

# ULTIMATE GUIDE TO MILK PAINT

ACHIEVE FARMHOUSE CHIC DECOR WITH THE EASE  
OF PREMIXED MILK PAINT



**Learn 4 Milk  
Paint Techniques**

- One-color application
- Multi-color distressing
- Color wash
- Stenciling
- Plus 2 finishing techniques



**10 PROJECTS**

# INTRODUCTION

Recapture the tradition of early American craftsmen. Reflect on a gracious past, while looking ahead at the contemporary elegance of farmhouse chic. With easy-to-use FolkArt Milk Paint, it is all possible! Available in 33 warm, rich colors, it is truly the only pre-mixed, non-toxic, casein-based milk paint on the market today.

Perfect for use on raw, unfinished furniture, it penetrates the surface and becomes one with the wood rather than a film that rests on the surface like latex paints. FolkArt Milk Paint can also be used on previously painted, stained or varnished surfaces when combined with FolkArt Bonding Primer & Sealer, which can give new life to a second-hand piece of furniture.

There is a lot to share. Come, be inspired by the many DIY enthusiasts, crafters and makers who are already enjoying the velvety, smooth dead flat finish FolkArt Milk Paint gives the painted surface.

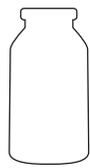
Read through the carefully written instructions, view the step-by-step photography and be inspired to give FolkArt Milk Paint a try, you will not be disappointed!



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# PRODUCT OVERVIEW



38904  
Milky White



38905  
Petticoat



38906  
Pink Dogwood



38907  
Shaker Red



38922  
New England Red



38918  
Port



38919  
Covered Bridge



38908  
Farmhouse Ochre



38911  
Tavern Ale



38910  
Georgian Yellow



38923  
Pale Peach



38935  
Brass Buckle



38934  
Britches



38909  
Churned Butter



38912  
Cottage Green



38913  
Absinthe



38924  
Bristol Green



38914  
Blue Belle



38900  
Country Squire



38900  
Cabinet Maker's Blue



38915  
Winter Harbor



38927  
Veranda Blue



38916  
Lexington Blue



38928  
Sumter Blue



38929  
Quaker Blue



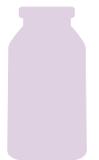
38930  
Inkwell



38917  
Meeting House Blue



38931  
Jamestown Blue



38932  
Sweet Lilac



38933  
Virginia Reel



38920  
Monument Gray



38936  
Plymouth Rock



38921  
Pirate Black

## WHAT IS MILK PAINT?

Paints have been used by mankind as decorative and protective coatings since before recorded history, and were often made as a milk paint, consisting of lime, earth pigments, and milk.

In Colonial America, traveling artisans often roamed the countryside from job to job carrying with them their dry pigments, which were mixed with milk and lime. This mixture created a fast drying, water-based paint.

Items painted with milk paints such as furniture, walls and accessories held up well because of the milk protein, casein, which was incorporated in these paints. Casein naturally enhances the adhesion properties of the paint and provides a velvety smooth finish.

Today, traditional milk paints are still available. They are found in powder form and are ready to be mixed with water. Not only can this process be messy, this mix-it-yourself milk paint can spoil, may be hazardous to breathe, and may not have a long life once mixed.

With today's DIY consumer in mind, FolkArt Milk Paint is manufactured with casein, the same milk protein, but without the addition of lime. It provides modern-day DIY artists and makers a product that is non-toxic and no longer hazardous to use. As a conveniently pre-mixed formula, FolkArt Milk Paint will not spoil, is easy-to-use and cleans up with soap and water. When brushed out on an unfinished surface, it penetrates the surface like a stain, however, looks like a paint and after sanding, it provides a velvety smooth, dead flat finish.

FolkArt Milk Paint can be painted on a variety of surfaces such as wood (finished and unfinished), metal, concrete and masonry. Experiment with a variety of finishes: create aged distressed looks, smooth sleek, solid color finishes, and when thinned with water, a light color wash can be achieved.

- One 6.8 oz. bottle covers approximately 16 sq. ft.
- Dries within 4 hours and cures in 24 hours.
- Indoor use only.
- Casein-based, non-toxic.
- Soap and water clean-up.
- Made in America.

## PRODUCT OVERVIEW

### WHAT IS FOLKART MILK PAINT BONDING PRIMER & SEALER?

FolkArt Milk Paint Bonding Primer & Sealer is formulated as a multi-purpose primer, sealer and protective topcoat.

As a bonding primer, it brushes easily onto metal and previously painted, stained or varnished surfaces. Simply brush it evenly over clean, previously finished surfaces using a FolkArt Milk Paint paintbrush. When brushed out, it will appear milky when wet yet dries to a translucent matte finish. FolkArt Milk Paint Bonding Primer & Sealer should be allowed to dry approximately four hours before applying FolkArt Milk Paint.

As a sealer and topcoat, FolkArt Milk Paint Bonding Primer & Sealer will add a protective sealing finish over a completed FolkArt Milk Paint project. Allow the milk painted surface time to cure, approximately 24 hours, prior to brushing on the protective coat of sealer.

- Available in a 6.8 oz. bottle which covers approximately 16 sq. ft.
- Water-based, non-toxic.
- Soap and water clean-up.
- Made in America.



### WHAT IS FOLKART MILK PAINT FINISHING OIL?

FolkArt Milk Paint Finishing Oil is used as a sealer for milk painted projects that began as unfinished wood surfaces. The Finishing Oil will penetrate layers of Milk Paint and be absorbed directly into the pores of the raw, unfinished wood surface creating a velvety smooth finish that protects from the inside out. It can also be used to enhance the look of natural unfinished wood.

FolkArt Milk Paint Finishing Oil can be brushed onto the milk painted surface using a FolkArt Milk Paint paintbrush. It can also be applied using a soft, lint-free cotton cloth that has been saturated with the oil. Rub or brush over the milk painted surface until the oil has been absorbed; excess oil can be removed with a clean cloth.

While the oil is being absorbed, lightly wet sand using fine grit sandpaper following the natural direction of the wood grain. This process will produce a velvety smooth finish.

