

HOW TO MAKE CONTINUOUS BIAS STRIPS

FOR BIAS TAPE OR
BIAS QUILT BINDING



sew with
**Tara
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TaraReed.com
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Continuous Bias Tape or Binding Worksheet

CONTINUOUS BIAS BINDING IS GREAT FOR CIRCLES, CURVES OR ODD SHAPED QUILTED PROJECTS.

Bias binding will have the stretchiness needed to go around curves. Bias Binding is considered to be more durable than straight grain binding because the threads will overlap on the folded edge instead of being straight along the fold. You can use it on straight edged projects as well. If you want to make diagonal striped binding from a straight striped fabric, make a continuous bias binding.

DETERMINE THE LENGTH OF BIAS STRIPS YOU NEED

Measure the project(s) you want to add bias tape or bias binding too. Add 10-20" to the amount you need to be safe. Then use the chart or calculate the amount of bias length you will get from other size squares using the chart or equations below.

CONTINUOUS BIAS MATH

(Binding Length) x (Bias Width) = **Bias Square Inches Needed**

_____ x _____ = _____
(Binding Length) x (Bias Width) = Bias Square Inches

The square root of the Bias Sq inches = **Fabric Square Size**

_____ √ = _____
Bias Sq inches Fabric Square Size

Example:
140" long x 2½" wide = 350
√350 = 18.708
Round up to 19" or larger *
square of fabric

FABRIC SQUARE SIZE	2" Wide Bias Finished length
10" x 10"	50"
14" x 14"	98"
16" x 16"	128"
20" x 20"	200"
24" x 24"	288"
30" x 30"	450"
40" x 40"	800"

FABRIC SQUARE SIZE	2½" Wide Bias Finished length
10" x 10"	40"
15" x 15"	90"
20" x 20"	160"
25" x 25"	250"
30" x 30"	360"
35" x 35"	400"
40" x 40"	640"

Finished lengths are approximate - when in doubt, go up an inch or two & make extra

*** NOTE:** I have found that the length I get from a square is often a bit less than this calculation, but this is the math I find everywhere I search. For example, when I made 2 1/2" bias binding from a 15" square it ended up 78" long instead of 98". For this reason I cut an inch or two larger than the math tells me too. I'd rather have too much than not enough.

However if you find yourself short you can always add more bias strips - either single bias cuts or another square cut as continuous bias - to the end.

How To Make Continuous Bias Tape our Bias Binding for your Quilted Projects

Read all instructions before beginning

SUPPLIES:

Fabric Square (see chart on p. 2)
Rotary Cutter
Cutting Mat
Quilting Ruler
Fabric Scissors
Bias tape Maker Tool
Pen
Pins
Sewing Machine
Thread
([find links on my website](#))

CUT YOUR SQUARE

Cut a square of fabric on the grain (cut parallel to the selvage). Using a quilting ruler, rotary cutter and mat, cut your square diagonally - from corner to corner. This will cut the fabric on the bias. (BIAS: 45 degree angle from the selvages or cut edges of fabric.)

PIN & SEW TRIANGLES

Right Sides together (RST) - place two opposite sides of your triangles together (A and A or B and B from fig. 1). The corners should be 1/4" offset. (fig. 2)

Pin together and sew with a 1/4" seam. Press seams open.

