Teacher Journal Cover
by Ellen Osten

Design by Ursula Michael
Create an embroidered notebook cover for teachers returning to school. This project is easily customizable for any design, but especially thoughtful to gift to a new teacher on the first day of school.
Read all instructions before beginning the project.

Supply List

- **Hug a Teacher Design Thread Palette** (includes 8 rayon spools for design + 1 bonus black rayon spool and 1 white bobbin spool)
- **Cotton + Steel 50 Wt. Cotton thread** (for construction)
- **Sulky Tear-Easy™ stabilizer**
- **Sulky Soft 'N Sheer™ stabilizer**
- **Organ needles: 90/14 universal & 90/14 embroidery**
- **FREE “Hug a Teacher” Machine Cross Stitch embroidery design** by Ursula Michael, digitized by Marcia Manning
- **Composition Notebook**
- **6” length of 1/8”-wide elastic** (for pen holder)
- **12” to 18” length of 1/4”-wide ribbon** or selvage fabric strip (for bookmark)
- **Canvas fabric** (for front; amount determined by measurements)
  
  **TIP:** Use size 18-2 Aida fabric to emulate cross-stitch by hand, if desired.
- **Cotton fabric** (for lining & pockets; amount determined by measurements)
  
  **NOTE:** Two coordinating fabrics were used for the featured Journal Cover.
- **Point turner**
- **Pinking shears** (optional)
MEASURING & CUTTING

Step 1

Measure the notebook front to back. Measure height of journal. Add 1” to both measurements. From the canvas and lining, cut one outer notebook rectangle using the determined measurements.

Tip:
If adding embroidery, cut the cover fabric two or three inches larger than the determined measurements. This gives you wiggle room to adjust the fit and center the design if needed, then cut to size after embroidery is complete.
MEASURING & CUTTING continued

Step 2
Measure the inside cover page. Round up to the next measurement if needed, and add 1” for seam allowances. Cut the “pocket” fabric large enough to fold in half so it’s self-lined. For example, if the notebook inside cover measures 7”x9”, add ½” seam allowances and cut a 15” x 19” rectangle for the pocket.

Step 3
Repeat to measure the inside back cover page, if it differs from the front. Cut the back inside pocket.

Step 4
Cut the 6” elastic into three equal pieces.
EMBROIDERY

Step 1
Load the embroidery design into the machine. This embroidery design is a cross-stitch design to 12” x 18”.

Step 2
Hoop the fabric with a rectangle of Tear-Easy stabilizer.

Tip:
If the fabric is too heavyweight to hoop, use Sulky Sticky+. Hoop the stabilizer with the paper side facing up. Secure the paper within the inner hoop ring, and remove the paper backing to expose the adhesive. Place the fabric right side up over the sticky stabilizer, centering the design area in the hoop.

Step 3
Thread the needle with the first thread color. Load the bobbin with bobbin thread. Embroider the design, clipping jump threads with each color change.

Step 4
When the embroidery is complete, remove the fabric from the hoop and gently tear away the excess stabilizer beyond the design edges.

Step 5
Press the fabric from the wrong side with a dry iron.
CONSTRUCTION

Step 1

Place the outer notebook cover right side up on a flat work surface. Pin-mark the upper-edge center. Pin one ribbon or selvage end along the upper-edge center.
CONSTRUCTION continued

Step 2

Using a pin or removable fabric marker, pin-mark the centers of the sides, front and back. Measure 3/4” from each side of the front center mark; pin or mark. Fold two elastic pieces in half; pin or clip the elastic ends at each mark, with the loop facing into the cover. Fold the third elastic in half and pin or clip in place along the back center mark. Baste the ribbon/selvage page marker and elastic loops in place, just inside the seam allowance.
CONSTRUCTION continued

Step 3

Place the cover right side up on a flat work surface. Fold the pockets in half widthwise with wrong sides together. Place the pockets so the folds are 1” from the cover center. Align the cut edges with the outer cover upper and lower edges. Place the lining right side down over the pockets.
CONSTRUCTION continued

Step 4
Place a rectangle of Sulky Soft n' Sheer over the lining. Trim 1" from the short sides of the lining.

![Image of fabric with Sulky Soft n' Sheer over lining]

Step 5
Trim 1" from the sides of the Soft 'N Sheer. The Soft 'N Sheer keeps the lining fabric from shadowing through the cover right side. Round all four corners of the notebook “sandwich” using a round object to mark the curve; cut along the marks.

![Image of notebook with rounded corners]

Step 6
Thread the needle and bobbin with Cotton + Steel thread. Install a size 90/14 universal Organ needle. Set the machine for a 2.5mm stitch length.

![Image of sewing machine settings]

“Teacher Journal Cover”
CONSTRUCTION continued

Step 7
Double check that the ribbon/selvage bookmark end is tucked inside the layers so doesn’t get caught in a seam.

Step 8
Stitch the notebook perimeter. Backstitch a few times along the elastic loop ends and bookmark ends.
CONSTRUCTION continued

Step 9

Trim the seam allowances using pinking shears. This shortcut eliminates the need to notch the corner curves. If not using pinking shears, notch the rounded corners and grade the seams.
CONSTRUCTION continued

Step 10

Reach through one open end and pull the cover right side out.
CONSTRUCTION continued

Step 11

Gently push out the corners using a point turner or chopstick.
CONSTRUCTION continued

Step 12

Turn the pockets right side out. The pockets are now in the right position.
CONSTRUCTION continued

Step 13

Finger press the seams, favoring the edge toward the right side. Press from the cover inside.
CONSTRUCTION continued

Step 14

Insert the front and back journal covers into the sleeves.
CONSTRUCTION continued

Step 15

Insert the pen into the elastic loops.
For more information on cross-stitch machine embroidery designs, download our free tutorial.