



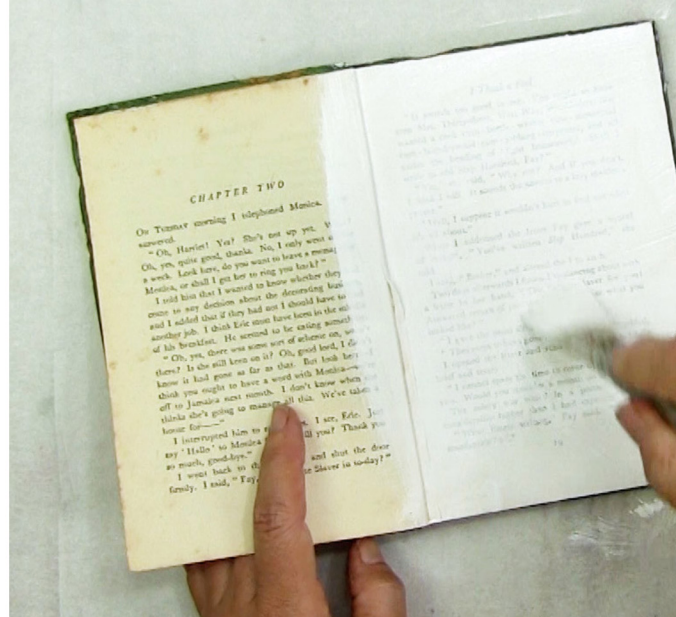
journal girls

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tear out every third or fourth page
inside your book using a ruler,
leave a small strip of paper
showing so that your book stays
intact.
of the remaining pages glue
bunches of 2 or 3 together with
gesso or gel medium



coat the cover of the book with
white gesso

using your fabric torn to size, cover
the outside of the book, and the
inside flaps leaving a 'tab' front and
back for the closure.
use gel medium to adhere the fabric



coat the entire fabric cover with
gesso - tint your gesso with yellow
or brown paint



cover your book with your
chosen collage and ephemera
using gel medium



using your eyelet tool kit punch holes
in the flaps front and back and
attach they eyelets

using a mix of dark brown paint
with gel medium and water stain
the edges of your book, wipe off
quickly with paper towel
Also add some splashes of paint
to your cover



attach your fabric tie or ribbon
using wire (optional) and twist
some wire around the ends so
it easily passes through the
eyelets on the top cover



prepare the inside pages by apply-
ing collage to them first with gel
medium

to make your loose insert sheets
tear the edges of your watercolour
paper to fit your book.
attach some collage paper to each
side



use a small amount of
neutral coloured acrylic
paint with a scraper to
partly cover up some of
your pages and collage.

when dry apply a good
coat of matte gel to each
page to seal them ready
for your artwork

draw your girl using the watersol-
uble graphite pencil



using a large round brush wet
the graphite to dissolve and
blur the edges

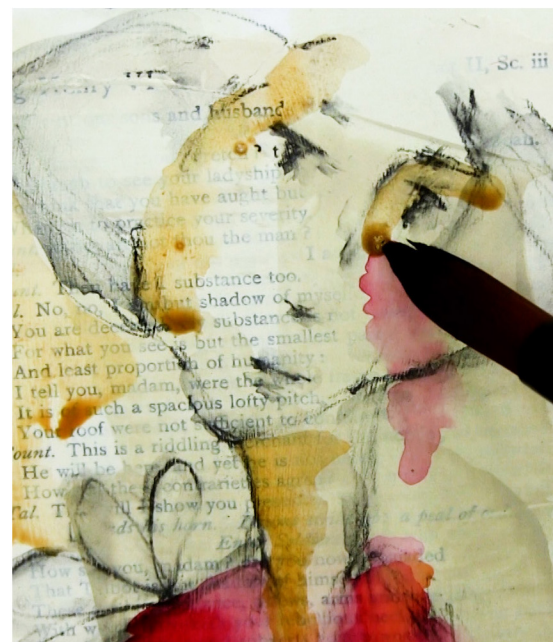


using your gouache lightly apply the
first coat of colour



using neutral tones colour your
girls face

add several layers of colour to the
face and background - letting each
coat dry in between



add white gouache to highlight
area - ensure not to play with
it too much or your colours
beneath will bleed

add some splashes of colour



using your 7b pencil
add some final details

SUPPLIES LIST

- Old book to re-purpose. Make sure the binding of the pages is secure (my book is 18x12cm)
- Fabric – white calico (muslin in the USA), you will need about quarter of a metre/yard.
- White gesso – get an inexpensive pot (I use Mont Marte)
- Liquitex Gel Medium – matte
- Vintage papers or ephemera, sheet music, old book pages, old sewing patterns, etc.
- Scrap fabric or ribbon for the closure – use something smooth and shiny
- Acrylic paints, white and neutral tones (I use Jo Sonja – white, smoked pearl, raw sienna and burnt umber)
- Water soluble medium – I use Art Spectrum Gouache – You can also use Hydrus Liquid watercolour, Inktense blocks or regular watercolours.
- White Gouache tube
- Spray fixative – matt workable
- Plastic scraper or an old credit card for collaging
- Paint brush for gesso'ing/gel medium
- Round watercolour brush – large
- Steel ruler
- Watersoluble graphite pencil (Lyra or Derwent) – I use a Derwent medium wash 4b
- Graphite pencil – 7b or 8b
- Fineline pigment pen – I use Staedtler pigment liner 0.5 (any size will work)
- Watercolour paper – 2 x A4 sheets
- Tracing paper - Thin - A4 sheets cut into 4 x A6 sheets - You can also just use a roll of thin kitchen paper.
- Eyelets/Grommets and tool to attach them – 10 or 12mm inside diameter.
- Hammer for eyelets
- Thin wire and pliers
- Kitchen non stick baking paper, to protect your surface and pages
- Sealer spray satin or matte finish – for your finished artwork
- Dorlands wax for your finished artwork (optional)