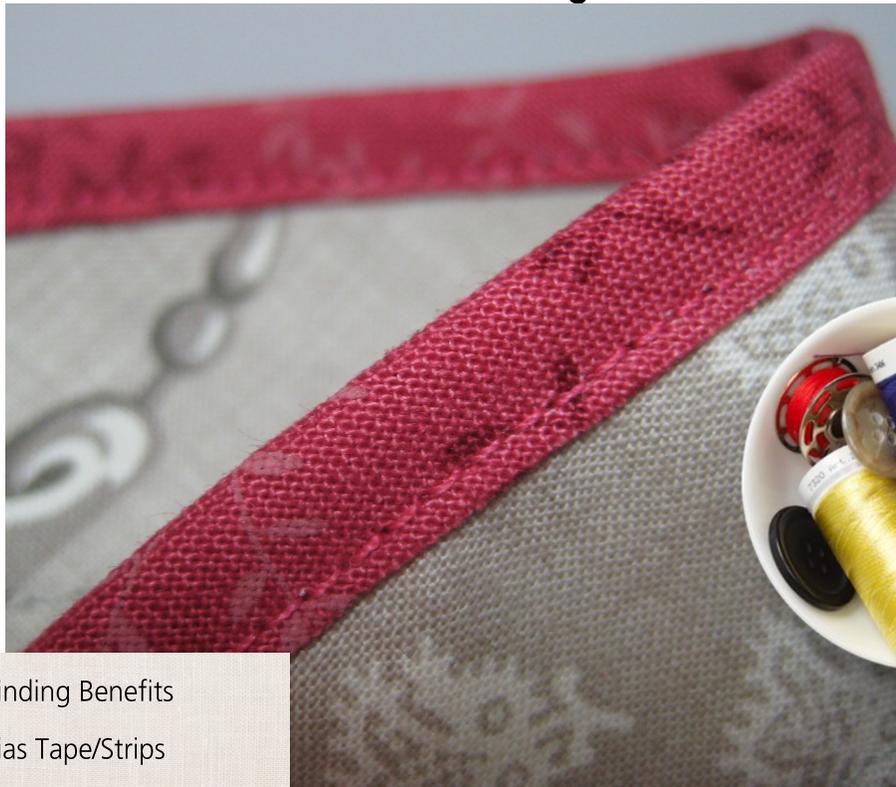


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SERIES

Just SEW It!

Binding Techniques



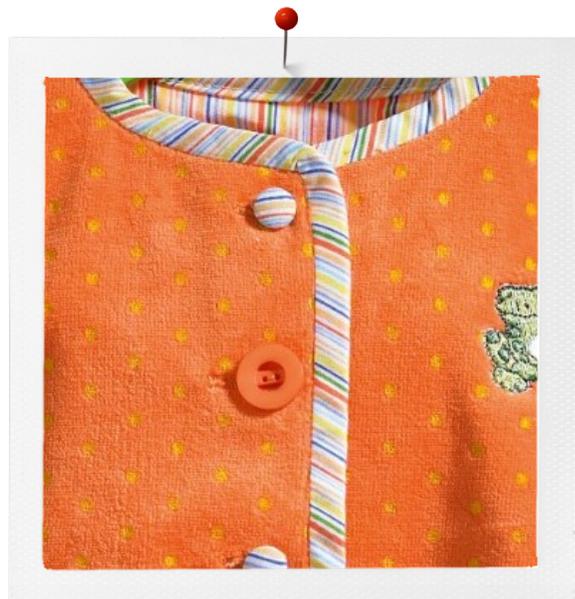
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- ~ Binding Benefits
- ~ Bias Tape/Strips
- ~ Binder Attachment #87
- ~ Binder Attachment #88
- ~ Binder Attachment
Mitered Corners
- ~ French Binding
- ~ French Binding
Mitered Corners

Binding Techniques

A bound edge has a clean, tailored look and is traditionally seen on quilts, coverlets, and other quilted items. A practical and sturdy way to finish edges, binding also subtly adds to the style of sewn items when it is a contrasting color, interesting print, or sewn with a decorative stitch. Along with quilted items, bias binding can be used in garments for edge finishes, ties, laces, and straps.

