life's challenges.

Babies spend most of their time sleeping; therefore it is particularly important to choose carefully the bedclothes for the baby.

100% WOOL  
100% COTTON  
100% SILK

6

2

1

4

3

### 1. Silk Duvet

Top layer of dense cotton cloth, silk wadding filling  
Product no. **7855-B**  
Size 80 x 100 cm

### 2. Millet husk pillow

(see page 54)  
Top layer of dense cotton cloth, millet husk filling  
Product no. **7880-B**  
Size 25 x 35 cm

### 3. Baby blanket

soft wool tricot  
triple-layered, topmost layer decorated wool  
Product no. **7810**  
Size approx 70 x 95 cm

### 4. Cover for changing table

100 % wool teddy  
Product no. **7800**  
Size approx. 75 x 100 cm

### 5. Swaddle cloth

Soft, unbleached cotton flannel  
Product no. **3720**  
Size approx. 90 x 120 cm

### 6. Sheep's wool fleece, washable

Honey-coloured  
Product no. **7905**  
White  
Product no. **7904**  
Size approx. 85 x 70 cm

Babab's **sleeping sack**  
see p. 37



## Pure natural fibres for the baby's bed

### A swaddling cloth / light summer blanket

Baby will feel warm and safe inside a swaddling cloth as it gives the same close feeling that the baby felt inside the womb. Swaddling cloths can be used at least during the two-three first months. It also is a splendid light summer blanket.

### Multipurpose woollen teddy cover

The cover for the changing table made of woollen teddy can also be used in bed as a shield from wetness because moisture and odours will evaporate when the cover is aired. You can slip the teddy cover in the baby's pram for outside naps; it also makes an excellent duvet cover. Proper airing is usually enough but it can also be washed by hand.

### SPECIALLY MADE FOR BABIES!

#### Washable sheep wool fleece

The high quality washable sheep wool fleeces by Ruskovilla are made so that they are safe for your baby: they are treated to be constantly hygienic and contain no detrimental elements, they are also tanned to be machine-washable. Our wool fleeces arrive from New Zealand that has long traditions of tanning leather for different purposes. Wonderfully warm and multipurpose fleece can be used in the baby's crib or bed, on the floor, in the pram, or in a car seat. It breathes naturally and helps to keep the little one nicely warm. Wool fleeces are excellent during trips as they make your baby feel just like at home.

Washing instructions on p. 70  
Products for wash and care on p. 75

## Bedclothes

BABIES

# Natural fibres for a good night's sleep

During sleep, our metabolism increases. Bedclothes filled with wool wadding are very good in regulating the warmth and moisture our bodies produce. Between the mattress and the cover a layer of conveniently warm air is formed around the sleeper's body, which helps to reach a deep and peaceful sleep. Using Ruskovilla's natural bedclothes, you can sleep with your window open or lower the room temperature to a healthy level.

Bedclothes with wool wadding are also ideal for long-term patient care. They breathe freely and do not make the patient sweat, which means that the risk of bedsores is smaller.

## **From patches into a blanket, ecologically**

Bedclothes with wool wadding are part of our ecological production process.

Our sewing room produces wool patches and we don't throw them away, instead they are shredded and scribbled into filling wool.

Ruskovilla pillows, duvets, and mattress overlays are covered with dense cotton cloth that has received the Öko-Tex Standard 100, certifying that it does not contain any harmful substances.

Airing and light brushing is sufficient for cleaning these natural bedclothes. Cold helps against the house dust mites. Stains can be removed with gall soap and a damp sponge.



## Pillow

### 1. Children's size

Product no. **7850-C**

Size 120 x 150 cm

### 2. Adult size

Product no. **7870-A**

Size 45 x 55 cm

## Duvet

### Children's size

Product no. **7850-C**

Size 120 x 150 cm

### 3. Adult size

Product no. **7850-A**

Size 150 x 205 cm

## 4. Mattress overlay

### Adult size

Product no. **7860-A**

Size 80 x 200 cm

## 5. Bed cushion 100 % wool teddy

Product no. **7800-A**

Size approx. 75 x 200 cm



Duvet, Weight per square metre of filling: 600 g.



Mattress overlay, Weight per square metre of filling: 1600 g.

## PILLOWS, DUVETS, AND MATTRESS OVERLAYS

- 100 % wool filling
- Cover material 100 % cotton
- Our bedclothes are also available in custom sizes in 5 cm increments. Please contact our customer service for prices and delivery time. Deliveries of custom sizes only directly from the factory.

# Bedclothes

ADULTS AND CHILDREN

Washing instructions on p. 70 • Products for wash and care on p. 75

## MILLET HUSK PILLOW

### For babies

Product no. **7880-B**

Size 25 x 35 cm

Filling approx. 250 g of husks

### For children

Product no. **7880-C**

Size 35 x 45 cm

Filling approx. 750 g of husks

### For adults

Product no. **7880-A**

Size 45 x 55 cm

Filling approx. 1,5 kg of husks

### Millet husks by weight

for filling pillows

Product no. **T-2501**



# Millet husk pillows provide natural support

The filling of millet husk pillows consists, according to its name, of millet husks or the inedible shells of grain. Small bowl-shaped husks form a porous filling that forms itself according to even the smallest movements.

## Supports the head properly

Many of us suffer from pain and tension in the neck due to stress or incorrect working position. If the muscle groups of the neck get enough rest and support during the night, they recover and withstand strain much better. An overly soft pillow does not support your neck enough and requires the muscles to work during the night for supporting your head. Instead, the milled husk pillow lets the neck and the head to shape the pillow into a suitable form that alleviates discomfort.

