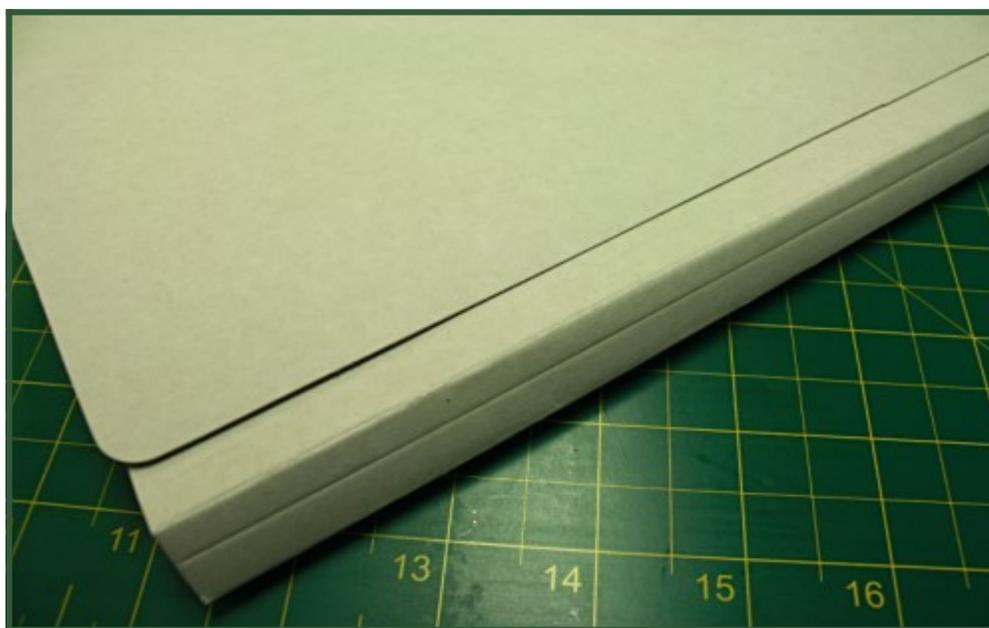


Instructions for Pamphlet Stitch
by
Nancy Wethington
<http://art-from-the-heart.typepad.com>

IMPORTANT - Please note:

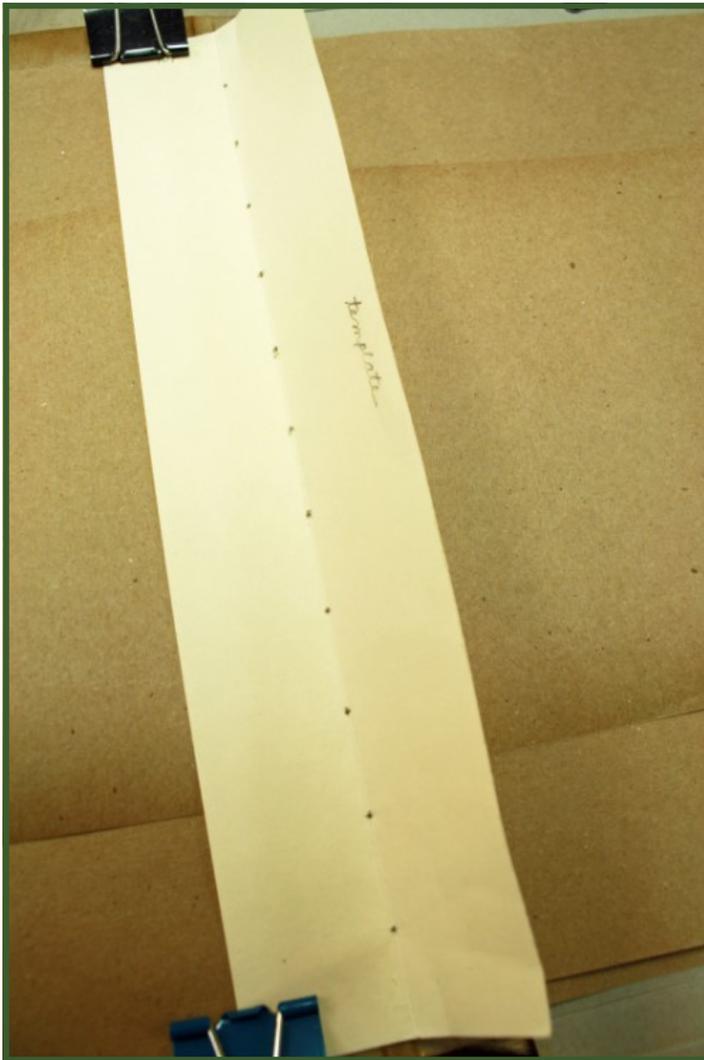
These instructions are for a tall signature.
Adjust the number of stitching holes to accommodate smaller signatures.
For example, a signature that is less than 6" tall would only require
3 stitching holes/marks.

