



Finished Quilt Size: 34½" x 34½"

MATERIALS

- > 1 fat quarter (18" x 20") each bright red, green, blue, pink, and orange batik for blocks
- > ¾ yard print batik for outer border
- > ¼ yard yellow batik for accent strips
- > ½ yard purple batik for inner border, binding
- > 1 ⅞ yards backing fabric
- > 38" x 38" batting
- > Freezer paper (12" square)
- > Craft knife
- > 1 - 3 Paintstik or Stencil Brushes
- > Mini Classic Paintstik Colors (Alizarin Crimson, Sap Green, Prussian Blue)
- > Grip-n-Grip Mat (optional but very helpful)
- > Paper punch (optional)

PREPARE FABRIC

It is best to pre-wash any fabric that will be painted with Shiva Artist's Paintstiks. Use a plain detergent. Do not use bleach or fabric softener.

After the fabric has been prewashed:

- > cut 1 (12") square from each of the fat quarters of bright fabric (for the sunflower blocks).

MAKE A FREEZER PAPER STENCIL

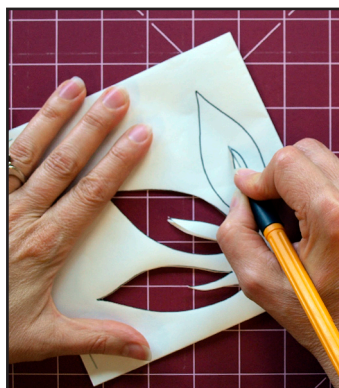
- > Cut a 12" square of freezer paper.
- > Fold paper in half and in half again to make a 6" square.
- > Using the Sunflower pattern on page 3, trace the stencil design onto the folded freezer paper (Photo A).
- > Place folded paper on cutting mat and use a craft knife to cut through all layers of paper (Photo B).
- > Use a paper punch (if you have one) to create the small circles.
- > Unfold paper to reveal complete stencil.

PAINT SUNFLOWER BLOCKS

- > Place stencil (shiny side down) on the right size of a 12" fabric square.
- > Using a DRY iron set to Medium heat, press freezer paper stencil to fabric.
- > Place fabric/stencil on Grip-n-Grip mat to keep it from sliding around on your work surface.
- > Remove protective skin from Paintstik. (See basic instructions for stenciling at the end of the pattern.)
- > Apply color to a paper palette. (Use parchment paper or the shiny side of freezer paper.) Load paint onto stencil brush.
- > Hold stencil brush at a 90-degree angle and, using a gentle, circular motion, apply paint to fabric surface (Photo C). Use a different color of paint in each quarter of the stencil to create varied effects. Carefully remove stencil from fabric (Photo D).
- > Repeat to paint remaining fabric squares.



A: Transfer design to folded freezer paper.



B: Cut through all 4 layers with craft knife.



C: Stencil design with brush and paintstik color.



D: Carefully remove freezer paper from stenciled fabric.

ALLOW PAINT TO DRY AND HEAT SET PAINT

- > Allow the paint to dry for at least 24 hours.
- > Lay a piece of parchment paper or newsprint (unprinted) on your ironing board. Place fabric paint-side down on the parchment paper.
- > Preheat dry iron to appropriate temperature for fabric.
- > Press each section of the fabric for 10-15 seconds.

CUT FABRIC FOR QUILT

Measurements include $\frac{1}{4}$ " seam allowances. Border strips are exact length needed. You may want to make them longer to allow for piecing variations.

From sunflower print batik, cut:

- > 4 (6"-wide) strips. From strips, cut:
- > 2 (6" x 24") for side borders, and 2 (6" x 35") for top and bottom borders.

From yellow batik, cut:

- > 4 (7/8"-wide) strips.
- From strips, cut
- 4 (7/8" x 22 1/2") accent strips and
- 4 (7/8" x 11 1/2") accent strips.

From purple batik, cut:

- > 4 (1 1/4"-wide) strips.
- From strips, cut
- 2 (1 1/4" x 22 1/2") side inner borders and
- 2 (1 1/4" x 24") top and bottom inner borders.
- > 4 (2 1/4"-wide) strips for binding.

From each painted square,

- > Cut square in half in both directions to make 4 (6") squares. (You will have several extra squares.)

ASSEMBLE QUILT CENTER

- > Lay out 4 center squares as shown in Quilt Top Assembly Diagram. Join squares to complete center unit.
- > Fold 1 (11 1/2"-long) yellow accent strip in half lengthwise, wrong sides together and press.
- > Align raw edges of folded accent strip with side of center square. Baste in place.
- > Repeat for remaining three sides of center unit.
- > Referring to Quilt Top Assembly Diagram, lay out remaining squares. Join squares and center unit into rows; join rows to complete quilt center.

ASSEMBLY DIAGRAM



- > Fold 1 (22 1/2"-long) yellow accent strip in half lengthwise, wrong sides together; press. Align raw edges of folded accent strip with one side of quilt center. Baste in place.
- > Repeat for remaining three sides of quilt center.

ADD BORDERS

- > Add purple inner borders to left and right sides of quilt center.
- > Add purple inner borders to top and bottom of quilt center.
- > Add print borders to left and right sides of quilt.
- > Add print borders to top and bottom of quilt.

