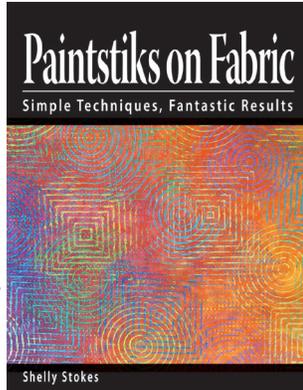


The following instructions are a short summary from the book *Paintstiks on Fabric: Simple Techniques, Fantastic Results*, by Shelly Stokes.

You are welcome to share these instructions with your friends, or use them as handouts for your students and customers.



## ABOUT FABRIC

You can use almost any type of fabric with paintstiks, including cotton, rayon, linen, silk and synthetic fibers.

You will find that stenciling and other masking techniques work on many fabrics including heavy fabrics, but rubbings are limited to lighter weight fabrics. Heavily textured fabrics will not react the same as smooth fabrics, but that does not mean you can't use them – just don't expect the same results.

Prewash your fabric to remove any sizing. Use plain detergent. Avoid products that contain fabric softeners or bleach additives.

One thing to watch for – fabrics that are treated to be “stain-resistant” may also be “paint-resistant.” This is especially important if you are working with pre-made table linens, as many have special coatings. Always check labels and do a test before you begin a big project.

## ABOUT PAINTSTIKS

Shiva Paintstiks are “self-sealing,” which means that a protective film forms over the surface of the paintstik when it is not in use. To remove the film, you can peel it away with a paper towel, rub it gently on a rough surface, or remove the film with a vegetable peeler.

## PREPARING TO PAINT

A smooth work surface is helpful when working with paintstiks. Any texture placed under your fabric will show through as you apply paint to your fabric. You may wish to cover your work area with plastic to keep your work surface free from stray paint.

Paintstik colors are permanent once they are dry. Wear old clothes or use an apron to prevent accidental “enhancements” to your wardrobe. (NOTE: You can remove paintstik color from clothing with Cedar Canyon Brush Soap.)

Fabric tends to move as you apply color. You may find it helpful to tape your fabric to your work surface to prevent shifting while you are working. (Or place a no-slip Grip-n-Grip mat on your work surface to keep your fabric in place.)

## APPLYING PAINTSTIK COLOR TO FABRIC

There are several ways to apply paintstik color to your fabric, including direct application, masking, rubbing, and stenciling.

**Direct Application:** You can apply paintstik colors directly to fabric as if you were coloring with a crayon. Once the colors are applied, you may wish to use an old toothbrush or a stiff stenciling brush to smooth and blend the colors.



**Rubbing:** Place a textured object under your fabric. Then work with the paintstik directly on the fabric. As you rub the paintstik across the fabric, an image of the textured item under the fabric will appear. It is not necessary to press hard when making a rubbing – a light touch is helpful to get a clean image.

**Stenciling:** Unless you are cutting stencils from freezer paper, you will want to apply the paintstik color with a stencil brush instead of using the paintstik directly over a stencil. (Direct application will cause a lot of paint build-up around the edges of the stencil.)

Rub the paintstik color on a separate “palette” surface (a piece of freezer paper works well), then load the paint onto a stencil brush. Place your stencil on top of your fabric, and apply the paint through the openings in the stencil. It often works better to use a circular “scrubbing” motion than an up-and-down stippling motion. Add more layers of paint to get a solid image.

**Masking:** Use masking tape, paper, or any other material to cover areas of your fabric while you apply the paint. For example, lay a grid of masking tape down on your fabric. Apply paintstik color directly or using a brush, then peel up the tape to expose the grid on your fabric.

## MAKING THE COLOR PERMANENT

After applying paintstik color, allow the painted fabric to dry for 3-5 days, and then heat-set to make the colors permanent.

To heat-set the color, set your iron to the proper setting for the fabric. Lay the fabric, paint side down, on a piece of parchment paper (or a brown paper bag) and press for 10-15 seconds in each spot.

You may also heat-set your painted fabric in a clothes dryer by setting the dryer to the hottest setting for 30-45 minutes.

Caution: DO NOT put painted fabric into the dryer unless you have allowed it to air-dry completely. If you can still remove paint from the fabric by rubbing gently with your finger, allow the paint to dry for another day or two before heat setting.

## CLEANING UP

Paintstik colors are easily removed from your hands, tools and brushes with Cedar Canyon Brush Soap or citrus-based solvents. With a little bit of extra work, they can be cleaned with soap and water.



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