



MOLA APPLIQUÉ

2-day workshop

Workshop Supply List

Mola is the style of appliqué done by the Kuna (indigenous people of Panama), who live on the San Blas Islands off the coast of Panama and in Columbia. This intricate style of appliqué is worn as the front and back panel of the Kuna women's blouses, and now also made as wall hangings. I will share with you their history and show you samples of original Mola appliqué. You'll learn how to design, cut and sew your own traditional 2-color Mola, while also considering how to expand your horizons for future projects. All skill levels welcome.



Before coming to class, wash all fabrics to make sure they are pre-shrunk and colorfast.

- Fabrics:** 2 fat quarters (approximately 18"x21"), contrasting solid colors, 100% cotton fabric. Traditional Mola patterns most often use solid, brightly colored, 100% cotton fabrics. Because the appliqué design itself is intricate, I suggest you use solid-colored fabrics. Also, because the traditional Mola technique is to turn under very little seam allowance, I suggest you buy the best quality fabric you can find, one with a high thread count. (A very nearly solid-colored batik will work.)
- Thread:** to match the fabric you plan to have on top—the appliqué fabric. If you are not sure, bring thread to match both fabrics. I prefer cotton Aurifil (50 weight); OK to bring what you like. (In the pictured sample peach is the appliqué fabric.)
- Ugly thread:** a color that contrasts with and looks awful on the appliqué fabric. This is a good opportunity to use up some of those odd spools with very little thread on them (no thread on old wooden spools).
- REQUIRED: Milliners/Straw Needle* size 10 or 11** (any brand). I believe my needleturn techniques work so well because of this long, thin needle. Do not bring "Hand Applique" or "Sharps", they are too short.
- Needle for basting:** A long, sturdy needle, size 8 or 9, with a sharp point and good-sized eye for quick threading.
- Scissors:** Sharp-pointed scissors to cut fabric (small ones work better than large shears). Also, thread snippers.
- Straight pins*:** at least 50 (short appliqué pins, if you have them)
- Paper:** 10-20 sheets of copy/printer paper. This can be used paper, or other scratch paper. The more paper you have the more freedom you will have to design. Don't be skimpy.
- Art eraser or gum eraser**
- Masking tape:** regular, whatever you have on hand. (Do NOT bring blue/painter's tape.)
- Clear Ruler:** 12" or 6" for drawing straight lines. A rotary ruler will work.
- Pencil or pen:** Permanent or temporary to mark on fabric. You must be able to clearly see marks on the *right* side of your appliqué fabric. (No ball-point pens.)
- Light box:** if you have one. If not, we can share. **or...**
Pattern Transfer Paper* (Saral and Clover Chacopy are two other brands that will work.) Bring a colored-ink ballpoint pen (blue, red, or green) or a blunt pencil. I will bring *Pattern Transfer Paper** that is 24"x18" in assorted colors.
- Optional items:** extra fine-point Sharpie or other permanent marker, pencil sharpener, camera or smart phone, reading glasses, thimble, needle threader*, portable light*.

Many notions are available from Pacific Rim Quilt Company - www.pacificrimquilt.com

** These notions will be available for purchase at the class if you can't find them elsewhere.*