The purpose of millet husk pillows is to prevent health problems: if you are suffering from constant neck pain, you should also contact a physiotherapist or a masseur.

Other good qualities of the millet husk pillow are coolness and breathability. Air circulates inside it and keeps you comfortable all night. This is good news especially for people who tend to sweat much.

## An ergonomic and ecological choice

A pillow filled with millet husks always forms the most suitable shape to individually support the sleeper. It is possible to add or reduce the amount of filling husks as desired. The pillow is manufactured for babies, children, and adults: it has indeed become a favourite pillow for the whole family. It is very easy to take care of and lasts for a long time: the cover is machinewashable, the filling should be changed approximately every five years, and the old husks should be put into the biological waste centre. You can acquire new husks from Ruskovilla.



### MILLET HUSK PILLOW

- Cover material 100 % cotton, zipper at the side
- Filling millet husks from ecologically sound farms



Washing instructions on p. 70  
Preproducts for washing and care on p. 75

## Bedclothes

MILLET HUSK PILLOWS



# Info

Natural fibres bring the luxury of feeling good into your life. Clothes against your skin can make you feel either comfortable and pleasant or, for example, chilly and sweaty. The natural fibres – wool and silk – have a unique ability to cooperate with your skin. They breathe as your skin does and keep you always nicely warm and comfy. It is important for your skin to breathe well: you are feeling better when it is breathing naturally.

# The abilities of natural wool cannot be reproduced.

All around the world, scientists are trying to develop artificial fibres that would have all the fine qualities of wool, but they will not succeed in it, as one cannot imitate nature to perfection.



Foto: Classic Sheepskins

## **Wool maintains the body's optimal temperature balance**

When the body reaches its optimal temperature, wool maintains this. The ambient temperature determines whether wool breathes or warms, provides or binds warmth, which means that it warms you always just enough.

## **Wool feels good on the skin**

Merino sheep only produce the finest long-fibred underwool, seven times finer than the wool of normal sheep. Fine merino wool feels pleasant and does not cause itching. Wool consists of the same proteins and keratins as human skin. It is precisely this characteristic that allows us to call wool the "second skin". Ruskovilla's pure untreated wool still contains some natural wool fat – i.e. lanolin – which has skin-nurturing abilities.

## **Protects both from cold and hot**

Body temperature affects your wellbeing greatly. Wool is a very warm and breathable fibre. The unique warming qualities of wool are based on its chemical and physical structure. It is naturally curly, flexible, and remarkably moisture-absorbing.

As wool fibre is curly, the clothes made from it are fluffy. Fluffiness gives wool its unique thermal isolation capabilities, on account of which wool feels comfortable both in cold or hot weather. Curliness makes the fibre flexible and resilient, and thanks to this the ability to insulate warmth will not disappear even over a long time use.

## **Wool breathes and does not make you sweat**

The surface layer of wool contains small micropores, which allow the fibre to breathe

freely. The pores are so small that water drops are not able to penetrate the surface of the fibre, while water vapour or molecular water (sweat) is able to pass. Woollens are therefore partially water-repellent. People regulate their body temperature by enhancing their surface circulation and, if necessary, by sweating. We also sweat a little even when resting. Woollen underwear supports the vaporisation of natural moisture produced by the skin. Wool's unique air and water-vapour permeability maintain a pleasant feeling.

#### **Absorbs moisture and does not feel wet**

Wool has enormous capability to absorb moisture: when ambient humidity rises to 100 %, wool can absorb even 40 % of water without feeling wet and sweaty. When wool absorbs moisture, numerous chemical reactions take place in the fibre that release heat into the surroundings and make the fibre feel warm. This is one of the most important properties of wool when it comes to underwear, as it gives time

to the body to adjust itself to the temperature change caused by humidity. The different amino acids differ from each other based on their structure and behaviour: some are water-absorbing and the other water-repellent. The ability of wool to absorb moisture is caused by wool fibre versatility.

#### **Wool nurtures naturally**

Wool is a heat treatment by the nature and an excellent underwear material for those whose own temperature regulation system is disturbed one way or another, for example, due to physical disability. The role of constant warmth in the treatment of various joint and rheumatic diseases is very important. Woollen underwear acts like a second skin, it binds and maintains warmth and forms an air shield on the surface of the skin, which keeps the body isothermal for much longer than clothes of cotton or artificial fibre. Extra warmth for sore spots can be provided by woollen warmers.

Wool used by Ruskovilla is 100 % pure new merino sheep wool. It belongs to the quality class "super fine", which means that its fibre's diameter is smaller than 20 microns, due to which it is soft and elastic. Merino sheep produce only the finest long-fibred underwool, seven times finer than the wool of normal sheep.



▲ Merino wool:  
quality class "super fine"

▲ Sheep wool:  
quality class "heavy"

Info

WOOL

# Wool – pure quality from nature



## Fireproof fibre

Wool is fireproof as it does not catch fire easily nor does it maintain fire, unlike the artificial fibres that can easily catch fire even from a spark.



## Wool is efficient during long treks

It is always conveniently warm whether you are hiking, camping, or sitting by the fire. Wool is fireproof, and therefore Ruskovilla clothing can also be worn where there are fire sparks. Also wool is a good material for boating, as it provides warmth even when wet. Odours can be eliminated by simply airing, which is remarkable when washing possibilities are limited.

