

The Pamphlet Binding is possibly the simplest form of securing loose pages to make a book, it is a very old method and one that serves as an excellent introduction to sewn book structures. Dating back to the 4th Century CE this structure creates an easy to make and simple book.

Fold the cover piece in half with the outside inside, then refold to the correct way around. Fold the 4 pages in half and rub down the folded edge firmly.

Place the folded pages inside the cover and pierce 3 holes in the crease roughly equidistant going through all layers, this doesn't need to be precisely measured.

Thread a needle with about 30cm linen yarn and starting from the inside of the book leaving a tail of about 8 cms. From the outside pass the needle and thread through the hole at the top into the middle and then go out through the bottom hole, ignoring the centre hole.

Finally from the outside pass the needle and thread through the centre hole which already has a thread in it, on the inside remove the needle and tie a double knot over the long thread and make sure the knot is tightly against the fold, trim the thread ends to about 2 cms.

Gently fold the cover and pages backwards and forwards a few times and then give the outside edge an extra rub down to create a firm spine edge.

You have just created your first book. The little journal is perfect to fit into pockets and bags and provides a wonderful way of recording thoughts, poems, ideas, and even shopping lists.

