Did you ever have a quiet book as a child? If you did, you probably remember some fun quiet times—you didn’t even realize you were learning! Make a nostalgic treasure for your child or grandchild, adding your own designs to this easy to make book. Add appliqués, embroidery, felt shapes, or whatever you enjoy. Create a family heirloom and a hands-on learning tool that has sentiments way beyond computer generated toys!

**Finished size of cover:** (folded) approximately 8” x 10”

**Supplies needed:**

(Makes eight 7½” x 9½” pages plus inside and outside covers)

- ⅞ yd. unbleached muslin or other heavyweight cotton
- 1½ yd. Sof Shape fusible interfacing (cover and pages)
- Optional: ⅓ yd. lightweight batting

**Helpful notions:**

- Rotary cutter, mat, and ruler
- Matching all-purpose thread for construction
- Erasable fabric marking pen
- Binding and Hem Clips
- Supplies for embellishment
- Optional: Pigma Micron Permanent Pen

**Instructions:**

*Note: All seam allowances are ¼”.*

1. Cut fabrics for cover and pages.
   - Muslin or heavyweight cotton:
     - Cut two covers 10⅛” x 17” (outside and inside covers).
     - Cut four 10” x 16⅛” pages.
   - Sof Shape interfacing:
     - Cut two interfacing sections 10” x 16⅛” (outside and inside covers).
     - Cut four interfacing sections 9½” x 16” (pages).
   - Optional Batting: If you would like to use batting in the cover of the book, cut one piece 10½” x 17”.

*Note: We cut our cover a little larger than the inside pages so that the pages don’t peek out from the cover edges.*

2. Fuse interfacing to covers and pages following manufacturer’s instructions.
   - Center and fuse interfacing to the wrong side of each outside and inside cover.
   - Center and fuse interfacing to wrong side of each of the pages.

   ![Interfacing Diagram](image)

   *Note: Interfacing is ¼” smaller on all sides than cover and pages to keep bulk out of the seam allowances, and to prevent pressing it onto your ironing board.*

3. Embellish outside cover and pages with embroidery, appliqué, hand embroidery, or whatever you prefer.

*Note: You may want to use the inside covers of the book as pages also.*

- Fold cover and pages in half; crease fold for center marking.
- Layer the pages in the order that they will be viewed. Mark page numbers with an erasable fabric pen, if desired, to keep pages in order as they are embellished.

![Page Layout Diagram](image)

*Note: Page numbers may look out of order, but when they are folded and inserted together, they are correct.*
• Mark outside cover and pages 1" from all edges, down the center, and ¾" from each side of the center using an erasable fabric marking pen.

Note: If you plan to embellish the inside cover, mark edges as instructed for outside cover. This not only forms a border, but keeps designs from getting too close to the edges and fold of the cover.

• Remove markings after embellishment is completed.

4. Use wrapped corner stitching to complete the cover and inside pages, following the illustration showing which pages to sew together.
• Meet the outside and inside covers or pages, right sides together. Add the optional batting layer, if desired. Pin.
• Stitch one short edge from end to end.

• Grade the seam allowance; press seam flat.
• Press (or wrap) seam allowance along stitching line toward the inside cover or page.

• Stitch the adjacent seams, sewing from the fold to the fabric edges. Leave a 4" area in the center of the bottom seam unstitched for turning.

• Continue this wrap and sew process with the remaining seam.

• Trim seams.
• Turn cover or pages right side out through the unstitched portion of the seam.
• Press under seam allowances on the unstitched edges and slipstitch the edges closed.
• Optional: Topstitch ½" from outside edges of cover and pages.
• Press mark centers of cover and pages for alignment.

5. Complete the quiet book.
• Lay all pages on top of one another so the pages are in the correct order. Pin through center press markings to align pages.
• Pin or use Binding and Hem Clips to hold the cover and pages together on the outer edges.
• Stitch down the center of the book through all pages and cover, removing center pins as you sew. Repeat stitching for reinforcement, or use a triple straight stitch.

• Remove remaining pins or clips.
• Optional: Use a Pigma Micron Permanent Pen to sign and date the back cover of the book.