## We are using organic wool

Ruskovilla is gradually starting to use certified organic wool during this season. Organic wool is the same fine merino wool as the wool our clients are used to wear. It is produced in South-America and it is certified by IMO (Institute for Marketecology).

## Excellent as underwear for the elderly

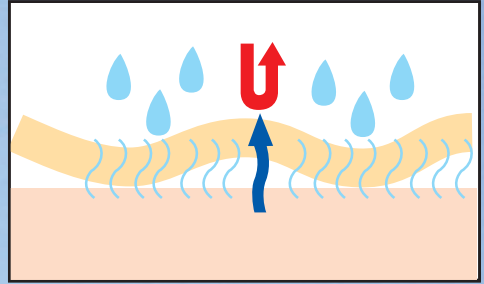
Our bodily functions slow down as we age and the mechanism that maintains constant body heat becomes more unstable. It also requires more effort from the body to maintain a constant temperature as our body mass diminishes. As wool retains warmth, we are recommending it as underwear material for the elderly. The aging skin grows thinner and often becomes more dry and sensitive. Off-white untreated soft merino wool with skin-nurturing lanolin is a pleasant choice to wear against the skin. Silk wool that is thinner than wool is suitable for underwear all around the year.

### Wool is easy to care for

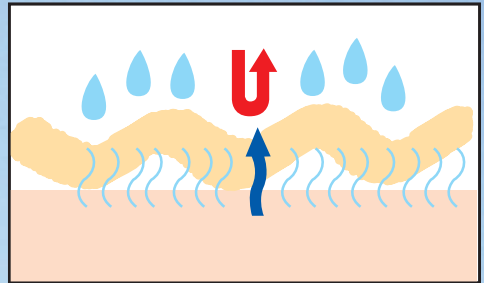
Thanks to the reactive sensitivity caused by wool's chemical structure, wool cleans itself, which means that it stays clean much better than the artificial fibres. Sweat and other odours generally disappear with sufficient airing; woollen undergarments need to be washed when they have been used for a week or two. Wool can be cleaned in water by squeezing it lightly, rubbing should be avoided. It is recommended that untreated wool be washed primarily by hand, but also a washing machine's gentle wool-wash programmes can be used for washing Ruskovilla woollens.



### Fibre characteristics on the skin



**Wool breathes**, allowing water vapour created on the skin to permeate but does not absorb water drops.



**Wool becomes curly when it is moist**, which leaves more air between the skin and the knitted fabric. Water molecules form bonds with wool, which releases heat. The skin's micro-atmosphere feels more pleasant: the skin breathes freely, and moisture does not make the knitted fabric cold and damp.

# Silk feels luxurious

**Silk binds and retains heat, breathes naturally, and is cool in hot weather and warm in cold. Silk fibre binds plenty of air into itself, which acts as heat insulation.**

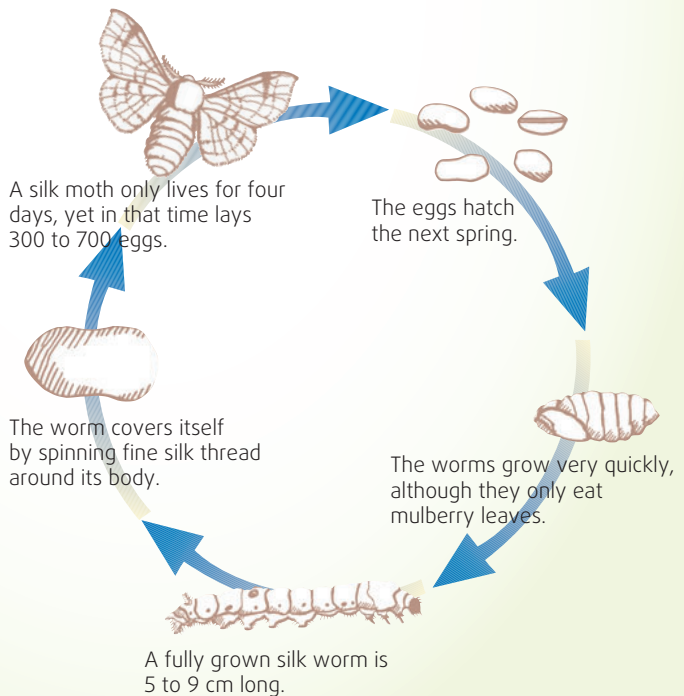
Thanks to its fibre's smoothness and lightness, silk feels warmer than wool and its surface cools wonderfully the hot skin. Silk contains sericin or silk glue, which has skin-nurturing and medicating properties: therefore silk is suitable even for the most sensitive skin. Ruskovilla uses pure real silk which is still containing some sericin. Silk also consists of the same elements as human skin, and therefore its lovely touch makes it feel like a second skin.

## **Silk thread is woven by caterpillars**

In ancient China the silk moth was the symbol of immortality, and its caterpillars were cared for in accordance with the cosmic rhythms of the starry sky. A small caterpillar emerges from the egg of the silk moth. The worm feeds on mulberry leaves. Approximately one month after the hatching, the worms are fully grown and ready to spin their cocoons. They spin a cocoon to protect themselves by excreting fine thread with two filaments from their spinning glands. The worm's head rotates in a figure-eight pattern, and it spins one continuous filament until the whole worm is covered. This has created thousands of meters of fine thread. Throughout the spinning, the worm follows

the direction of the sun. After the cocoon is spun, the worm develops into a moth in about two weeks. The moth lives only for four days, during which it lays new eggs.

