

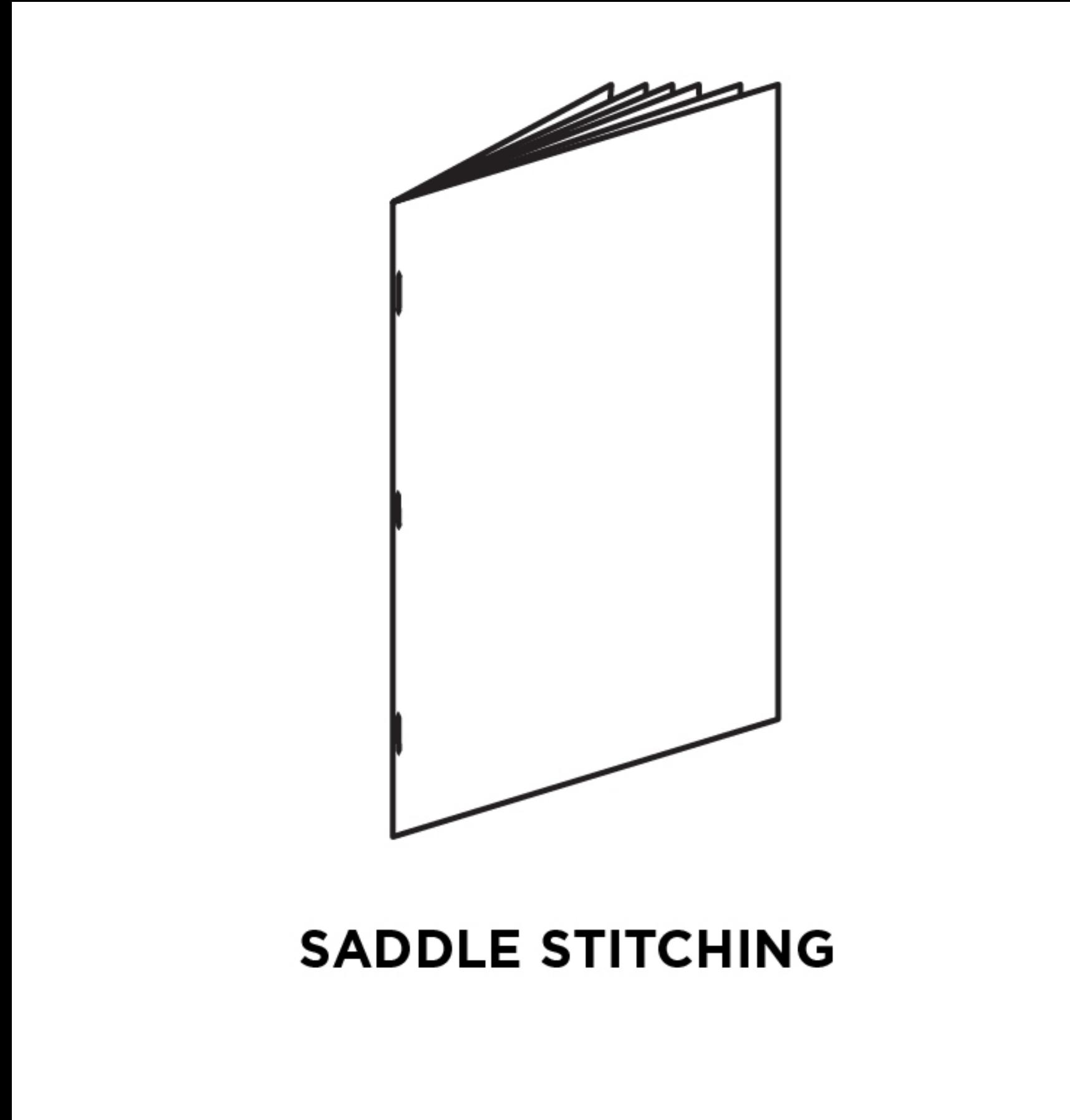
TOPICS

# 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



