

March 2021

# Make Your First Journal Challenge



# Welcome

Welcome to the wonderful world of handmade books. If you're not already addicted to creating your own journals, you will be by the end of our five days together.

The challenge begins on Monday, March 8th. Each morning you will receive in your inbox a pre-recorded video with the day's lesson, then at noon we will meet in our private [Facebook group](#) and I'll answer all your questions.

## Schedule

- Monday, March 8th - Create Pages
- Tuesday, March 9th - Create Covers
- Wednesday, March 10th - Prepare for Sewing
- Thursday, March 11th - Sewing
- Friday, March 12th - Add Finishing Touches

While you wait for the challenge to start, gather your tools and supplies (see below) and come introduce yourself in the [Facebook group](#).

If you have any questions, please don't hesitate to reach out to us at [help@vintagepagedesigns.com](mailto:help@vintagepagedesigns.com)

# Tools & Supplies

I strongly encourage you to use the tools and supplies that you have on hand, however, I list links to my favorite products at the end of this guide.

## Tools

- **Craft knife**
- **Metal Ruler**
- **Square or Triangle** (plastic or metal)  
(alternative = quilting ruler)
- **Glue brush**
- **Bone folder**  
(alternative = used gift card)
- **Punching cradle**  
(alternative = thick catalogue or phone book)
- **Thin awl**  
(alternative = needle)
- **4 Bookbinding needles**  
(alternative = crewel or embroidery needle)  
choose a needle that's an appropriate size for your thread
- **Scissors**
- **Covered bricks or heavy books**

## Supplies

- **Signature Paper** - 3 full sheets of 22" x 30" (approx. 56cm x 76cm) 140lb/300gsm watercolor, handmade or print making paper. Don't worry about the grain direction - we will tear down our sheets.
- **2 pieces of decorative cover** - choose something at least the weight/thickness of good quality wrapping paper, such Lokta, printed or marbled paper, in the sample book I use a cork fabric from [Colorway Arts](#), which is on the thicker end. You could also use book cloth.

Both pieces should measure at least 11" x 14" (approx. 28cm x 36cm) grained short - don't worry if you don't understand this - we'll talk about it in class.

- **Material for closure** (optional) - 2" x 8" (approx. 5cm x 20cm) card, very thin leather, Kraft-tex, fabric etc. We'll discuss other closure options on the last day, such as buttons and wraps etc.
- **PVA glue**  
(alternative = any white glue or paste)
- **Scrap paper** - for gluing and making a template
- **3 or 4-ply Waxed Linen Thread** - 2 yards (approx. 2m). Alternative = 18/3 linen thread; size 3 or 5 pearl cotton)

# My Favorite Tools & Supplies

These are the items I use to create the challenge book. Please try to use what you have on hand - you don't need to spend a lot of money to get started with handmade books!

Please note that I am not affiliated with any of these suppliers.

- Craft knife - Olfa 9mm knife  
Available on [Amazon](#), from [Talas](#) or many other places
- Aluminum Triangle  
Available at [Colophon Book Arts](#)
- Teflon or plastic bone folder  
Available at [Hollanders](#), on Amazon or many other places
- Punching cradle  
Available at [Vintage Page Designs](#) or [make your own](#)
- Thin awl  
Available at [Hollanders](#) or many other places
- #1 bookbinding needle  
Available at [Hollanders](#) or [Talas](#)
- The cork fabric I use in the sample book is from [Colorway Arts](#). Use the special coupon code BOOKCLUB and receive \$4 OFF, when purchasing \$35 or more.
- I use Rives BFK for my signatures and order it from [Dick Blick](#).
- 4 ply waxed linen thread  
Buy spools at [Hollanders](#), [Royalwood Ltd](#) and smaller amounts on Etsy.