

Making your Journal

You will need:

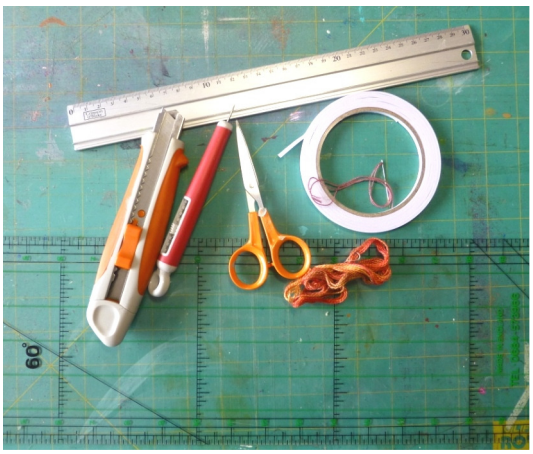
Papers

1 sheet 20”x16” 140lb watercolour paper
1 sheet 12x12” scrapbooking paper
Or use your own painted papers
3 sheets 5.5” x 8” 90lb watercolour paper
Cardboard for the covers –
you can use the backboard of a paper pad

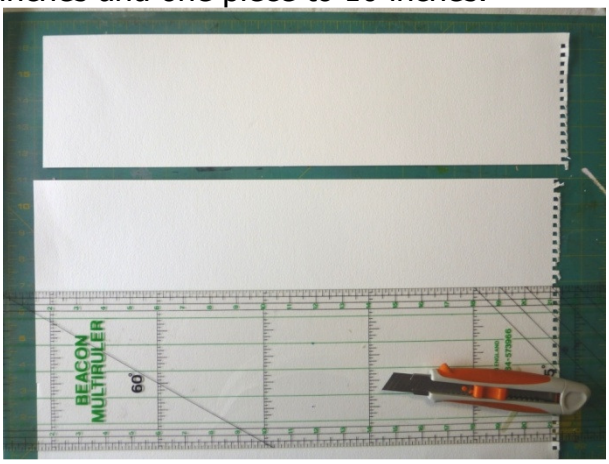


Tools

Cutting mat
Ruler
Scissors, Craft knife
Double-sided tape
Needle and thread
Pokey tool (optional)
Gluestick



1 Cut the 20"x16" piece of paper into 3 five inch strips. Cut 2 pieces to 15.5 inches and one piece to 10 inches.

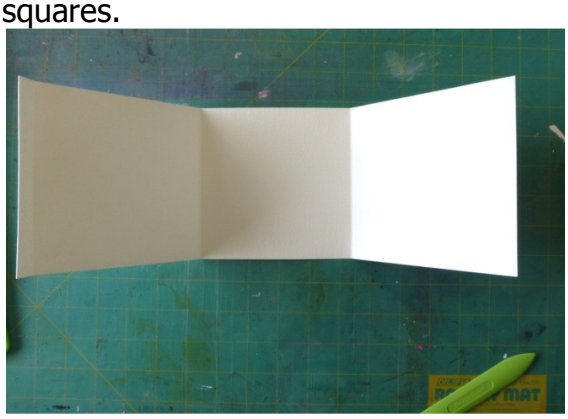




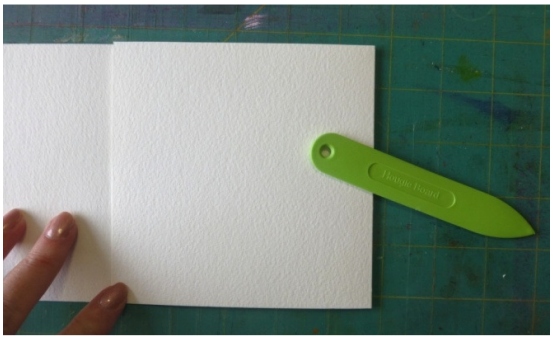
2 Score the longer pieces at 5 inches. I used a scoring board but if you don't have one just fold the paper.



