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Machine Binding a Quilt by Lynda Cook 2017

General tips

- Use a walking foot
- Use thread matching the binding, critical for the final stitching.
- Use your normal stitch length, straight stitch
- Adjust your needle, middle, left, or right whichever position works well for the different steps. Your needle should be adjusted for each step. It is helpful to remember these settings for the next time you create binding.
- Binding is usually be 2½” wide, pieced together on the bias, folded in half and pressed.
- Check to make sure your binding is long enough before starting to attach to quilt

ATTACHING BINDING TO QUILT

1. Start from the back of quilt, partway down one side.
2. Line up the outer/open edge of the binding even with the cut/outside edge of the quilt. Fold of the binding toward the center of the quilt.
3. Leave at least a 5” unstitched tail.
4. Begin stitching the binding on.
5. Stitch the binding on with a generous ¼” seam.
6. Edge of the quilt will be even with the cut edges of the binding (fold of the binding toward the edge of the quilt). Leave at least a 5” unstitched tail.
7. Check to make sure when you fold the binding to the right side you have enough to cover the stitching. If not adjust your stitching.

CORNERS

1. Stop stitching ¼” from the corner.
2. Keep needle down
3. Pivot quilt 90°
4. Fold the corner of binding to create a square/nice mitered corner (fold along the diagonal stitching; then fold so the binding is going the same direction as the next side and is folded even with the side you just stitched the binding on.
5. Continue sewing on binding until ¼” within the end of the next corner.
6. Repeat all four corners around the quilt.

CLOSING BINDING

1. When stitching fourth side of binding onto the quilt, stop stitching ten inches from where the stitching began, leaving a very long tail.
2. Mark where the two ends meet and add 2 ½" more (width of the binding) to the length of the binding. Cut away excess.
Both ends should be butt ends, square not bias).
3. Mark a diagonal line (45° angle) from the corner of the binding.
4. Place two ends right sides together at a 90° angle.
5. Before cutting and stitching, pin in place and make sure you have your angles, and stitching line.
6. Stitch on line.
7. Trim fabric to ¼".
8. Press seam to one side.
9. Sew joined ends to quilt to complete stitching the binding on the backside.
10. Press binding out from back of quilt, then fold binding to front and press.

ATTACHING FINAL SIDE OF BINDING

1. Stitch from the front of the quilt with thread matching the binding; the bobbin thread should match the backing fabric.
2. Fold binding to the front of the quilt. Do not leave any space between the quilt and the binding as you fold it over.
3. Pinning is not needed; fold over as you sew.
(Previous pressing will help keep binding folded flat.)
4. Stitch the binding down close to the edge of the fold on the binding.
5. Move your needle left or right to adjust it so you have a nice guide using your walking foot. Sew slowly, making sure you do not stitch off the binding.
6. Right before you arrive at a corner, make a mitered corner in the binding.
7. Place a long quilt pin in the corner to hold in place as you stitch.
8. Come to the corner and pivot to start down the next side.
9. The corner can be bulky. A stiletto can be helpful. You may have to take a few backstitches to secure the corner.
10. Give binding a final pressing
11. Pat yourself on the back to have completed a quilt to be loved and give comfort!

The Mission of Quilts2Heal, Inc. is to provide comfort and healing through quilts created for those individuals and families who have suffered a loss, illness or challenge in their lives.