

Zen by the Sea– All Shells

All Shells -- Digital Patterns by Embroidery Library, Embroidery Online (OESD), Stitch Delight and Medina Domestic Arts Studio. Coloring instructions by Medina Domestic Arts Studio.

There are a few videos made for using Inktense pencils and setting bling on my website: www.medinadomarts.com. The Zen by the Sea videos and instructions are located in the top Menu button More then Zen by the Sea blocks. Each video highlights a particular aspect of coloring that specific block. Instructions are written using paint by number methods. Please contact us at medinadomarts@aol.com if you have additional questions about how to color and bling this block.













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Materials included in your packet:

Depending on which block you purchase, there will be one stitched set of Shells and Paper Version for Pre-coloring

Recommended Coloring Materials (for each type of shell):

Each shell has its own coloring scheme. Please see the coloring chart for each recommended list of colors. These shells are all done with pencils so you will need the following for coloring each shell:

Fabric Medium

Paint Brush

Paint Palette

Use the Black and White Version attached to test colors first and to set up a color code chart before coloring on sampler. You can use fabric medium on paper in order to see final color. The numbers designated above for each coloring tool are the numbers used in each diagram included in these instructions.

General Instructions for All Zen by the Sea Blocks

Coloring

The Zen by the Sea wallhanging was created as an applique quilt. In order to simplify the process, each block is colored using a “paint by number” system. However there some universal steps that can be used throughout the quilt.

There are videos made for using Inktense pencils and setting bling on my website: www.medinadomarts.com. The Zen by the Sea videos and instructions are located in the top Menu button More then Zen by the Sea blocks. Each video highlights a particular aspect of coloring that can be used for any of the blocks. Please contact us at medinadomarts@aol.com if you have additional questions about how to color this block. You can also watch the general how to videos for additional information.

Some basic information regarding fabric painting

- Just about any paint or pencil can be used in fabric painting. However, all of them have one thing in common – you must use a hot iron to set the color so that it will not bleed or run. Make sure your work has completely dried then with a dry iron and press cloth press the iron over the entire work letting the iron sit for up to 10 seconds. This will ensure the color fastness of your work.
- The fabric used for painting should be a high grade/high thread count cotton. Kona white cotton seems to be most artists’ favorite but I seem to do just fine with Roclon Industries Avalon 200 count bleached muslin. Washing the fabric first helps to set color better.
- Cotton thread/fabric will only absorb so much color at one time. If you notice that you continue to apply color but it doesn’t deepen, let the first layer dry then go back over it with a second coat to deepen and intensify your color.
- Although you can wash your painted work; any metallic or glitter paint used will wash off in the wash. To be safe consider this as a work of art rather than a quilt! If it is to be used as a table runner or other type of use; spray it with Scotchguard to protect the paint finish.
- Color your lightest areas first then graduate to dark. Start working in the center and work out if possible.
- Sometimes it pays to plan ahead – color a paper version first before jumping in on your block. It is very hard to correct a mistake. You have a paper version of this pattern in your kit.
- Continually stir your paints if mixed with textile medium to keep it from drying out and blended. Use a drop or two of water to thin but NO MORE THAN TWO DROPS! Too much water can cause bleeding. You may want to mix your paints in Dixie cups with lids as they can be saved for a short while using the lid. However, the paints will eventually dry so use them within a couple of days after mixing. You may also try using a couple of drops of your fabric medium to revive your color.

