

## Bias Strips – Single and Continuous

Bias is a diagonal line of direction across a woven fabric. True bias is the direction on woven fabric that has the greatest amount of stretch. Because of this stretch, bias-cut strips are often used for bindings, tubing, and covering for cording. Bias strips can be made from fashion fabric or purchased as bias binding in a variety of colors and widths. Strips may be cut single or sew and cut continuous.

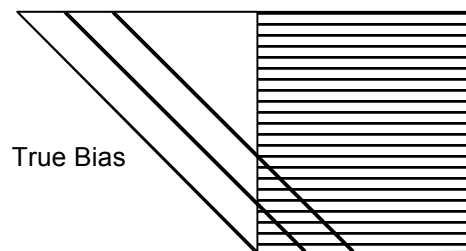


Figure 1

To cut single bias strips from fashion fabric, follow these steps:

- Locate the true bias by folding one end of the fabric so that the lengthwise yarns are lined up with the crosswise yarns; the diagonal fold line is the true bias.
- Cut the fabric along the diagonal fold.
- Draw lines parallel to the diagonal cut edge the desired width of the bias strip.
- Cut along drawn lines. (Figure 1)

To join single cut bias strips or when using pre-cut purchased bias strips, follow these steps:

- Square off the ends of the bias strip at a 90 degree angle with the bias edge. Both cut edges will be on the bias. (Figure 2)
- To join the bias strips for a longer strip, place right sides together with one strip at a 90 degree angle to the other. Match corner to corner.
- Draw the stitching line diagonally from corner to corner as illustrated. The stitching line will follow the straight grain. (Figure 3)
- Sew on the drawn line.
- Trim fabric corners  $\frac{1}{4}$ -inch away from stitching line. (Figure 4)

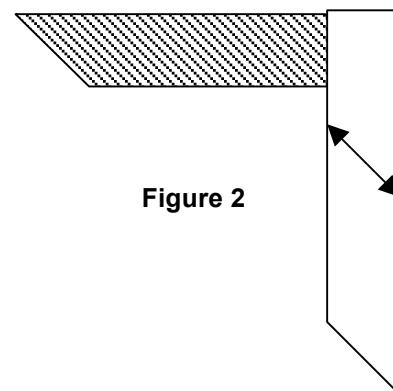


Figure 2

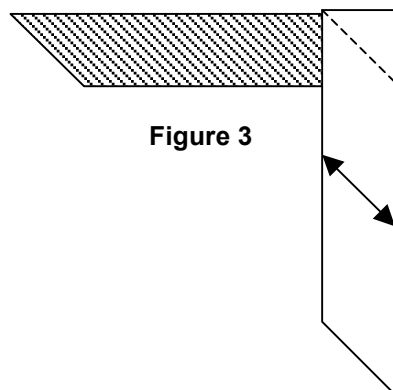


Figure 3

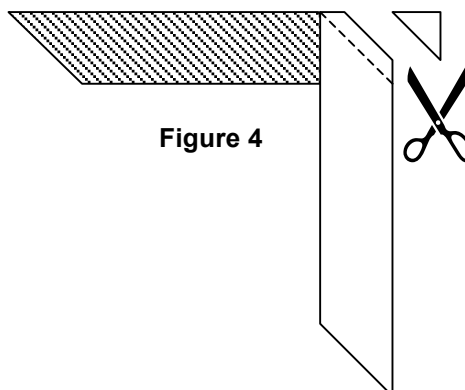


Figure 4

- Press seam open. (Figure 5)

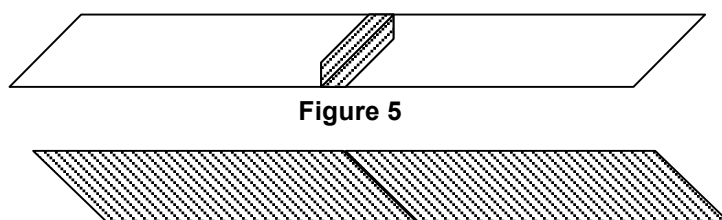


Figure 5

Joining bias strips for binding can be done before strips are cut, saving time over joining individual cut strips. For continuous bias strips, select a fabric for your bias or binding and start by cutting a square of the fabric. A 22½-inch square will yield about six yards of 2¼-inch-wide bias strips. Cut the square once on the diagonal from one corner to the opposite corner. (Figure 6) You will now have two triangles.

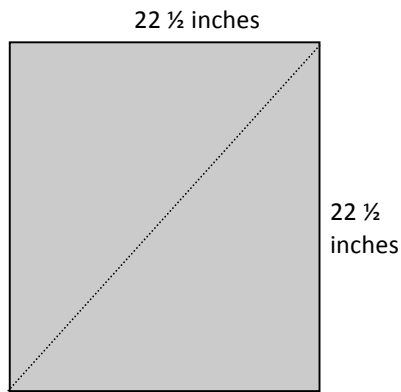


Figure 6

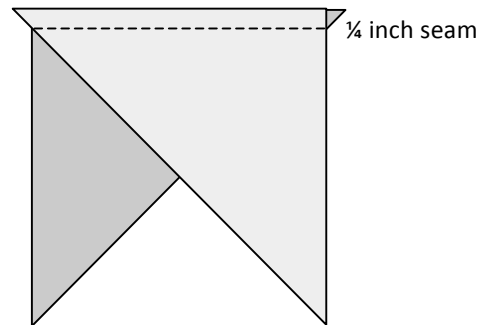


Figure 7

With right sides together and matching lengthwise grain edges, sew the two triangles together with a ¼-inch seam allowance as illustrated in Figure 7. Press seam open.

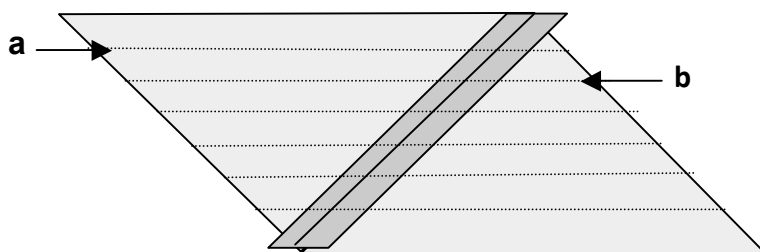


Figure 8

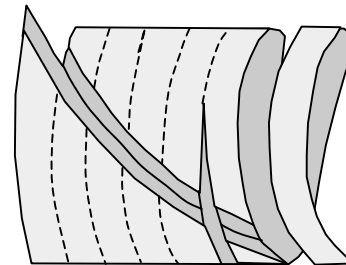


Figure 9

Mark lines every 2¼ inches on the wrong side of the fabric as shown in Figure 8. With right sides together, bring short ends together, matching point **a** to point **b**. These points are ¼ inch from the cut edge on the marked lines. Sew edges together using a ¼-inch seam allowance. This creates an offset tube that will enable you to cut one continuous bias strip. Begin cutting, following marked lines. (Figure 9)

**Estimating the amount of bias you can cut from a square:**

Width of square X length of square = area of the square  
 Area of the square / width of the bias strip = length of the continuous bias strip

**Estimating the size of the square, given the length of bias needed:**

Length of bias strip X width of the bias strip = area of the strip  
 Square root of the area of the strip = size of the square

Marjorie M. Baker, M.S.  
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