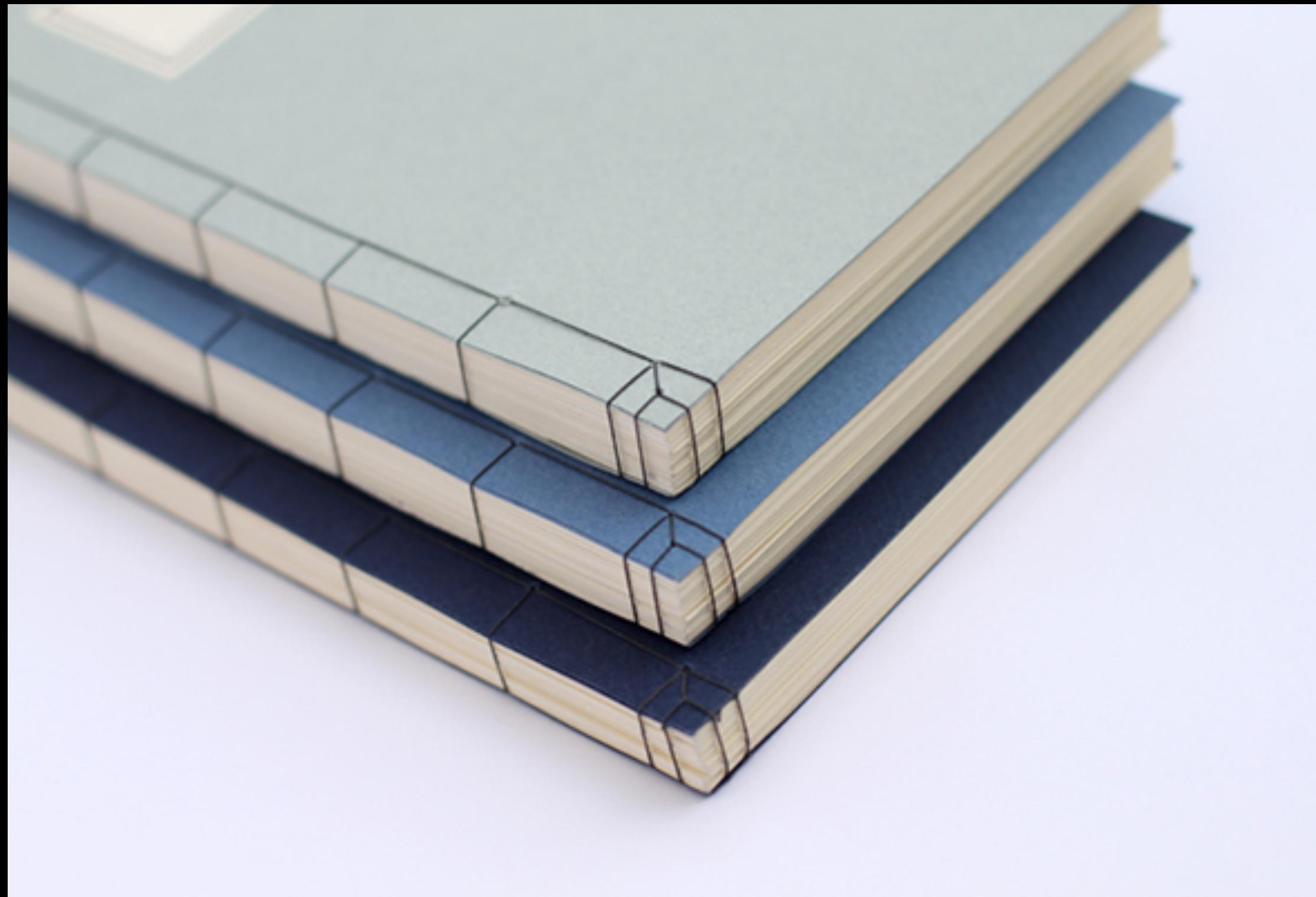
# Thread Stitched Binding



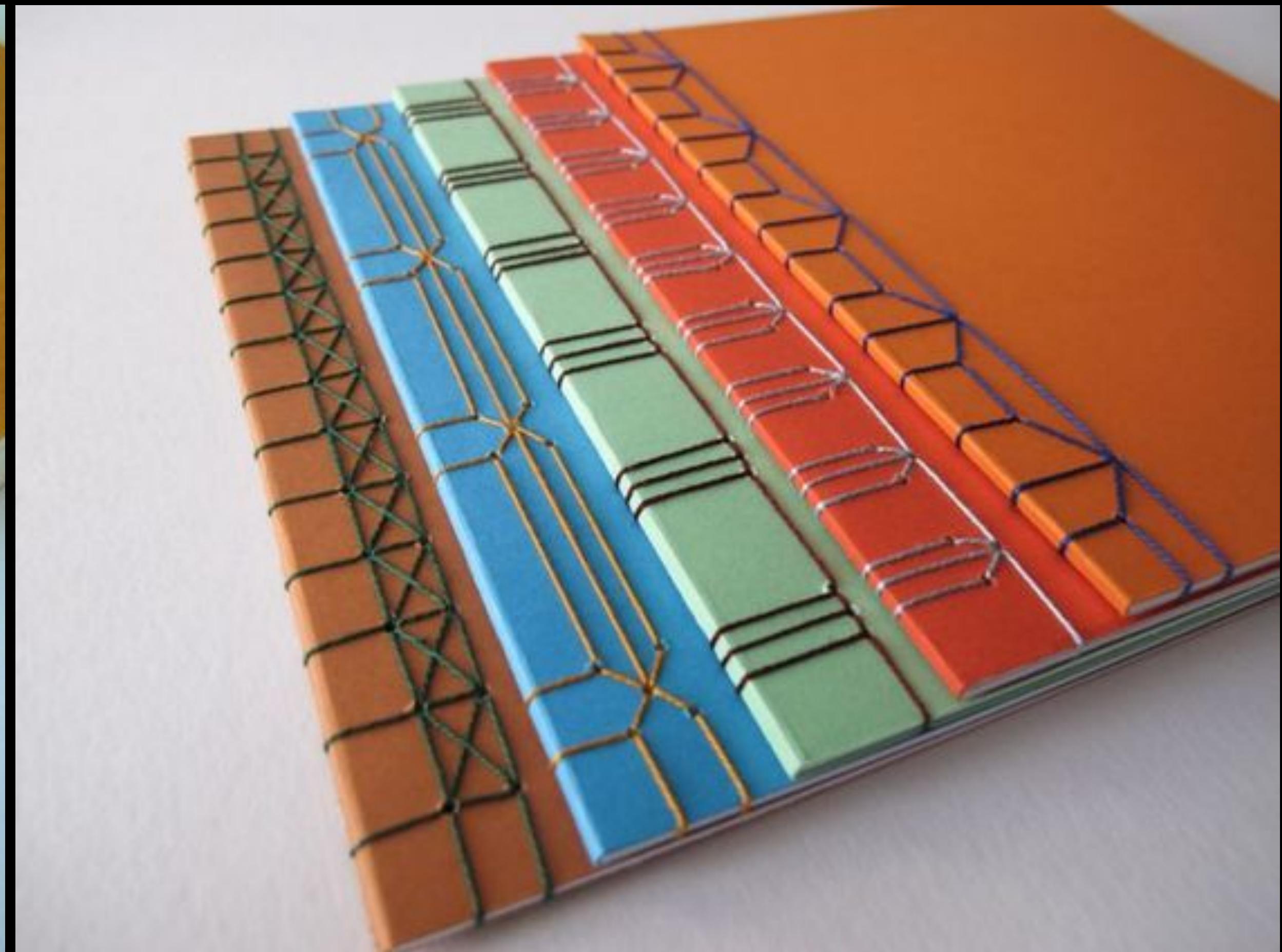
3-hole or 5-hole stitch



