

# modern basics

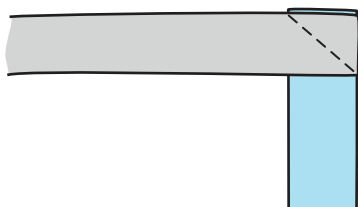
Time-saving Tips for  
the Modern Quilter

## French-fold Binding

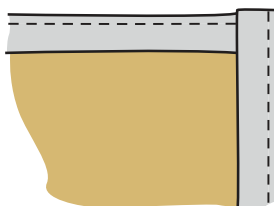
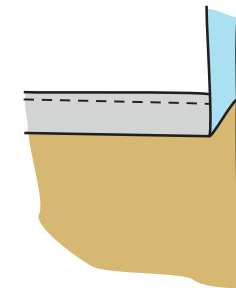
A well-made binding will protect the edges of your quilt, add to the overall design, and make it last longer. The following technique is for creating a French-fold binding, also known as a double-fold binding.

### PREPARE THE BINDING

1. Measure the perimeter of your quilt and add approximately 24". The additional length will accommodate the mitered corners and the finished ends of the binding, and give you a few inches to spare.
2. Cut enough 2¼"-wide strips to equal the desired length.
3. Join the strips together using diagonal seams. To do this, place two strips, right sides together at right angles. The area where the strips overlap forms a square. Sew diagonally across the square. Trim the excess fabric ¼" from the seam line and press the seam allowance open.



4. Lightly press the binding in half lengthwise, with wrong sides facing.



### ATTACH THE BINDING

1. Open up the binding and press ½" to the wrong side at one short end. Refold the binding lengthwise. Choose a starting point along one side of the quilt, at least 8" from the corner. Leaving several inches of the folded end of the binding loose at the beginning, align the raw edges of the binding strip to the raw edges of the right side of the quilt top. Pin or clip in place. Begin sewing, using a ¼" seam allowance.
2. Stop sewing ¼" before reaching the corner, backstitch, clip the threads, and remove the quilt from the sewing machine.
3. Rotate the quilt 90° to position it for sewing the next side. Fold the binding fabric up away from the project. Then, fold the binding back down along the project raw edge. This forms a miter at the corner. Stitch the second side beginning at the raw edge and continuing down the second side, ending ¼" from the next corner. Continue to add the binding to the remainder of the quilt.
4. To finish the binding, stop stitching several inches from the starting point. Measure and trim the working edge to fit at least ½" under the folded edge of the beginning end of the binding. Trim the binding at that point.
5. Slide the trimmed end under the folded edge and finish sewing the binding.
6. Fold the binding to the back of the quilt, enclosing the raw edges. The folded edge of the binding strip should just cover the stitches visible on the back of the quilt.
7. Sew the binding in place by hand, tucking in the corners to complete the miters as you go. Slipstitch the folds for a tidy finish.