- Cut the paper so that you have the height you want and the width can be folded in half. **You will be stitching on the fold line.** The height and width of each paper can be different as long as it can be folded. In some portfolios I've added folded tags, scrapbook papers, envelopes etc.
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- Cut a piece of cardstock that is 2" wide and the same height as your papers. This will become your stitching pattern. Fold the cardstock in half - measuring 1" wide X the height of your paper.
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- Using a pencil and ruler, find the center of the cardstock and make a pencil mark. Next make a pencil mark in even increments up and down that center fold line. This folio is quite tall so I used many pencil marks. You can use as many as you like but no fewer than 3 marks.
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- Take the portfolio and fold on the score marks as shown in the photo below. Do this on both the right and left side of the folio.

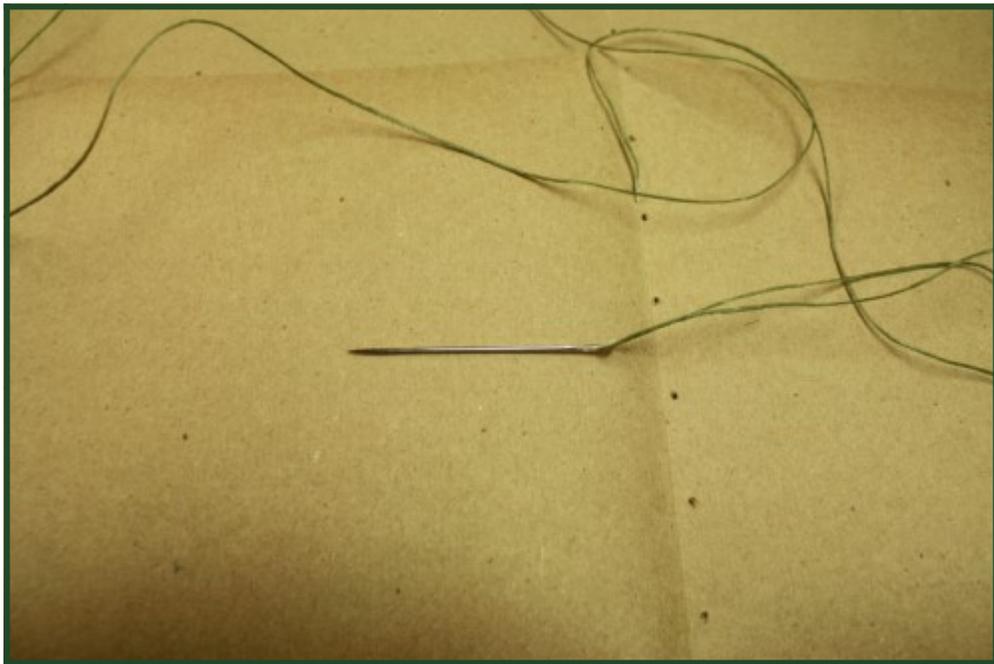


NOTE: These directions are for tall books/portfolios. Adjust the number of stitches to the height of the book. For smaller books, you will only need 3 stitch holes.

