

BERNINA
Just SEW IT!

By SUSAN BECK

Felted Journal Cover



The personal nature of a journal is an invitation to make a custom cover, expressing the taste, style and creativity of the author and artist who fills its blank pages.

This felted journal cover is heavily textured and starts with a layer of needle-punched multi-colored fibers. The next layer has simple stitches with a scattering of beads, buttons, and trinkets added for interest and fun! The finishing touch is a rattail cord couched along the outer edges.

Supplies

- $\frac{1}{4}$ - $\frac{1}{2}$ yard of felted wool, felt, or other sturdy fabric (exact amount will depend on the size of journal being covered; see instructions for measuring information)
- Variegated/multi-colored yarn or wool roving
- Variegated embroidery thread to blend with the main fabric
- BERNINA Decorative Needle Punch Accessory Set
- Low-loft batting—same size as the main fabric
- Yarn or decorative cord to go around outer edge + $\frac{1}{2}$ yard
- Embroidery thread in a color that blends or matches the base fabric
- Monofilament thread
- All-purpose Foot (BERNINA Reverse Pattern Foot #1/1C/1D)
- Foot for sewing on buttons (BERNINA Button Sew-on Foot #18)
- Couching Foot (BERNINA Bulky Overlock Foot #12/12C)
- Decorative buttons, trinkets, beads, etc., plus a button for closure

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Measuring and Cutting

Lay the book open and flat; measure around it. Add 3" - 4" to the width and to the length. This will allow for "shrinkage" from embellishing the fabric. Using the determined measurement, cut 2 rectangles of the main fabric and one from batting. The cover will be cut to fit your journal after the embellishing is finished.

Also, cut 2 strips the same height as the rectangle and about 3"-5" wide; these are for the inside pockets on each end that hold the journal.

Needle Punching

Set up machine, attaching Needle Punch Set according to the directions included with it. *Note: for complete installation and usage information, watch the DVD included with the purchase of the set.*

Place pieces of roving or yarn on the fabric, forming a random pattern. Don't over think this—just place the fiber on the fabric in a single layer. Once you have the roving and yarn in place, punch the fibers into the base fabric.



Arrange fibers as desired on base fabric



Punch into the surface of the fabric

Needle Punch Tips

When placing fibers on the base fabric, less is best because you can always add more later. Build up the embellishment slowly until you get the look you want.

After the fibers are arranged, quickly and lightly go over the entire surface, punching the fibers to "baste" them in place.

Go back and punch the fibers more thoroughly, going over them 1-3 more times to get the desired look. The less punching you do, the softer the look of the design but the less durable the fibers will be.

After punching from the front, a punch from the back of the work, followed by a final punch from the front, will help to enmesh the fibers more securely into the fabric.



Roving and yarn are the most commonly punched fibers



Decorative Stitching / Quilting

Remove the Needle Punch Set from the machine and insert a #80 or #90 Universal needle.

Using temporary spray adhesive, bond the batting to the wrong side of the felted fabric. Mark the spine at the center of the rectangle. Stitch on this line through both layers. Stitch 1-2 rows on each side of the line to define the spine, using the presser foot as a spacing guide.

Quilt the layers together using one of the methods described below. The first method, embroidery thread, is more subtle than the second one, bobbinwork, which uses heavy thread in the bobbin and is heavier and more pronounced on the fabric.

Embroidery Thread:

Thread the needle and the bobbin with embroidery thread that matches or blends with the main fabric. Attach Reverse Pattern Foot #1/1C/1D to the machine. Select your choice of stitches and quilt the punched wool with random rows of stitching, sewing from edge to edge in straight lines or gentle curves.

Bobbinwork:

Wind a bobbin with a heavy decorative thread such as perle cotton, embroidery floss, Designer 6, Candlelight, or Pearl Crown Rayon. Wind it by hand or at a slow speed on the machine. Thread the needle with a cotton or polyester thread that blends or matches the background fabric.

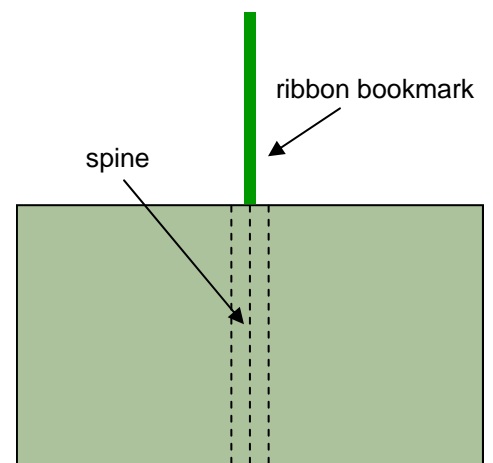
Turn the project so the *wrong* side is facing UP. Using the handwheel, pull the bobbin thread to the surface. *Note: You may need to "tug" the needle thread to help it pull the heavy*

Select your choice of open stitches, such as straight, zigzag, feather stitch, etc. and quilt the punched wool with random rows of stitching, sewing from edge to edge in straight lines or gentle curves.

Embroidery Thread



Bobbinwork



Embellishing

Using Button Sew-on Foot #18, add trinkets, buttons, charms, etc. as desired.

Tip: When sewing decorative items such as these, set the adjustable shank in the lowest position so the buttons will lie flat on the surface of the fabric.

Backing: Place needle punched wool and lining/backing *wrong* sides together, bonding with temporary spray adhesive. *Note: Add a ribbon bookmark to upper edge at center (between the layers) if desired.*

Mark the finished rectangle (the size of the book plus about 1/2"-3/8" on each edge). Stitch about 1/8" inside the marked line. Trim on the marked line, rounding the corners slightly.

Finishing: Trim the 2 end strips to fit and add the strips to the lining/backing, creating a pocket at each end. Sewing over the previous stitching, secure each pocket along three sides (upper, lower, and outer side). Using a narrow zigzag stitch (W = 2.5mm—3mm; L = 2mm—2.5mm), over-sew all four edges of the cover, stitching through all layers.

Change the thread on the machine to monofilament and attach Bulky Overlock Foot #12/12C. Using a zigzag, couch the rattail cord along the outer edges. The cord will be on top of the zigzagged edge; the stitch should go into the fabric on the left side and into the air on the right side. Start and end on the right edge (when book is open) and form a loop with the end of the cord that reaches to a button on the front of cover.

