



How do you use Freezer Paper?

Freezer Paper has a paper side and a glossy side.

The paper side can be used for printing a design on to and the glossy side will adhere temporarily to fabric if heated with an iron. All sorts of design work can be carried out quickly and easily. Because the adhesion is so light, it does not leave any residue on the fabric when peeled off

What can Freezer Paper be used for?

- **Perfect for creating quick easy stencils – the plastic coating protects the fabric from paint seeping underneath**
 - **For tracing and transferring design templates when sewing, undertaking art and craft activities and for construction use. This can be particularly useful when using patterns containing several different sizes. One size can be copied using Freezer Paper without affecting the original Pattern document**
 - **For making applique templates**
- **For printing images on to fabric including quilt labels**

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FREEZER PAPER STENCILS

- **Draw design directly on to paper side of freezer paper**

- Alternatively, when selecting printed images, for best effects choose simple, minimal designs as these are easiest to cut – ideally containing lots of contrast i.e. very light areas and very dark areas
- Trace design on to paper side of freezer paper
- Place image on a surface that is safe to cut on e.g. a cutting mat, thick cardboard
- Using an appropriate craft knife or scalpel carefully cut round the shape. Leave a wide border – at least 4cm, to make it easier when printing, all around the edge of the stencil
- Place stencil on fabric, glossy side down. Iron (turn steam setting off) on cotton setting for 3 – 5 minutes ensuring every part including the edges are stuck in place.
- Place a piece of cardboard inside the item to be painted e.g. T-shirt, bag or underneath if painting directly on to a single piece of fabric
- Place blobs of Colourcraft Fabric Paint around the border of the stencil and, starting at the outer edges, apply the paint evenly across the stencil using the edge of a piece of cardboard, a palette knife, sponge brush or old credit card. Leave to dry
- Once dry, peel back the stencil and heat fix the fabric paint by ironing on the reverse of the fabric for a full two minutes

APPLIQUE TEMPLATE

- Trace pattern on to paper side of freezer paper
- Cut around shape leaving about ¼" border allowance around sides
- Iron the glossy side of one piece of freezer paper to the paper side of the second piece
- Cut out the double layer of freezer paper along the printed lines, creating a perfect template
- Iron freezer paper template on to chosen fabric (turn steam setting off)
- Using an iron and spray starch, iron around the edges of the template to create a crisp edge to applique
- Peel off the freezer paper and hand/machine stitch the appliqued design to the background fabric

TRACING QUILTING DESIGNS

- Trace quilting design on to paper side of freezer paper, cut out
- Iron glossy side to the fabric
- Cut out fabric allowing ¼" seam allowance
- Fold fabric seam allowance under the freezer paper
- Stitch the applique on to the background fabric
- Remove freezer paper through a small area left unstitched

PRINTING IMAGES ON TO FABRIC

- Select an image
- Cut a piece of freezer paper and a piece of fabric both measuring 21cm x 29cm
- Iron the fabric to the glossy side of the freezer paper
- Trim away any rough/frayed edges so they do not get tangled in the printer
- Run fabric through printer to print image
- (For printers not containing wash-fast ink where a permanent result is required, fabric can easily be pre-treated by applying Golden Ink Jet Surface Preparation. Please ask for details)
- Remove the freezer paper and finish fabric as required

QUILT LABELS

- Cut a piece of freezer paper and muslin both measuring 8½" x 11"
 - Iron the freezer paper to the wrong side of the muslin
 - Trim any rough/frayed edges so they do not get tangled in the printer
 - Run fabric through printer containing wash-fast ink, to print image
 - (For printers not containing wash-fast ink fabric can easily be pre-treated by applying Golden Ink Jet Surface Preparation. Please ask for details)
- Remove the freezer paper, finish the edges of the muslin, attach label to quilt

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