



Dear Quilters,

How many times have you done what I have done using an overlapping quilt binding method? I have attached my quilt binding ends together only to discover the connected strip was twisted or the length was incorrect to match the remaining edge to bind.

Some quilters choose to sew binding ends together instead of overlapping them. Both methods ensure connected binding ends; however, the overlapped method means you will have less bulk. I'm all for less bulk.

I've never been one to give up easily. After my many failures using various rulers and a variety of written directions, I finally mastered the overlapping quilt binding method. The following pictures and step-by-step instructions provide my lessons learned. If you, like me, have been confused, I hope this helps.

Have a lovely quilting day,

*Cheryl A. Matzen*

Owner, Quilt-N-A-Flash, LLC

## CHOOSING THE BEST BINDING FOR YOUR QUILT

A double-fold (French fold) binding always does better than a single-fold binding when it comes to wear and tear. The pictures in this document show a straight-of-grain double-fold continuous binding, i.e., fold the fabric strip in half lengthwise with the wrong sides facing and press. There are so many different quilt binding options, but only two fabric grain choices. Now for the real question, should you use a bias or a strain-of-grain binding? Here are some simple guidelines to help you decide:

- ▲ **Straight-of-Grain Binding** —is the most economical and the simplest to construct. It is most suitable for wall hangings or display items with straight edges (no curves). Why? In theory, a single thread is exposed on the binding's fold. For quilts that are used (loved) and washed, over time the straight-of-grain binding wears out and you end up with two tattered edges.
- ▲ **Bias Binding** — a double-fold bias binding is the most durable binding due to the crossed threads and two fabric layers. Suitable for both straight and curved edges, this binding is the best choice for those much *loved* quilts and provides for longer-lasting results.

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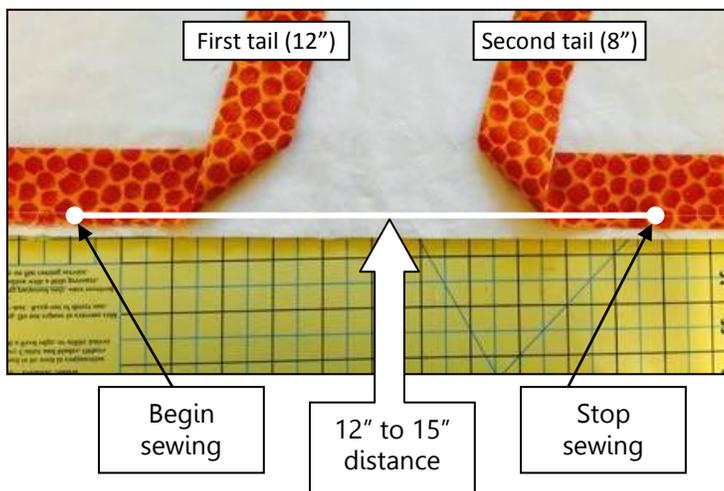
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## GETTING STARTED:

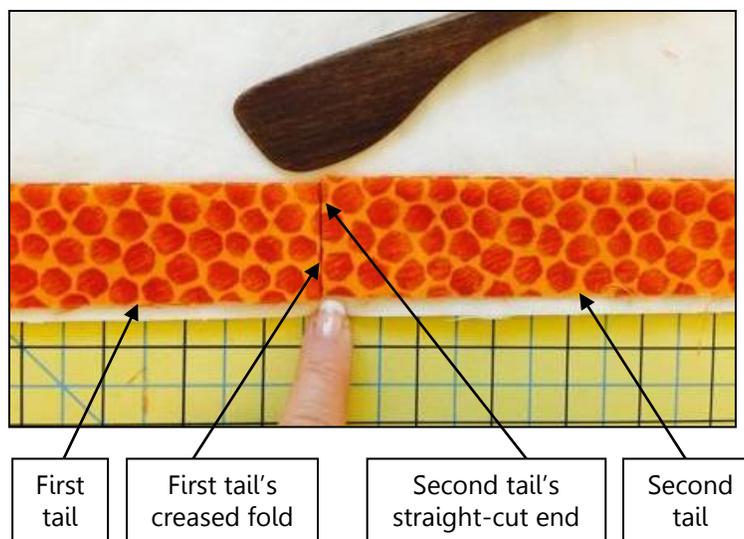
Position the binding on the topside of the quilt with the raw edges of both together. Begin sewing 12" from the binding's end. This leaves a 12" tail (first tail). Continue sewing the binding until you are within 12" to 15" from where you began stitching. Stop sewing. Leave a straight-cut 8" tail (second tail) beyond the position where you stopped sewing.



