

# Supply List for Mary Lou Weidman Workshop

Please bring the following for this workshop

Notebook, pencil, eraser

Freezer paper -take some off the roll and fold it and tuck it into your bag...then you aren't carrying such a heavy holder. OR bring the roll if you are local and driving.

Sewing machine in good working order, Don't forget plug in's, foot pedal etc. new needles

Thread, scissors, needles (both hand and sewing machine), ripper, pins and anything you normally use when you make a quilt

Rotary cutter, 9 1/2inch ruler and 6" ruler and other sizes you like, mat board

One LAUNDRY black sharpie

Black or dark brown or Gray PLUS red and medium pink embroider floss or perle cotton for lashes and details in the eyes and lips

Small paper bag and tape for threads and snips of fabric-

Any sewing supplies that YOU like to have to sew with. Copy paper and pencil and eraser for drawing ideas

For fabric bring:

\*1 Yard piece for the center of your quilt-dark dark or light light- this is for behind the story of your self portrait

NOTE for MY NEW SELF portraits- I use less than one yard but you may want to do a larger one in which case you will bring the full yard.

For the small ones I use about  $\frac{3}{4}$  total and that means I often divide it (sky and ground). Just bring at least a piece of  $\frac{3}{4}$  yard and consider if the fabric is not busy, adding flower fabric or vegetable fabric or something to ground your person. Imagine- perhaps you want a kitchen behind your person or a Christmas scene or?

The new quilts I am doing are just from the waist up and you use a hat or the background to place things you love. Its less complicated and more fun!

I like borders on my quilts and I like to build my borders first. I will teach you a couple of simple quick borders you can try out in the beginning of the class.

Borders only -Please bring one yard of background fabric, dark dark (like black) or light light like soft grunge any color. Along with that bring some fat quarters in varied colors that would make a pretty border.

Below is fabric for your person and supporting cast.

\*Fabric for flesh-Buy a tone on tone print such as a small check, teeny specks, tone on tones .

I use shades of gold or darker warmer cream with some gold. Lately I have been using bright grunge fabrics for fun! Lately I am using peach/pink grunge.

NO solid fabrics as they don't work (NO one has one solid color on their skin except Gumby) -Find a fabric with a little check or cross hatch or grunge is perfect-anything with some shadows built in. I even use newsprint fabric.

You want tan, gold, honey,cream, soft cheddar, for soft skin tones-for more color a warmer tan with as much color as you would like clear up to eggplant (Afro-American) which makes lovely skin tones.

\*A small chunk of off white or lavender (cream) for eyes if you need it.

You will need two colors for lips-one lighter in value than the other. Sometimes rose fabric can be manipulated. I do this often. Reds and pinks or reds and corals.

\*Hair fabric-something with lines in it and value- swirls if you want curly hair and straight lines if your hair is straight. Color doesn't matter as much as you might think.

For eyes I find a fabric that has lots of the same color all built in which means look at the dots on the selvage and if there is like five or six blues or browns or greens there is probably light built in like you have in your eyes.

Think of your theme and what you want to highlight about yourself. I have done one with gardening and did lots of flowers and vegetable colors. If you can bring light giver fabrics as they add light to your pieces. If you don't know what that is the info is in all of my and my Hoochy Twochy book that I have with me for sale.

I used feather fabric to put a chicken on a hat of another self portrait and I used cactus background fabric to portray Phoenix Now, do any of these girls look like me? No not really but in my mind they are who I really am and that's the point and the goal.

The rest of the pieces you need can be 1/3 yard cuts or smaller. Otherwise for details, you need chunks that have texture and great color. I stay away from anything with white in it also unless your whole stash has whites in it. \*Think fabrics for clothes, shoes, purses, animals, hats, flowers, leaves, houses, roof lines, collars, belts, signs, a car, doors, windows, chimneys, hearts, bugs, butterflies, antiques, collections, instruments, jewelry, written music, newsprint, letters (printed on fabric to say things), the Moon, cake or pastries or anything you might need to build your quilt. Use your imagination here! As I told my Granddaughter, "you know someone might have a cake on their head if it is their birthday or a building if they love where they live or shopping somewhere fun." She drew all kinds of people with things on their head in the form of a hat. Quite wonderful.

These are just examples but you need to pick a small number unless you want to do a huge quilt.

I applique all of my pieces and I do not fuse anything so if you plan to do this, I cannot help with any directions. I do not like the finished product as well as applique but it is your quilt.

Getting ideas and thinking ahead of time is good but I often get a theme and let my imagination go when I work on a project. I never know what it will look like until it is done and that is why these are so much fun to do. Let the river of your imagination flow because if you relax and have fun, it will!

This sounds more complicated than it is and you will learn lots about process, being a true artist and what you have to say that will surprise even you with a self portrait. I can't wait.

Please bring any clippings, greeting cards, cartoons etc, that you like for ideas on your quilt.

For later you will need -Embroidery floss, buttons, little treasures can all be a part of this quilt and if you like to work with wool too, there is no reason not to put some wool in. I like to make my little treasures of wool like a pretty heart for the person's pin or necklace with a name or a nice truism. This comes LAST at your house not in class.

This class is a lot of fun and can provide you with a way to leave a lasting and wonderful quilt left for generations about YOU!