

Binding the Sally Miller Way demo AKA French bias binding

Supplies:

1. washable children's glue
2. 1/4th inch seam allowance foot
3. Open toe foot
4. edge stitch foot
5. General quilting and sewing supplies

Creating the bias binding

1. Starch your fabric with heavy starch at least 3 times. (Home Depot)
2. YouTube: Sew Easy: How to Create Continuous Bias Binding <https://m.youtube.com/watch?v=P91GqWO7CGA>
3. Iron in half. Line up edge of binding with a straight line to keep binding straight.
4. How much bias will a square of fabric yield? Follow this example:
 - a. 27-inch square
 - i. $27'' \times 27'' = 729$
 - ii. $729 \div 2'' \text{ wide binding} = 364.5 \text{ linear inches of binding}$
5. How large of a square will I need to start with to yield enough binding for the perimeter of my quilt?
 - a. For a quilt that is 80" x 100", you would need $80'' + 100'' + 80 + 100'' = 360''$ linear inches
 - b. Total length of bias needed 360"
 - c. $360'' \times 2'' \text{ (width of binding)} = 720$
 - d. The square root of 720 is 26.832
 - e. Start with a square of fabric that is at least 27 to 28 inches square.

Preparing the quilt top

1. Trim and square your quilt top.
2. Sew around the entire perimeter of the quilt at 1/8th inch seam allowance. Catches all three layers.

Starting the binding

1. Back of the quilt is up!
2. Extend the end of the binding 2" beyond the edge of the quilt. Start sewing the binding to the back of the quilt ¼ inch down from the edge of the quilt. Note: this is the exact place where the two stitching lines will meet.

3. With the back of the quilt facing up, line up the raw edges of the quilt and the binding. Using a straight stitch and a $\frac{1}{4}$ inch seam allowance, sew the binding and quilt together. Complete all sides of your quilt
4. Continue around the quilt making folded mitered corners.

90-degree Mitered corners in French Binding.

1. Sew to $\frac{1}{4}$ inch from edge of quilt. Stop. Back stitch.
2. Fold a 45-degree angle.
3. Fold straight.
4. Use your thumb nail to put a mark along the fold line.
5. Start sewing along the new side starting at thumb creased mark.

Joining the binding off the corner

1. Keep sewing the continuous binding on the back of the quilt and all the way around to your starting spot.
2. Stitch to the exact corner. Do not stitch into the starting binding. Leave a 2-inch tail of binding.
3. Fold quilt right sides together, raw edges of quilt body and excess binding aligned.
4. Place with quilt to the left, excess binding to the right.
5. Step over to iron.
6. Take the top binding strip at the folded edge and fold down to the stitch line. Press just the binding off the quilt.
7. Mark a 90-degree angle so that the corner extends into the binding with 45 degrees above the fold line and 45 degrees below.
8. This line is your sewing guide. You will sew just inside this line.
9. Start sewing by backstitching to folded edge and then stitching forward. Take a single stitch across the 90-degree angle, the corner turns squarer this way.
10. Continue sewing to the exact point of the stitching line holding your binding to the quilt. Backstitch.
11. Trim and grade binding. Do not trim the quilt body.
12. Invert the binding to the front of the quilt. Gently push out corner.

Preparing the binding for turning to the front of the quilt

1. Change from a $\frac{1}{4}$ inch foot to an open toe foot. Change from a straight stitch to your widest zigzag stitch. Line up your binding and quilt so that the left most side of the zig zag is just in the

seam allowance and the right side of the zig zag is just over the seam allowance. Sew all sides of your quilt. Notice how the seam allowance is a nice firm package to work with.

2. Step over to your ironing station. Place the quilt back side up. Using the tip of your iron, fold the binding flat over the raw edges of the quilt, press.
3. Flip the quilt over so that you see the quilt top, seam allowance and edge of binding.
4. Using washable glue, run a tiny bead of glue down the seam allowance.
5. Fold over seam allowance and press flat. Hold long enough for the glue to dry. Secure with straight pins.

Edge Stitch Binding into Place

1. Switch to your edge stitch foot. You will now be sewing your binding into place. The guide of the edge stitch foot will run right up next to the folded edge of the binding.
2. Switch your stitch to a blind hem stitch. Shorten the length of the stitch. Shorten the width of the stitch.
3. The sewing goal is this: the 2 forward stitches will be in the body of the quilt as close the folded edge of the binding as possible. The one diagonal (zig zag) stitch will just jump over onto the binding and then jump back to the body of the quilt.

Resources:

- YouTube: Sew Easy: How to Create Continuous Bias Binding <https://m.youtube.com/watch?v=P91GqWO7CGA>
- Traditional Quilts Today's Techniques, Debra Wagner, Krause Publications 1997
- Linda Halprin, More Enjoyable Machine Piecing – workshop 1990