- **Do not use water as a medium nor any kind of alcohol based product. Both cause bleeding. By the way, Sharpie pens have an alcohol base – do not use for outlining.**
- In order to keep track of paints used, create a chip chart to help you remember what color is used on your block.
- A word about fabric paints: there are a number of fabric paints and fabric inks available on the market. I have tested and use a wide variety in my own quilts. I have made a test quilt of all the paints I use and how they look after the quilt has been washed. Of all the paints out there. I believe that Jacquard's Textile Paints are best suited for beginners. They don't bleed; they paint on easily and they are very washable. They also come in a variety of colors.
- **Using Inktense/Watercolor/Colored Pencils on Fabric**
- Most of the classes I teach involve using Inktense/watercolor Pencils and fabric medium. The techniques described below can also be applied to regular colored pencils as well. Be aware that the color in Inktense pencils is much more vivid than colored pencils so if you use colored pencils you may have to color the fabric more heavily.
- Derwent Inktense pencils are solidified ink in the lead and when activated with fabric medium permanently color the fabric. (Although permanent, the color needs to be set with an iron to make the ink colorfast.)
- You will want to put your fabric on a solid surface such as freezer paper, glossy poster board, and foam core. You can also use a heavy poster board instead of foam core – just be aware that the color can smear underneath on any paper product.
- Freezer paper: Can be ironed onto the back of your artwork and will act as a barrier to prevent leaking color from behind.
- Foam core: Another option is to use a piece of foam core shaped for the item. Spray a temporary fixative on the foam core and attach the fabric/artwork to the sprayed foam core or use painter's tape to hold it down.

Use of mediums: In order to get the brilliant colors from an Inktense pencil or watercolor pencil, you must use a wet medium to activate it. Water is not a good medium for activation on fabric as it bleeds into the fabric very easily. You must use textile medium to prevent bleeding. Medina Domestic Arts Studio sells their own blend of fabric medium but there are plenty of other high quality mediums out there: Golden, Delta, Americana all make their own fabric mediums and can be purchased on Amazon, Michaels or Hobby Lobby. You can also use Aloe Vera gel but beware that using too much Aloe Vera will cause the coloring to crack and flake off. Mediums should be heat set. The Aloe Vera gel should be washed out after it is heat set. The acrylic textile medium will, depending on how viscous the medium is, slightly change the hand of the fabric. I tend to use the fabric medium as I can control the color blending a bit more dependably.

Following the Color Charts

I have created color charts for each block based on the coloring I did for the show quilt version of Zen by the Sea. I used a wide variety of coloring tools in that particular quilt but please know that it is not necessary to use the exact same tool that I did. You can substitute with your own coloring tools. As an example, I used Caran D'ache water soluble crayons for some of my blocks but a quality watercolor pencil would be perfectly acceptable as a substitute. If you want to keep the colors as close to what I used but want to use a different tool; I suggest downloading the color charts to determine the closest fit for a specific color. If you cannot determine the best color substitute, please do not hesitate to contact me and I will help you choose the right color.

Coloring the open areas within a Block

Some of the blocks have open areas within the block itself. I chose not to cut these areas out but rather color them to match the background fabric. Simply use a fabric marker or colored pencil to match the shade of the background fabric – it really is easier than cutting all those little areas out!

Cutting out the Applique Once It has been Colored

It is much easier to color the block first before cutting it out as an applique. Actually some of the patterns can be used as blocks in a quilt. The stabilizer used for all the blocks is tearaway which should be removed before cutting out. Use a very sharp pair of embroidery scissors to achieve the cleanest cut. Cut as close to the edge as possible; most of the blocks have a tight satin stitch outline which makes it easy to cut out. **DO NOT CUT THE OUTLINE!** The thread will unravel if it is cut. If the white fabric is visible around the outline, use a black fabric marker to color the exposed white fabric.



Attaching the Applique to the Background Fabric

There are a number of ways to attach applique to fabric – and I do not have a strong preference one way or another. In fact, I attached all my appliques with the long arm which I realize is not a method most will be able to use. These blocks should be attached like raw edge appliques. You can either stitch them down with a sewing machine using a straight stitch or slight zig zag stitch or hand stitch them down. I personally glued them down first with temporary spray adhesive then stitched them down.

The other trick is to lay the appliques down on the fabric first (preferably on a bed where you can lay them all out). Then take a picture of your layout and mark the location of each applique with a light chalk marker. If you have purchased the background fabric kit, sew the water fabric to the sand fabric first then lay the appliques down. If you plan to lay the appliques out as the kit, please refer to kit picture. There is no specific measurements to use; just a good eye and your best judgement!

