

Tools needed: scissors OR metal ruler & exacto knife  
bone folder OR butter knife OR ruler  
awl OR large needle  
phone book OR magazine OR other padding  
needle

Materials needed: 10 sheets fo 8.5 x 11 inch paper, normal weight  
1 sheet of cardstock OR leather OR cloth (interfaced, lined, edgestitched)  
thread (a bit heavy) OR narrow ribbon  
button OR velcro OR ties

Print 2 copies of this how-to sheet, and cut out the templates from one of them.

### Prepare the Components

### Page Template

1. Fold each of the 8.5 x 11 inch sheets of paper in half, then in half again, then in half once more. Crease each fold with the bone folder or butter knife. Each of these sheets has now become a signature. You can now cut or tear all but the center fold so the pages are open.
2. Using the page template, poke 4 holes in each signature. Open the magazine or phone book, or put down some padding, then open each signature at the center fold. Slide the template into the fold, and use the awl or large needle to poke holes in the center crease.
3. Stack up all your pages, and see if the crosspiece of the H needs to be longer or narrower for the thickness of your pages. Adjust if you need to do that. Then cut that shape from cardstock or leather. For a fabric cover, cut 2 pieces and fuse with fuseable webbing OR cut a third piece of interfacing. Fuse wrong sides together, and stitch around the outside, if the fabric might ravel. Embellish as you like!
4. Poke holes into the cover, using the template.

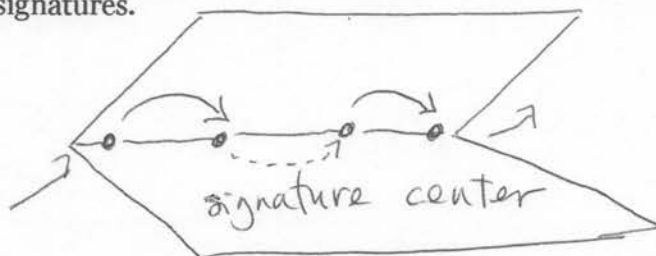
### Assemble the Book

The side of the H shape with the extended arrow is the back, and the other side is the front. The crosspiece is the spine of the book.

Thread a needle. From the outside of the back cover, go into the top hole and leave a tail (a couple of inches). then go into the top hole of a signature, from the outside to the inside, and snug the signature up to the back cover. Go through the inside to the second hole and come out. Go over the outside of the spine to the third hole and go back into the signature. Go through the inside of the book to the fourth hole and come out. Then go from the inside of the back cover to the outside. Go over the edge of the cover, and loop around the thread.

Put another signature on top of the one that is now sewn. Go into the signature from the outside and snug it up. Go through the inside of the signature to the next hole, come out, go over the spine and back in. Go through the inside again, come out the last hole, and snug everything up. Then go around the stitch that connects the previous signature to the back of the book, and make a kettle stitch.

Add another signature, and repeat. You will go up and down the spine until you've added all but one of your signatures.



inside view

For the last signature, first go from the inside of the cover to the outside. Go into the cover from the inside to the outside, go over the back and back into the first hole of the last signature.

Then go into last signature, and go in and out (just like all the previous signatures) until you get to the end. Go out of the signature, then into the inside of the hole in the cover and out to the outside of the cover. Go down one signature and do the loop.

Now tie off the thread, either by making a half-hitch around itself, or you can tie the first tail to the end of the thread in a square knot.

Add a button and buttonhole, or use velcro or ties to close the book.

And you can add any embellishments that you like!

