

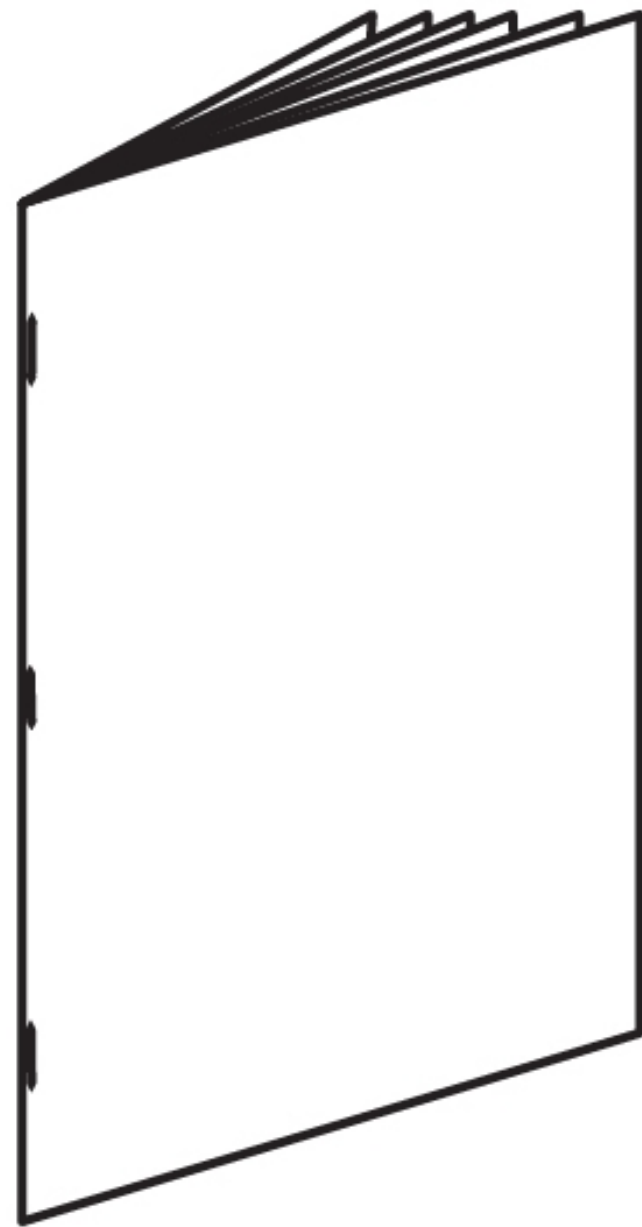
TOPICS

Bookbinding Methods

The following pages are examples of bookbinding techniques you can consider for your project.

These are a small sample; I encourage you to explore other options, too.

