

# CHAIN STITCH BOOKBINDING

a process board

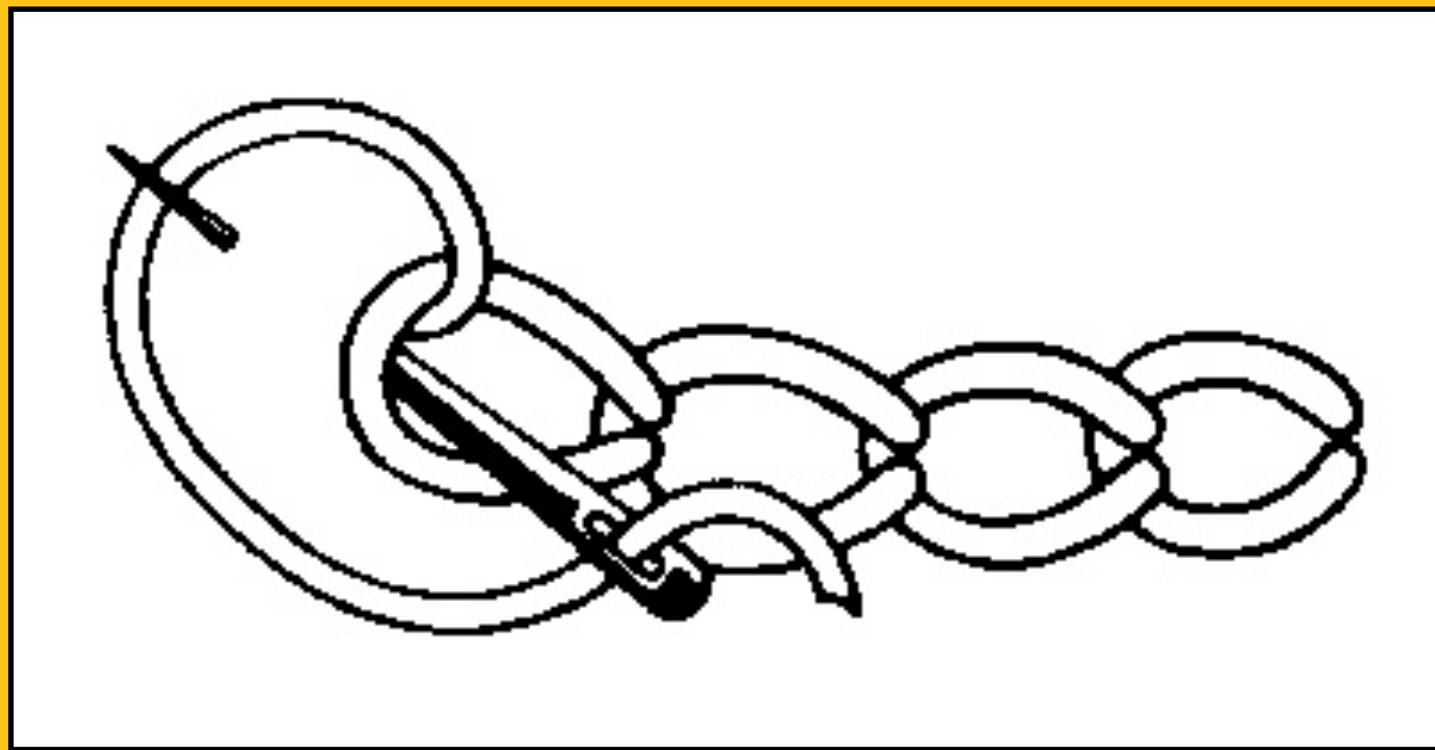


Source for sequence and supplies:

[DIY Chain Stitch Bookbinding Tutorial- Sea Lemon](#)

# WHAT IS CHAIN STITCH BOOKBINDING?

CHAIN STITCH BOOKBINDING IS A METHOD OF BOOKBINDING IN WHICH ALL THE PAGES AND COVERS OF A BOOK ARE BOUND TOGETHER USING A SINGLE THREAD. THIS METHOD ALLOWS A BOOK TO LAY FLAT WHEN OPENED, WITH A LOT OF FLEXIBILITY. COPTIC STITCH BOOKBINDING IS A SIMILAR METHOD. THE CHAIN STITCH IS ORIGINALLY A SEWING AND EMBROIDERY TECHNIQUE IN WHICH A SERIES OF LOOPED STITCHES FORM A CHAIN-LIKE PATTERN.