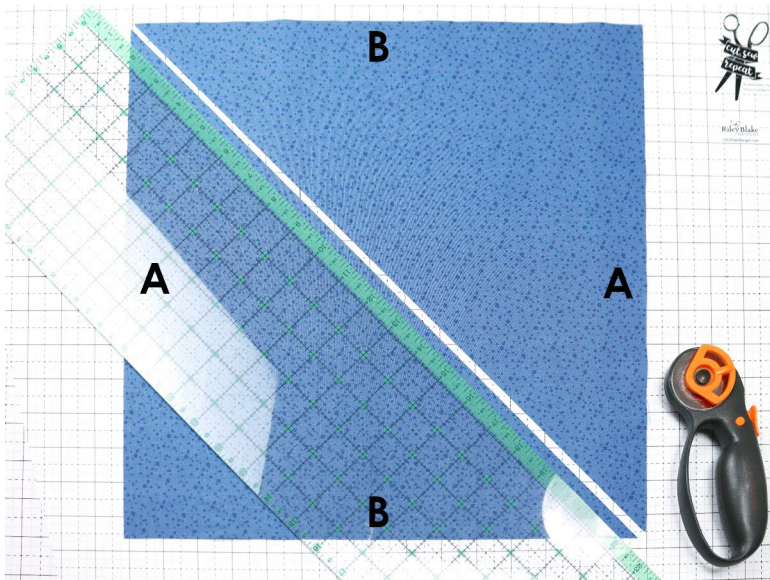


figure 1

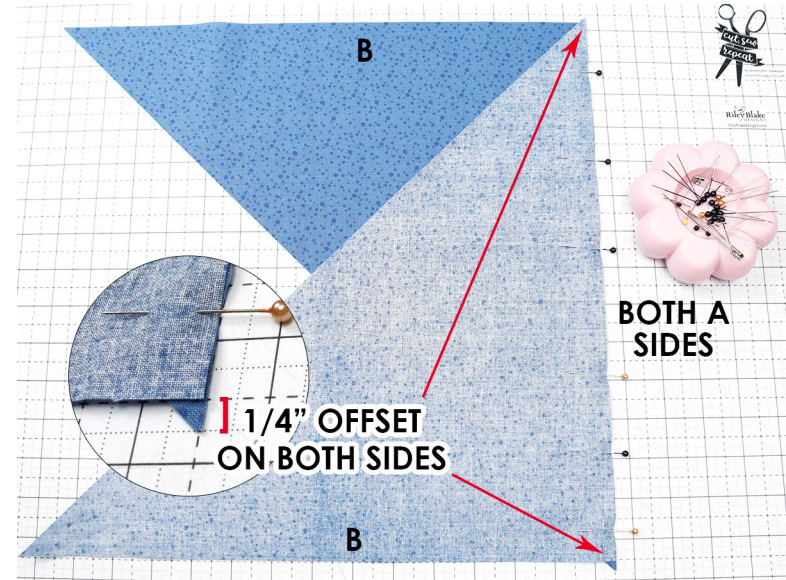


figure 2

MARK YOUR LINES

Place the fabric on your workspace, wrong side up. (fig. 3) Draw parallel lines the desired width of your bias strips, starting from the bottom long side. (fig. 4) Use a pencil or pen that will show on your fabric and not bleed through to the front. Don't use heat erasable pens (as much as I adore them!) because they will disappear when you sew and press the next seam open. I also found a chalk line disappeared too much when moving the ruler, pinning and sewing.

Cut off any excess that is less than your desired strip width from the top.

FORM AND SEW FABRIC TUBE

Flip your fabric over so the right side is up. Fold in the short ends.

Match the lines with the bottom right fabric corner lining up with the first line on the left. The rows are shifted so you will be able to cut the fabric into one continuous piece. (fig. 5)

When you pin the short ends together, you need to make sure the lines will match up after sewing a 1/4" seam. If they match perfectly on the raw edge it won't be right.

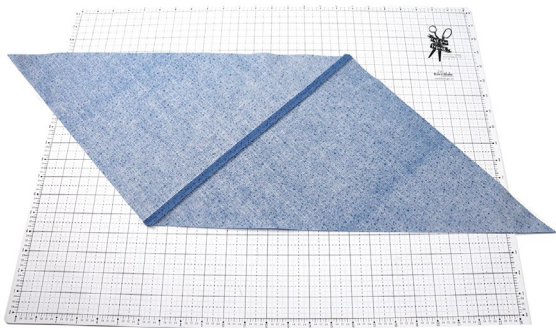


figure 3

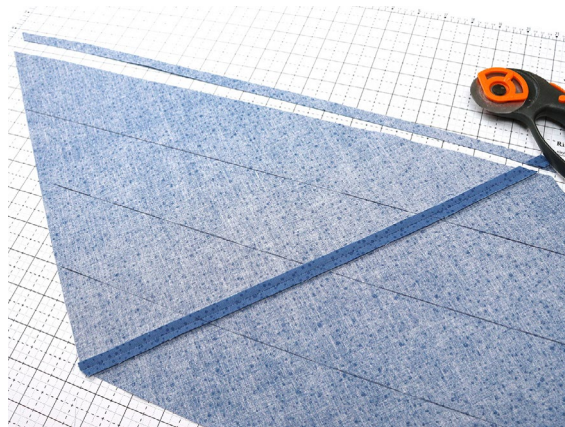


figure 4



figure 5

Here's how I get the lines set up to align after sewing:

- Put a pin straight through one line, 1/4" down from the raw edge.
- Flip your folded fabric and put the coordinating line on the pin - 1/4" down from the raw edge.
- Keep the pin in the fabric and pivot the fabric to line up the raw edges - pin together. (fig. 6)
- Doing this on the second line should have everything line up as you match the raw edges but it never hurts to double check before sewing.
- See this technique in the video starting at 4 mins 23 seconds.

Sew with a 1/4" seam and press seams open.

