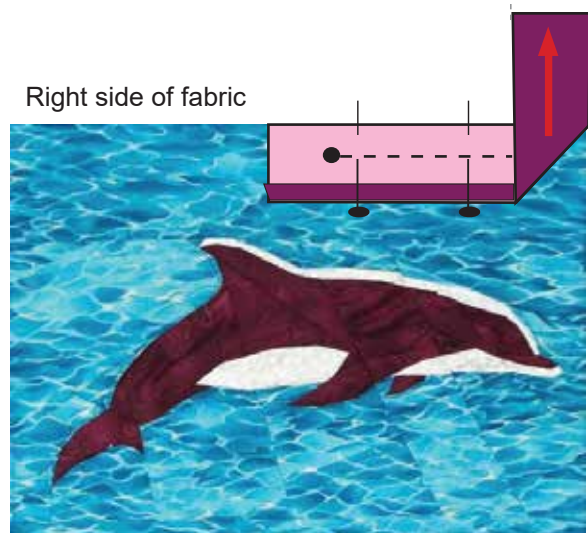
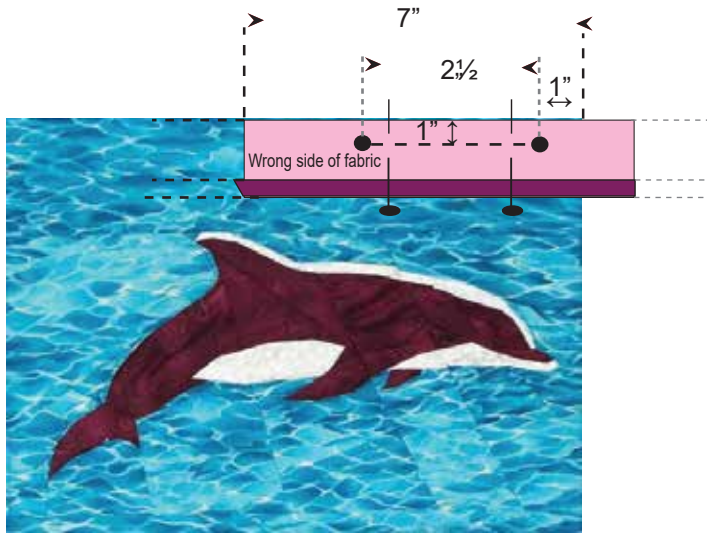
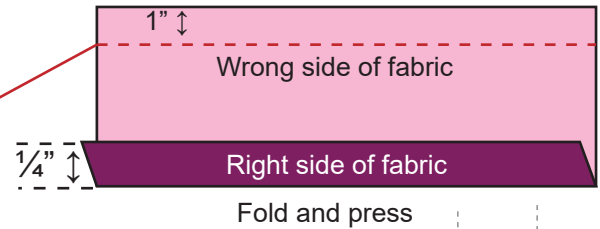


French binding instructions

This binding technique can be used for any projects.

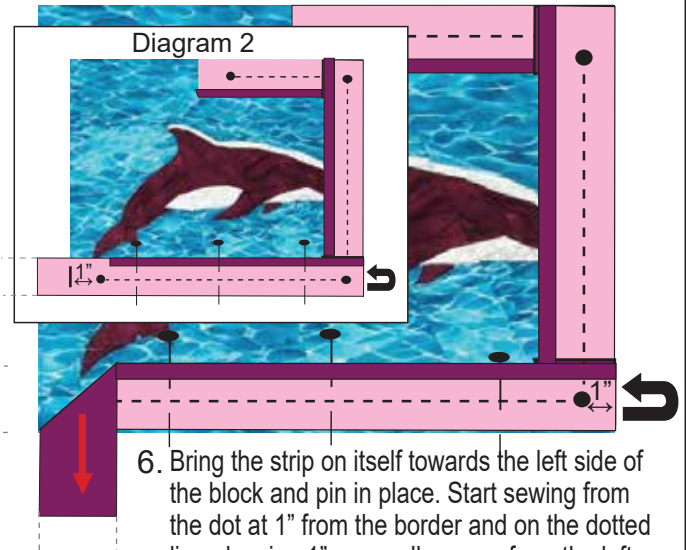
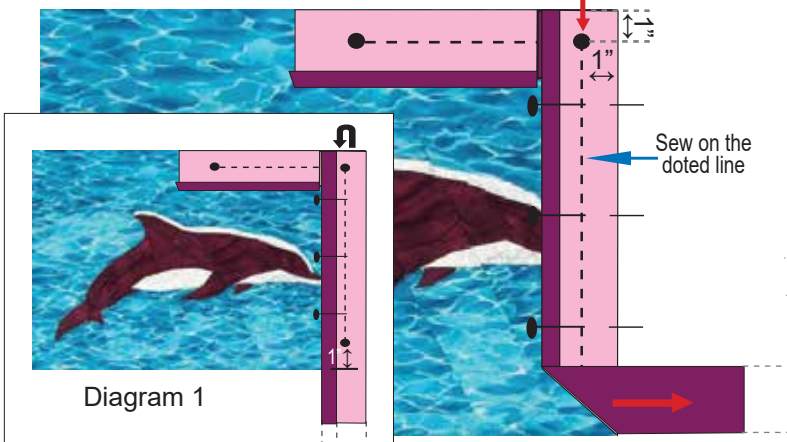
1. Cut 1 strips 4" x 45" long for small project and 2 strips sewn together for bigger project like placemats. Fold $\frac{1}{4}$ " and press the bottom part of the strip. Trace a line at 1" from the top with a white chalk or a pen on the wrong side. This line will be used as the sewing line.



