

**Virginia Arts of the Book Center
Charlottesville, Virginia**

Book Making Group

Sewing Patterns for Stab Bindings

Based on Shereen LaPlantz, *Cover to Cover: Creative Techniques for Making Beautiful Books, Journals and Albums* (Ashville, NC: Lark Books, 1995), pp. 70-75. The text and diagrams are used in accordance with the book's copyright statement. The text has been revised and expanded from the original; the diagrams have been repositioned to be alongside the relevant text.

These instructions are for sewing only. They assume that the book maker has made the text block and covered the covers.

Basic Japanese Stab Binding

1. Mark the positions for the holes in the pattern shown in Fig. 4.

Note: Fig. 5 gives measurements appropriate for a book 5-6" high. If making a taller book, the pattern will probably be more pleasing if the spacing from top, bottom, and spine is greater than those shown in Fig. 4.

2. Make the holes through the entire book with a drill, awl, or punch.

If the covers and text block are thick and you do not have a drill, you will need to make the holes separately for each cover and do the pages in small sections. In this case, measuring and marking the holes is especially important so that the holes will line up when the book is assembled.

3. To begin sewing the basic stitch, sew from back to front through the third hole (counting from the top), letting 2-3" of the tail end of the thread hang loose (Fig. 6). Then sew completely around the spine and back through the same hole (Fig. 7). The sewing end will be on the front again.

