

Paint, Stitch and Embellish	February 26 and February 27, 2011
Necessary Materials and Supplies	Optional Materials and Supplies
Flat paint brush, 1/2 inch wide	other flat paint brushes from ¼ to ¾ inches wide
Glass jar or other heavy-bottomed container to hold rinse water for your brushes	
10 paper towels	
Plastic sheet to cover your work surface, 1 yard square or larger	
10 sheets of newsprint, also to protect your work and your work surface	
Rub-a-dub laundry marker	Black Micron Pigma pen, size 05 White Prismacolor or other colored pencil with a soft core
Several simple tracings, line drawings, sketches or photos of things which are symbolic or meaningful for you. (e.g. star, heart, rabbit, butterfly, coffee cup, lily, house, maple tree, oak leaf, cell phone, violin, cooking spoon)	
Jacquard Textile Colors fabric paint: (2 and 1/4 oz. jars) ruby red, sky blue, goldenrod, black and opaque white OR Jacquard Textile Traditionals Exciter Pack (1/2 oz. bottles) OR Jacquard Textile Colors fabric paint: Set of 8 (2 and 1/4 oz. jars) (Available at DickBlick.com)	
Small plastic plate, several yogurt lids, plastic carryout trays or something similar to use as a palette for mixing	

paints. (Must not be used later for food.)	
White cotton fabric: ¼ - ½ yard: This should be thin, lightweight and loosely woven. (Heavier cotton can be very difficult to stitch by hand and you don't want to wear out your wrists and hands.)	
1 fat quarter yard of cotton fabric for backing – also lightweight	
1 fat quarter yard of thin polyester batting	
10 – 15 safety pins	
Pearl cotton #5: 3 colors, at least one light, one dark and one medium	Pearl cotton #5: more colors!
Pearl cotton #8: black	Pearl cotton #8: more colors!
Embroidery needles: large enough to pull your pearl cotton through your cotton fabric	
A selection of buttons, sequins, beads and anything else that you might be able to sew onto fabric as an embellishment – for your use	A selection of buttons, sequins, beads and anything else that you might be able to sew onto fabric as an embellishment – to share or trade

We will also need 2 irons, 2 ironing boards and an open window or exhaust fan. We will need to briefly heat set painted pieces and make sure that no one breathes the fumes.