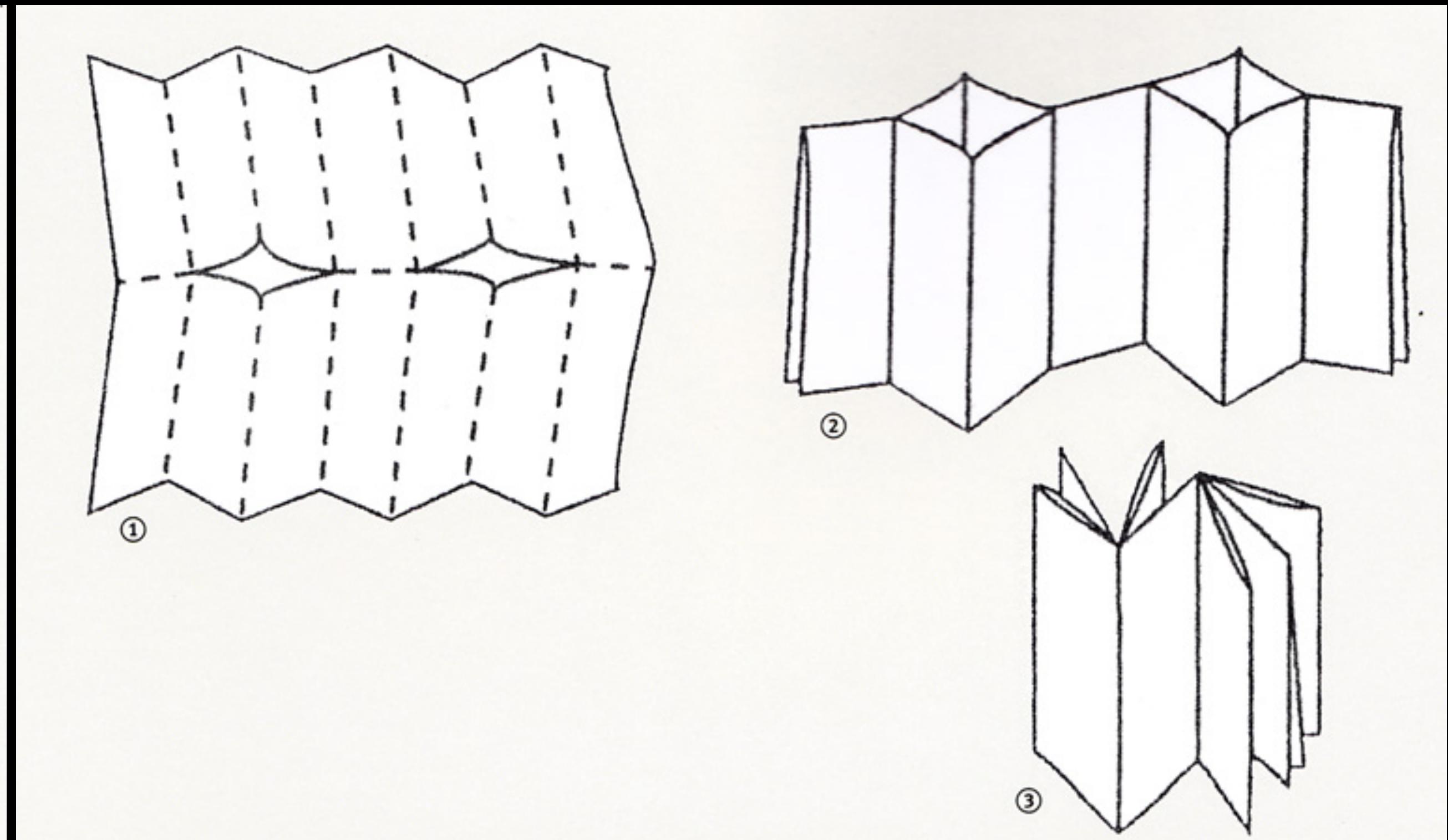
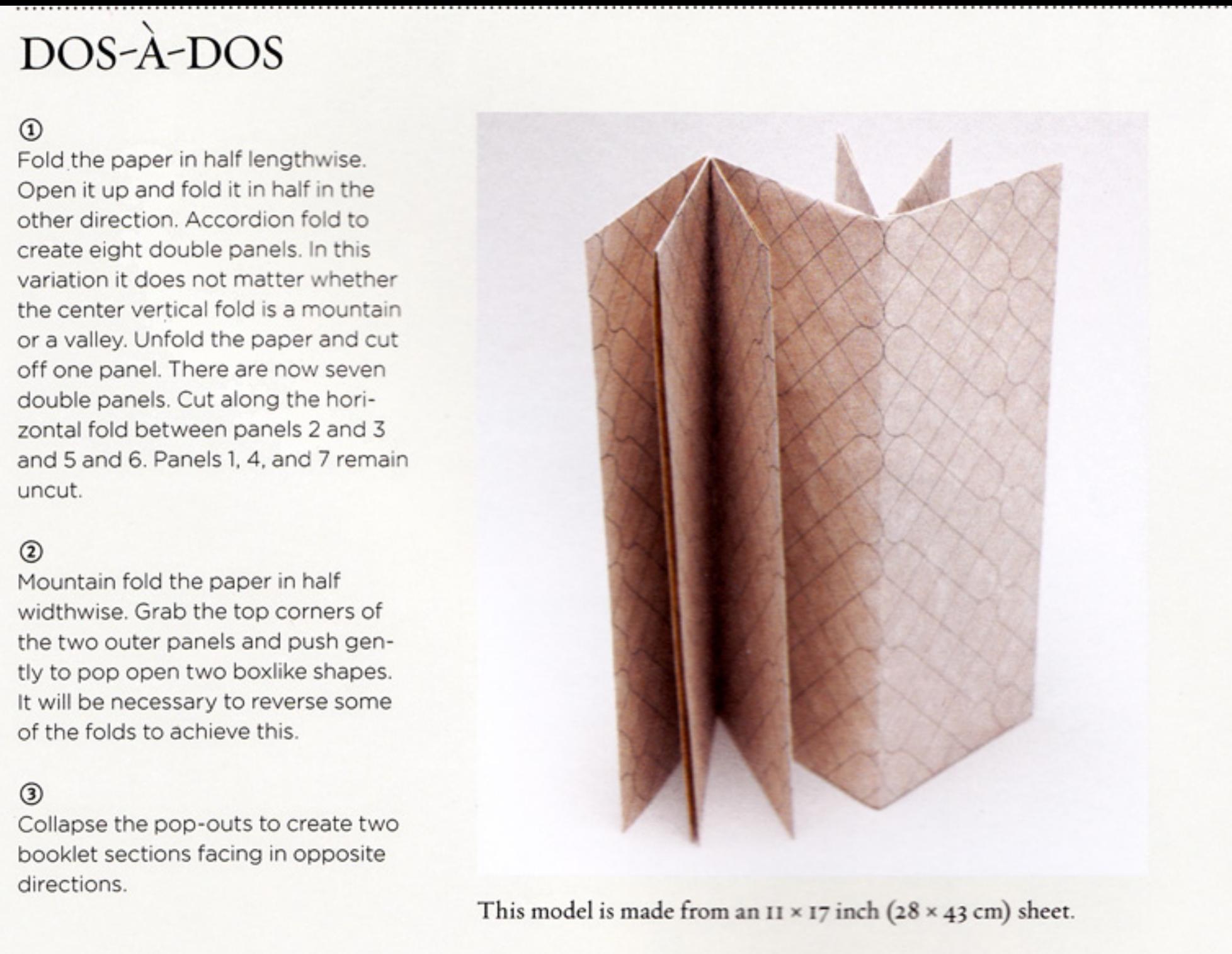
# Japanese Stab Stitch