3 The longer pieces will give you three 5 inch squares and a ½inch piece at the end. The 10" piece will fold to 2x 5" squares.



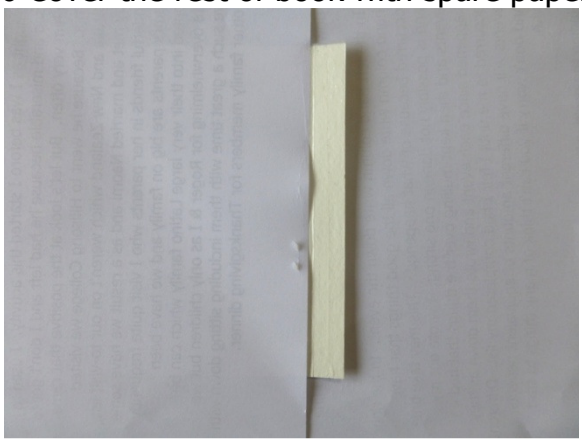
4 Use a bone folder or the handle of your scissors to ensure a smooth fold.



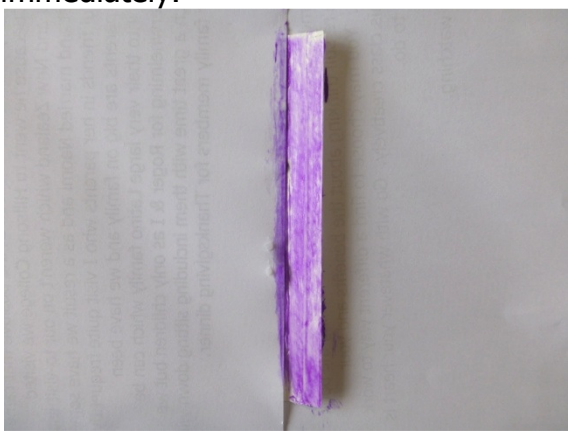
5 Put double sided tape on the ½inch edge.



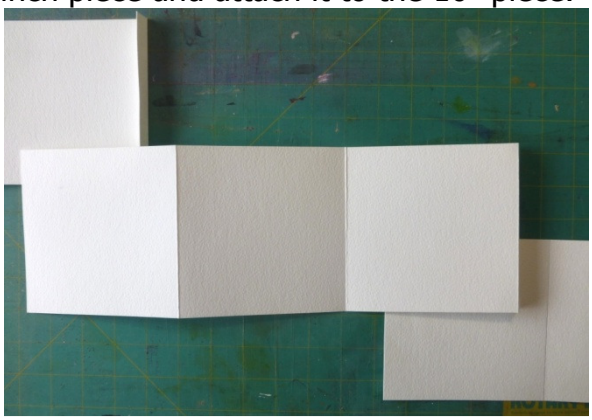
6 Cover the rest of book with spare paper.



7 Peel the paper backing off the tape and apply the gluestick. The gluestick allows you to move the paper until you get it in the right place. If you don't use the gluestick the double-sided tape will stick immediately.

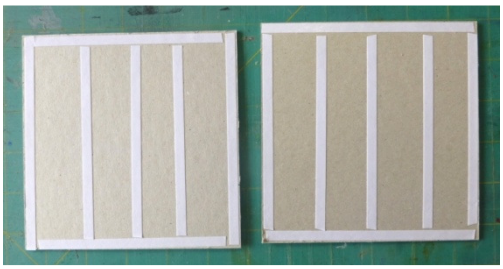


8 Lay out the 2 long pieces with the small fold at the right. Attach the two long pieces together. Repeat with the 2nd half inch piece and attach it to the 10" piece.

