# Adding Under Sewing to Lettering

Under sewing is useful to add to lettering to keep the lettering from sinking down into the fabric of T-shirts and knit items. It provides a base for the covering stitch. It is also useful to apply it when you are placing lettering on towels. It helps to tack down the loops of the terry cloth fabric.

1. **Open Layout and Editing**. If you did not close Layout and Editing, **click New Page** .

2. **Click** on the **Text tool fly out menu** and **choose the first tool** to the **right,** the **Input Text tool** .

3. From **the Font style pull down menu**, **choose** the **Font style** you would like to use. I **chose Font # 30**.
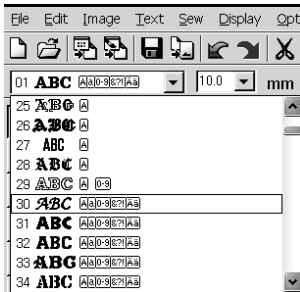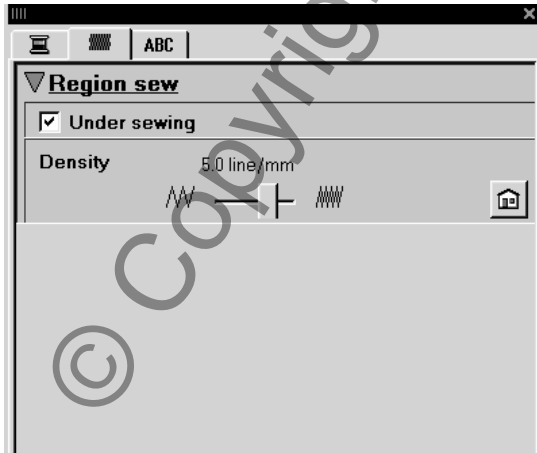
4. **Choose** the **Size** for your **Font**.

5. In the **Integrated Sewing Attributes window**, **click** on the **Sewing Attributes Tab** .
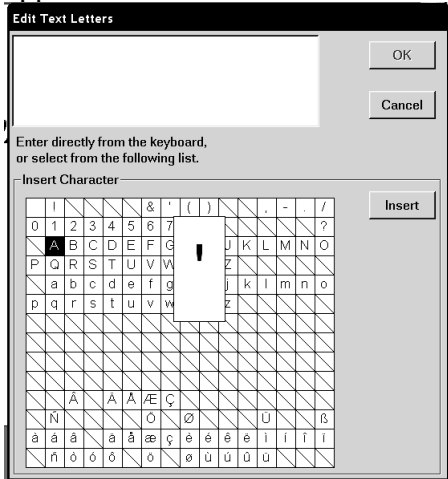
6. **Place** a **checkmark in front of Under Sewing**.
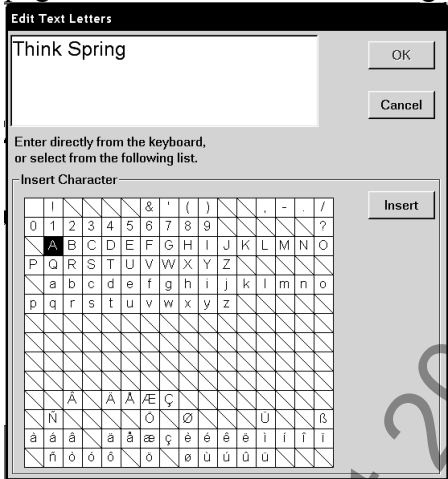
> **Note: This is just the top portion of the Sewing Attributes window.**

7. **Click** on your **design page to activate the Text tool**. The Edit Text Letters Window appears.

8. **Type** in your **text** ("**Think Spring**"**)** and **click OK**. Your text will appear on your design page and will have Under Sewing applied.

9. Your text will be selected with the **Select Object tool** .

10. **Move** the **text** into the desired position.
11. From the **File pull down menu**, **choose Save as**.
12. **Choose the folder** you wish to save the design in and **type** in a **name** for your design.