



*Accessories for You & Your BabyBear:  
Cloth Diapering, BabyWearing, Mother  
Care & More*

**Questions? Comments?  
Contact me:**

1592 Yarborough Drive  
Murray, KY 42071

Phone: 270-227-3420  
amyjwashington@yahoo.com  
www.mamabearbabywear.etsy.com



Thank you for your order!  
If you have any questions  
about product use or  
concerns about your  
product please call or email  
me and I will be happy to help.

I stand behind all my  
products as they are  
the same ones I use!  
I hope you & your BabyBear  
love your American-Milled  
Eco PUL!



*Accessories for You & Your BabyBear:  
Cloth Diapering, BabyWearing, Mother  
Care & More*

**Questions? Comments?  
Contact me:**

1592 Yarborough Drive  
Murray, KY 42071

Phone: 270-227-3420  
amyjwashington@yahoo.com  
www.mamabearbabywear.etsy.com



Thank you for your order!  
If you have any questions  
about product use or  
concerns about your  
product please call or email  
me and I will be happy to help.

I stand behind all my  
products as they are  
the same ones I use!  
I hope you & your BabyBear  
love your American-Milled  
Eco PUL!



*Accessories for You & Your BabyBear:  
Cloth Diapering, BabyWearing, Mother  
Care & More*

**Questions? Comments?  
Contact me:**

1592 Yarborough Drive  
Murray, KY 42071

Phone: 270-227-3420  
amyjwashington@yahoo.com  
www.mamabearbabywear.etsy.com



Thank you for your order!  
If you have any questions  
about product use or  
concerns about your  
product please call or email  
me and I will be happy to help.

I stand behind all my  
products as they are  
the same ones I use!  
I hope you & your BabyBear  
love your American-Milled  
Eco PUL!



*Accessories for You & Your BabyBear:  
Cloth Diapering, BabyWearing, Mother  
Care & More*

**Questions? Comments?  
Contact me:**

1592 Yarborough Drive  
Murray, KY 42071

Phone: 270-227-3420  
amyjwashington@yahoo.com  
www.mamabearbabywear.etsy.com



Thank you for your order!  
If you have any questions  
about product use or  
concerns about your  
product please call or email  
me and I will be happy to help.

I stand behind all my  
products as they are  
the same ones I use!  
I hope you & your BabyBear  
love your American-Milled  
Eco PUL!

**Product Information:** Thank you for your purchase! I want you to have a great experience with your PUL fabric, so here are some tips and tricks:

**Skipped Stitches:** Are you trying to sew it with a sticky/laminated side up? That's really difficult unless you have a walking foot or teflon foot to help it feed through at the same rate as the bottom layer of fabric. This is the biggest cause of issues when sewing with PUL. Unfortunately, I know that sometimes your project demands that you sew it this way, and if you don't have a teflon or walking foot there is a work around. You can sew with a layer of tissue paper, tear-away stabilizer, or even a small strip of fabric in the seam. I use strips of the PUL itself but turn the strip over so the fabric side is against the presser foot.

**Skipped Stitches on the Non-Shiny side:** You may be using the wrong needle. PUL requires a fine/lightweight KNIT needle. One of the biggest causes of skipped stitches is using a woven or multi-purpose needle. Try it; you'll be amazed at the difference!

**Leaking Around Seams:** Remember that your needle puts tiny holes in the fabric. Try to avoid seams in areas that must retain moisture. If you must sew in such an area toss your finished item in the dryer on medium/high heat for 10 mins or so to help seal the PUL to the seams and reduce the holes made by the needle. This is often all it takes to stop leaks. You can also use a seam sealer tape or wpray in areas that must have seams yet be leak-stop.

**Which Side Out?** PUL can be used with either side out, it is leakproof either way since the laminated side is non-porous. There are applications where you might want the shiny side out (easy-wipe aprons, tablecloths, etc.). While this is okay, I've found the life of the PUL will be somewhat extended if the laminate side is hidden, which protects it from abrasion. You may also pair it with another fabric to make any fabric waterproof, but remember that natural fibers like cotton will wick moisture at seams and edges.

**Laundering PUL:** Wash WARM, tumble dry on MEDIUM heat for maximum life. PUL was designed for the medical industry to be autoclaved and does not mind drying (the first dryer cycle actually helps "heal" the tiny punctures left from sewing). Spot treat stains with a stain remover. Do NOT bleach! Add a little lemon juice to your wash and dry in the sunshine for the BEST stain removal regimen!

**Product Information:** Thank you for your purchase! I want you to have a great experience with your PUL fabric, so here are some tips and tricks:

**Skipped Stitches:** Are you trying to sew it with a sticky/laminated side up? That's really difficult unless you have a walking foot or teflon foot to help it feed through at the same rate as the bottom layer of fabric. This is the biggest cause of issues when sewing with PUL. Unfortunately, I know that sometimes your project demands that you sew it this way, and if you don't have a teflon or walking foot there is a work around. You can sew with a layer of tissue paper, tear-away stabilizer, or even a small strip of fabric in the seam. I use strips of the PUL itself but turn the strip over so the fabric side is against the presser foot.

**Skipped Stitches on the Non-Shiny side:** You may be using the wrong needle. PUL requires a fine/lightweight KNIT needle. One of the biggest causes of skipped stitches is using a woven or multi-purpose needle. Try it; you'll be amazed at the difference!

