

# NEEDLEWORK BOOK COVERS

## Accordion Folded Booklet Directions



### Paper folded insert

Materials needed: cardstock or cover stock (67 lb) and paper cutter with scoring and cutting blades

For a smaller booklet as shown in the directions, begin with an 8" x 8" piece of cardstock paper; this will make 2" square pages. For 3" square pages begin with a 12" x 12" piece of cardstock.

8"

2"	2"	2"	2"
2"	2"	2"	2"
2"	2"	2"	2"
2"	2"	2"	2"

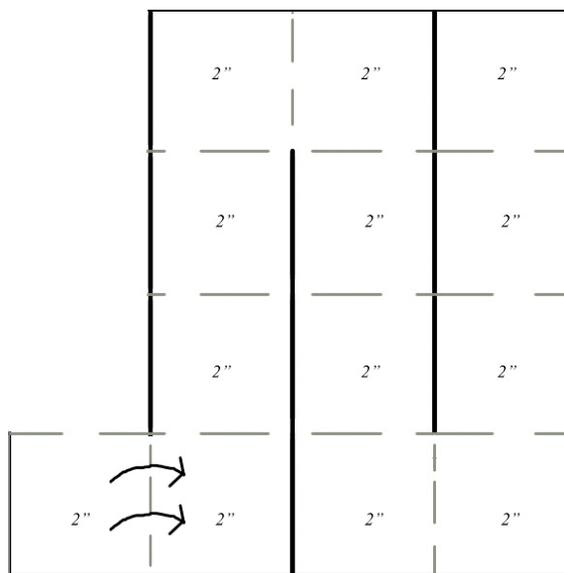
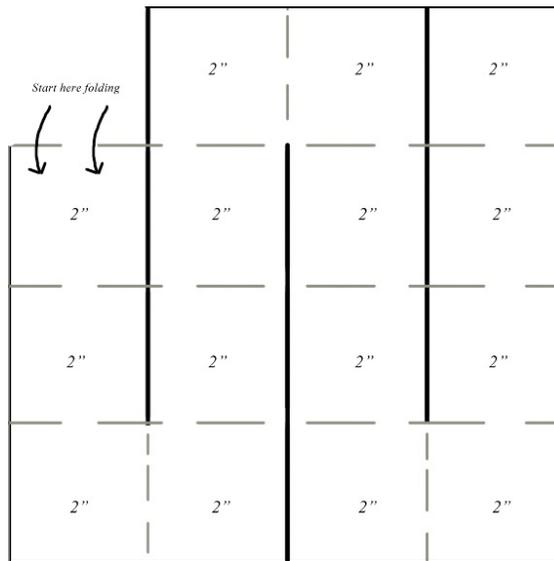


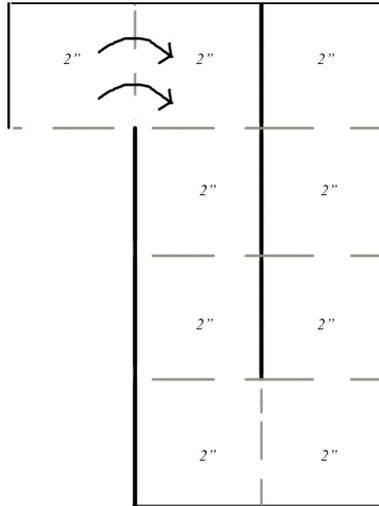
8"