Staple Saddle Stitch



SADDLE STITCHING



Staple Saddle Stitch



Staple Saddle Stitch



Staple Saddle Stitch – Loop Stitch



Thread Stitched Binding



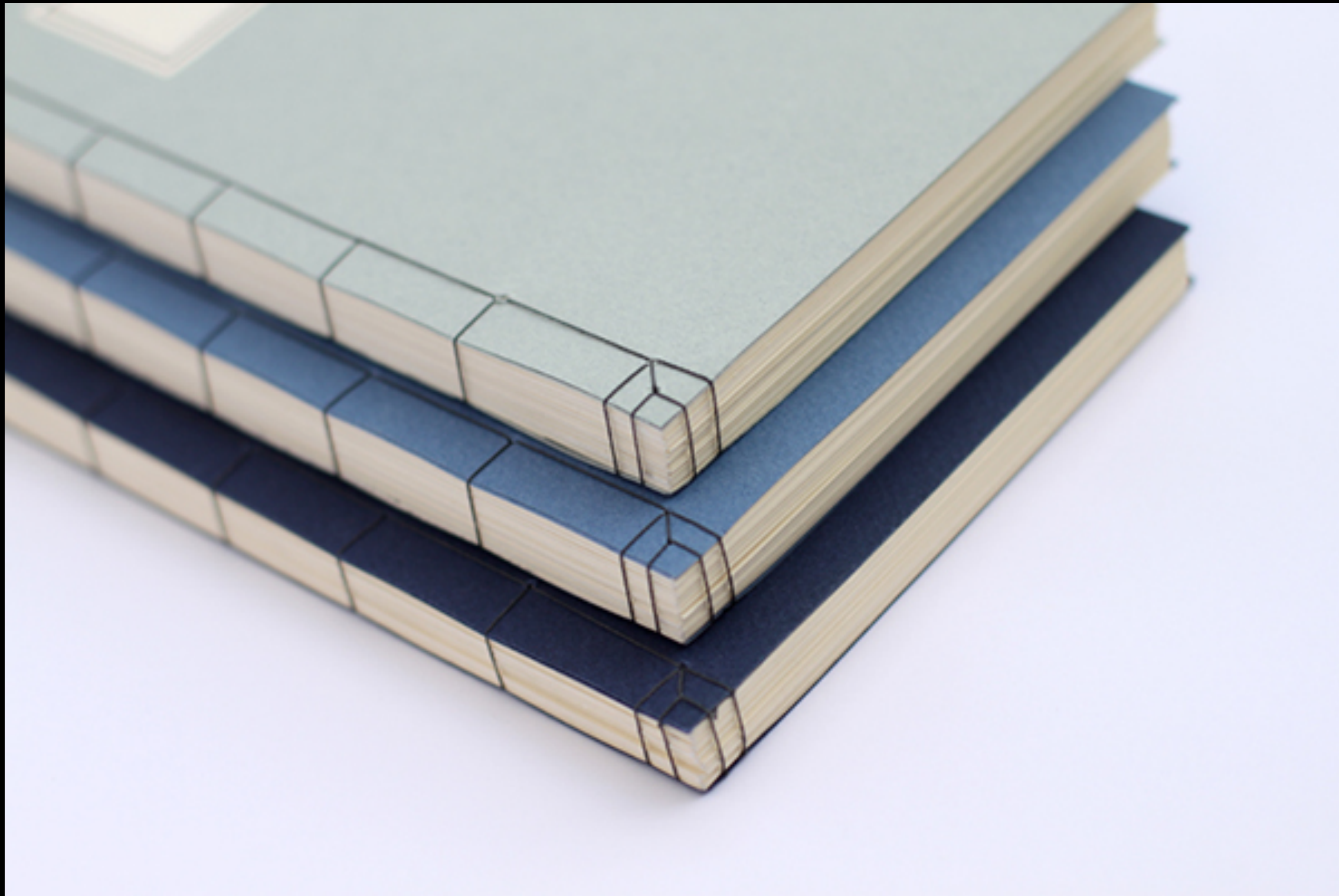
Thread Stitched Binding



3-hole or 5-hole stitch



Japanese Stab Stitch



Japanese Stab Stitch



Dos-à-dos, one sheet folded book

DOS-À-DOS

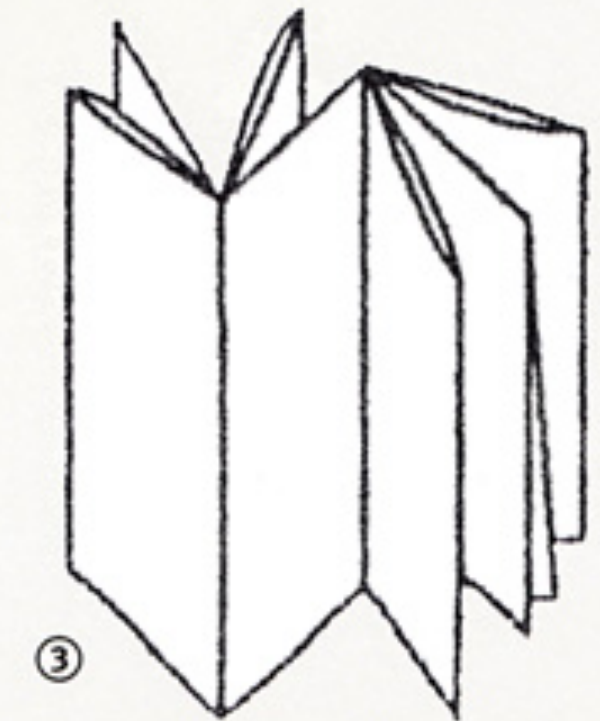
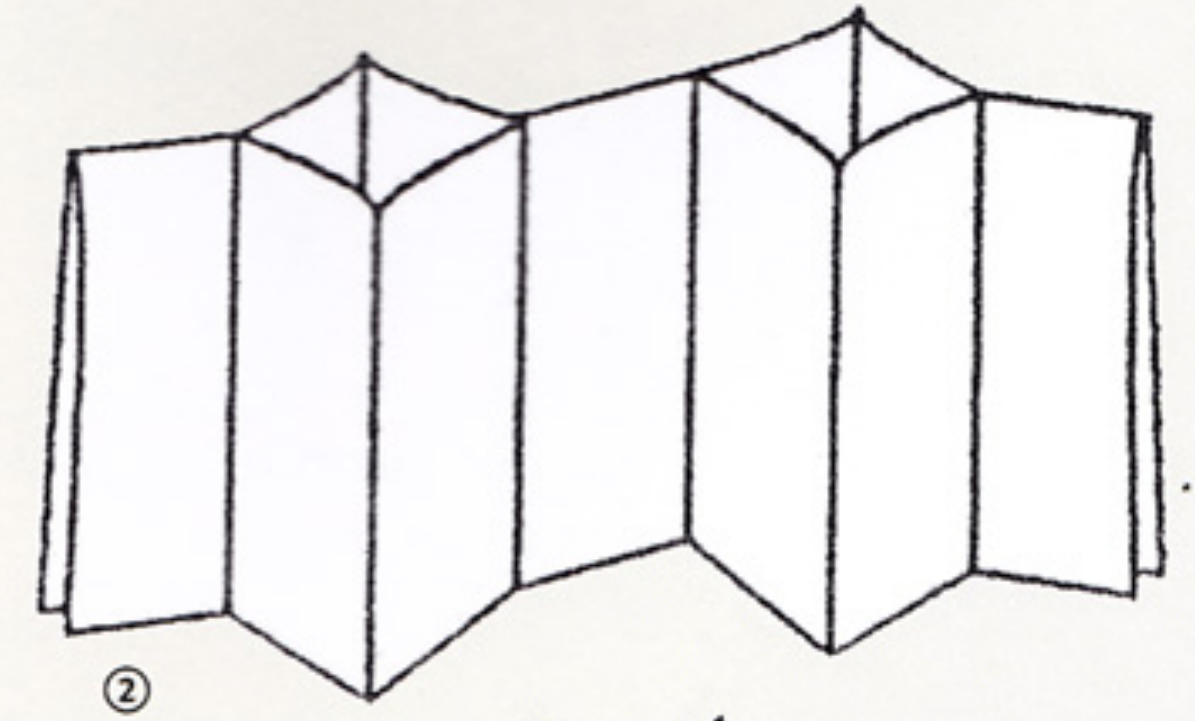
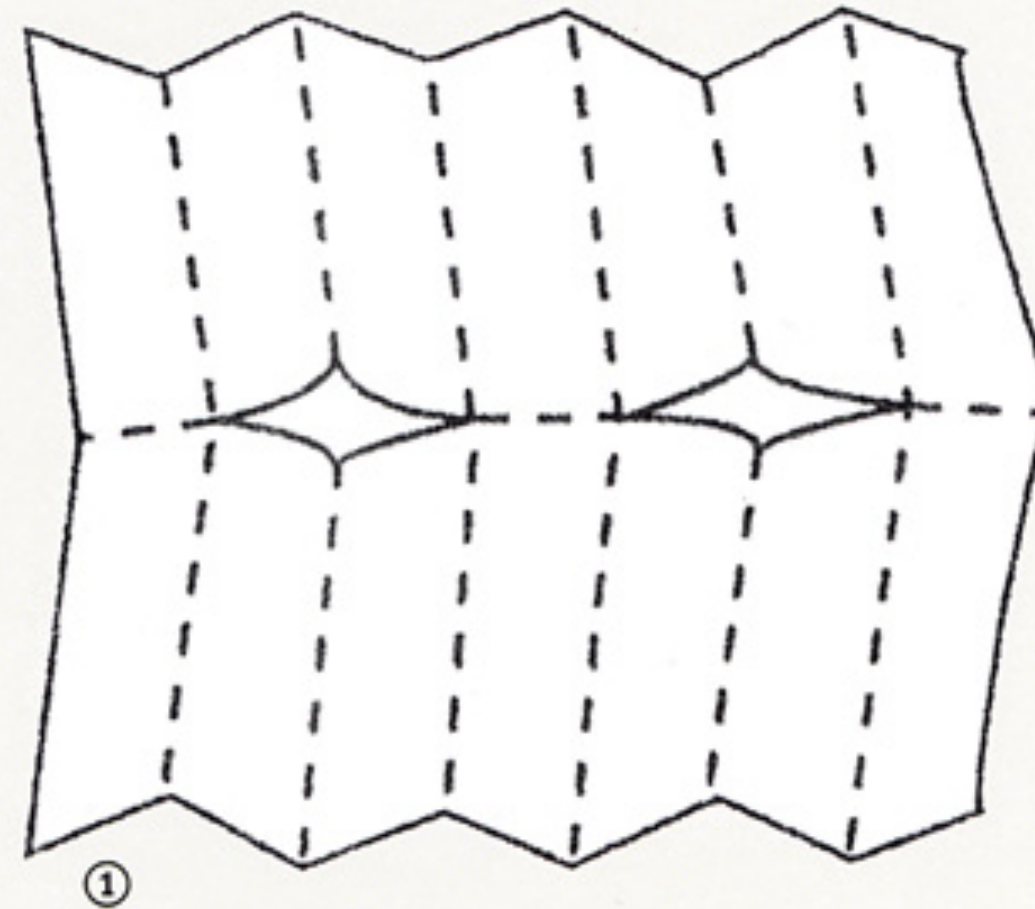
① Fold the paper in half lengthwise. Open it up and fold it in half in the other direction. Accordion fold to create eight double panels. In this variation it does not matter whether the center vertical fold is a mountain or a valley. Unfold the paper and cut off one panel. There are now seven double panels. Cut along the horizontal fold between panels 2 and 3 and 5 and 6. Panels 1, 4, and 7 remain uncut.

