MINI EMBROIDERY JOURNAL

Instructions
1 MATERIALS
You will need

FOR BOOK

» Cotton fabric for embroidery pages - (double page) approx 35cm x 25cm (13.5 x 10 in)
» Cotton fabric for front cover 28 x 20cm (11 x 7.9 in)
» Cotton fabric for inside cover 28 x 20cm (11 x 7.9 in)
» Cotton fabric for book spine 14 x 20cm (5.5 x 7.9 in)
» Vilene/interfacing for pages 28 x 20cm (11 x 7.9 in)
» Felt/batting for cover 28 x 20cm
» Sewing cotton and tapestry needle for sewing spine
» Awl or steel nail and hammer

FOR EMBROIDERY PROJECTS

» Hoop size 6 inch (15cm)
» Sharps needles size 9/10
» Threads as stated for each project
PREPARATION FOR EMBROIDERY

CUT PAGES FOR EMBROIDERY
You will need to cut the size of the book page plus an extra hoop allowance of 6cm (2 in).

1. Wash and iron your fabric.
2. Draw the page outline and seam allowance on to your fabric with a pencil using the pattern piece in step 3.
3. Add an additional allowance of approx 6cm (2.5in) all the way around the seam allowance, and cut this out.
4. Cut 6 double pages (this will give you 12 single pages).
5. Your page is now ready to transfer the outline.

TRANSFER OUTLINE
1. Using a light source/other transfer method trace the project outline on to either side of the page using an HB pencil.
2. Centre the outline on to each page outline.
3. Mount one side of the page in a hoop. You are now ready to start stitching.
CUT PAGES

1. Cut 6 pieces on fold + hoop allowance of 6cm (2in) for the embroidery pages.

2. Cut 3 pieces of vilene/interfacing on fold

HINT if you draw in all the lines with an HB pencil before sewing you can use these lines later as a guide for the sewing machine.
PATTERN FOR BOOK COVER

CUT FRONT COVER
Cut 2 pieces for front cover.

HINT if you draw in all the lines with an HB pencil before sewing it helps to have the lines to follow as a guide.
5 PATTERN FOR BOOK COVER

CUT INSIDE BOOK COVER

Cut 1 piece of fabric for inside of book cover

Cut 1 piece of felt/wadding for book cover

HINT if you draw in all the lines with an HB pencil before sewing it helps to have the lines to follow as a guide.
CUT BOOK SPINE

Cut 1 piece for the book spine.

HINT if you draw in all the lines with an HB pencil before sewing it helps to have the lines to follow as a guide.
BOOK COVER CONSTRUCTION

CONSTRUCT FRONT COVER
1) Place back cover and spine piece right sides facing and stitch together along seam allowance.
2) Press open and then stitch the front piece to the spine along the seam allowance.
3) Trim seams and iron flat.

CONSTRUCT FRONT & BACK COVER
1) With right sides facing, place the front & back cover pieces together.
2) Add a piece of felt/wadding on one side and pin in place. Draw in pencil lines for seam allowance.
3) Stitch through both pieces of fabric and the felt/wadding on the seam, pencil line. Leave an opening of about 7cm (2.5 in) so you can turn it right side out.
4) Turn your cover right side out, push out the corners and iron flat.
5) Close the opening, pin and top stitch all around the edge.
6) Iron flat.
CONSTRUCT BOOK PAGES

1) With right sides facing, place the page pieces together.

2) Add a piece of vilene/interfacing on one side and pin in place. Draw in pencil lines for seam allowance.

3) Stitch through both pieces of fabric and the vilene/interfacing on the seam pencil line. Leave an opening of about 7cm (2.5 in) so you can turn it right side out.

4) Turn the page right side out, push out the corners and iron flat.

5) Close the opening, pin and top stitch all around the edge or slip stitch the opening closed.

6) Iron flat.
ADD PAGES TO COVER

1) Fold the cover and each page in half and iron so that you have a crease line down centre.

2) Draw a line down the centre of the pages and the cover with a pencil. Line up the centre of the pages and cover on the fold lines.

3) Add dots along the fold line with a black marking pen. The dots should be 1cm (0.4in) apart.

4) Take an awl and push through the dots to make a hole for each stitch. (You can also use a sharp nail and hammer if you don’t have an awl.)

5) Thread a double sewing thread/fine perle cotton into the needle and sew through the holes with backstitch. The stitches will go right through the pages and cover as shown in the photo. The pages are now secured to the cover.
Here is the layout for the book pages as they are ordered in the book. You will see that they do not follow the order 1, 2, 3 etc as they are double pages. For example page 1 is opposite page 12, whereas pages 6 & 7 face each other because they are the middle pages.

When you receive each project design you will know where it is being placed.