

# Paintstik Class Handout

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## About Shiva® Artist's Paintstiks®

Paintstiks have been used by artists for many years and are a form of oil paint in stick form. They are versatile, easy to use, and permanent when set properly. There are many matte colors and an array of wonderful iridescent colors, plus blender sticks for making value gradations and lighter colors. You can purchase the sticks individually or in sets.

Paintstiks can be applied directly to the fabric just like you would use a crayon. They can be used to make rubbings of anything that is fairly flat and deep enough to feel through the fabric and there are lots of commercial rubbing plates available. You can stencil beautifully with paintstiks, using a brush and any of the wonderful stencil designs available commercially, or make your own from freezer paper or template plastic. Masking tape can be used as a guide for painting straight lines to make plaids and torn paper will make a lovely soft stripe.

## Tips for using your paintstiks

To begin, peel off the protective skin that forms on the outside of the paintstiks, either by pinching it off with a paper towel or trimming it off with a small knife. When the stick glides easily over a piece of paper, it is ready to use. Draw on the fabric with the paintstik, writing words or making abstract lines. If the paintstik wears down to the cardboard cover, loosen the stick from the cardboard and push it up from the other end, leaving the cardboard intact.

## Making Rubbings

Slide a rubbing plate under fabric that is taped to the table or placed on a Grip-n-Grip™ sheet. With a paintstik that has a flat end or with the side of a stick which has been removed from the cover, rub over the fabric, capturing the pattern of the rubbing plate underneath. Be sure to hold the fabric firmly on one side and rub away from your hand. Move the plate as desired and continue to rub pattern onto the fabric. Change colors as often as you like, being careful not to smudge areas already painted. You will, with a little practice, be able to avoid running off the edges of the plate underneath.

## Applying paint with a brush

Rub paint onto a large piece of masking tape or a piece of paper that has some texture. Pick up the paint from the tape with a stencil brush, loading the brush with as much paint as you can. Tape a stencil to the fabric or hold it firmly while using the brush to make shaded areas within the stencil openings. Brushing from the plastic edge into the opening will make a darker outline and lighter center. Stencils can also be made with freezer paper, cut out and then ironed directly onto the fabric.

Tear strips of cardboard and rub paint onto the torn edge. Brush the paint over the edge onto the fabric to make soft stripes or wonderful landscapes. Placing double stick tape on the back of the cardboard will help to keep it in place while you brush over it.

## Making it permanent

To make the paint permanent, let the paint dry for at least two to three days, up to 5 days for layered rubbings. If you try to work with it earlier, the paint will smear. After the paint is completely dry, iron the back of the fabric with an iron set for the particular fabric you are using, protecting the ironing surface with a piece of kraft paper or cooking parchment. Iron each area for 10 to 15 seconds. Clean up your brushes and stencils with a mild solvent. Washing with soap will remove the paint from your hands.

## Learning more

For more information about using Shiva® Artist's Paintstiks® on fabric, purchase a copy of *Paintstiks on Fabric: Simple Techniques, Fantastic Results* by Shelly Stokes. If you prefer to watch and learn, the *Paintstik Inspirations* DVD by Laura Murray is a great option.

You can also find fun and informative articles about paintstiks at the Cedar Canyon blog.  
[www.CedarCanyonTextiles.com/blog](http://www.CedarCanyonTextiles.com/blog)