

pocket notebook sewing tutorial



MATERIALS & TOOLS (photo a)

- 12 sheets of text paper in the size of your choosing: I used soft white 80# text paper
- 1 piece of card stock/cover paper (size is determined by booklet size): I used black card stock with a torn edge
- Fabric for cover paper (size is determined by booklet size): I used plant-dyed organic cotton/linen with torn edges. I kept mine plain but you could add simple embroidery to the cover.
- Heavy duty needle
- Strong thread (2 x the height of the book plus a little extra)
- 2 sheets of scrap paper
- Foam Brush
- PVA glue (or white glue)

Optional (and very helpful) tools:

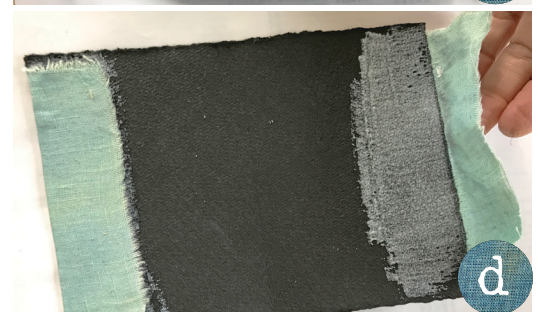
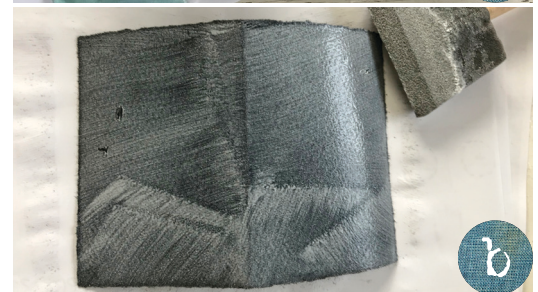
- Bone folder or old credit card (helps to smooth the fabric on to the glued cover paper)
- Awl (makes creating the holes in the spine much easier than using your needle to create the holes)

Add a personal touch to a simple pamphlet bound book. Ideas and important things to remember often come to me when I am not at home or in my studio. They come to me when I am on a walk, at the grocery store, when I am driving, and when I just wake up, etc... I like to keep a little notebook handy for these moments. Keep this in your pocket, by your bed side, or tucked into your purse.

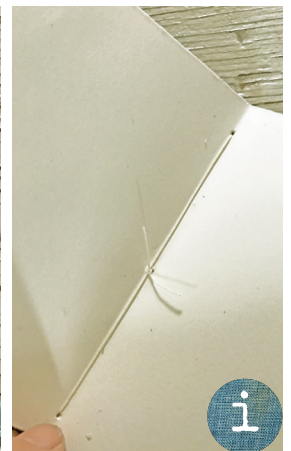
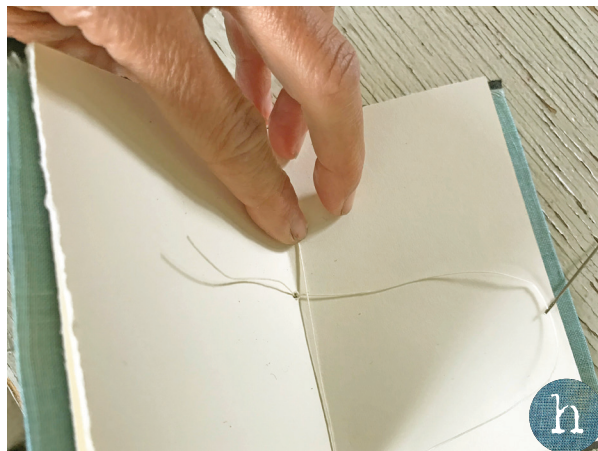
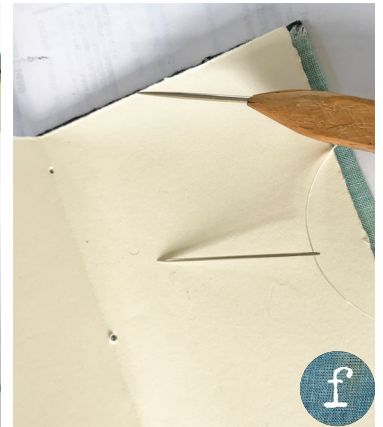
MEASUREMENTS FOR BOOK IN PICTURED IN TUTORIAL (finished size: 3 3/8 x 5")

- Sheet size: 6 3/4 x 4 3/4" (folded paper dimensions 3 1/8 x 4 3/4")
- Cover size: 6 3/4 x 5"
- Fabric size: 8 3/4 x 4 1/2"

1. **Prepare your text paper:** decide the size of your pamphlet book and then rip or cut 12 sheets of paper to the open booklet size (twice as wide as your desired finished/closed book size). Fold the pile of sheets in half all together.
2. **Prepare your cover paper:** your cover should be 1/2" wider and 1/4" taller than your open text paper. The cover will extend 1/8" at the top and bottom edges and about a 1/4" on each side (this accommodates for the thickness of the fold). Fold the cover paper in half.
3. **Prepare your fabric:** measure your fabric so it is 2" wider and 1/2" shorter than the cover paper. The fabric will wrap around the sides of the cover paper, and the top and bottom edges of the cover paper will be exposed.
4. Lay out a piece of scrap paper and unfold your cover paper with folded bump facing up.
5. Dip your foam brush in the glue (you want there to be enough glue on your brush so that you can coat the cover paper completely, but you don't want any big glops of glue).
6. When you apply the glue to the cover paper, brush right off the edge on to your scrap paper to ensure complete coverage. **(photo b)**
7. Remove the scrap paper and lay your fabric centered on your cover paper. Smooth down the fabric (a bone folder or an old credit card is helpful to get out bubbles but your clean non gluey fingers will work too). **(photo c)**
8. Lay down your second piece of scrap paper. Apply glue to the inside edges of the cover paper, covering the entire area where the fabric will fold around. Remove the scrap paper and snugly wrap the fabric around the cover paper edges. Smooth down the fabric onto the inside covers. **(photo d)**



9. Put the folded text pages inside the book cover and hold your pages up at a right angle while the other half of the pamphlet is resting on the work surface. With your heavy-duty needle or awl, poke a hole through the center (**photo e**) and then make two more holes, 1/4-1/2" in from each edge. (**photo f**) Push through all layers of your text paper and the cover. This can be a little tricky with a needle, but it works with persistence. An awl is very helpful in making these holes.
10. Push your threaded needle through the center hole from the inside of your pamphlet, leaving a 2" tail.
11. Pull your thread around the exterior spine and push your needle back through one of the outside end holes. Now the thread will travel on the inside of the pamphlet and come out the other end hole. (**photo g**)
12. From the outside come back into the center hole (being careful not to pierce any threads).
13. Catch the center thread between the 2 tails of thread (make sure that there are no loose gaps and that the thread is taut) (**photo h**) and tie a knot. (**photo i**)
14. Your pocket notebook is complete! (**photo j**)



ABOUT KATA GOLDA:

Alison Kaplan is the creative force behind Kata Golda, a craft studio in the mossy seaside town of Port Townsend, WA. Kata Golda is a flourishing business that explores crafts such as needlework, letterpress printing, bookbinding, block printing, hand-thrown pottery, hand-dyed textiles, and jewelry making. Alison finds inspiration in the woods, farmlands, and beaches of her Pacific Northwest wonderland. See her work at www.katagolda.com.

