

Sewing School: Single Fold Binding

1. Place your binding RIGHT sides together along the edge. Pin and stretch the binding (but NOT the fabric).



2. Use a stretch stitch or serge the binding to the fabric, stretching the binding between pins. Do not stretch the fabric!



3. Turn your fabric over and press the seam allowance toward the binding.



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4. Fold the binding over to the wrong side of the fabric and press. You want the binding to be wrapped over the edge of the seam allowance. Pin to keep the binding in place.



5. Sew the binding down on the RIGHT side of the fabric 1/8" from the binding edge using a stretch stitch, zig-zag, twin needle, or cover-stitch along the edge of the binding. You can choose to sew either above or below the edge of the binding, so long as you catch the binding that was folded to the wrong side



You can, simply, zig-zag, do a standard stitch as seen in blue, stitch in the ditch or top stitch using your stretch stitch (lightening). Trim away any extra fabric on the wrong side.