Applying Finishing Oil on milk painted surfaces will naturally deepen the milk paint color slightly. Surfaces completed with Finishing Oil will take approximately 30 days to fully dry and cure.

NOTE: Do NOT apply Finishing Oil on a surface that has been previously painted or stained as the oil can only penetrate the layers of milk paint and not penetrate into the sealed surface.

FolkArt Milk Paint Finishing Oil is best applied to lightly used or decorative surfaces as a protective sealer. However, heavily used surfaces should be protected with FolkArt Milk Paint Bonding Primer & Sealer.

- Does not leave a surface film that can chip or scratch.
- Available in a 3.7 oz. bottle which covers approximately 12-20 sq. ft.
- Non-toxic, solvent-free oil.
- Soap and water clean-up.

## MISCELLANEOUS SUPPLIES & SURFACE PREPARATION

### FOLKART MILK PAINT APPLICATORS

Just as important as it is to use a trusted, high quality milk paint system, so is the use of proper paint applicators. FolkArt Milk Paint brushes were developed specifically with this product in mind.

- Perfect paint applicators for use with FolkArt Milk Paints.
- Available in two sizes: 1.25" and 2" wide flat brushes.
- 100% hog hair bristles stay strong, yet spring back.
- Flagged tip bristles allow the brush to hold more paint.
- Rounded bristle corners reduce brush marks during paint application.
- Functional crimp firmly attaches wood paintbrush handle to the metal ferrule.
- FolkArt Milk Paint washes out of bristles while wet with soap and warm water.



### MISCELLANEOUS SUPPLIES

You will find these everyday household items helpful to have on hand while crafting.

- Brush Basin or container for water
- Paper towels
- Foam bowls and plates (to be used as palettes)
- Soft, lint-free, cotton cloth
- Craft knife (to open protective seal on bottle)
- Medium and fine grit sandpaper

### SURFACE PREPARATION

FolkArt Milk Paint is best used on surfaces such as wood, walls, metal, concrete and masonry to create either a distressed, aged finish or a smooth, sleek appearance. Depending on the surface to be decorated, it is possible some preparation may be required.

- **Unfinished Wood** - FolkArt Milk Paint is best applied directly to the unfinished, raw wood. The only preparation needed is to sand any rough areas using medium-to-fine grit sandpaper. Wipe with a tack cloth to remove sanding dust.
- **Finished Wood** - Finished wood surfaces include previously painted, stained or varnished surfaces. These surfaces are best cleaned with a household glass cleaner to remove dirt and grease. Then brush these surfaces with a coat of FolkArt Milk Paint Bonding Primer & Sealer. Allow the primer to thoroughly dry (approximately four hours); then apply FolkArt Milk Paint.
- **Walls** - Prepare your walls first by cleaning them to remove dust or grease. Clean areas of chipped or peeling paint. Slightly sand the walls to allow for better paint adhesion if walls were previously painted with semi-gloss or gloss finishes.
- **Metal** - Wash all new metal surfaces in warm soapy water; allow to thoroughly dry. Moisten a paper towel or soft cloth with distilled white vinegar and wipe over surface; allow to dry. Brush on an application of FolkArt Milk Paint Bonding Primer & Sealer. Allow primer to thoroughly dry then apply FolkArt Milk Paint.
- **Concrete & Masonry** - Apply a coat of distilled white vinegar (to neutralize lime), let dry. Rinse well and then allow to dry thoroughly once again. NOTE: FolkArt Milk Paint is not recommended for concrete areas subject to foot traffic such as a patio. FolkArt Milk Paint decorated concrete and masonry surfaces should be kept as indoor-only decorative surfaces.

## FOLKART MILK PAINT VS. FOLKART HOME DECOR CHALK

Although both paint formulas are used for home decor projects by the DIY enthusiast and they have similar characteristics, they each are very different. Let's check out a few differences.

### FOLKART MILK PAINT

Milk Paint is a casein based paint that dates back many centuries. It is hard wearing and provides a velvety smooth dead flat finish allowing the characteristics of the wood grain to remain, but not show through. The first application will seal the surface while the second application will provide coverage. FolkArt Milk Paint is best for use on raw or unfinished wood, however, when combined with FolkArt Bonding Primer and Sealer, previously finished surfaces can be milk painted. For added durability, Milk Paint does require a topcoat of either Finishing Oil or Bonding Primer and Sealer depending upon the original surface.



### FOLKART HOME DECOR CHALK

Chalk Paint is an acrylic based paint that is relatively new dating to the late 1990's. FolkArt Home Decor Chalk provides an ultra-matte chalky finish on both raw or unfinished wood as well as previously finished surfaces. It adheres easily to most surfaces and requires virtually no prep. It is perfect for many versatile looks such as solid color applications and layering colors to be distressed. Surfaces should be finished with wax or varnish as a topcoat.



## ONE-COLOR TECHNIQUE

### HOW-TO TECHNIQUE

- A** Sand unfinished wood with medium-to-fine grit sandpaper to create a smooth area and to open surface pores. Wipe to remove sanding dust.
- B** Shake bottle well. Remove protective seal and pour small amount of desired color into a foam bowl. Apply Milk Paint using long, smooth brushstrokes for an even color application.
- C** Allow Milk Paint to dry for 30 minutes while it is being absorbed into the surface. When dry, lightly sand and wipe to remove sanding dust.
- D** Reapply a second coat of Milk Paint for deeper color saturation.

### HELPFUL HINTS

- Milk painted surfaces will dry to the touch within 30 minutes to an hour; however, the paint will be cured to the surface after 24 hours.
- Previously painted, stained or varnished surfaces should first be primed using FolkArt Milk Paint Bonding Primer and Sealer before milk painting.
- This unfinished frame was painted with FolkArt Milk Paint - New England Red.



## PHOTO FRAME

By Chris Williams

The warm, rich colors of FolkArt Milk Paint work beautifully on a variety of unfinished home decor accessories like this cute unfinished wood frame. A collection of Milk Painted frames painted in a variety of colors beautifully decorate any table top, mantel or even create a fun gallery wall display! Whether creating a single frame or a grouping of frames, this project can be easily accomplished in an afternoon!

