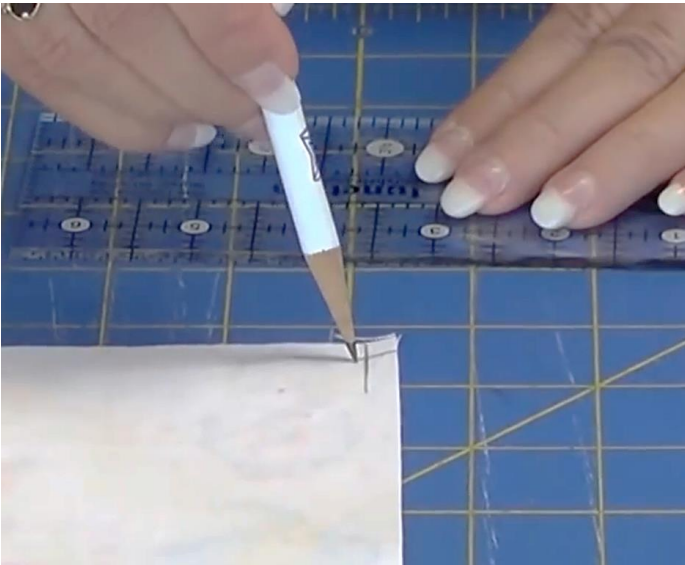
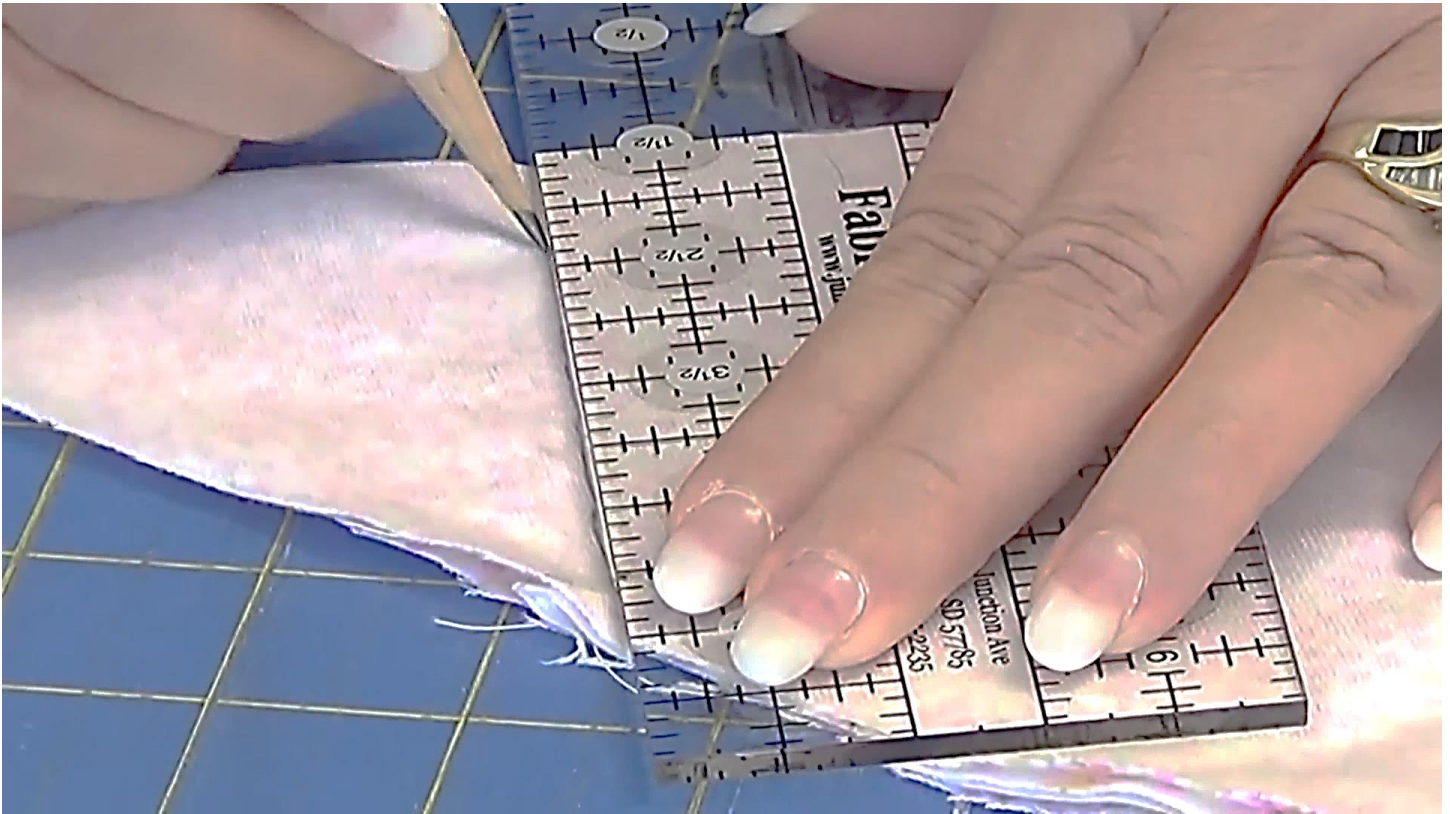


