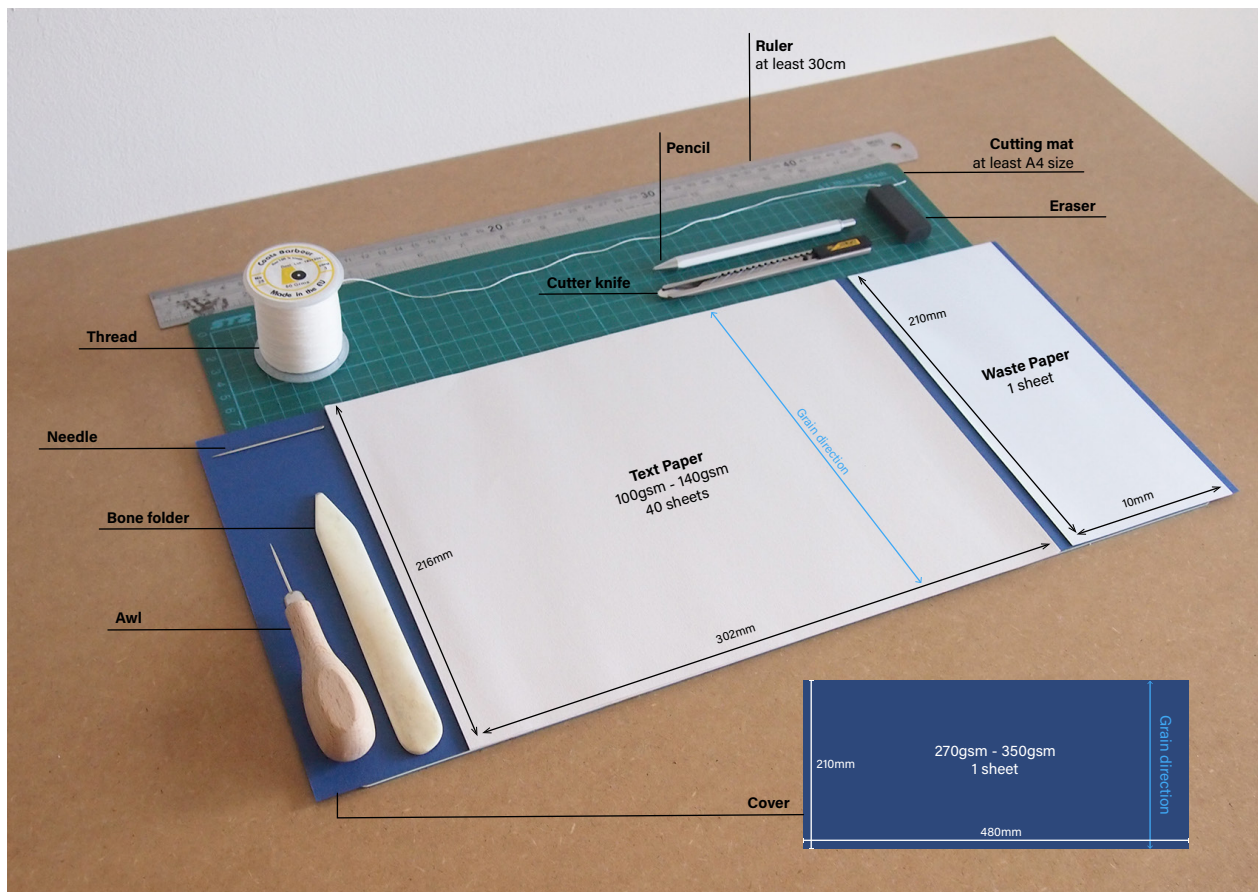


A STEP-BY-STEP GUIDE TO LONG STITCH BINDING

Long stitch is a strong non-adhesive binding that showcases its stitch at the spine of the book. It has a clean look and allows the book to open flat. In this guide, you will learn to make a long stitch journal with 160 pages featuring a self-locking wrap around cover.



