



Quilt Therapy



PATTERN SHOP

BASIC QUILT FINISHING



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BASIC QUILT FINISHING

This pattern contains instructions on how to add basic square corner and mitred corner borders to a quilt top, how to sandwich a quilt ready for quilting and how to finish with a basic method of binding after the quilting is done

PLEASE NOTE !

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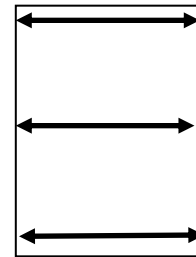
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This pattern contains instructions on how to add basic square corner and mitred corner borders to a quilt top, how to sandwich a quilt ready for quilting and how to finish with a basic method of binding after the quilting is done.

Basic Borders:

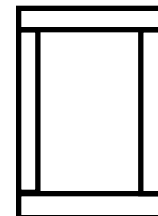
1. For a good flat finish on a quilt it is best to cut outer borders the length direction of the fabric, as it is more stable and will help prevent fluted edges. This allows you to then use the remainder of the fabric in the body of the quilt. However if only the border is required, or it is more economical to cut across the width of fabric to join,  decide if a mitred join will blend better in your chosen fabric — often it does, or see if a join in a certain position will be best, then and allow for this if extra fabric is needed. Borders cut across the width need to be measured flat and carefully to avoid stretching and fluting.

2. Check your quilt is even through three measurements : both edges and the centre — for correct cutting of border fabrics - use the average amount if only slight variation, if a larger amount—best to recheck the quilt top construction and adjust. Both directions of the quilt are measured in this way.

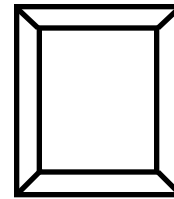


3. There are two basic border finishes, a square corner and a mitred corner.

- a. For **square corners**, decide on which edge to attach first - this could be governed by fabric lengths available. Cut two borders the same measurement as the quilt by width of border you have chosen. Attach to each side of the quilt, by pin marking quarters both edges. Press the seams out to the border, then re-measure for next borders (this will include the first borders). Continue adding borders in the same order as the first for a balanced look.

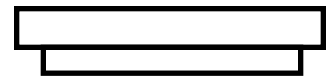


- b. A **mitred border** requires more fabric in length than a square corner as the border must reach the outer corner on all edges.



If you are adding more than one border it is more accurate to sew each of the layers for the borders together to form one band before adding these to the quilt.

Sew carefully -pin mark edges in quarters to prevent stretching of the border fabrics. The fabric ends can stagger as each border is added as these will be cut off at 45 degree angle. You may find it helps eliminate bulk on the mitred corner if you press the seams joining all the borders open.



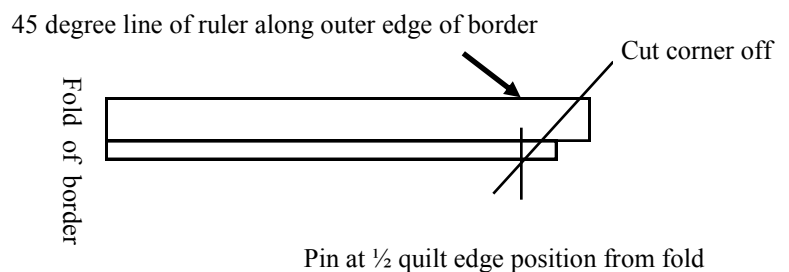
4. To cut your border length, measure the quilt edge in one direction (in three places as for a square corner method) from raw edge to raw edge then add twice the cut width of the border (this would be the total width if pre-joining borders) plus $\frac{1}{2}$ " for ease and to allow for seams.

For example for a $72\frac{1}{2}$ " quilt edge and a border cut $6\frac{1}{2}$ " the border length would be cut $72\frac{1}{2}" + 6\frac{1}{2}" + 6\frac{1}{2}" + \frac{1}{2}" = 86"$ long.