2" pages when folded

Score along the gray dashed lines and cut along the dark black lines

Fold in accordion style

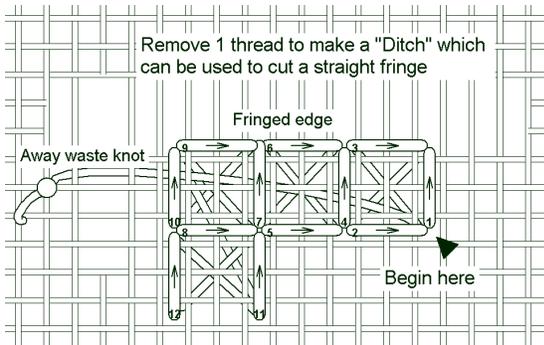




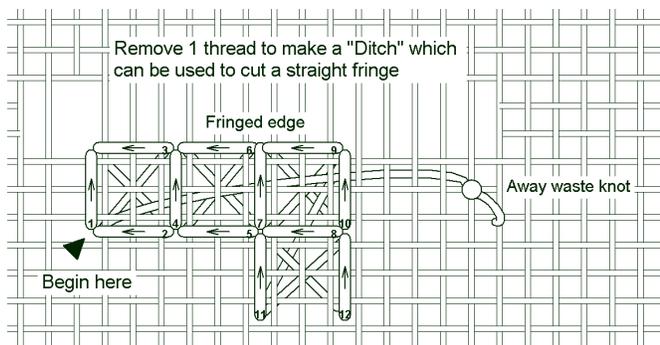
The larger booklet can be made with a 12" x 12" piece of cardstock scoring and cutting at 3" intervals.

### Linen booklet cover

Begin by working the *four-sided stitch* so that it extends one stitch vertically beyond the top and bottom of the paper folded accordion and about 2" horizontally to allow for the folded flaps which attach the cover. Use 1 ply of sewing thread that matches your linen and work over 3 threads as shown below:



*Four-sided stitch* worked right to left



*Four-sided stitch* worked left to right

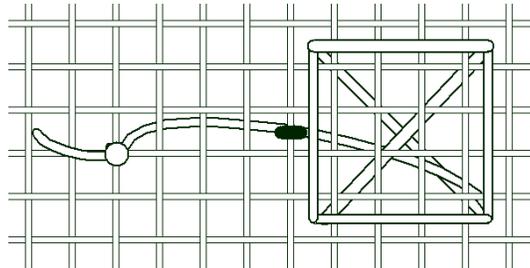
#### Tips for making the *Four-sided stitch* edging:

- Stitches on top are always vertical or horizontal.
- Stitches on back are always diagonal.
- **Pull stitches tightly to secure.**
- When you turn the corner and complete the first stitch, turn your work 90 degrees clockwise and continue.
- After the *four-sided stitch* edging is completed, remove a thread from each side all around (3<sup>rd</sup> thread from edging) to make a “ditch” to cut off the excess linen in a straight line.

## Tips for Starting and Ending Threads

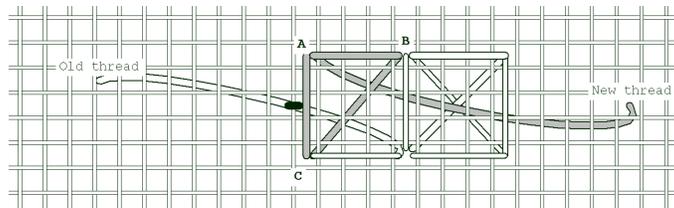
A thread may be started with an *away waste knot* in the line of stitching, but care must be taken to ensure it is caught securely before being cut off.

A small back stitch on a thread in the line of stitching will ensure the tail does not come out OR a longer *away waste knot* can be used and later woven into the completed stitches on the back.



Beginning with an *Away Waste Knot* and securing back stitch.

## Changing threads



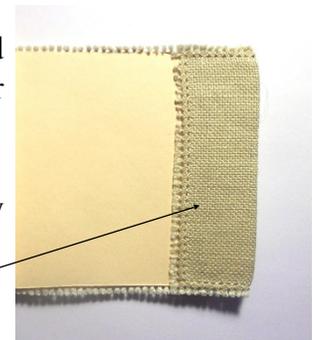
- Finish the bottom leg of the box with the old thread and secure it with a tiny back stitch, leaving a long tail in the line of stitching that can be caught with the new thread.
- Secure the new thread through the diagonal crosses on the back and come up at A; go down at B to make the top leg of the box and come up at C to begin the new box.
- This will make an invisible join.

## Finishing

Once the 4-sided stitches are complete and the excess linen removed, fold the edges of the linen cover around the accordion folded paper and finger press in place.

