

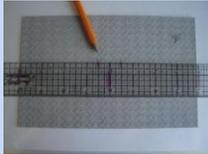


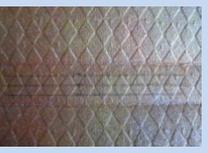
### Shopping List:

Grungeboard: **Harlequin Finish**, Grungeboard: **Elements**, **1 Idea-ology Hitch Fastener**, **Unmounted Create a Swirl Elements A5 Stamp Plate**, **White Card 160gsm**. **Tim Holtz Idea-ology Design Ruler**

Distress Ink Pads: **Fired Brick**, **Broken China** & **Shabby Shutters**, **Cut 'n' Dry Foam**, **Cosmic Shimmer Mist**s: **Red Firefly** & **Blue Lime**

Brads, **Needle & Thread**, **Pokey Tool**, **Non-Stick Craft Sheet**, **Acrylic Block**, **3D Glue**, **Pencil**, **Embossing Tool** & **Bone Folder**.

1		Select one whole sheet of Grungeboard. Place the design ruler with the '0' in the centre and the side measurements will read '4' both sides. Make with a pencil half an inch either side of the '0'. Where the red lines are shown in the picture.
2		Score top to bottom on both pencil marks.
3		Crease both the score lines to create the spine of the book
4		Prepare the Cosmic Shimmer mists by mixing in all the mica thoroughly. Place the Grungeboard flat onto the craft sheet.
5		Spritz the Blue Lime mist all over the Grungeboard, and then pat with a tissue to get the shimmer mist into the harlequin embossed areas.
6		Then spritz a fine mist of the Red Firefly mist to give an aged feel to the book. Repeat this process on the inside of the book and also on an oval Grungeboard element that will be used to fasten the book. Seal the shimmer mist by drying with a heat gun, or either a fine mist of water or hairspray.

7		Distress the edges of the book using the Red Brick ink pad and the cut 'n' dry foam.
8		Draw 3 pencil lines equal distance apart on the outer spine of the book
9		Using the design ruler find the centre of the spine using the '0'. Then with a mat underneath poke a hole through the mini holes in the ruler at both the 1 inch mark (shown in red) and repeat this on each of the 3 lines.
10		The spine will look like this once all the 6 holes are completed
11		Make 3 sets of 4 folded pages, take a sheet of 160gsm card and cut to A5 size, and then fold in half again to A6 size. Trim each of the 12 pages to 8cm wide by 12cm high. You may want to trim away 2mm on the width on 9 of the pages so the inner pages don't protrude.
12		Take each set of 4 folded pages and with the design ruler find the centre and again with a mat underneath pierce a hole at both 1 inch marks. Do this on the other 2 sets of pages.
13		Use co-ordinating distress inks and a swirl stamp to stamp and edge each set of pages.
14		Cut a long length of thick cotton and pass the 2 ends of the thread through a needle so you leave a loop at the bottom of the thread. Take the book and the first set of pages and starting from the outer spine pass the needle through the book and then the pages leaving the loop on the outside.