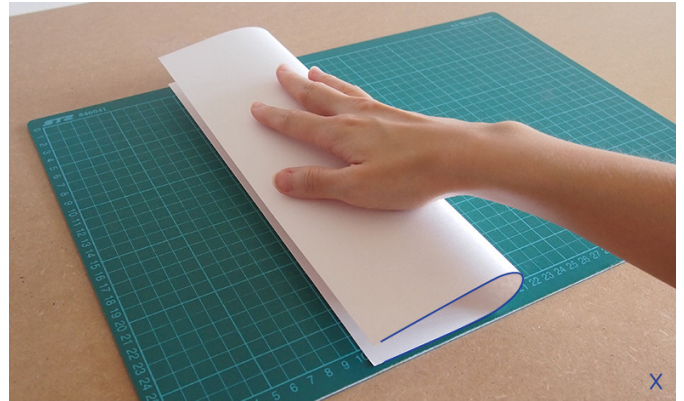
TOOLS AND MATERIALS



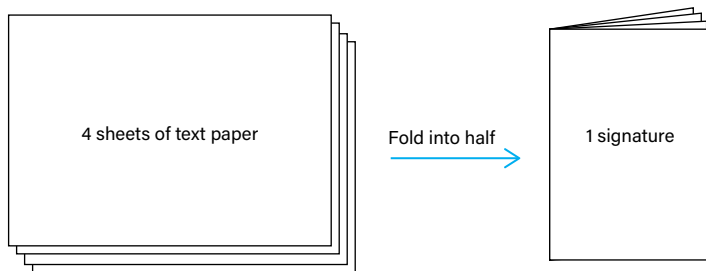
GRAIN DIRECTION

All machine-made paper has a grain direction. It either runs along the horizontal side or the vertical side. The grain direction refers to the direction in which the fibres in a sheet of paper is running along. It is important to make sure that the grain direction runs parallel to the spine of the book to enable the book to open freely and to reach its potential life span.

To check the grain direction, gently bend the paper from one edge to another, horizontal or vertical. Repeat on the other side. You will find that one side is less resistant than the other, this would be the grain direction.



STEP 1 - CREATE SIGNATURES



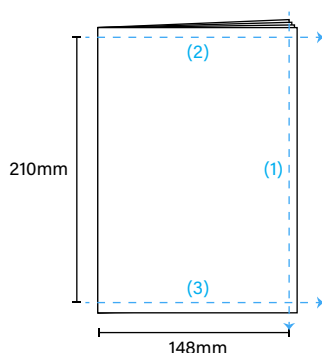
Use your hands to fold it down first.



Use a bonefolder to help create a clean fold.



Trim 3 sides of the signatures.

