

Paste-Paper Painting

Materials needed:

White cake flour and white rice flour

OR

Plain white flour

Water

Liquid castile soap (Dr. Bronner's is one brand, but there are others)—OPTIONAL

AND/OR

Glycerin (from pharmacy or pharmacy section of the grocery store)—OPTIONAL

Pigment: acrylic, tempera, or other water-soluble paint, ink, food coloring, ground dirt (really!)

Dishpan

Sponge

Rag

Cups for color mixing (could be paper or plastic)

Paper: paper bag paper, construction paper (Tru Ray is a good brand, but any will work), or other heavy paper

Tools for texturing: brushes, credit cards, erasers, combs, forks, spatulas, sponges, etc.

Newsprint or old window screens for drying.

Paste recipe is on the next page.

Paste Recipe

(can be adapted for any quantity)

1/4 cup white cake flour

1/4 cup white rice flour

OR

1/2 cup regular white flour

1/2 cup water

—Mix flour and water together a little at a time with a whisk or fork. When thoroughly blended, you can go ahead to the next step, but it's better to let it sit for several hours or overnight so the starch will become thoroughly hydrated.

—Bring 2 cups of water to a rolling boil.

—Use a whisk or fork to vigorously mix the flour/water mixture into the boiling water. Remove from heat when it thickens and begins to turn a bit translucent.

—If you have castile soap and/or glycerin, put a dash of either or both into the mixture, but don't worry if you don't have them.

—Let the paste cool and then you are ready to mix it with pigment. A good rule of thumb for acrylic paint is to mix a generous teaspoon of paint with 1/2 cup of paste, but mix whatever ratio you like. I like to mix an assortment of colors before I start to paint.

Keep paste refrigerated in between uses. It will last about 2 weeks in the refrigerator.