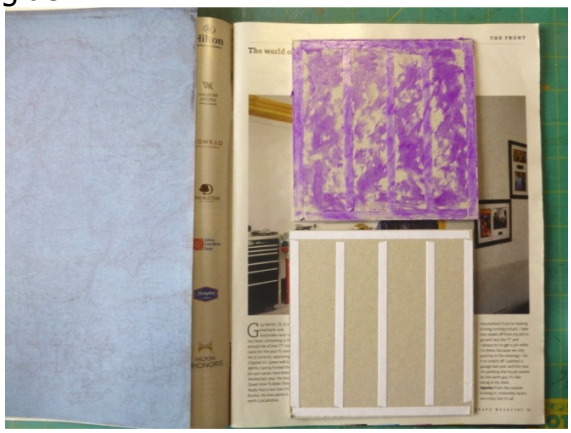


This is less complicated than it sounds – just difficult to explain!

9 Cut two pieces of cardboard to 5.25 inches square and put double-sided tape on.



10 Peel off the backing and cover the cardboard and the tape with glue. If you put whatever you are gluing on a magazine page you can go right off the edges. Remove what you are gluing and turn over the page for a fresh place to glue.



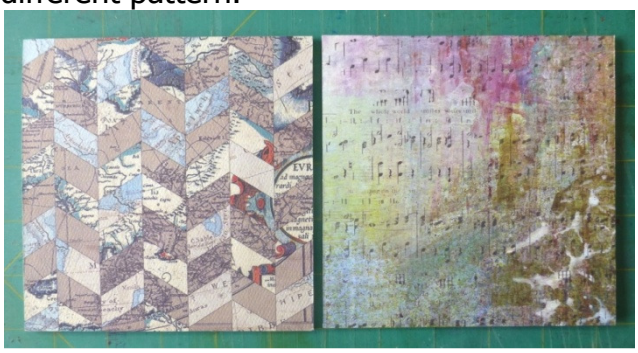
11 Put the glued card onto your cover paper.



12 Cut round the card with a craft knife.



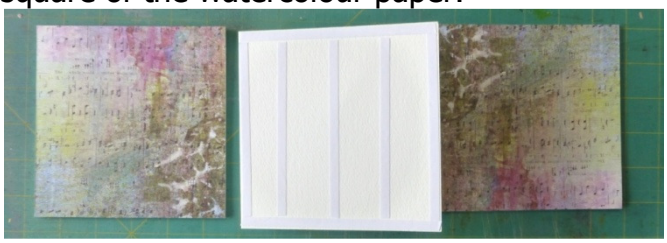
13 Do the same on the other side of the card. I could have used the other side of the scrapbooking paper but chose to use a different pattern.



14 Stand your folded book up and check the folds are going in the right direction. Here the covers are standing up also.



15 Use doublesided tape on the end square of the watercolour paper.



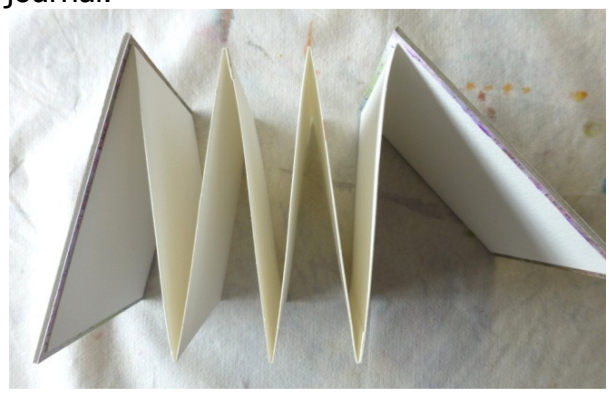
16 And put the glue on.



17 Stick the paper to the inside of your card cover.



18 Do the same at the other end of the journal.



Sewn in pages.

