

Tips for freezer paper stencilling



Stencilling process

1. Trace your design onto the freezer paper
2. Cut out the design
3. Using an iron, fuse the freezer paper to your fabric
4. If you are stencilling onto a garment, place a piece of cardboard or another piece of freezer paper, shiny-side up between the fabric layers to prevent bleeding
5. Apply the paint within the cut-away stencil
6. Dry the fabric completely
7. Peel away the stencil
8. Heat set the paint

Creating your design

- If you are looking for inspiration, there are a lot of free stencils on the Internet
- Trace your design onto the matte side of the paper
- Decide whether you are going to have any floating pieces (“islands”) within the cut-out, as these will need to be cut away and carefully saved
- To avoid using too many “islands” (all extra work when arranging the stencil for fusing!), you can create little “bridges” to the main stencil
- Use a craft knife or small scissors to cut out the design
- If you use a knife, you will also need a cutting mat
- Keep a large border around the stencil, to avoid stray paint getting onto your fabric

Fusing the paper

- It is best to have washed and dried your garment prior to stencilling

- Place the paper shiny side down
- Arrange and line-up any floating pieces carefully
- **Important:** make sure the steam setting on your iron is off and all the water has been emptied out of your iron, otherwise the freezer paper will not fuse
- Iron the paper for about 30 seconds, or until it is well bonded
- If you have an intricate design cut out, you may need to initially press downwards more than move the iron back and forth (as the sideways motion may shift the stencil)

Applying the fabric paint

- Look for a thick paint, to avoid bleeding - a screen painting ink would be perfect, but you can use fabric paints or regular acrylics mixed with a fabric medium
- Use a sponge or a stiff brush to apply the paint
- Take care to apply the paint right into the weave of the fabric
- Take care with applying the paint into any details on your design, such as points

Drying the stencil

- Allow 4 - 6 hours for drying
- You might like to use a hair dryer to speed up the process
- If you don't allow enough time for the paint to dry, it may peel away with the paper

Setting the stencil

For best results, be guided the manufacturer's instructions on your fabric paint. However ... here are some additional tips I have seen for setting the stencil:

- Cover the stencil with an old tea-towel, or other piece of fabric, and iron
- Cover the stencil with a new piece of freezer paper and iron
- Iron the stencil on its reverse side
- Tumble-dry on a low setting