

THREE BEARS PRINTS



Tutorial



Make your own
Hard Backed Journal Cover



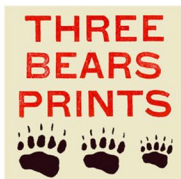
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Introduction - Hard Backed Journal Cover

Three Bears Prints is run by Marliese Richmond. She lives in Perth, Scotland, with her husband, daughter and dog. Her first passion is linocutting and printmaking, and she has also applied those skills to fabric design and pop ups. She lives in a beautiful part of the world, and this is often a source of inspiration. She enjoys running workshops and her tutorials are an extension of her teaching



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Project Description: Hard Backed Journal Cover



This is an easy way of covering a ready made journal refill with a hard back covered in paper or fabric of your own choice. The only difficult part of the project is being patient while the glue dries between each stage! So it's a good project to do while you have lots of other little tasks to do in between... Once you have mastered it, you can make a whole batch of journals to give to family and friends - everyone needs a notebook! I've given lots of these as presents over the years.

The dachshund, woodpecker and train tracks patterns can all be bought as either fabric or wallpapers at my Spoonflower shop: <http://www.spoonflower.com/profiles/threebearsprints>



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What you will need: Hard Backed Journal Cover

What you will need:

- Journal refill
- Mountboard or mill board
- Paper or fabric to cover journal
- Sheets of newsprint or computer paper
- Marvin Medium or other quality PVA glue
- Cutting mat
- Bone folder
- Craft knife
- Brush
- Pencil
- Steel ruler



Notes:

I get my mountboard for these projects from my framer for free - she gives me all her scraps.

Sometimes I use thin fabric to cover the journals instead - the train tracks journal, for example, is satin.

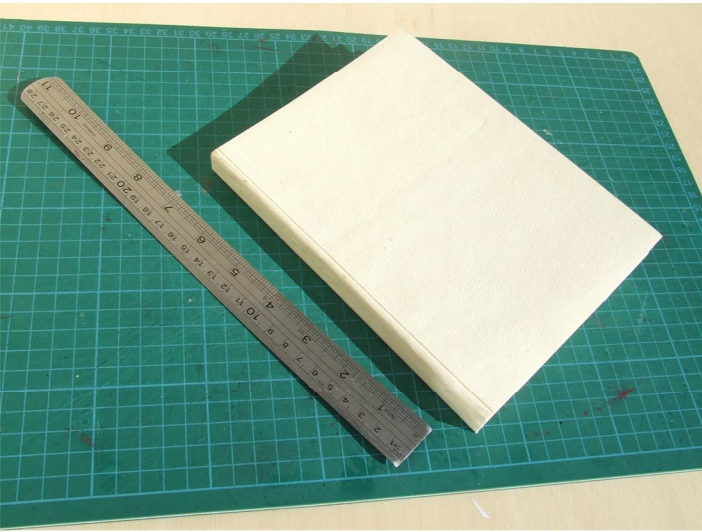
I also cover plain notebooks - the dachshund and train tracks journals both make use of very cheap notebooks from Paperchase.

If you do your own framing, you can spray mount to attach the cover: steps 1 - 4.

It is difficult to convey just how professional and beautiful these notebooks turn out. They feel so durable and expensive and yet are extremely cheap to make.

