

Double Signature – Easy Stitch Journal

– a tutorial written by Janet Banks for Motley Soul Mixed Media

Materials List

Cover: Strip of Coloured Heavy Paper or Light Card – 4 times the width of the journal x the height

Pages: 4 pieces of copy paper

Thread: Strong thread waxed linen is preferred, however any strong thread of substantial thickness will work. In the example, I have used No. 5 Perle embroidery thread as I love that it comes in so many different colours.

Tools: Pencil and eraser
Cutting board, box cutter or similar (new blade)
Steel edged ruler
Awl or large needle with sharp point for piercing signatures
Blunt needle (Tapestry) for sewing signatures together
Spare piece of paper for hole punching template
2 clips such as bulldog clips or large paper clips

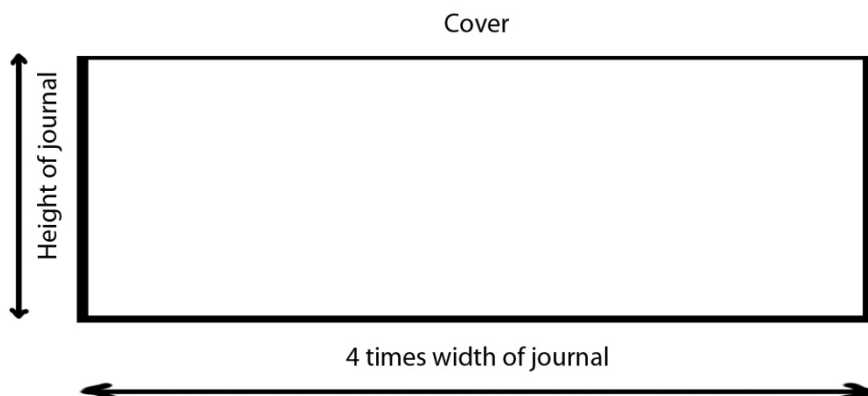
Step One: Preparing Signatures

Take the 4 pages and cut each sheet in half crosswise so that you have 8 pages. Fold each cut page in half. Stack these into 2 groups of 4. (two signatures)

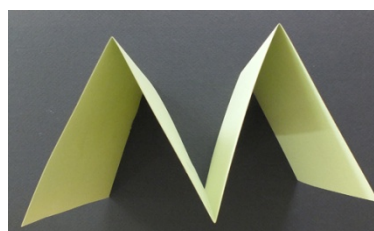


Step Two: Cutting the Cover

From the cover card cut a strip four times the width of the intended journal x the height.



Fold into 4



Step Three: Making a Template

This book requires an **odd** number of holes. For books up to a couple of inches high use 3 holes. Larger books require more holes. Divide the height of the book into 6 to give 5 hole positions. **Cut** a strip of paper the height of the book x 2 inches (50mm). **Fold** the strip in half **lengthwise**. Mark and pierce holes in the fold with a needle.

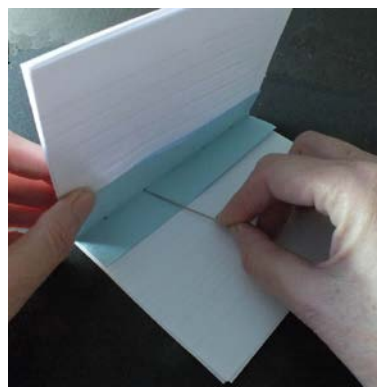


Step Four: Piercing Holes

Stack the signatures, as they will be in the finished book. Open to the centre of each signature and make a small guide mark near the top of the page with a lead pencil. Make another guide mark at the top of the template. Align the template on top of the signature make sure that both guide marks are at the same edge.

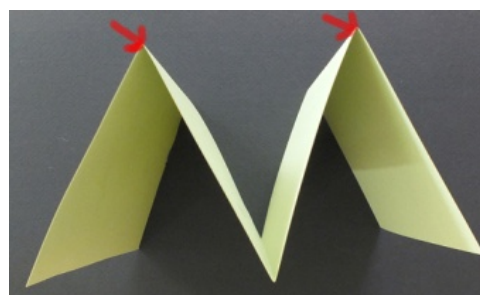
NOTE: By placing a small lead pencil mark (such as an arrow or T for top) in the same place on each element of your book, it enables you to keep everything aligned in the same direction.

Lie the signature on its side, hold the awl flat against the paper and pierce the holes through all pages in the signature at the same time. Repeat with the other signatures.

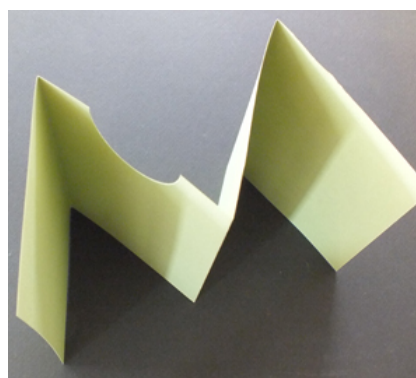


HINT: If you haven't got an awl, push the head of a large needle into a wine cork.