# Japanese Stab Stitch



# Dos-à-dos, one sheet folded book



# Accordion

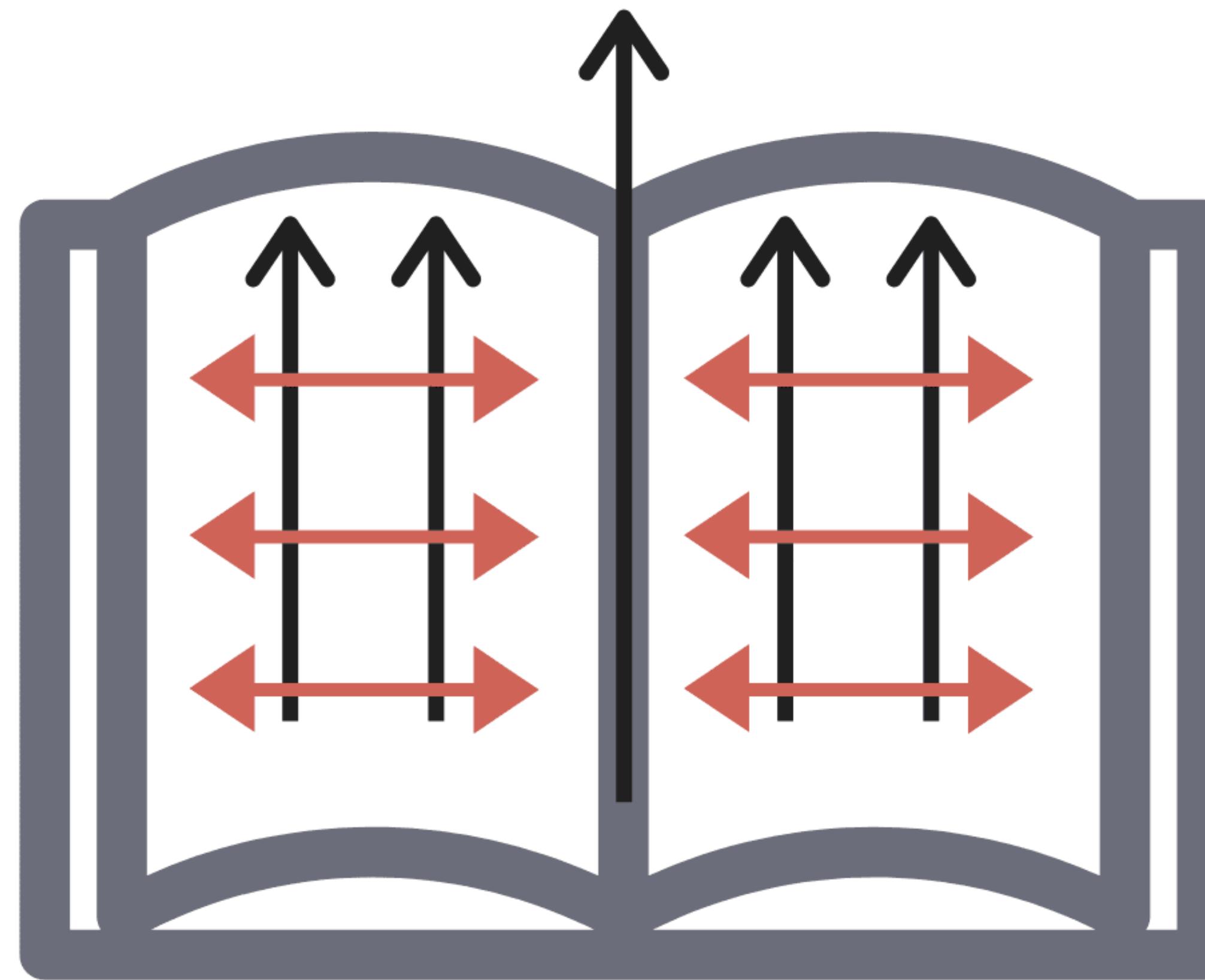


BOOKBINDING

# Paper Grain Direction

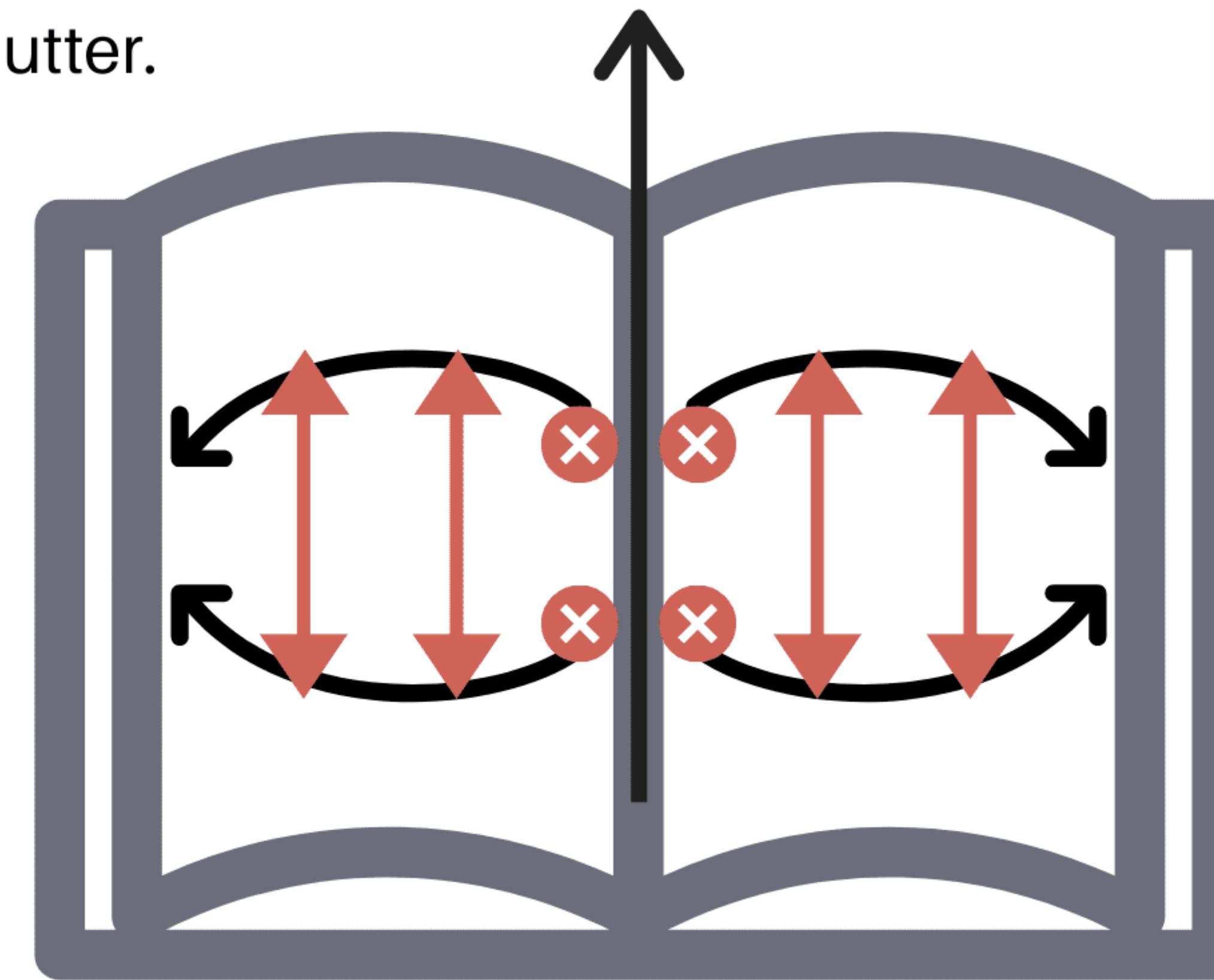
Folding parallel to the grain is easier and the paper is less likely to “crack,” create a rough fold, and result in a bulky binding edge. It also helps book’s pages to turn easier, stay open and lay flatter.

