

## **MY BEST BINDING**

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### **Square Up The Quilt**

1. DO NOT ASSUME THE QUILT IS SQUARE OR THE EDGE IS STRAIGHT.
2. Press, don't iron
2. Stabilize edges as needed
4. Square the corners and sides with rotary cutter, not scissors
5. Measure and check



### **Prepare the Binding**

1. Addition 3 colors
2. Cut 2 ¼" LOF strips. Measure the perimeter of the quilt and add 15-20"
3. Lay all strips parallel and side by side to mark a 45 degree angle
4. Place the marked strip on top of the unmarked strip, pin, sew, trim, press
5. Fold lengthwise with wrong sides together to press. Press seams open.
6. Zigzag or wrap to store



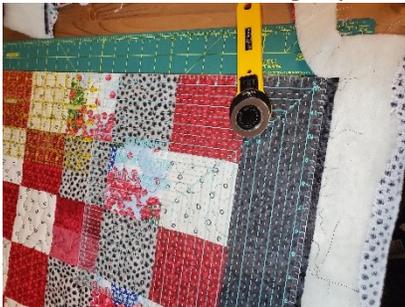
### **Create Bias-grain Binding**

1. Cut salvage. Open the fabric and diagonally fold the shorter edge to the longer edge to make a triangle.
2. Fold the folded edge over itself.
3. Fold the bottom edge adjacent to the layered fold to meet the edge of the first fold.
4. Pivot the piece. Trim ½" from the layered folds. Cut the strips from the trimmed. Edge. Trim selvages and square the ends.

5. Striped fabric must be wrong-side out. This will make the seams parallel, so the strips are parallel. This prevents crossing the stripes.
6. PS: Bias strips can be purchased, Moda makes bias strips in “Grunge” or black.

### **Sewing the Binding to The Quilt**

1. Choose 60 weight slightly darker thread that will “sink into the quilt.”
2. Lay the raw edge of the binding on front if machine quilting
3. Use a quilting foot.
4. Start on the middle of a side of the quilt. Leave a 6-9” tail. Use a  $\frac{1}{4}$ ” seam.
5. Mark  $\frac{1}{4}$ ” from the end of the quilt. Use a Frixion pen or a triangle of stacked post-its.
6. Stop  $\frac{1}{4}$ ” from the corner. Pivot and sew out to the corner. Clip threads.
7. Pivot the quilt. Fold away the binding so it is parallel to the edge of the quilt. Check for a 45-degree angle fold. Then fold down the binding with edges aligned with the quilt edge. The fold should extend  $\frac{1}{16}$ ” beyond the raw edge. Pin for accuracy.
8. Sew the next side. Repeat for the other sides.
9. On the last side, stop 6-9” from the beginning stitching.
10. Lay the binding edges over each other. Measure and mark  $2\frac{1}{4}$ ” overlap. Cut the top binding strip so it is  $2\frac{1}{4}$ ” overlapping the lower binding strip.
11. Unfold the edges. Pivot them to place the short side of the marked end on the longer side of the other end. (Turn the raw edges perpendicular to each other.) Draw a diagonal line, pin and sew. Check that the binding lays flat to the same length as the unsewn section of the quilt.
12. Trim excess fabric. Finger press seam open flat. Pin and sew binding to the quilt.





### **Wrapping The Binding Around The Quilt**

1. On the front of the quilt, press the binding away from the center of the quilt.
2. Seams must fill the binding. Test the amount of excess batting and backing to leave in order to fill the finding. At the corners trim excess at an angle.
3. Flip the quilt to press the binding down toward the center of the quilt. The edge of the binding should be 2-3 stitches beyond the sewn line. Hold with binder clips.
4. Mitered-corners should be folded opposite on the back to the front to minimize the bulk and make it lay flat. Press and hold with clips.

### **Hand Sewing The Binding**

5. Use 9 sharp needle and single strand of matching 50wt thread.
6. Use less than 12" of thread. Thread the needle from the end that comes from the spool.
7. Use a "neat" knot by wrapping the thread around the needle 4 times, holding the thread on the needle and pulling the needle through. Hide the knot in the seam allowance.
8. Use a blind stitch by catching 2-3 threads of the fold and making a stitch in the backing/batting. The stitches should be straight and not angled.
9. Keep the needle parallel to the quilt back to keep the stitches from going through to the front.
10. At the corners, the mitered fold must have a couple of stitches. Simply weave the needle in and out.
11. At the end of the stitching, pop the knot into the backing. Overlap a few of the previous stitches when you start again.

### **Machine Sewing The Binding**

1. Sew the binding onto the back of the quilt. Press the binding away from the quilt and wrap it to the front to press again. Press the mitered corners opposite from the back side. Hold with pins or clips.
2. Start in the center of one side of the quilt. Lengthen the stitch length or use a decorative stitch.
3. Position the stitch line on the binding 1/8-1/16" next to the inner side of the quilt. Use a stiletto or seam ripper to hold it in place while sewing. The goal is to stitch ON or NEXT TO the stitch line of the binding. The stitch line will be under the binding.
4. At the corner stitch to where the binding folds at the miter. Catch the fold by 1/8-1/16." Put the needle down, presser foot up to pivot and sew the next side.
5. When meeting the beginning, use stitch in place to end. Do not use a back stitch.
6. Hand stitch the miter corner seams to keep them in placed.

### **Additional Binding Techniques**

1. Faced Edge Binding
2. Scalloped Edges
3. Prairie Points
4. Single Fold
5. Self-binding
6. Birthing a Quilt
7. Packaged Binding

#### References:

Frost, Helen, "Beautiful Bindings," 2013, [helenyoungfrost@comcast.net](mailto:helenyoungfrost@comcast.net)

Sloan, Pat, Machine Binding Tutorial, PDF.

APQS, Judging Guidelines for Bindings.

Learn How to Square A quilt with Rob! Youtube.

Knapp, Susan Brubaker, "How to Face a Quilt," Blue Moon River.

Bias binding; <https://www.youtube.com/watch?v=tmMeNng7Do>

Striped binding from fat quarter: <https://www.youtube.com/watch?v=J3Q3rXvfSh0>

