

The  
**Beginner's  
Bible**  
Full of Life and Fun





## Instruction Sheet For Iron-On Transfers

1. Using an ink jet printer, print your image. In the print menu, make sure you have selected 'Mirror,' 'Flip,' 'Reverse' or a similar setting in your application, if it is required, so your image will be printed backwards. (Test by printing your image on a sheet of plain paper.)
  - a. If you are satisfied with how your image looks, insert a single sheet of iron-on transfer paper in your printer. Make sure the iron-on transfer paper is not creased or curled.
  - b. In your printer driver menu, select the highest dpi setting and the correct paper setting for your type of printer. Below are suggested printer settings. For the best results check your printer manual or with your printer's manufacturer.

CANON: T-shirt transfers.  
EPSON: High quality glossy paper or special coated paper, depending on the model.  
HEWLETT-PACKARD: High quality glossy paper.  
Lexmark: T-shirt transfers.
  - c. Set the paper thickness level on your printer for standard paper.
  - d. Print your iron-on transfer image.
2. Remove your printed iron-on transfer sheet from your printer and allow the ink to dry thoroughly. Do not handle the iron-on transfer paper while the ink is drying.
3. With scissors, trim away any blank paper around your image that you do not want to transfer.
4. Transfer your image onto your fabric using an iron. Be sure to preheat the iron on its highest temperature setting for at least 8 minutes. The iron must be very hot! Do not use steam.
  - a. Do not use an ironing board, bare wood, glass, or metal surface for ironing. Place a pillowcase on the ironing surface with the open end hanging over the edge and smooth it flat so that there are no wrinkles.
  - b. Place the article on the pillowcase (i.e. T-shirt, sweatshirt, apron, etc.) so the area you want the image to be transferred to is centered on the pillowcase surface. Smooth out the fabric so there are no wrinkles.

*TIP: You may want to iron the pillowcase and the fabric so that they are both smooth before ironing on the transfer. Be sure to let both of them cool completely before placing the transfer on the fabric.*
  - c. Preheat the garment for a few seconds to remove any excess moisture from the fabric and allow the fabric to cool. This will aid in the adhesion of the image to the fabric.
  - d. Place the image to be transferred face down on the garment in the desired position.
  - e. The image now needs to be 'set' on the fabric (so that it does not move while being transferred). To do this, press the iron firmly over the transfer for 15-20 seconds in several areas, making sure to cover the entire transfer in this process. It is important that you press straight down for this step and lift up the iron completely when repositioning to do another area. Then, using a circular motion and light pressure, evenly heat the transfer for another 15-20 seconds. Put the iron down and gently rub the hot transfer with your soft, clean cloth for 5-10 seconds.

## HELPFUL HINTS

1. Use a pre-washed and dried 50/50 blend or 100% white or light color cotton fabric, T-shirt, etc.
2. Avery T-Shirt Transfer paper is a good choice (they offer options for Light and Dark t-shirts).
3. When washing and drying your garment, always turn it inside out. This will minimize the amount of abrasion the transfer will encounter with other garments in the wash. Wash the garment in cold water using a mild detergent. **DO NOT USE BLEACH.**
  - a. Remove the garment from the wash immediately and allow to air dry. If you are going to tumble dry, use the air-only setting. By doing this over the life of the garment, you will be ensuring your image stays clear and bright.
4. If the iron-on transfer looks yellow, the heat may be too high and is scorching the surface of the transfer. Confirm temperature setting is 325 degrees or cotton setting. The heat generated by irons may vary greatly by brand and model.
5. If the iron-on transfer is not adhering to surface, make sure the backing has been removed before transferring. Check that the temperature setting is 325 degrees or cotton setting. If temperature is too low, the transfer will not react sufficiently to bond to garment. Increase pressure on the iron as this allows the transfer to be pushed in the fabric.
6. If the iron-on-transfer has bonded with the bottom of the iron, make sure the ironing sheet was used between the iron and the transfer.
7. If the iron-on transfer is cracking after being washed or dried, pre-wash the shirt before applying the transfer. This eliminates some possibility of shrinkage that may stress the transferred image. Increase pressure when transferring image; if insufficient pressure is used, the transfer will not bond properly with the shirt. The resulting slack may crack in the wash. Using heat when tumble drying can also crack the iron-on transfer.
8. If the edges of the iron-on transfer are not adhering, apply the most heat and pressure to the edges of the transfer. When hand ironing, it is vital the edges are ironed extremely well.
9. If the image is reversed on the garment, set the printer for T-shirt, Flip or Mirror Image. Consult your printer manual or check with your printer's manufacturer.
10. The iron-on transfer paper is designed for use with inkjet printers. Do not use iron-on transfer paper with laser printers, photo copiers or with printers that have a heat dry process such as the HP Desk Jet 1200C or HP Desk Jet 1600C printer. The heating elements in these printers can melt the transfer paper, which could damage the printer. If you are not sure about your printer's printing and drying process consult your manual or call the manufacturer.