

The logo for Sunday Girl Designs features the brand name in a cursive script. The text is white and is set against a light pink, hand-drawn style brushstroke background that resembles a stylized 'S' or a cloud.

Sunday Girl  
Designs

## Bias Tape Binding

When finishing off necklines and armholes, sometimes it's best to use a more narrow bias tape than what can be easily found commercially. Sometimes you might want to use a patterned tape that matches your project instead of the boring bias tape that you find in the store.

This tutorial will show you how to make handmade bias tape that is just the right width for your project and you can make it with less than a fat quarter of fabric. You can cut just the pieces you need, no need to make a whole roll of bias tape. I will also show you how you can use store-bought 1/4" double wide bias tape to get the same result.

First I will show you how to cut and use a tri-fold bias strip to bind the neckline and armhole edges of a garment. Using this method will result in a more narrow bias tape which is sometimes beneficial to creating a smooth finish, especially on armholes and small projects.

Cut a square piece of fabric. Make sure you cut on the straight and cross grains and make sure it is straight and even.

I used an 18" square piece. This size square will yield a strip that is approximately 25" long. If you need a strip that is longer than that then you will need to start with a bigger square or sew smaller strips together.

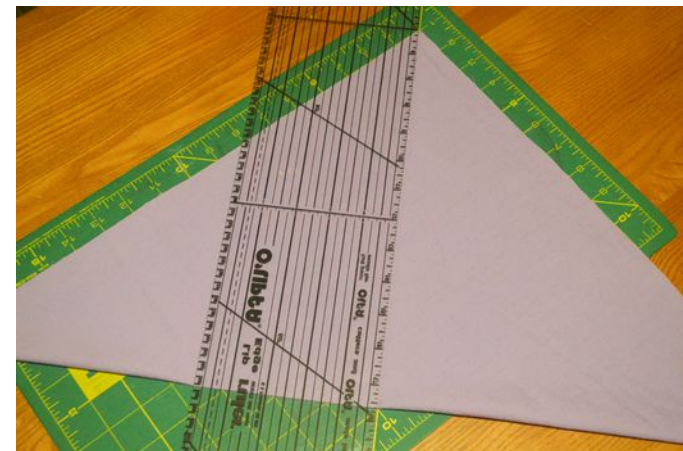
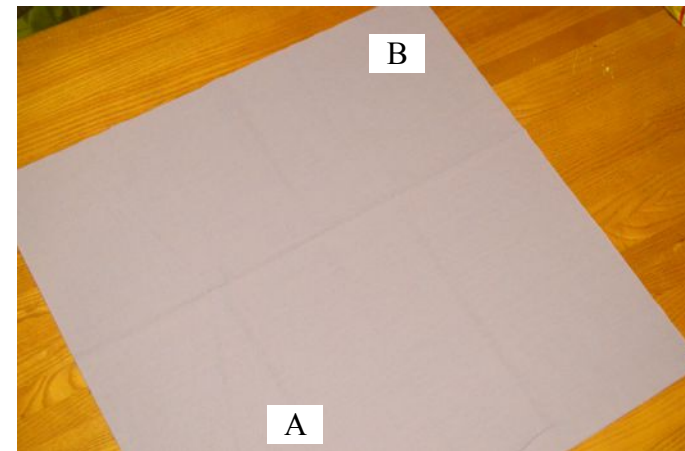
Fold the piece in half diagonally (A to B), just to make it easier to cut.

Place it on the cutting mat lining it up to make sure it is square. Place your ruler on the diagonal markings on the mat.

Make a cut along the diagonal line on the cutting mat at a 45 degree angle.

If you don't have a cutting mat, then leave the piece open. Use a ruler to connect diagonal corners and draw a line.

Cut on this line.



For this tutorial I am making  $\frac{3}{4}$ " wide tri-fold bias tape, which will give you a  $\frac{1}{4}$ " finished taped edge.

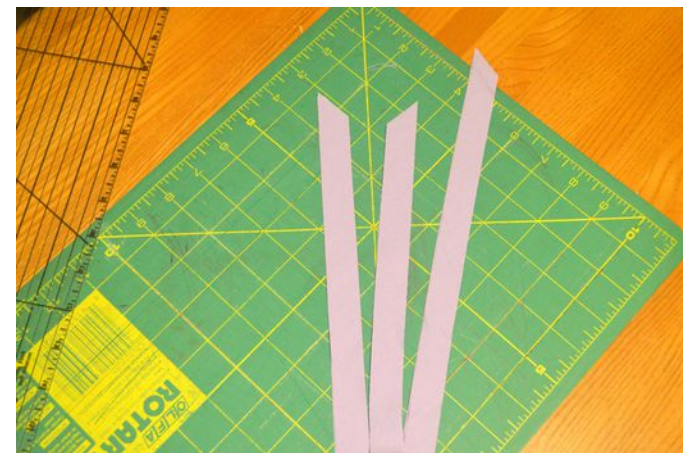
Use your ruler to mark off  $\frac{3}{4}$ " wide strips.

