

Book Cover or Personal Health Record Cover

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Hello, and thank you for choosing an Atelier des ABCDaires product. We are fabric designers, and all the patterns featured on our fabrics are created by Bénédicte and Laurent. Printed in France with OEKO-TEX certified inks, our microfiber velvet is very soft and durable. It is machine washable at 30°C, does not bleed, and does not shrink. It can be ironed, preferably on the reverse side, using steam and a polyester setting. Nothing leaves a mark on this fabric: you can use it to make items for everyday use. You'll enjoy the creations made with our fabrics for a long time. It's also perfect for customizing clothes or items to decorate your home!

To make your cover, be sure to read all the instructions included with your kit or fabric before you start sewing. You can also find this photo tutorial online on our website. That way, you can view the photos on your computer.

Using the same materials, you can choose to make a foldable book cover that works for both large-format books and paperbacks: this is tutorial #1.

You can also choose Tutorial #2, which is perfect for a paperback book, a notebook, or a personal health record.

Any questions? Send us an email, and we'll get back to you as soon as possible:

benedicte@abcdaires.com

Tutorial #1: The Foldable Book Cover—Two-in-One!

If you've chosen the kit, you already have all the necessary supplies.

If you chose the fabric only, you will need, **in addition to your illustrated coupon** from Atelier des ABCDaires in size M:

- A piece of thin fusible interfacing, approximately 50 x 55 cm (20 x 22 inches)
- A piece of cotton fabric of the same size
- About 20 cm of elastic cord (8 inches)
- 2 large buttons

To begin, cut out the two velvet pieces along the outline of the pattern (this means cutting away the white, unprinted areas: all seam allowances are included in the patterns).

Place the piece of fusible interfacing with the wrong side facing you, and the cotton fabric on top of it, wrong sides together (the wrong side of the interfacing is the side with the adhesive; it has a rough texture).

Iron the cotton fabric **on the right side** to fuse the batting in place. Apply pressure in short, repeated strokes until the batting is firmly fused to the wrong side of the fabric.

Quilt in diagonal lines or diamond shapes, whichever you prefer. You can quilt freehand or draw the lines on the fabric first using tailor's chalk if that helps. The minimum is one stitch every 2 centimeters (Photo #1)



Photo #1



Photo #2

From the quilted fabric, cut two pieces for the lining that are 30 cm high (12 inches) and the same width as the velvet pieces (approximately 25.5 cm or 10 inches), and two pieces that are 15 cm high (6 inches) and the same width as above, for the outer fabric.

Sew the two pieces of quilted fabric intended for the lining together by stitching the two sides and the bottom right sides together, making sure to leave a large opening in the center of the bottom so you can turn the fabric right side out (see photo below), with a seam allowance of 1/2 presser foot width, or about 7 mm (about 1/4 inch). Leave the top open. (Photos 3 and 4).



Photo #3



Photo #4

Sew a 15 cm (6 inches) strip of quilted cotton to the top of each velvet piece, leaving a 1 cm seam allowance. Use your fingernail to open the seam, then topstitch on the right side, 5 mm (1/5 inch) from the seam on both sides.

If necessary, trim the quilted fabric so that each “velvet+fabric” piece is the same height as the lining, which is 30 cm (12 inches).

Cut two 10 cm (4 inches) pieces from the elastic cord. At the center of each top edge, sew a piece of cord—folded in half with the loop facing down—onto the velvet. Sew it securely to ensure it holds firmly. (Photo #5).



Photo #5



Photo #6

Place the two quilted velvet and fabric pieces right sides together, carefully aligning the velvet and fabric seams, and stitch the sides and bottom with a seam allowance of 1/2 a presser foot (7 mm or about 1/4 inch). (Photo #6).



Photo #7



Photo #8

Turn the quilted fabric lining piece inside out, and slip the velvet/quilted fabric piece—which remains right side out—inside it.

Carefully align the two openings edge to edge, then stitch around the edge 1 cm (about 2/5 inches) from the edge (Photos 7 to 9).



Photo #9



Photo #10

Turn the whole thing right side out through the opening at the bottom of the lining (Photo #10).