2. Place the binding strip at least 7" from the right side of the block and pin in place. Sew from one dot to the other ($2\frac{1}{2}$ ") as shown here, stopping 1" from the edge.

3. Lift the tail end of the strip as shown here. See red arrow.

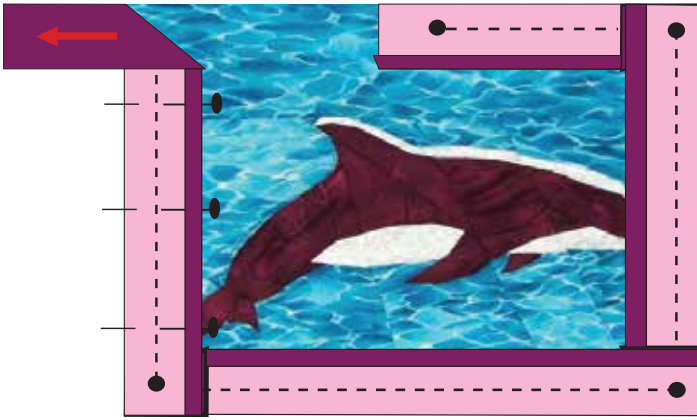
Sew at $\frac{1}{2}$ " from the border



4. Bring the strip back down on itself and pin in place. Start sewing from the dot at 1" from the border and on the dotted line, leaving 1" seam allowance from the bottom as shown on diagram 1.
5. Lift the tail end of the strip on the lower right side corner. See red arrow.

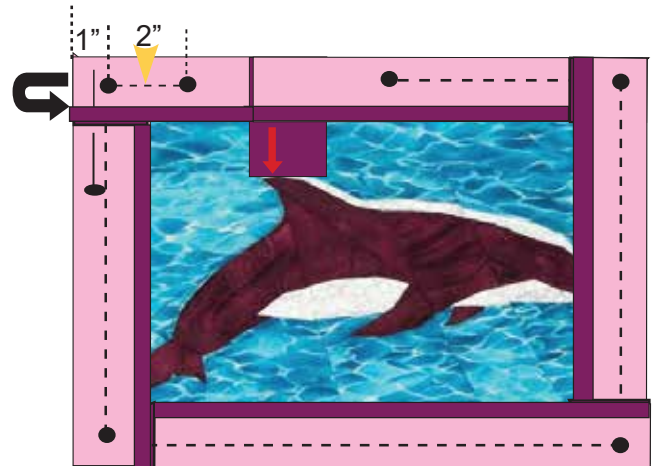
6. Bring the strip on itself towards the left side of the block and pin in place. Start sewing from the dot at 1" from the border and on the dotted line, leaving 1" seam allowance from the left border, as shown on diagram 2.
7. Bring down the tail end of the strip on the lower left corner. See red arrow.

French binding instructions (cont'd)



8. Bring the strip back on itself and pin in place. Start sewing from the dot at 1" from the bottom and on the dotted line, leaving 1" seam allowance at the top.

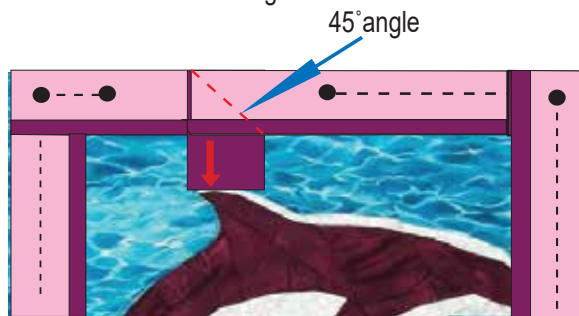
9. Lift the tail end of the strip on the upper left corner. See red arrow.