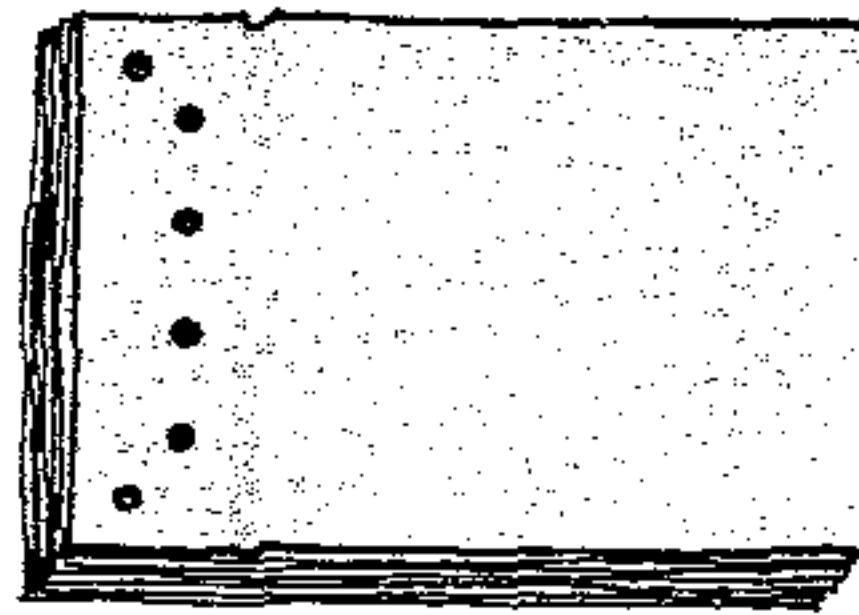


Fig. 4

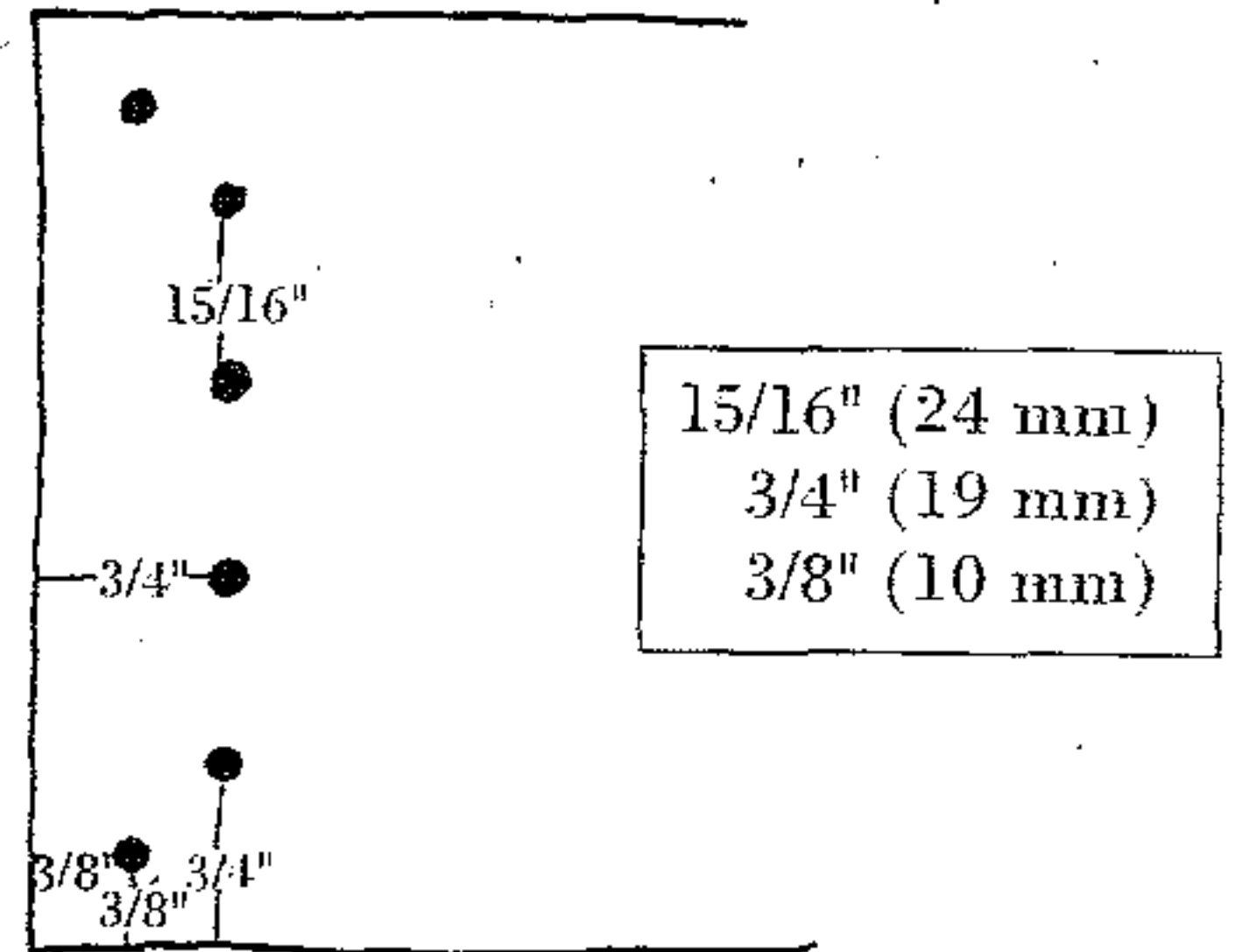


Fig. 5

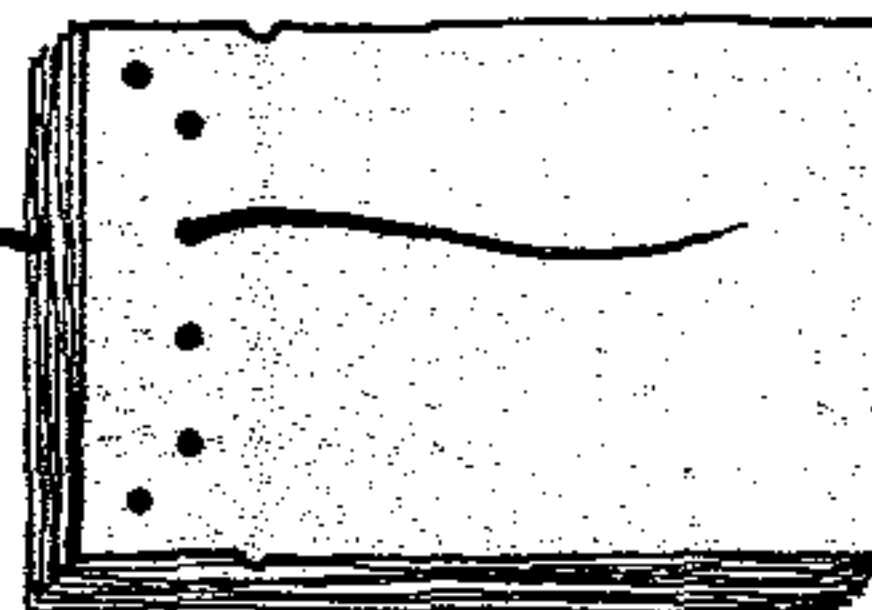


Fig. 6



Fig. 7

4. Sew into the fourth hole (Fig. 8). Again, sew completely around the spine and back through the same hole (Fig. 9). This time the thread end will be on the back.

