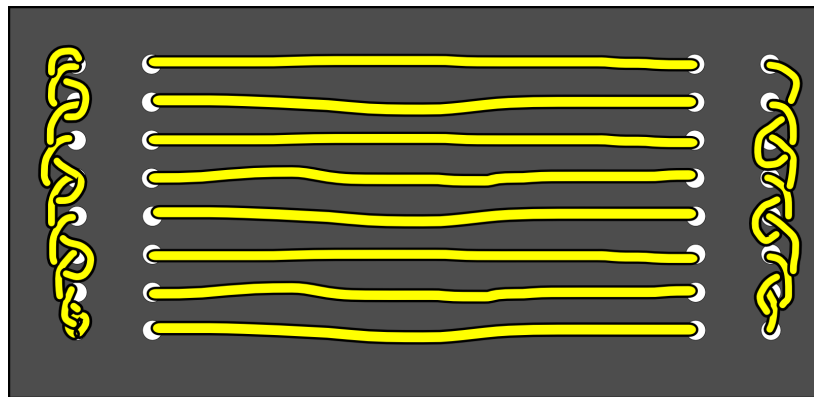




# CREATE ARTFUL JOURNALS: Binding Instruction Guide

## Stitching Diagram: Long & Running Stitches



## Stitching Instructions

ROW	Instructions
ALL	Stitch out, straight across, enter next station

NOTE: Diagram at top shows kettle stitch on either end of long or running stitch, although this stitch may be combined with a variety of other stitches. This stitch is called a **long stitch** when it passes through the cover material (as in Project 8) and is called a **running stitch** when the spine of the book is exposed. Refer to project videos for 1<sup>st</sup> and last row instructions for integrated and/or cut-away cover designs.