
Three Ways to Stitch a Pamphlet Book with Sarah Matthews

Chapter 1 - Three Ways to Stitch a Pamphlet Book

Overview

(gentle upbeat music) - [Sarah] Hi, I'm Sarah and I love making books. I started making books when I worked in technology because it was a nice change to make something handmade. We're gonna go over three bookbinding techniques, the 7-hole pamphlet stitch, link stitch, and the dot dash, which is my favorite. These are fun and approachable ways to start bookbinding as a beginner. Once you start using these techniques, you may never buy a journal again.

Materials

- In this class, we will need 67-pound cardstock cut down to 10 inches by 14, and there are eight sheets per pamphlet, and then three sheets of decorative paper that are printed double side, and then a cheat sheet that is regular scrap paper that is 10 inches, which is the exact height of the pamphlet by one inch. Pencil, bone folder, a pair of scissors, two book binding needles, one binder clip, a Japanese screw punch, and two different colors of waxed linen thread.

Seven-hole binding

- First, we're gonna make the cheat sheet, so we can make sure our holes on our pamphlets are aligned. You're gonna need your bone folder for this. So you're gonna take your cheat sheet and fold it in half, making sure the corners are aligned. And use the bone folder. And then you're gonna fold it again in half. Crease again with the bone folder and then one more time. Then you're gonna unfold it and still just make the creases more visible. And you're gonna use this to determine where you're gonna put the holes in your pamphlet. So you're gonna place each sheet down. Lay your cheat sheet in the center, right on the spine. Grab your pencil, and write where every fold is. You're gonna mark the little pencil dot all the way down. Once this is done, you're gonna take your Japanese screw punch or awl if you have that, and you can use this to punch your holes. Okay, and you're gonna do this for every one of the sheets that you have. So there's eight sheets. You'll poke holes in that, and then you'll also do that in your cover. I would recommend that you punch each individual page instead of all of them at once. When you purchase your Japanese screw punch, it comes with various drill bits. I use the two millimeter for my book binding projects. I've punched the holes in all my sheets, including the cover, and now I'm ready to bind the book. In this binding technique, we're gonna be doing the seven-hole pamphlet stitch. You're gonna grab your waxed lined thread, and you're going to measure out three lengths of the spine. So I'm just gonna go one, two, and then three. And then trim. And then I'm gonna grab my book binding needle, and helps if you just flatten it a little bit before trying to go through the eye of the needle. And we're gonna pull the tail to about a few inches, probably like three to four inches. Don't worry about pulling it all the way through like we're sewing a garment. This is just really for book binding. We're gonna start in the center of the pamphlet. I would suggest going through each page for the first time just to make sure that everything is aligned. Okay, then you're gonna pull it through. And then grab onto the end with your thumb. And this is a good opportunity to grab your book binding clip just to make sure that everything stays together. So now we're gonna go up one hole. Then we're gonna go up to the next hole, again pulling, and then up to the next one. And there may be times where it's just not aligning, and that's okay. We're just gonna go through each page just to make sure 'cause that

happens sometimes. All right. And making sure each stitch is nice and tight, now we're gonna go down to this second hole here. And I'm gonna go down to the third hole, again still making sure everything's nice and tight. And move down to the middle hole. And then continue the same steps down at the bottom of the pamphlet. Then through the bottom and back up, making sure everything is nice and tight. And then we're going to trim. And then we're gonna tie a box knot over this, the center hole. So you can go underneath that third stitch, just so that way there's some stability there, and then under this stitch. And then we're gonna do right over left, left over right. That is considered a box knot. And I like to trim right at the holes. So I'm gonna do here and right here. Unclip. And that is a seven-hole pamphlet stitch. I recommend this book binding stitch as a great technique for beginners.

Link stitch binding

- This is a step up from the seven-hole pamphlet stitch. Right now we're gonna do the link stitch. I've already poked the holes in my pages and just like we did in the seven-hole pamphlet stitch, we're going to measure out three lengths of the spine. Again, flattened down with my fingers before threading the needle through the eye, bringing about a few inches. This time we're gonna start at the top. So we're gonna go in from the inside. Again, we're gonna do one page at a time, just to make sure everything is aligned. Push through. Again, now that we have everything together, clip with the binder clip. You're gonna leave that tail and then we're gonna go down to the second hole. That's gonna happen. It's okay. Now we're gonna do a box knot over that top hole. Right over left, left over right. Make sure it's nice and tight. Now that's gonna be an anchor. So you can continue down. So next hole, again, going to each one. When we get to this point here, we're gonna go underneath that top stitch with your needle, underneath. And then go through the third hole again. And then go down to the next hole and again, we might have to go through each one and that's okay. Here we go. Make sure the stitches are nice and tight, going underneath both of these stitches. And continue on in the same manner all the way down to the bottom of the pamphlet. Go under and through. Go under and through. And when you get on the inside, we're gonna do the box knot with your needle so go under and through the loop. And then the other way, under and through the loop. Nice and tight. And then we're gonna trim halfway, so this is an inch, so you're gonna trim halfway on both sides. And this is the link stitch. It's a nice decorative stitch that you can add to your pamphlets.

Dot dash binding

- And now we're doing my favorite stitch, called dot dash. I love it because it's so easy, but it makes you look like a rock star. For this stitch, we're gonna be using two different colors of waxed linen thread, two bookbinding needles, and your binding clip. First thing you wanna do is figure out which one that you want to see the most on your spine. I'm going to do the red. I'm gonna do two lengths of the spine. And then for the cream, I'm gonna do like 1 1/2. We don't need that much. You're gonna take both of them and tie a knot. You wanna do double. You wanna thread one needle on each thread. Like so. We're gonna start at the top hole. This is going to be the dash, which is my red. Starting at the top. Again, may have to go through each individual sheet, and that's okay. And you pull it all the way through until that knot hits. And then you're gonna go down to the bottom. And that's it, you're gonna just take the needle out of there. And now we're gonna create the dot. So I'm gonna go through the second hole, and I'm gonna go over the dash. So go up. And then you're gonna go over. And you see I accidentally poked a hole. It's gonna be fine. It's gonna be all right.

And that's the dot. All right, we're gonna continue on. Go through and then over and through the same hole. Okay. You might have to tighten, and that's okay. There we go. Nice. Over and through the same hole. Double-checking. Okay. Over and through. Double-check then. Okay. I'm gonna tighten them. And then pull. And then all we have to do is tie the box knot at this hole and then trim. Do the same thing here. And this is the dot dash, which is my favorite stitch. I have a little bonus treat for you. You can do this with any of the techniques that we did in this class. But we're gonna use the leftover pieces from your bookbinding thread. And you don't necessarily need to use the needle, but you can. So I'm just gonna go at the center. Go under. And then I'm gonna tie a box knot right there in the center. So right over left or left over right. And then you can trim to make little bow ties. And repeat that step all the way down. This is an entryway into bookbinding to get you making pamphlets, journals, zines, and more.