





Stab bindings are ideal to sew together single sheets of paper. The variations of sewing patterns are endless.

- 1. Use 5 A4 sheets for the inside and 2 A5 cards for the cover.
- Fold each sheet of paper in half and keep the corners aligned. Use the bone folder to crease the paper from the centre to each edge of the paper.
- 3. Place all folded sheets on top of each other and the covers onto the outside.
- 4. The fold will be the fore-edge of your book, opposite your spine. This is called a French Fold.
- 5. Crease your cover with a ruler and the tip of the bone folder coming in 15mm from the spine.

- 6. Divide the length of the height of the book into 5 to get 4 equal sewing holes. Mark the holes and pierce them with a pricker. Use one or 2 bulldog clips to keep the pages in place.
- Use a waxed thread 4 times the length of the spine and thread it into a sewing needle.
 Start sewing from the inside of the spine stack. Glue the end of the thread between the pages.
- 8. Go over the spine and come through the same hole again.
- 9 18. Thread the holes as shown in the illustrations.
 - 19. Create a knot by looping underneath the 2 last threads before you go out and push the needle half way through the spine stack. Glue the ends down and cut the ends off.