

Instructions: How to Make a Pamphlet

Tools & Materials



Materials

- A LMM Commemorative Pamphlet, printed
8 ½" x 11" / 21.6 cm x 27.9 cm
- B Scrap/waste paper
8 ½" x 11" / 21.6 cm x 27.9 cm
- C Bookbinding thread
23" – 25" / 58.4 cm – 63.5 cm

Tools

- D Bone folder
- E Awl
- F Darning needle
- G Scissors
- H Pencil

Tools & Materials Explained

LMM Commemorative Pamphlet:

This pamphlet is on the Kindred Spirits website and can be found on the LMM Makers Page. Download the PDFs and print them according to the correct settings for your printer. Note that the pamphlet consists of two pages, printed on both sides.

Scrap/waste paper:

For this project, use a blank sheet of photocopy paper. While any scrap paper of the correct size will do, it should not have any printing on it to ensure the ink does not rub off onto your hands or your project.

Bookbinding thread:

Bookbinders use a particular thread made from linen or flax. While you can obtain this specialty thread from bookbinding suppliers, a heavy-duty thread found in fabric stores used for topstitching or buttonholes would be a reasonable substitute.

Tools & Materials Explained (continued)

Bone folder: This is the quintessential tool for every bookbinder! While folders made from bamboo, horn, plastic, or Teflon are available, the classic is bone.

The traditional tool is pear-shaped: pointed at one end and round on the other. The flat sides of the bone folder are used for rubbing and burnishing, the edges for creasing, and the point for scoring and reaching into small places.

Bone folders can be found at art stores, but in a pinch, you might try the back of a spoon for rubbing or the edge of a credit card for creasing.

Awl: The awl is a long, thin "needle" attached to a wooden handle to pierce holes in paper or board.

You could substitute a hat pin or a corsage pin. You could also make your own awl by inserting the eye end of a long, darning needle into the end of a wooden dowel or a champagne cork. Use epoxy to glue it into place—you want it well secured!

Darning needle: A darning needle used in bookbinding shares the same features as one used to repair the holes in your socks. They have longer and larger eyes. However, the bookbinding darning needle's body is much longer than the home darning needle. In a pinch, however, you could use any needle with a large eye and a sharp point.

Scissors: While there are some bookbinding-specific scissors, any pair will do for this project.

Pencil: Any pencil will do but always use a pencil when bookbinding. Pencil marks can be erased, whereas ink cannot!

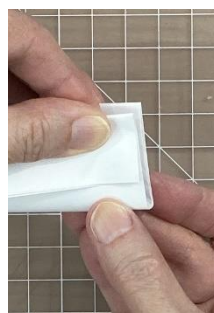
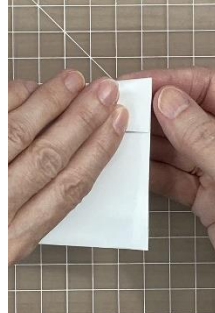
Step 1: Fold pamphlet

- Fold LMM Commemorative Pamphlet pages in half.
- Rub bone folder along fold to form a crease.



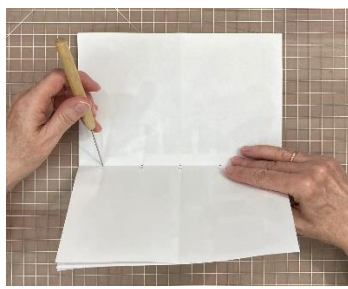
Step 2: Make a piercing template

- Like Step 1, fold scrap paper in half and rub bone folder along fold to form a crease.
- Fold scrap paper in half again and pinch on the fold side.
- Keep the scrap paper folded, and pinch again approximately 1".
- Keeping the scrap paper folded, match the two folds and pinch again.
- Open the folded paper and make a pencil mark at every pinch crease along the main central fold.



Step 3: Pierce holes in pamphlet

- Insert scrap paper into the middle of the folded pamphlet.
- Align the fold of the pamphlet to the edge of your work surface.
- Open the pamphlet and use an awl to pierce holes through the spine at each pencil mark on the template. Be careful to pierce directly through the apex of the spine fold and not off to one side!

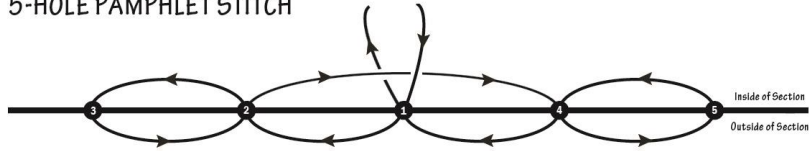


Step 4: Sew pamphlet

- Follow 5-hole pamphlet stitch sewing diagram on next page.
- Start on the inside of the pamphlet at the centre hole.
- Insert needle & draw thread through to outside, leaving a 4" / 10.2cm tail inside.
- Insert the needle into the next adjacent hole - draw thread through.
- Insert the needle into the outermost hole and draw thread through.
- At this point, check thread tension. Eliminate slack by pulling on the thread in the sewing direction. **Do not** pull backwards; this can enlarge the sewing holes and tear the paper.
- Return to the next adjacent hole and insert the needle—**do not** pierce thread that has already been sewn through that hole.
- Skip the centre hole & insert the needle into the next hole - draw thread through.
- Insert the needle into the final outermost hole - draw thread through. Again, check thread tension.
- Return to the next adjacent hole and insert the needle—**do not** pierce thread that has already been sewn through that hole.
- Insert the needle into the centre hole. Again, do not pierce the long thread, and make sure that the two thread tails are on opposite sides of the long centre stitch.
- With the two thread tails, tighten the stitch and eliminate any/all slack.
- Tie a secure knot around the central thread.
- Cut thread, leaving tails of approximately 1 ½" / 3.8cm

Step 4: Sew pamphlet (cont'd)

5-HOLE PAMPHLET STITCH



Step 5: Bone folder sewn pamphlet

- Close the pamphlet and bone folder along the spine on the front and back.
- Open each pamphlet page and rub the spine with a bone folder.



Kindred Spirits

The Lucy Maud Montgomery Legacy
as Interpreted by Contemporary Book Artists



Congratulations! You have completed your first bookbinding lesson!

Check out [CBBAG.CA](https://www.cbbag.ca) for more fun bookbinding workshops!



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