A silk cocoon gives a natural protection for the moths, just like the silk clothes to people. The so-called Shappe silk, used by Ruskovilla, has been spun from the filaments brushed from the cocoon surface, which still contains sericin. When a new garment by Ruskovilla is moist or wet, the smell of sericin is noticeable, but it will fade after a few washes.



# We are using pure ecological cotton

Ecological cotton feels pleasant against the skin. Unbleached and uncoloured cotton is well suited for sensitive and allergic skin.

## The circle of nature maintains life

Natural resources are not endless and nature cannot endure a boundless amount of waste. We here in Ruskovilla are searching for long-lasting means of production in the name of sustainable development. We must learn to recycle and use the earth's resources rationally, so that they would not end.

Nature's own circle is simple but brilliant. The paths of energy, water, nutrition, and chemical compounds are very much like a circle. There is no beginning and no end, but thanks to the energy of the sun and photosynthesis, this circle has already functioned for millions of years. Ecological farming combines respect for nature and benefiting from the circle of life so inherent in nature.

## Controlled production process

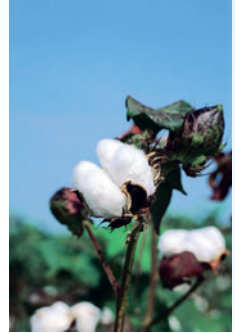
We are using cotton originating from the ecological plantations of India. The journey from a cotton bush to a finished garment is long and requires the co-operation of many people and companies. It takes two years from planting before a Ruskovilla cotton garment reaches store shelves. Ecological cotton makes the

same journey as the ordinary cotton. The difference is that the aim of the farmers and the textile companies is not to burden nature or poison people during the manufacturing process. The entire manufacturing process is controlled and certified.

So everything starts with the cotton capsule or boll. After hand-picking, all seeds are removed from the cotton by breaking, and the fibres themselves are pressed into large bales, which are then transported to Switzerland for spinning. In Finland, the threads are woven into different knitted fabrics and finally washed with soap; our ecological cotton is never chlorine-bleached or otherwise chemically treated. At Ruskovilla's own sewing shop the products are cut, sewn, and packed for delivery to shops and customers.

### Ecological cotton cultivation in a nutshell

- biological pest control
- organic fertilising
- crop rotation
- picked by hand
- social responsibility for the farmers and their families



# User comments

To celebrate of 25th anniversary we organized last autumn a customer inquiry concerning their wishes and experience as users of Ruskovilla products. On this and on the following pages some results from the inquiry.

*“My baby is so sweet in those fabulous Ruskovilla clothes for toddlers...”*

“Only the best quality for the most important person in the world”. My baby wears Ruskovilla clothes from top to toes.. **HEIDI**

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On the basis of my own experience Ruskovilla products for children and toddlers are very good, the products are comfortable and resistant. My two children have worn nappies (in particular cotton nappies and woollen pants), and I have been very satisfied. You can tell something about quality from the fact that I am still using Ruskovilla cotton nappies which have been worn by five children and they are still usable. Even the other woollen products (overalls, bodysuits, teddies, duvets) are great to use. Neither of our children has had skin problems, diaper rash or allergies. They have spent their nights sleeping tight from the age of 2 months. It seems that a baby only needs breast feeding and wool. **ANNI**

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We have a HAPPY BABY WEARING WOOLLEN PANTS living with us. He turned 1 year old and has been potty trained for four months. **SARI**

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We have been very happy with Ruskovilla products, e.g. woollen bodysuits, silk bonnets and rompers have been in heavy use. The woollen teddycloth is a multipurpose material to be used as a sheet cover and also a mattress in the cot, folded in two. Ruskovilla nappies are very absorbing and work fine all through the period of diaper use. Woollen nappy pants knitted with flock yarn are great to wear and there have hardly been any accidents.

**ECO-MOTHER**

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Even if there have been more and more new products in the domain of reusable cloth nappies during the last three – four years, Ruskovilla nappies are still at the top! The same nappies can be used for babies and for 2- and 4-year-old children who have occasional accidents at night. I have also bought woollen balaclava bonnets for the children of the whole family because at least our kids sweat so much at play that their cotton bonnets were always soaking wet. **PÄIVI**

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Great Finnish quality! The products are great to wear and you can recommend them to mothers. Both our children (3 years and 1 year) have worn Ruskovilla clothes right from the birth at hospital. They are the most commonly worn clothes all year round. If you take care of them appropriately, they can be recycled many times. It is great to take a warm baby who has just woken from the warm and sweet. Even when the temperature drops very

low, you can notice that the toes, the fingers, and other body parts are warm, there is no need to be cold, thanks to these great woollen clothes! **SARI**



There are no other nappy pants like those of Ruskovilla. They are so smooth and so resistant. They can be used with nappies made of cotton and flannel. They have never failed. We also like woollen bodysuits and shirts. They are beautiful in their simplicity. And those fantastic silk bonnets! Could there be anything more beautiful and practical. **ELINA**



Ruskovilla silk products have been great buys! One of our twin daughters sweats a lot and last winter/spring her head was often all wet after a nap in the pram. We switched from a cotton balaclava to a silk one and to our astonishment, we found our daughter with her head all dry after a nap in the pram. In the hot summer a silk undershirt (we used it as a long-sleeved T-shirt) protected from the sun without making her sweat. It was worn all the time unless it was being washed.