Photo #11



Photo #12

Iron and sew the bottom opening closed, leaving a 3 mm (1/8 inch) seam allowance from the edge (Photos #11 and 12).

Sew on the two buttons—one at the top of the front side and the other at the bottom of the back side. This allows you to use the book cover for a large book or a paperback (Photos #13 to 16).



Photo #13



Photo #14

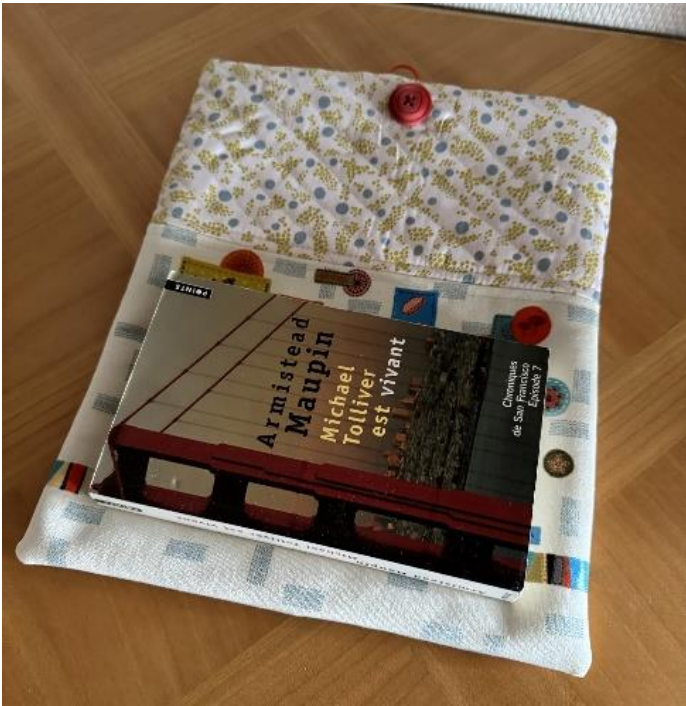


Photo #15



Photo #16

Tutorial #2: Paperback Edition, Personal Health Record, or Notebook

The steps for cutting the velvet and quilting are the same as those in Tutorial #1.

Instructions for the right side

Place the two pieces of velvet right sides together, and sew along the top edge with a 1 cm (about 2/5 inches) seam allowance. (Photos #17 and #18).



