

Binding Your Journal

Difficulty Level: Medium

What you need

- 8.5x11 Printer Paper
- 8.5x11 Cardstock
- Beacon All Purpose Tacky Glue
- Point Turner & Seam Presser
- Heavy Duty Household Needles
- S964 Thread EXTRA STRONG & UPHOLSTERY

Instructions

Step 1: Print Pages

Print the free project planner pages PDF provided on our website. Ensure the document is printed double-sided. For best results, use a colour printer.

Step 2: Fold Your Pages

Arrange the printed pages in order and separate them into groups of four. Each group of four pages will form one section of the journal, also known as a signature.

To fold the pages, take one sheet at a time and carefully align the corners. Press down along the centre fold, then use a seam presser or bone folder to create a crisp crease.



Step 3: Mark and Pierce Sewing Holes

Open each signature and measure $1 \frac{5}{8}$ inches up from the bottom of the fold. Make a mark at this point. Create seven additional marks above it, spacing each mark $\frac{3}{4}$ of an inch apart. Do not mark holes all the way to the very top or bottom of the fold, as the excess will be trimmed in Step 6.

Using a pin or awl, carefully pierce through each marking along the fold, ensuring the pages remain aligned. Repeat this process for every signature.

Step 4: Sew the Spine

Cut a length of thread approximately three times the height of your book. Thread your needle and tie a knot at the end.

Starting with the first signature, insert the needle into the bottom hole, from the outside, and pull it through. From the inside, insert the needle through the second hole and pull through. Continue weaving in and out of the holes until you reach the top hole, then weave back down to the bottom.

To attach the next signature, place it neatly on top of the first. Insert the needle through the bottom hole of the second signature and pull through. From the inside, insert the needle through the second hole and pull through. Create a kettle stitch to join the two signatures.

To form a kettle stitch, insert the needle under the stitch directly below it from the right or top side. Pull through, leaving a small loop, then pass the needle through that loop and tighten gently while keeping the signatures flat. Continue weaving through the remaining holes. Repeat this process for all remaining signatures, then tie off securely.

Step 5: Glue the Spine

Place the sewn book into a book press, flower press, or under a heavy stack of books to compress it. Apply a generous layer of glue evenly along the spine using your finger or a brush. Keep the book compressed until the glue is completely dry.

Step 6: Cutting to Size

Once the glue has dried, place the book flat on a cutting mat. Use the internal cover as a sizing guide. Align a ruler with the top edge of the cover and carefully cut along the edge using a sharp blade. You may need to make several passes to cut through all the layers. For best results, keep the ruler firmly in place until the cut is complete. Repeat this process for the side and bottom edges.

Step 7: Creating the Cover

Print the cover PDF onto cardstock paper and cut it to size. Lightly score along the spine area to create two folds that will allow the book to fit neatly inside. Apply glue to attach the book block to the cover, then compress it again until fully dry.