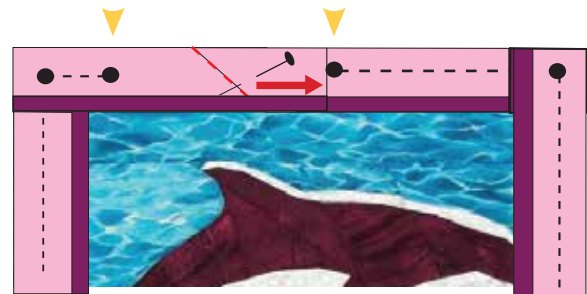
10. Bring the strip on itself towards the right side of the block and pin in place. Sew between the 2 dots, about 2" on the top left corner. See yellow arrow. Note, the length between the 2 dots will depend on the size of your project. For larger block, it could be a lot longer.

11. Fold down the left strip, as illustrated by the red arrow. Place the strip from the right side on top of the left one and pin in place. Press.

Press the binding



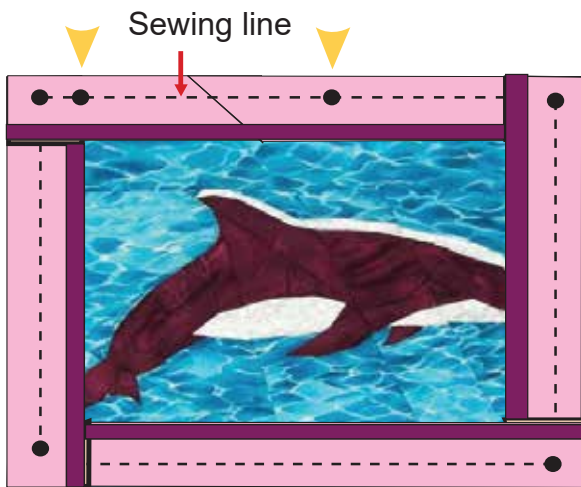
12. Trace a line at 45° angle. See red dotted line. Press the binding. In pressing the binding, it will mark the fabric. This mark indicates where to sew.



13. Lift the unsewn tab and fold towards the right side of the block. See red arrow. Pin only the binding in place. Do not pin with the block.

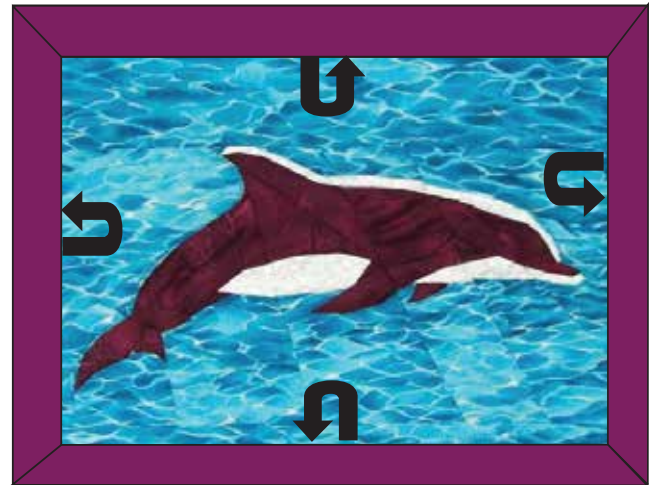
14. Pull up the fabric, separating the block from the binding. There is enough space between the two yellow arrows to sew where the fabric was marked on the red dotted line.

French binding instructions (cont'd)

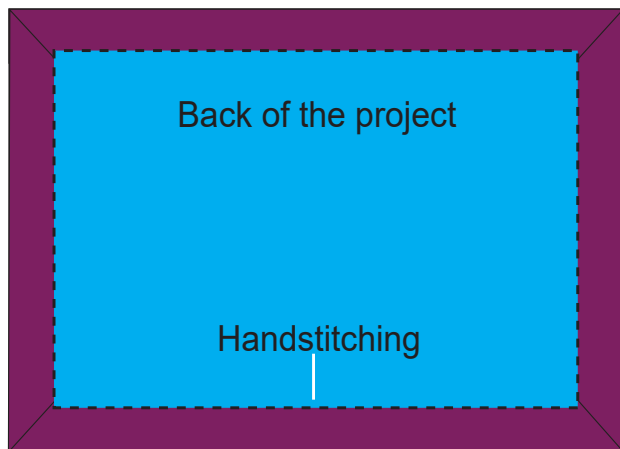


15. Sew the last stretch between the yellow dots. See sewing line.

16. Trim excess bating and fabric from the backing.



17. Unfold the binding and press.



18. Turn the project, wrong side up and fold the binding. Press and handstitch the back.



Completed block