**MOTHER OF TWINS**



I found Ruskovilla "products" accidentally in 1991. We had our first child, and it was very allergic and had extremely sensitive skin. Already at Kättilöopisto clinic somebody told us to try "those woollen things" and that's what we did, because we could not use anything else. We bought the first nappy pants ready-made, but I have knit at least 30 flocky yarn pants during the last 15 years for our three sons. My hands were in good shape thanks to sheep grease. And most important, the skin of the baby was in good shape in wool and silk clothes, and finally washing nappies was not such a big job. And the silk balaclava is still being worn by the youngest child, who goes to pre-school. If you take care well of these products and store them appropriately, they can be worn by all the children of the family, just like that silk duvet.

I love so much these "wool babies" that I got my friend involved too, great to be able to knit pants again! **MARI**

*"...and that wonderful silk bonnet..."*

I learned about Ruskovilla from my mother-in-law. Her children have spent their childhood wrapped in wool and wearing a protective silk bonnet. In particular, the silk bonnet with its unique idea fascinated me. Both my children wore a bonnet all day long during their first year. When the small babies did not "accidentally" have a protective bonnet on their head, they looked as if they had cold and they were restless. Woollen underwear and balaclavas that we still use have become equally important. Ruskovilla clothes have made an important contribution in the creation of a protective growing environment all through their young lives. **MIRA**



It is quite impossible to point out the best products, because all those we have used have been superb! For emotional reason we can mention especially the baby's silk cap, which ribbons we will tie at the end of the year under the chin of our third child, if everything goes fine. It is a wonderful product and full of dear memories, we cannot get rid of it, instead we shall put in our archives, once we are sure how many users there shall be. And what could a mother of two children born in mid-winter do without breast warmers and the outdoor shirt, which has saved us from heat stroke, dehydration as well as fits of bad temper and tears! It is ideal when you go hiking, picking berries in the woods, fishing and also when you go to buy a carton of milk in February walking on snow-covered sidewalks pushing a double pram! And what is best, the children covered in woollen clothes are satisfied and their temperature is stable. **MOTHER AND KIDS**

*"I am addicted to the millet husk pillow and the bedclothes"*

For two weeks I have been learning about the fantastic characteristics of silk wool. It is warm, but not hot. The millet husk pillow seems to keep the promises of the advertisement. It gives support to the neck and the head thanks to its form. It is not too high, suits also people with short neck.

"SATISFIED USER"

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I have tried the pillows of several manufacturers, and the problem always is that they are too high for my neck vertebra worn out by my work. The Ruskovilla millet husk pillow lets my neck rest in a position which causes no tension. I have even bought myself a children's millet pillow to carry around on trips. The idea to make millet husk pillows is worth a warm thank you and a reward. **LEENA**

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Addicted to millet husk pillows!

First it was my husband who got it because of his night sweating. He praised it, so that I got one for myself because I had backache. For Christmas we bought them for my daughter's family and my mother. Next, it was my brother with his family and my sister-in-law. The following "victims" were the different clients of our holiday cottages. After having slept a week on "a grain pillow", they did not want to leave without their nice bed-partner, the most enthusiastic ones got their pillow at the factory outlet on the way home. And so the snow-ball effect was to begin again. The nicest episode happened last summer. A German couple who already had their pillows came to our other cottage which did not have these wonder pillows. The wife had taken hers with her, but the poor husband had left his at home. After the night there was a call and a coy request: "Is it possible to borrow a pillow, otherwise Klasu's holiday will be ruined?" Fortunately, we always have a spare pillow for "cases of emergency". I took it to Klasu and life was good again. His holiday was saved! The only negative aspect of the pillow is that you become addicted to it! "M.J."

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The pillow filled with millet husk is the best invention since the wheel! The pain in the neck-shoulders area, backache as well as pain due to tension all disappear miraculously during the night and the tranquilizing sound of the grains makes you sleep tight. I never leave for a trip without my beloved pillow. **SISKO**

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You become addicted to your millet husk pillow and woollen duvet... it is hard to sleep elsewhere but home... **LISA**

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In the summer we bought woollen mattress overlays. We recommend them to all our friends and acquaintances. Likewise the pillow filled with millet husk has given relief to neck ache. Our grand children have wool and silk clothes, they are excellent. There are no allergic reactions nor other skin problems. **EEVA-MAIJA**

*"When you touch the fleece, you do not want to take off your hands, it is so soft"*

We bought a sheep fleece for our baby in the spring of 2004, the baby was born in June. At hospital the baby slept well, but at home it cried. We put the sheep fleece into the bed, and the baby started to sleep well again. In the winter, we put the fleece both in the pram and in the bed. Now, in the autumn of 2006 our daughter is moving to the "big" bed. She started to sleep badly again and we used the sheep fleece again. Miraculously she began to sleep well again. Now our daughter of 2 lies on the fleece reading books and in the evening the fleece is put into the bed. The sheep fleece is irreplaceable in our household. It is easy to keep clean and always so wonderfully soft. We also use wool mittens, socks, bonnets and woollen suits. If I had to choose one, I'd take the fleece. You can use it all year round! **KIRSI**

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I have been very satisfied with all your products that I have bought. The silk wool underwear outfit, the thick winter underwear outfit for hiking in winter, etc. My father had a stroke a few years back and he had to stay in hospital paralyzed. I tried to find him a Christmas present. Then I got it; the sheep fleece to prevent bedsores. The warm fleece under the feet for many months prevented the bedsores to appear. I could not help wondering aloud why hospitals do not invest in these treatments... SEIJA

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Always if I have a temperature I put the fleece tight around me. I get better in no time.

