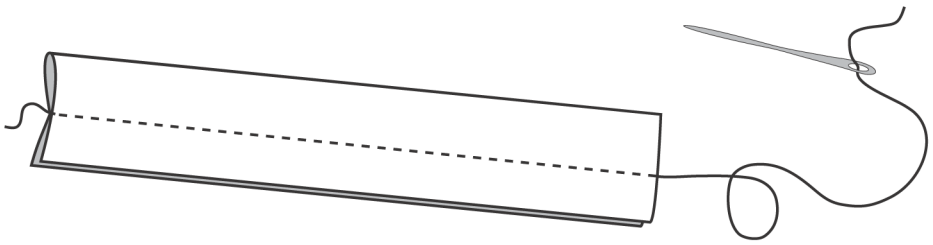
Straps & Ties

Spaghetti Straps, also known as Shoe String or Noodle Straps, are most commonly used in garments such as camisoles, sun dresses, evening wear and swim wear. These methods can also be used to create ties to secure and fasten. There are various methods for creating straps and ties for garments we have outlined some options below.

Turned Tubes - Plain

Fold fabric right sides together. Stitch seam, leaving a long thread tail at the beginning or end of the seam.

Insert the long thread tail into the eye of a bodkin or large blunt hand-sewing needle and thread this through the tube, using it to pull the fabric through the tube to the right-side.



Tip Make one long bias “tube” and then cut in into required lengths. This eliminates the need to start multiple strips and usually ends up requiring less fabric.

Tip Rather than gauging the seam allowance of the tube from the raw edges, use the fold as your guide to ensure that the width of the finished tube will be even along the entire length - even if the seam allowances are not.

Tip Don’t worry if you forget to leave a long thread tail, simply add one by anchoring stitches in the seam allowances at the end of the tube and leaving a long tail.

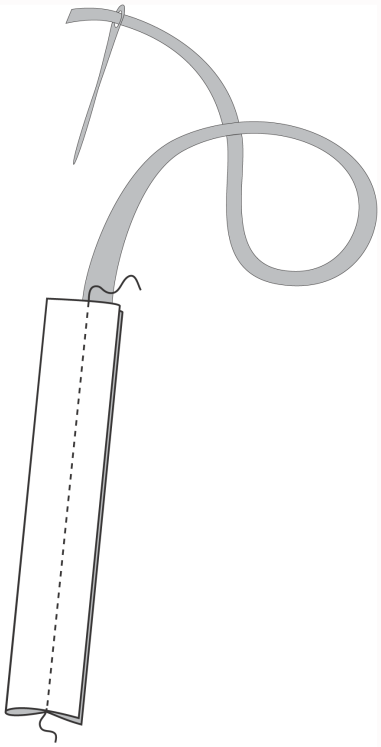
Tip Insert a length of filler cord or rat-tail cord into the finished tube. This will keep the tube from stretching as well as adding body to the finished strap/tube.

Turned Tubes - Filled

Cut a length of twill tape approx. 15 cm (6”) longer than the finished tube, the twill tape should be the same width as, or slightly narrower than, the finished tube.

Fold fabric right sides together. Place one end of the twill tape over the seam-line at the starting end of the tube, overlapping about 2.5cm (1”). Stitch the seams for the turned tubes above.

Insert twill tape into a bodkin or large-eyed needle, turn the tube using the twill tape to pull fabric through to the right-side. After turning the tube, reinsert the twill tape. The twill tape will fill the tube, keeping it flat and preventing twisting.



Tip Yarn, cord, string, ribbon and other linear trims can be used instead of twill tape BUT make sure that the filler you choose can be washed in the same manner as the garment. Be careful if using ribbon as this can deform and twist after washing and tumble drying.

Straps & Ties

Turned Tubes - Overlocked

Following the instructions for Plain Tubes above, seam the tube, depending on the width of the finished tube, with a narrow or wide 3-Thread Overlock stitch. The overlocked seam allowance makes a nice filler for the turned tube keeping the straps flat and preventing them from twisting.