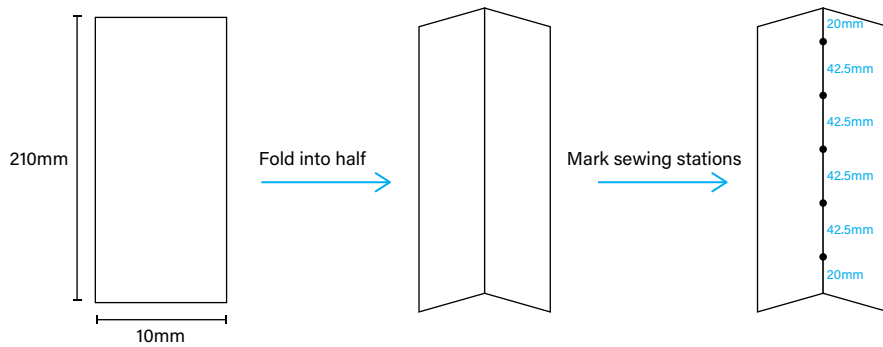


Trimming Signatures

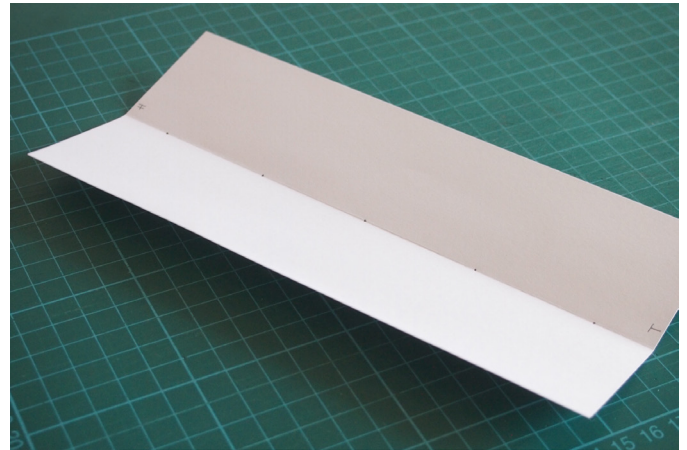
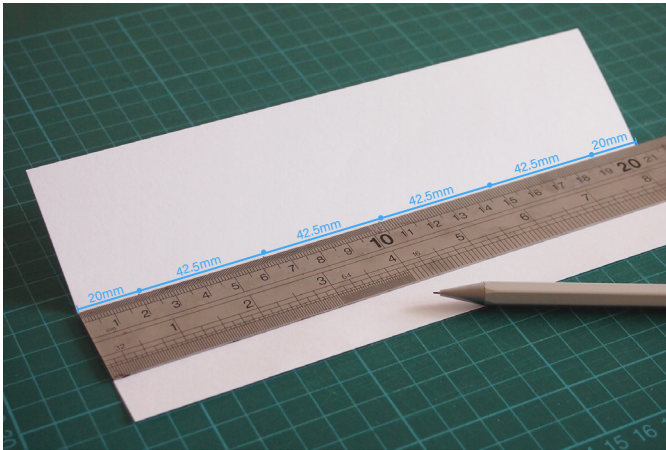
Trim signature to **148mm(W) x 210mm(H)** with a cutter knife and a ruler on a cutting mat, starting from the **fore-edge (1)**, followed by the **head (2)** then the **tail (3)**. Make sure to always trim from spine to fore-edge.

Repeat this for 9 more times so you get **10 signatures** in total. You can use a cutter to help you with the trimming if you have access to one.

STEP 2 - CREATE TEMPLATE FOR SEWING STATIONS

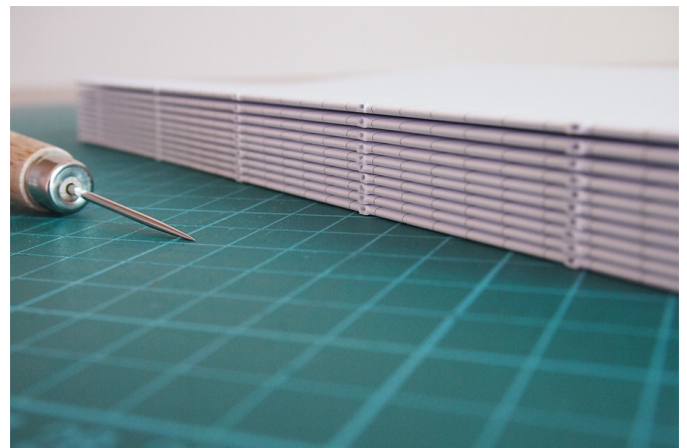
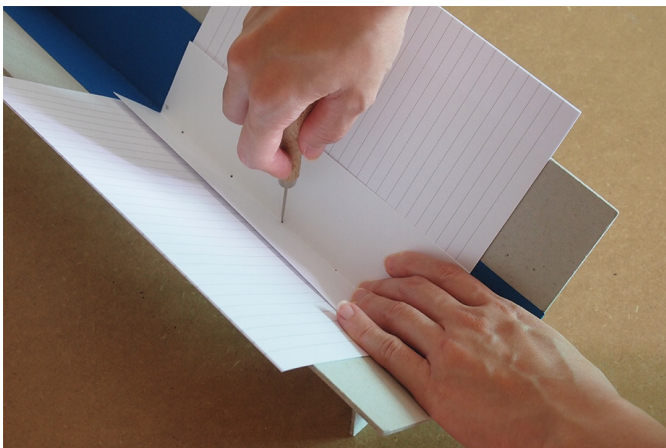


Take a piece of waste paper and trim it into **100mm(W) x 210mm(H)**.
Fold the width into half, and mark **5 sewing stations**, and the head and tail with a pencil accordingly.



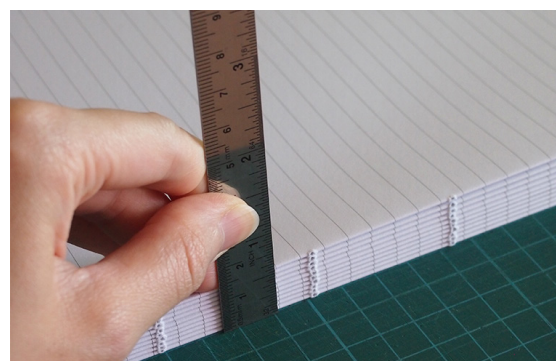
STEP 3 - PIERCE SEWING STATIONS

Open up a signature, place template in the middle where it is folded and start piercing each sewing station individually with an awl. Repeat with the rest of the signatures. The template can help ensure sewing stations created in each signature are consistent. Use a punching cradle to help you to be neat.