If you would like a great reference book for attaching painted applique, I highly recommend Linda Poole’s “Painted Applique – A New Approach” book. It is published by AQS Publishing and is my go-to manual for all things painted. She is a fantastic artist and was one of the biggest influences on me when I first started to paint on fabric.

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Finally, you can contact me via email at: medinadomarts@aol.com for any questions in order to complete your work of art!

Enjoy!

Michele Markey

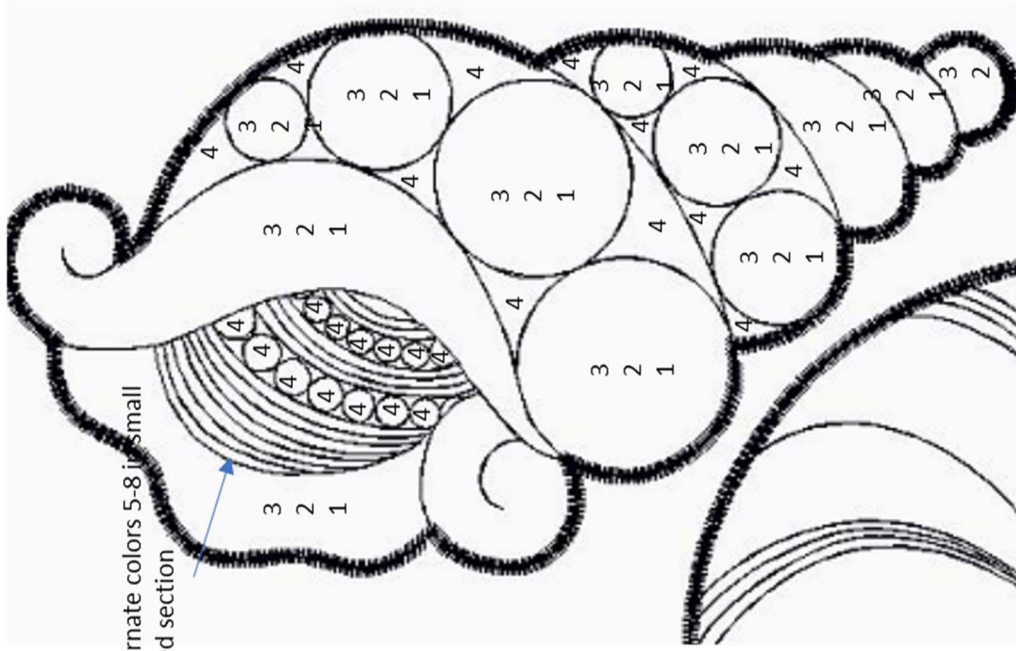
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The attached color charts use the numbers for each color for placement.



Triton Shell with Circles		OR	Ink/Inkense
Faber Castell Goldfaber Aqua	1	170	Light Olive 1540
	2	158	Green Aquamarine 1220
	3	151	Peacock Blue 0820
Pentell Sparkle Pop	4		Green
Gelly Roll (or Kaisercraft Glitter Pens)	5	727	Green
	6	736	Blue
	7	738	Marine Blue
	8	725	Sky Blue