② Mountain fold the paper in half widthwise. Grab the top corners of the two outer panels and push gently to pop open two boxlike shapes. It will be necessary to reverse some of the folds to achieve this.

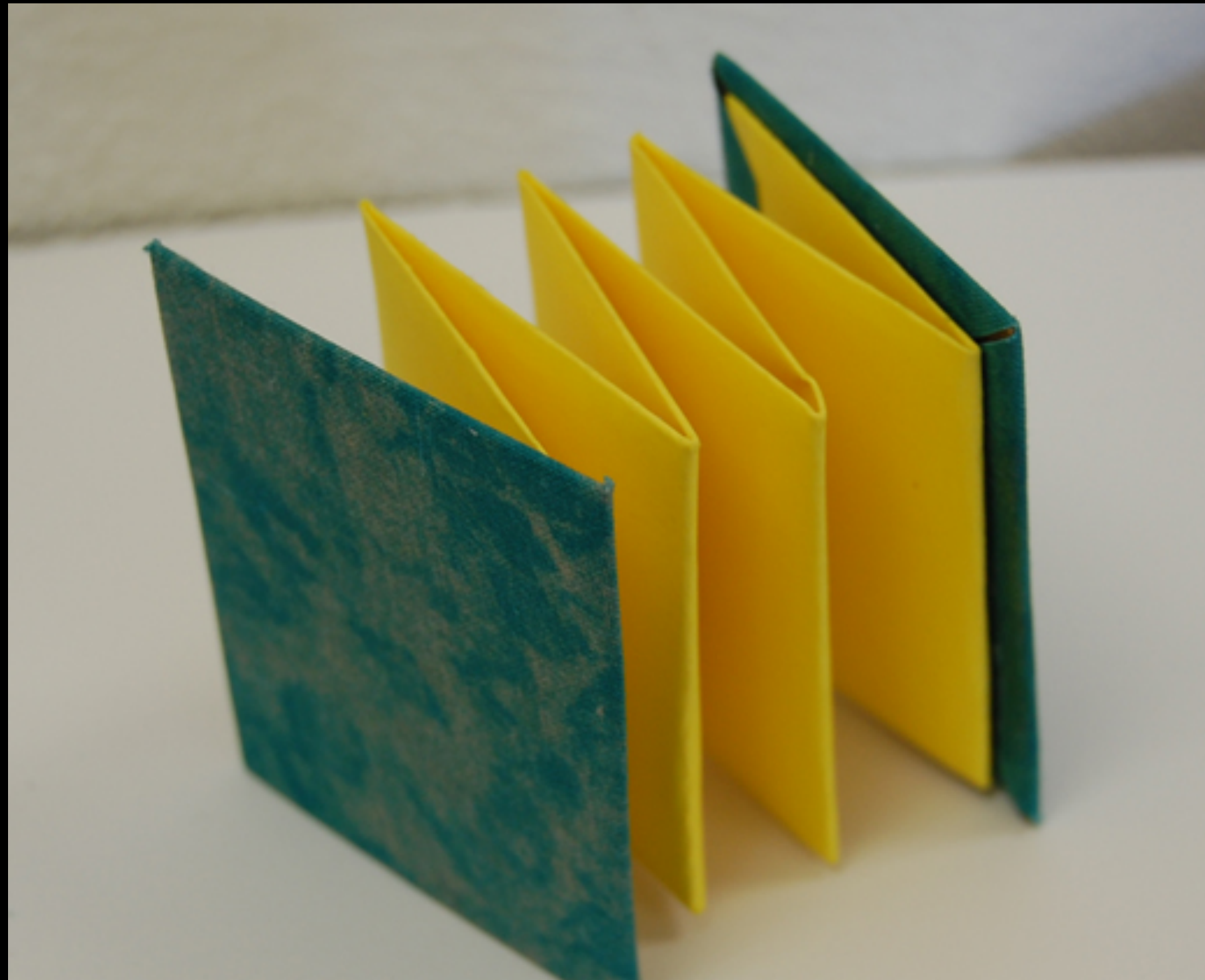
③ Collapse the pop-outs to create two booklet sections facing in opposite directions.



This model is made from an 11 × 17 inch (28 × 43 cm) sheet.



