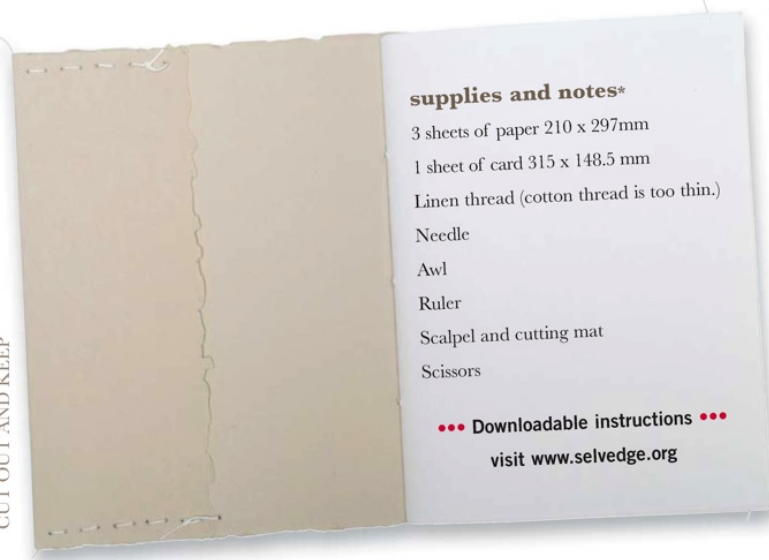


# How to... bind a book

MAKE A SIMPLE, STITCHED NOTEBOOK

CUT OUT AND KEEP



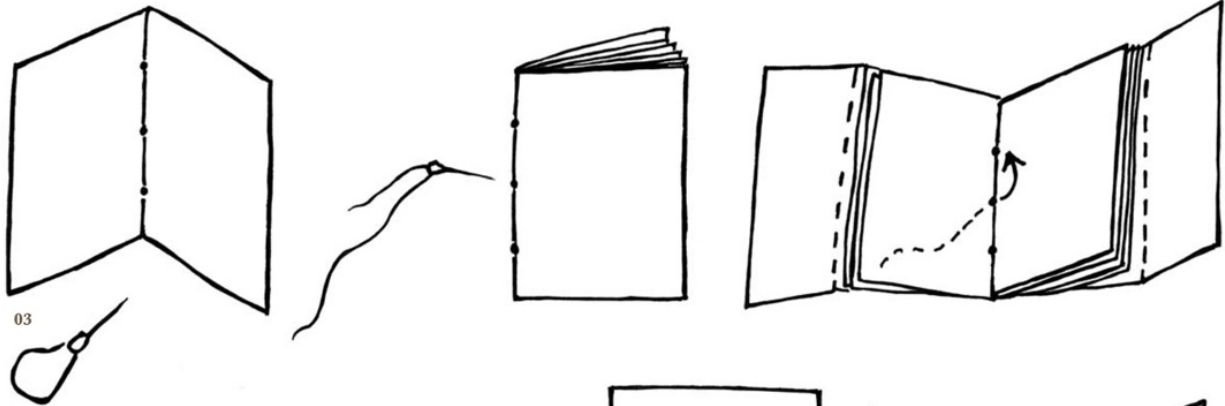
**supplies and notes\***

- 3 sheets of paper 210 x 297mm
- 1 sheet of card 315 x 148.5 mm
- Linen thread (cotton thread is too thin.)
- Needle
- Awl
- Ruler
- Scalpel and cutting mat
- Scissors

••• Downloadable instructions •••  
visit [www.selvedge.org](http://www.selvedge.org)

**Preparing the pages and cover**

- 01.** To end up with an 105 x 148.5 mm (A6) book, cut three sheets of 210 x 297 mm (A4) paper in half widthways. Fold the six 210 x 148.5 mm (A5) sheets in half and rest them together. (NB: \*It is important that the grain runs from head to tail. To determine grain direction roll the paper. Least resistance will be felt when the paper is rolled parallel to the grain.)
- 02.** Prepare the cover - which should be exactly the same height as the inside pages and a third wider. Add the cover to your cluster of sections
- 03.** Mark position of three holes on the inside crease of middle section, one in the centre and two others equidistant between that and the edge. Using the awl carefully prick through all pages and cover. Try to keep the holes lined up from now on. ▶



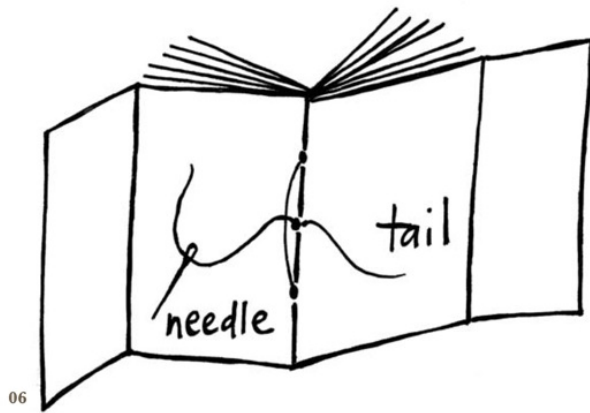
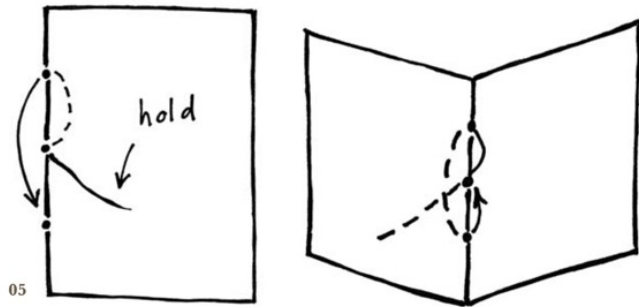
**Binding the book**

**04.** Cut a length of thread three times the height of the book. Thread needle. No need to knot. Now you have a choice - start on the inside for a concealed/discreet finishing knot or on the outside to make a feature of it. (This example starts on the outside, middle hole). Pull through leaving a 60 mm length - hold on to this with your thumb. Take the needle and thread through the top hole.

**05.** This next step is important. Miss out the middle hole to create a long stitch by going down to the bottom hole and back into the book - nearly there.

**06.** Take needle and thread out through the middle hole. Ensure tail and needle and thread are on opposite sides of the long stitch. Gently but firmly pull tight. Tie a reef knot (a double knot) over the top of the long stitch to secure. Trim, but not too close or leave the thread long to attach label.

**07.** Fold in the flaps (wrap around the first and last pages - better to be generous!) Add title of your magnum opus and prepare to write, draw or list.



*The bibliophile: Rachel Hazell's work consists of books and sculptural site-specific paper installations that align with the literary past. [www.hazelldesignsbooks.co.uk](http://www.hazelldesignsbooks.co.uk)*