

# How to Make a Self-Bound Quilt

with *Teresa Coates* for Sew Together Tuesday

What you need:

- Cotton, pieced quilt top (or panel)
- Batting larger than finished top (at least 3 inches on all sides)
- Cuddle backing larger than finished top (at least 6 inches on all sides)
- Polyester thread
- Stretch 90/14 machine needle
- Wonder Clips
- Flower Head Pins
- Stiletto
- Walking foot, digital dual feed or IDT

## 1 Let's do some math

Finished cotton quilt top: W: \_\_\_\_\_ x L: \_\_\_\_\_

Batting: W: \_\_\_\_\_ x L: \_\_\_\_\_

Cuddle® backing W: \_\_\_\_\_ x L: \_\_\_\_\_

Desired width of binding:     A     x 2 =     B    

## 2 Make your markings

With a water-soluble or heat erasable pen, mark around the quilt perimeter where you want your binding to land on the quilt design.

Mark a second line on batting,     A     from the first line.

Mark a third line at the     B     from the first line.

## 3 Cut off the batting

Cut along second line to create a border of batting. Be extra careful to not cut into your backing since it will be used to bind with.

This will be the finished size of your quilt.

## 4 Trim the backing

Cut along third line, on backing, to create a binding edge. Use a rotary cutter for Cuddle® 3 or Luxe Cuddle®. You can use the OLFA SAC-1 blade for Luxe Cuddle® to give it a soft edge.

## 5 Make a template

Using the graphic on next page, create a template for your mitered corners. For best results, use a light cardboard or template plastic.

Place template tight into each corner of backing fabric and trace along hypotenuse (long line) to transfer the sewing line.

## 6 Sew seam to miter

Fold up with right sides together and raw edges at top.  
Pin on either side of the sewing line created in step 5.  
Use a 3.0 or 3.5mm straight stitch.  
Backstitch at both start and stop.  
Trim seam allowance to less than 1/2".

## 7 Pin down binding

Gently fold over binding along batting edge and pin in position using the double pinning method recommended for Cuddle®. You can use Wonder Tape to hold in position, then pin, if desired.

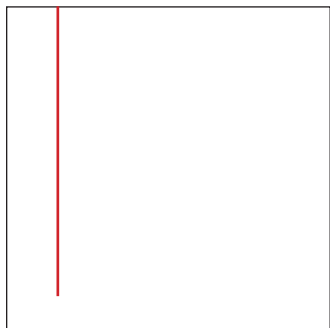
Pins will hold better than Wonder Clips, but you can combine them.

## 8 Sew all the way around

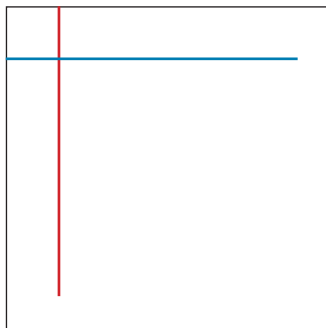
Start at a corner and start stitching the binding down through all layers. For Cuddle® 3 bindings, I like a serpentine stitch set to be extra long and wide (4mm, 2mm on my BabyLock). On Luxe Cuddle® bindings, I recommend using a wide and long zig zag (try 4mm wide, 4mm long to start). Practice on scrap first.

# How to Make a Mitered Corner Template

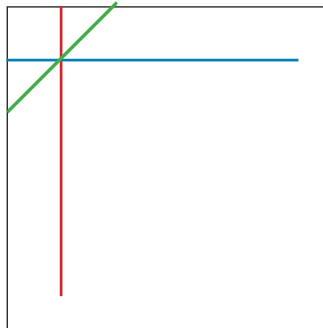
Draw a line **A** from the vertical raw edge.



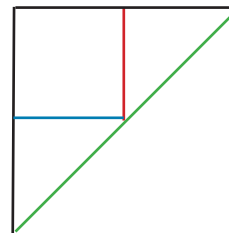
Draw a line **A** from the horizontal raw edge.



Draw a 45° line, intersects with the other two lines.



Trim along this line to create a triangle template.



Questions? Email me at [teresacoates@mac.com](mailto:teresacoates@mac.com)

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