

# Quiet Book

Did you ever have a quiet book as a child? If you did, you probably remember some fun quiet times—you didn't even realize you were learning! Make a nostalgic treasure for your child or grandchild, adding your own designs to this easy to make book. Add appliques, embroidery, felt shapes, or whatever you enjoy. Create a family heirloom and a hands-on learning tool that has sentiments way beyond computer generated toys!

**FINISHED SIZE OF COVER:** (folded) approximately 8" x 10"

**SUPPLIES NEEDED:**

(Makes eight 7½" x 9½" pages plus inside and outside covers)

- ⅞ yd. unbleached muslin or other heavyweight cotton
- 1½ yd. Sof Shape fusible interfacing (cover and pages)
- Optional: ⅓ yd. lightweight batting

**INSTRUCTIONS:**

*Note: All seam allowances are ¼".*

1. Cut fabrics for cover and pages.
  - Muslin or heavyweight cotton:
    - Cut two covers 10½" x 17" (outside and inside covers).
    - Cut four 10" x 16½" pages.

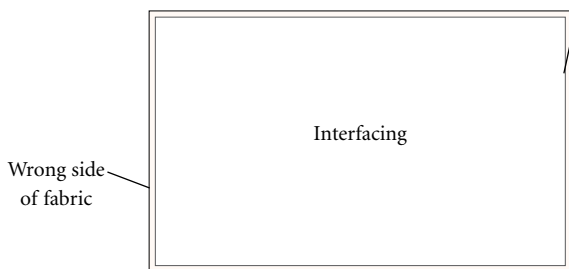
*Note: We cut our cover a little larger than the inside pages so that the pages don't peek out from the cover edges.*

- Sof Shape interfacing:
  - Cut two interfacing sections 10" x 16½" (outside and inside covers).
  - Cut four interfacing sections 9½" x 16" (pages).
- Optional Batting: If you would like to use batting in the cover of the book, cut one piece 10½" x 17".

2. Fuse interfacing to covers and pages following manufacturer's instructions.

- Center and fuse interfacing to the wrong side of each outside and inside cover.
- Center and fuse interfacing to wrong side of each of the pages.

Interfacing is ¼" smaller on all sides than cover and pages



*Note: Interfacing is ¼" smaller on all sides than cover and pages to keep bulk out of the seam allowances, and to prevent pressing it onto your ironing board.*

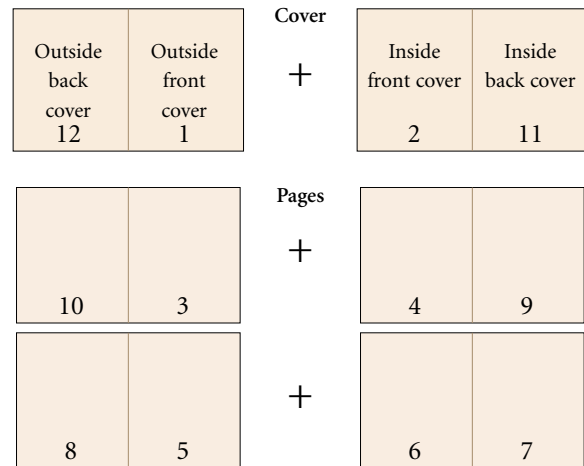
3. Embellish outside cover and pages with embroidery, applique, hand embroidery, or whatever you prefer.

**HELPFUL NOTIONS:**

- Rotary cutter, mat, and ruler
- Matching all-purpose thread for construction
- Erasable fabric marking pen
- Binding and Hem Clips
- Supplies for embellishment
- Optional: Pigma Micron Permanent Pen

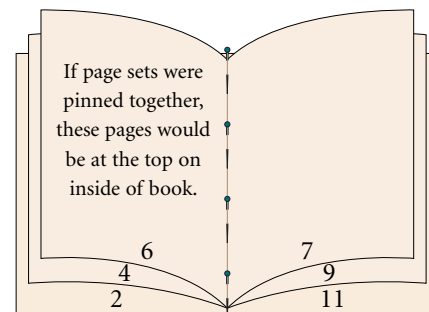
*Note: You may want to use the inside covers of the book as pages also.*

- Fold cover and pages in half; crease fold for center marking.
- Layer the pages in the order that they will be viewed. Mark page numbers with an erasable fabric pen, if desired, to keep pages in order as they are embellished.

