Attaching binding on a regular sewing machine

If you want to attach a ribbed or single knit binding on a regular sewing machine, you can use the method described here. These instructions apply to the following knit fabrics:
• ribbing with stretch/recovery of 40…50%
• single knit with stretch/recovery of 20…30%

1. Measure the length of the edge to be finished on the pattern.

2. Determine the length of the binding:
   A. If you apply ribbed binding to a neckline, multiply the length of the neckline by 0.75.
   B. If you apply ribbed binding to the bottom edge of a sleeve, pants leg or baby bodysuit, or to the bottom-hem edge of a shirt, multiply the length of the edge to be finished by 0.90.
   C. If you use single knit binding, multiply the length of the edge to be finished by 0.85…0.95.

3. Apply the binding:
   • Mark both binding and edge to be finished into quarters. Stitch one edge of binding to garment’s edge right sides together, matching quarter marks and stretching binding along curved portions of garment’s edge. Use straight stitch on a regular sewing machine, or alternatively stitch with a serger. **Stitching I.**
   • Wrap the other edge of binding over to wrong side and topstitch binding from right side close to seamline, using twin needle stitching. **Stitching II.**
   • Trim excess edge of binding carefully on wrong side of garment.

**Note!** As the stretch and recovery qualities of different knits tend to vary, check the required length of binding by experimenting on a piece of scrap fabric before applying binding to the garment.

Finishing a neckline in the flat

Stitch garment’s left shoulder seam.
1. Finish neckline with binding, stretching both neckline and binding slightly as you stitch in order to produce an elastic seam.

2. Attach ends of binding together with a small safety pin and check the size of neck opening before continuing. Stitch garment’s right shoulder seam.

3. Fold shoulder seam allowances to one side and stitch them flat across neckline binding. **Stitching III**