## **CT-MMB.723**

## **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  $\frac{1}{4}$ -inch away from stitching line. (Figure 4)



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  $22\frac{1}{2}$ -inch square will yield about six yards of  $2\frac{1}{4}$ -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.  $22\frac{1}{2}$  inches



With right sides together and matching lengthwise grain edges, sew the two triangles together with a  $\frac{1}{4}$ -inch seam allowance as illustrated in Figure 7. Press seam open.



Figure 8



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. Extension Associate for Clothing and Textiles

April 2005. Revised May 2009

Copyright © 2009 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.