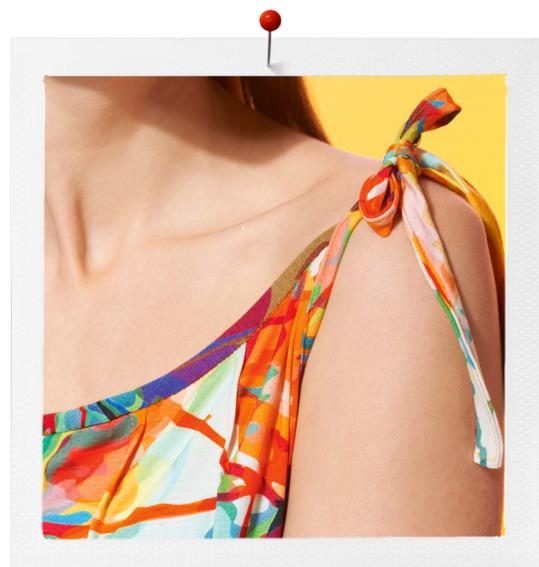
- Binding Benefits
- Bias Tapes/Strips
- French Binding
- French Binding Mitered Corners
- Binder Attachment #87
- Binder Attachment #88
- Attachment Mitered Corners



Binding Benefits

The main purpose of binding is to cover raw edges and a common place to see it is along the edges of quilts. However, there are numerous other uses for binding and it shows up in a wide range of projects. For instance:

- Garments: Using bias binding in place of facings reduces bulk and adds a sophisticated look to a blouse or dress neckline. The binding can be folded entirely to the inside where it is unseen or wrapped around the edge for a trimmed look. Binding is also an easy way to finish reversible garments.
- Handles, Straps, and Ties: Stitch binding along the edges of flat handles to strengthen them and add contrast and color. Stitching folded binding together without a fabric edge makes “no-turn tubes” to use as spaghetti straps, and ties.
- Embellishment: Sew flat bindings on projects to create separations—perfect for a stained glass look or grid pattern.



Presser Feet & Accessories Useful for Binding



Walking Foot #50



Lap Seam Foot #71



Patchwork Foot #97D



Binder Foot #95/95C



Binder Attachment #87



Binder Attachment #88

Bias Tape/Strips

Binding starts with a strip of fabric. It's easy to make custom binding from almost any type of medium weight fabric, but it is important to cut the strip in the correct way. Bias strips are cut on the 45° angle of the fabric, called the bias grain. This grain line has the most "give" or stretch and will mold around curves and corners without rippling. Bias tapes are simply bias strips that have been folded and pressed. Tapes can be custom made or purchased at most fabric stores.

Bias Strips

Cutting: Place the printed 45° angle line on a clear ruler along one straight edge of the fabric. This places the edge of the ruler at a 45° angle; cut along this line.

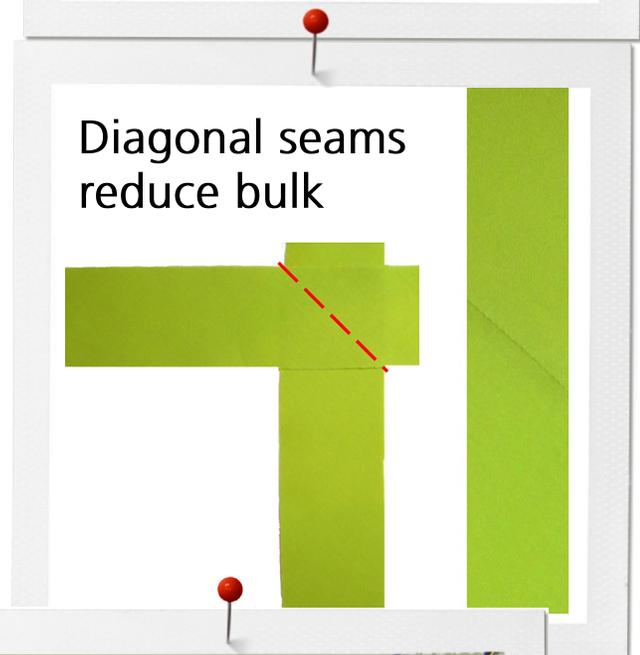
Piecing: Join strips with a diagonal seam to make the desired length; trim excess; press open.

Bias Tape

Pre-made bias tapes are sold in packages in most fabric stores. To make custom bias tapes, cut fabric strips and use a Clover Bias Tape Maker to fold the strip for pressing. The width of the strip depends on the desired finished width. Follow the manufacturer's instructions for cutting.

Tips

- Prepare bias strips by pressing with spray starch to give them body, making them easier to sew. This also helps to minimize stretching as the strip is handled.
- Use Walking Foot #50 or a Dual Feed presser foot to attach bias binding to a project. The layers are fed under the foot together, keeping the fabrics from slipping or shifting and minimizing any stretching of the bias strip.
- Once the binding is sewn to the fabric and wrapped around the edge, use clips or a double-sided adhesive tape such as Wonder Tape to hold it in place for stitching. This ensures that the both the front and back edges of the binding will be caught in the final stitching.



