

Cheesecloth Imagery on Textiles

2027 SUPPLY LIST

INSTRUCTOR: MARY PAL – Week Five: Feb 28 - March 5, 2027

Please check the status of your course before purchasing materials!

Note: Design boards will be provided by Empty Spools for each student.

A. SCULPTING SUPPLIES:

1. Dura-Lar polyester film – **must be clear** (not matte) and **.005"** thickness
 - 4 sheets of 20 x 25" (about \$2 ea.)
 - and a minimum of 4 sheets of 9 x 12"

Readily available at most art supply stores, including Dick Blick, Jerry's Artarama, and Amazon, and can be bought by the individual sheet, in pads of 25 or even on rolls that are easily cut to size. This product has dozens of uses and if new to you, you will become a convert!
2. Three packages of plain white cheesecloth (available at grocery, dollar or hardware stores or sometimes on a bolt in fabric stores) the **loosest** weave you can find [Grade 10, not 90] (this is not scrim; the threads should move easily)
3. 400 mL plain white PVA glue like Elmer's white school glue or craft and hobby glue; (PH Neutral is okay but dries a bit stretchy) **but not Weldbond, which is not a PVA**– [PVA glue is white glue for fabric and wood and dries clear]
4. 4 Sharpie markers (other brands tend to smear, so stick to Sharpie if you can and yes, all four will be used):
 - Red: 1 Ultra-Fine or Fine tip and 1 Medium or Chisel tip (basically one very thin and one thicker)
 - Blue or Green: 1 fine-tip and 1 thicker
5. Small sharp scissors you don't mind getting glue on
6. Smallest rotary cutter you own with spare blade – **18 mm** is **ideal!** and truly worth buying
7. Paintbrushes: 3 or 4 with varied
8. thicknesses and points for painting on fabric and be **sure** to include at *least one* good quality #2 round, one ¾" flat, and one 2-3" flat for sculpting
9. Plastic containers with lids – two medium-sized (2 cup), 1 small (1/2 cup)
10. Plastic tarp or tablecloth to cover your table; small trash bag; reusable dish cloth; wooden skewer or two; apron or old clothes and comfy shoes
11. Tape: masking or clear

B. SEWING SUPPLIES:

1. Rotary cutting set: favourite mat, ruler, cutter
2. Sewing machine, **free-motion foot**, basic sewing kit (pins, seam ripper, etc.), threads:
3. Needles: #80 or #90 Topstitch needles and whatever needles you like to piece with
4. **Threads:**
 - a. Monofilament (“invisible”) thread – whatever your machine prefers; mine prefers nylon (Unique brand) over polyester but the differences are minimal so bring whatever you have
 - b. Your preferred sewing threads (cotton or poly) in black, white, and neutral and if you plan to work on a colorful animal, some appropriate colors
 - c. 3 or 4 spare bobbins or pre-wound with black, white and neutral
5. **Fabrics:**
 - a. 1 ½ yds. solid (or at most, marbled) black or very dark navy/burgundy/brown background fabric that you can zigzag stitch on without it buckling – good quality cotton is usually fine or a heavy fabric like canvas or buckram, OR, if thinner cotton, bring stabilizer (any kind: iron-on, tearaway, pinned-on)
 - b. 1 yd. dark fabric for backings and facings
 - c. 1 yd. plain white prewashed cotton to paint on and then stitch on (bring stabilizer if it is thin)

Finishers: Are you a “finisher”? You want to leave the class with 1-3 finished projects?

 - d. ½ yd. of “frame” or “border” fabric with texture/patterning like coarse linen, burlap, or tone-on-tone in a neutral color
 - e. 2 yds. backing and/or facing fabrics (cotton is best), random printed or plain
 - f. 2 yds. batting (whatever you use; my fave is low-loft Quilters Dream Cotton, Request)

Or Explorers: Or are you an “explorer”? You want to spend the class learning as much as you can about sculpting cheesecloth and plan to finish your projects after you get home?

 - g. Bring lots of cheesecloth to play with. Dye it at home ahead of time (see link to video below) or bring coloring products to class. Each of your experiments may require an additional sheet of Dura-Lar, so keep that in mind when purchasing.
 - h. But also bring at least 2 yds. of dark fabric for backgrounds, backings and facings, and at least 1 piece of batting just in case you are inspired to finish a quilt or two.
6. Empty Spools tells me travel irons are acceptable as long as they have an automatic shut-off function. But there will be an iron and ironing board in the classroom for the odd time you need it.

AN IMPORTANT WORD ABOUT COLOR:

Cheesecloth: All projects can be completed using white cheesecloth on a black background. *However*, as fiber artists love color, I provide all students with enough colored dyed cheesecloth to make a tree on Day 1. If you think you would like to color some of your cheesecloth ahead of time, you can dye it at home with Procion fibre-reactive dyes or visit my teaching website

<https://www.marypalteaches.com/free-guide-to-coloring-cheesecloth> to see other products you can use. Or bring them to class to experiment.

Fabric: You will learn how to paint a simple background on white fabric for your tree, but maybe you have that perfect fabric in your stash that says “cloudy sky” or “rocky shore”- you could piece some together for your background. Or bring fusible web and use that. I am happy to support you using techniques you are comfortable with ... I just hope you will try some of mine too!

RECOMMENDED:

1. Laptop and/or tablet and/or smart phone and/or memory stick
2. A portrait photo (printed on paper any size up to 16x20”) of a subject you would like to attempt in the class. Be aware that this technique is beautifully suited to older skin, but young children’s smooth skin is extremely challenging to depict. Look for lined faces with character or textural animals (dogs, lions, horses, elephants) or landscapes (think windblown trees or frothy waves). I have a handout for you that explains the best photos to select. Prior to the class, you are urged to exchange emails with me so I can assist you with the best way to adjust your chosen photo to make a good pattern; I am happy to do this for you and email it back to you. Then you just print it out at home or send to a copy shop, and bring to class.
3. If you bring a laptop or tablet, load some black and white photos onto it, your own or copyright-free ones from Pexels.com or Pixabay.com and bring that to practise making adjustments during the week. (And I am happy to do this for you if the prospect gives you nightmares) 😊

COMPLETELY OPTIONAL (just some suggestions):

1. Extra white cotton fabric to paint (cotton canvas is great or regular cotton with stabilizer) and your favourite textile paints (Setacolor, Jacquard, etc.) to add color beneath your cheesecloth
2. Tsukineko inks, Dye-na-Flo or Inktense blocks with zip-lok baggies, to dye cheesecloth (see link to my website, above). A little dyed cheesecloth goes a long way so don’t dye an entire package.
3. A small stretched canvas (9x12 or 12x12) and staple gun to try out a hard-mounted finish
4. Glue stick for the appliqué stage ... but pins work just as well!
5. Your reading glasses for close-up work and/or small tweezers
6. Mr. Clean Magic Eraser so you can re-use your Duralar after drawing on it with a Sharpie
7. A notebook or mobile device for jotting down pointers; a sketchbook for trying out compositions

Bonus: Advance Information: Once registered, you are invited to email the instructor at marybpal@gmail.com, and I will send you some documents ahead of the class to help you select

appropriate photos to bring. An important part of the instruction will be about selecting and editing photos suitable for cheesecloth sculpting.

Students, please contact me directly if you have any questions about the supplies listed.

Email: **marybpal@gmail.com**