

# Fabric Painting ©Vicki Allwardt 2009

## For quilt squares, silk:

### Supplies

- Solid cardboard or masonite--size of sandpaper sheet
- GatorGrit Red Resin sandpaper-120 Fine (see Grit Boards)
- JoSonja's All Purpose Sealer or other gluing medium
- JoSonja Artist's Colors
- JoSonja's Textile Medium
- JoSonja's Oval Dry Brush (available 2, 4, 6, 8, 10)
- Liner brush
- paper towels (Viva is my favorite)
- waxed palette paper (you can use a waxed paper plate)
- palette saver (shallow container with lid to save paints)
- small mixing cup (water bottle lid, etc)
- jar or cup of clean water to rinse brush (brush tub)
- Fabric--at least 60% cotton, pre-washed and dried with no softener or SILK
- Iron
- Pressing cloth or tracing paper
- \*\*freezer paper
- \*\*permanent black marker
- \*\*Ticonderoga #2B soft pencil (Staples)

\*\*Note: these directions do not include how to apply a pattern to the fabric with the freezer paper. A light box is also a very helpful tool. I recommend you purchase JoSonja's "Angel Song" DVD if you would like full and complete instructions which include hand quilting and patterns for the Angel Song quilt.

This style of painting is similar to water color, where you begin with the lightest values and add the darker to define, shade and outline. JoSonja Artist's Colors are highly pigmented and free of fillers; substitutions are not recommended.

### Prepare:

1. The sandpaper needs to be adhered to the cardboard or smooth masonite. I used All Purpose Sealer which is a great glue. I gave the masonite one coat of All Purpose Sealer. Quickly, before the board dries, coat the back of the sandpaper generously with All Purpose Sealer and place it down on the Sealer-damp board, quickly positioning it. If any edges seem loose, poke more Sealer under it with a small brush, staying off the sandpaper. The best way is to put on a generous coat the first time, paying attention to the edges. If you ever need to "clean up" your sandpaper board, use a stiff toothbrush. If you would like to purchase a prepared board, [click here](#).
2. Dampen two paper towels, wring dry and place in your palette saver. Squeeze out a bit of each of the colors you wish to use, it will not take much.
3. Fold a paper towel and place it near your palette paper and clean rinse water.
4. In the small mixing cup, put an equal amount of Textile Medium and water, stir.

### Directions:

1. Position the fabric on the sandpaper surface. It will cling nicely, yet be moveable.
2. With the oval dry brush, bring a small amount of medium mix to the palette paper.

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3. Pick up a small amount of paint (about the same as medium), bring it to the paper and stir into the medium mix you have placed there.
4. BLOT the brush on the folded paper towel, pressing firmly.
5. Go back to the thinned paint with the brush, pick up a little bit and begin filling in your design with the lightest values. Press very gently, you can always increase pressure. Pick up the fabric and look at the back to see if you are depositing too much paint. If so, adjust the amount of paint and/or pressure you are applying. It is possible to not see any paint come through the fabric. Continue painting in this manner until finished. You will need to use a fresh deposit of medium and paint when the first becomes dry, you will recognize this. You may apply darker values over the lighter at any time. Liner brush work is quite easy, pulling from the prepared thinned paint.
6. When painting is completed and dry, use a pressing cloth or tracing paper to cover the design. Press on cotton setting with the iron for a few minutes to set the paint and medium to the fabric. You're finished!

**For garments and heavier fabrics**, cover a piece of sturdy cardboard with a plastic bag and tape it so that it doesn't slip. The cardboard will act as a barrier between layers or protect the surface you are using, as you use more paint in this case. You can use chalk to freehand your design, or trace it with a water soluble product. With this painting you may start with a medium value and shade and highlight after layers are dry. Use a pressing cloth and iron on cotton setting to set and soften the paint.

In both cases, the garment maybe washed and dried as you wish. It is helpful to turn the garment inside out to avoid abrasion with other items.

*These instructions are based on teaching of JoSonja Jansen, Eureka, CA, USA and published with permission. © Vicki Allwardt 2009*



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