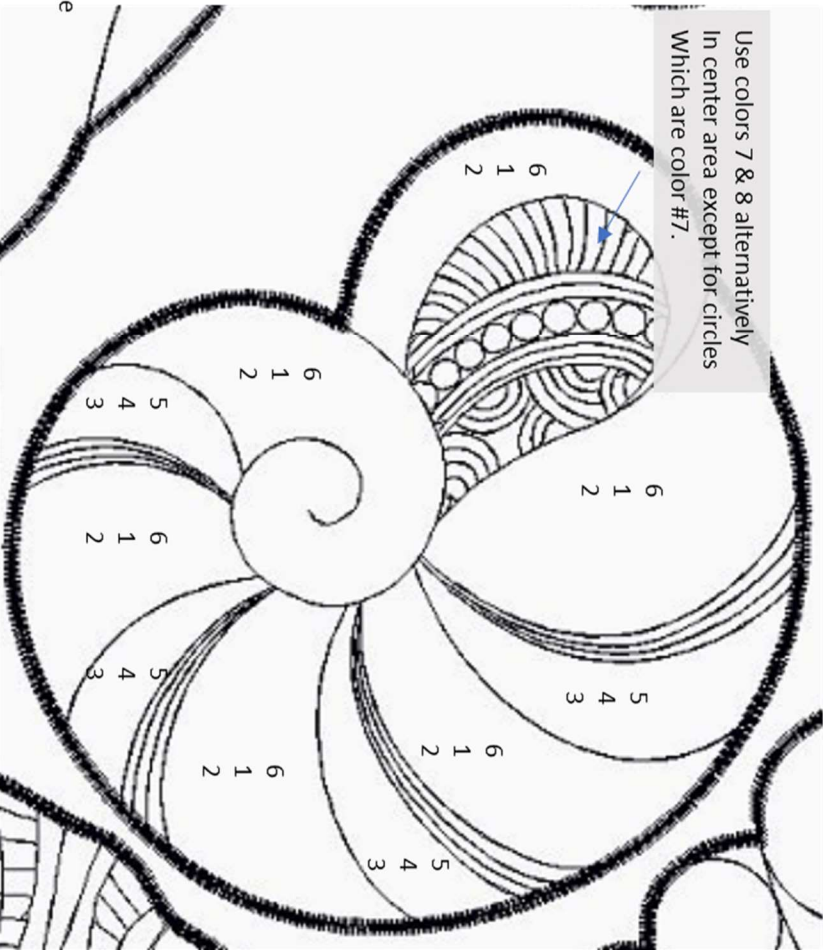
Alternate colors 5-8 in small lined section



When color numbers are Stacked, it means that Each color is used around The perimeter of the area. The first number is used against the Stitching, followed by 2nd color then the 3rd color is in the Center of the area. Blend All three colors starting with The center and work towards Stitching.

Nautilus Shell		
Faber Castell Goldfaber Aqua	OR	Inktense
1	149	Dark Aquamarine 1210
2	147	Bright Blue 1000
3	154	Sea Blue 1200
4	143	Deep Blue 1000
5	153	Lagoon 0810
6	151	Peacock Blue 0820
Gelly Roll (or Kaisercraft Gitter Pens)		
7	727	Green
8	736	Blue
Izink		
9	80838	Turquoise

When color numbers are Stacked, it means that Each color is used around The perimeter of the area. The first number is used against the Stitching, followed by 2nd color then the 3rd color is in the Center of the area. Blend All three colors starting with The center and work towards Stitching.



