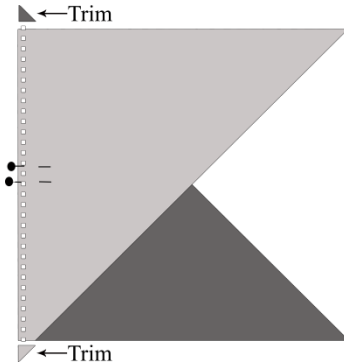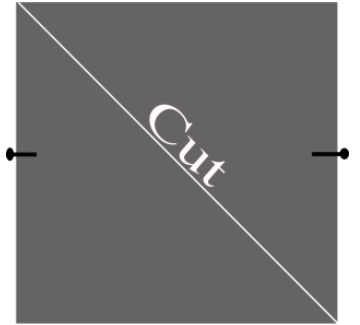# How to Make Continuous Bias Tape
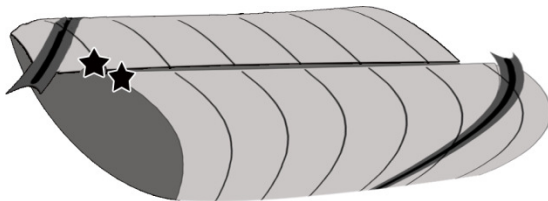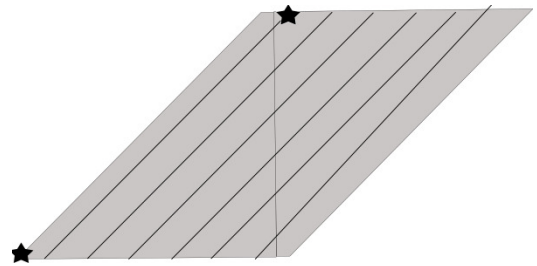
1. Cut appropriate size square of fabric for your project and width of bias tape. See "Determining Yardage for Bias Tape."

2. Place pin on 2 opposite sides of fabric. Cut fabric diagonally from one corner to another.

3. With RIGHT sides together, align fabric so pins are on same edge. Ensure that triangles at corners are equal; trim triangles. Sew pinned edge using a ¼" seam allowance. Press seam allowance open.
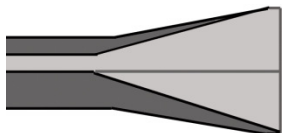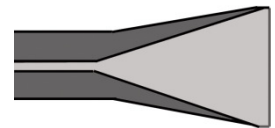
4. Place fabric RIGHT side down. Use ruler to mark lines across fabric which are parallel to the long edge (refer to chart to determine width of lines). Draw a star in the very bottom right corner. Draw another star on top of the first line drawn on right side of panel.

5. RIGHT sides together, align ends to make a tube. Match star in corner with the star on the first line so that the tube is offset by one width. Sew using a ¼" seam allowance; press seam open.

6. Start at line with star and cut along lines all the way around tube to create one long bias strip.

7. **For Single Fold:** Measure and cut amount needed. Fold side edges in to meet at center. Press new folds. Option: feed strip through ½" single fold bias tape maker.

   For Double Fold: Measure and cut amount needed from strip. Fold in half and press. Bring one side in to meet center fold and press. Fold second side in 1/8" from center fold and press. Fold at center line and press. One side of tape will be slightly shorter than the other. Option: feed strip though a 1"single fold bias tape maker and then fold so that one side is slightly shorter than the other.

For more information on bias tape, tips, tutorials and patterns, check out our website at
www.cozynestdesign.com