Using fabric scissors, cut along the line until you have one big bias strip. (It's like magic!) (fig. 7)

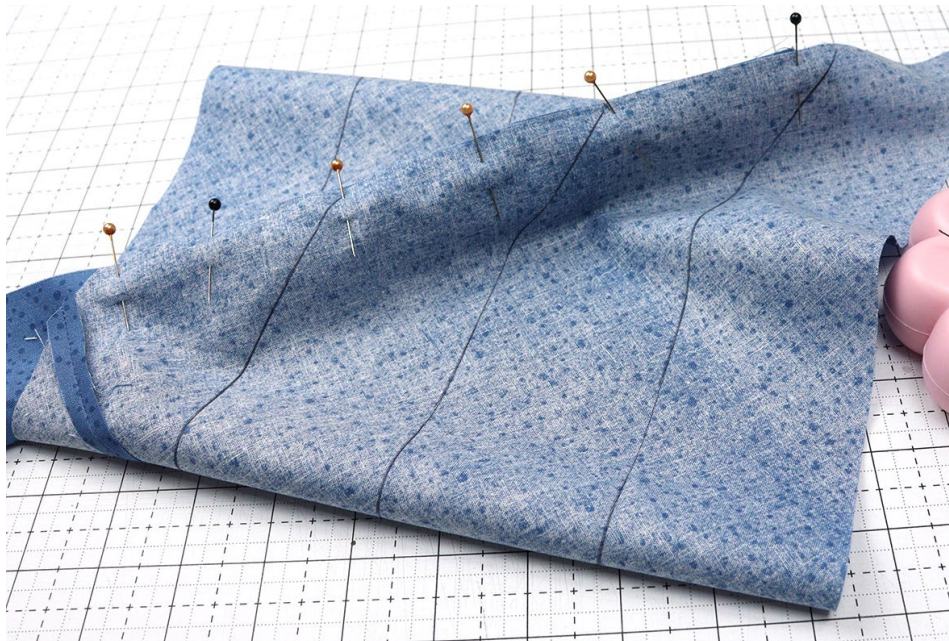


figure 6



figure 7

WATCH THE VIDEO TUTORIAL ON YOUTUBE

Now you have a bias strip of fabric that you can press into bias tape or bias quilt binding.

Make Bias Tape

With right side down, insert strip into the your bias tape maker tool to fold in the long edges. Pull the fabric through an inch or so and use your fingers to get the fold started and press. (fig. 8) Move the bias tape maker a few inches at a time and iron until you have pressed the entire length of your fabric. You now have single fold bias tape. (fig. 9)

For more crisp fold lines and structured bias tape, spray the bias strip with ironing spray or spray starch before threading it through the bias tape maker.

If you want double fold bias tape to use as binding on clothing, bags or other smaller items, fold in half and press.



figure 8



figure 9

Make Bias Quilt Binding

To turn your bias strips into bias quilt binding, simply fold in half, matching the raw edges, and press. (fig. 10)

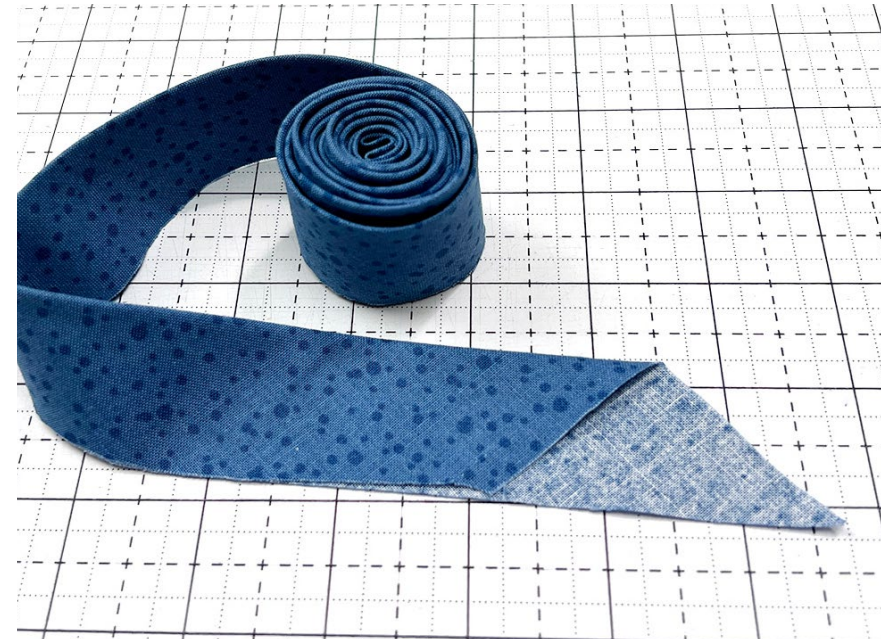


figure 10

OTHER BINDING RELATED TOPICS ON MY WEBSITE:

[How to Calculate Straight Edge Binding >](#)

[The Secret to Matching Quilt Binding >](#)

In case we haven't met before...

Hi! I'm Tara Reed and I've been creating art and design professionally since 2000.

Back in 7th grade (in the 80s!!) I learned to sew when my friend's mom taught us to make wrap-around skirts. From there we moved onto Bermuda Bag covers - button holes were a lot harder back then!

I design fabric for Riley Blake Designs and love everything about it. From creating the coordinating prints in repeat to seeing how YOU the end-user decides to take the fabrics and make something amazing.

If you are a Cricut, Silhouette or Scan 'N Cut creative as well as sewist or quilter I also design themed bundles for you too! Be sure to check out my online shops below.



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Thank you for allowing me to be a part of your creative life!

Tara Reed

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