

The Mini Journal



This hard cover mini journal is the perfect size for tucking into a travel bag, book bag or purse.

Pattern includes all the instructions you need to make a book measuring approximately 6" x 5" x 1 1/2" closed

Supplies needed to make one Mini Journal

Book board:

Two pieces: 6" x 4 3/4" (front and back cover)

One Piece: 6" x 1 1/2" (spine)

Note: sturdy cardboard can be substituted for book board

Book cloth:

One piece 8" x 3"

Note: You can substitute decorative paper or a piece of starched cotton or other fabric for book cloth.

If your cotton or fabric is thin then consider using a fusible interfacing on the wrong side to prevent the glue from seeping through.

Decorative paper for the outside:

Two pieces: 8" x 6 1/2"

Decorative paper (or book cloth) for lining the inside:

One piece: 5 1/2" x 11 1/4"

Paper for the inside pages: 36 pieces measuring 8 1/2" x 5 1/2"

Glue stick or White PVA glue

Awl or other sharp pointed object to poke holes with

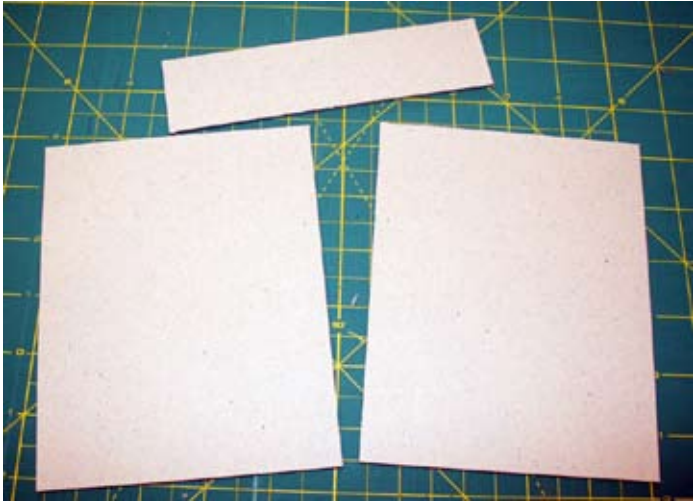
Tapestry or heavy duty sewing needle

2 yards of yarn, embroidery floss, linen yarn or twine for sewing signatures.

Button, elastic and small eyelet for closure (optional)

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Begin by cutting your book board to the sizes indicated in the supply list:



Cut two pieces measuring 6" x 4 3/4" and one Piece: measuring 6" x 1 1/2".

Cut your book cloth and decorative paper for the outside of your book to the sizes indicated in the supply list:



The book cloth should be cut to measure 8" x 3" and your two pieces of decorative paper should be cut 8" x 6 1/2".

Place your book cloth piece measuring 8" x 3" on

your work surface right side down. Apply glue to one side of the spine piece cut from the book board and center it on the book cloth glue side down.

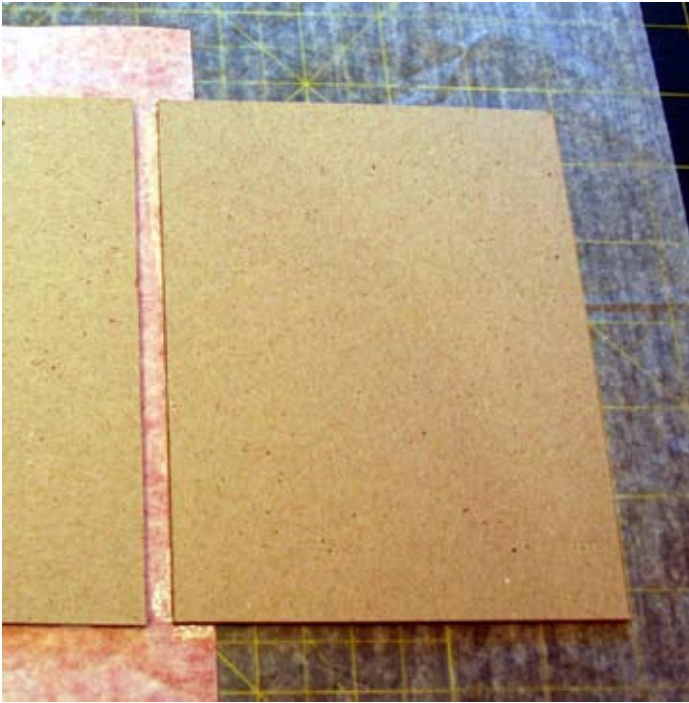


Apply glue along the edge of the book cloth keeping it about 1" from the top and bottom edge:



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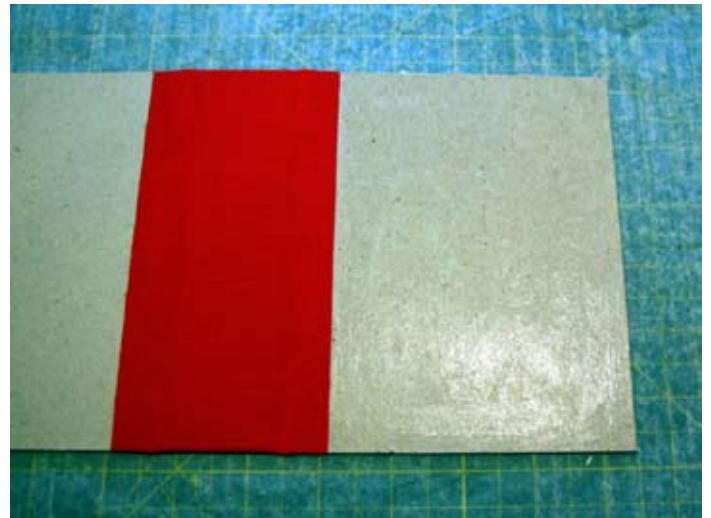
Place one of the cover pieces cut from the book board on the book cloth.



