

Shiva[®] Paintstik Primer

This document contains excerpts from the book *Paintstiks on Fabric: Simple Techniques, Fantastic Results* by Shelly Stokes. For detailed instructions on all aspects of using Shiva[®] Artist's Paintstiks[®] on fabric, please refer to that book.

Get Ready

- Prewash your fabric to remove any finishes. Use a plain detergent with no bleach or softener additives. Do not use softener or dryer sheets.
- Press fabric to remove any wrinkles.
- Wear old clothes or cover your clothing with an apron or smock.
- Cover your work surface to protect it from unwanted paint.

Prepare your paintstiks

- Before you begin to paint, you must remove the protective skin from the end (or side) of the paintstik.
- Remove the skin by “pinching” it off with a paper towel, or carefully peeling it away with a small, sharp knife.
- Wrap peelings in newspaper or paper toweling and throw them away.
- Wipe the open portion of the paintstik with a paper towel as you work to remove any bits of skin that come loose as you are working.

Drying Time and Heat Setting

- Paintstik color generally dries to the touch in 24 hours, but it usually takes several days for the paint to dry thoroughly. After it dries, you must heat set the paint to make it permanent. This can be done with an iron or a clothes dryer.
- Stenciled images can be heat set after 24 hours. Rubbings should dry for 3-5 days, but can be heat set sooner if you take appropriate precautions.
- **To heat set with an iron:** Place your fabric paint-side down on a sheet of grease-proof paper, such as parchment paper or brown kraft paper. Set your iron to a temperature appropriate for the fabric and press each section of the fabric for 10-15 seconds. (Press, don't iron.)
- If you are working with delicate fabric, lay a pressing cloth over the fabric before you begin heat setting the paint.
- **To heat set in a clothes dryer:** After (and **only** after) the paintstik color has dried for the recommended number of days, place fabric in a hot clothes dryer for 30 minutes.
- **To heat set in a hurry:** You can heat set paintstik color without waiting for the paint to cure properly, but you must take several precautions. Heat set in a well ventilated area, and make sure you protect your ironing surface from oil stains. Visit the Cedar Canyon Textiles web site for more heat setting ideas.

Don't dry clean

- Do not dry clean fabric embellished with paintstik color.

Stenciling with Shiva[®] Artist's Paintstiks

Paintstik colors are great for stenciling on fabric because the paint doesn't run, drip or seep under the edges of the stencil. When stenciling, you add paintstik color with a brush rather than using the paintstik directly. It is helpful to have at least one stencil brush for each color family.

Get ready

- Remove the skin from the end of your paintstik if you have not already done so.
- Rub the paintstik on a palette surface.
- Load the paint onto your brush.



Stencil an image

- Secure one edge of a mylar stencil with tape, or use a warm iron to adhere a freezer-paper stencil to your fabric.
- Use "post-it" notes to isolate the image (or portion of an image) you wish to paint.
- Hold your brush at a 90-degree angle to your fabric and use a circular motion to apply the color.
- Apply additional layers of paintstik color until you are satisfied with your results.
- If you are blending more than one color, start with the lightest color and then add the darker colors.
- Carefully lift a portion of the stencil to check your progress.
- If a freezer-paper stencil separates from the fabric as you work, lay a clean piece of paper over the stencil and press with a warm iron to re-adhere the stencil.



Clean up

- Use **Cedar Canyon Brush Soap** to clean your stencil brushes, hands and work surfaces. • OR •
- Wash your hands with soap and water to remove paintstik color. You may find it helpful to have baby wipes handy to clean your hands as you work.
- It is possible to clean paintstik color from your brushes with soap and water.
- For quicker cleaning, soak your brushes in solvent, then brush the paint off onto paper towels.
- Use a citrus based solvent such as Citra-Solv if you prefer not to use regular solvents.
- If you wish to reuse freezer paper stencils, allow the paint to dry and then store them for future use.

