

Making a Pamphlet Stitch Book or Saddle Stitch Book

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There are many guides and videos online for making these and other books.

Three-Hole Pamphlet Stitch Book 4.25 x 5.5 inches

Video: The Ultimate Beginners Bookbinding Tutorial // Paper Covered Pamphlet

<https://youtu.be/u-cs-tYKBgc>



Prepare Pages & Cover

1. Select 10 sheets text weight/copy paper
2. Fold each paper horizontally (hamburger fold) and press fold
3. Cut on horizontal fold line, making two sets of papers
4. Fold short edges together of one set
5. Group sheets together to a signature and press folded edge
6. Repeat once for cover paper (makes 2 covers) or measure to be slightly 1/8 inch

Make Template



1. Cut a piece of paper the same height as the signature, 1 inch wide or slightly wider
 2. Fold this strip in half and fold in half again
 3. Open the strip and mark the edge of each of the 3 folds with a short line or circle
- OR**
1. Cut a piece of paper the same height as the signature, 1 inch wide or slightly wider
 2. Measure and mark points for 3 holes, allowing an inch from top and bottom and one in center

Make Holes Using Template

1. Make holes with an awl in the fold of the signature stack – if too thick, separate to several pages at a time
2. Make holes in the cover using the same template

Sew Signatures and Cover

1. Clip to hold signatures and cover together
2. Cut thread the height of the cover times 3 or 4 and thread needle
3. Start in center hole from outside to inside leaving tail about 2 inches
4. Sew through top hole inside to out
5. Sew through bottom hole, skipping center hole
6. Sew back through center hole to outside and trim threads to preferred length
7. Tie a knot in these threads to secure stitches and trim

OR

Reverse: start stitching from inside out so the final ties are inside and can be trimmed close

Saddle/Running Stitch Book 4.25 x 5.5 inches

Video: Sea Lemon Tutorial <https://www.youtube.com/watch?v=aWHkY5jOoqM>



Prepare Pages & Cover

Same as three-hole pamphlet

1. Select 10 sheets text weight/copy paper
2. Fold each paper horizontally (hamburger fold) and press fold
3. Cut on horizontal fold line, making two sets of papers
4. Fold short edges together of one set
5. Group sheets together to a signature and press folded edge
6. Repeat once for cover paper (makes 2 covers) or measure to be slightly 1/8 inch

Make Template

1. Cut a piece of paper the same height as the signature, 1 inch wide or slightly wider
2. Measure this strip to mark places for 5 holes, leaving 1/2 inch at least at each end

Make Holes Using Template

1. Make holes with an awl in the fold of the signature stack – if too thick, separate to several pages at a time
2. Make holes in the cover using the same template

Sew Signatures and Cover Together: End to End Technique

1. Clip to hold signatures and cover together
2. Start sewing from one end inside to outside
3. Stitch in and out to the other end
4. Stitch the other way, so you have alternating stitches all the way to the end
5. Tie a knot, clip threads, and push down on knot to flatten

Sew Signatures and Cover Together – Center Stitch Technique

1. Clip to hold signatures and cover together
2. Start sewing from center hole, from inside to outside
3. Stitch in and out to the end, re-entering center hole as you go
4. Stitch the other way, so you have alternating stitches all the way to the end
5. Tie a knot, clip threads, and push down on knot to flatten