"TELLING THE TRUTH"

*"People around me have used Ruskovilla products a lot – and for long time"*

I am a woman of 22 of age, and a so-called "child of Ruskovilla". Two years back I went to a shop selling Ruskovilla products. They had just received Ruskovilla products to their range and the shop clerk came to present me them with a lot of enthusiasm. She told me all she knew about Ruskovilla and when I had the opportunity to intervene, I told her that all my childhood I had been dressed in Ruskovilla. The shop clerk got so excited of this that she told everybody in the shop that there was a Ruskovilla child present. The other shop clerks "attacked" me and asked me about Ruskovilla. The other clients were staring at me with astonishment. The shop clerks were surprised to learn that Ruskovilla was not a new product, as they had thought. It took a while before I was "allowed" to leave the shop. Afterwards we have laughed at the situation on several occasions. It feels so amusing, because many people around me have used Ruskovilla a lot – and for a long time!

ANNA-MARI

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The best proof that Ruskovilla products are comfortable and warm is the fact that my teen-aged daughter wants to wear them in winter when it is cold... first time I had to persuade, but not the second time... "WHAT MY MOTHER ALWAYS SAID..."

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From my own experience I can tell that when I borrowed my mother's "long underwear pants" to wear in winter under my jeans, I just had to say WOW! They warmed me so nicely and surprisingly they did not feel bad at all, they didn't itch, which is a huge advantage! JANNICA

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The silk wool underwear was a positive surprise, because I am allergic and my skin is sensitive, so that I have not been able to wear wool products.

TUULI

*"Ruskovilla's woollen overall is incredibly nice"*

Ruskovilla's woollen overall has been incredibly nice and practical to use during the first year of my daughter. In the winter under a quilted overall and between seasons the overall keeps you warm and feels comfortable. It is easy to move in it, the child does not become a "sausage". The overall is also strong and resistant, they have been circulating between the numerous children in my family. With the money we received at Christmas I bought her first new woollen overall to our daughter! HANNAKAISA

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I was born the same year as Ruskovilla, and I can well remember those wonderful woollen clothes from my childhood. The best were the woollen pants, which helped my legs, which suffered from growing ache. ELINA

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After having worked for 30 years with children at kindergarten, I have good experience of Ruskovilla outfits for babies and toddlers. They feel comfortable, they are elastic and easy to put on. I was always feeling calm when I was out with children whose mothers had chosen these clothes for their children. The children who love to run wildly around as well as those who like to sit at the sandbox were feeling good wearing them. My wish is that each child would have the opportunity to put on these soft and comfortable Ruskovilla outfits and enjoy their games in all weather.

TARU, NANNY, RETIRED

*"...the whole family has become fanatic users of Ruskovilla"*

The wonderful Ruskovilla underwear is the best choice for people who suffer from cold - including myself. In my work as a nanny Ruskovilla brought me happiness every day in the autumn and in the winter. Also my own child, who is a toddler, is kept warm and dry in Ruskovilla clothes. We go out to play regularly and for long periods whatever the season or the weather. The teenager of our family likes black silk wool underwear, and they do feel luxurious. Even my husband has become a fan of wool underwear after I bought him his first Ruskovilla underwear. Guess what he wants to have for Christmas this year?

**NANNY, MOTHER, WIFE**



It all started with Ruskovilla woollen outdoor underwear- after that we have been on the hook the whole family. Me and my husband we have long underwear in wool and silk wool, my husband won't stop wearing them before Midsummer Eve, they are so comfortable. We have bought undershirts and pants made of organic cotton for our son of 3 yrs to be used as pyjamas they are his favourites for the night, and, moreover, they look just great. Silk wool is a great material for intermediary underwear for kids too: is elastic and thin under an overall and it is always suitably warm. For a child a woollen overall is a must in winter when it freezes, it is also great to wear indoors in our old chilly house. The red one has been renamed the fox-outfit, and the blue one is the bear outfit. We have Ruskovilla also in our bed: besides wool filled bedclothes we have a sheep fleece under the back of our son. I am dreaming of buying myself a giant sheep fleece to be used as a "sheet". Thanks for these magnificent products of yours. **SARA**



# Mannerheim travell

In 1906 - 08 the then Lieutenant Colonel, later Marshal of Finland, President Carl Gustaf Emil Mannerheim, rode through Asia on a mission commissioned by Tzar Nicholas II - at that time in his career Mannerheim served in the Imperial Russian Army. Although the stated purpose of this trip was scientific, - in actuality it was a military expedition. In hindsight, - however, - the true value turned out to be the scientific.

A hundred years later Kristian Nyman and Tony Ilmoni follow the same route, they started in August 2006 and they are going to arrive in Beijing in January 2008. They wear Ruskovilla underwear in this rough test. We have received a report from Urumq, which tells that the travellers are satisfied with their outfits. They have been very comfortable on horseback and when the travellers have climbed up to glaziers and snow-covered mountain tops, not to mention the cold nights passed high up in the mountains. More information and experience are to found in our next product catalogue.

The progress of the expedition can be followed at the address [www.mannerheim1906.com](http://www.mannerheim1906.com).

