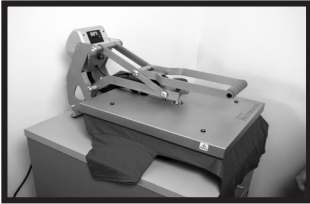


# INSTRUCTIONS FOR How To Sew Poly-TWILL™

To Order: 800.4.STAHLs • Fax: 800.346.2216  
International: 586.772.5551 • Canada: 800.521.5255  
StahlsID.com • StahlsCanada.com  
for current application instructions visit us online



## HEAT APPLY POLY-TWILL™ TO STAY IN POSITION FOR SEWING

1. Pre-press garment to remove wrinkles and moisture.
2. Lay letters onto garment.
3. With a heat seal machine, press the Poly-TWILL™ at:

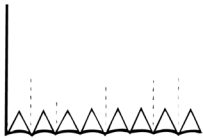
**Temperature:** 330°F; 165°C

**Time:** 8-10 seconds

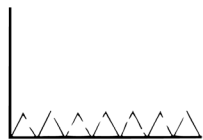
**Pressure:** Medium (#4 on Hotronix®)

4. Be sure to use a pillow inside garment to prevent marks on transfers and lettering.

## THREAD TENSION USING A HOUSEHOLD SEWING MACHINE



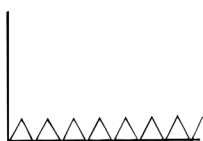
Puckering



Too tight—  
thread breaks



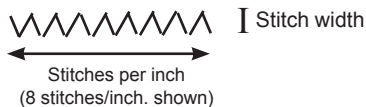
Too loose



Perfect

## STITCH GUIDELINES

- Increase number of stitches per inch for larger letters, to reduce sewing time.
- Start sewing at the bottom of the letter if it has a straight edge, such as “E”, or on any straight edge if the letter has a curved bottom, such as “J”.
- Keep stitches uniform and evenly spaced.
- Lift the presser foot, pivot and continue sewing.



## ABOUT STAHL'S POLY-TWILL™

Use Stahls' Poly-TWILL™ to create a traditional and high quality look for team and fashion wear.

- Used by pro teams and major manufacturers
- Must be sewn to prevent fraying
- 100% color-fast polyester
- Durable—won't fade, shrink or tear
- Coated with patented Plasti-Bak® adhesive for easy handling and smooth, clean sewing
- Available in pre cuts, yardage and custom cuts
- Uncoated Poly-TWILL™ also available

## HOW TO SEW POLY-TWILL™ TIPS BEFORE YOU SEW

- Tacking for 2-3 seconds will allow you to realign letters if any shifting has occurred
- The best way to learn is to practice.
- Practice correct tension on a piece of scrap material (see figure on right).
- A tight, zig-zag stitch or satin stitch is recommended for sewing Poly-TWILL™.
- Sew outside and inside edges of lettering, using one continuous thread per garment.
- To achieve a professional touch, the most important thing to remember is needle position, specifically whether the needle is up or down and to the right or left of the appliqué.
- The needle must be down and in the fabric before the presser foot is raised to pivot or curve.
- The area to be sewn should always be to the left of the needle—for ease of sewing.

Letter/ number / Logo Size (height)	Stitch Width	Stitches per inch
1"-3"	2 mm	15
4"-9"	3 mm	15
10" and up	4 mm	15

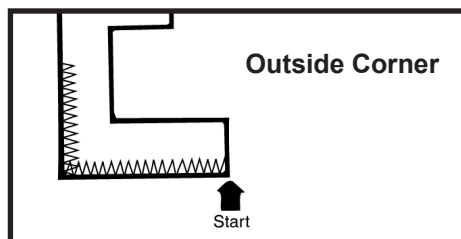
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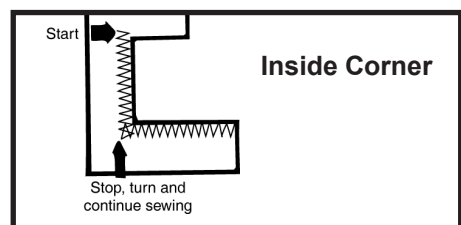
## CORNERS, CURVES AND POINTS

- Knowing your needle position is key to getting professional results on corners, curves and points.
- When a zig-zag stitch is formed, the needle swings back and forth from right to left. This is referred to as the right or left swing of the needle.
- The needle must be down, in the fabric before the presser foot is raised to pivot or turn. If possible, set your machine to stop stitching with the needle in the down position. If not, use the hand wheel to manually position your needle down before turning.



## OUTSIDE CORNERS

- Stitch to the corner, ending with the needle in the down position on the right swing.
- Lift the presser foot, pivot and continue sewing.



## INSIDE CORNERS

- Sew 2-3 stitches past the end of the letter. Stop with needle in down position on the left swing.
- Lift presser foot, pivot and continue sewing, interlocking the extra stitches with the new row.

## INSIDE CURVES

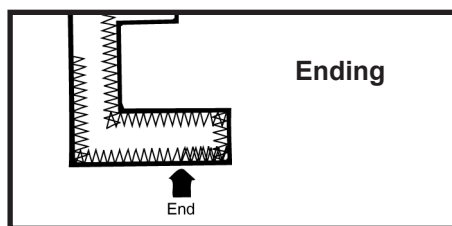
- Start with needle in the right swing.
- Guide garment gently as needle travels contour of curve. For slight curves—do not pull.
- When you reach the inside curve, stop with needle down in left swing, and pivot slightly.
- Stitches will overlap slightly on the right side of the zig-zag, but be evenly spaced on the left.

## OUTSIDE CURVES

- Same as inside, but make sure needle is down and in left swing before pivoting.

## POINTS AND ANGLES

- Stitch to within 1/4" of the point
- Begin angling the stitches toward the point until the needle is at the point in the right swing.
- Lift presser foot, pivot and slightly angle stitches for about 1/4". Slowly straighten stitches until they form right angles to the letter edge.



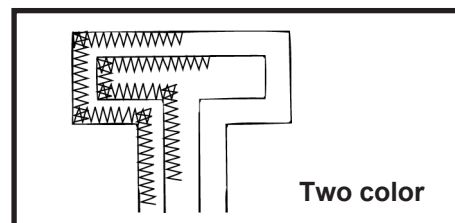
## ENDING YOUR LETTER

- Sew 4-8 stitches past your starting point for improved durability.
- Without cutting thread, move on to next letter.
- Clip thread after sewing is complete on all letters.

## SPECIAL CONSIDERATIONS

- If you run out of bobbin thread in the middle of a letter or word, start the new stitching 1/4" into the previous stitching to prevent unraveling.
- When sewing on sleeves or jackets with linings, pin lining in place to keep them in position during sewing.

## 2 OR 3 COLOR LETTERING



- Tack foreground to background with heat press or iron between two cover sheets .
- Sew foreground to background before tacking to garment.
- Pre-press garment and tack your pre-sewn two-color lettering in place for final sewing.

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