- Patterned Paper for book covers (mine are being reused from old, discarded books)
- Cardboard or chipboard for hard cover, cut to desired size
- Book Repair Tape
- Letter sized paper for book pages
- Scissors
- Thick embroidery needles
- Yarn, cording, or embroidery thread to stitch binding
- Removable tape
- Elmer's Glue

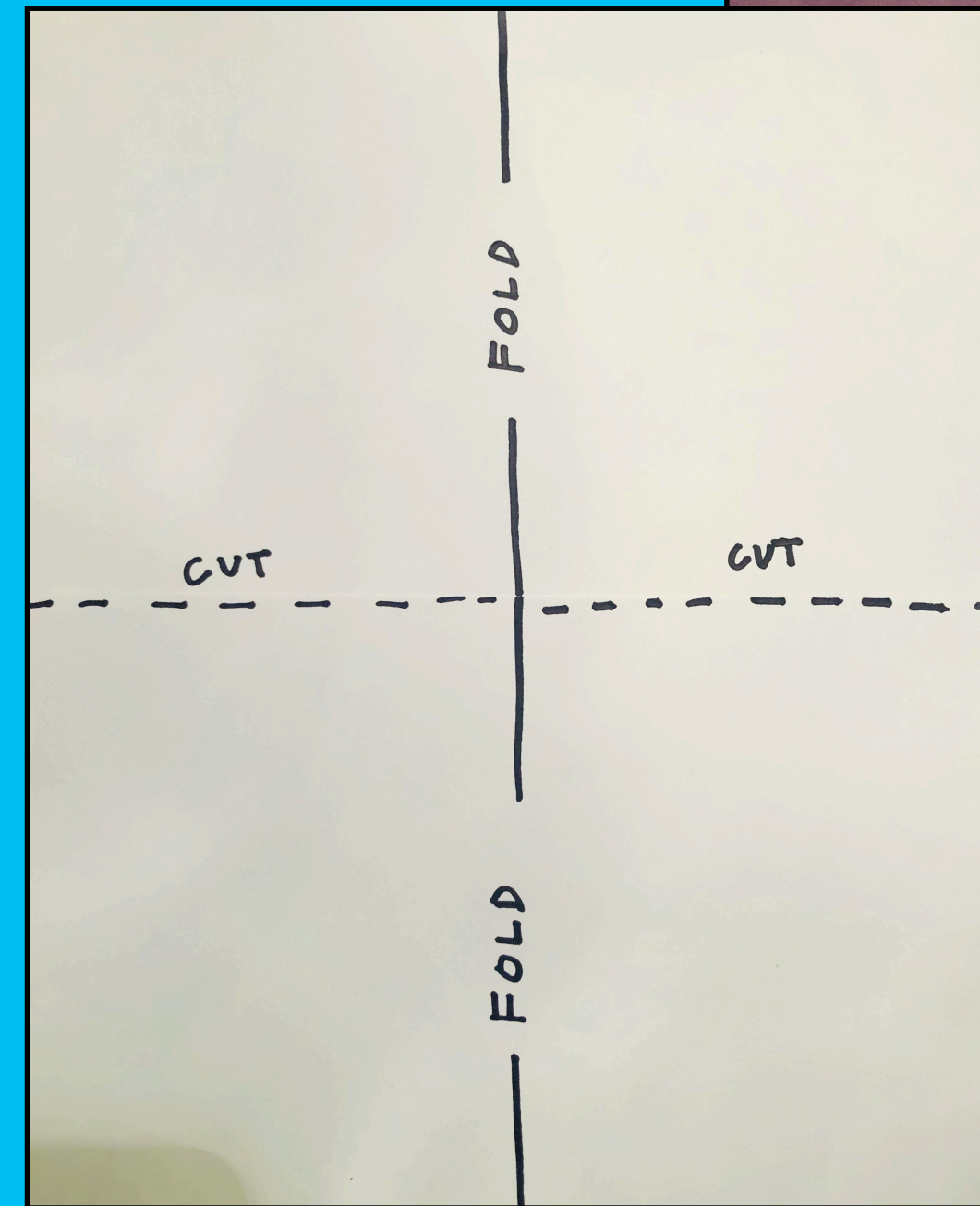
# SUPPLY LIST



## STEP 1

# PREPARING YOUR PAGES

- For this process board, I've decided to create a book that will be 5" x 6"
- Fold your letter sized paper in half horizontally, then cut the paper in half to create two pages for your book
- Once you've folded the desired amount (I used 5 letter sized pages-making 10 folded sheets) stack them within each other

