

# SUPERIOR THREADS

## Gammill Optimum

### THREAD TENSION GUIDE FOR TOP AND BOTTOM THREADS

THREAD	NEEDLE SIZE	TOWA BOBBIN TENSION	SUPERIOR TOP THREAD TENSION GAUGE (oz)	NOTES
Art Studio Colors	#18 or # 19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
Bottom Line	#14 (MR 3.0)	170-200	3-4	60 wt. polyester for bobbin & quilting.
New Brytes	#19 to #21 (MR 4.5 - 5.0)	170-200	4-5	#30/3-ply lint-free polyester.
Glitter*	#21 (MR 5.0)	170-200	5-6	Reduce tension and speed.
Highlights	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
King Tut	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	#40/3-ply ELS cotton.
LAVA	#19 to #21 (MR 4.5 - 5.0)	170-200	5-6	35 wt. polyester.
Living Colors*	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
MasterPiece	#16 (MR 3.5)	170-200	3-4	#50 ELS cotton. New MP3 (MasterPiece #50/3ply) is suitable for detail quilting
Metallic	#19 (MR 4.5)	170-200	6-7	40 wt. New needle. Reduce speed..
MonoPoly*	#14 (MR 3.0)	170-200	4-5	Polyester filament thread. Reduce speed.
Nature Colors*	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
NiteLite Extra Glow	#18 or #19 (MR 4.0 - 4.5)	not tested	not tested	40 wt. polyester. Reduce speed.
Omni	#18 (MR 4.0)	170-200	6-7	Tex 30 Poly-wrapped polyester core. Tested with Omni on the top and in the bobbin
Poly Quilter	#21 (MR 5.0)	180-200	5-6	#30/3-ply polyester.
Rainbows	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
Silk (#100)	#14 (MR 3.0)	170-200	5-6	#100 Japanese Silk.
So Fine!	#16 (MR 3.5)	170-200	3-4	#50/3-ply polyester.
SunBurst*	#18 or #19 (MR 4.0 - 4.5)	not tested	not tested	40 wt. polyester. Reduce speed.
Super Brights*	#18 or #19 (MR 4.0 - 4.5)	170-200	5-6	40 wt. high-sheen polyester.
Vanish Extra	#18 or #19 (MR 4.0 - 4.5)	not tested	not tested	Water soluble thread. Use as upper thread and bobbin thread together.

\* Not available in cones. Use a horizontal spool adapter. Thread must unwind straight from the side of the spool. Upper tension might have to run looser when using a spool.

All testing done using Bottom Line thread wound on the Gammill bobbins.