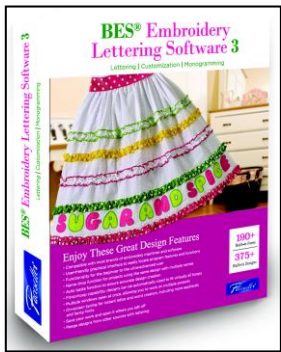**Segment Title: T-shirts with Words – Style Decade 1970's**

Host: Joanne Banko

Featured item: Brother Software – BES3 Lettering and Customization Software

Featured Design

BES® Embroidery Lettering Software 3

375+ built-in embroidery designs, 190+ built-in fonts, including more appliqués and fancy fonts!

Say It with Stitches! Express yourself with machine embroidered T-shirts!

T-Shirts are probably one of the most common <u>and</u> most popular outerwear items of all time! Of course T-shirts were worn long before the 1970's but for many years they were mostly white and still generally regarded as "undershirts." By the 1970's almost everyone, in every age category could be found wearing a T-shirt at one time or another. The development of durable ink products, suitable for printing on garments made it easy for companies to custom print novelty T-shirts. In the 70's T-shirts became commonplace both as a fashion statement, **and** a form of self-expression.

Today, modern sewing and embroidery machines, along with lettering and customization software make it easy and fun to embellish ordinary T's and personalize them with durable and decorative embroidery. From the comfort of your own home you can transform a T-shirt with exciting designs and added expressions. Embroidered lettering is attractive and durable. Express yourself and show your affiliation with a cause by personalizing T-shirts for special events. Or, create T-shirts for clubs, sports teams, family reunions . . . just imagine the possibilities!

You're the designer and with embroidery capability you can indeed *Say It with Stitches!* Whether you are a seasoned stitcher or new to machine embroidery, you'll find some helpful tips presented during this episode of It's Sew Easy TV.

General information about Lettering and Customization software:

While embroidery machines include various font styles and perhaps a few different methods for transforming your text, it's likely that eventually you will want more options. More fonts, different layouts for lettering, and the ability to easily combine words with designs are just a few reasons you may want to add an optional software program to your embroidery repertoire. Another great benefit of software is the ability to print templates. In my sewing world these are essential for perfecting placement, especially on ready-made garments such as T-shirts. The Lettering and Customization software program featured in this episode allows for producing embroidery designs to stitch with <u>most any machine format</u>. There are over 190 different, custom digitized fonts built in. Plus, you'll find a multitude of accent designs, borders and more. You can mix and match these designs with your lettering for fun and original embroidery creations. Merge compatible designs from other locations on your computer too.

BES® Lettering and Customization software makes it easy for you to be more creative and have more fun embroidering in your own personal sewing space. Visit the Brother web site at <u>www.brother-usa.com</u> for more instructions, including T-shirts and other items created with <u>BES Embroidery Lettering Software3.</u>

Materials and Supplies featured in this episode:

[CLICK HERE](#) to Download a Free Pink ribbon design courtesy of Brother International.

- [Brother Embroidery Machine](#) with 4-inch or larger hoop capability.
- [Brother](#) BES® Lettering and Customization Software 3
- [Brother Embroidery Threads](#)
- [Brother Bobbin Thread](#)
- Ready-made T-shirts
- Optional: Embellishments such as buttons and ribbons.

