



MADELINE ISLAND SCHOOL of the ARTS

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**Sheila Frampton Cooper**  
***Applique + Piercing = New Possibilities***

**Supply List:**

- 100% cotton fabric, preferably solids LIGHT/MED/DARK VALUES FOR EACH COLOR (details below) Textured prints/tone on tone fabrics are welcome in this workshop. Batiks will also work very well with this technique.
- At least one yard each of neutral colors. (\*see below)
- Sewing machine (Your sewing machine must play well with very fine thread.)
- Needles (Microtex Sharps #60/8 or #70/10) This is very important because you will be sewing with very fine thread.
- A large piece of Freezer paper (Will be provided)
- Regular black Sharpie Pen (Will be provided)
- Superior Threads Mono.Poly™ Thread (Only this brand, and the translucent version, not the black.)
- Some machines will not like this thread, so please test before the workshop. An alternative would be Wonderfil by Invisafil - light gray 100wt 2-Ply Polyester Thread.
- Seam ripper and very sharp small scissors
- Rotary cutters (with extra blades) You will want a 28mm, as well as the standard 45mm.
- Ruler
- Cutting Mat (at least 24" for cutting width of fabric)
- Multi-plug extension cord with surge protection and a 3 prong adaptor if needed for classroom outlets

- Iron and tabletop iron pad (Travel size irons are best.)
- A flat light box. This is a must have and can be found on Amazon for a very good price. (Starting around \$25)
- Good old fashioned spray starch. (Will be provided)
- A small round paint brush size 4. (Will be provided)
- A very small container with a lid. (Will be provided)
- Sketchbook (for note taking, drawing etc.)
- Regular pencils w/eraser
- Blue painters tape.
- Your cell phone (for taking photos as you progress)

Optional, but not necessary:

- An iPad Pro with an Apple Pencil if you have one, with the App Procreate installed.

You may visit this site as a reference for choosing your palette:

[http://www.robertkaufman.com/fabrics/kona\\_cotton/?solids&cotton#colorcard](http://www.robertkaufman.com/fabrics/kona_cotton/?solids&cotton#colorcard)

Note: I find that thinner cotton with a tighter weave works best for this technique.

\*Having at least 3 values of each color you bring will give you a better result. It's better to bring a few colors and have multiple values (dark, medium, light) of each color you bring. Fat quarters are great to supplement as well.