



The Art Students League of New York

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THOMAS TORAK

Painting from Life, Portraiture, Composition, Color

Most of the following supplies may be purchased at the League's art supply store, located in the lobby. It is advisable to speak with the instructor before buying supplies.

OIL PAINTS (Best quality you can afford):

all paints should be traditional oil paint, not water-soluble and not acrylic

Titanium/Zinc White	Cadmium Red Light
Cadmium Lemon Yellow	Cadmium Red Medium
Cadmium Red Medium	Cadmium Red Deep
Cadmium Yellow Light	Alizarin Crimson
Cadmium Yellow Medium	Cobalt Blue
Cadmium Yellow Deep	Ultramarine Blue
Cadmium Orange	Ivory Black
Yellow Ochre	

MEDIUMS:

mix:

1/3 Cold pressed linseed oil

1/3 Varnish

1/3 Turpenoid

Combine in equal parts into a small jar with lid to be used as painting medium

Painting surface: canvas (lead primed is better than gessoed, linen is better than cotton), panel or prepared paper.

Brushes: a variety of round and filbert bristle brushes and a few small and medium sables.

Palette: wood or glass with a medium tone, no white or paper palettes

Palette knife

Palette cups

Turpenoid in a jar to clean brushes

Paper towels

Drawing supplies: sketch pad or paper, soft charcoal, pencils etc.