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Molas are a decorative folk art appliqué practiced by the natives of the San Blas Islands off of Panama. In this technique, several brightly colored fabrics are layered then cut away and reverse appliquéd by hand to create a design usually depicting Folk Art themes. With this project, you will learn the basic procedure while making a small sample that can be made into a small wall hanging or incorporated into a future garment or bag project. The patterns provided are all inspired by Pacific Northwest native art.

Please be courteous to others by arriving for class with the correct supplies. Contact me if you have any questions.

TOOLS/MATERIALS:

- **Embroidery scissors:** To cut your reverse appliqué. **These are absolutely necessary!** Bring a pair of small-jawed, sharp pointed embroidery scissors with 1" to 1 ½" blades not regular sewing shears or appliqué scissors.
- **Seam ripper:** This tool is also **absolutely necessary** for this technique, make sure yours is sharp.
- **Standard lead Pencil**
- **Sewing pins:** small appliqué pins are preferable to the standard quilting pins, the appliqué is small and precise and large pins will only get in your way.
- **'Sharpie' brand black marker (the fine point not the ultra-fine)**
- **White quilters' pencil and pencil sharpener**
- **Hand appliqué (sharps) or Milliners' (straw) needles size 10**
- **Kit (provided by teacher):** includes the patterns for all three designs, fabrics for one project, transparency sheet, Saral paper and the use of thread brought by the teacher in a variety of colors to match fabrics. **Cost of kit: \$5 per student**