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

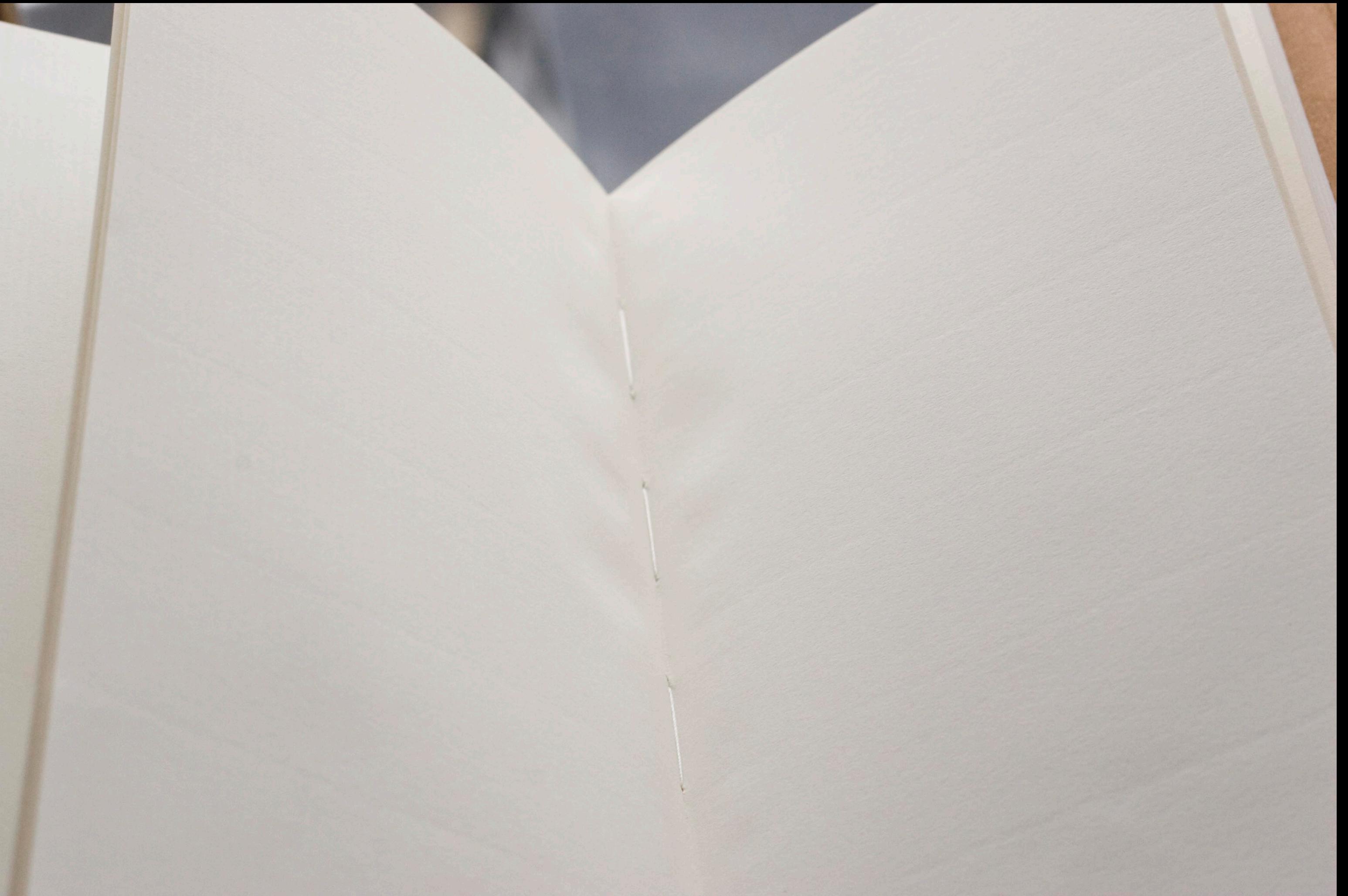


Folding parallel to the grain is easier and the paper is less likely to “crack,” create a rough fold, and result in a bulky binding edge. It also helps book’s pages to turn easier, stay open and lay flatter.