Accordion

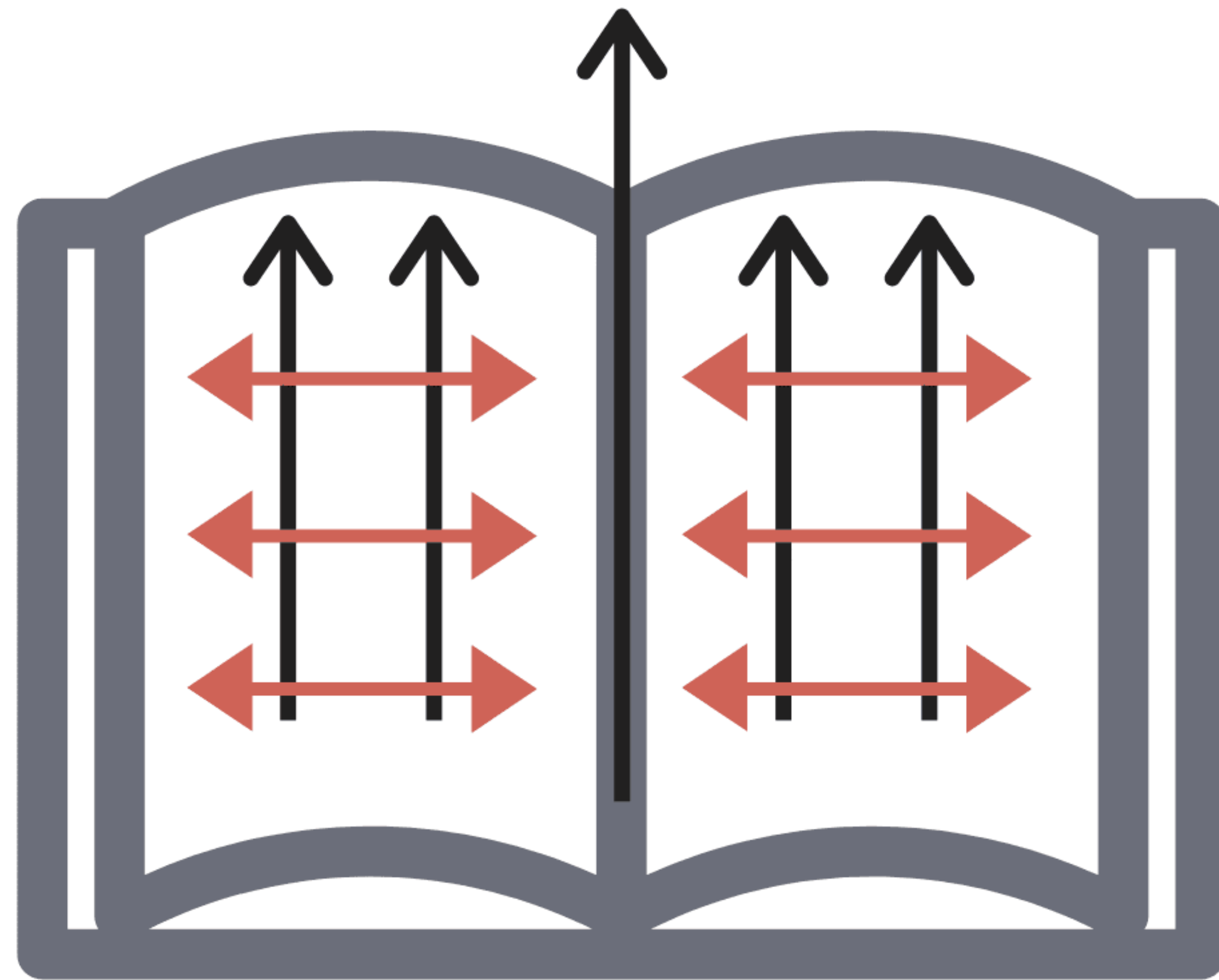


BOOKBINDING

Paper Grain Direction

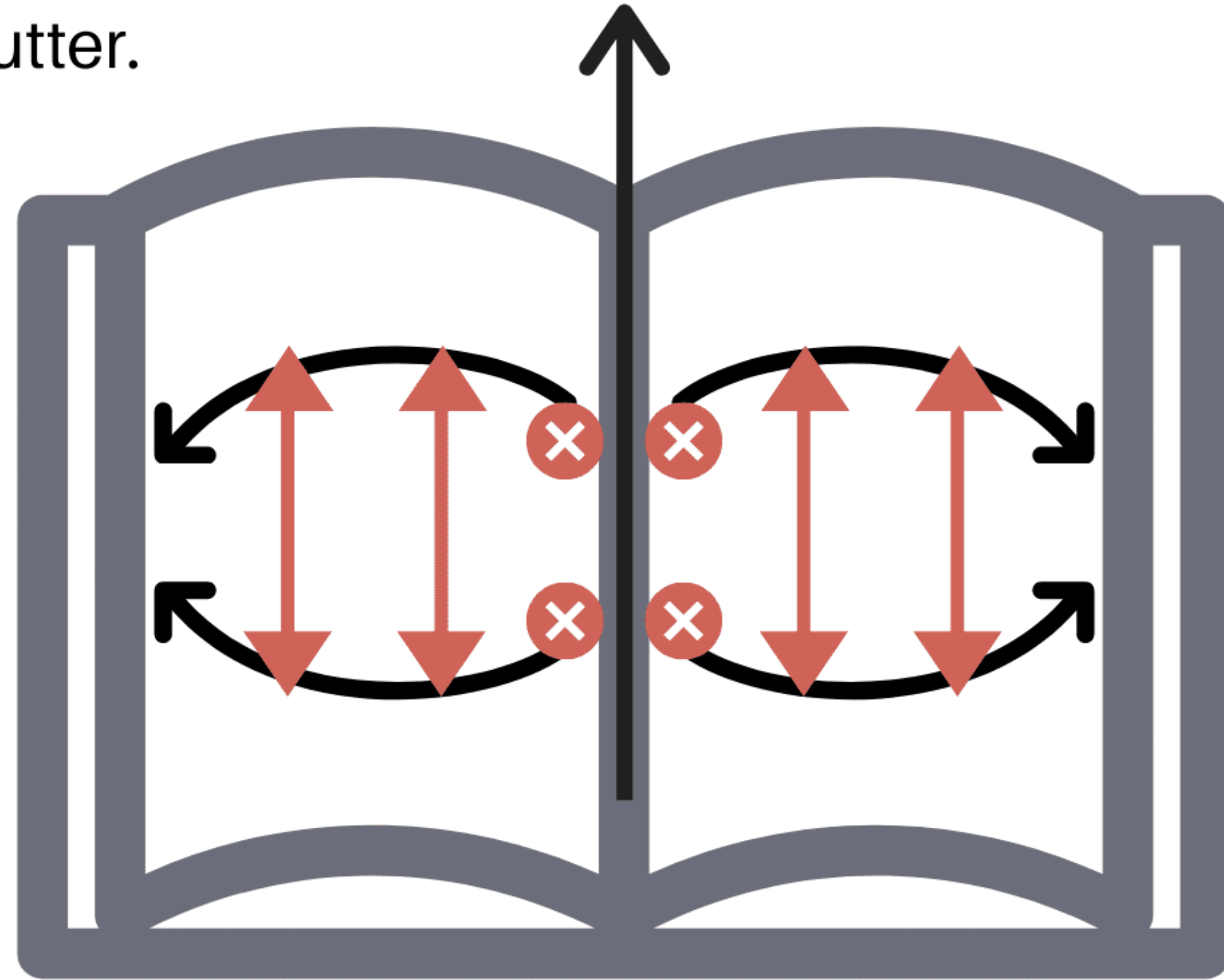
Folding parallel to the grain is easier and the paper is less likely to “crack,” create a rough fold, and result in a bulky binding edge. It also helps book’s pages to turn easier, stay open and lay flatter.