Using sewing thread, simply baste the two layers together and end invisibly inside.

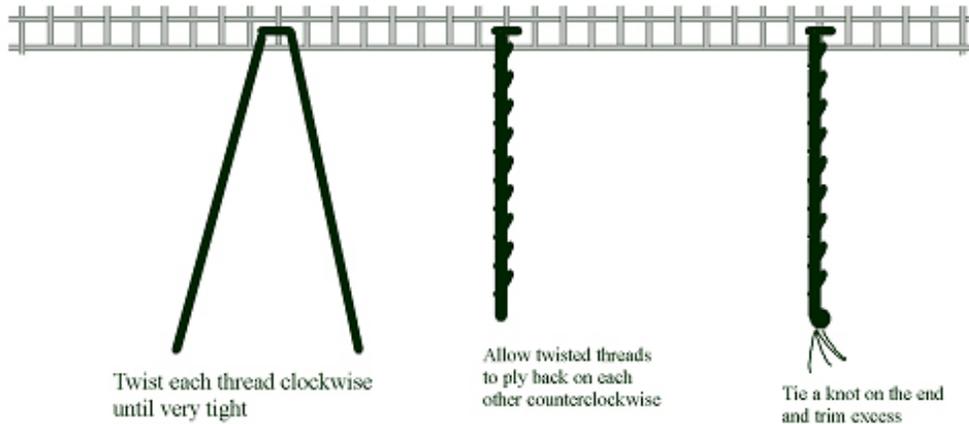
Linen wrapped around back of paper booklet



## Attaching a Twisted Cord

Take 1 ply of floss 16" in length and loop or back stitch it through the linen at the folded edge. Twist each thread separately and then allow them to ply back upon each other to make the twisted cord. Tie a small knot at the end of the cord or add a bead or stone. Trim off excess thread.

Repeat for the other side of the linen or attach a small button for closure.