### INSTRUCTIONS

1. Lightly sand unfinished wood frame with fine grit sandpaper creating a smooth surface.
2. Pour a small amount of FolkArt Milk Paint Absinthe into a foam bowl. Load the paintbrush by dipping into milk paint. Remove excess paint by brushing side of bowl.
3. Apply Absinthe to the unfinished wood frame; brush the color on following the natural grain of the wood. Allow to dry 30 minutes.
4. Sand wood surface smooth using fine grit



sandpaper. Wipe frame to remove sanding dust, then reapply a second coat of Absinthe. Let dry.

5. Finishing – Brush a coat of FolkArt Milk Paint Finishing Oil onto the frame allowing the oil to penetrate the dried paint. Immediately after applying Finishing Oil, wet sand the surface with fine grit sandpaper to create a velvety smooth finish. Wipe to remove sanding dust and allow to cure prior to using.

### Supply List

- Unfinished wood frame
- FolkArt Milk Paint - Absinthe
- FolkArt Milk Paint 1.25" Brush
- FolkArt Milk Paint Finishing Oil
- Miscellaneous supplies:  
refer to page 5

### TIPS & TRICKS

- For added interest when creating a grouping of Milk Painted frames, select frames in a variety of sizes and shapes.
- If upcycling a frame that had been previously painted or varnished, be sure to prime the surface first and seal the completed project using FolkArt Milk Paint Bonding Primer and Sealer.

## ENTRY HALL SIDE TABLE

By Sherrie Ragsdale

Tavern Ale, a warm, vintage color, was popular in Colonial America and is still today with a modern twist. A beautiful golden mustard color, Tavern Ale is effective on a variety of decor projects that can be featured in just about any room in a home! This gorgeous Milk Painted side table can be displayed in an entry hall, a living room, a kitchen or even a bedroom.

### INSTRUCTIONS

1. Create a surface that will be easy to both sand and paint by removing all hardware using a screwdriver. Remove doors, knobs or handles.
2. Next, lightly sand the unfinished entry table which will open the wood pores and ensure a smooth surface for painting.
3. Pour a small amount of FolkArt Milk Paint Tavern Ale into a foam bowl. Load a FolkArt Milk Paint paintbrush by dipping into the Milk Paint. Remove excess paint by brushing the side of the bowl.



4. Paint Tavern Ale Milk Paint onto the table by brushing the color following the natural grain of the wood. Use long, smooth strokes allowing the Milk Paint to penetrate into the open pores of the wood. Once completely painted, allow to dry.
5. Sand the wood surface smooth using medium grit sandpaper. Wipe to remove sanding dust, then reapply a second coat of Tavern Ale. Allow to dry.
6. Finishing - Brush a coat of FolkArt Milk Paint Finishing Oil onto the painted surface allowing the oil to penetrate the Milk Paint as well as original wood surface. Immediately after applying the Finishing Oil, wet sand the oiled surface with fine grit sandpaper creating a velvety smooth finish. Wipe to remove sanding residue.
7. Attach cabinet doors and replace hardware or as a change, select a new, modern style hardware. Allow to cure.

### Supply List

- Unfinished wood table
- FolkArt Milk Paint - Tavern Ale
- FolkArt Milk Paint 2" Brush
- FolkArt Milk Paint Finishing Oil
- Miscellaneous supplies: refer to page 5, plus screwdriver (used to remove hardware)

### TIPS & TRICKS

- Sand to distress the edges of the entry table if a worn, distressed effect is desired.
- If upcycling an entry table that had been previously painted, stained or varnished, be sure to prime the surface first and seal the completed project using FolkArt Milk Paint Bonding Primer & Sealer.

## CONSOLE CABINET

By Suzanne Cook

This console cabinet would nicely decorate a foyer while offering extra storage, or perhaps imagine it as a sofa table propped with a table lamp, and a couple books. The warmth of this Milk Paint color, the slightly distressed effect and the velvety soft finish all are attributes of FolkArt Milk Paint! You too, can easily create a beautiful piece like this in your home!

### INSTRUCTIONS

1. Wipe down the unfinished wood console cabinet to remove dust. Remove decorative knobs and set aside. Lightly sand all surfaces to create a smooth surface as well as open the wood pores before painting.
2. Pour a small amount of FolkArt Milk Paint Plymouth Rock into a foam bowl.
3. Using the 2" FolkArt Milk Paint paintbrush, apply an even coat of Plymouth Rock to the entire console cabinet. Let dry 30 minutes.
4. When dry, apply a second coat of



Plymouth Rock. Allow to dry again.

5. Using the Sanding Foam Block or medium grit sandpaper, lightly sand the edges of the console cabinet as well as areas that normally would be worn overtime to achieve a slightly distressed effect.
6. Use a tack cloth to remove sanding dust.
7. Working a section at a time, brush on a light application of FolkArt Milk Paint Finishing Oil to the entire cabinet.
8. While Finishing Oil is still penetrating the surface, lightly sand the surface with fine-grit sandpaper to achieve a velvety smooth finish.
9. Replace decorative knobs. Allow completed project to cure prior to using.

### Supply List

Unfinished wood buffet-style console cabinet

FolkArt Milk Paint - Plymouth Rock

FolkArt Milk Paint 2" Brush

FolkArt Milk Paint Finishing Oil

FolkArt Home Decor Sanding Foam Block

Miscellaneous supplies: refer to page 5, plus tack cloth

### TIPS & TRICKS

- Distressing FolkArt Milk Painted surfaces when using one color is quick and easy; try adding a second Milk Paint color for added interest!
- FolkArt Finishing Oil will take 30 days to completely penetrate and cure the Milk Paint painted unfinished surface. It is important to allow the surface to completely cure prior to placing decorative items on it.