When grain direction is respected, there is room for expansion and contraction (↔)

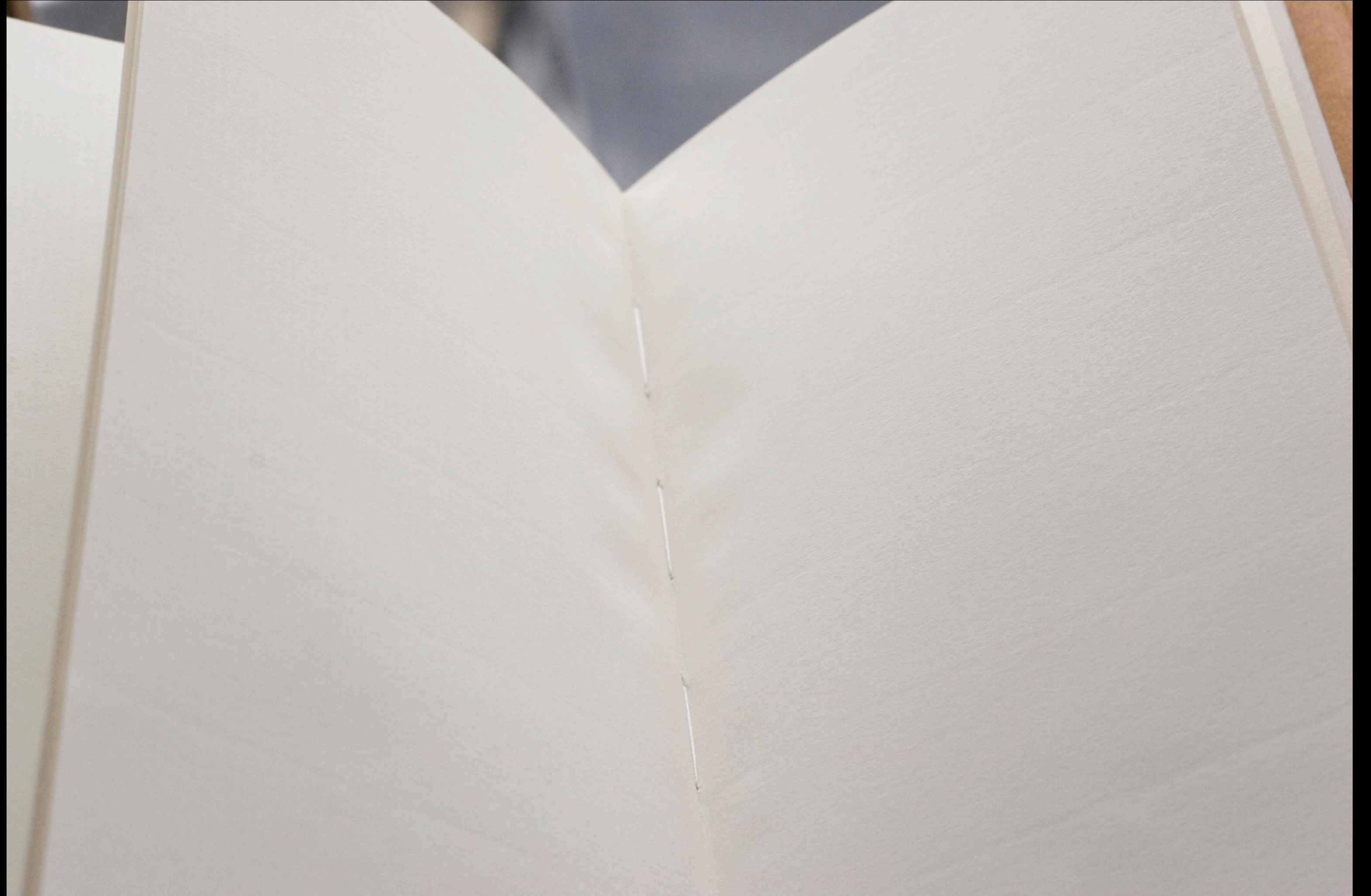


Folding parallel to the grain is easier and the paper is less likely to “crack,” create a rough fold, and result in a bulky binding edge. It also helps book’s pages to turn easier, stay open and lay flatter.

If grain direction is NOT respected, expansion and contraction will cause the pages to buckle (✘) where they've been sewn at the gutter.