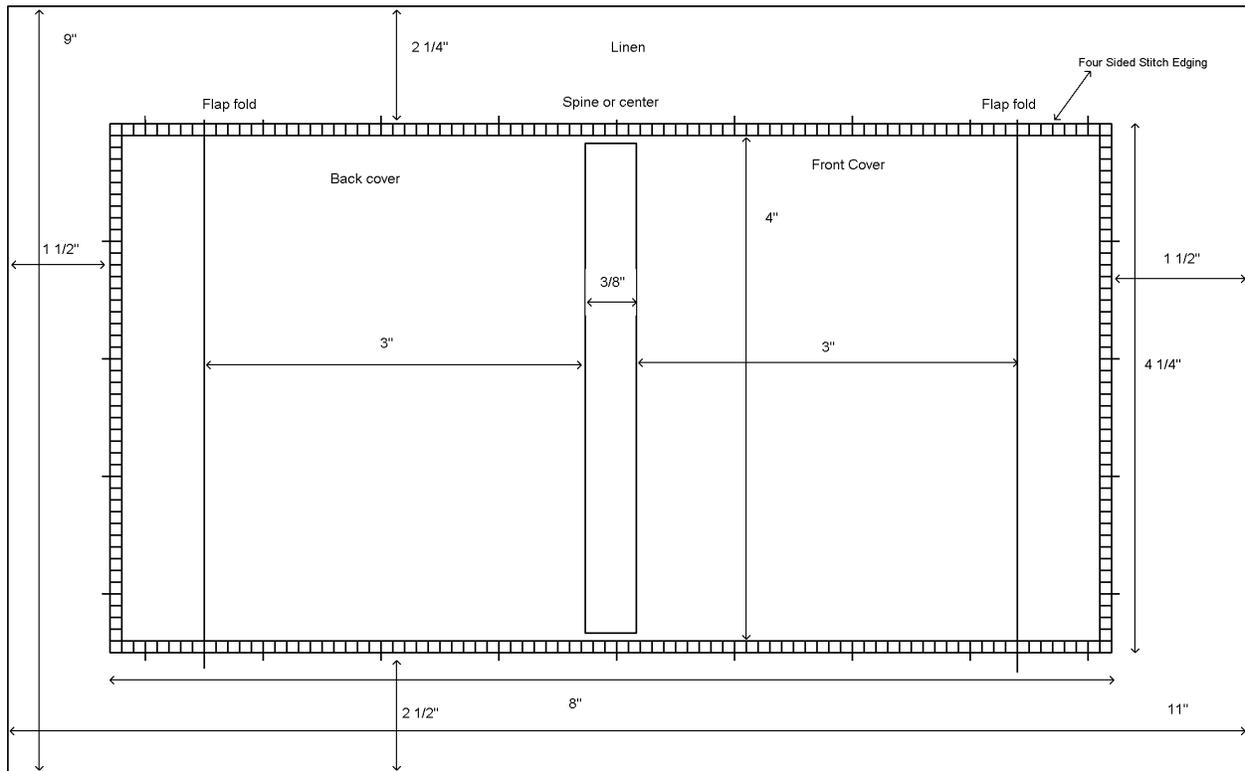
### *Journal Book Covers*



Place your open journal on your linen to get an idea about placement. You will need some extra linen outside the journal size to allow for the journal flaps, finishing, and mounting to a frame, if you are going to use one.

The example below is for a 3" x 4" journal book, but you can adjust the size to fit the book you will be covering.

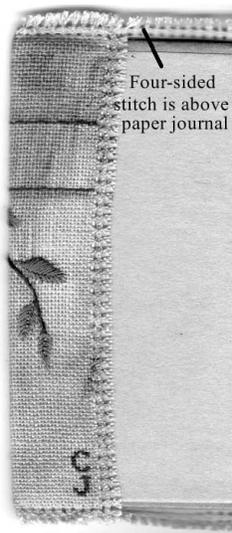
Example of the journal laid out on linen



I like to start each journal by either working the *four-sided* stitch all the way around or by putting a basting line where the finished edge will be; this will make it clear where the stitching ends, so you do not work too far out and have to make corrections.

Begin the *four-sided* stitches at the top edge and work either to the left or right as shown in the diagrams. Use one ply of sewing thread for stitching the edging with a #26 tapestry needle.

Work over three (3) linen threads for each stitch. You may use a frame or work in hand.



The linen cover should overlap the paper journal one *four-sided* stitch at the top and bottom edges. It should be about 1-2" wider than the open journal to allow for the flaps to be turned inward and hold the cover onto the journal.

Small tacking stitches through the *four-sided* stitches will hold the flaps in place so they can wrap around the journal cover.

It is important that the top and bottom edging extend a bit beyond the size of the journal for finishing.



Open journal with cover attached

After your design is worked on the linen, begin the finishing. Take one last measurement of the journal cover. Place the journal on top of the linen and make sure one *four-sided* stitch overlaps at the top and bottom – this will make a perfect fit!

If it is not exactly a good fit, you will need to adjust your *four-sided* stitches to make the cover fit. If the linen cover is a bit too small, you may work a second or third row of *four-sided* stitches around the outside of the row of *four-sided* stitches which are already in place.

Remove the 3<sup>rd</sup> thread beyond the *four-sided* stitches all around the four sides. This will make a “ditch” to cut off the excess linen in a straight line. Cut in the “ditch,” remove the excess linen, and unravel the remaining threads to make the fringe. The fringe will be two threads wide; unravel all the threads up to the *four-sided* stitch edging.

Wrap the cover around the journal until it fits snugly centering the front design. Finger press the flaps in place and then pin. Remove the journal and using sewing thread, tack the flaps to the cover with a *running* stitch working through the squares or boxes of the *four-sided* stitches.

Begin and end your thread invisibly between the journal cover and flaps. Slip the completed cover onto the journal.

Catherine Jordan  
3435 Pleasants Road  
Powhatan, VA 23139  
[Jordand@verizon.net](mailto:Jordand@verizon.net)  
[www.CatherinesDesigns.net](http://www.CatherinesDesigns.net)