

# Easy Paintstik Placemats

Shelly Stokes, Cedar Canyon Textiles

## Materials

For each placemat:

- 1 (16" x 19") rectangle Gradations fabric (Benartex)
- 1 (13" x 19") rectangle batting (Pellon or similar)
- 1 (13" x 19") rectangle backing fabric
- 2 (2¼" x width of fabric) for binding

Other materials:

- 1 set Cedar Canyon Textiles rubbing plates (Curves shown in photos)
- 3 iridescent paintstik colors (or one set of minis) (Iridescent gold, copper, brown used shown in photos)
- Grip-n-Grip no-slip mat
- 404 spray adhesive
- "Top Tips for Great Results" instructions for "how-to" instructions

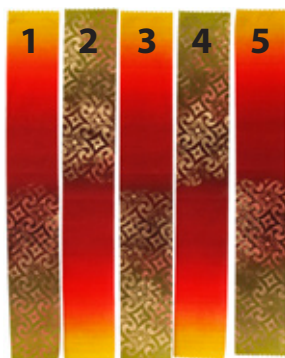
## Paint half of fabric with rubbings

- Using the instructions on the Top Tips sheet, paint about half of each piece of Gradations fabric with multiple images from one rubbing plate.
- For best results, paint only a portion of each plate rather than the entire design surface. Then move the fabric and/or rubbing plate, and add another partial image. Continue painting while overlapping the images. (Painting partial images makes it easier to avoid "running off the edges" of the rubbing plates.)
- Set the fabric aside for 3-5 days to dry. Then heat set the paint by placing the fabric in a hot clothes dryer for 30-40 minutes.



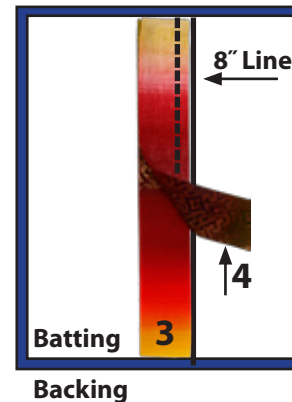
## Cut and reverse strips

- Cut 5 (3") strips from painted fabric.
- Reverse every other strip so the painted end of the fabric alternates on each strip.
- Mark strips and number them 1-5.



## Construct placemats

- Place backing on work surface, wrong side up.
- Place batting on backing.
- Mark a line 8" from one long side of the batting.
- Place strip 3 next to the line on the batting, right side up.
- Place strip 4 over strip 3, wrong side up.
- Using a ¼" seam, stitch along the right side of the strips.
- Flip strip 4 open and press.
- Add strip 5 to strip 4, using the sew-and-flip method.
- Rotate the placemat so strip 3 is in the center and the uncovered batting is on the right.
- Using the sew and flip method, add strips 2 and 1 to complete the top.



## Trim placemats and add binding

- Once all strips have been added and placemat has been pressed, trim edges to form a rectangle. (My placemats are about 11½" x 17½".)
- Cut 2¼" strips for binding. Each placemat requires about 1½ strips of fabric for binding.
- Add binding using your favorite method.
- Enjoy your placemats!



## Make a matching table runner

- To make a matching table runner, start with a half-yard cut of Gradations fabric rather than a fat quarter.
- Determine how long you want the runner to be.
  - Cut a rectangle about 18" wide x (length + 1"). Check to see that the fabric will change colors nicely as you reverse the strips before you cut the rectangle to size.
  - Follow the instructions for the placemats.