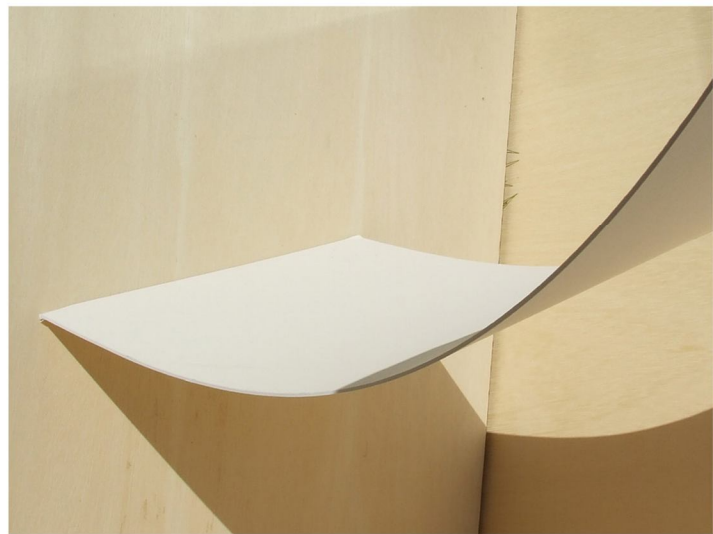


How to do it: Hard back journal cover

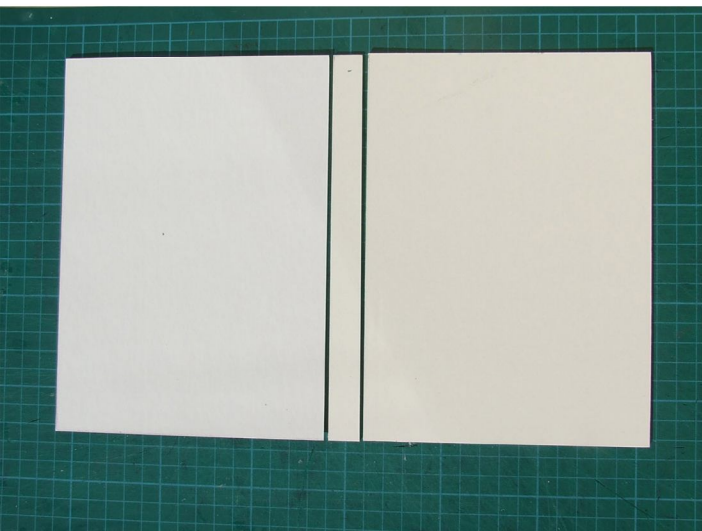


1. Measure your journal inner. For the front and back cover, add 6mm onto the height and 3mm onto the width. For example, this one is 15cm x 21cm. So the measurements are 15.3cm and 21.6cm. For the spine, only add 3mm onto the height. With this one, the width is 1.4cm x 21cm, so it is 21.6cm.

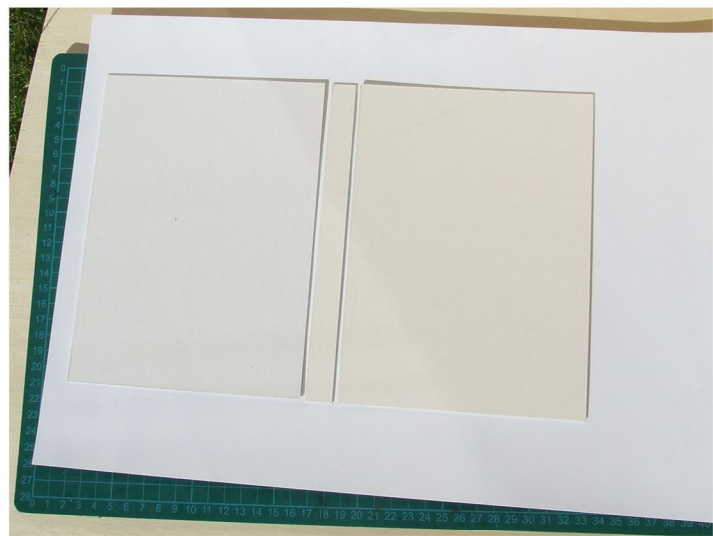
2. Take your piece of mountboard. Flex it to find out which way it bends. As you can see, it bends more easily in one direction. When you can your mountboard, imagine wrapping this bend round your journal.



3. Using your craft knife and steel ruler, cut out your pieces of mountboard as described in step 1. Cut carefully and slowly to ensure straight neat edges.



4. Lay them on the reverse of the cover paper. Leave a gap of 2-3mm between the spine and two cover boards. Leave at least 2cm of cover paper all around. Think about the pattern of your cover paper - for example, I made sure the woodpecker was right in the centre of the front cover. Draw round the pieces of board to guide you later.

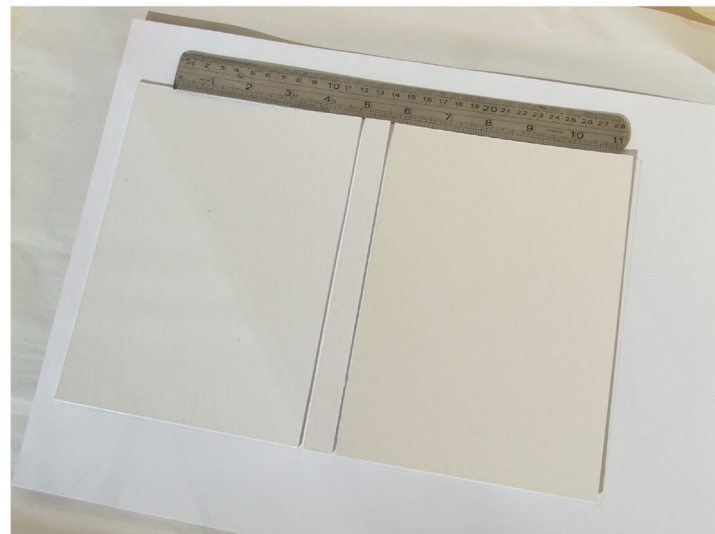


How to do it: Hard back journal cover



5. Cover your pieces of mountboard in glue on one side. Make sure they are completely covered, otherwise you may get air bubbles. I find this easiest by doing it on a piece of newsprint and going right over the edges of the mountboard.

6. Carefully lay your gluey pieces of mountboard onto the cover paper where you marked your pencil lines. I find it helpful to use the steel ruler to make sure they are all in a straight line. Smooth over the pieces of board and paper with your hand so there are no air bubbles.



