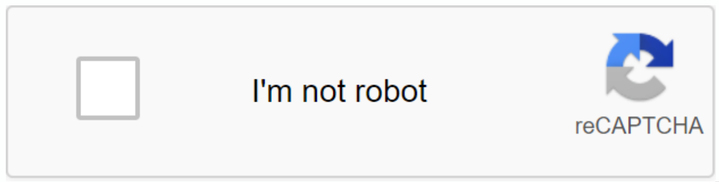

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Plastic drawer slides

Organizing workshop tools and materials is a constant struggle. If you have drawers deep enough, you can add sliding storage trays to maximize your capacity. First, measure your drawers and determine if they are deep enough to accommodate a tray as well as your belongings. It can be useful to use a schematic program like Sketchup to design your trays and find out a list of cuts. Assemble your sliding trays with 1/2 plywood that can be cut with a table saw or circular saw. You will need wood glue and nails to build the trays and secure the sliding tracks to the drawer. If you have a metal drawer, you could still fix the wood using glue and self-tapping screws. Use a wood lubricant to help trays slide more easily. Increase drawer storage with sliding trays. Jay Bates (YouTube)Workshop is a new Lifehacker blog about DIY tips, techniques and projects. Follow us on Twitter here. Oh, being young and no matter what others think. This cute little girl was having so much fun in the park, she chose to fully embrace the new look that the static electricity on the slide gave her hair. Seriously, her hair makes her look like a band of kids from the early 2000s. We just bought a house that had a nice set of wood left behind. It was rough and we stained it and brought it back to life. The plastic slide with it is very unreactive as it fades, and is stained with pollen/dirt, etc. Is there any way to paint the plastic slide? Any idea of what we could do without buying a new slide for $150 would be great! They sell a paint to go over the plastic. I don't know if it's for outdoor applications. I don't know if I'd put up with shoe scratches and everything, but check a paint shop. How about just baiting with a product like KILZ and then painting with exterior paint. I haven't tried either, so you're alone. Well, I answered quickly so you could make your own call. Mywife had told me that I was going to paint my daughters Step 2 toy box, it's also platic. She's done now and it turned out pretty well. The painting is made by Krylon. It's called Plastic Fusion. He says inside and out on all plastics. Displays a photo of a play house right at the front of the can. I wonder if it would survive being slipped. Call Krylon and ask them. 1(800)4KRYLON You may want to give them this product and batch number from the bottom of my can. 2334/B3102/r0/NFP VOC66/1.40Good luck again At the end, did you paint the slide?? What did you use... I need to paint mine and I'll appreciate the suggestions. Thank you An anonymous response With a 3 monitor setup on your PC, it's pretty easy to start having too many screens. What was needed was to have the option to have a TV when needed and be able to easily hide it from view when not in use. A little junk plywood and two drawer slides are all that was needed. I lay down a little piece of to the back of my 22-inch TV and an attachment the two slides in the drawer. Then I took the others from the slides and mounted them on a piece of scrap that joined the wall. After that, I slid the two pieces together and he gave me a sliding TV montage. I could slide the TV behind one of my 23-inch monitors out of sight until needed. University of Aalto - ARTS A new material could provide the sweet spot of strength and flexibility needed for a material to replace plastic. The material is a hybrid, consisting of wood glucose and artificial spider silk. Even a dent in the widespread use of plastic could make environmental gains noticeable. In the world of material engineering, two key concepts are material strength and extensibility. Strength is mainly self-explanatory, but extensibility allows a material to spread or stretch. Traditionally, both are trade-offs: a stronger material, like steel, will not have the extensibility of, say, rubber. But scientists from the University of Aalto and the VTT VTT Technical Research Centre in Finland say they have developed a new bio-based material that can capture both. The material comes from a very careful gluing of wood cellulose fibers and a silk protein found inside a spider web. We use birch pulp, divide it to cellulose nanofibers and align them into a rigid scaffold, says Pezhman Mohammadi, a VTT research scientist, in a press release. At the same time, we infiltrate the cellulosic network with a soft, energy-dissipating silk adhesive matrix. The team describes its final result as a very firm and resistant material that could be used in the future as a possible replacement for plastic, as part of bio-based compounds and in medical