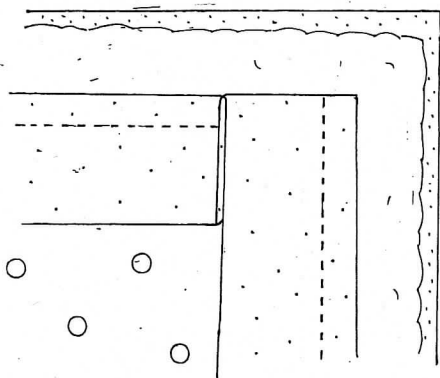
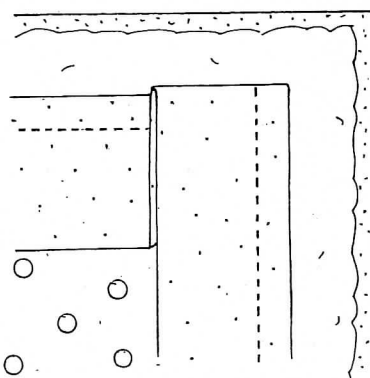


Tips for Better Bindings from Helen Frost

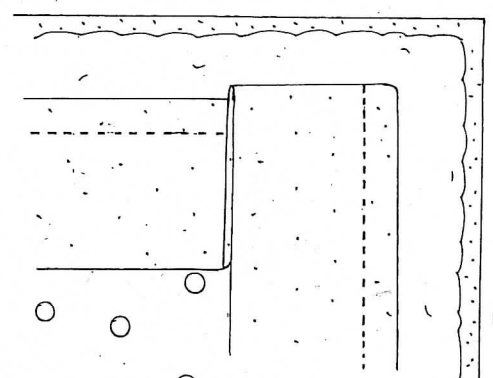
- For smooth, rounded bindings that will wear well, cut binding strips on the bias. Buy extra yardage to avoid lots of seams.
- Cut 2" strips for small quilts, reproduction quilts, and quilts with very flat batting; cut 2 1/4" strips for most quilts; and cut 2 1/2" strips for quilts with lofty batting.
- After the binding is made and pressed in half, stay stitch the raw edges together. Use a longer stitch and sew less than 1/4" from the edges. This allows you to sew the binding to the quilt without pinning. It also prevents rippled binding.
- Before sewing the binding to the quilt, try on the binding to make sure a seam doesn't fall on a corner.
- Different cut widths require different treatment at the corners. For 2"-cut strips, the fold at the corner lines up with the raw edges of the binding on the previous side. For 2 1/4"-cut strips, the fold at the corner should extend 1/16" beyond the raw edges; for 2 1/2"-cut strips, the fold should extend 1/8" beyond the raw edges.
- Wait to pivot the quilt until the corner fold has been made. You'll be able to see the corner better if it's not facing away from you.
- Pin the fold at the corner before pivoting to sew the binding to the next side. This keeps the layers from shifting.
- Wait to trim the excess batting and backing until the binding is added. This allows you to leave enough to really fill the binding. (Square up the quilt edges by marking a line rather than trimming the edges.)
- Pressing the sewn binding away from the quilt front makes it easier to bring the binding to the back.
- Hand stitch the binding to the back using a single strand of matching 50-weight thread.
- Have the fold at the corners on the back opposite the fold on the front. Stitch the folds closed to impress the judges.



Corners for 2" strips



Corners for 2 1/4" strips



Corners for 2 1/2" strips