

Elizabeth Zimmerman's Sewn Bind off

This bind off method is perfect for use with garter stitch edges, it is very stretchy and flexible while holding it's shape well. Edges like necklines, especially on children's garments, sleeve or sock cuffs are appropriate uses for EZ's Sewn Bind Off. It is easy to learn & work - a technique every knitter should know.

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1. Begin sewn bind off at the right side of work. Measure a length of working yarn approx 4 times the width of the edge to be bound off. Cut working yarn & thread on a yarn needle.



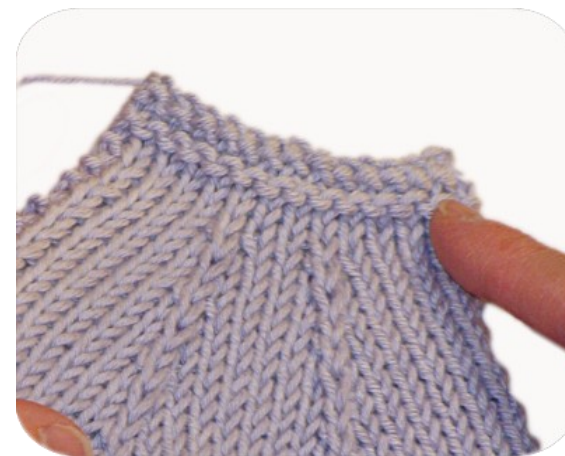
2. Slip needle from right to left through the first two stitches to be bound off & pull through.



3. Slip needle from left to right through only the first stitch, pull yarn through & stitch off needle.



4. Repeat the process of "sewing" with yarn through the first two stitches on the left needle from right to left and then "sewing" through the first stitch from left to right & dropping stitch from left needle.



5. Continue sewing process, binding off all stitches and securing yarn after last stitch.