**Leaking Around Seams:** Remember that your needle puts tiny holes in the fabric. Try to avoid seams in areas that must retain moisture. If you must sew in such an area toss your finished item in the dryer on medium/high heat for 10 mins or so to help seal the PUL to the seams and reduce the holes made by the needle. This is often all it takes to stop leaks. You can also use a seam sealer tape or wpray in areas that must have seams yet be leak-stop.

**Which Side Out?** PUL can be used with either side out, it is leakproof either way since the laminated side is non-porous. There are applications where you might want the shiny side out (easy-wipe aprons, tablecloths, etc.). While this is okay, I've found the life of the PUL will be somewhat extended if the laminate side is hidden, which protects it from abrasion. You may also pair it with another fabric to make any fabric waterproof, but remember that natural fibers like cotton will wick moisture at seams and edges.

**Laundering PUL:** Wash WARM, tumble dry on MEDIUM heat for maximum life. PUL was designed for the medical industry to be autoclaved and does not mind drying (the first dryer cycle actually helps "heal" the tiny punctures left from sewing). Spot treat stains with a stain remover. Do NOT bleach! Add a little lemon juice to your wash and dry in the sunshine for the BEST stain removal regimen!

**Product Information:** Thank you for your purchase! I want you to have a great experience with your PUL fabric, so here are some tips and tricks:

**Skipped Stitches:** Are you trying to sew it with a sticky/laminated side up? That's really difficult unless you have a walking foot or teflon foot to help it feed through at the same rate as the bottom layer of fabric. This is the biggest cause of issues when sewing with PUL. Unfortunately, I know that sometimes your project demands that you sew it this way, and if you don't have a teflon or walking foot there is a work around. You can sew with a layer of tissue paper, tear-away stabilizer, or even a small strip of fabric in the seam. I use strips of the PUL itself but turn the strip over so the fabric side is against the presser foot.

**Skipped Stitches on the Non-Shiny side:** You may be using the wrong needle. PUL requires a fine/lightweight KNIT needle. One of the biggest causes of skipped stitches is using a woven or multi-purpose needle. Try it; you'll be amazed at the difference!

**Leaking Around Seams:** Remember that your needle puts tiny holes in the fabric. Try to avoid seams in areas that must retain moisture. If you must sew in such an area toss your finished item in the dryer on medium/high heat for 10 mins or so to help seal the PUL to the seams and reduce the holes made by the needle. This is often all it takes to stop leaks. You can also use a seam sealer tape or wpray in areas that must have seams yet be leak-stop.

**Which Side Out?** PUL can be used with either side out, it is leakproof either way since the laminated side is non-porous. There are applications where you might want the shiny side out (easy-wipe aprons, tablecloths, etc.). While this is okay, I've found the life of the PUL will be somewhat extended if the laminate side is hidden, which protects it from abrasion. You may also pair it with another fabric to make any fabric waterproof, but remember that natural fibers like cotton will wick moisture at seams and edges.

**Laundering PUL:** Wash WARM, tumble dry on MEDIUM heat for maximum life. PUL was designed for the medical industry to be autoclaved and does not mind drying (the first dryer cycle actually helps "heal" the tiny punctures left from sewing). Spot treat stains with a stain remover. Do NOT bleach! Add a little lemon juice to your wash and dry in the sunshine for the BEST stain removal regimen!

**Product Information:** Thank you for your purchase! I want you to have a great experience with your PUL fabric, so here are some tips and tricks:

**Skipped Stitches:** Are you trying to sew it with a sticky/laminated side up? That's really difficult unless you have a walking foot or teflon foot to help it feed through at the same rate as the bottom layer of fabric. This is the biggest cause of issues when sewing with PUL. Unfortunately, I know that sometimes your project demands that you sew it this way, and if you don't have a teflon or walking foot there is a work around. You can sew with a layer of tissue paper, tear-away stabilizer, or even a small strip of fabric in the seam. I use strips of the PUL itself but turn the strip over so the fabric side is against the presser foot.

**Skipped Stitches on the Non-Shiny side:** You may be using the wrong needle. PUL requires a fine/lightweight KNIT needle. One of the biggest causes of skipped stitches is using a woven or multi-purpose needle. Try it; you'll be amazed at the difference!

**Leaking Around Seams:** Remember that your needle puts tiny holes in the fabric. Try to avoid seams in areas that must retain moisture. If you must sew in such an area toss your finished item in the dryer on medium/high heat for 10 mins or so to help seal the PUL to the seams and reduce the holes made by the needle. This is often all it takes to stop leaks. You can also use a seam sealer tape or wpray in areas that must have seams yet be leak-stop.

**Which Side Out?** PUL can be used with either side out, it is leakproof either way since the laminated side is non-porous. There are applications where you might want the shiny side out (easy-wipe aprons, tablecloths, etc.). While this is okay, I've found the life of the PUL will be somewhat extended if the laminate side is hidden, which protects it from abrasion. You may also pair it with another fabric to make any fabric waterproof, but remember that natural fibers like cotton will wick moisture at seams and edges.

**Laundering PUL:** Wash WARM, tumble dry on MEDIUM heat for maximum life. PUL was designed for the medical industry to be autoclaved and does not mind drying (the first dryer cycle actually helps "heal" the tiny punctures left from sewing). Spot treat stains with a stain remover. Do NOT bleach! Add a little lemon juice to your wash and dry in the sunshine for the BEST stain removal regimen!