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Subject: Re: Damping stuff

Posted by [Wayne Parham](#) on Thu, 15 Mar 2007 14:21:40 GMT

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Some people use polyfill, like what's used as batting in pillows and winter coats. I find it to be awkward to use, because it doesn't hold together well. "Acousti-stuff" is a branded polyfill, packaged and sold by Parts Express. Ultratouch is a cotton product replacement for R13 that you might try.

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