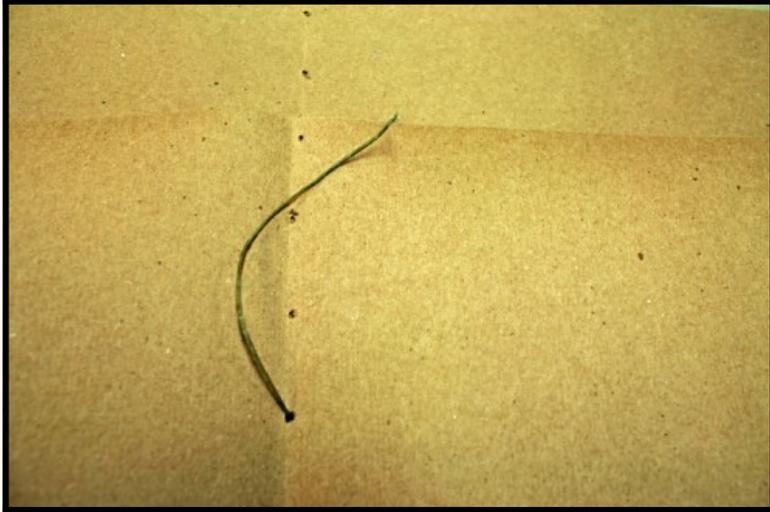
-
- Using bulldog clips, carefully match the center/folded line of your stitching pattern to the center folds of your pages. Make sure the folded lines of your papers are lined up one on top of the other with your pattern on top of that. The bulldog clips are used to keep everything lined up so that nothing shifts.
- Attach the bulldog clips to the center line on the portfolio, matching folded lines of the papers to the folded lines of the folio.



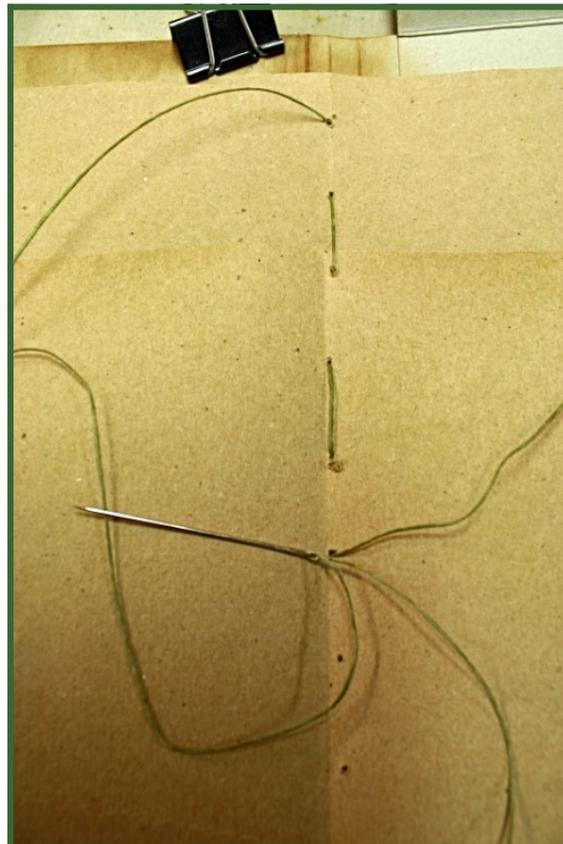
- Use an awl or craft pick and insert the sharp end into the pencil marks through the pattern the papers and the center line of the folio. You are creating a stitching pattern on all.
- Once the holes are made, take away the stitching pattern but keep the bulldog clips in place so as not to have the papers move from the center line of the folio.
- Take a piece of waxed linen thread that's approximately 2.5 times the height of the book. Thread a needle without tying a knot. Do not double the waxed linen thread.



- Begin at the center hole and in the center page. Take the needle and thread and poke it from the inside center hole all the way through to the outside of the portfolio's center hole. Leave a tail of about 2" to 3". You will use this to tie later.
- Using an *in-and-out* type of stitch, follow up along the holes, one to another, in and out of the stitching holes.



- Once you get to the top hole, continue the same stitch all the way to the bottom of the pattern. Then back up again to the middle. You will end your stitching on the inside center page, at the same hole you started with.



Make sure all the stitching lines are taut and once you have, tie a knot at the center. Cut off any leftover thread, leaving about a 1/2" of the thread.



**Your stitched pages are now secure in the portfolio
and you're ready to decorate.**