Self-Binding Blanket Workshop – July 14, 2014, 10:00 am Village at Northrise Activities Room

1. Cut two pieces of coordinating or contrasting fabric. One is 6 - 10 inches larger than the other. (40 inches and 30 inches works well for baby blankets) The largest will be the back of the blanket and becomes the front border.
2. Use lightly contrasting thread for assembly as it is helpful to see where the stitching lines end to make a perfect miter. **Sew using 1/2 inch seams when using flannel so the seams won't ravel.**
3. **On the smallest piece of fabric, mark the start and stop points of the stitching line ½ inch in from each edge at the corners. (left image below)**



4. Mark the center point of all outside edges on both pieces of fabric. I use very sharp scissors and snip the fabric, but you can use a fabric marking pen or straight pins. Indicate an area at least 8 inches wide to leave unsewn for turning the blanket right side out. **(This is the distance from your pinky tip to your thumb tip with your hand spread.)**
5. With right-sides together, match the centers of one side of a front and back piece and pin. Sew from end to end starting and stopping at the corner mark. (Some people like to sew from the center out, but that is not necessary.) There will be extra fabric sticking out on each corner and this may look wonky. Repeat for the remaining sides – match centers and stitch. **Have you left an opening to turn your blanket???** (The image above right shows the wonky ends after all sides are stitched.)
6. Lay out the blanket with the smaller piece showing on top. Fold the corner of the blanket up on itself with the smaller piece inside, matching selvages exactly, creating a triangle. Shake it and beat it into submission so that it will lay flat. Place on a flat surface with the fold facing your body. Don't worry about the excess wonky fabric extending at the corner. Match the ends of the stitching lines and secure with a pin. Also pin the corner to keep it from moving.
7. **Place a ruler on the triangle creating a 90 degree angle at the fold. (Image on next page).** Draw a line from the end of your stitching line to the fold. Sew on this line making sure you **start at the point that your stitching line ended for the sides**. If you miss this you will have a hole in your quilt!



8. Before cutting off the excess at your corner, turn the first sewn corner right side out to check it. Does it look like it will make a mitered corner or will it be a tent? If it looks like a tent something went wrong!
9. Cut off the excess from each corner leaving $\frac{1}{2}$ inch beyond the stitching line. Sew the remaining sides. **Before turning**, press the seams flat and toward the outside edge avoiding the fold. Press the mitered seam OPEN. This is the way it wants to fall naturally, so it won't be difficult.
10. Turn the blanket right side out and work out the corners making sure the miter seam stays open. Your hand will fit easily inside to accomplish this. Press again from the right side – this time press the outside fold flat. Secure the opening with pins.
11. Topstitch around the blanket along the seam sewing the opening closed as you get to it. If you use a decorative stitch, (serpentine or large zig zag) any unevenness will be obscured. If you are using a straight stitch machine (featherweight), you can stitch in the ditch or $\frac{3}{8}$ away from the seam line on the border securing the seam allowance to prevent raveling. You can also add Rickrack. This will hide the seam if it isn't perfect and make the blanket more interesting.

Topstitching or QUILTING

12. If the fabric isn't prewashed, the blanket should be secured with stitching lines no more than 8 inches apart. Fabric shrinks at different rates and this will prevent the blanket from becoming an ugly mess after the recipient washes it.
13. Use the thread of your choice, stitch diagonally from corner to corner in both directions creating a large X. Then check to see if it is secure enough to withstand washing. For small square quilts, the X stitching is enough. The larger lap throws may need additional stitching even if the fabric is prewashed – perhaps through the center both horizontally and vertically. You might do some free motion quilting on it.

Junctionfabric.com has a very good video of the entire process. Visit them on YouTube.

<http://www.youtube.com/watch?v=rh6H78RREJM>