



JOYCE JAGGER

THE EMBROIDERY COACH

Embroidery On Performance Wear

When you are working with **Performance Wear** or **Moisture Wicking fabrics** you must remember to use a ball point needle.



Performance wear is 100% polyester or about 90% polyester and 10% Lycra or Spandex in some cases. You will find it in T-shirts, Polos, Jackets, Pants and even on some Caps. This fabric will puncture, snag and run if you are not very careful with it.

I have found that the best needle to use is the 70/10 ball point needle. I do not have a preference for any

particular brand. I use the Organ brand but that is only because they are readily available through my supplier and I have always had good service from them.



For backing or stabilizer, it is very important to use the mesh or no show backing to keep it light in the feel and the garment will fall nicely without a heavy patch of backing showing through the front. Even if it is a dark color, you can usually tell if there is a heavy patch of backing showing through the front. I use 2 layers of the no show backing.

I also place a piece of 1.5 oz. crisp tearaway backing against the no show backing. This goes in the bottom of the hoop so that it can be removed easily. The tearaway backing helps to hold the design flat especially if it has small lettering. It will keep the small lettering crisp.

Make sure that you use a topping on the top. You may know of it by the brand name of solvy. This helps to lubricate the needle.

If there is a water proof coating on the fabric, slide a piece of waxed paper under your hoop before you start sewing. This will also lubricate the needle. Many times, you will have skipped stitches if there is a coating on that fabric and nothing that you do will prevent this except my old fashion trick of waxed paper. Back in the day, I used waxed paper as a backing!