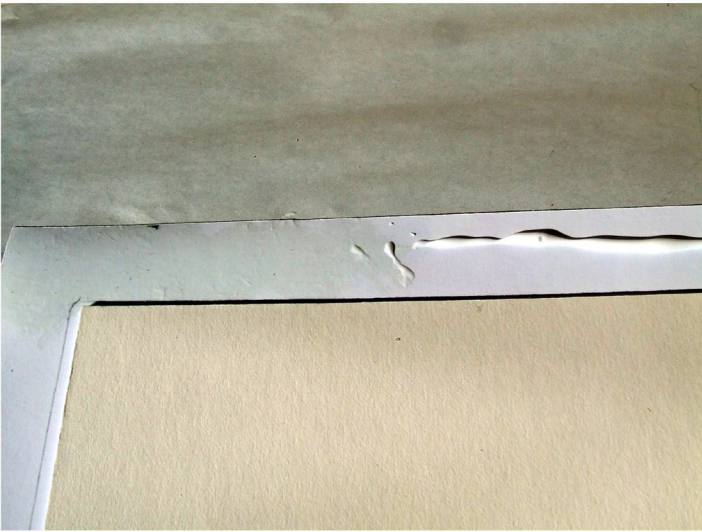
7. Put a sheet of newsprint down, then carefully lay your cover paper with mountboard down on top. Stack books on top and leave them to dry. The newsprint helps to draw moisture out the glue - the books keep everything flat. Leave for at least 30 minutes.



8. Your pieces of mountboard will now be stuck firmly to the cover paper. Trim the cover paper so that you have 2cm all the way round the pieces of mountboard. (You could do this during the measuring stage if you prefer).



How to do it: Hard back journal cover



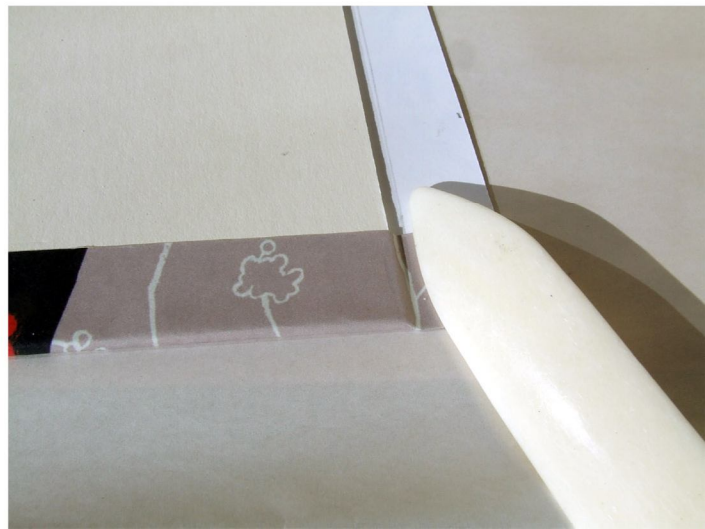
9. Apply glue to the edges of the cover paper along the top of the journal. Again, I find this easiest to do on a fresh sheet of news print and take the glue right to the edge.

10. Using your bone folder to get a firm crease, fold the cover paper over the edge of the mount board and glue down. Rub your fist over to remove any air bubbles.



11. Repeat on other side.

12. Use your bone folder to make a crease in the 2mm gap between the spine piece and the two cover pieces.



How to do it: Hard back journal cover



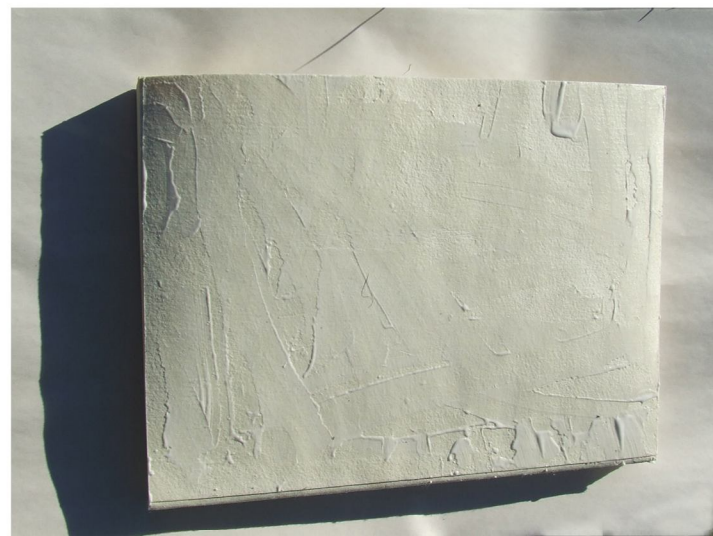
13. Repeat folding process on either side of your journal cover.

14. Use your bone folder to get a really firm neat crease at the corners.



15. Cover your journal cover with glue - but stay at least 2mm away from the edges.

16. Put glue on one side of your journal cover, taking it as close to the edge as you can.



How to do it: Hard back journal cover



17. Carefully place the glued journal on the glued side of the cover. Then repeat the process with both the spine and the other side of the cover.

18. Put some clean news print under the journal and on top of the two facing pages. Place piles of books on either side - you can see the middle of the journal between the two piles. Leave to dry for at least 1 hour.



19. Your journal is nearly ready! Slowly close the journal. Put more newsprint either side of the facing pages and under and on top of the journal.

20. Put under a pile of books and leave to dry overnight. Your journal will be flat with no air bubbles by the morning!