5. Measure the same way for the length of border required for the other direction. If your quilt is square all 4 sides will be the same.
6. If you have a pattern you are matching at the mitred corners, you may need to measure back from the design to the centre and join if necessary to give you a balance of design at the corner of the quilt.

PRE CUT YOUR MITRE CORNER:

1. After you have measured and cut all border lengths I then cut the 45 degree angle before attaching the borders to the quilt. For me this eliminates the bulk of the quilt and awkward handling that some methods use.
2. Fold a border in half lengthwise so you can cut ends at the same time. Check for any pattern matching and pin together to hold in place, or if you have joined several borders pin in the seam to keep them level when cutting.



3. Along the edge that will attach to the quilt, I place a pin at the position that is half the quilt raw edge measurement from the fold (centre of border).
(e.g. Half quilt edge of $72\frac{1}{2}$ " = $36\frac{1}{4}$ " - place a pin on the edge $36\frac{1}{4}$ " from the fold).
4. Have the end to be trimmed on the right if you are right handed and to the left if you are left handed.
5. Take a ruler and place the 45 degree line along the **outer border edge**, and the cutting edge of the ruler so it passes through the pin marked position on the inner edge (see diagram on previous page).
6. Cut the end at this 45 degree angle away to the longer outer edge.

TO ATTATCH THE BORDERS:

1. On the wrong side of your quilt top, mark a dot on the $\frac{1}{4}$ " seam position in each corner.
2. Pin mark your border and your quilt edge in quarters or even amounts for matching.
3. When attaching, pin the corner of the mitre on the border to the ends of the quilt.
4. Match up other pin positions. Using a lock off stitch to start and finish, start and finish sewing at the dot in the corners on the quilt side—this leaves the corner seam allowance free.
5. Pin each border out of the way while attaching the next border. Sew all borders on using $\frac{1}{4}$ " seam.

TO SEW THE MITRE CORNER

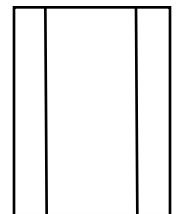
CHANGE TO STANDARD MACHINE FOOT.

1. Fold the corner of your quilt so you can lay the borders together—I suggest you pin the outer point and multiply border seams together to hold.
2. Place under the machine with your needle into the last stitch where borders were sewn on.
3. Check where the raw edge is on your machine (more than $\frac{1}{4}$ " width) - Start with a lock off stitch and sew an even width out to the corner & lock off. Press this seam open carefully.
4. Press border seams away from the quilt.

Your quilt is now ready to sandwich and quilt in your favourite method.

To Finish Your Quilt :

1. Using the total measurement of the quilt top, chose a fabric for the back of the quilt - it is suggested that a fabric of the same quality as on the front is best as the quilt will wear at the same rate, and this often gives a reverse side to use .
2. For larger quilts the backing fabric will possibly need to be joined, however there are many wide backing fabrics now available (preferred by commercial quilters) .
For single quilts two lengths of fabric will cover the back, and the best way to join it is by cutting one length of fabric in half and sew to both sides of the other full length of fabric. If necessary match the pattern of the fabric.
3. Alternatively join several pieces together in any way that appeals to you Thereby creating a second patched quilt—this can be considered as "back art". If you are sending out to be quilted please use $\frac{1}{2}$ " seams to join the back and press seams open - this helps to keep things straighter for the quilter. Seams across the quilt are also easier for the commercial quilter.
4. The backing and batting should both be cut larger than the quilt top by approx 4cm ($1\frac{1}{2}$ ") on all sides. If having commercially quilted allow 4" (10cm) extra on all sides.