Example with
paper buckling



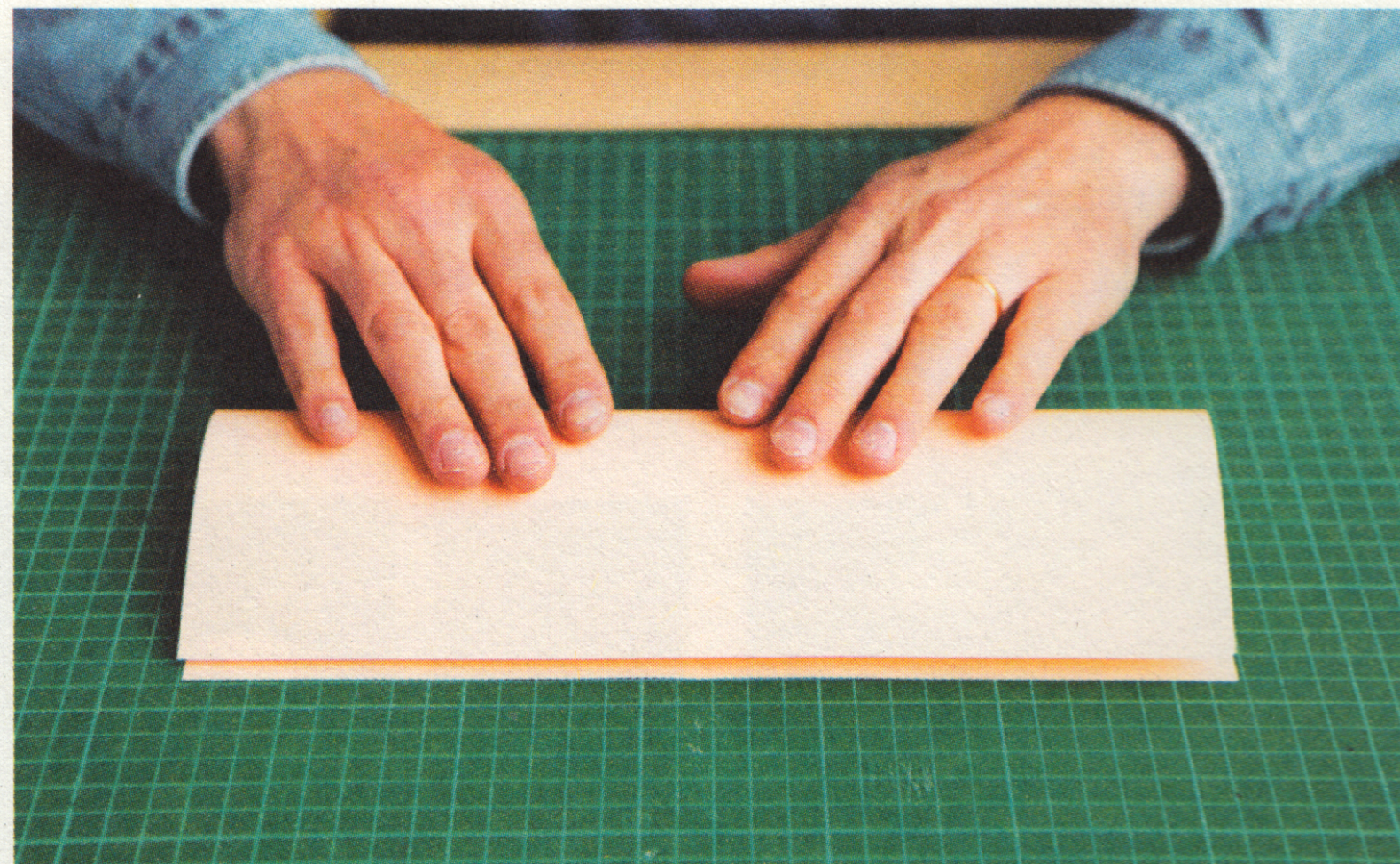
Paper grain should be parallel to the spine of the book.

How to find paper grain direction:

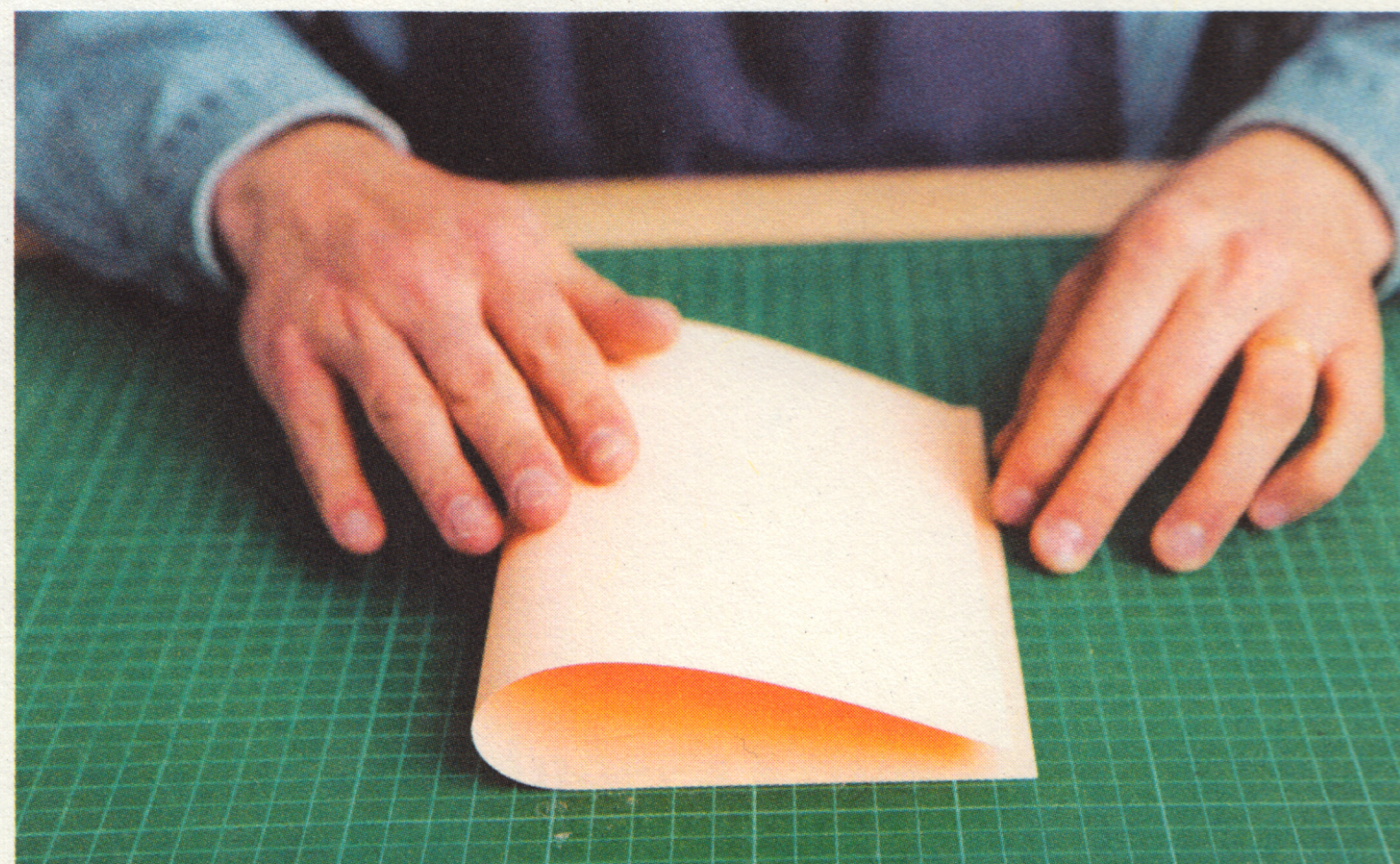
1. Lightly turn one long edge over the other (do not fold), and do the same with the short edge.
2. You will notice one way will be less resistant than the other.
3. If the short-edge is less resistant, the paper is short grain; if the long-edge is less resistant, it is long grain.

Techniques

1.



