

Bar Tacks

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You will already be familiar with bar tacks, they are on your favourite jeans in all of the areas that require more reinforcement than a straight stitch or double row of stitching can provide.

What is a bar tack? It is a high density stitch used to reinforce areas of stress on a garment, such as pocket openings, the bottom of a zip fly, on the top and bottom of belt loops and to reinforce openings on side slits of a garment.

Bar tacks may already be a pre-programmed stitch in your sewing machine, or they can be stitched with the feed-dog of your machine disengaged.



21 Overview Stitch Patterns

21.1 Overview Stitch Patterns

Practical Stitches

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	22	23	24	25	26	27	29	30
32	33	34	35	36	37								

Buttonholes

51	52	53	54	55	56	57	58	59	60	61	62	63	64
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Tip Have a look in your user manual and check if your machine has a pre-programmed bar tack. An overview of all stitches available on your machine are toward the back of the manual supplied with your machine or as a download (depending on the model). You will find the bar tack options under Practical Stitches.

Tip If your machine does not have a pre-programmed bar tack, such as this pictured on the right, you can create one manually:

- Select a zigzag stitch and set the width of the stitch to 4 - 5mm.
- Lower the feed-dog and sew 3 - 6 stitches at the beginning, raise the feed dog, sew the length of the bar tack required then drop the feed dog and repeat the 3 - 6 stitches at the end to secure the threads.



Tip Use contrasting thread for top stitching and bar tacks to make a feature of the garment construction. If you are brave enough, white top stitching looks amazing on black or bright colours! Check out some of the ready to wear options available for inspiration and use these techniques on your garments at home.

Tip Arrows can look great for reinforcing pleats, again a contrasting thread could work here too.