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

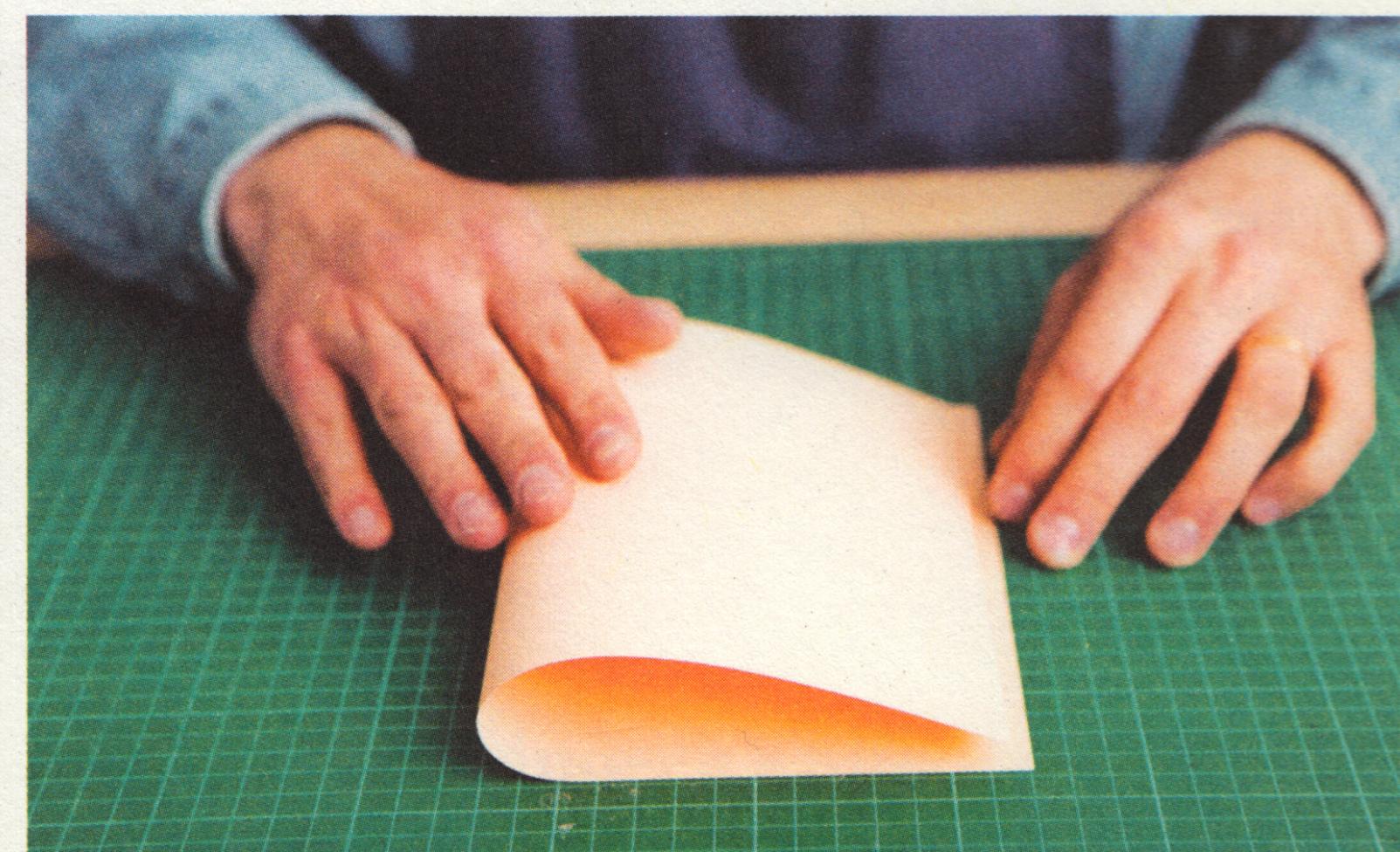
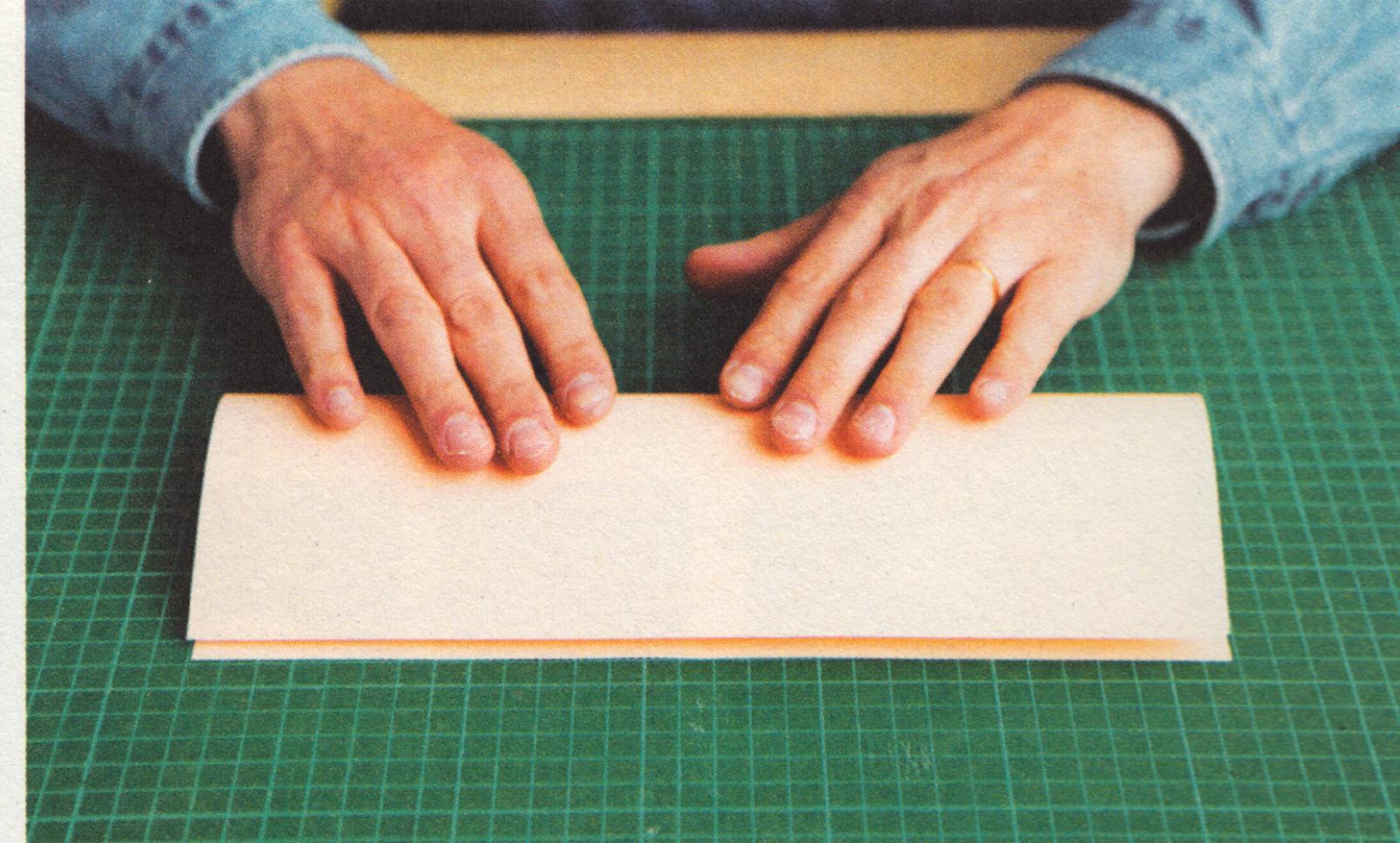


Paper grain should be parallel to the spine of the book.