applications, surgical fibers, textile industry and packaging. While the silk used within the material is an exact replica of what secretes a spider, no animals were used in the manufacture of the material. Rather, it was made with bacteria that had synthetic DNA. Because we know the structure of DNA, we can copy it and use it to make silk protein molecules, which are chemically similar to those found in spider web threads, says Markus Linder, a professor at the University of Aalto, in the press release. DNA has all this information contained in it. The new material is very promising. There is potential for a wide variety of uses, and it is also biodegradable. That means it wouldn't harm Earth in the same way that plastic does today. And there would be no equivalent to microsplastic parts that have spread around the world. Our work illustrates the versatile new possibilities of protein engineering. In the future, we could manufacture similar compounds with slightly different building blocks and achieve a different set of features for other applications, says Pezhman.The next step with the is recreating, and trying to build things. Currently, we are working on the manufacture of new composite materials such as implants, impact resistance objects and other products, says Pezhman. This content is created and maintained by a third party and imported on this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io If you have used a plastic wrapper before, chances are you've had problems with the universal problem. The sticky food saver might be too sticky. You're trying to stick it in the bowl or pan, but the wrapper seems much more interested in sticking to itself. And since you should never wrap your leftovers in foil, you're stuck fighting with the thin plastic sheets. According to Lynell Ross, Certified Health and Wellness Coach, and Food Safety Nutritionist, the problem may not be your brand, it could just be how you're storing it. Most of us slide our plastic wrapper into a kitchen drawer or closet, right next to the foil and wax foil, but Ross recommends something a little different: keep the plastic wrapper in your freezer. The cold air in the freezer makes the plastic wrap much easier to handle. By freezing the plastic wrap, the molecular structure of it changes, causing the surface to weaken the chemical bonds, Ross told Reader's Digest. Plastic wrapping is usually made of polyvinylidean chloride (PVC) or polyethylene, materials that, when thinly cut as a plastic wrap, tend to attract static. Many brands of plastic wrapping add adhesive to increase stickiness. According to Ross, both must be decreased by cold temperature. The cold will remove some of the static electricity, which helps prevent the plastic from sticking to itself, making it much easier to unroll and use, and we know how enraging it can be to wrestle with a sticky plastic wrap. Ross isn't the only one. Liana from Liana's Kitchen learned this trick from her mother-in-law. It seems to me that he regains his stickiness within a minute of being out of the freezer, which is the perfect time to get what I need wrapped or covered, Liana said. If I'm ever out of the freezer space, I'm going to pop the plastic wrapper in about 10 to 15 minutes before I need it. Usually this is enough time for the freezer to do its magic. It's safe to put the plastic wrapper in the freezer, and also, when you wrap twice the food you bring home from the supermarket, you avoid burning the freezer, Ross added. The fine meat and poultry from the grocery store is too thin to protect food well. Here's what you need to know about eating burned foods in the freezer. Now that your plastic wrapping is much less sticky, it will unroll much faster than you're used to. Be sure to use the eyelashes on the sides of the box to control the roll in order to avoid removing half of the plastic wrap at once. ConstantinosZ/ShutterstockVladimir Konstantinov/Shutterstockshutterstock Beth Bischoff Get on your knees with your knees under your hips and hands directly under your shoulders. Place a sliding disc under each hand (A). Reinforcing the core, slowly slide your hands forward with your arms straight as far away as you can (B). Use your core to pull your hands to the starting position. That's a representative; make 15. -- Holly Perkins is a certified strength and conditioning specialist, founder of Women's Strength Nation and author of Lift to Get Lean. This content is created and maintained by a third party and imported on this page to help users provide their email addresses. You may be able to find more information about this content and similar content in piano.io piano.io