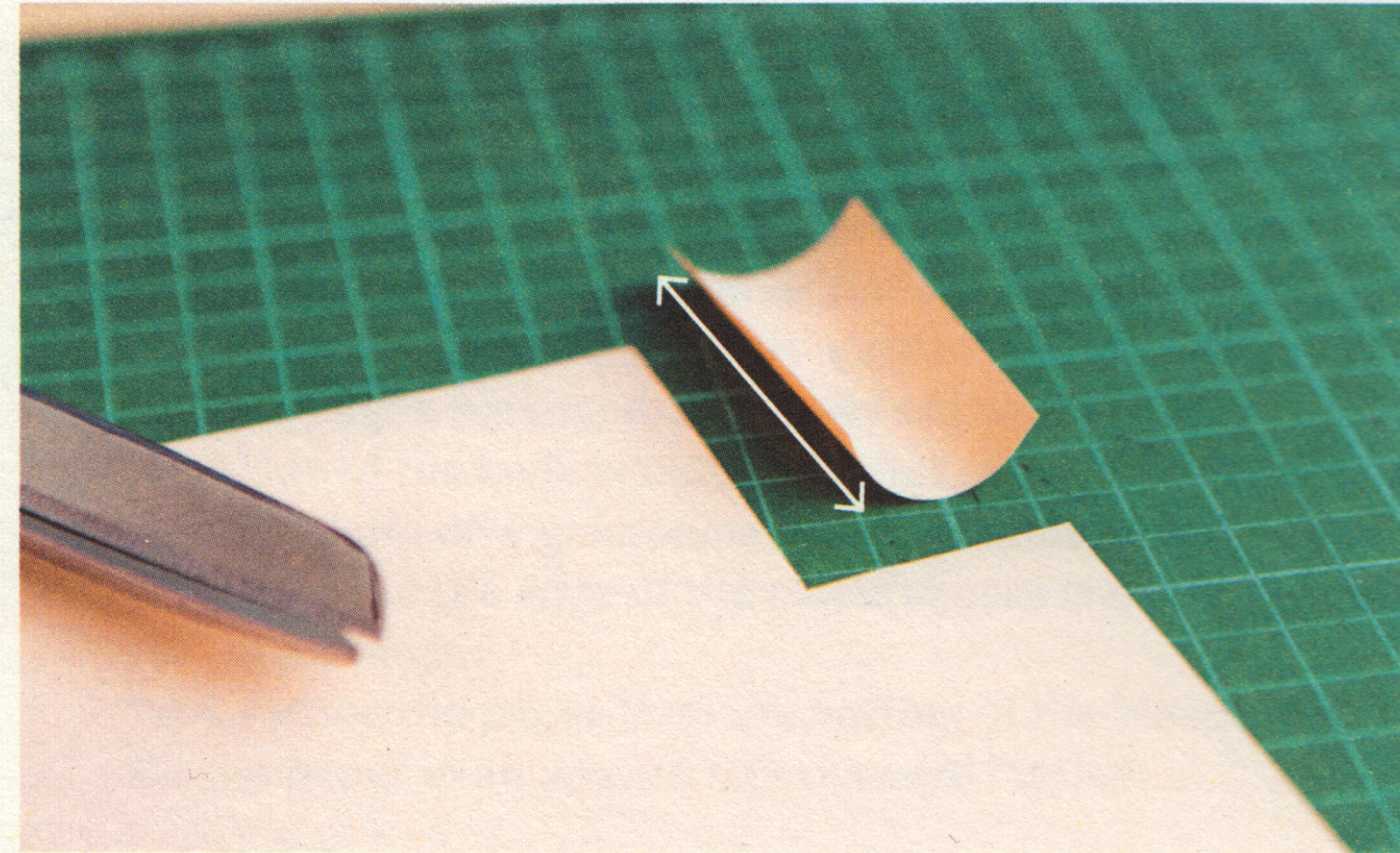
2.



How to find paper grain
direction:

If you are still unsure,
cut a small rectangle from
the corner, moisten one
side, and the paper should
curl. The paper will curl
parallel to the grain
direction.

