Rushmore Variable Helix End Mills					
Speed and Feed Data					
Material	SFM	chip load per tooth			
		1/8"	1/4"	1/2"	1"
Aluminum Alloys	1200	.0010	.0020	.0040	.0080
Carbon Steel	300-600	.0010	.0015	.0030	.0060
Cast Iron	350-550	.0010	.0015	.0030	.0060
Copper Alloys	500-900	.0010	.0020	.0030	.0060
Steel - Annealed	350-500	.0010	.0020	.0030	.0050
Steel - Rc 18-24	150-500	.0004	.0008	.0015	.0045
Steel - Rc 25-37	125-200	.0003	.0005	.0010	.0030
Stainless Steel - Free Machining	250-400	.0005	.0010	.0020	.0030
Stainless Steel - Other	150-300	.0005	.0010	.0020	.0030
Inconel/Monel	60-100	.0005	.0010	.0015	.0030
Titanium	175-300	.0005	.0008	.0015	.0030

All speeds and feeds are suggested starting points. They may be increased or decreased depending on machine condition, depth of cut, finish required, coolant, etc.