## BOWL OF DECORATIVE WOOD SPHERES

By Suzanne Cook

Every farmhouse table needs the perfect centerpiece. This vintage dough bowl and collection of wood spheres is perfect decor for any farmhouse style vignette! When using FolkArt Milk Paint and Finishing Oil, it's a winning combination of both easy-to-create and professional looking results!

### INSTRUCTIONS

#### Dough Bowl

1. Prepare bowl and sphere surfaces by removing dirt and dust.
2. Pour a small amount of FolkArt Milk Paint Milky White into a foam bowl. Load the 1.25" FolkArt Milk Paint paintbrush by dipping into the milk paint. Remove excess paint by brushing the side of the bowl.
3. Apply a coat of Milky White to the exterior of the dough bowl. Allow to dry 30 minutes.
4. Sand lightly to distress the bowl exterior. Removing sanding dust with tack cloth.



5. To seal and protect dough bowl, moisten a soft, lint-free cloth with FolkArt Milk Paint Finishing Oil, then wipe the surface of the bowl using a circular motion. Using fine grit sandpaper, lightly sand the oiled surface to achieve a buttery smooth finish.

#### Wood Spheres

1. Place each wood sphere in its own foam bowl so that it does not roll around while painting.
2. Using any combination of milk paint colors, paint the spheres. If desired, apply stencil tape to wood spheres to create striped patterns. Remove stencil tape after painting.
3. So the wood spheres and dough bowl complement each other, lightly sand to distress each sphere. Wipe to remove sanding dust then apply Finishing Oil using the same method.
4. Once dry, arrange the completed spheres in the vintage dough bowl.

### Supply List

Wood spheres - 4" and 6" diameter

Vintage wood dough bowl

FolkArt Milk Paint - Milky White, Inkwell, Sweet Lilac, Tavern Ale

FolkArt Milk Paint 1.25" Brush

FolkArt Stencil Tape

FolkArt Milk Paint Finishing Oil

FolkArt Home Decor Sanding Foam Block

Miscellaneous supplies: refer to page 5, plus tack cloth

### TIPS & TRICKS

- When painting the spheres, select a combination of painted designs such as solid color applications, painted stripes or stars.
- Allow wood spheres to completely cure prior to placing on display in the wood dough bowl. While Finishing Oil is still wet, the wood spheres if rubbed together may leave a mark.

## COLOR-BLOCKED OCCASIONAL TABLE

By Suzanne Cook

The modern look and feel of color-blocked designs and the historical feel of milk paint are truly a contrast in design; yet somehow, the two different styles blend well on this project! This adorable small occasional table would fit in almost any space in any color palette. Have fun creating color blocks with FolkArt Milk Paint!

### INSTRUCTIONS

1. Lightly sand the unfinished table which will open the wood pores and ensure a smooth surface for painting.
2. Wipe down the unfinished table surface removing sanding dust.
3. On the table top, measure and mark a 2" border from the edge. Also measure and mark approximately 7" (up from the bottom) on each table leg.
4. Apply Stencil Tape or painters tape along the marked measurements.
5. Next, pour a small amount of FolkArt Milk Paint Jamestown into a foam bowl.



6. Using the FolkArt Milk Paint paintbrush, apply a coat of Jamestown to the center of the table top. Allow to dry 30 minutes, then reapply a second application of Milk Paint. Let dry once more then remove the tape on the table top.
7. Next, paint Quaker Blue on the outer rim of the table top as well as down all four legs to the tape line. Allow to dry 30 minutes.
8. Reapply a second coat of Quaker Blue. Once again allow to dry, then remove tape.
9. Using the Sanding Block, lightly sand the inner Jamestown square to create a slightly weathered effect.
10. As a final step, apply FolkArt Milk Paint Finishing Oil to the entire table. While the Finishing Oil is penetrating the surface of the table, lightly sand the oiled surface with fine grit sandpaper to create a velvety smooth finish. Allow the oiled surface to cure 30 days prior to using it.

### Supply List

- Small unfinished wood square side table
- FolkArt Milk Paint - Quaker Blue, Jamestown
- FolkArt Milk Paint 2" Brush
- FolkArt Milk Paint Finishing Oil
- FolkArt Home Decor Sanding Foam Block
- FolkArt Stencil Tape

Miscellaneous supplies:  
refer to page 5, plus tack  
cloth, tape, ruler and pencil

### TIPS & TRICKS

- If desired, sand between applications of the same color to ensure a smooth finish!
- Color blocking techniques add a modern twist to the farmhouse warmth, look and feel of FolkArt Milk Paint. Experiment and have fun with a variety of sizes and shapes of color blocking.
- FolkArt Finishing Oil was developed to protect surfaces from the inside out. Be sure to allow the full 30 days for an oiled surface to cure prior to using it.

## TWO-COLOR DISTRESSED TECHNIQUE

### HOW-TO TECHNIQUE

- A** Sand unfinished wood with medium-to-fine grit sandpaper to create a smooth area and to open surface pores. Wipe to remove sanding dust.
- B** Shake bottle. Remove protective seal and pour small amount of desired color into a foam bowl. Apply Milk Paint using long, smooth brushstrokes for an even color application. Allow to dry 30 minutes then sand smooth. If desired, apply a second coat of same color; allow to dry.
- C** Using second contrasting Milk Paint color, following the first color application techniques. Allow to dry.
- D** Sand edges of surface with medium-to-fine grit sandpaper exposing first color layer.

### HELPFUL HINTS

- Milk painted surfaces will dry to the touch within 30 minutes to an hour; 24 hours before the paint is cured to the surface.
- Previously painted, stained, or varnished surfaces should first be primed using FolkArt Milk Paint Bonding Primer and Sealer before painting.
- Two-color distressing works best when using two contrasting colors or colors that vary in depth.
- Sand to distress in areas that would naturally be worn over time, such as: edges, near knobs, chair rungs or handles, etc.
- The two chosen FolkArt Milk Paint colors - Ink Well and Cabinet Makers Blue offer a beautiful contrast of light and dark blues decorating this ornamental wood plate.