## STEP 1:

Lay the second tail in place on the quilt top with the raw edges aligned. Repeat with the first tail.

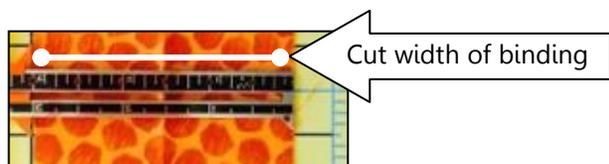
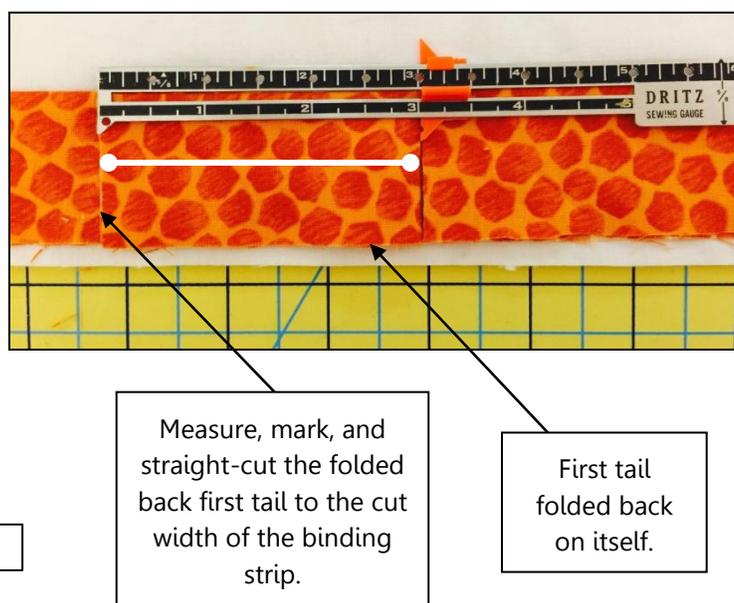
The first tail will overlap the second tail. Fold the first tail back on itself. Where it meets the second tail's straight-cut end, press a crease at the fold of the first tail.



## STEP 2:

The binding strips pictured here were cut 3" wide (shown below). From the creased edge on the first tail, measure and mark the distance of the binding strip's cut width. Straight-cut the first tail 3" from the crease.

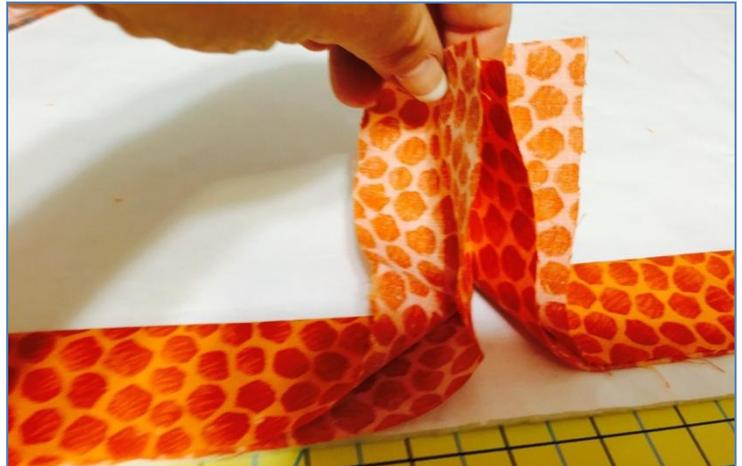
If your binding width is cut 2.5" wide, the first tail is straight-cut 2.5" from the crease, and so on.