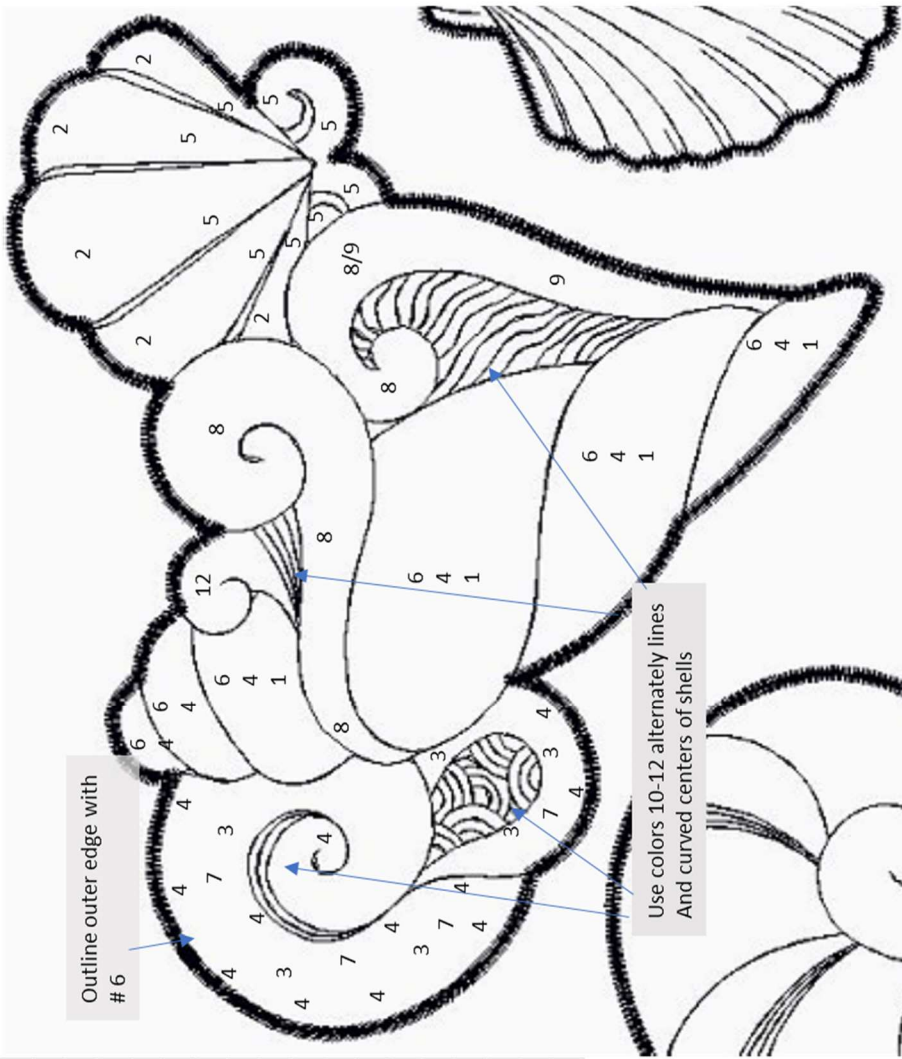
If using Izink glitter paint (#9), use just around stitched Edges of areas marked with 5 4 3 colors. . . If you do not wish to Use Izink glitter paint, use color #7 around stitched lines To add some sparkle around edges.

Trio of Shells		
Faber Castell Goldfaber Aqua	OR	Inktense
1	140 Iris Blue 0900	
2	147 Bright Blue	
3	120 Iris Blue 0900	
4	136 Violet 0800	
5	149 Dark Aquamarine 1210	
6	125 Mauve 0740	
7	151 Peacock Blue 0820	
8	137 Dusky Purple 0730	
9	136 Red Violet 0610	
Gelly Roll (or Kaisercraft Glitter Pens)		
10	Dark Pink Glitter Glitter	
11	Blue Glitter	
12	Purple	
Izink		
13	80840 Rose	
14	80823 Violet	

When color numbers are Stacked, it means that Each color is used around The perimeter of the area. The first number is used against the Stitching, followed by 2nd color then the 3rd color is in the Center of the area. Blend All three colors starting with The center and work towards Stitching.

