

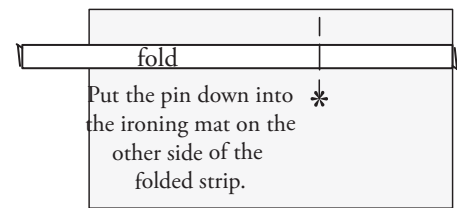
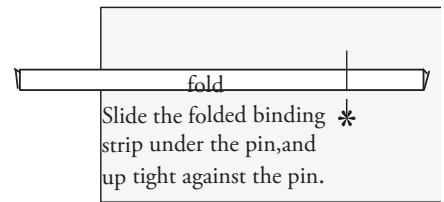
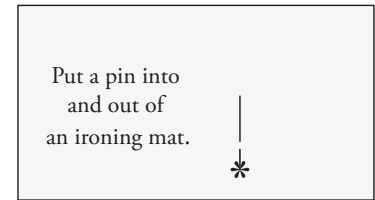
## Quilting the Kaye Wood Way!

### Kaye's Quick Fold technique for double binding. Accurately fold an entire binding strip in just minutes.

**A great class idea—teach this technique!**

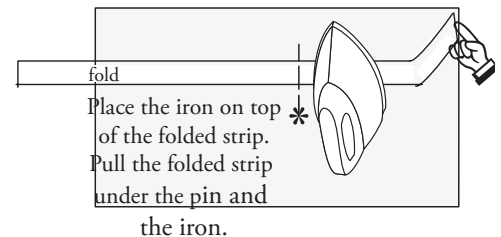
**Give a quick demo or have a hands-on sit-and-sew class.**

1. Cut straight or bias binding strips.
2. Sew the strips together to make the binding long enough to go around the entire quilt plus about 10".
3. To Quick Fold the binding strip, fold the strip in half wrong sides together.
4. Put a long pin into and out of an ironing mat.
5. Place one edge of the folded binding strip against the pin where the pin comes back to the top of the ironing mat.
6. Put the point of the pin down on the other side of the folded strip. The pin does not go through the strip, but is tight against the strip.
7. Place an iron on top of the folded strip just to the right of the pin. Pull the strip through the pin and under the iron.



Check out Kaye's tips for attaching binding strips and her Perfect Miter technique for easy mitered corners.

And Kaye has lots of other techniques for eliminating the slow-downs in quilting, see [www.kayewood.com](http://www.kayewood.com).



This Quick Fold Technique Tip Sheet may be printed and shared with your friends.

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