# ing on horseback through China

## Carl Gustaf Mannerheim's expedition to Asia 1906- 1908



Route: Kashgar - Aksu - Urumchi - Turfan - Hami - Langzhou - Xian - Hohhot - Beijing

### INFO Measurement

The measurements shown in the table are body measurements. Compare your own body measurements with those in the table, and select the appropriate size accordingly.

Adult sizes	XS	S	M	L	XL	XXL
<b>Body measurements:</b>						
Chest circumference	79-86	87-94	95-102	103-110	111-120	121-128
Waist circumference	63-70	71-78	79-86	87-95	96-105	106-115
Hip circumference	89-94	95-100	101-107	108-115	116-123	124-132
Side length (from waist to ankle)						
men		106	108	110	113	116
women	98	100	102	104	104	
Unisex	101	104	107	110	113	116
Children's sizes	100	110	120	130	140	150
Body circumference	59	63	67	70	74	78
Sleeve length+shoulder	43	47	51	56	60	64
Side length (leg)	59	66	73	80	86	92
Babies' sizes	60	70	80	90		
Body circumference	50	52	54	56		
Sleeve length+shoulder	27	31	35	39		
Side length (leg)	34	39	45	52		

## Info

USERS TELL/  
MEASUREMENT TABLE

# Washing and care of Ruskovilla products

Treat the lovely natural fabrics correctly, so that they serve you better and longer.

## CLOTHES

### Wool

- Air often – seldom wash.
- Wool is self-cleaning: it reacts with oxygen in the air and neutralises skin secretions.
- Airing extends washing intervals.
- Wash wool preferably by hand in lukewarm water.
- For washing use olive oil soap or wool washing agent (e.g. Sonett washing liquid).
- You can also wash woollens with a washing machine's wool-wash program (30°C).
- Soft spin, do not tumble dry.
- Stains disappear with Sonett gall soap.
- It is recommended to treat woollens that need to be washed often with Sonett wool conditioner that protects the wool fibre, preserving its softness and the ability to absorb moisture.
- Shape clothing whilst damp.
- Dry preferably on a towel on a level surface. If hang to dry, hang garments with collars (outdoor shirts, polo shirts) from the hem.
- Do not dry wool in sunlight or close to a heating source.
- Protect wool from moths and beetles.
- Ruskovilla woollens are not treated with moth protection agents.
- When clothing is not being used, store it in a sealed plastic bag.

### Silk

- Airing helps to eliminate odours from silk clothing.
- Wash silk preferably by hand in lukewarm water.
- If a detergent is required use a silk washing liquid (e.g. Sonett washing liquid).
- You can also wash silk garments with a washing machine's hand-wash program (30°C).
- Light spin, do not tumble dry.
- Stains disappear with Sonett gall soap.
- Shape clothing whilst damp.
- Do not dry silk in sunlight or close to a heating source.
- When clothing is not being used, store it in a sealed plastic bag.

### Silk wool

- Air often – seldom wash.
- Airing helps to eliminate odours from silk wool clothing.
- Wash silk wool preferably by hand in lukewarm water.
- For a detergent use a silk washing liquid (e.g. Sonett washing liquid) or olive oil soap.
- You can also wash silk wool clothing with a washing machine's wool-wash program (30°C).
- Soft spin, do not tumble dry.
- Stains disappear with Sonett gall soap.
- Shape clothing whilst damp.
- Do not dry silk wool in sunlight or close to a heating source.
- Protect silk wool from moths and beetles.
- Ruskovilla silk wool garments are not treated with moth protection agents.
- When clothing is not being used, store it in a sealed plastic bag.



### **Ecological cotton**

- Wash ecological cotton in a washing machine (40-60°C).
- Preferably use a nature-friendly fast-decomposing detergent.
- Stains disappear with Sonett gall soap.
- Do not tumble dry.
- Shape clothing when damp and hang to dry.
- If necessary, iron at reverse side with temperature suitable for cotton.

### **Sonett washing liquid suits for wool and silk**

- It is particularly important to choose the correct detergent in the care of woollens and silk clothes.
- Biological Sonett washing liquid or olive oil soap, for example Marseille soap, are always safe choices.
- Synthetic washing liquids are often harmful for these fibres, even if their packages say that they are suitable for washing wool and other delicate materials.
- Lipolytic cleaning agents remove the wool's natural fat from it; enzymes again eat up silk and can even make small holes into it.

## **BEDCLOTHES**

### **Millet husk pillow**

- Use covered with a pillowcase.
- When the cotton cover needs washing, open the fastener and shake the husks out into a suitable container.
- Wash the cover in a washing machine (40-60°C).
- Refill the clean cover with the husks.
- The husks don't need to be washed as they don't accumulate moisture or odours.
- The millet husks should be replaced with new ones in around every five years.
- The old husks should be put to a biological waste centre.
- You can acquire new husks from Ruskovilla.

### **Duvets and mattress overlays**

- A sufficient care for these is light brushing and regular airing.
- Dry cleaning.
- Do not wash with water as wool wadding would get clumpy in water.
- Stains can be removed with gall soap. Rub the dry stain with dampened soap, let it affect for a moment, and rinse carefully under running water or with a soft dampened sponge.
- Fight house dust mites by keeping the bedclothes for an hour in a hot sauna (60°C) or outside in about minus twenty degrees for 24 hours.