French Binding

French binding is made with a wide bias strip folded in half lengthwise. After the raw edges of the binding are stitched to the quilt raw edge, the folded fabric is wrapped around the quilt edge and stitched in place. Use Lap Seam Foot #71 to hold the binding in place as it goes under the needle for the final stitching.

Machine Settings

- Straight Stitch
- Patchwork Foot #97D or Walking Foot #50 to attach binding
- Lap Seam Foot #71 to secure binding
- Needle Stop Down

Step 1

Cut and piece bias strips, 2½" wide, making one strip long enough to cover the desired edge, plus 10". Fold the bias strip in half lengthwise and press.

Step 2

Position the folded bias strip on the *back* of the project edge to be bound and stitch, using a ¼" seam allowance. Overlap or join the beginning and ending edges as desired.

Step 3

Fold the binding to the front of the project, folding the corners into miters; hold the binding in place with clips.

Step 4

Attach Lap Seam Foot #71 to the machine and select the straight stitch. Move needle position so the stitching is placed on the binding as desired. Stitch binding with a few stitches and stop with the needle down.

Step 5

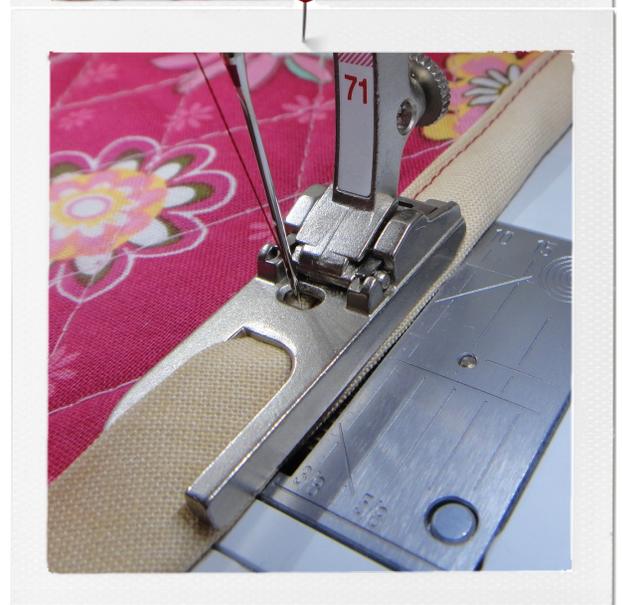
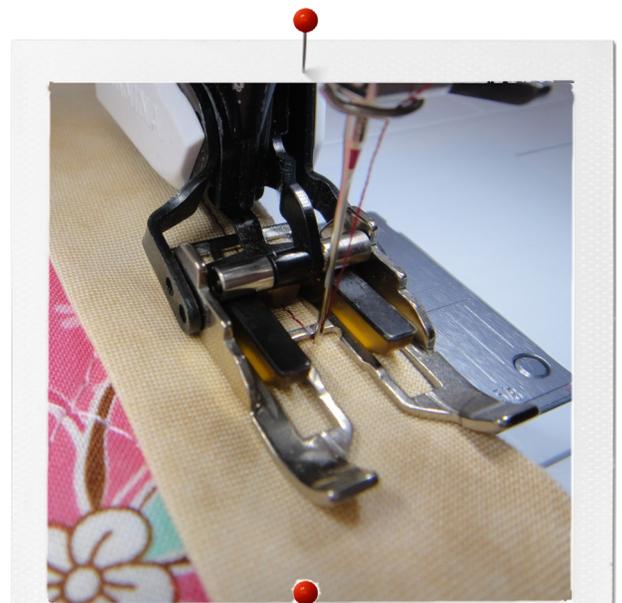
Lift the presser foot, slide the edge of the binding up so that it lies above the small inner edge of the presser foot and stitch as close to the corner as possible, stopping with the needle down in the fabric. Lift the foot and release the fabric; lower the foot to sit on top of the fabric.

Step 6

Continue sewing to the corner and pivot, taking a few stitches in the binding on the next side, stopping with the needle down. Raise presser foot, slide the binding up into the foot again and continue to sew, completing the binding process.

Tip

For a hand-stitched look, use the Hand-look Appliqué Stitch (modified Blind Stitch) and make the following settings: W=1.1; L=1.5; center Needle position. Use thread that blends or monofilament thread for the most inconspicuous look. Engage Mirror Image if needed. Reduce top tension slightly to prevent puckering if needed. Stitch beside the binding so the side "bite" of the stitch is all that goes into the binding.