Cut the strips.



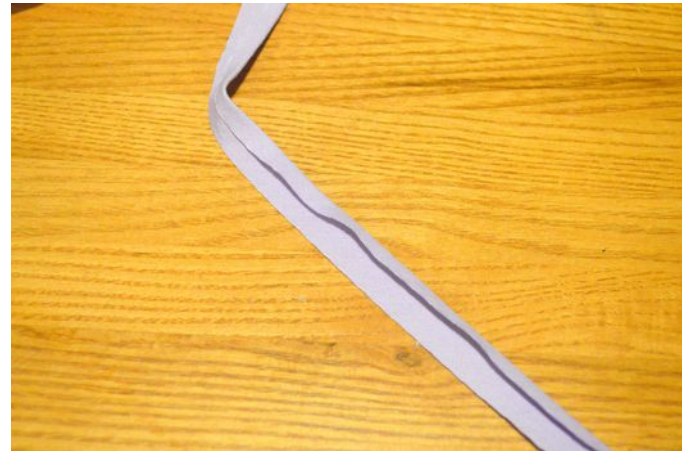
You will need a strip for the neckline and 1 for each armhole.

The center strip is the longest so it should be used for the neckline.



Press under 1/4" on each of your strips.

You can press the other edge as well, but it isn't necessary.



You can attach the tape to your garment so that it is completely inside the garment or you can attach it so that it shows on the outside. Having it show on the outside is a nice touch, but you may not want to consider it if you have a collar.

Start by stitching a line along the neckline at the desired width. For this project, mine is at 1/2" from the raw edge.

To have your tape completely on the inside: open the fold on the bias strip and place the fold, with right sides together, directly on the stitch line along the neckline.

Pin in place.

To have your tape show on the outside, pin the right side of the bias strip to the wrong side of the garment. (not shown)

**Please note:** depending on whether your neckline has an opening or not will determine how you finish the ends. If there is no opening then you will have to join the ends together. This project has a back slit opening, so I left about 3/4" tail on each end to fold under.

Stitch around the neckline right in the fold of the bias tape.



Trim excess seam allowance even with the bias strip.



You might also want to remove a little extra on the thicker parts like seams and the finished edges of the garment.



Press tape toward the inside (or outside if you are using a tape that will show).



Fold the tails in then fold tape over seam allowance, folding the raw edge under 1/4" and pin to the garment. Adjust the tape so that the width is consistent.



Stitch tape in place.

Press well.



For armholes with tape that is completely inside, do not sew the side seam yet.

Use the same steps for attaching bias tape to armholes, pin with right sides together.

Cut tape even with side edges.

Stitch in place on the fold of the bias.





To finish armholes and sides, press the armhole tape and seam allowance upwards then pin the sides together. Stitch side seam. Stitch side seam.



Fold bias as you did on the neckline, pin in place. Stitch around armhole. Press well.



For armholes with tape that will show, pin and stitch side seam first.

Then pin the right side of the tape on the wrong side of the garment around the armhole.

The fold of the tape goes directly on the stitch line.

Leave enough on each end of the bias to join it together at the underarm seam.

Mark where to join/stitch the ends of the bias. Remove a few of the pins so that you can stitch the ends of the bias. Then re-pin.

Stitch tape in place keeping stitch line in the fold.

Fold bias tape as you did on the neckline, pin in place.

Stitch around the armhole. Press well.

#### Examples of both armhole finishes



You can use this method with store-bought 1/4" double fold bias tape.

Simply open the bias tape and trim off 1/4" from the long edge, which will be on an outside fold line.

What remains is 3/4" wide bias tape to use in the steps above.

If you would like to know how to make your own continuous loop bias to use for projects requiring long lengths of bias tape or piping, please see my blogpost <http://sundaygirldesigns.blogspot.com/2014/03/diy-continuous-loop-bias-strip.html> for the instructions.



This concludes my tutorial.  
I hope you enjoyed making it.

Please visit my shop at <http://SundayGirlDesigns.etsy.com> for more tutorials, hope to see you there!

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