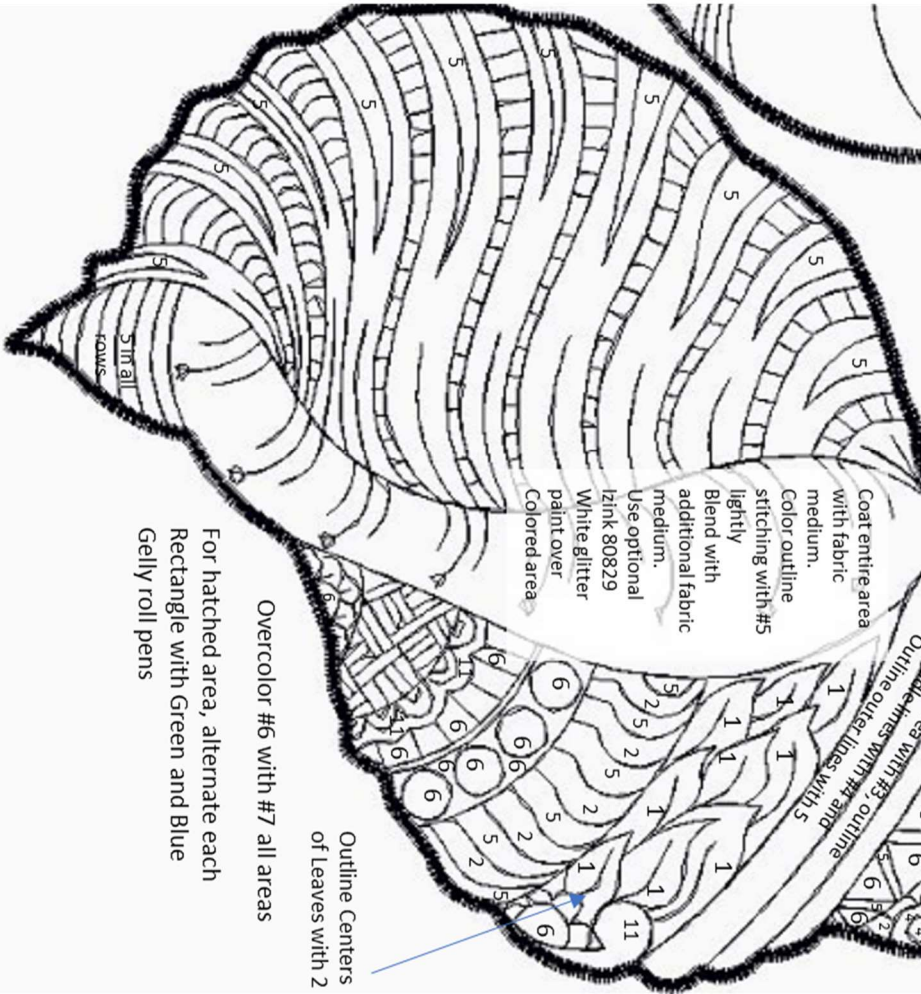
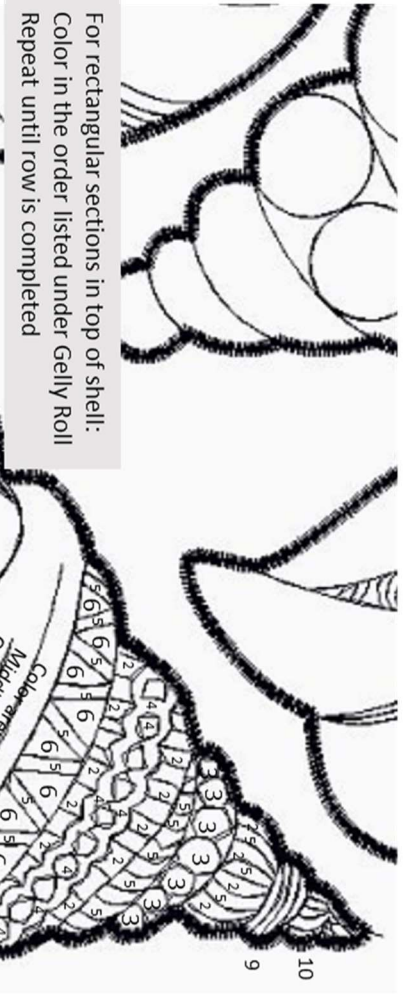
If using Inktense pencils rather than water color pencils, Use a lighter touch while coloring in order to get a more Pastel tint for the shells.

If using Izink glitter paint (#13) use just around stitched Edges of areas marked with #9. Use #13 in area colored with #9. If you do not wish to use Izink glitter paint, use matching gel pen colors around stitched lines to add some sparkle around edges.

