**Selecting correct threads, needles and tensions**

For the best sewing results always use:

* Good quality needles – e.g. Smetz and Organ, sharps for woven fabrics and ballpoint for knits, universal are useful but don’t always stitch so well. Change the needle if it’s blunt.
* Good quality threads for seams and finishing – Swan, Coats and Drima are fine and shouldn’t cost more than £1/500m. Guttermein is high quality and strong so more expensive. Use up cheap ones for ZZ.
* Stitch/tension tests with the same fabric and number of layers as your garment. The list below is just a guide and fabrics vary.
* Compatible top/upper and bobbin threads.

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| --- | --- | --- | --- | --- | --- |
| Fabric | Thread | Needle | Presser foot pressure | Stitch Length | Upper Thread Tension |
|  |  |  | Only available on some machines | Straight Stitch | ZZL-lengthW-width |  |
| Light | Nylon | Polyester | 70 (10)sharp | 1 | 2.5/3 | L-2/3W-4/5 | 2/3 |
| Cotton | PolyCotton |
| Silk | Silk or cotton |
| Wool | Polycotton | 80 (12)sharp |
| Knits | Polyester | 70 (10) ballpoint |
| Medium | Poplin/Calico | Cotton | 80 (12) or 90 (14) sharp | 2 | 3/4 | L-2.5/3.5W-4/5 | 4 |
| Gaberdine | Polycotton |
| Light Jersey  | Polyester | 80 (12) or 90 (14) ballpoint |
| Heavy | Denim | Cotton | 90 (14) – 100 (16) | 3 | 4 | L-4W-4/5 | 6 |
| Tweed | Polyester | 80 (12) – 90 (14) |
| Jersey/Fleece  | Cotton |  |