How to find paper grain direction:

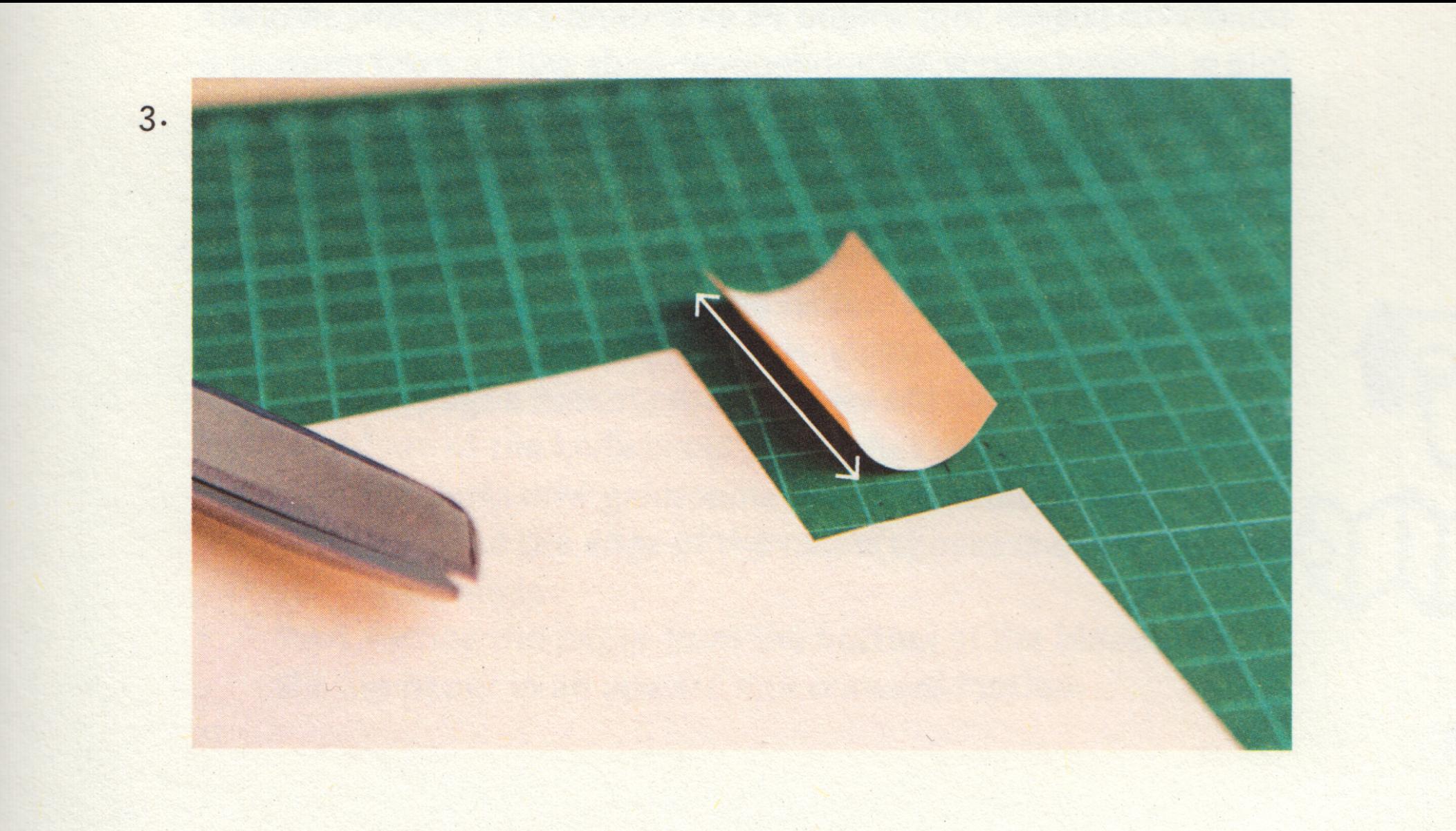
1. Lightly turn one long edge over the other (do not fold), and do the same with the short edge.
2. You will notice one way will be less resistant than the other.
3. If the short-edge is less resistant, the paper is short grain; if the long-edge is less resistant, it is long grain.

