

Japanese stab bind book



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Finished size: 5½ x 8"

Materials.

12 sheets of 8½ x 11" cartridge paper, cut in half to make 24 sheets of 5½ x 8½"
2 sheets of flyleaf paper 5½ x 8⁵/₈"
2 sheets of cardstock or heavy paper 5½ x 11½"
1 metre length of linen thread

Supplies.

Jig (hole punching template)
Ruler
Bone folder
Needle
Awl

Making pages.

1. To create your pages, fold and tear or use guillotine to cut 8½ x 11" sheets in half width-wise. This will give you 24 sheets of 5½ x 8½".
1. Make two flyleaves, which are two separate sheets of paper, one at each end of your pages. The flyleaves should be approximately an eighth of an inch wider than your pages and the same height. Use the pages as your guide for measurement.
2. Mark each edge of the paper with your awl.
3. Tear in one long strip, making sure the grain is running parallel to the spine.
4. Mark the paper into the correct width for each flyleaf.
5. Tear against a ruler. Repeat for the second flyleaf.

Making a cover with turn-ins.

1. The cover is made up of two separate pieces of cardstock or heavy paper ('cover stock'), the same height as the pages and flyleaf, but about an eighth of an inch wider after the fold-in. Use the flyleaf as a guide for measuring the cover.
2. Tear the cover stock against a ruler into one long strip, then tear again to the width of two flyleaves plus 2½" for each of the two fold-ins (total of 22").

3. Fold in half and score the line.
4. Mark the fold-ins about an eighth of an inch wider than the flyleaf/2½" in from the outer edge. Score against the ruler.
5. Tear the two cover pieces apart against the ruler along the centre fold.
6. Fold in the fold-ins and reinforce the fold with a bone folder. Repeat for the second cover.

Assembly.

1. Assemble the block of pages and place a flyleaf on either side. Place the covers on either side with the right side facing out, fold-ins facing in to create a stack. Tap the spine edge of the stack to align the parts ready for drilling.
2. There are four holes in this style of binding to sew through. It is best to use a template to mark the holes, as it avoids drawing on the book cover. The two outer holes are half an inch from the top and bottom edges. The two centre holes are then set equally between the outer ones. Create a jig by cutting a strip of leftover cardstock to the height of the block (5½") and about an inch or more wide.
3. Mark half an inch in from the left edge on your jig.
4. Mark the two outer holes half an inch from the top and half an inch from the bottom of your jig.
5. Draw a line between the two marks. This will form your template.
6. Measure and cut a scrap of paper to the same length as the distance between the two marks. Fold the scrap of paper into a 'Z' shape of three equal parts. Use the fold lines as your guide to mark the middle two holes on your jig. They should be equidistant.
7. Pierce the four holes on your jig with your awl.
8. Place the jig on your bookstack and pierce all the way through.
9. Check the holes go all the way through the stack.

Sewing the book.

1. Divide the pierced stack in two, as you will be sewing out from the middle.
2. Thread your needle, pierce the thread and pull tight to ensure the thread stays on. Starting from the inside of the book, push the needle out through either of the two middle holes.
3. Leave a length of thread, approximately 4", for tying off later.
4. Put the two halves of the book back together, leaving the excess thread inside.
5. Holding the block together, pull thread over the spine and sew back through the same hole.
6. Pull the thread tight and keep hold of the block to stop the sheets moving or the thread inside from slipping out.
7. Move along to the next hole in the centre and sew through.

8. Loop over the spine.
9. Sew back through the same hole.
10. Move on to the closest hold at the edge of the book. Sew through and then loop over the spine. Sew back through the same hole.
11. Loop over the top edge of the book.
12. Sew back through the same hole.
13. Sewing in and out of the holes, work down to the last hole at the other end. Repeat steps 10-12 on this edge.
14. The last stitch is back through the hole where you started; sew only through to the middle of the book to meet the excess thread.
15. Tie off the two lengths of thread with a reef knot.
16. Cut off excess threads.
17. Use the point of the bone folder to tuck the ends into the spine for a neat finish
18. Your four-hole Japanese stab bind book is complete.