



Sweet Home Journal Cover

Take one very ordinary spiral bound notebook and turn it into something really rather nice with this easy applique journal cover - a great project for those new to this technique, or a quick make for the more experienced.

And it's made just that little bit more special with touches of easy hand embroidery too. You may have decided to cover a different-sized notebook to mine, but that doesn't matter as I'm going to show you how to make your cover to fit using the book itself. So there's no need to worry about the book's dimensions.



To cover an A5 notebook (that's about 8" x 6") you will need:

- 1 fat quarter of natural coloured linen for outer cover
- 1 fat quarter of fabric for inner cover
- Wadding (optional) – about 10" x 6" (26 x 16 cm)
- Scraps of fabric for applique
- 3 colours of embroidery floss to tone with your fabric scraps
- 1 small button
- Spray fabric adhesive or Bondaweb
- Light-fade fabric marker pen



Prepare fabric covers:

- Take your outer cover fabric and wrap it around your closed notebook



- Slide the notebook out and press the folds in place. This will give you the width of your cover.
- Measure the height of your notebook and add 1.5". This gives you the height of your cover.
- Now cut your fabric. The height will be the height of your book plus 1.5" and the width will be from fold to fold plus 2.5 inches each side (ie fold to fold plus 5" in total).
- Cut your lining fabric to the same size and put to one side for the time being.
- Apply wadding if using. I like to use wadding on the outside of the covers as it gives the book a really nice squashy feel and makes the cover a bit more substantial.. If you'd prefer not to then that's fine, just skip this step. Press down 1" fabric at the top and bottom of your outer cover and re-press your original folds at the sides as you'll be using these as guidelines.
- Open out the folds and place your outer fabric, right side down on your worksurface.
- Cut your wadding to fit within the folds (see below) then apply with fabric spray adhesive.



- Create your design Turn your cover right side up. Position your house applique pieces as shown on the next page.
- Start with the main body of the house, then add the roof, tucking the bottom of the chimney underneath. Then position the windows and door. When you are happy with your design then fix all the pieces in place with spray adhesive or Bondaweb.
- The house pieces are simple triangles and rectangles. I haven't given dimensions as these will vary according to the size of the book you are covering. Your house will be very simple - rather like a child's drawing.

- Below is a close up of my house. Why not use pieces of fabric from discarded favourite clothing – sewing your memories into your journal?



- Now attach your pieces to your fabric cover (you'll be sewing through the wadding you applied earlier too, but that's good, it will give your house a slightly 3D effect.)
- I didn't use an embroidery foot for this design as this house is all straight lines so it's really easy to stitch with your normal presser foot. Instead I used cream thread and a machine zig zag stitch. It's set to be fairly wide and short to catch the fabric edges and help prevent fraying. Don't worry if it's not perfect, that will simply add to your house's charm.



- Press your design lightly. Then take your light fade pen and draw in two circles to represent the smoke from the chimney and mark in your flowers.
- The smoke is worked in chain stitch with 3 strands of floss and the flowers in fly stitch with 6 strands of floss.
- Make the window panes by taking two long stitches from top to bottom and side to side of the windows. Catch them in place where they cross with a small cross stitch.
- Add a small button to represent the door handle.

Assemble your cover:

- Open out the front cover and press lightly.
- Place the two cover pieces – outer cover and lining right sides together and machine around the edges using $\frac{1}{4}$ " seam allowance.
- Leave a 3" gap for turning in the middle of one of the short sides.
- Clip the corners and turn right-side out.
- Press.
- Topstitch around the edges $\frac{1}{4}$ " from the edges.



- Turn them towards the inside and topstitch in place over the existing top stitching. Leave a gap of ¼” at the fold to allow for the thickness of the book cover.
- Slide your book into the pockets formed by this process. And you’re done!!



- Remember those original folds when you wrapped your outer cover around your book at the start of the process? You can probably still see the fold-lines on your fabric. Press them in again.



Why do we love to stitch? After all, you can purchase mass-produced embroidered items at many high street stores. These days, handmade means something special – a unique item created with love, a gift from the heart, not one that can be bought. Hand stitching is also a great way to personalize an item, or even to breathe new life into an old favourite that has seen better days.

[Bustle & Sew](#) offers my own unique patterns, designed to appeal to all skill levels and bring out your natural creativity. And you can keep up-to-date with all the latest news on the [Bustle & Sew Blog](#).

But none of this would mean anything without you, the stitcher.

PLEASE SHARE THE LOVE: I am happy for you to circulate this short tutorial as widely as you wish – with just two conditions: Firstly that you leave all links to my website and blog in place. And secondly, it is not a commercial publication and must not be reproduced for resale in any form.

Best wishes

Helen xxx



www.bustleandsew.com

PS : If you love stitching then you’re sure to enjoy my Bustle & Sew e-zine. It’s my own e-zine delivered monthly to your in-box stuffed with ideas, projects, features, articles, patterns and more. Your family and friends will be queuing up to take delivery of your new Bustle & Sew creations.

To learn more, please visit my website.

<http://bustleandsew.com/magazine>