STEP 4 - MEASURE SPINE WIDTH

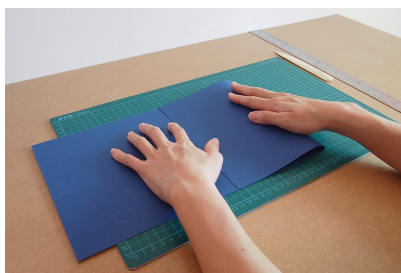
Measure the spine width by placing a small ruler by the text block. It should be in between **15mm and 20mm**, depending on your paper weight.



STEP 5 - CREATE SPINE ON COVER



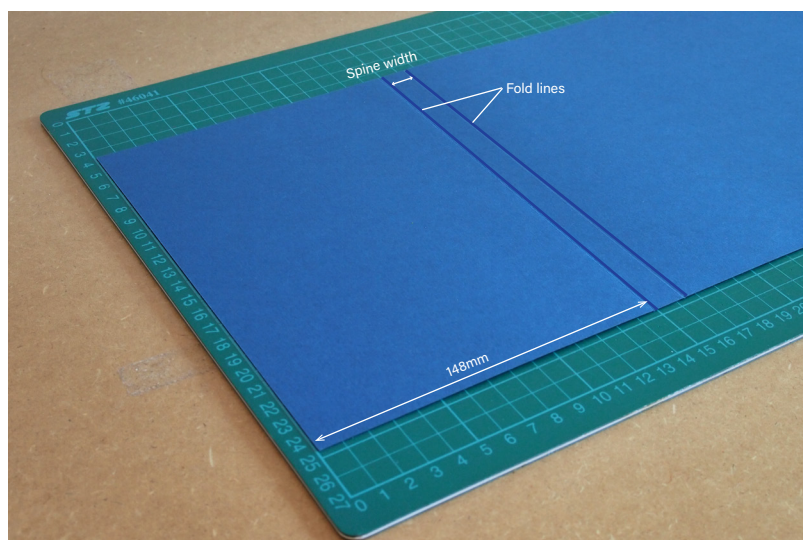
Create score line using bone folder.



Fold down with your hands first.

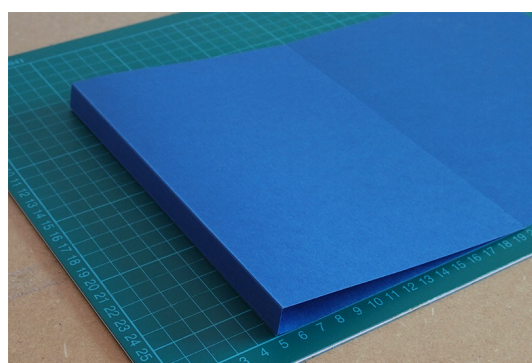


Use a bonefolder to help create a clean fold.

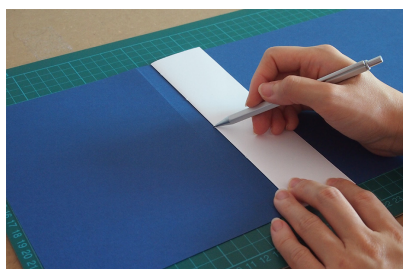


Measure **148mm** from the left edge of the cover paper, create a scold line and fold it down.

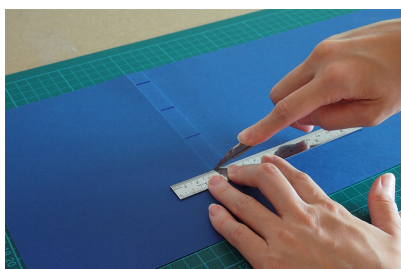
Create a second fold line from the fold you have just created using the spine width from **step 4**.



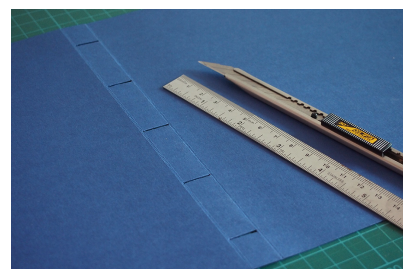
STEP 6 - CUT SLOTS ON SPINE



Use the template from step 2 and mark the sewing stations on the spine.