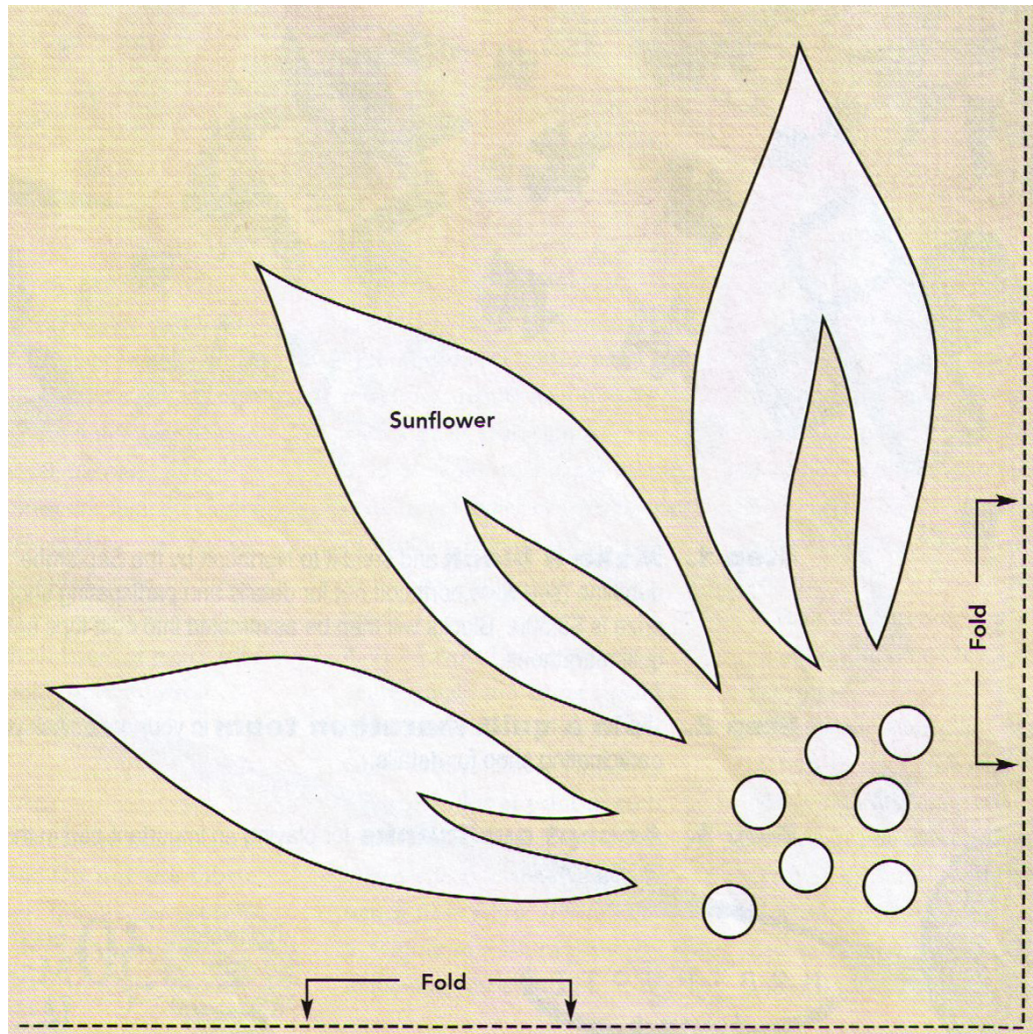
FINISH QUILT

- > Layer backing, batting, and quilt top; baste. Quilt as desired.
- > Join 2 1/4"-wide purple binding strips into 1 continuous piece for straight-grain French-fold binding. Add binding to quilt.
- > Enjoy your quilt!

Fun in the Sun Quilt

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STENCILING WITH SHIVA® PAINTSTIKS®

Paintstik colors are great for stenciling on fabric because the paint doesn't run, drip or seep under the edges of the stencil. When stenciling, you add paintstik color with a brush rather than using the paintstik directly. If you are blending several colors together, it is helpful to have at least one stencil brush for each color family.

GET READY

- > Remove the skin from the end of your paintstik if you have not already done so.
- > Rub the paintstik on a palette surface.
- > Load the paint onto your brush.



STENCIL AN IMAGE

- > Spray the back of your stencil with repositionable adhesive (such as Spray & Fix 404) or secure one edge of a mylar stencil with tape. If you are using freezer paper stencils, use a warm iron to adhere a freezer-paper stencil to your fabric.
- > Use "post-it" notes to isolate the image (or portion of an image) you wish to paint.
- > Hold your brush at a 90-degree angle to your fabric and use a circular, scrubbing motion to apply the color.
- > Apply additional layers of paintstik color until you are satisfied with your results.
- > If you are blending more than one color, start with the lightest color and then add the darker colors.
- > Carefully lift a portion of the stencil to check your progress.
- > If a freezer-paper stencil separates from the fabric as you work, lay a clean piece of paper over the stencil and press with a warm iron to re-adhere the stencil.



CLEAN UP TIPS

My favorite cleaning supplies are Cedar Canyon Brush Soap and Citra-Solv Cleaner. Here's how I use them.

Cleaning Brushes

- > Use Cedar Canyon Brush Soap to clean your stencil brushes, hands and work surfaces.
- Scoop out brush soap with brush
- Work brush soap into bristles
- Rinse with warm water
- Repeat if needed
- Allow brushes to dry
- > If your brushes have been sitting for several days, soak them in solvent, then brush the paint off onto paper towels.
- > Use a citrus based solvent such as Citra-Solv if you prefer not to use regular solvents.



Clean brushes with Cedar Canyon Brush Soap

Cleaning Stencils

- > Mist stencils with Citra Solv, then wipe gently with a soft cloth to remove paint and sticky spray.
- > If you wish to reuse freezer paper stencils, allow the paint to dry and then store them for future use.

Cleaning Your Hands

- > Wash your hands with Cedar Canyon Brush Soap or soap and water to remove paintstik color. You may find it helpful to have baby wipes handy to clean your hands as you work.



Clean brushes with CitraSolv