

Binding Basics

First, figure out how many binding strips to cut:

Determine the perimeter of your quilt $2(\text{length} + \text{width})$ or add the length of all four sides.

So if your quilt is 53" x 38" the perimeter is 182"

Divide the perimeter by the width of your fabric (usually about 42")

$182/42=4.33$ (round up), so this example needs 5 binding strips.

Binding strips can be cut 2 ¼ or 2 ½ inches wide. It is a personal preference. If you use a wider strip you can sew with a slightly wider seam while the narrower strip requires a ¼ inch seam. The wider strip gives you more fabric to fold to the back. I like the 2 ¼" strips.

Cut enough strips for your quilt. Trim off the selvedge edges.

Next, piece the strips end to end to create one long binding strip.

Lay strips right sides together at a 90 degree angle.

Decrease your stitch length for a tighter stitch.

Be sure that your diagonal is in the direction shown in illustration.

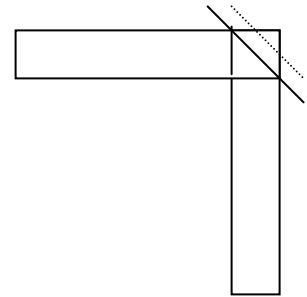
Sew a diagonal line along center of square of the overlap.

Trim off excess leaving about ¼" seam allowance.

(Dotted line in illustration)

Repeat, connecting all strips end to end.

Press seams to one side.



Fold and press the binding in half, wrong sides together, along the long edge to create a very long strip about 1 1/8 inch wide.

Attach binding to quilt.

Be sure to return your stitch length to a standard length (about 2 or 2.5)

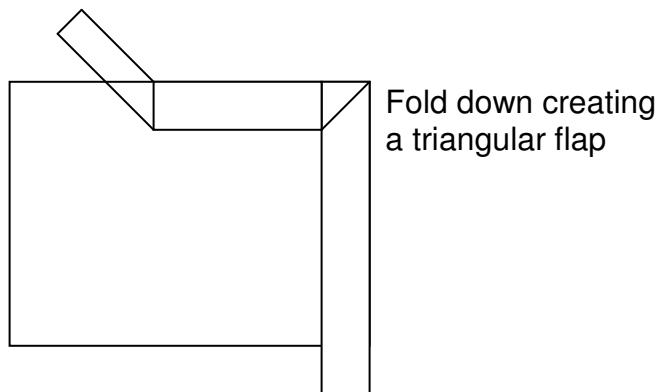
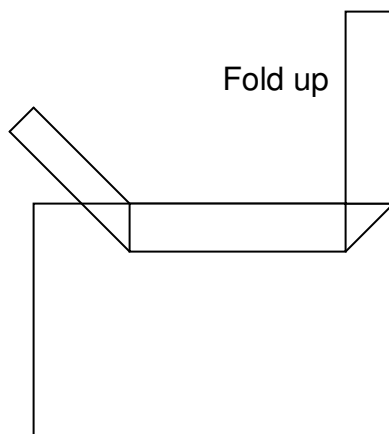
Use a ¼ inch seam, start in the middle of one side leaving about a foot of binding tail free.

Continue stitching until you are near the corner. Use a measuring gauge to mark ¼ inch from the end of the quilt side. Sew to this mark (you are leaving ¼ inch un-sewn). Back stitch and cut thread.

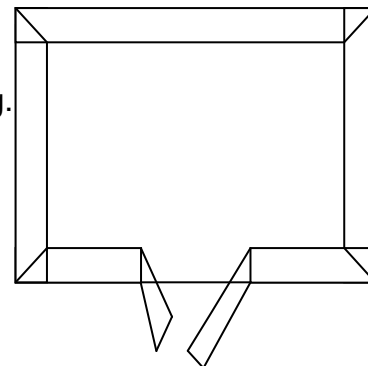
Fold binding edge up away from quilt to create a 45 degree angle in the binding.

Then fold down onto the next quilt side so the folded edge is even with the first quilt side.

There will be a triangular flap in the corner. This will give you a nice mitered corner.



Start sewing second side $\frac{1}{4}$ inch from the quilt edge.
Repeat on all four corners.
Stop stitching about a foot before reaching where you started sewing.



Finishing the ends

Overlap the two tail ends along the quilt edge (trim tail if needed) so the tail on the right side is on top of the tail on the left side.

Use a marking pencil or pen to mark a point near the center of the overlapping binding tails. Mark on the top layer of each strip in the same location near the center of the overlap.

Open the left side tail pulling the mark down toward you without twisting so the right side of the fabric is facing up and the mark is at the bottom edge.

Open the right side tail so the fabric is facing down and bring the mark to match up with the mark on the left. Turn so the two tails are perpendicular (90 degree angle).

You will sew these ends together on the diagonal like you did when you pieced the binding strips together.

Mark the sewing line—45 degree angle starting at the point you marked heading toward the other corner of the overlap (dotted line in illustration)

Pin along this line to check – be sure the fabric is not twisted before you sew.

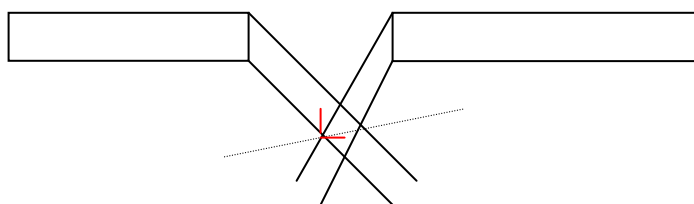
Once you are sure it is not twisted, sewn on line, trim leaving $\frac{1}{4}$ inch seam allowance.

Refold and line up along edge of quilt.

Finish attaching to the quilt.



mark
overlapping
binding



Trim the quilt back and batting to meet the edge of the quilt and binding. You may choose to leave about $\frac{1}{8}$ of an inch to give your binding a little extra thickness.

Trim corners of the quilt, backing and batting to reduce bulk (be careful not to clip the stitches holding the binding on).

Bring the folded edge of the binding to the back of the quilt, covering the stitch line created when you attached the binding. Hand stitch in place. At the corners, fold back the miter in the opposite direction of the miter on the front to reduce bulk.