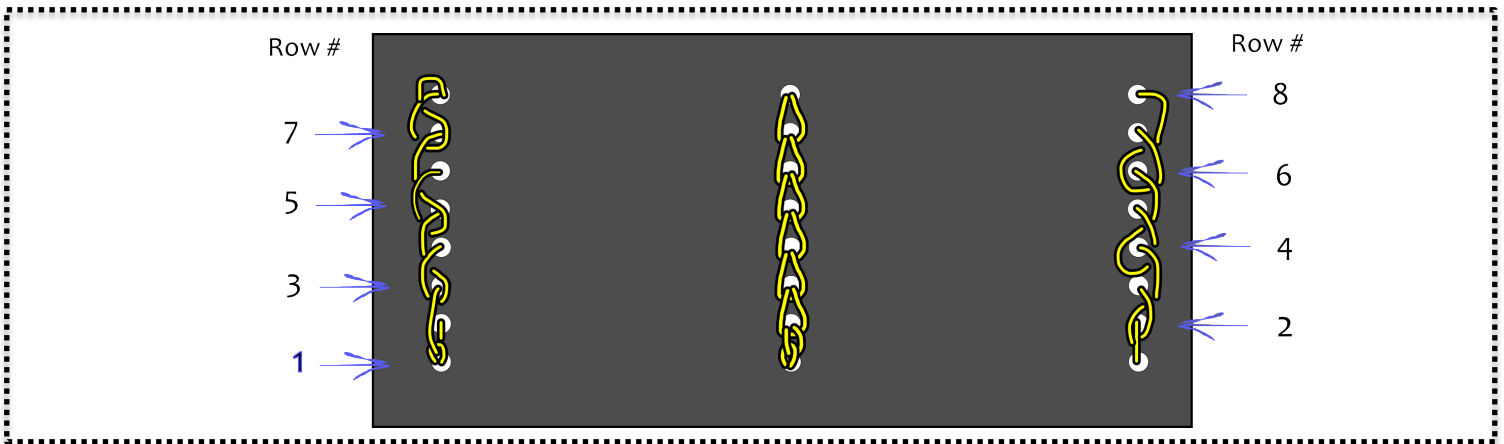


CREATE ARTFUL JOURNALS: Binding Instruction Guide

Stitching Diagram: Coptic/Kettle Stitch Combination



Coptic Stitch Instructions

ROW	Instructions
2 - 8	Exit hole, loop around Coptic stitch in previous row (keeping an open U-shape); Re-enter same hole.

Kettle Stitch Instructions

ROW	Instructions
2 - 8	Exit last hole in row, loop around Kettle stitch in previous row and through the loop created at the tail end of the thread, then tighten. Enter hole in row above.

NOTE: Diagram at top shows rows with Kettle stitches on either end of a single Coptic stitch. Some projects in this course have multiple Coptic stitches, and some combine the Coptic stitch with a variety of other stitches. Instructions above describe how to make a single Coptic and Kettle stitch for rows 2 and up. Refer to videos for instructions on 1st and last row stitching for integrated and cut-away cover designs.