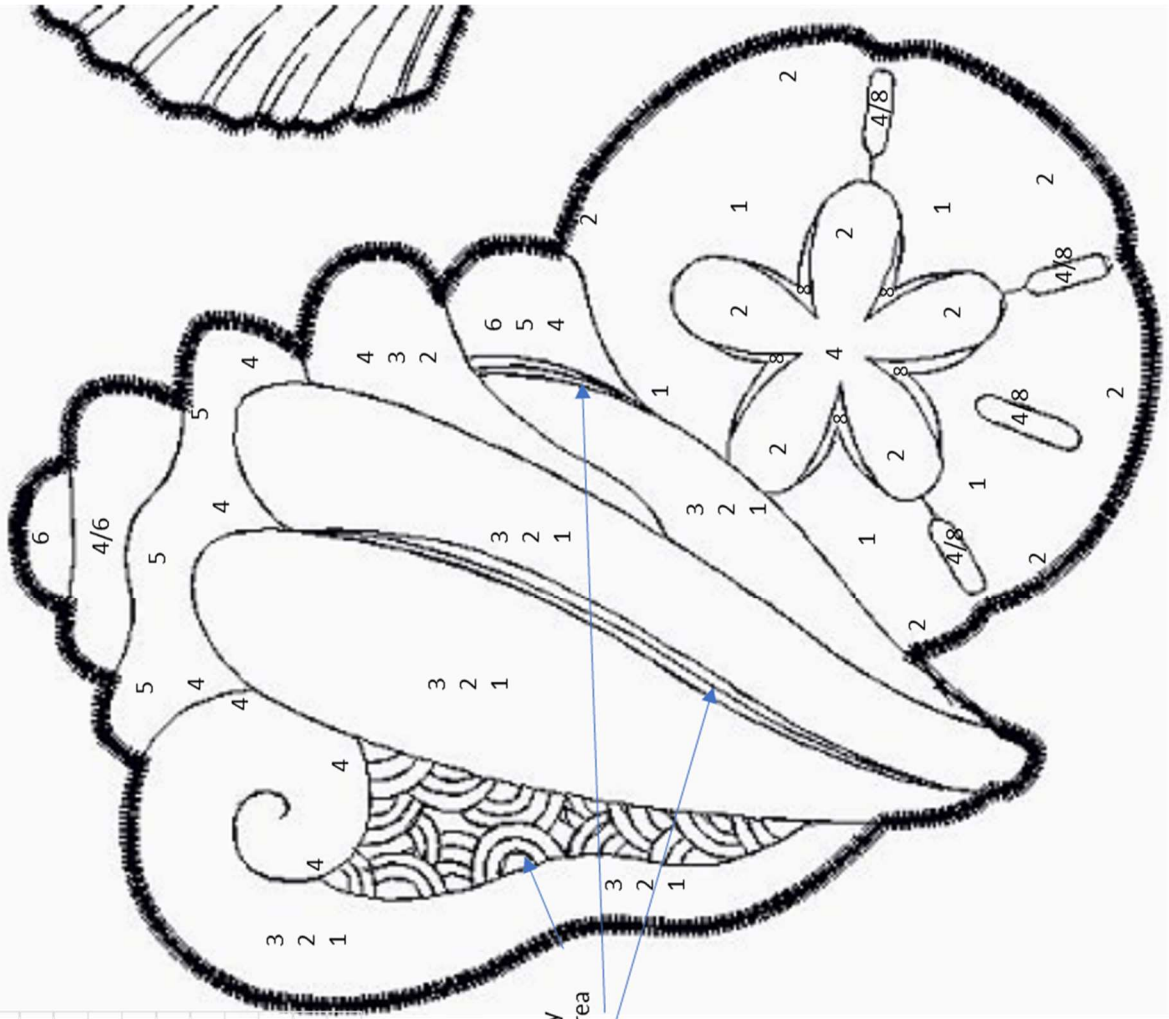


Conch Shell	OR	Inktense
Faber Castell Goldfaber Aqua		
1	170 Light Olive 1540	
2	161 Spring Green 1550	
3	140 Iris Blue 0900	
4	120 Iris Blue 0900	
5	151 Peacock Blue 0820	
6	115 Tangerine 0800	
Gelly Roll Stardust Pens		
7	705 Orange	
8	727 Green	
9	736 Blue	
10	738 Marine Blue	
11	725 Sky Blue	

If using Inktense pencils rather than water color pencils, Use a lighter touch while coloring in order to get a more Pastel tint for the shells.