## FARMHOUSE SPINDLE BACK CHAIR

By Suzanne Cook

Previously painted and worn furniture can easily be given new life with the help of FolkArt Milk Paint Bonding Primer and Sealer. This spindle back chair was rescued and refurbished, given character with a stunning new appearance using the two-color painted and distressed technique. And now, it is one thrift store find to be proud of!

### INSTRUCTIONS

1. Prepare the previously painted and varnished chair by removing all dirt and dust using a household glass cleaner.
2. Apply a smooth, even coat of FolkArt Milk Paint Bonding Primer and Sealer to all visible surfaces. Allow to dry approximately four hours.
3. Paint an undercoat application of FolkArt Milk Paint Pirate Black over the Bonding Primer and Sealer. Allow to dry 30 minutes, then reapply a second application. Allow to dry.
4. Next, apply two coats of FolkArt Shaker Red over the Pirate Black undercoat. Allow to dry 30 minutes between applications.

### Supply List

Thrift store furniture find -  
previously painted spindle  
back chair

FolkArt Milk Paint - Pirate  
Black, Shaker Red

FolkArt Milk Paint 2" Brush

FolkArt Milk Paint Bonding  
Primer and Sealer

FolkArt Home Decor Sanding  
Foam Block

Miscellaneous supplies:  
refer to page 5, tack cloth



5. When completely dry, lightly sand the chair by applying additional pressure along the seat edges and other surface areas that naturally would show wear, exposing Pirate Black.
6. Using a tack cloth, wipe away sanding residue.
7. Apply a topcoat of Bonding Primer and Sealer to seal and protect the completed chair. Let dry 24 hours before using.

### TIPS & TRICKS

- Although it is not necessary to sand a previously decorated surface, this chair featured color blocked shapes on the top back slat that were painted some time ago (with quite a bit of dimension.) This area of the chair was sanded heavily to achieve a smooth surface prior to applying the Bonding Primer and Sealer.
- Remember, it is always important to allow the allotted dry time between paint applications. This time allows the Milk Paint to thoroughly penetrate the surface and be absorbed.

## TWO DRAWER END TABLE

By Suzanne Cook

BEFORE



Perfect as an occasional side table or a bedside table, this two-color painted and distressed table would accent any room! And this Milk Paint technique is so easy to achieve. With the use of FolkArt Bonding Primer and Sealer, any previously painted, stained or varnished furniture can be enhanced with FolkArt Milk Paint!

### INSTRUCTIONS

1. Prepare the pre-finished end table by removing all dirt and dust using a household glass cleaner. Remove and set aside drawer hardware. Remove drawers from the table base to be painted separately.
2. Apply a smooth, even coat of FolkArt Milk Paint Bonding Primer and Sealer to all visible surfaces and to drawer pull hardware. Allow to dry approximately 4 hours.
3. Brush a smooth, even application of FolkArt Milk Paint Milky White over the entire primed surface. Allow to dry 30 minutes. Continue brushing on an additional coat of Milky White for an opaque color effect. Allow 30 minutes to dry.
4. Using the same method, brush Blue Belle over the Milky White surface in long, smooth strokes. Allow to dry 30 minutes and repeat with a second application.
5. Paint primed drawer pull hardware Blue Belle and allow to dry.
6. After two-color painted surfaces are thoroughly dry, lightly sand the table using the Sanding Foam Block or medium-to-fine sandpaper. Apply additional pressure along the table and drawer edges or areas that would naturally be worn with age. Sanding these areas will expose the Milky White undercoat.
7. Sand to lightly distress the hardware.
8. Wipe the table and hardware to remove sanding dust using a tack cloth.
9. Seal and protect painted surfaces by applying a topcoat of Bonding Primer and Sealer. Allow to dry 24 hours prior to use.
10. Reattach drawer pull hardware and replace drawers.



### Supply List

Thrift Store furniture find - two drawer end table

FolkArt Milk Paint - Milky White, Blue Belle

FolkArt Milk Paint 2" Brush

FolkArt Milk Paint Bonding Primer and Sealer

FolkArt Home Decor Sanding Foam Block

Miscellaneous supplies: refer to page 5, plus tack cloth, screwdriver to remove hardware

### TIPS & TRICKS

- When selecting colors for this technique, be sure to choose two or more colors that offer contrast. If using similar value colors, it will be hard to discern color differences when distressing.
- Be sure to apply FolkArt Milk Paint Bonding Primer and Sealer before and after milk painting when the surface was previously painted, stained or varnished including all furniture hardware!

## COLOR WASH TECHNIQUE

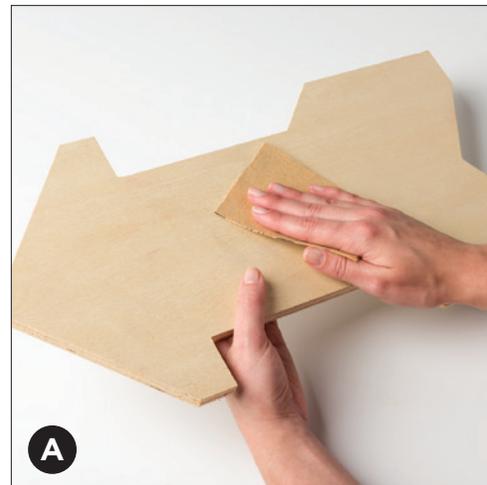
### HOW-TO TECHNIQUE

Color Wash Techniques are best achieved when working with raw, unfinished wood surfaces.

- A** Sand wood with medium-to-fine grit sandpaper to create a smooth area and open surface pores. Wipe to remove sanding dust.
- B** Shake bottle well. Remove protective seal. Mix Milk Paint color wash; measure and add to a foam bowl, four parts water and one part Milk Paint (color of choice). Thoroughly mix Milk Paint and water using a spoon.
- C** Apply Milk Paint color wash to unfinished surface using long smooth brushstrokes. If necessary, wipe surface to remove excess color wash. Allow to dry 30 minutes to an hour. Lightly sand surface and if desired, apply a second coat to create a deeper color wash. Allow to dry.