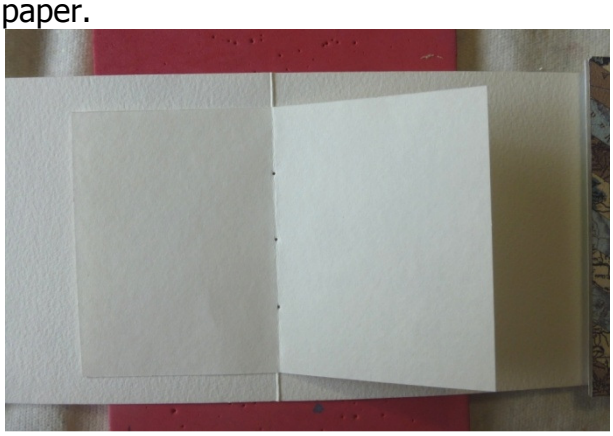
19 Cut the 3 watercolour pages to 4”x6” and fold in half. Use the bone folder to ensure a crisp fold.



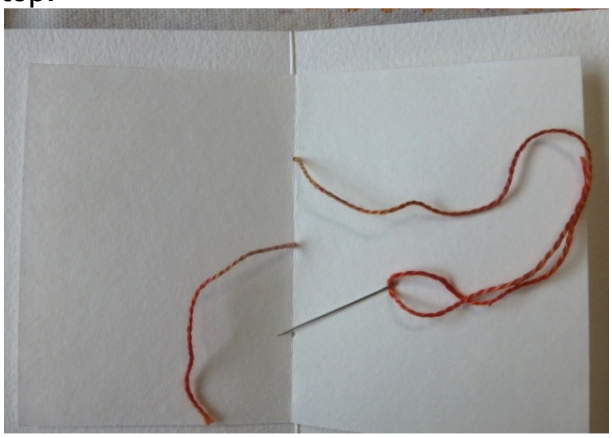
20 Mark with a pencil where you are going to put the holes to sew through. Mark in the middle and 1” either side.



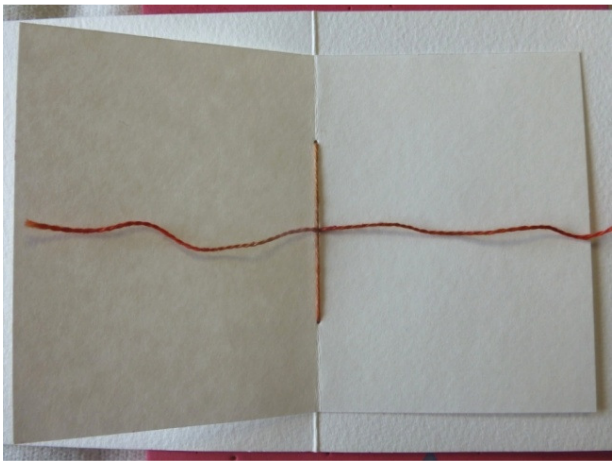
21 Match up where you are going to put your insert with the fold of the journal. Using the pokey tool or a needle press a whole through the insert and through the journal. Have something soft behind the paper.



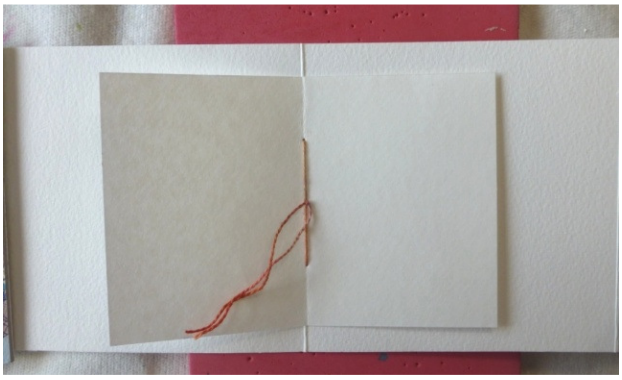
22 To sew the insert to the journal, take the threaded needle through from the middle hole and back into the insert at the top.



23 Take the threaded needle through the hole at the bottom and back through the middle hole. Make sure your thread is either side of the thread across the middle.



24 Make sure the thread is tightened before tying in a knot and cutting the threads. I have left the threads long in case I decided to attach something to them like beads or charms.



25 Repeat this with the other two inserts. I put my inserts into the 3 folds in the middle of the journal.