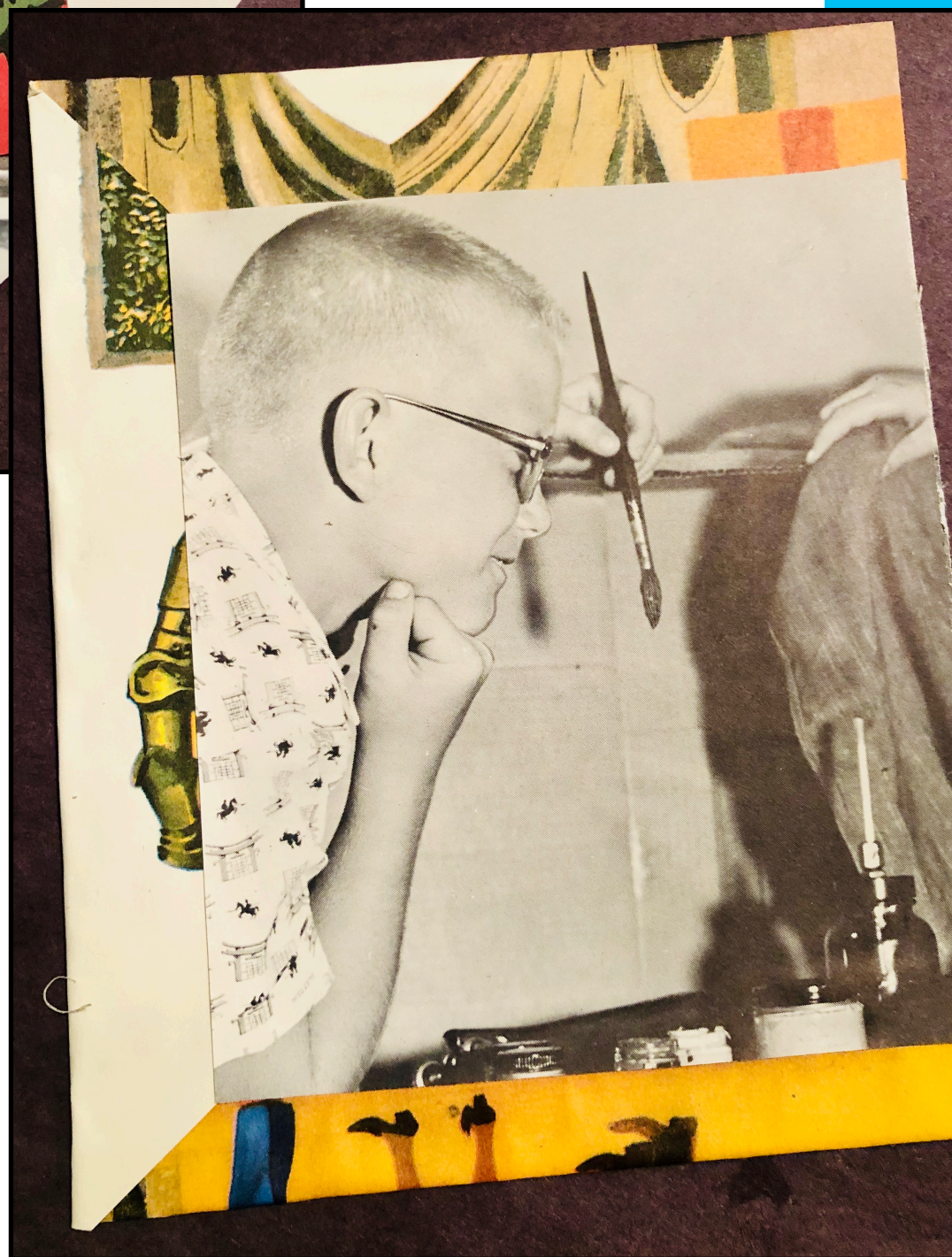


## STEP 2

# PREPARING THE COVER

- When creating your cover, be sure to choose a thick piece of chipboard or cardboard. I am using cardboard recycled from a pizza box.
- Cut two pieces of cardboard to your desired size- one for the front cover and one for the back cover
- Collect patterned paper for your cover designs!





### STEP 3

# ADDING PATTERNED PAPER TO YOUR COVER

- Using either Elmer's glue or an extra strength glue stick, you can glue your desired patterned paper to the cardboard.
- Make sure you have approximately 1" of overhang on 3 sides of your cardboard, leaving one side flush to the paper. This will be the edge that is bound.

Cut an angle in the patterned paper at each of the outside corners leaving about 3mm overhang.

Glue and fold the flaps inward.

Cut another piece of patterned paper to cover the remaining exposed cardboard on the inside of your cover. Glue this paper so that it is flush with the side for binding.

Repeat these steps for your second cover, then let dry under a heavy weight to flatten.