### HELPFUL HINTS

- Depending on the size of your project, try to premix enough milk paint color wash to complete your project.
- If needed, excess Milk Paint color wash can be removed from the surface using a paper towel or soft, lint-free cloth.
- Color washed surfaces will cure in 24 hours.
- Remember, sealing the surface with either Finishing Oil or Bonding Primer and Sealer will darken and add warmth to the color.
- This arrow shaped wood sign features a color wash of FolkArt Milk Paint Tavern Ale. Once dry, the arrow was enhanced with a stenciled message “Be brave” using FolkArt 12”x12” Phrases Value Pack stencil and FolkArt Milk Paint New England Red.



## REPURPOSED SHUTTER SHELF

By Karen Reif

Repurposing and upcycling is currently a huge trend! Add a wood shelf to a basic unfinished window shutter, then decorate with a Milk Paint color wash, then decorate with a Milk Paint color wash using FolkArt Milk Paint. Voila, it is now an attractive, dimensional wall display! Decorating unfinished wood using the Milk Paint color wash technique not only is easy, it also allows the beautiful wood grain to shine with a light touch of color!

### INSTRUCTIONS

1. Lightly sand unfinished wood shutter and pine shelf boards with medium grit sandpaper creating a smooth surface while opening wood pores.
2. Create a measuring cup by placing a ruler inside a foam cup, then mark 1" from the cup bottom up using a pen.
3. Next, mix a thinner consistency milk paint which will be perfect for the color wash technique. Use the marked foam cup to measure 4 parts water to 1 part Virginia Reel FolkArt Milk Paint into a foam bowl. Mix thoroughly using a plastic spoon.
4. Load a FolkArt Milk Paint 1.25" paintbrush by dipping into the diluted Milk Paint. Remove excess paint by brushing the side of the bowl.
5. Apply this mixture to the unfinished shutter, two pine shelf boards, and the two wing wood appliques. Brush the thinned Milk Paint along the natural grain of the wood. If desired, wipe



6. the surface with a paper towel to remove excess and to even out the color application. Allow to dry.
6. Sand the color washed surfaces using fine grit sandpaper. Wipe surfaces to remove sanding dust.
7. Finishing - Brush a coat of FolkArt Milk Paint Finishing Oil onto all color washed surfaces. Allow the oil to penetrate through the surface and into the original, unfinished wood. Immediately after applying Finishing Oil, wet sand all surfaces with fine grit sandpaper creating a velvety smooth finish. Wipe to remove sanding dust.
8. Attach shelves - Using wood glue, attach shelves to the flat sections of the shutter, one on the center board and one at the bottom. Allow to dry.
9. After the glue has dried, drill three holes into each shelf from the wrong side of the shutter. Add wood screws to provide additional support.
10. Add the two color-washed wood appliques as embellishments, to the top of the shutter using wood glue. Allow to dry.

### Supply List

Unfinished wood window shutter,  
15" x 39"  
2 Unfinished pine boards 14 7/8" x  
3 1/2" x 5/8" (for shelves)  
FolkArt Milk Paint - Virginia Reel  
FolkArt Milk Paint 1.25" Brush  
FolkArt Milk Paint Finishing Oil  
Miscellaneous supplies:  
refer to page 5, plus 6 wood  
screws, wood glue, 2 wing wood  
appliques, electric drill, foam cup,  
ruler, pen, screwdriver, and a  
plastic spoon

### TIPS & TRICKS

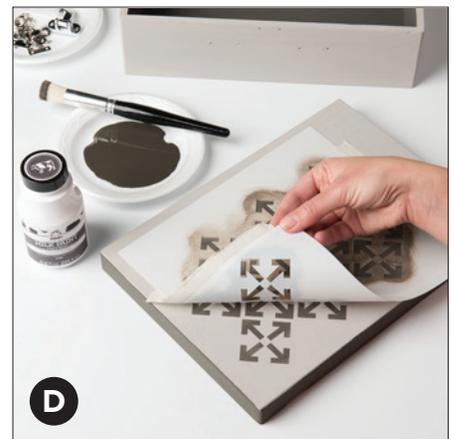
- A second application of a Milk Paint color wash can be added to deepen or intensify the color if desired.
- Before painting the Milk Paint color wash, determine placement of shelves and drill pilot holes from the back of the shutter as well as on the shelf boards. Pre-drilling the holes will make it easier to assemble.

## STENCILED EFFECTS

### HOW-TO TECHNIQUE

Achieving professional looking results when stenciling is always best accomplished when using the **dry-brush** technique.

- A** Sand wood with medium-to-fine grit sandpaper to create smooth area and open surface pores. Wipe to remove sanding dust then paint surface FolkArt Milk Paint color of choice. Allow to dry.
- B** Position stencil on painted surface where desired and secure in place with stencil tape. If desired, first apply repositionable Stencil Adhesive to back of stencil and allow to dry clear and tacky, (approximately ten minutes), then position on surface.
- C** Begin by dipping a stencil brush into the puddle of FolkArt Milk Paint, blot the bristles onto paper towels to remove most of the Milk Paint. Begin stenciling on the solid portion of the stencil working toward the open areas using either the circular motion or the stippling motion.
  - Circular Motion** – Hold the stencil brush upright so that the bristles are flat to the surface. Move the brush in a circular motion clockwise and counterclockwise over the open areas of the stencil until the desired color intensity is achieved
  - Stippling Motion** – Hold the stencil brush upright so that the bristles are flat to the surface. Move the brush up and down in a dabbing motion. Continue until the entire design has been stenciled.
- D** Lift stencil to reveal stenciled design. Reposition stencil and continue stenciling as design repetition is desired.



### HELPFUL HINTS

- Hold stencil in place using either stencil tape or apply repositionable stencil adhesive to backside of stencil prior to placing on project surface.
- Stenciled surfaces using FolkArt Milk Paint will be dry to the touch within 15 minutes because the application of paint is so thin.
- Milk Paint stenciled surfaces can be sealed with FolkArt Milk Paint Finishing Oil if the original surface was unfinished. If the original surface was previously finished, seal to protect using FolkArt Milk Paint Bonding Primer and Sealer.
- Our stenciled box was created using FolkArt Milk Paint Monument Gray and Plymouth Rock using the FolkArt Large Painting Stencils – Arrow Pattern.



