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.

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 ¼-inch away from stitching line. (Figure 4)
• Press seam open. (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](image_url)

![Figure 7](image_url)

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](image_url)

![Figure 9](image_url)

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

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