Stabilizers and other items as needed:
- [SA520](#) Brother Water Soluble Stabilizer for topping on T-shirt.
- [SA5810](#) Brother Medium Weight Tear-Away Stabilizer for additional backing on T-Shirt
- [SA5931](#) Brother Medium Weight (mesh style) Fusible Cut-Away Stabilizer for backing on T-Shirt
- [SA5929](#) Brother Heavyweight Cut-Away Stabilizer
- Temporary adhesive for attaching non-fusible Cut-Away Stabilizer. Note: It is essential to follow the manufacturer's directions for using this type of spray.
- Paper or transparency medium for printing templates

Specific Software Tips and Techniques for the [Brother](#) BES® Lettering and Customization Software 3 Program:

Begin by exploring all of the available options in the BES® software program to understand the vast capabilities. Play with the software to learn and experiment with the included options. Below are some of the features I found particularly useful for lettering on T-shirts:

- ✂ Included Fabric recipes for common T-shirts and similar knits such as pique and those with Lycra.
- ✂ Fabric styles can be applied to specific designs, automatically adjusting the stitch type and underlay for better finished results.
- ✂ Ability to manually adjust the density of both letters and designs, creating lighter weight stitch outs for lighter weight knit garments.
- ✂ The addition of a basting outline to help keep stabilizer in place.
- ✂ Printed templates with centering marks for use in placement of designs.
- ✂ Ability to save the design as a working file (.brf) format. This means I can return and extensively re-edit the design before it is locked into the saved stitch format.

General Tips and Techniques for embroidering the T-shirts:

- ✂ T-shirt knits vary in weight but all knits benefit from a cut-away, permanent type stabilizer. Use one of the types recommended in the above list, choosing lighter weight stabilizer for *smaller, less dense designs* and heavier weight stabilizer for *larger, more dense designs*.
- ✂ If you are using a non-fusible stabilizer I recommend spraying the stabilizer with temporary adhesive so it bonds to the T-shirt during embroidery.
- ✂ Be sure to add Water Soluble Stabilizer for topping if your T-shirt has noticeable ribs or texture. In fact, most knits benefit from this added "topper."

✂ Tape templates in place, or mark fabric and then hoop your T-shirt so the center of your template is centered in the hoop. Try your shirt on the actual wearer whenever possible. There are certain guidelines for placement. For a left chest the design center point is generally 5 to 7-inches from the <u>middle</u> of the shoulder and 3 to 5-inches from the <u>centerline of garment front</u>. Extra large and extra small sizes may need some adjustment to this measurement. Usually you can trust your eye for judgment. It is better to err on the high side rather than stitching your design too low. It's also important to avoid having the design too close to the armpit area.

✂ Adjust the hoop screw to accommodate your fabric and stabilizer prior to hooping for your final placement. This method creates a smoother surface for embroidery.

✂ "To test is best." If you are trying out new designs consider purchasing T-shirt knit yardage similar to standard T-shirts. Use this fabric for testing your designs. You may want to consider designating an old t-shirt to use for this purpose as well.

✂ When finished with embroidery remove excess water soluble topping. Small bits can be washed away with a sponge or damp cloth. The remainder of this will dissolve in the laundry. On ordinary T-shirt knits hoop marks will disappear with laundering. If you are embroidering on a delicate knit you may want to use alternative methods for hooping such as sticking the fabric to adhesive stabilizers.

✂ Remove any tear way stabilizer. Finally, trim excess cut away from the surrounding area of embroidery. I like to use pinking shears for this step as it feathers the edge making it less noticeable from the right side. Be sure to leave a margin of stabilizer around the design combination. This helps keep the embroidery smooth after laundering. *See below.

Helpful links to Tutorials brought to you by Brother International Sewing Machine Company:

Positioning with the Snowman Marker

Template Tutorial

BES3 T-Shirt Tutorial

Resources:

• Visit your local Brother sewing machine dealer for Brother Machines, special machine accessories, and the Brother BES® Lettering and Customization Software 3 featured on this show.

• Visit the BES Embroidery Lettering3 Software page for more project ideas, including tips for embroidery with lettering and accent designs like the ones featured on this show. Visit Brothersews.com and sign up for their monthly newsletter and receive free projects, free embroidery designs, tutorials, and detailed product information.

• Please visit me at my website www.letsgosew.com for more embroidery tips and techniques. You can sign up for updated sewing ideas and inspiration, download Free Tip sheets, project ideas, and more when you visit www.letsgosew.com.