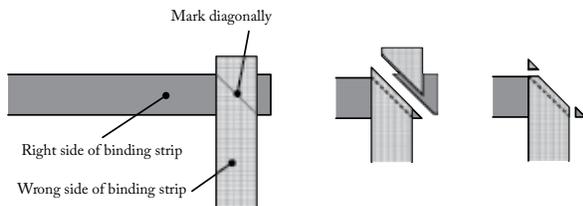


BINDING

TRADITIONAL SINGLE-FOLD CONTINUOUS BINDING TECHNIQUE FROM MCKENNA RYAN'S DESIGN STUDIO

1. Measure each side of your quilt. The total of all four sides of your quilt plus 5"-6" is the desired length of your binding strips.
2. Measure the usable width of binding fabric from selvage to selvage; divide this number into the desired length (calculated in Step 1, above) to determine the correct number of strips. Cut binding strips to $2\frac{1}{2}$ " x width of fabric.
3. Connect the strips to create one continuous length of binding: arrange the ends of two strips right sides facing, and mark diagonally. Stitch on the mark. Trim $\frac{1}{4}$ " from stitching and press seam allowances open; trim the small 'dog ears' that extend beyond the continuous edge. Continue until all binding strips are joined.



4. Cut one end of your completed binding strip at a 45-degree angle. Fold the angled end $\frac{1}{4}$ " to wrong side and press; trim the small 'dog ear' that extends beyond the edge of the binding strip.
5. Fold the binding strip in half lengthwise with wrong sides and raw edges together; press.

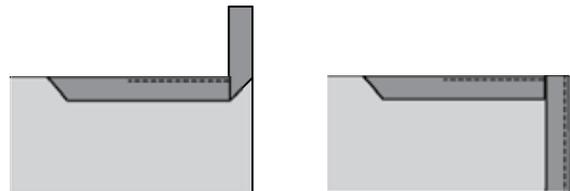


6. Beginning in the middle of one edge of the top side of your quilt, align the raw edge of the binding with the trimmed edge of the quilt.

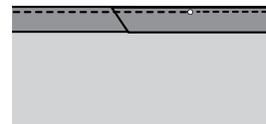


7. Leaving 2-3" loose, stitch the binding onto the quilt with $\frac{1}{4}$ " seam allowance from the raw edges; you may use a quilting foot or your regular foot as desired. Stop stitching $\frac{1}{4}$ " from corner, backstitch $\frac{1}{4}$ ", and remove the quilt from your sewing machine.

8. Miter the corners: fold the binding up and away from the quilt, forming a 45-degree angle at corner. Without disturbing this angle, fold the binding raw edge to align with the raw edge of the adjacent side of the quilt.



9. Continue stitching the binding $\frac{1}{4}$ " from the top edge and repeating the mitered corner technique; stop stitching 4"-5" from your starting point.
10. To end the binding, trim the loose end and tuck it neatly into folded end; a few pins will be helpful to hold this in place. Stitch the last portion of raw edges together and remove the quilt from your sewing machine.



11. Turn the folded edge of the binding to the back of the quilt; about $\frac{1}{2}$ " of binding will show on both front and back. Hand stitch the folded edge to the quilt backing.



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