## BEACH COTTAGE CHIC BOOKCASE

By Julie Lewis

Cool, soft greens combined with a crisp bright white make a perfect “beachy” cottage chic color palette. FolkArt Milk Paints are designed to allow DIYers the ability to create a variety of one-of-a-kind home decor transformations! Using this cool color palette and incorporating the use of a stencil offers a new fresh, modern twist on the use of historical milk paint.

### INSTRUCTIONS

1. Begin by sanding the unfinished wood bookcase and door panels to smooth any rough areas as well as open the wood pores.
2. Into a foam bowl, pour Winter Harbor FolkArt Milk Paint, load the 2" FolkArt Milk Paint paintbrush by dipping the bristles into the paint. Brush along the side of the foam bowl to remove excess paint.
3. Paint the inside back panel of the bookcase Winter Harbor. Allow to dry. Sand smooth when dry and reapply a second coat. Let dry.
4. Continue painting the remaining parts of the bookcase Cottage Green FolkArt Milk Paint using the same techniques. Allow to dry after applying the second coat.
5. Lightly pencil mark the position of each shelf placement on the back panel.



6. Using basic dry brush stenciling techniques, stencil the bird and branch (facing left) just above the top shelf using Milky White FolkArt Milk Paint. If desired, stencil additional leaf elements to “fill out” the design. Immediately clean and dry the stencil.
7. Reverse the bird stencil, (now facing right). Stencil the bird above the second shelf as shown and if desired, stencil additional leaves to complete the design. Clean stencil and allow to dry.
8. Add a stenciled bird accent (without the branch), on the face of the right front door in the corner.
9. Finishing - Working one section at a time, brush a coat of FolkArt Milk Paint Finishing Oil onto the bookcase and shelves. Allow the Finishing Oil to penetrate into the dried Milk Paint and into the original unfinished wood to seal and protect from the inside out. Immediately, after applying Finishing Oil, wet sand all surfaces with fine grit sandpaper to create a velvety smooth finish. Wipe to remove sanding dust and allow to cure before using.

### Supply List

- Unfinished wood bookcase with cabinet doors
- FolkArt Milk Paint - Cottage Green, Milky White, Winter Harbor
- FolkArt Milk Paint 2" Brush
- FolkArt Milk Paint Finishing Oil
- FolkArt Painting Stencil - Bird
- FolkArt 5/8" Stencil Brush
- FolkArt Stencil Tape
- Miscellaneous supplies: refer to page 5, plus screwdriver, hammer, decorative knobs and a pencil

### TIPS & TRICKS

- If the unfinished bookcase is purchased unassembled, it will be easier to paint each section and add stenciling touches first before assembly.
- To properly load a stencil brush, dip the bristles into a small puddle of FolkArt Milk Paint. Offload the excess paint by working the paint loaded brush into a paper towel. It is always best to stencil using a “dry brush technique” as this will prevent excess paint running under the stencil creating an unwanted ridge of color or a paint smudge.

## COLLECTION OF JEWELRY BOXES

By Sherrie Ragsdale

No woman has ever thought that one jewelry box was enough! This collection of jewelry boxes not only will hold many treasured items, they will also look amazing on a bedroom dresser. The combination of these subtle well-blended colors of FolkArt Milk Paint makes this project very attractive and the small stenciled accents enhance the color coordinated look!

### INSTRUCTIONS

1. To create an easy-to-work-with surface, remove all hinges and clasps using a tiny screwdriver. Store hardware safely in a small bowl, one for each jewelry box.
2. Sand each unfinished wood jewelry box with fine grit sandpaper creating a smooth surface to accept the FolkArt Milk Paint.
3. Working one jewelry box at a time, pour a small amount of FolkArt Milk Paint Port into a foam bowl. Load the 1.25" FolkArt Milk Paint paintbrush by dipping into the milk paint. Remove excess paint by brushing along the side of the bowl.
4. Brush FolkArt Milk Paint Port over the entire surface of one jewelry box following the natural direction of the wood grain. Allow to dry 30 minutes.
5. Sand the painted surface smooth using fine grit sandpaper. Wipe to remove sanding dust, then reapply a second coat. Let dry.
6. Repeat the same steps on the remaining jewelry boxes, painting Petticoat on one and Plymouth



Rock on the other. Allow all surfaces to thoroughly dry.

7. Embellish the jewelry boxes where desired using different design elements from the Lace design FolkArt Peel & Stick Stencil. Using a small stencil brush loaded with Petticoat and then offloaded, carefully add stenciled embellishments on both the Port and Plymouth Rock milk painted jewelry boxes. It is important to always offload a paint loaded stencil brush creating a dry brush which will prevent excess paint bleed. Allow stenciled areas to dry thoroughly.
8. Finishing – Brush a coat of FolkArt Milk Paint Finishing Oil onto all sides of each painted jewelry box. Allow the oil to penetrate through the paint and into the original unfinished surface sealing each jewelry box from the inside out. Immediately after applying Finishing Oil, wet sand each surface with fine grit sandpaper to create a velvety, smooth finish. Wipe to remove sanding dust.
9. Complete by replacing hinges and clasps. Allow to cure before using.

### Supply List

- 3 Unfinished wood jewelry boxes
- FolkArt Milk Paint – Port, Petticoat, Plymouth Rock
- FolkArt Milk Paint 1.25" Brush
- FolkArt Milk Paint Finishing Oil
- FolkArt Peel & Stick Painting Stencil – Lace
- FolkArt 3/8" Stencil Brush
- FolkArt Stencil Tape
- Miscellaneous supplies: refer to page 5, plus tiny screwdriver

### TIPS & TRICKS

- To create a distressed look, consider layering a couple colors on one jewelry box and then sand "naturally worn" edges with fine grit sandpaper exposing the layers or colors below the surface.
- If upcycling a thrift store wood jewelry box that had been previously finished, be sure to prime the surface first using FolkArt Milk Paint Bonding Primer and Sealer prior to painting with FolkArt Milk Paint. Seal the completed project with the same Bonding Primer and Sealer.