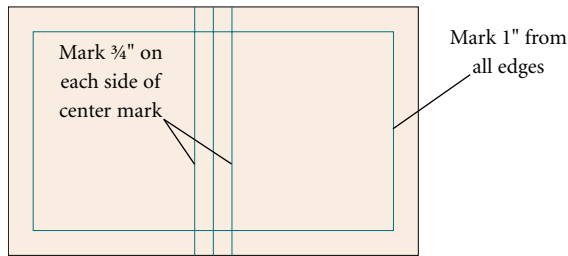


*Note: These cover and page sets are sewn right sides together. (Numbered sides are the right sides.)*

*Note: Page numbers may look out of order, but when they are folded and inserted together, they are correct.*



- Mark outside cover and pages 1" from all edges, down the center, and 3/4" from each side of the center using an erasable fabric marking pen.



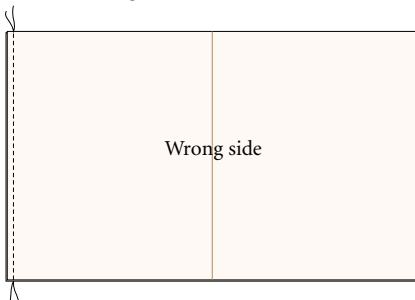
- Embellish cover and pages as desired, within the marked lines.

*Note: If you plan to embellish the inside cover, mark edges as instructed for outside cover. This not only forms a border, but keeps designs from getting too close to the edges and fold of the cover.*

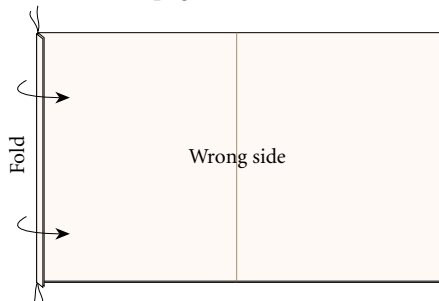
- Remove markings after embellishment is completed.

4. Use wrapped corner stitching to complete the cover and inside pages, following the illustration showing which pages to sew together.

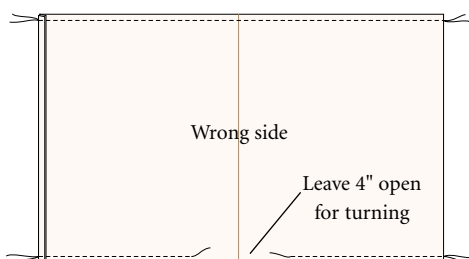
- Meet the outside and inside covers or pages, right sides together. Add the optional batting layer, if desired. Pin.
- Stitch one short edge from end to end.



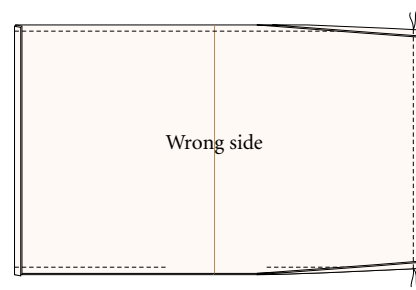
- Grade the seam allowance; press seam flat.
- Press (or wrap) seam allowance along stitching line toward the inside cover or page.



- Stitch the adjacent seams, sewing from the fold to the fabric edges. Leave a 4" area in the center of the bottom seam unstitched for turning.



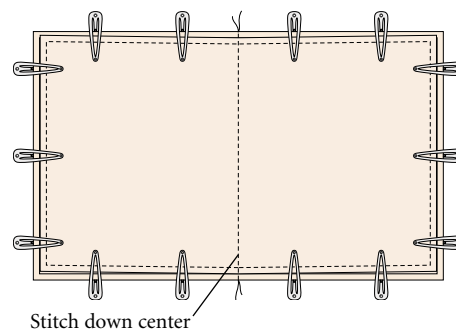
- Continue this wrap and sew process with the remaining seam.



- Trim seams.
- Turn cover or pages right side out through the unstitched portion of the seam.
- Press under seam allowances on the unstitched edges and slipstitch the edges closed.
- Optional: Topstitch 1/2" from outside edges of cover and pages.
- Press mark centers of cover and pages for alignment.

5. Complete the quiet book.

- Lay all pages on top of one another so the pages are in the correct order. Pin through center press markings to align pages.
- Pin or use Binding and Hem Clips to hold the cover and pages together on the outer edges.
- Stitch down the center of the book through all pages and cover, removing center pins as you sew. Repeat stitching for reinforcement, or use a triple straight stitch.



- Remove remaining pins or clips.
- Optional: Use a Pigma Micron Permanent Pen to sign and date the back cover of the book.