

Freezer Paper Stenciling



To stencil your own project:

Buy a roll of [freezer paper](#) (approx. \$3.99) or beg a piece from the guy in the meat department at your grocery store. Draw your design on it and cut it out with an X-acto knife or with sharp pointed scissors. Then iron the paper, shiny side down, onto the fabric you're going to stencil. Iron another sheet to the back of the fabric to keep the paint from soaking through or put newspaper inside the shirt. You can use the iron setting that corresponds to the fabric you're stenciling.



With a foam brush, stenciling brush, kitchen sponge, or other paint brush, apply fabric paint to the cut-away areas. I used soft fabric paint (Tulip) from Michaels or Joannes



Let the paint dry. Repeat the paint for a darker effect. Let dry again. Peel the freezer paper off.