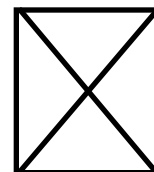
Quilt Therapy General Instructions

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5. Select a batting (wadding) to suit the project - consider how it will be washed, if it will be hand or machine quilted or tied, if it is for a wall or warmth on a bed. Some of the battings require pre-washing for maximum effect, so check manufacturers instructions carefully.
Try different styles to establish which you prefer.
Hobbs Thermore is wonderful for hand quilting and I like matilda's Own 100% Cotton (for flat finish in quilt) or 60/40 Wool/Poly for machine work— (has better loft).

6. Lay the backing fabric right side down onto a table and tape or clip firmly (not stretching) into place or use a basting frame. Lay the batting on top of this fabric, then the quilt top on top of the batting with right side up. This forms the quilt 'sandwich'.

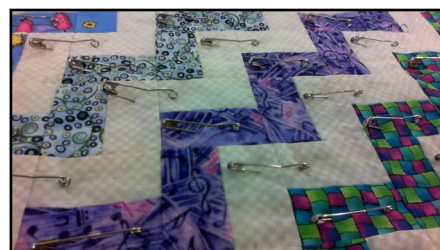
7. It is best to check the quilt is laying squarely.
Measure across the diagonal of the quilt in both directions—they should be the same measurement as each other for all quilts.
Once a quilt is laying flat avoid "smoothing" the fabric out toward edges as you are pinning/ tacking as this can distort the quilt.



8. If hand quilting the layers need to be held together by large tacking stitches, and these are worked in all different directions across the quilt, radiating out from centre, or simply in a grid both ways across the quilt. The tacking needs to be less than a fist apart to hold the layers securely while hand quilting. (I have highlighted my tacking stitches in the photo)
Tacking allows a quilt frame to be used.



9. If machine quilting, the layers are held together with safety pins - the best sort are the fine ones (1½" max—larger ones leave a hole in the fabric) gold will not rust if left in the quilt for some time, however the more common stainless pins are fine, and are available in curved styles. The pins are worked also from the centre out in all directions, and are about a fist apart. It is advisable to think about the quilting design as this could depend on where the pins are best placed.



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10. When tying a quilt there is no need to tack or pin, rather the tying can be done straight away. Choose tying positions that suits the quilt top and fabric used.

Best if not too sparsely placed- remember this is what holds the quilt together.

Tying needs to use a thread that will hold a knot—I have used 6 strands of embroidery cotton on a denim quilt (see photo). I leave ends of $\frac{1}{2}$ " when trimming.



11. When the basting/pinning is completed the tape can be removed.
12. It is easier to handle the quilt if you roll the backing fabric to cover the batting & pin it to the front.
13. There are many products now on the market to simplify the layer stage—iron on wadding, spray glue to adhere the wadding to both backing and quilt top. There are guidelines for care when using some of these products. I personally prefer the more natural product methods, however these may suit your next project—you need to do your own research on these.

You are now ready for quilting. Quilt your quilt.

Rod Pocket & Label:

1. If a quilt is to be hung, it is best to make a rod pocket and attach at the same time as the binding.
2. Cut a length of fabric $6\frac{1}{2}$ " -8" wide by the width at the top of the quilt. Fold a double hem of $\frac{1}{2}$ " on both short ends. Fold in half lengthwise and press.
3. Matching all raw edges pin the rod pocket to the top of the quilt on the back. Attach the binding and this will enclose cover all raw edges.
4. When the binding is complete, fold the top layer of the rod pocket up to almost cover the binding and press a new fold at the bottom. Now hand catch the new fold edge to the back of the quilt using an applique or ladder stitch. This adjustment allows for the thickness of a rod so the quilt will hang straight.
5. I often use a flat finger joint timber rod with a metal "eyelet" screwed into each end (diagram 2) I hang my quilts on picture hooks into the eye.
6. Prepare a label (stitch, print, or embroider). Turn under the top and one side and catch by hand to a lower corner of the quilt so that the remaining two edges can be caught in with the binding.

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Binding with Folded Mitred corners.