### STEP 3:

Pick up the ends and open both tails with the right sides together as pictured here.



### STEP 4:

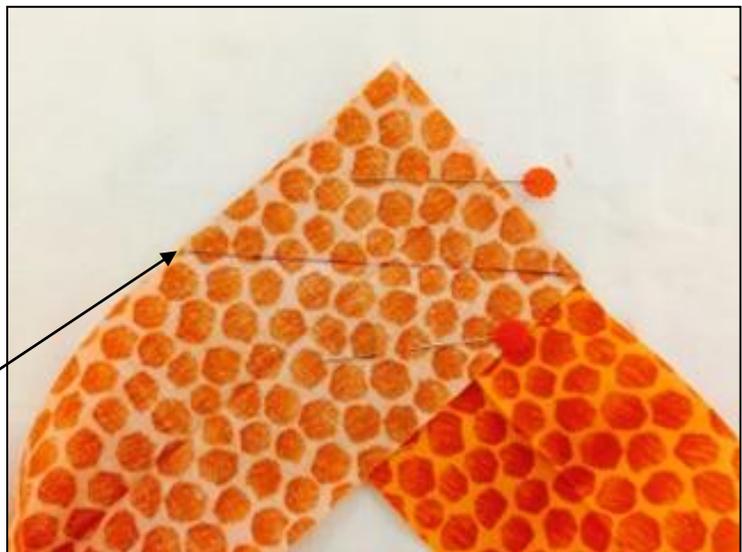
With the right sides together, as shown in Step 3, rotate the tails one on top of the other until the tails form a right angle.



### STEP 5:

Pin the tails together and draw a line from corner-to-corner of the bottom and top fabrics.

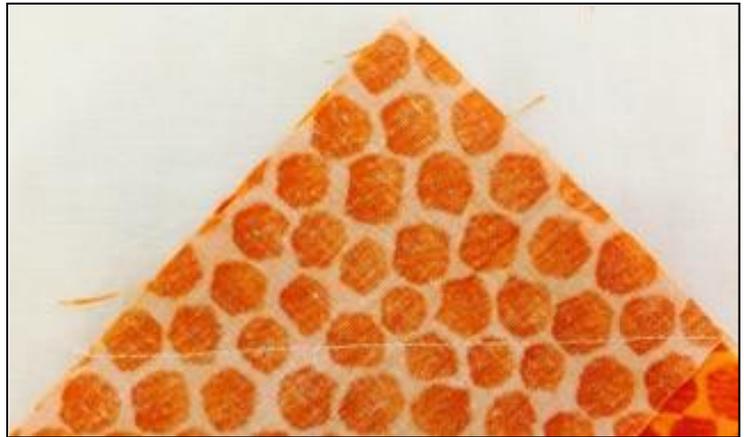
Draw a line





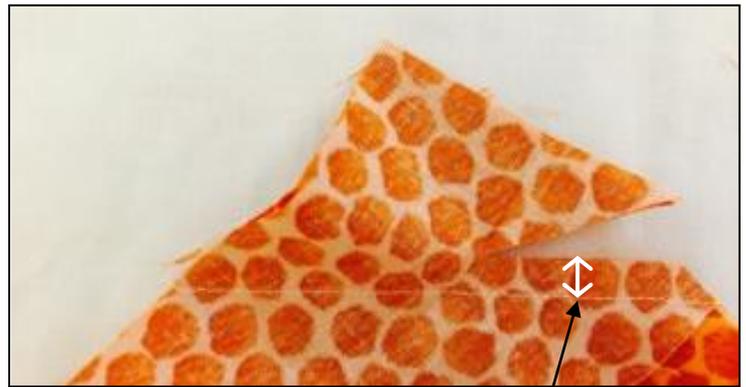
**STEP 6:**

Sew along the drawn line then iron it to set the stitches.



