

Binding suggestions for qUilters placemats

Regular binding: (I highly recommend watching the two brief videos included on this page.)

1. Prepare strips—

- you need 2 strips wof (width of fabric) for each placemat, cut 2-1/4" or 2-1/2" wide
- Piece together at 45 degree angle,
- Fold one end at 45 angle and press Trim away excess.
- Fold fabric strip in half long ways—wrong sides together.

2. Attach the binding:

- Trim quilted placemat to 14" x 18" (or other preferred size)
- Open binding and place long side on front of quilt midway on one side, raw edges lined up, stitch using 1/4" seam allowance just an inch or so at the start of the angled fold. Stop sewing and fold the binding back in place. Move your needle to a spot 2" beyond the other end of the angled fold, and resume stitching. The gap you leave is to be able to join the other end of the binding when you work your way all around.
- Stitch through all layers until 1/4" from end of side (mark if helpful). Stop with needle down, pivot toward corner of mat and stitch off the corner.
- Fold the binding in miter to start the next corner. Pin and stitch.
- Repeat to finish all corners, stop sewing 1" or so from join edges.
- Trim end of binding with enough to hide within starting end.
- Stuff ending inside and smooth in place.
- Pin or hold this join in place and stitch through all layers to complete attaching the binding.

3. Wrap and stitch the binding

- Wrap binding to the back side, mitering corners and pinning or clipping to hold in place. It can help, when wrapping to the back, run an iron from the front, pressing the binding outward, then fold it down on the back side and continue.
- Stitch in the ditch around the whole placemat. Or—use a decorative stitch to secure the binding. Or—you can choose to hand stitch the binding down.

Suggested video instructions:

1. Binding for Beginners - https://www.youtube.com/watch?v=h9TKFsr1_Zs

Joy's opinion of this video: it has clear directions and demonstration.

My only criticism is that the demonstrator does not use the iron when the binding is turned over the quilt for the final stitching. I find ironing really helps.

And, I usually stitch the binding to the front side, and then fold it over to the back, and hand stitch it there.

2. Binding in 5 easy steps – <https://www.youtube.com/watch?v=82PN0I6kaRk>

This uses a decorative stitch at the last step (kind of like Jamie has done on her placemats).