French Binding Mitered Corners

Give quilts a professional look by mitering the corners as you sew the binding to the edge. Two easy folds at each corner turn into 45° miters once the binding is wrapped around the edge of the quilt.

Machine Settings

- Straight Stitch
- Patchwork Foot #97D or Walking Foot #50
- Needle Stop Down

Step 1

Starting in the middle of one side, position the folded bias strip on the *back* of the project edge to be bound, and stitch using a ¼" seam allowance; stop at the first corner when one seam allowance away from the fabric edge.

Step 2

Fold the bias straight up, forming a 45° fold.

Step 3

Flip the bias straight down and fold at the edge of the quilt. Starting at the edge, stitch the second side. Continue stitching, repeating the folds at each corner.

Step 4

Wrap binding to the front around the quilt edges, folding the corners into miters. Pin or clip the binding to hold it in place for stitching.

Step 5

Stitch the binding in place using a straight stitch or the hand-look stitching described on the previous page.



Binder Attachment #87

Bias tapes are available as single- or double-fold of various widths. They are usually found in solid colors and are sold in packages at fabric and craft stores. Custom bias tapes can be made from strips of fabric, cut on the bias, folded and pressed. Binder Attachment #87 wraps bias tape around a fabric edge, holding it so the needle can stitch along the edge, securing the front and back of the tape in one operation.

Machine Settings

- Straight Stitch
- Needle Stop Down
- Adjust needle position as needed

Step 1

Select double-fold bias tape in the width indicated:

Binder Size	Bias Tape	Final Binding
13 mm	width (1/2")	6.0 mm finished width (1/4")
20 mm	width (3/4")	9.5 mm finished width (3/8")
25 mm	width (1")	12.0 mm finished width (1/2")

Step 2

Attach Binder Attachment #87 to the machine; attach Binder Foot #95 (for BERNINA models that have a maximum stitch width of 5.5mm) or 95C (for models that have a maximum stitch width of 9mm).

Step 3

Swing the arm of the attachment out to access the fabric channel. Feed the bias tape into the fabric channel and pull it through to extend 3" - 4" beyond the back of the attachment, making sure it fits into the fabric channel.

Step 4

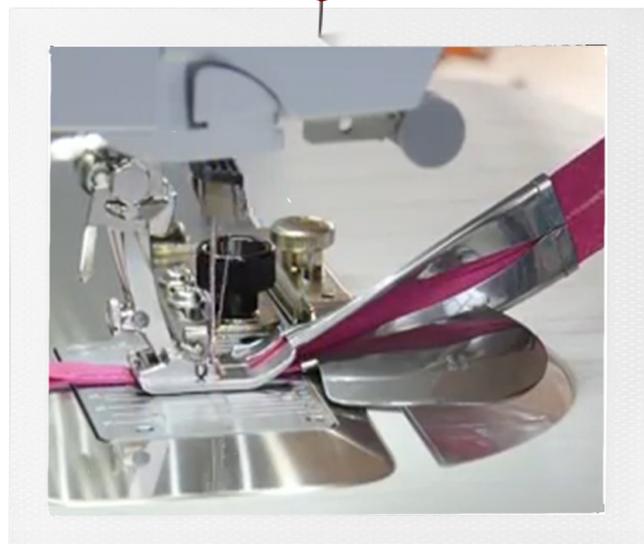
Stitch a few inches of the folded tape, adjusting the needle position to sew along the edge of the binding as desired. Feed the edge of the fabric to be bound into the attachment.

Step 5

Sew while keeping the fabric edge feeding into the attachment until the edge is bound.

Tips

- Before binding, oversew the edges using a zigzag stitch (W=4 mm & L=2.5 mm).
- Trim one end of the bias tape at an angle and feed it into the fabric channel of the attachment with the wrong side facing out.
- Use a stiletto to help move the strip or tape into the channel.



Click for Video!

Binder Attachment #88

Binder Attachment #88 works in a similar way to Attachment #87 (see previous page) but starts with a flat bias strip of fabric, rather than a folded tape. The strip is folded by the attachment as it wraps it around the edge to be bound. This opens up creative possibilities of making custom edges using any fabric of medium weight, such as quilting cotton fabric.

Machine Settings

- Straight Stitch
- Needle Stop Down
- Adjust needle position as needed

Step 1

Cut bias strips (45° angle) in the width indicated:

Binder Size	Bias Strip Size	Final Binding
28mm	28mm (scant 1 1/8")	7mm (1/4")
32mm	32mm (true 1 1/4")	8mm (5/16")
38mm	38mm (scant 1 1/2")	11mm (7/16")

Step 2

Prepare bias strips as described on previous pages. Press seams open and baste flat if desired.