Photo #17

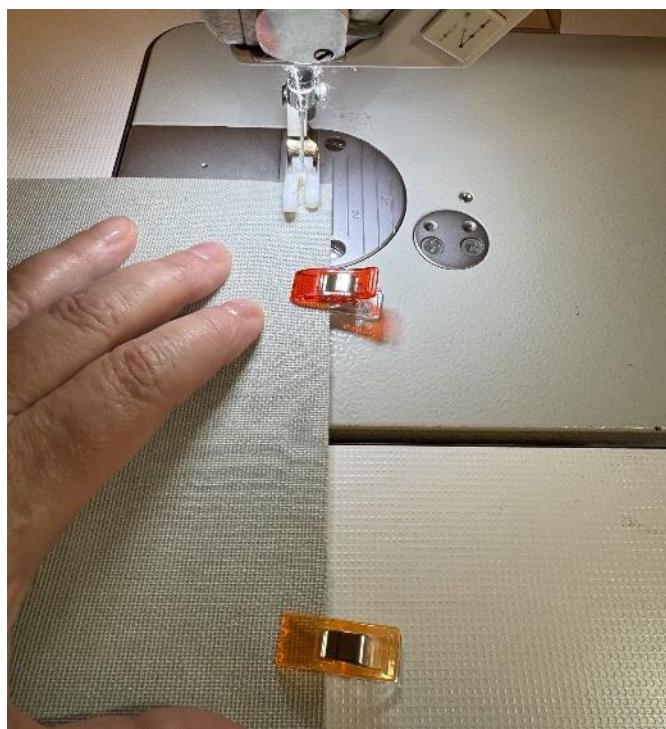


Photo #18

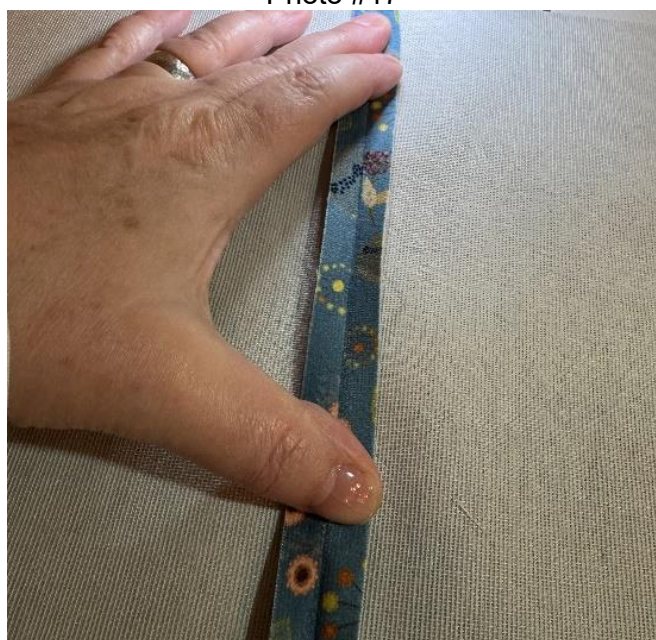


Photo #19

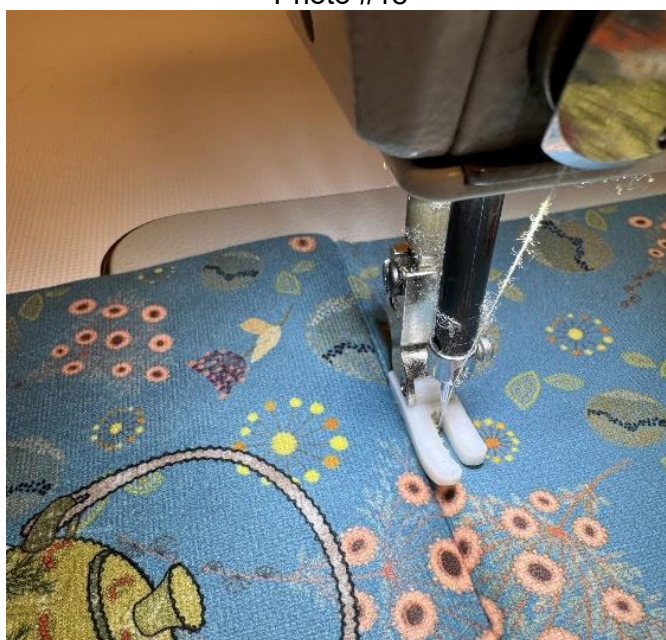


Photo #20

Use your fingernail to open the seam, then topstitch on the right side, 5 mm (about 1/5 inches) on either side of the seam (Photos #18 and #19).

Cut a 10 cm (4 inches) piece of elastic cord. In the middle of the long back side (where the star is shown in Photo #17 above), sew the cord—folded in half with the loop facing up—onto the velvet. Sew it securely to ensure it holds firmly (see Photo #5).

From the quilted fabric, cut a rectangle the same size as the patchwork piece made from the two velvet pieces, to use as the lining.

You'll have two leftover pieces: a small one measuring about 25 x 12 cm (about 9,5 x 5 inches) and a large one measuring about 27 x 48 cm (about 10,5 x 19 inches). From the largest one, cut a piece that is the width of the velvet fabric (about 25.5 cm or 10 inches) and 27 cm tall (about 10,5 inches) for the large pocket.

For the small pocket, cut a strip from the remaining quilted fabric that is the same height as the small scrap and the same width as the velvet piece (approximately 12 x 25.5 cm or 5 x 10 inches). You will use this piece and the small scrap to make the small pocket.