## FINISHING TECHNIQUES

### FOLKART MILK PAINT FINISHING OIL

Techniques used to finish and protect your milk painted projects will vary. With FolkArt Milk Paint, the original surface will determine the product to be used to seal and protect your completed artwork.

#### Unfinished, Raw Wood Surfaces:

FolkArt Milk Paint Finishing Oil is used to finish a milk painted project that began as an unfinished, raw wood surface. FolkArt Milk Paint Finishing Oil will protect from the inside out.

- A** Twist off bottle cap and remove protective seal. Pour a small amount of oil into a foam bowl.
- B** FolkArt Milk Paint Finishing Oil can be applied using the brush-on method with a FolkArt Milk Paint paintbrush or by wiping the surface with a lint-free cloth that has been saturated with the Finishing Oil. Apply an even coat of Finishing Oil to the milk painted surface allowing the oil to penetrate through the layers of Milk Paint and into the unfinished wood.
- C** While the oil is being absorbed, lightly wet sand the surface with fine grit sandpaper following the wood grain direction, which will create a velvety smooth finish.

### HELPFUL HINTS

- Excess Finishing Oil can be removed from the surface using a paper towel or soft, lint-free cotton cloth.
- Surfaces completed with FolkArt Milk Paint Finishing Oil will take approximately 30 days to fully dry and cure.
- Do NOT apply Finishing Oil to a surface that originally had been previously painted, stained or varnished as the oil can only penetrate the layers of Milk Paint and not the original sealed surface.
- FolkArt Milk Paint Finishing Oil is best applied to lightly used or decorative surfaces as a protective finish.

1. Raw, unfinished wood.
2. FolkArt Milk Paint Absinthe - one application - allow 30 minutes to dry.
3. One application dried and sanded smooth.
4. Second application of Absinthe. Allow to dry 24 hours.
5. FolkArt Milk Paint Finishing Oil applied and lightly wet sanded with fine grit sandpaper. Allow to cure 30 days.



## FINISHING TECHNIQUES

### FOLKART MILK PAINT BONDING PRIMER AND SEALER

#### Previously Painted, Stained or Varnished Surfaces:

FolkArt Milk Paint Bonding Primer and Sealer should be used to seal and protect milk painted projects that began as previously sealed surfaces.

- A** Twist off bottle cap and remove protective seal. Pour a small amount of the Bonding Primer and Sealer into a foam bowl.
- B** Apply a thin coat of Bonding Primer and Sealer over the previously sealed surface using a FolkArt Milk Paint paintbrush.

#### HELPFUL HINTS

- FolkArt Milk Paint Bonding Primer and Sealer will appear milky when wet, yet it dries to a clear, translucent satin finish.
- Use a light touch and long, smooth brushstrokes when applying the Bonding Primer and Sealer as a topcoat.
- Allow FolkArt Milk Paint painted surfaces to dry 24 hours before applying the Bonding Primer and Sealer as a protective top coat.
- It is always best to apply a couple light coats of Bonding Primer and Sealer as a topcoat rather than one heavy application.
- Bonding Primer and Sealer can easily be cleaned from applicator tools using soap and water.

1. Previously stained and varnished surface.
2. One application of FolkArt Milk Paint Bonding Primer and Sealer.
3. FolkArt Milk Paint - Winter Harbor.
4. One paint application dried and sanded smooth.
5. Second application of Winter Harbor. Allow to dry 24 hours.
6. FolkArt Milk Paint Bonding Primer and Sealer applied as a sealing topcoat.



## ABOUT THE DESIGNERS

**SUZANNE COOK** has been an artist and crafter since she was a child. She received her BFA from the University of Georgia in graphic design. Suzanne's creative roles have included designer, art director, middle school teacher, theater costume and set designer, and painter. A Georgia native, she lives in Suwanee with her husband Dave and their little three-legged dog, Rosie. Suzanne loves her current role as one of Plaid's Inspiration Designers where she can draw on all of her many artistic skills every day. She says, "I have the ultimate dream job!"

**JULIE LEWIS** has been a designer and crafter for over 25 years with a BFA in graphic design. She never seems to run out of creative inspiration when surrounded daily by amazing people. Her experience working within an eclectic list of industries has helped to hone her creative approach to work and life. Greeting cards, industrial advertising, toys, graphic design, and the craft industry, to name a few, have afforded Julie the opportunity to bring unique talents to her satisfying job as a designer and design manager at Plaid Enterprises. See her work at: <http://www.stelalola.etsy.com>.

**SHERRIE RAGSDALE** is a creative person whose life experiences help her grow and continually add unique skills to her rewarding job as a free-lance designer at Plaid Enterprises. Sherrie's amazing two boys inspire and challenge her on a daily basis to approach life with a renewed creative spirit. The combination of Sherrie's passions, thrifting and building, results in a special ability to combine everyday objects into objects of art.

**KAREN REIF** a native of Pittsburgh, PA, has lived in the Atlanta, GA, area for 25 years. Her love of crafting began at an early age with learning to knit from her grandmother; and through the years, has progressed to other art forms. She currently enjoys the creative environment of working at Plaid Enterprises as a freelance crafter and designer.

**CHRIS WILLIAMS** is happiest when she is busy designing and flexing her creative muscles. While working in the craft industry for many years, she has authored countless how-to painting and craft publications. Chris also has traveled throughout the US teaching and sharing her crafting knowledge with others. Her position at Plaid Enterprises keeps her very busy as she is responsible for all facets of educational content.

**CREATIVE CREDITS** Plaid Enterprises Production Team: Category Director, Carl Reichenbach; Brand Manager, Alice Goff; Art Director, Paul LaPlaca; Graphic Designer, Jennifer Byerley; Design Director, Jackie Wynia; Hand Model, Anna Teal; Photography, Bill Skeel / John Armitage; and Education Content Curator, Chris Williams.



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**For additional FolkArt Milk Paint product information,  
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