Tip Use the guides at the front of overlocker foot to align the folded edge of the tube, allowing the knife to trim away excess fabric from the seam allowance.

Tip Try seaming the tube with a 2 or 3 thread rolled hem; the rolled edge forms a round filler for the turned tube, making it “spaghetti” like. For a more filled tube, use the left overlocker needle instead of the right needle for overlocking the rolled edge and use a heavier polyester thread in the loopers. The wider seam allowance and bulkier thread create more “stuffing” for the finished tube.

Tip Try these techniques out on practice strips first, play around with thread tension and threads to get the desired look.

Folded Tubes - using BERNINA Binder Attachment

Cut strips according to the instructions included with your BERNINA Bias Binder Attachment #88 (for unfolded bias tape). Join strips if needed to create the length required for the project.

Insert one end of the flat bias strip into the binder, stitch (with Binder Foot #95/95C) and guide the fabric through the binder coils. The binder will fold the raw edges of the bias strip to the centre, fold the strip in half and guide it under the needle so that the edge is stitched closed.

Tip Use a stiletto to help guide the fabric into the coils of the binder attachment.

Tip Make one long bias “tube” then cut to required lengths. This eliminates the need to start multiple strips and requires less fabric.

Tip Strips can be cut along the lengthwise or crosswise grain of the fabric, however, non-bias strips may tend to twist and wrinkle as they are fed through the binder.

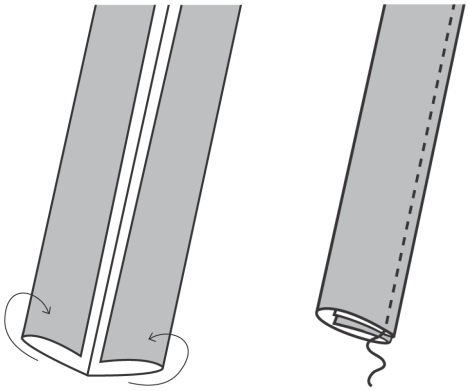
Folded Tubes - Plain

Similar to Bias Binder tubes as above, but folded and stitched manually, without a Binder Attachment.

Fold Bias Strip in half, wrong side together and press. Unfold.

Fold raw edges of the strip to the creased centre line, press. Refold the centre crease and press. The folded edges of the strip should be even.

Using an edge-stitch foot (BERNINA #10/10C/10D), stitch close to the folded edges of the strip to join them.



Tip This technique is suited to wide fabric strips as it can be difficult to fold and press narrow strips into quarters.

Straps & Ties

Bias Tape Makers

Similar to Folded Tubes as outlined above, but using a bias strip folding tool, such as a Bias Tape Maker. There are a number of different sizes and brands available, ask at your local BERNINA Sewing Centre.

Insert one end of the bias strip into the appropriately sized bias folding tool. Pull the fabric through the tool pressing the folded strips as they emerge from the other end. The tool folds the raw edges to the centre and then folds the strip in half. Follow the manufactures instructions for cutting fabric strips according to the size of the tool.

Alternatives to Fabric Tubes

In place of turned or stitched fabric tubes there are many other alternatives to creating “Spaghetti” type straps and tubes.

Consider these as options:

- Ribbon
- Yarn
- Plaited embroidery floss or yarn
- Lingerie straps
- Braided cord
- Even shoe strings/laces (a readily available source of braided cord, but limited in length).

Tip Make sure whatever you choose, it can be laundered in the same manner as your garment.

Finishing

There are many ways to finish the raw ends of turned or folded and stitched straps and ties.

For a complete seam finish, poke the raw edges inside the tube, and secure the end using one of these techniques:

- Fold raw edges to the centre, then sew the folds together with a few hand sewn stitches.
- Fold raw edges to the centre, then insert a small piece of fusible web and press with an iron.
- Fold raw edges to the centre, then sew small beads over the end.

Other options:

- Tie a knot at each end.
- String beads over the ends for a decorative finish.
- Dab the ends with seam sealant.