Press them down very well to make sure they are attached securely to the book board. Now turn your book over so that the right side is facing you and coat one side with glue but do not put any glue on the book cloth.

Place the book board along the glued edge keeping it a 1/4" from the edge of the spine piece. Make sure that the top and bottom edges are aligned.

Glue the other piece of book board to the other side of the book cloth:



Take one piece of your decorative paper and determine which edge will overlap the book cloth edge.

Put some glue along the excess book cloth extending beyond the top and bottom edges of the book and fold these edges over to the inside.



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It's important to note that if you're using a paper with a directional pattern as I am in the previous photo that you determine which edge will be along the spine before you apply any glue to the paper.

Turn the paper over and run a line of glue about 1/2" wide along the edge on the wrong side of the paper.

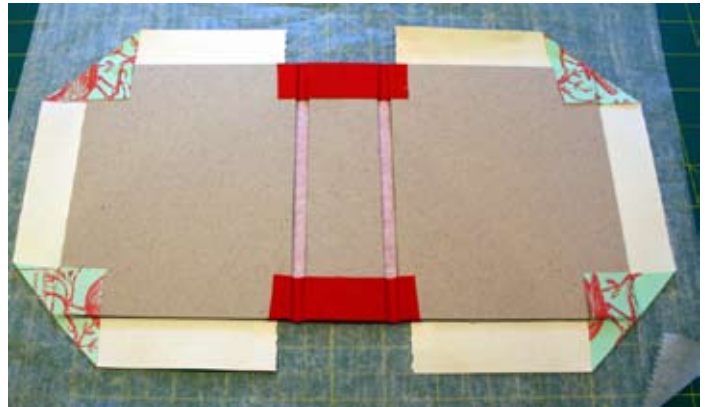
Then place the paper on the book cover where you have applied the glue. Place the paper on the cover so that the left edge of your paper overlaps over the edge of the book cloth by about 1/4" and the paper extends beyond the top and bottom edges of the book cover by about 1". There will be more than 1" of paper extending beyond the right edge but that's ok because you'll trim the excess off later.



Press the paper down very well to be sure that there are no wrinkles or air bubbles and that the paper is in good contact with the cover.

Repeat these steps to apply the decorative paper to the other side of the book cover.

When you have glued both sides of the cover papers on, flip the book over so that the inside is facing up and trim the paper edges to 1". Then turn in the corners.



Glue the corners down securely and then turn in and glue down the sides and the top and bottom edges:



Now all that's left to do is to glue your lining paper (the piece you cut 5 1/2" x 11 1/4") to the inside.



Set the book aside while you prepare your signatures for the inside.

A signature is just a fancy name for a set of folded pages. To make the signatures for this book I used 32lb white paper but any paper that you have on hand will work.

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Cut the paper for your inside pages to measure 8 1/2" x 5 1/2" and fold each piece in half to make a page 4 1/4" x 5 1/2". Open out the pages and then stack them into three piles of 12 each.



I like to add some additional color and interest to my signatures by adding an outer page wrap using decorative paper.

To punch the sewing holes in the signature you will need to make a hole punching template. Take a piece of paper the same size as your signature pages and fold it in half.

Use a ruler and a sharp pencil make four marks in the fold of the page. Make one 1" from the top of the page and then another mark 2 1/4" from the top. Make a mark 1" from the bottom of the page and then another one 2 1/4" from the bottom edge.

Now place your hole punching guide and place it in one of the signatures.



Use a sharp awl to poke a hole where your marks are all the way through the entire signature. **BE CAREFUL** not to poke yourself with the awl! Do this for all three signatures.

Use your hole punch guide to punch three sets of holes in your book cover along the spine piece.



Place the first set of holes centered along the spine and then the other two sets of holes 1/2" away from the center holes.

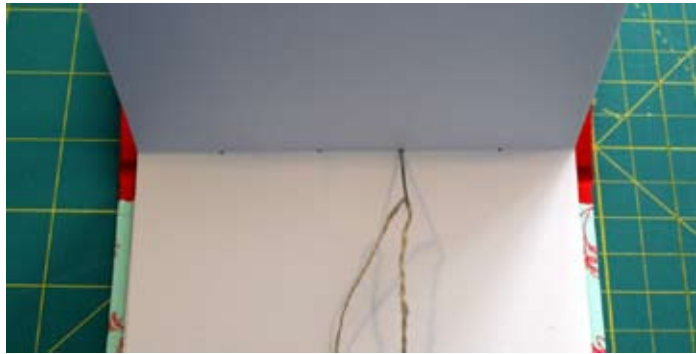
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Now thread a tapestry needle with an 18" length of embroidery floss or linen twine and sew in the first signature. Line the signature up with the holes in the book cover and starting from the inside sew through the second hole from the top of the signature to the outside of the journal leaving a 6" tail on the inside:



Now sew back through the last hole in the book through to the inside.

Tie off the thread using the tail that you left hanging.



Then sew back through the top hole of the book back through the top hole in the signature to the inside.



and out through the bottom hole of the signature and then through the bottom hole of the book to the outside:

Repeat these steps for the other two signatures. When you are finished sewing in all three signatures your book is done and ready to use!

If you like however, you can add a closure to your book. To create a closure for this book I tied a button to the front of the book using some linen twine:

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On the back cover of the book I installed a 1/4" eyelet and fed a small piece of gold elastic through it.



Now the book can be closed securely.



The elastic was knotted on the inside to prevent it from slipping through the hole:



Enjoy writing in your new book!