1. Cut sufficient strips $2\frac{1}{2}$ " wide to go around the quilt edge with at least 6"- 8" extra for joining and mitred corners. This gives a binding width of $\frac{3}{8}$ ". (For a binding $\frac{1}{2}$ " wide, cut strip 3" and sew on using $\frac{1}{2}$ " seam allowance).
2. Join strips together in a bias join (see diagram 3).
3. Start by folding the trim in half lengthwise, wrong sides together and pressing.
4. Place on top of quilt with all raw edges together, start sewing about 3" in from one corner leaving a 6" tail not sewn - sew with $\frac{3}{8}$ " seam allowance. I suggest test a seam of about 2" take out from machine & fold to check width is accurate. It should fold over and just cover the stitching. Adjust needle position to correct if needed.
5. Stop stitching about 2" from the corner, fold the binding at 45 degrees (see diagram 4) and finger press to give a crease at the quilt corner, then stop stitching at the crease, lock off stitching or pivot and stitch diagonally out to the corner along the crease. Remove quilt from machine.
6. Fold the binding over the stitched edge so binding is at a right angle to itself and all raw edges form a straight line (same as in step 5).
7. Now fold binding down the next quilt edge to be stitched, so the raw edges are on the quilt edge and the top fold is level with top quilt edge and binding fold edges are level (diagram 5).
8. Starts sewing from the fold edge using same size seam allowance as step 1 (diagram 5).
9. Apply a even slight tension to the binding as you sew it on to prevent a stretching of the quilt edge—too much will cause it to gather (you may prefer to actually measure and pin). Stitch around all sides in this fashion until within 6" - 8" of starting point.
10. Join the two tails (see extra note sheet), then complete the stitching.
11. Fold the binding to the back of the quilt and secure by hand using a ladder Stitch.

For a machine finished binding you may like to try sewing the binding to the back, fold over to front and edge stitch the binding in place with a straight or decorative stitch.

How to Join a binding Jan's way.

1. Place a pin on the quilt edge with head of pin out from edge.
2. Work with body of quilt nearest to you.
3. Lay one end of the binding (Left-LHS) along the quilt and place a pin on both raw edges of the binding at the same position as the pin on the quilt—heads of pins out from binding.
4. Repeat for other end of binding (Right—RHS).
5. Take the left hand binding, open out with right side up and end turned away from the quilt.
6. Take the right hand binding end and whilst still folded lay across the left end with right sides of the fabric together so that the fold of RHS lays along pins of the LHS with end also away from quilt (diagram 6).
7. Now check that the pins on the Right side are lined up with the fold of the left side—adjust if necessary.
8. When in place pin the bindings together, opening out right side matching pins to fold.
9. Bring the pins on LHS to the top of the work and sew across the diagonal keeping the tails on the same side of the seam. (diagram7).
10. Remove pins and check the binding will fit the edge of the quilt—trim off excess from the join and complete sewing the binding to the quilt.