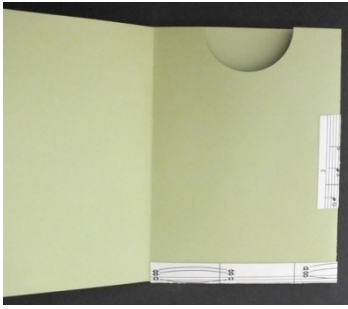
Use the template to pierce holes in both of the valley folds of the folded card.



From the top of the second section cut out a circle or square tab.



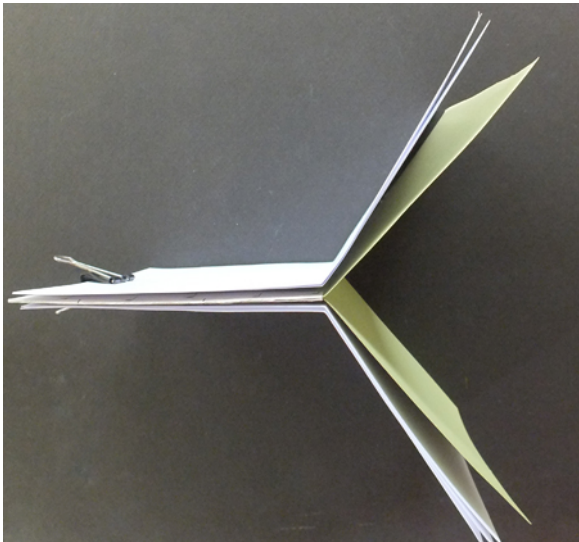
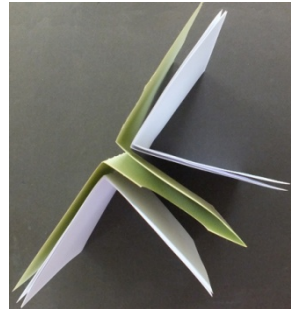
Tape the bottom of the second and third sections together. Decorate the side fold to match.



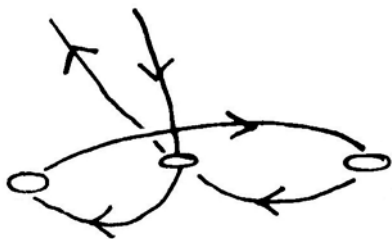
Step Five: Preparing to Sew

Set the signatures into the valley folds and clamp.

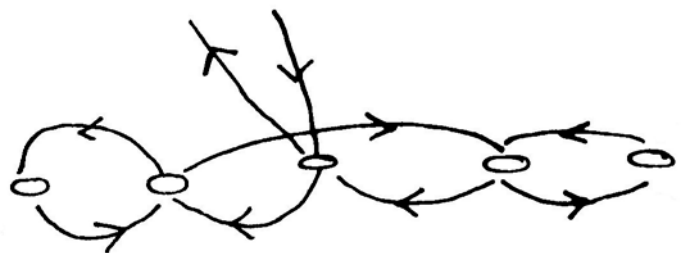
HINT: You might find it help to push the needle through the middle holes of each element to help line everything up.



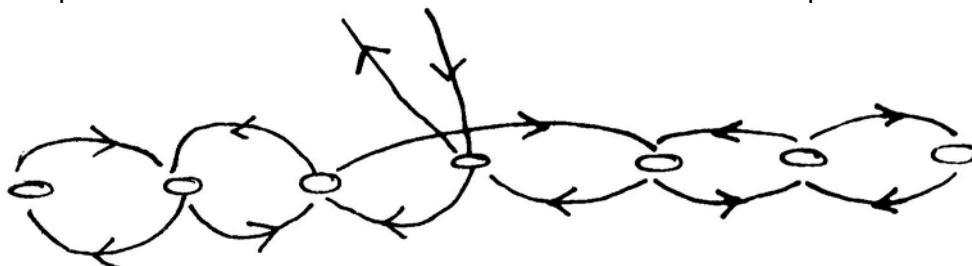
Step Six: The Pamphlet Stitch



Three Hole Pamphlet Stitch



Five Hole Pamphlet Stitch

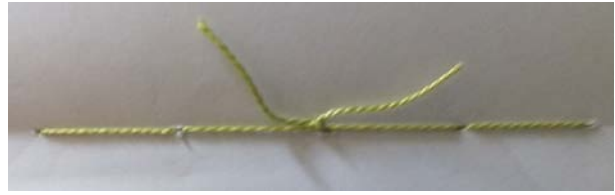


Seven Hole Pamphlet Stitch

Cut a length of thread about 2 ½ times the height of the journal. Sew through all pages



The inside of one signature should look like this.



The inside of the other will look like this.

Re-fold the signatures to form the journal.



Thank you for joining me in this journal making workshop. Please do not hesitate to ask any questions. I would love to see some photos of your journal.

Please check out my blog: [Scattered Reflections](#) I have recently migrated to Wordpress, the first six years of my blog are [here](#):

Janet Banks