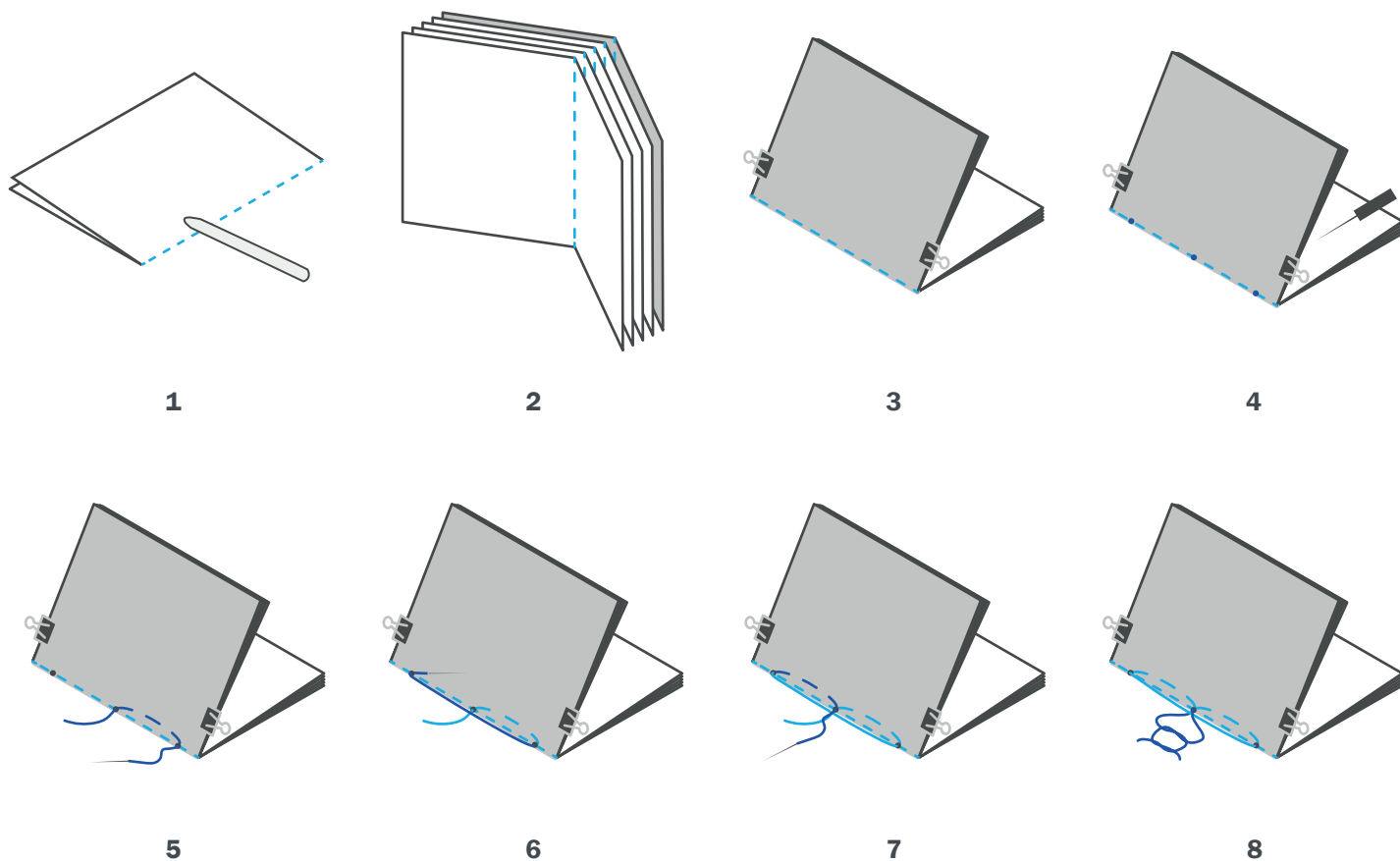


Bookbinding - Pamphlets & Variations

Three-Hole Pamphlet Stitch



The pamphlet is the simplest kind of bound book. It is quick, inexpensive and an efficient way of distributing information making it the binding of choice for zine makers, small press publishers and political organisers. The binding has countless variations and can be an elegant way to bind a notebook, book of writings or artist book.

Use 4 - 10 sheets of text-weight paper (60 - 150gsm) and 1 sheet of heavier paper/card (250 - 300gsm) for the cover. All papers should be short grain.

01. Fold each sheet in half, keeping the corners aligned and use a bone folder to create a sharp fold.
02. Gather the folded sheets, nesting one into another with the cover paper outer most.

03. Use binding clips at the head and the tail to hold the pages securely in place while sewing.
04. Hold the book half open, use an awl to pierce 3 holes through the spine of the folded pages. One in the middle and one each, 15mm from the head and tail.
05. Thread a needle with a length of waxed thread and sew through the centre hole from the outside, then sew back through one of the holes to your left or right.
06. Skip the centre hole and continue to the opposite hole, sewing through to the inside.
07. Sew back through the centre hole to the outside.
08. Make sure that both ends of the thread are taught and on opposite sides of the central thread and tie a square knot over it, Trim your book once it is sewn.