Sand Dollar and Shell		OR	Inktnse
Faber Castell Goldfaber Aqua	1	104	Sun Yellow 0200
	2	109	Sienna Gold 0240
	3	115	Tangerine 0300
	4	118	Carmine Pink 0520
	5	126	Scarlet Pink 0320
	6	121	Carmine Pink 0520
Gelly Roll Pens	7	705	Orange
	8	720	Lt Pink
	9	721	Dark Pink
Izink	10	80319	24 Carats Yellow
	11	80317	24 Carats Pink

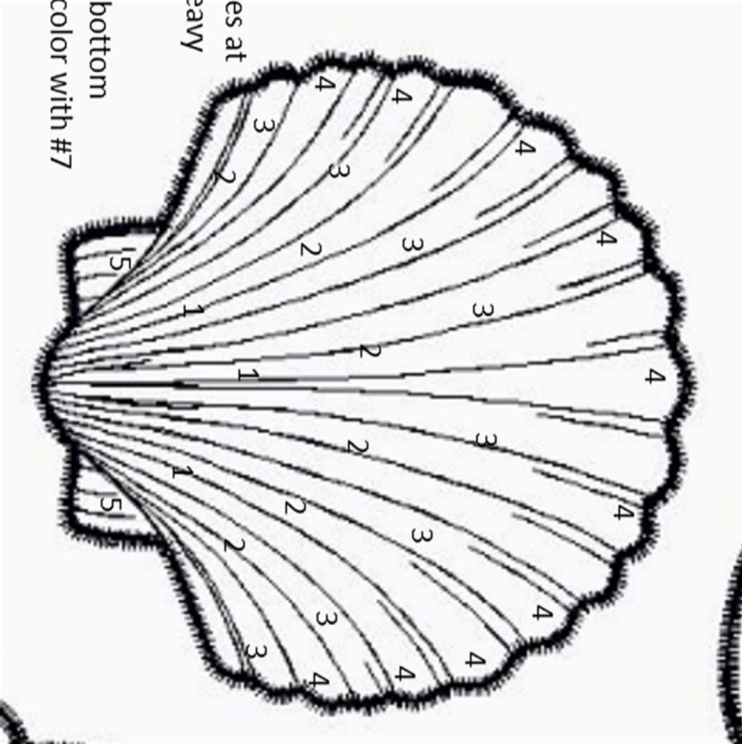


When color numbers are Stacked, it means that Each color is used around The perimeter of the area. The first number is used against the Stitching, followed by 2nd color then the 3rd color is in the Center of the area. Blend All three colors starting with The center and work towards Stitching.

If using Inktnse pencils rather than water color pencils, Use a lighter touch while coloring in order to get a more Pastel tint for the shells.

Use colors 7-9 alternately To color center curved area Color thin lines with #7

Scallop Shell		
Faber Castell Goldfaber Aqua	OR	Inktense
1		107 Sienna Gold 0240
2		109 Tangerine 0300
3		126 Carmine Pink 0520
4		118 Scarlet Pink 0320
5		187 Burnt Orange 0260
l/zink		
	6	80321 24 Carats Orange
	7	80322 24 Carats Dark Pink



Color the double lines at
Top of shell extra heavy
With #4

Overcolor with #6 bottom
Half of shell. Overcolor with #7
On top of #4

If using Inktense pencils rather than water color pencils,
Use a lighter touch while coloring in order to get a more
Pastel tint for the shells.