**STEP 7:**

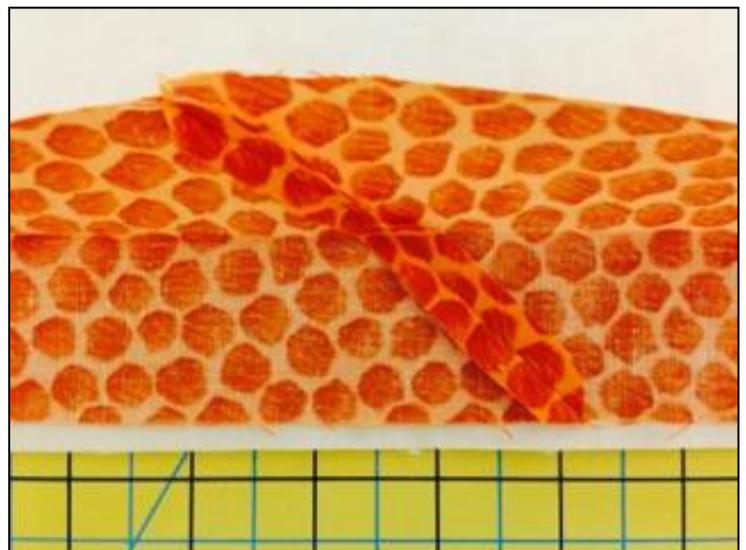
With scissors or a rotary cutter and ruler, trim the seam allowance to 1/4".



1/4" seam allowance

**STEP 8:**

Press the binding seam open.

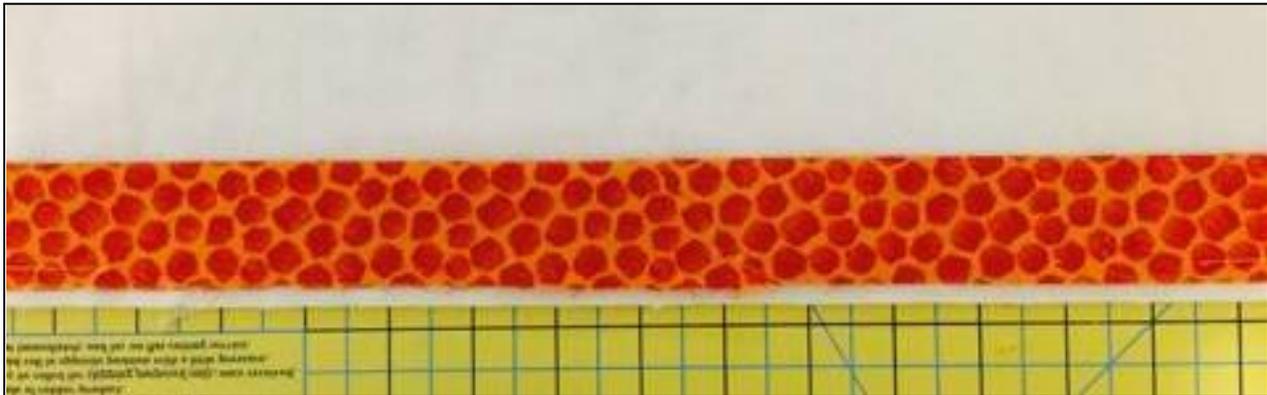




## STEP 9:

Fold the connected binding strip in half lengthwise again to its original position. The strip should lie perfectly flat. If it does, you are ready to sew again.

To secure the seam, backstitch at both the beginning and ending stitches. Continue stitching the binding in place.



## CONGRATULATIONS!

You mastered the overlapping quilt binding method!

## How Am I Doing?

Because clear communication is so important, please let me know if these instructions were helpful and easy to understand.

Also, if you have additional expertise or comments you would like to share on this topic or others, I'd love to hear from you. In turn, I will gather and share your *words of wisdom* (also known as *pearls*) with our quilting community.

**Comment or Share Here** → [info@quiltnaflash.com](mailto:info@quiltnaflash.com)

Thank you so much.

