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ready?



Brought to you by Joanne Banko

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Fabric Tip Sheet for Polartec® Classic 200 Double Velour Fleece

Here are the basics for sewing and embroidering this fabric:

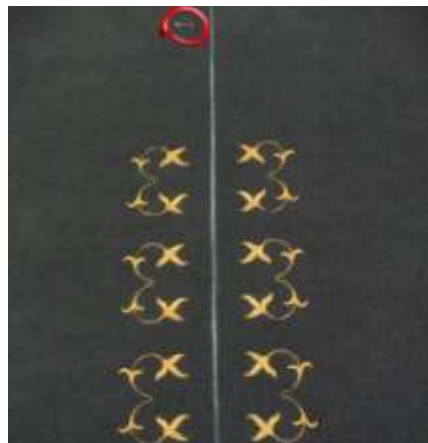
- ✂ Needle for Sewing- A universal point needle generally works well but I prefer to use a size 11 Stretch Needle.
- ✂ Thread for Sewing- Good quality all purpose polyester sewing thread, such as Dual Duty XP, Gutermann, or Mettler Metrosene.
- ✂ Needle for Embroidery- Standard embroidery needle, size 11.
- ✂ Thread for Embroidery- Good quality Polyester embroidery thread, 40 to 50 weight.

About the fabric:

Genuine Polartec® Classic 200 double velour fleece is the featured fabric for this tip sheet. However, these tips can apply to similar generic fleece fabrics. This fabric is made entirely from synthetic fibers. Although the fabric does not shrink like a natural fiber I always launder the fabric in preparation for sewing and embroidery. Technically, this fabric is a knit. When it is stretched on a bolt it can grow a bit. Laundering re-shapes the fabric to its original size. I prefer to air dry my fleece. For more specific laundering information I suggest you visit Malden Mills LLC. If you purchased your fabric locally be sure to check the bolt for laundering recommendations. Remember, fleece is entirely synthetic, therefore it is heat sensitive. You do not want to iron this fabric.

Here are a few tips to get you started sewing with [Polartec Classic 200 double velour fleece](#):

Determine the right and wrong side before you cut by pulling the fabric along the selvedge edge. It will roll to the Right Side. For any garment made with this fabric be sure to cut your pieces using a with nap layout. In other words, you want the top edge (Example: neckline and shoulders) of each cut piece to be the same and the (hem or bottom) edge to be the same. The velour nature of this fabric can cause a slight difference in the color of the fabric from top to bottom. You may not really notice this just by looking at it before it is cut. However, when you sew your pieces into a garment it can make a difference. Play it safe and cut each piece using a directional or with nap layout. I like to place a safety pin at the top edge on the right side of each piece to avoid any mix-up during embroidery or construction of the garment.



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For sewing, use a standard straight stitch but select a slightly longer than average stitch length such as 3.0. You can sew seams using a standard presser foot or an even feed foot. If you are using a standard foot reduce the presser foot pressure slightly and ease the fabric layers as you stitch. Fleece does not ravel but compressing the seams is advisable. Narrow (1/4-inch) seam allowances can be pushed to one side and compacted with a wide long zig-zag stitch. If you use a serger to stitch the seams, select a standard four thread stitch, set for a longer than normal stitch length, approximately 3-4. For wider machine sewn seam allowances, finger press seams open and top-stitch in place to flatten them permanently.



Think about using a closed toe even feed foot to sew trims for fleece. On my [Warm and Wearable Fleece Wrap](#) I used this foot to keep the fabric from waving out of shape while binding the edges with a stretch faux leather. Notice the nifty clips. They are [Wonder Clips](#) from Clover notions. They work well for keeping the faux leather trim secure without having to resort to pins.



The bonus tutorial included with the [Wrapped in Embroidery](#) CD details how to apply this trim continuously to finish the edge of the fleece. For an alternative edge finish, select a decorative serger stitch, using a three thread wide stitch setting and a yarn type serger thread in both loopers.

Here are a few tips to get you started embroidering with [Polartec Classic 200 double velour fleece](#):

This is a medium weight fleece that is soft but sturdy. It is important to use designs that do not sink into the nap of the fabric. The satin stitch style motifs you see on my [Warm and Wearable Fleece Wrap](#) were designed to be the perfect match for this fleece. When embroidering on fleece I suggest you look for embroidery motifs made up of satin stitch elements. You want motifs that are large enough to stay on top of the fabric layer or they will get lost in the fabric nap. Instructions in my [Wrapped in Embroidery](#) book tell you exactly how to stabilize the fabric to minimize stiffness and avoid excess stabilizer showing on the wrong side of the garment.

Generally, I like to use water soluble stabilizers for fleece, particularly where the wrong side of the fabric will show. Common water soluble stabilizers are known as film type or fibrous types. Film type looks like a sheet of plastic while fibrous type has the appearance of mesh, similar to the look of a non woven interfacing. Fibrous water soluble with adhesive backing is yet another option but it must also be thoroughly washed out of the fabric. Be sure to read the manufacturer's directions for removal of all stabilizers. Usually I will use the water soluble film type on top as a topper, and the fibrous type on the underside or wrong side of the fabric for added stabilization and to keep the fleece from stretching. See photos below for an example of both types. I always trim away as much stabilizer as possible before washing out the remainder.

Film Type Water Soluble Stabilizer



Fibrous Type Water soluble Stabilizer



Last but not least, I always say "to test is best." Reserve fabric remnants and do a bit of trial stitching or trial embroidery using the tips outlines here. Tweak where necessary until you are satisfied with the results and then go sew something wonderful and warm from fleece fabric!