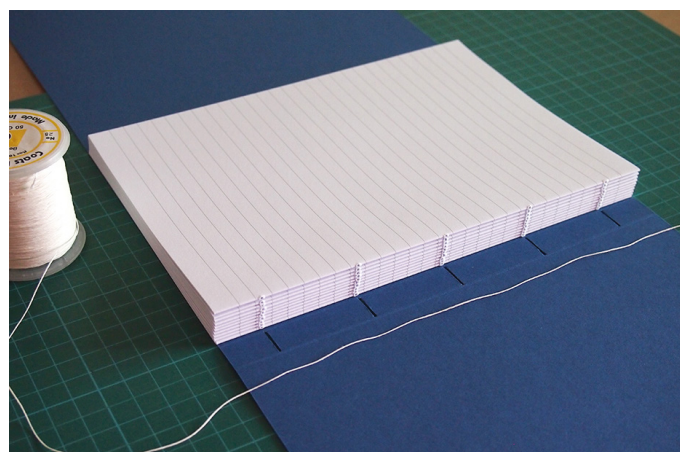


Cut out the 5 slots in about **1mm thickness** with a cutter knife and a ruler.



Your cover should look like this now.

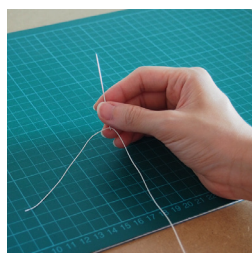
STEP 7 - PREPARE THREAD AND NEEDLE



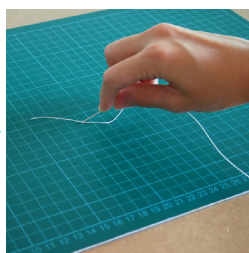
Linen thread is most ideal for bookbinding. It comes in different colours and thicknesses. I would recommend using the 25/3 size for this binding but you are welcome to experiment with different threads. Be sure to wax your thread to make sewing easier.

Length of thread needed: 12 x height (210mm)

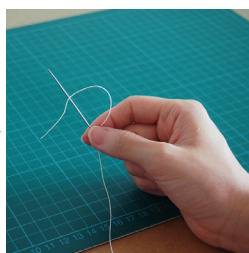
To secure thread to needle



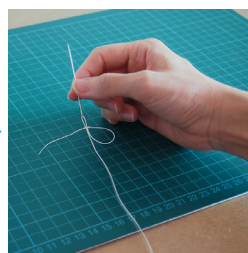
Thread a needle and leave about 8cm of thread at one end.



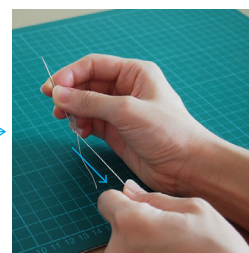
Flatten an area of the short side of the thread.



Pierce the needle into the thread.



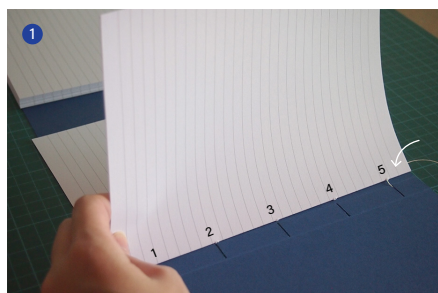
Pull it all the way through the needle.



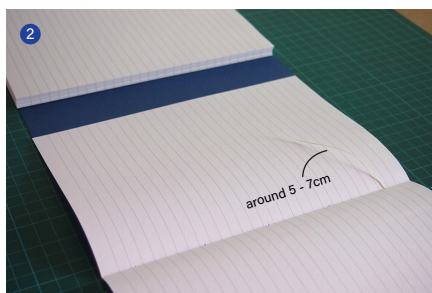
Pull the long side to secure the thread to the needle.

STEP 8 - SEW

As it is a non-adhesive binding, you are going to sew the signatures directly to the cover, starting from the **last signature (sig. 10) on the second fold line** of the cover. Placing the spine off the table will make sewing a lot easier.



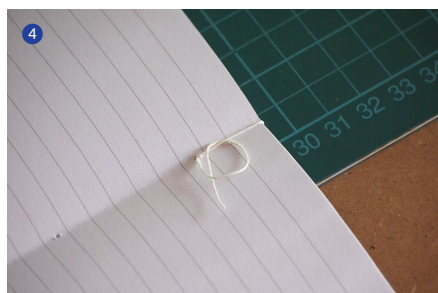
Start from the last signature. Insert needle and thread at **station 5** from the inside out and through the cover.



