You can create hand stitched pamphlets using five, seven, nine or any odd number of stitching holes. Increasing the number of holes is useful for pamphlets with a larger page size to increase strength, or can be used purely on aesthetic grounds.

In the diagram above, sewing starts from the inside, which means that the knot will be on the inside.

01. Starting on the inside, insert the needle into sewing station C, leaving 5cm of thread on the inside to tie off at the end.

02. Thread the needle back in through station D.

03. Go out through station E and back in through station D, avoiding threading the needle through the centre of the thread.

04. On the inside, go out through station B (skipping station C) and then in though station A.

05. Go out again at station B from the inside and finally back through to the inside at station C.

06. Ensure the two ends of the thread come out on either side of the length of thread running between stations B and D on the inside.

07. Tie the two ends together with a reef knot and trim off any excess thread.