Photo #21

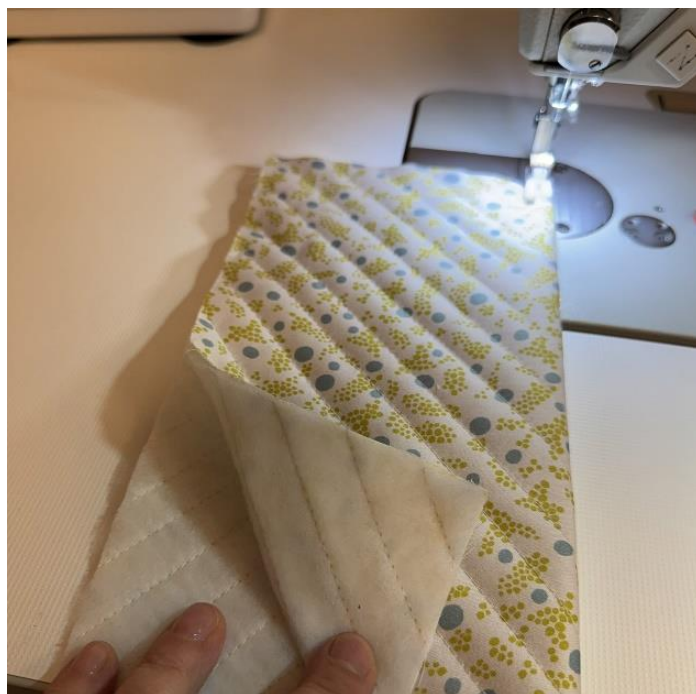


Photo #22

Fold the quilted fabric piece for the large pocket in two, with the right sides together, and topstitch 5 mm (about 1/5 inches) from the folded edge. (Photos #22 and #23).

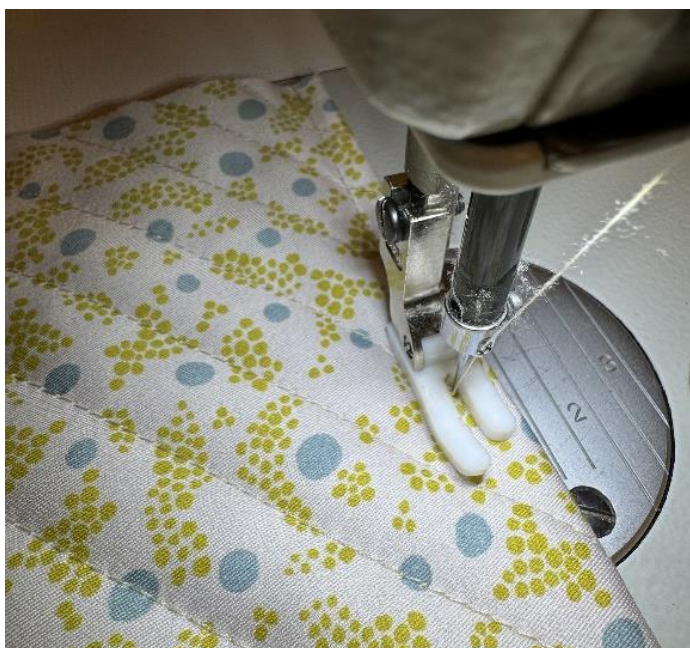


Photo #23



Photo #24

Place the pieces of the small pocket right sides together, sew along one long side with a 7 mm (about 1/4 inch) seam allowance, turn the piece inside out, and topstitch the sewn edge as you did for the first pocket (Photos #24 and #23).



Photo #25



Photo #26

Place the two pockets on the lining, with the pocket openings facing inward (as shown by the arrows in Photo #25). Place the velvet piece on top of everything, right sides together (Photos #26 and #27).



Photo #27



Photo #28

Sew all the way around, using a 7 mm (about 1/4 inch) seam allowance, leaving a large opening at the bottom of the back for turning (see markings in Photo #28).

Gently trim the corners, then turn the piece right side out through the opening. Push the corners out, then close the opening by topstitching 3 mm (1/8 inch) from the edge. Mark the best spot for the button at the bottom of the front velvet panel, and sew it on securely (Photo #29).



Photo #29



Photo #30

Atelier des ABCDaires

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All our tutorials

<https://www.abcdaires.com/tutoriels/> (PDFs in English and videos with English subtitles)

<https://www.youtube.com/@abcdaires> (Videos with chapters and English subtitles)