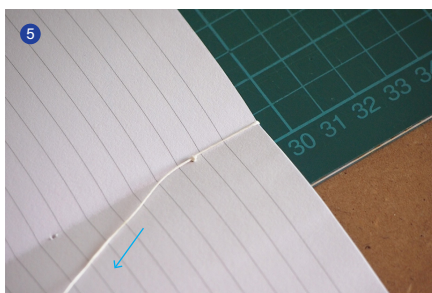
Pull the thread through and leave a tail around **5 - 7cm** on the inside.



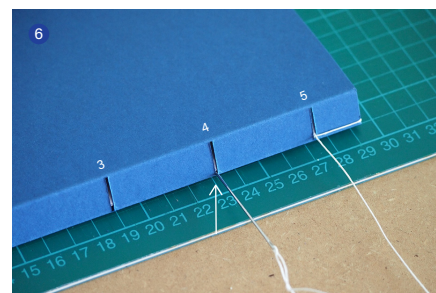
Insert needle into **station 5** again creating a loop over the outer edge of the book and pull it all the way through.



Tie a **kettle stitch** by putting the tail through the loop and into the new loop that is created.



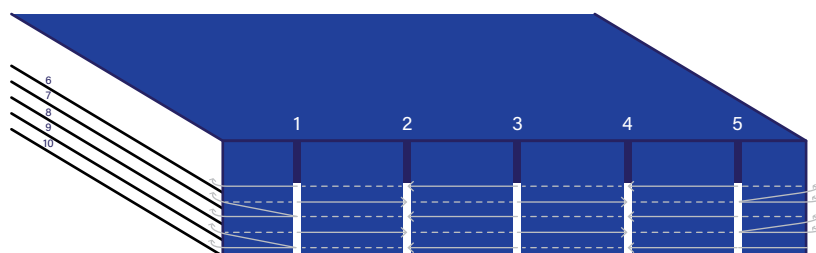
Pull both ends of the thread to **tighten the knot**. Repeat kettle stitch again to create a **double knot**.



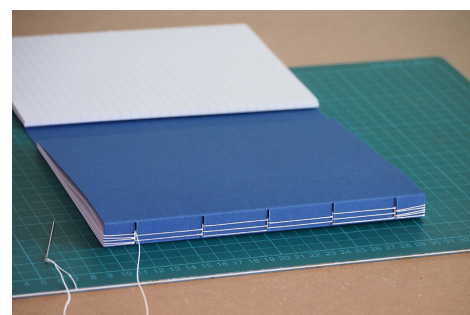
In an in-and-out motion, insert needle from outside of cover into signature at station 4, come out from station 3, back into section 2, then out from station 1 and **loop around the edge** and come out from inside of station 1 again.

From here, **close your signature and add the next one (sig. 9) on top**. Continue by inserting needle into station 1 of sig. 9 from inside looping around the edge. Coming out from station 1 of cover, go back in from station 2 and continue with this pattern until you reach station 5 and loop around the edge. **Remember to always loop around when you are at both edges** and to be sure that your needle always come out on top of the thread for a neat look.

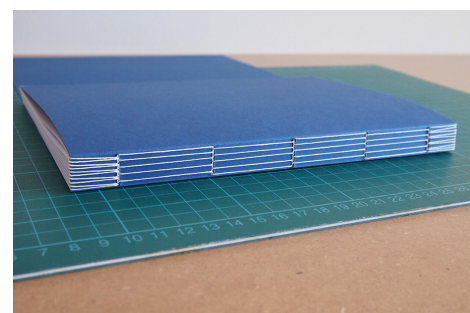
Repeat this until you finish sewing the final signature. **End sewing at station 5 of sig. 1** with 2 kettle stitch.



