

## Hideaway cased journal (hard cover)



**Dea Fischer**

artist & artisan

403-609-3579  
rock-paper-scissors@live.ca

Finished size:  $8\frac{5}{8}$ " x  $5\frac{3}{4}$ "

### Materials:

- 1 piece of bookboard  $5\frac{3}{4}$ " x  $8\frac{5}{8}$ " (A)
- 1 piece of bookboard  $\frac{1}{2}$ " x  $8\frac{5}{8}$ " (B)
- 1 piece of bookboard  $5\frac{3}{4}$ " x  $8\frac{5}{8}$ " (C)
- 1 piece of bookboard  $\frac{5}{8}$ " x  $8\frac{5}{8}$ " (D)
- 1 piece of bookboard 3" x  $8\frac{5}{8}$ " (E)
- 1 piece of marbled cover paper  $18\frac{3}{4}$ " x  $10\frac{5}{8}$ "
- 1 piece of end paper 12" x  $8\frac{5}{8}$ "
- 1 piece of end paper 16" x  $8\frac{5}{8}$ "
- 32 sheets text paper  $8\frac{1}{2}$ " x 11"
- $1\frac{1}{2}$  m linen or heavy cotton thread
- 1 signature hole punching jig

### Supplies:

- UHU glue stick
- Scissors
- Craft knife
- Bone folder
- Needle

### Making case:

1. Lay out the  $15\frac{3}{4}$ " x  $10\frac{5}{8}$ " piece of marbled cover paper, face down. Measure 1" in from the left edge and 1" up from bottom edge. Mark with a ruler and pencil line.
2. Arrange the five pieces of bookboard from left to right in sequence as listed above, A–E, starting at the left-hand pencil line. There should be a 1" border all around, and all pieces should line up on the pencil line at the bottom. Allow  $\frac{1}{4}$ " space between each board piece. Working from the left, lift each piece of bookboard, apply glue and lay back into place, rubbing well down.
3. When all five pieces are glued to the cover paper, mitre the four corners, leaving an amount of paper in each corner equal to the thickness of a board. Glue the flaps down in pairs: right and left, working corners down well with a bone folder, then top and bottom. Adhere one end

of the ribbon to the inside of the cover overlap piece. Set aside.

#### Making book block:

1. Fold the 32 sheets of text paper in half to 8½" x 5½" (folios). Nest eight sheets together to make a signature. You should have four signatures. Mark each signature faintly in pencil with a "T" in the top right-hand corner.
2. Using the signature hole punching template, nest template inside first signature, matching the "T"s. Drill holes with your awl according to the template. Repeat for the remaining three signatures.
3. Stack signatures together, ensuring the "T" is correctly oriented on each (erase when finished). Thread your needle with the linen thread (piercing the thread and pulling down to ensure the thread won't come out of the needle). You will stitch with a running or "English" stitch, running from one end of the block to the other in the sequence shown in the attached diagram.
4. Tie off with a square knot and snip ends to ¼".
5. Take both pieces of end paper. Measure 5½" from one end. Score with a bone folder, then fold and crease.
6. Run a thin strip of glue along the fold on the 5½" side of the smaller endpaper. Align with the folded edge of the block's front page and attach, rubbing down securely. Repeat with the larger piece, aligning and attaching to the back page of the block.
7. Lay the block on the back cover, ensuring straight in line with the cover's spine edge.
8. Apply glue carefully to the loose end of the end paper, away from the block. Allow a few moments for the paper to relax from the moisture in the glue. Keeping the leading edge of the block toward you, and with one hand in between the cover and the block, lift the cover toward you, pull the hinge up to position and then carefully lay the cover into position on the end paper. Check for correct positioning and adjust as necessary. Rub down from the outside. Insert waxed paper and allow to dry. Due to relaxation, the end paper may now be too long. Trim carefully with a ruler and craft knife when glue is dry.
9. Repeat for the back cover. Adhere to the back cover as above, but then open the back cover, work the end paper carefully into the hinge, over the ¾" spine board, into the next hinge and over the inside of the cover overlap piece. Again, trim if necessary.
10. Insert waxed paper and scrap paper between front and back covers and apply weight overnight.
11. Once dry, your hideaway cased journal is complete. Close the front cover and then the overlap, wrap the ribbon around and tie.
12. You can further embellish your journal by adding a concertina pocket at the back for mementos.