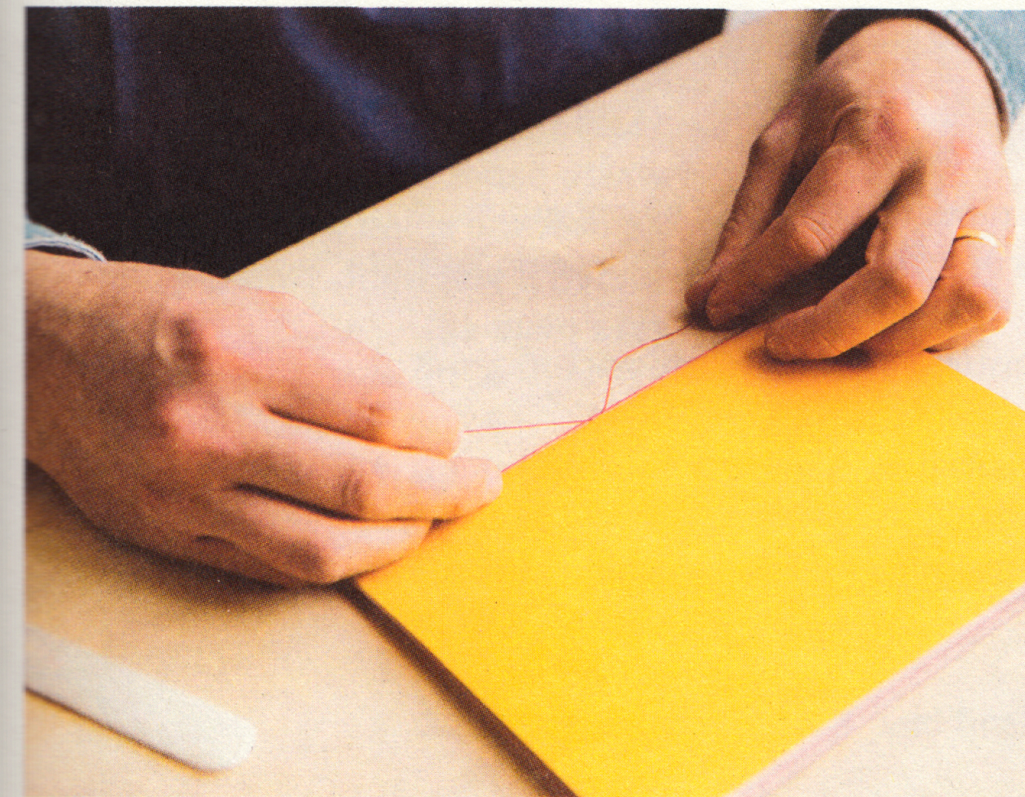
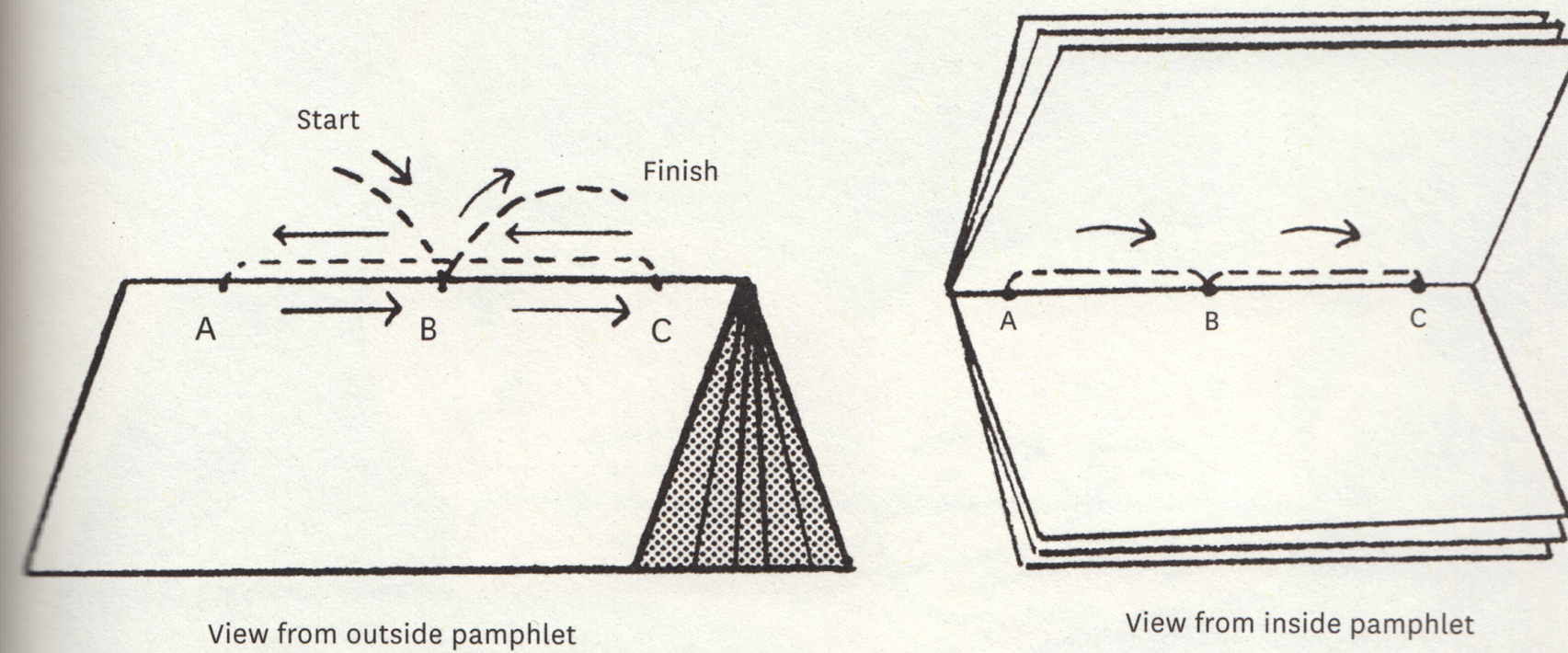
3.



BOOKBINDING

Pamphlet Stitch Directions

Sewing a Three-Hole Pamphlet

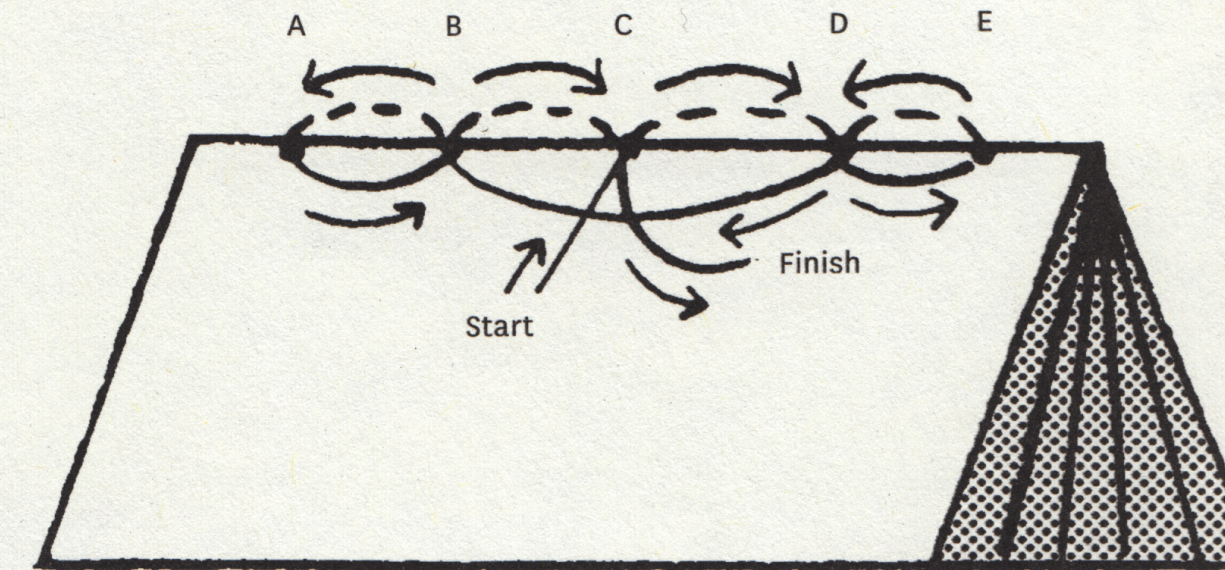


1. From the outside in, insert needle and thread at station B, leaving a tail end of about 1¼ inches (3 cm).
2. Bring the needle out through station C.
3. Go in again at station A, and out through station B.
4. Tie the two ends of thread together with a reef knot and trim any excess thread. Make sure that the two ends are on each side of the thread running from A to C, so that the knot is firmly in place.

If you begin your sewing from the outside of the section, your knot will be on the outside, and vice versa.

For decorative reasons, or if a three-hole stitch is not strong enough, you can create hand-stitched pamphlets using five, seven, nine, or any odd number of stitching holes. In the diagram below, sewing starts from the inside, which means the knot will be on the inside.

Sewing a Five-Hole Pamphlet



1. From the inside out, insert needle at station C, leaving enough thread on the inside to tie off at the end (about 1¼ inches/3 cm).
2. Bring the needle in through station D.
3. Go out through station E, and then in through D again.
4. Go out through station B (skipping station C) and then in through station A.
5. Go out again at station B, and finally back through station C.
6. Tie the two ends together with a reef knot and trim any excess thread.