Starts here



Half way there



Final look

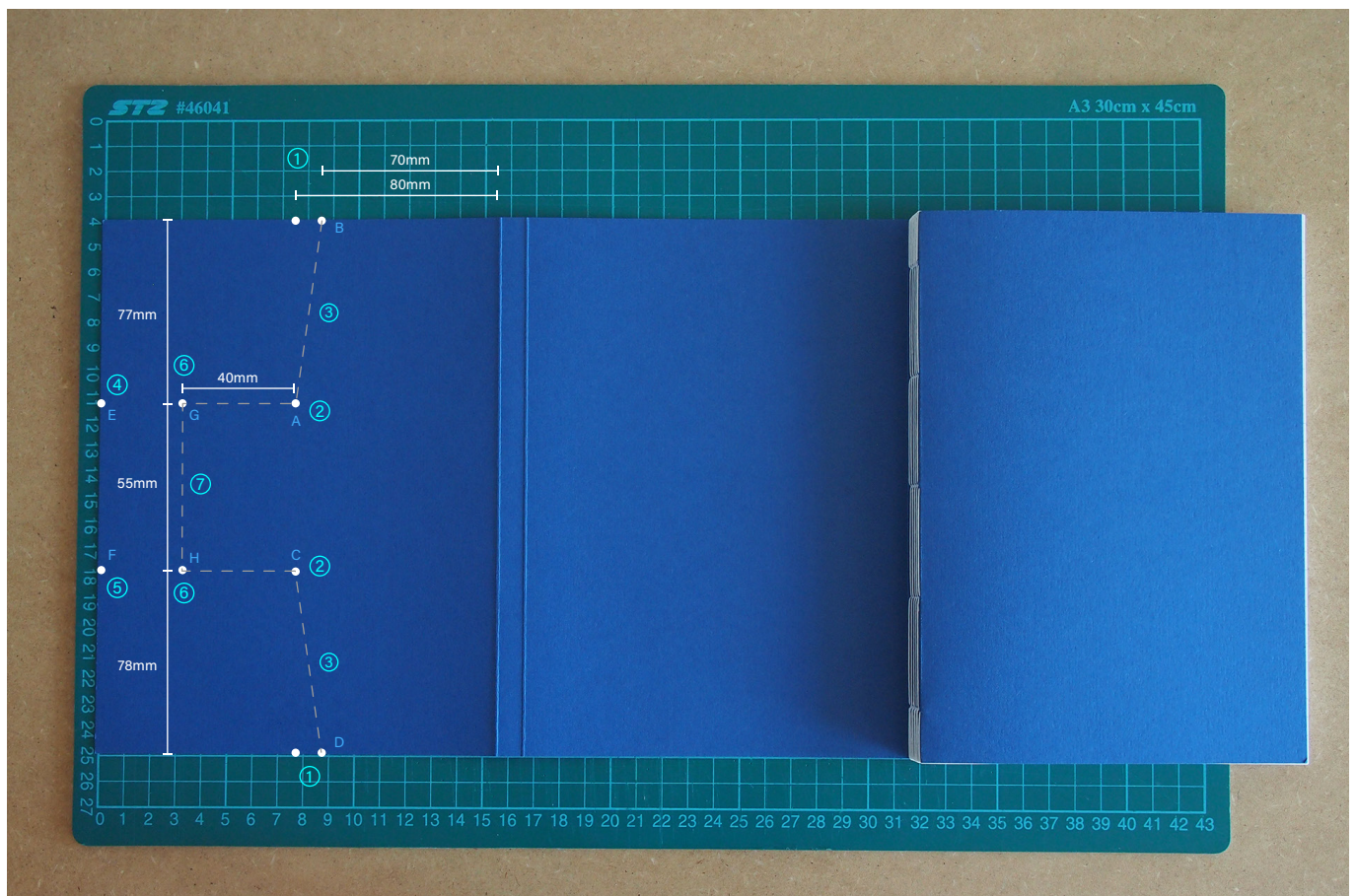
STEP 10 - CREATE SELF-LOCKING COVER



Create a fold by flushing your bone folder to the fore-edge, draw a score line and fold it down.



Measure width of fore-edge by repeating step 4 and create a second fold on the cover.



1. Mark **70mm (B) (D)** and **80mm** at the top and bottom from the second fold line.
2. Place ruler on **80mm** marks and make a mark on **77mm (A)** and **132mm (C)** respectively.
3. Trim **A to B** and **C to D** separately.
4. Place ruler on **A**, creating a right angle with the fold line and trim from **A to E**.
5. Repeat 4, trimming from **C to F**.
6. Measure **40mm from A** marking **G** and **40mm from C** marking **H**.
7. Trim from **G to H**.





Close the book. Make a mark on **A** and **C** respectively.



Cut slot from **A** to **C** with about **1mm** thickness.



Check if flap fits into slot and we are done! Use a round corner cutter to round the corners if you like.