Step 3

Attach Binder Attachment #88 to the machine; attach Binder Foot #95 (for BERNINA models with 5.5 mm maximum stitch width) or 95C (for models with 9 mm maximum stitch width).

Step 4

Swing the arm of the attachment out to access the fabric channel. Feed the bias strip into the fabric channel and pull it through to extend 3"- 4" beyond the back of the attachment, making sure it fits into the fabric channel.

Step 5

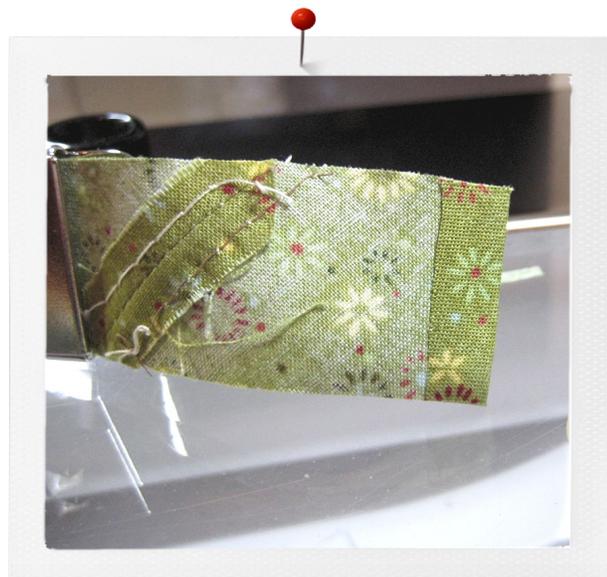
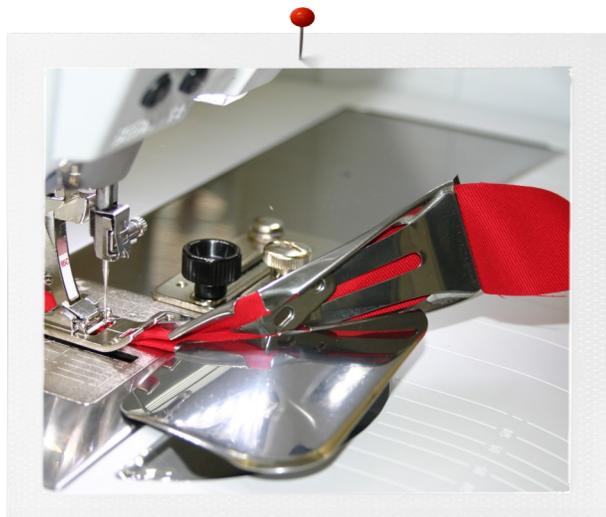
Stitch a few inches of the folded strip, adjusting the needle position to sew along the edge of the binding.

Step 6

Feed the edge of the fabric to be bound into the binder attachment.

Tips

- For better handling, add body to the strip by pressing with starch or Best Press.
- Before binding, oversew the edges using a zigzag stitch (W=4 mm & L=2.5 mm).
- Trim one end of the bias strip or tape at an angle and use a stiletto to help move the strip into the channel with the wrong side facing out.
- To finish, trim the bias about 1/2" beyond the channel. Fold it in using fabric glue or tape to secure it. Continue stitching until the folded end is stitched, overlapping the starting point.



Binder Attachment Mitered Corners

Create crisp mitered corners when using Binder Attachment #87 or #88. The swing-out arm of the binder attachment makes it easy to fold the bias into a sharp miter at each corner.

Step 1

Start binding along one side, stopping about a ¼" from the edge. Use the securing function if available or set the stitch length to zero and take 1-2 stitches to secure. Trim the thread tails. Swing the arm of the binder attachment out from the needle and gently pull the binding fabric to give excess fabric needed to fold the miter. The more excess there is, the easier it is to work with, but make sure it flows through the attachment correctly.

Step 2

Pin the folded binding in place about 2"-3" down the side of the quilt to keep it under control while folding the miter.

Step 3

Fold the binding into a miter and secure with a pin. Place the folded miter back under the needle and drop the needle into the corner of the miter.

Step 4

Slowly and gently pull the excess binding back through the binder attachment, swinging the arm back in place.

Step 5

When the binder attachment is back in place, sew a securing stitch in the corner of the miter and continue to sew the binding, repeating the previous steps at each corner.