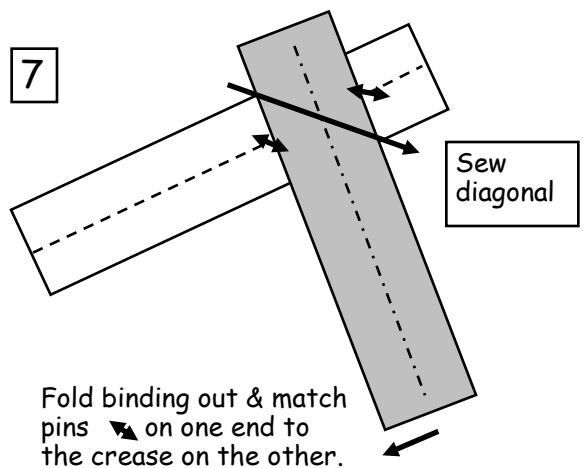
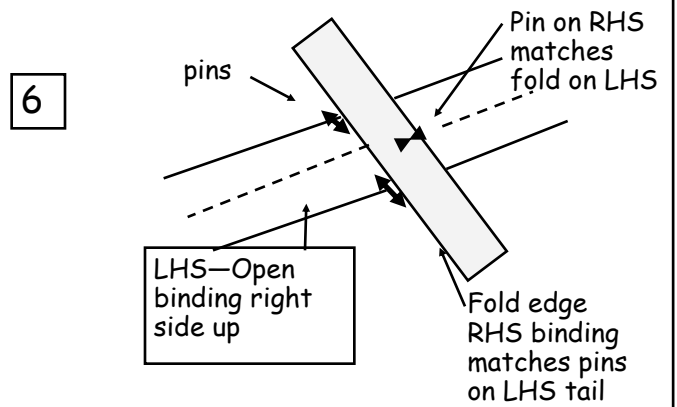
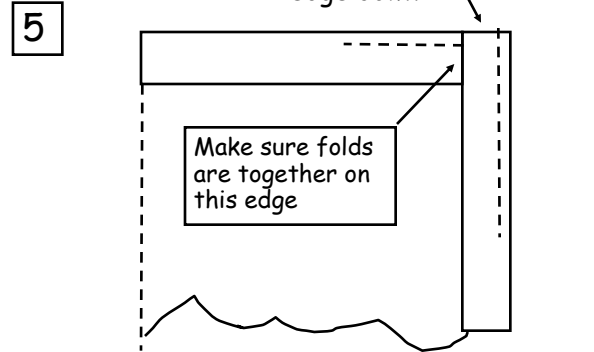
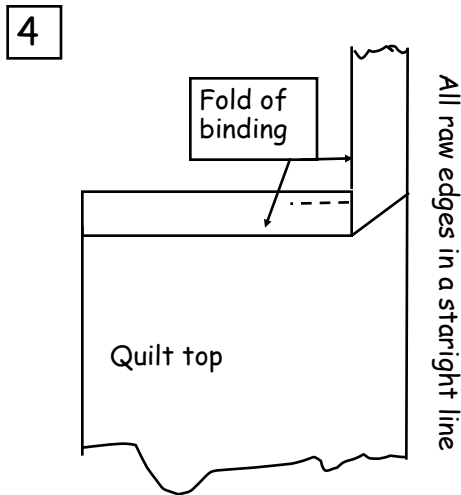
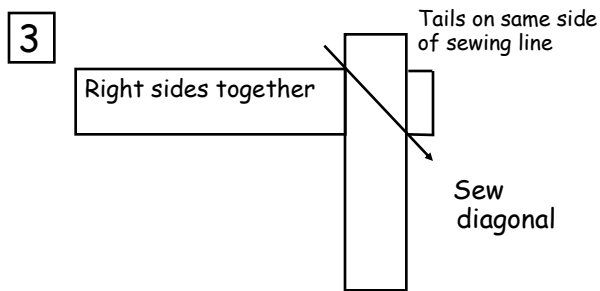
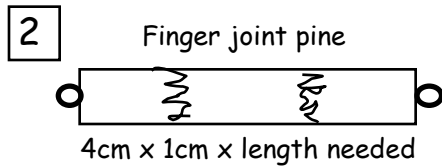
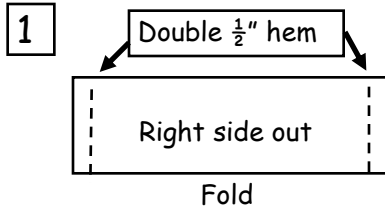
TIP:

The way to remember is that the Pins of each binding end match the fold of the other binding end.

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Diagrams for Rod Pocket and Mitred binding.





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We hope you've enjoyed creating your unique quilting creation with our pattern.

If you'd like to share feedback, a testimonial or a picture of your finished quilt, please email me at:
janp@quilttherapy.com.au

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We look forward to hearing from you!

Jan P.

