

## Pamphlet Stitches Made Easy Make Your Own Books

**I love books!** I love reading them - buying them - owning them - making them - and I love books so much that I've even written a couple of books myself. My most recent book is [\*NORMAL Doesn't Live Here Anymore: an inspiring story of hope for caregivers\*](#). If you'd like to check it out, just click the book's title.

In this class, you'll learn about 4 pamphlet-stitched books. Enjoy!

### Supplies:

- Completed journal covers
- Drawing paper or other paper of choice for the book pages
- Cardstock for hole templates
- Bone folder (paper creaser)
- Scoring Board
- Ruler - centering ruler
- Tapestry needle
- Waxed linen thread
- Piercing cradle (or large phone book)
- Piercing tool or small awl
- Screw-type punch may be necessary to create holes in thicker material
- Scissors
- Pencil
- Small or medium binder clips

### Sample 1: 3-hole Single Signature Pamphlet Stitch

- ✓ Journal cover created from construction-paper fabric-paper, folded in half
- ✓ Measure journal cover and determine page sizes - about 1/2" smaller is a good starting place.
- ✓ Cut desired number of pages - class sample used 10 pages

- ✓ Fold each page in half. Reinforce the fold with the bone folder. Folded pages are called folios.
- ✓ Nest folios to create one signature. Hold together with binder clip.
- ✓ Create a 3-hole template from folded card stock. (sample is approximately 2” wide by the height of the pages) Use a centering ruler to mark and pierce holes in template.
- ✓ Use the template, piercing cradle (or large phone book) and piercing tool to pierce holes in signature and cover.
- ✓ Place signature inside the cover, matching holes. Use binder clip to secure.
- ✓ Thread tapestry needle with waxed linen thread - 3X height of cover.

### **Stitch pattern:**

1. Begin **inside** the book.
2. Go OUT through center hole of signature and cover.
3. Leave several inches of thread tail inside book.
4. Go IN one end hole through cover and signature.
5. Go OUT the opposite end hole through signature and cover.
6. Go IN the center hole once again, being careful not to split the thread already in that hole.
7. Place one thread tail on each side of long stitch within the signature center.
8. Tie a square knot around the long stitch.
9. Clip thread ends, leaving about 3/8”.

### **Sample 2: Another 3-Hole Single Signature Pamphlet Stitch**

Prepare signature, cover, and hole template as for **Sample 1** in desired size. Pierce all holes.

### **Stitch pattern:**

1. Begin stitching from **outside** the book.
2. Go IN through cover and signature.
3. Leave several inches of thread outside the cover.
4. Go OUT one end hole through signature and cover.
5. Go IN the opposite end hole through cover and signature.

6. Go OUT the center hole once again, being careful not to split the thread already in the hole.
7. Place one thread tail on each side of long stitch outside the cover.
8. Tie a square knot around the long stitch.
9. Tie beads, charms or other embellishments onto the thread tails.

### **Sample 3: Multi-signature 3-hole Pamphlet Stitch**

- Create desired cover and signatures. Demonstrated cover was created from scrap card stock with 2 signatures of 8 folios each.
- Create hole template and pierce signatures as well as cover. Note that when piercing the cover holes, you need 2 sets of holes approximately 1/8" apart. Each signature is stitched in its own set of holes in the cover.
- Sew each signature into the cover following previous directions.

### **Sample 4: 5-hole Single Signature Pamphlet Stitch**

Create cover and signature as before.

Using the centering ruler, create hole template with 5 holes.

#### **Stitch Pattern:**

1. Holes will be numbered from the bottom up for explanation purposes.
2. Begin **inside** signature.
3. Go OUT bottom hole #1 through signature and cover.
4. Go IN hole #2 through cover and signature.
5. Go OUT hole #3 through signature and cover.
6. Go IN hole #4 through cover and signature.
7. Go OUT hole #5 through signature and cover.
8. Go IN hole #4 (don't split thread)
9. Go OUT hole #3.
10. Go IN hole #2.
11. Tighten slack in stitches if necessary.

12. Tie 2 ends together inside the signature in square knot and cut, leaving 3/8" tails.