### **Sheep wool fleeces**

- Air and shake outdoors weekly.
- Brush now and then, so that wool fibres remain elastic. Use a coarse steel comb or brush.
- Stains can be rinsed away under running water.
- If washing of the entire fleece is necessary, it can be machine-washed with a wool-wash programme (30°C) and with Sonett washing liquid. Light spin.
- You can stretch the fleece into shape after wash.
- Hang the fleece to dry from two edges, preferably outdoors.
- Do not hang close to a heat source or into sunlight.
- As the fleece's hair is wool, it will slightly curl when washed.

# Protect your woollen garments against clothes moths and fur beetles

All organic matter gradually returns to the circle of nature. Our environment is swarming with nature's tiny 'helpers', which are indispensable decomposers, pollinators and objects of nourishment from the aspect of nature. However, some of these are rather bothersome creatures when straying to human abodes, especially moths and fur beetles, the larva of which use the keratin protein in wool for their principal source of nutrition.

Ruskovilla woollen garments are not protected against moths, since moth repellents are harmful to the health of people.

## CLOTHES MOTH

The clothes moth is a small, one-colour, slightly golden yellowish brown butterfly with a head the colour of deep rust brown. Clothes moths have spread all over the world alongside humans. In cities they mostly live in the nests of domesticated doves and other animals bred in buildings, but can nest also in peoples' homes, especially if something they can feed on is available. They can breed several generations in a year. Flight is most numerous in spring and from the early summer when the sun starts to warm things up.

## FUR BEETLE

Adult fur beetles are smallish, almost hemispherical dark brown insects, whose bodies are covered by fine and thick hair. In Finland fur beetles occur only in heated premises, such as apartments and storerooms. An adult fur beetle eats nothing and can be encountered around the year. They fly well, which contributes to their spreading, for example, in apartment buildings. Adult beetles seek light, and can often be found on window-sills. Fur beetles breed three to four generations in a year. In woollen clothes the larvae eat irregular holes, which are often close together.

Source: publication Rohmut ja Riesat by the Finnish Museum Association, 2005.

## NATURAL SUPPRESSION METHODS

**Store in a plastic bag:** When a woollen garment is no longer in continuous use, it would be good to store it in a tight plastic bag (such as the bag into which the product was initially packaged).

**Freezing:** Freezing (in summer) and placing into a cold environment (-20 °C) is an efficient deterrent, resulting in the death of all individuals from eggs to adults.

## RED CEDARWOOD DISCS

Moths and beetles can be deterred successfully by placing cedarwood discs in the wardrobe. The wood's cedar oil, with its pleasant smell, functions as a natural non-toxic moth repellent. With its fresh smell red cedar also repels fur beetles, silver fish, cockroaches, fleas and ants.

## MOTH TRAP - GLUE TRAP FOR CLOTHES MOTHS

**Contains:** 1 glue pad with integrated attracting substance (pheromone)

**Effective duration:** 12 weeks from opening the protective package.

The attractant vaporises into the air, disperses in the environment and lures male moths who are seeking mates and are then caught in the glue trap. This prevents the fertilisation of female moths and the number of moths continuously decreases.



Info

REPELLING  
MOTHS

# Notes



A sheet of white paper with horizontal dotted lines for writing. The right side of the paper is curled up, creating a grey shadow effect. The word "Notes" is written in the top right corner.



# SONETT Product Family

Sonett uses tensides only from renewable raw materials that can be broken down in five to seven days. Ecological olive or rape oil and volatile oils are used as rawmaterial for soap.

Sonett products do not contain petrochemical products, enzymes that cause allergic reactions, chlorine compounds, phosphates, synthetic perfumes, or colorants.



## SONETT - OLIVE WASHING LIQUID for wool and silk

**Ingredients:** soap boiled from ecological olive and rape oil, ethanol, sugar tenside, genuine volatile lavender oil, balsam. Suitable for hand- and machine-washing at temperatures up to 40°C, especially suited for sensitive fibres, such as wool and silk.

Product no. **S-4725** Size 500 ml

Product no. **S-4724** Size 120 ml



## SONETT - GALL SOAP for stain removal

**Ingredients:** soap boiled from palm and coconut fat, bovine gall, chlorophyll. An incredibly effective stain remover, suitable for removing grease, blood, berry, fruit, wine, ink, or chlorophyll stains. Use for pre-treating shirt collars and sleeves before placing them in the washing machine. Will not harm fibres, will not leave a white ring, will not cause colours to fade, will not cover stains.

Product no. **S-4701** Bar of soap 90 g

Product no. **S-4702** Liquid 120 ml



## SONETT - WOOL CARE AGENT

**Ingredients:** wool grease, olive soap, sugar tenside, lecithin, plant-derived starch, genuine volatile lavender oil, balsam. The wool care agent softens wool garments whose wool grease has disappeared (e.g. frequently washed nappy pants) and protects the wool fibres from premature wear. Wool will thus maintain its original properties, such as softness and the ability to draw in moisture.

Product no. **S-4721** Size 120 ml



## RUSKOVILLA - OLIVE OIL SOAP

Olive oil content > 81 %.

For handwashing of wool and silk wear. Suitable for cleaning of leather and felting. Excellent for handwashing and shower.

Product no. **S-4730** bar of soap 100 g



## MOTH TRAP - GLUE TRAP for clothes moths

Product information on p. 72

Product no. **S-8703** 1 pc



## CEDAR RINGS

Product informatrion on p. 72.

Product no. **S-8701** 5 rings / package



Info

WASHING AND CARE

# RUSKOVILLA

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### CANADA

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