

Metis Women's Program Traditional Arts Classes



Materials List for the Metis Women's Program

- 0.5 Meter wool Melton fabric (this will be used for moccasin vamps, your tobacco bag, and as a surface for beading on).
- Size 6 glovers needle for beading and size 2 or 3 glovers needle for moccasin making
- 4 square feet of "moc split" suede for making moccasins
- 1 small spool of artificial sinew (tan colour)
- Rabbit fur trim (you can either buy 2.5-3 inch strips for trim, or you can buy a whole large rabbit hide and cut strips, you can also use artificial trim from a fabric store if you prefer)
- 2 meters cotton fabric for a ribbon skirt
- Satin finish (polyester) ribbon (1.5 -3 inches wide depending on your preference. Get as many colours as you'd like. You will need 4 meters of each colour minimum)
- 1-2 meters of waist band elastic
- Sewing thread (either matching the fabric you bought or matching the ribbon colours)
- Size 10/11 seed beads in any colours you'd like. I recommend 5-10 colours.
- NYMO/Nylon beading thread (1 medium spool will be perfect. If your melton is a dark colour you can get black thread, otherwise get a light tan colour, clear is okay too)
- Size 10 or 16 beading needles
- Bead stabilizer/backing (this could be some canvas, or interfacing such as pella. This helps stabilize the fabric so your beadwork doesn't warp)
- 25-50 meters embroidery floss in whatever colours you like and embroidery needles
- Caribou hair and fish scales, dyed to whatever colours you'd like

The cost of these materials will vary greatly from place to place, the quality of the materials you choose, and by availability in your local community. Purchasing a ribbon skirt "kit" will commonly cost from 85-125 dollars. Materials for a tobacco pouch will likely cost about 15-25 dollars (including needles, fabric, thread, beads, and cord). Fish scale kits and caribou tufting kits are available through Meeting My Ancestors (for Metis Women's Program participants) for 35 dollars each (these kits are for necklace pendants). Embroidery materials can cost between 10 dollars and 50 dollars (depending on the number of colours and the type of materials you embroider on. Meeting My Ancestors has embroidery kits available for participants for 40 dollars. Moccasin and tobacco pouch materials kits are 90 dollars. These kits are for both projects.