## STEP 4

# CREATING THE SPINE

Once your covers have dried, place them next to each other with approximately 1" of space between them

Removable tape can be used to secure the covers to your surface and act as a guide for taping

Pull enough book guard tape to cover both the front and back of the cover

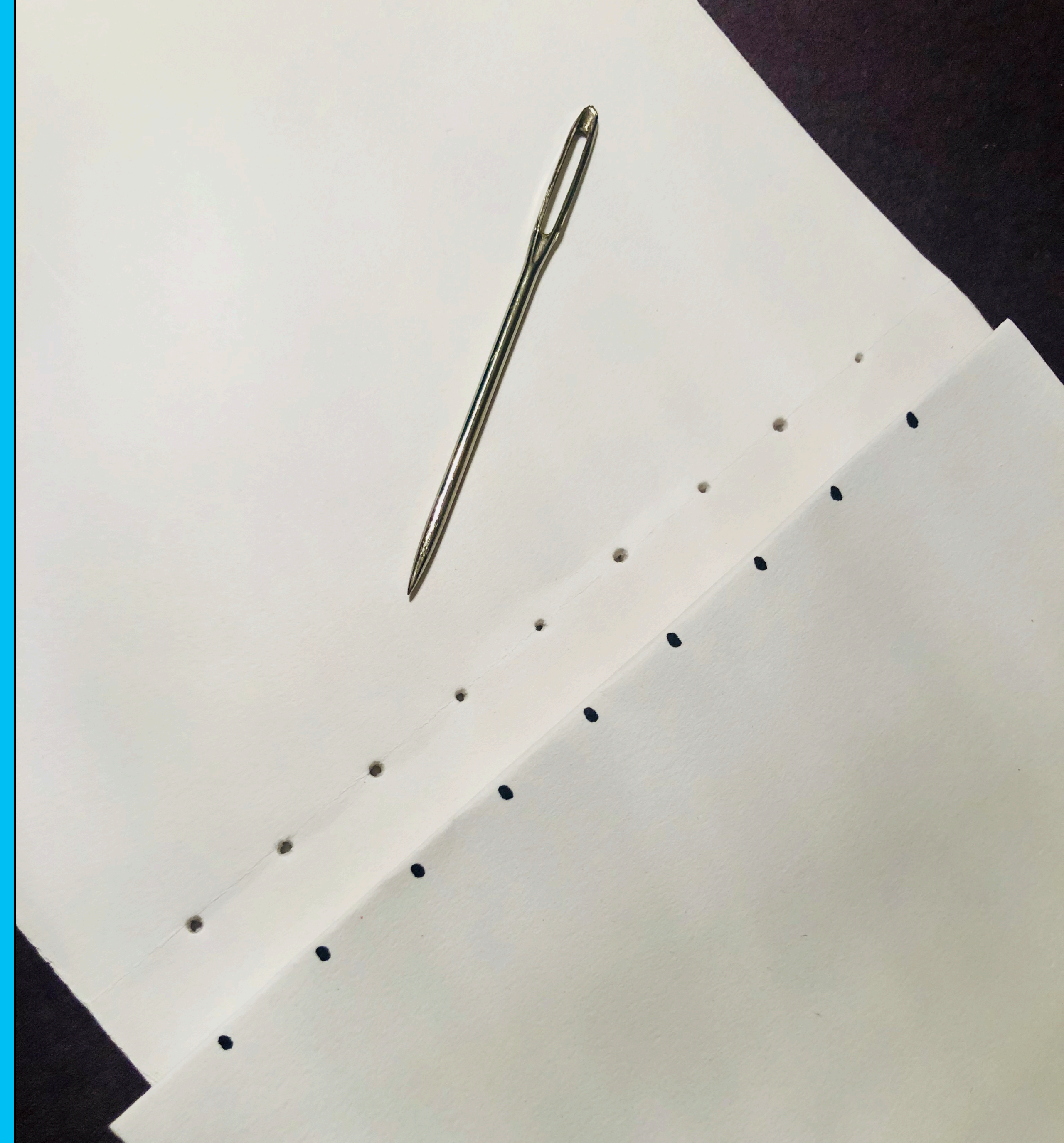
Lay the book guard tape on the covers, then flip them over to continue taping the rest of the spine



## STEP 5

# MAKING THE BINDING HOLES

- Create a template with holes spaced .5" apart
- Use a thick embroidery needle or an awl (if you fancy) to poke the holes
- Use the same template to poke the holes in the spine of your book cover as well





## STEP 6

# START BINDING!

- Thread an embroidery needle with your choice of binding thread. I used yarn, thick cording, and embroidery floss to bind. Embroidery floss seemed to yield the best results.
- Start on the inside of your book and poke your needle through the first hole. Pull your thread through leaving about 3”
- Push your needle back toward the inside of your book through the same hole. Pull your thread, leaving a small loop.
- Push your needle through the next hole and pull the thread until it stops.
- To create the chain stitch, put your needle through the loop then back through the second hole.
- Repeat these steps all the way through to the bottom of the spine.



## TO FINISH YOUR BINDING

- Tie a knot in both the top and the bottom of your thread.
- Trim off the extra thread.
- Since the book will tend to pop open, you can either create a closure or let it sit underneath a heavy weight overnight so that the book will lay flat when closed.







