**Supply List for The Fabric Journal with Beatriz Helton**

**The following list of supplies is based upon my own methods and creations, but feel free to substitute various items for similar materials you have on hand.**

* **1 piece of medium weight raw canvas or heavy jeans material cut to 5”x 12” for book cover**
* **2 pieces of fabric of your choice cut to 5”x 12” for inside and outside of book cover**
* **10 pieces of fabrics of your choice cut to 5”x 10” for pages (a couple sheers) Thrift store finds or discards from your closet are perfect**
* **Fabric scraps small, medium and large, some sheer - any color light and dark with and without patterns for embellishment - I will have some fabrics, embroidery threads, vintage book pages and tea bags to share**
* **Glue stick**
* **Awl - I’ll have some to share**
* **Waxed book binding thread - I’ll have some to share**
* **Sewing needles for sewing, embroidery Optional: a blunt needle for weaving**
* **Threads of varying weights for hand sewing, embroidery and DMC 5 and/or 8 - your choice of colors, black and white or cream is recommended for contrast - I’ll have some to share**
* **Seam ripper - I’ll have some to share**
* **Thread snips and/or scissors for cutting fabric and paper**
* **Straight pins and a pin cushion**
* **Paint brush for spreading gel medium and some different sizes for painting**
* **Water container for your brushes**
* **Small spray bottle**
* **A rag for cleaning brushes and spills (optional paper towels)**
* **Black and white gesso**
* **A few of your favorite color paints**
* **Heavy Gel medium**
* **Waxed paper**
* **Stabilo water soluble black pencil (other colors optional)**
* **Brayer (optional)**
* **I will have stencils to share, but you can bring your favorites (small squares work well - check out** [**Stencilgirl.com**](https://www.stencilgirl.com/)
* **Papers for collaging and firming up your fabric pages like vintage book pages, empty tea bags, tissue paper, newspaper clippings, etc.  - I’ll have some to share**
* **Illustrations, Vintage or new photographs, and magazine images to embellish your pages.**
* **Trinkets, baubles, buttons - anything you’d like to include in your book**