Techniques



## How to find paper grain direction:

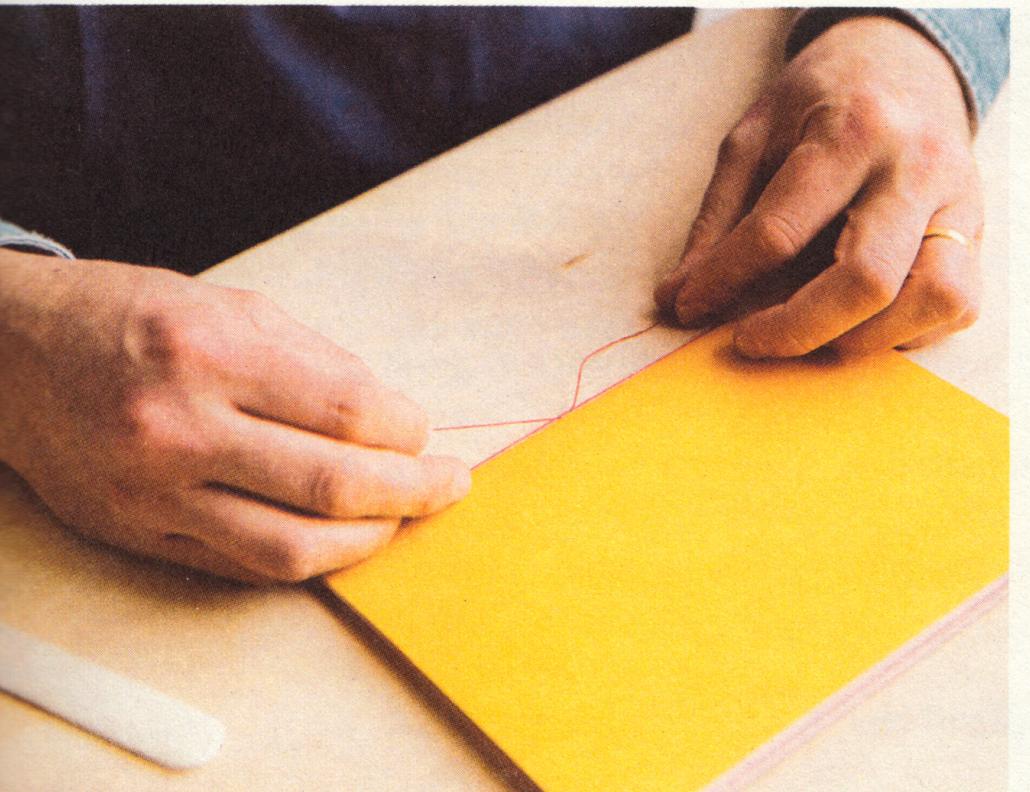
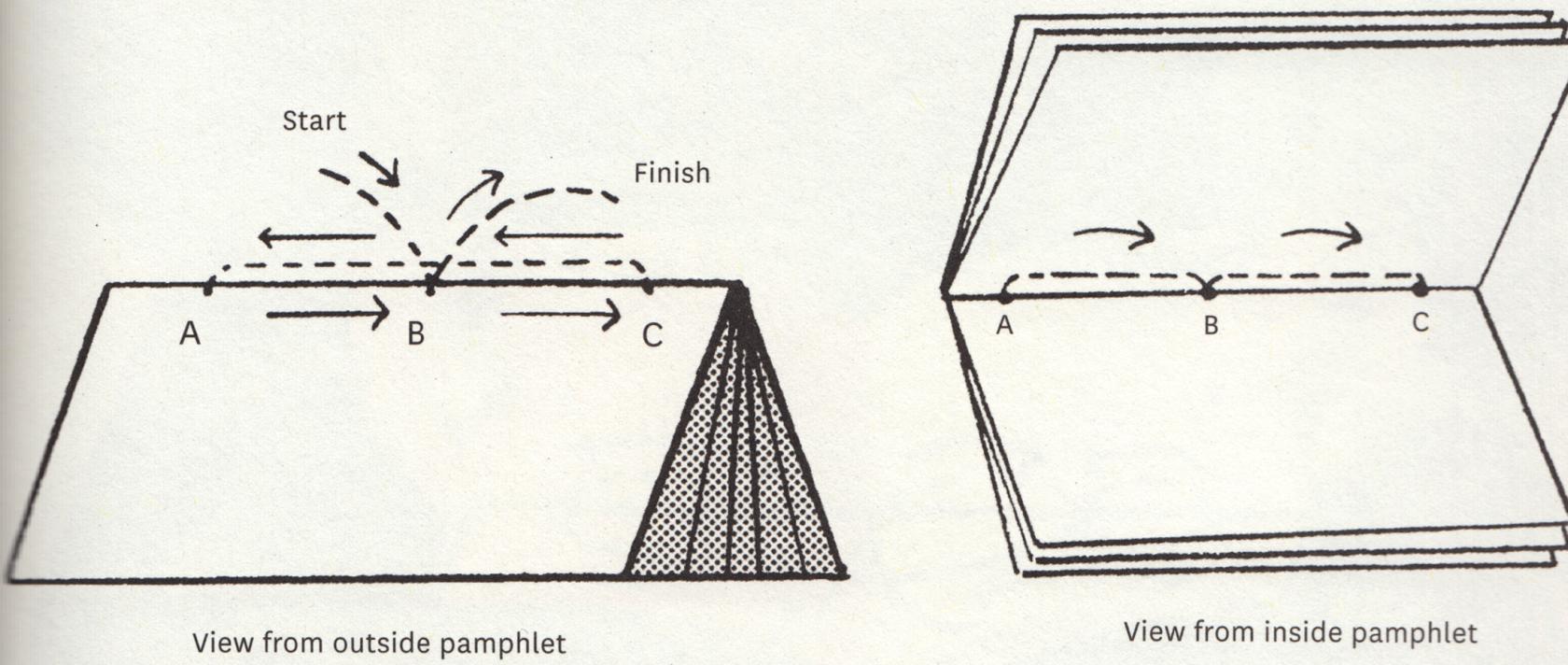
If you are still unsure, cut a small rectangle from the corner, moisten one side, and the paper should curl. The paper will curl parallel to the grain direction.



BOOKBINDING

# Pamphlet Stitch Directions

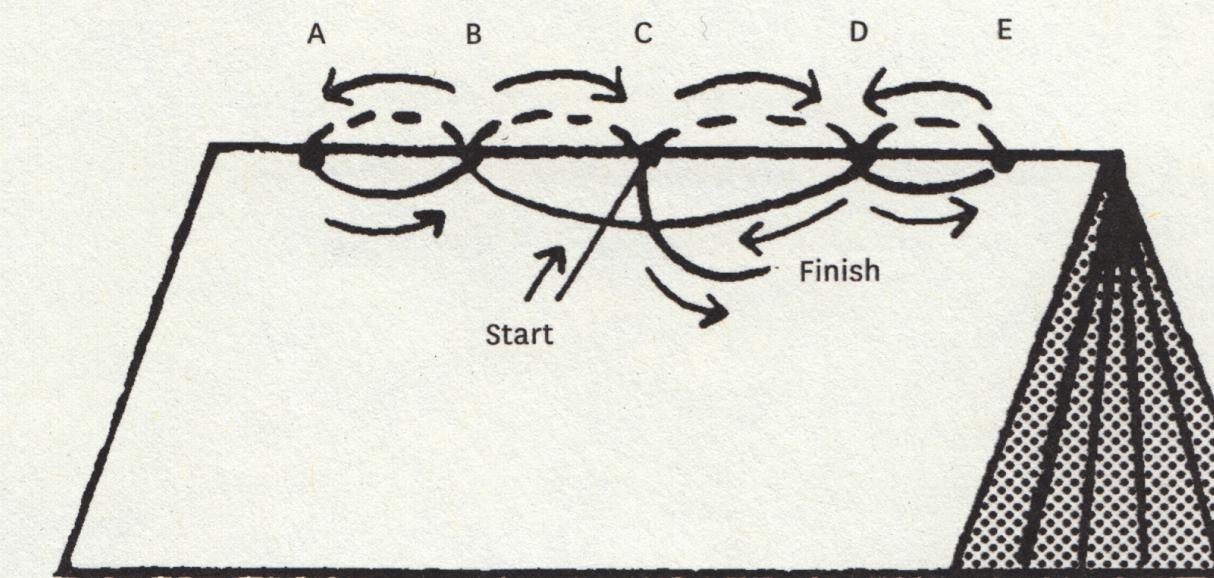
## Sewing a Three-Hole Pamphlet



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 outside in, insert needle and thread at station B, leaving a tail end of about  $1\frac{1}{4}$  inches (3 cm).
2. Bring the needle out through station C.
3. Go in again at station A, and out through station B.
4. Go out through station E (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.