

# Top Tips for Great Rubbings

©2009 Shelly Stokes, Cedar Canyon Textiles

## Top 3 Tips for better rubbings

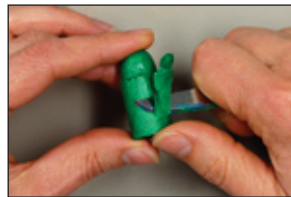
After years of making paintstik rubbings, I have three hot tips for getting the best results.

- Use a Grip-n-Grip (no-slip) mat to keep your rubbing plates from shifting. (Mats are dark orange or black.)
- Spray the top of the rubbing plates with repositionable adhesive to keep your fabric from shifting. (I recommend 404 from Spray and Fix or KK200 from Sulky.)
- Use the *side* of the paintstik as you work unless you are working on a detailed area.



## Prepare the paintstiks

- Remove a mini paintstik from the wrapper or cut a 2-3" piece from a full-size stick. Use a small paring knife to slice the skin from the side of the stick.
- For filling in details, you may wish to remove the film from the end of a paintstik.



## Spray plates with adhesive

- Collect the rubbing plates you wish to use for your project.
- Spray the top (design side) of each plate with repositionable adhesive using the manufacturer's instructions.
- Always use sprays in a well-ventilated area.
- Adhesives can be removed with rubbing alcohol or adhesive removal products.



## Layer materials

- Place the Grip-n-Grip mat on your work surface. (Orange mat shown in photo.)
- Place a rubbing plate on the mat, with the sprayed side of the plate facing up.
- Place your fabric, right side up, over the rubbing plate. Adjust the position of the fabric so the plate is under the area you want to paint.



## Make rubbings

- Hold the fabric with the palm of one hand.
- Apply paintstik color using the side of the paintstik, working away from the hand holding the fabric.
- *Do not rub back and forth.*



## Fill fabric with one or more images

- To fill your fabric with one image, paint the first image, then move the fabric or rubbing plate as necessary and continue until you fill the fabric with rubbings.
- In the photos at right, I painted an image from the ginkgo plate in red. I painted a portion of the image rather than the entire plate because it keeps me from "running off the side" of the rubbing plate.
- After painting the first image, I moved the fabric and added another partial image in green.
- To fill the fabric, just continue moving the fabric (or moving the plate) and adding partial images, allowing the images to overlap.

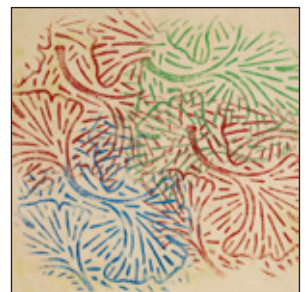
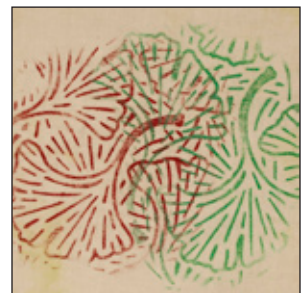
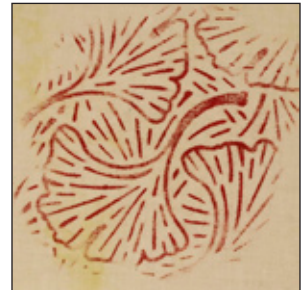


Image from cover of Paintstiks on Fabric

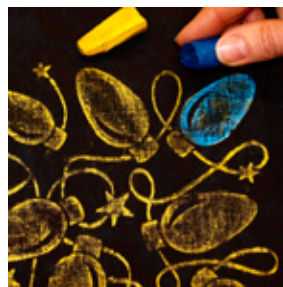
## Working with a single image

- To make a single image from a rubbing plate, start by making a very light rubbing with a single color. In the example at right, the base color is yellow.
- Using the side of the paintstik will help you avoid “running off the edges” of the plate.
- Once you have located all the elements in the design, add more paint for a darker image, or add different colors to various sections of the design.



## Working with multiple colors

- After you have painted a base layer with a single color, you can add additional colors to your rubbing. (It is easy to cover the initial layer of paint if it is applied lightly.)
- **Caution:** Working in multiple colors is very dependent on using an adhesive spray on the plates to keep the fabric from moving as you work. If the plates are not sprayed, it will be very difficult to add colors without having the fabric shift over the plate.



Rubbings from a hand-carved plate

## Correcting mistakes

- It's quite easy to “run off the edge” of a rubbing plate as you are painting (especially if you are using the end of the paintstik.) Have no fear, there is a way to minimize these errors.
- Place a piece of masking tape over the paint to be removed and rub the masking tape firmly with your fingernail.
- Peel up the masking tape. Most of the paint should come up when the masking tape is lifted off the fabric.
- Repeat if necessary.
- You may not be able to remove the last bit of paint with the masking tape, but the error should be greatly minimized instead of being a glaring mistake.



## Short on supplies?

- If you don't have a Grip-n-Grip or other type of sticky mat, you can tape the rubbing plates to your work surface to keep them from moving around as you paint.
- If you don't have adhesive spray, tape one edge of your fabric to the work surface and hold the other side as you work to keep the fabric from sliding over the rubbing plate.



Shelly Stokes is the owner of Cedar Canyon Textiles and the author of Paintstiks on Fabric. She has been using Shiva® Artist's Paintstiks® in her work for almost 10 years.

Shelly Stokes and Cedar Canyon Textiles grant permission for this handout to be reprinted in whole, but not in part. Contact us at Cedar Canyon Textiles, PO Box 196, Miliona, MN 56354 • [www.cedarcanyontextiles.com](http://www.cedarcanyontextiles.com) • 877-296-9278