

Sheila Frampton-Cooper

Express Your True Self: One Piece at a Time

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Supply List:

- 100% cotton fabric, preferably solids - LIGHT/MED/DARK VALUES FOR EACH COLOR

(details below)

- At least one yard each of various neutral colors. *(see below)*
- Sewing machine *(with knee-lift if you have one)*
- Needles *(I like SCHMETZ Microtex Sharps 70/10)*
- Neutral thread for piecing *(I suggest very light gray)*
- Seam ripper, scissors and thread snippers
- Rotary cutter *(with extra blade)*
- Ruler
- Cutting Mat *(at least 24" for cutting width of fabric)*
- Table top lamp (optional)
- Multi-plug extension cord with surge protection and a 3 prong adapter if needed for classroom

outlets.

- Iron and tabletop iron pad *(travel size is good)*
- Small spray bottle *(This is for water and a fine mist is best.)*
- Sketchbook *(for note taking, drawing etc.)*
- Regular pencil
- White pencil
- White flannel or batting for your design wall and blue painters tape

You will be using primarily solid colored fabric in this workshop. I know many people may not have this

in their stash. You may purchase fat quarter packs to give you more variety without having to buy a lot of fabric. Also, you may choose your palette in advance and purchase multiple values in each color you use. For example, If you like blue, make sure you bring a very dark blue value, a very light, and a few shades in between if possible. (*See example below)

*Notice the different values of the same colors.



Neutral fabric is very important in this workshop. I suggest bringing grays and taupes (warm and cool), but keep them on the light side. Bring black or brown (at least a half yard of each). For example, if you want to use earth tones, you might want very dark brown or black, if you are using cooler colors, a charcoal/black would be nice. You

might also like to have a dark background, and in that case you would need more black or dark gray. The main thing is to have options.

Please feel free to email with any questions regarding fabric or anything else for the workshop. I am more than happy to review your fabric choices and provide feedback in advance! **sheila@zombaby.com**