

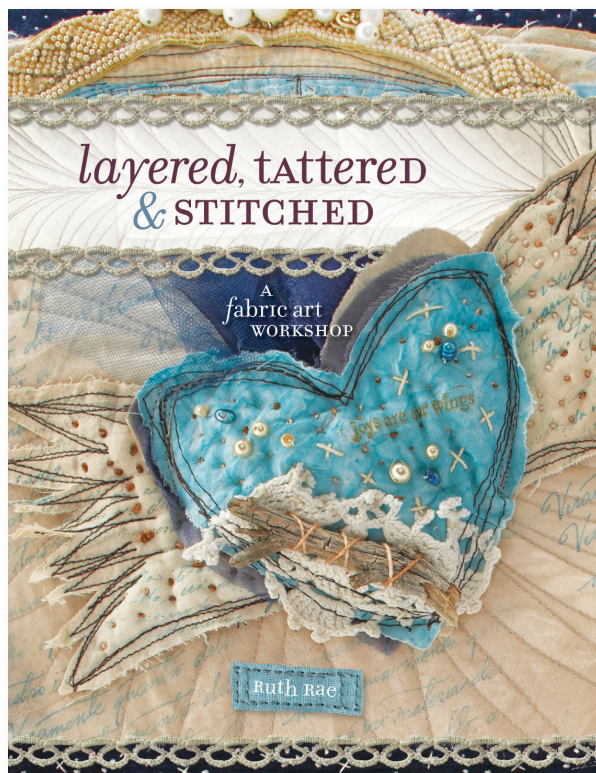
Creating a Mélange Journal

Looking for a place to write down your hopes and dreams? Need a bit of encouragement to start your own art journal? Well, consider this project a permission slip to start your personal journey into journaling!

This project, courtesy of Ruth Rae, author of *Layered, Tattered & Stitched*, uses multiple techniques (all laid out for you step by step) and materials. You'll sew, strip, dye and bind. And when you're all done, you'll be amazed at the work of art you've created!

To learn more about or purchase *Layered, Tattered & Stitched* by Ruth Rae, [click here](#).

www.CreateMixedMedia.com



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MELANGE JOURNAL

Looking for a place to write down your hopes and dreams? Need a bit of encouragement to start your own art journal? Consider this project a permission slip to start your personal journey into journaling. Or it can be a great gift for the journalist in your life. I have found when I create a journal I am more apt to work in it as the entire piece becomes a personal work of art.

Journaling is a process of creating all in itself. Our words, thoughts and memories become intertwined together when placed on the blank page, creating their own mosaic. A treasured journal that is by itself a piece of art is not only inspirational but loved when filled with glimpses from our lives.

I like to combine sewing and fabric into my journal, adding layers upon layers of textures that will then serve as further inspiration when I begin to journal. Often I will journal my page outside of the book and then, with book-binding glue and a palette knife, I will evenly coat the back and adhere it directly to the page. The use of a brayer is helpful in pressing your page into your journal as it will increase pressure.

GATHER THIS TO BEGIN

Acrylic paint (I used Golden's green gold)

Binder clips

Bone folder

Bookbinder's awl

Buttons

Cardstock

Decorative papers

Fabric: assorted scraps; cheesecloth; felt (craft or wool); muslin; organza

Fiberfill

Fusible web (heavy duty)

Ink: StazOn®

Needle (tapestry)

Quilting machine needle, size 14/90

Quilting machine thread

Rubber stamps

Ruler

Scissors

Sewing machine

Trim: lace

20 pieces 11" × 17" (28cm × 43cm)

140 lb. watercolor paper

Waxed linen (yellow)



1» Cut two 11" × 19" (28cm × 48cm) felt pieces. Iron fusible web between them. Tear 2 pieces of decorative paper to fit the front and back covers, 1 to fit the spine. Position all 3 on the felt. Cut organza to layer over the entire piece, then straight stitch around to secure.

2» For the 2" (5cm) spine, measure 8½" (22cm) in from the edges of the front and back covers. Sew straight stitches from top to bottom on either side of the spine paper piece.



3» Dye several scraps of different types of fabric, lace and/or cheesecloth, using acrylic paint and water. Create a decorative element for the front cover by layering dyed fabric scraps and an altered paper element (such as the rose card here that I further decorated with rubber stamps). Be sure to leave space to add buttons in Step 4. Machine-stitch the layers together.



4» Stitch the dyed-scrap piece to the front cover. Add buttons to empty spaces on the front cover or place them as you see fit.
On the inside cover, hand- or machine-stitch pockets cut from muslin you've printed with a rubber stamp (words or other design).



5» Make tabs by tearing muslin into 1" x 5" (3cm x 13cm) strips. Print over 1 strip with a background stamp. Fold the stamped muslin strip in half, then stamp with a word stamp of your choice. Leaving open about 1/2" (13mm) opposite the folded side of the tab, sew the tab together on 3 sides. Stuff the tab with a bit of fiberfill and sew the final side closed. Repeat for the remaining tabs.



6» Cut twenty 11" x 17" (28cm x 43cm) pieces of cold-press watercolor paper (or cardstock); fold each piece in half using a bone folder. Position the first tab as desired along the edge of 1 of the folded watercolor pages.



7» Sew the outside edge of the page several times to secure the tab. (Do not sew the folded page shut.) Repeat for the remaining tabs.



8» Stack the sheets, opened flat, into 4 signatures of 5 sheets each, with tabbed sheets positioned where you want them.

Secure pages of 1 signature together with a binder clip. Starting 1" (3cm) from the top, mark 10 vertical dots 1" (3cm) apart down the length of the fold. With an awl, punch a hole through the stack of 5 sheets at each dot. Repeat for the remaining signatures.



9» Beginning 1" (3cm) from the top of the spine, mark dots in 4 vertical rows that are spaced $\frac{1}{2}$ " (13mm) apart. Each vertical row should contain 10 dots spaced 1" (3cm) apart down the spine.

With an awl, pierce a hole through each dot on the spine (40 holes).



10» To sew the signatures into the spine, begin by threading a tapestry needle with 36" (91m) of waxed linen knotted at 1 end. Insert the needle through the bottom hole in the fold of the first signature, then through the first hole at the bottom of the first vertical row on the inside right of the spine. Pull the thread taut to the knot.



11» Cross the spine to insert the needle through the second hole from the bottom of the second vertical row. Bring the needle through the second hole in the fold of the second signature.



12» Bring the needle down through the first hole in the fold of the second signature.



13» Push the needle through the bottom hole of the second vertical row on the spine. Cross the spine to the first vertical row. Insert the needle in the second hole from the bottom, then guide the needle through the second hole in the first signature's fold.

Repeat this pattern up the length of the spine until the first 2 signatures are sewn. You should have 5 large Xs on the spine; the waxed linen makes its final pass through the top hole in the first signature's fold. Knot the waxed linen close to the hole and cut.

Repeat the whole process with the second set of 2 signatures, sewing through the third and fourth vertical rows in the spine. You should finish with 5 horizontal pairs of sewn Xs.