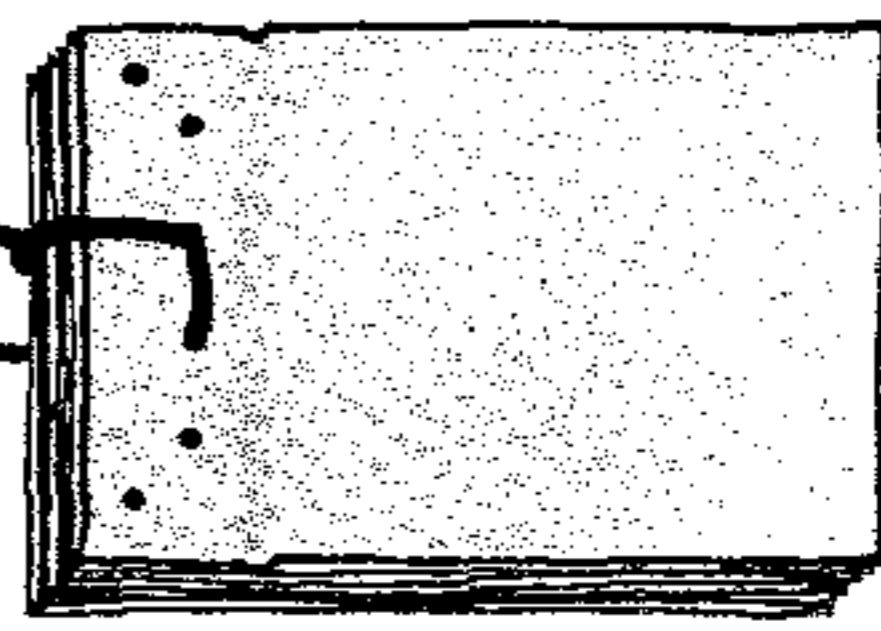


Fig. 8

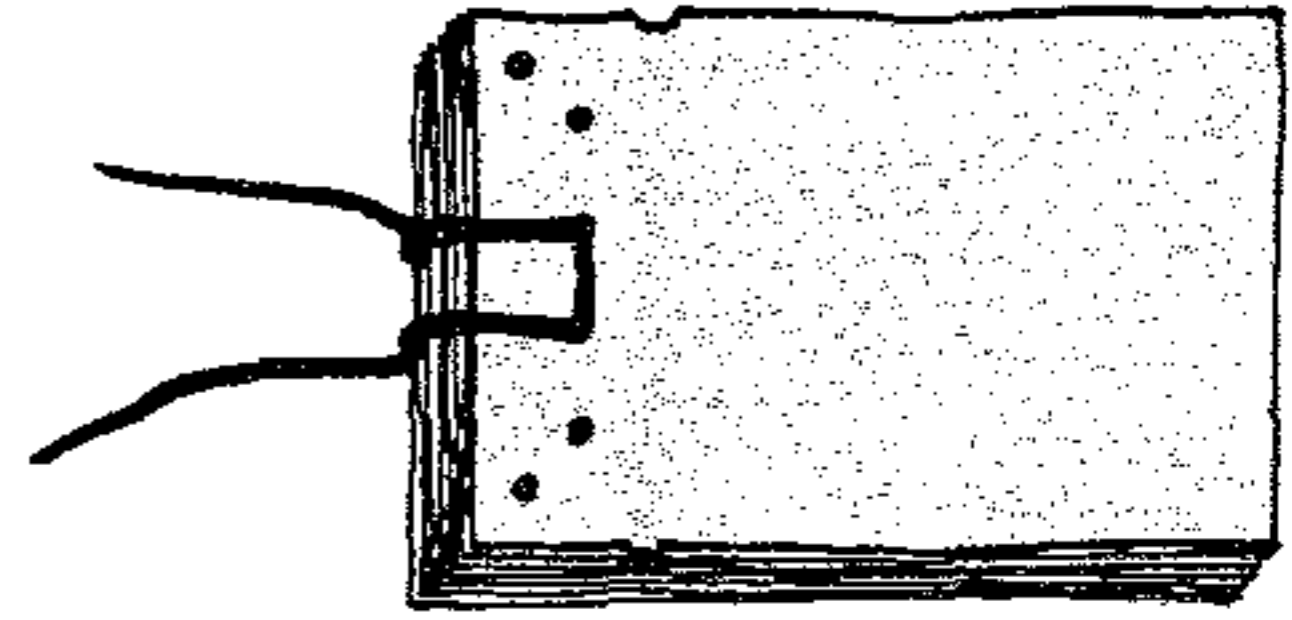


Fig. 9

5. Repeat the process with the fifth hole (Figs. 10 & 11). Now sew into the next hole—it's the one closest to the corner (Fig. 12). Sew around the spine and back into the same hole (Fig. 13).

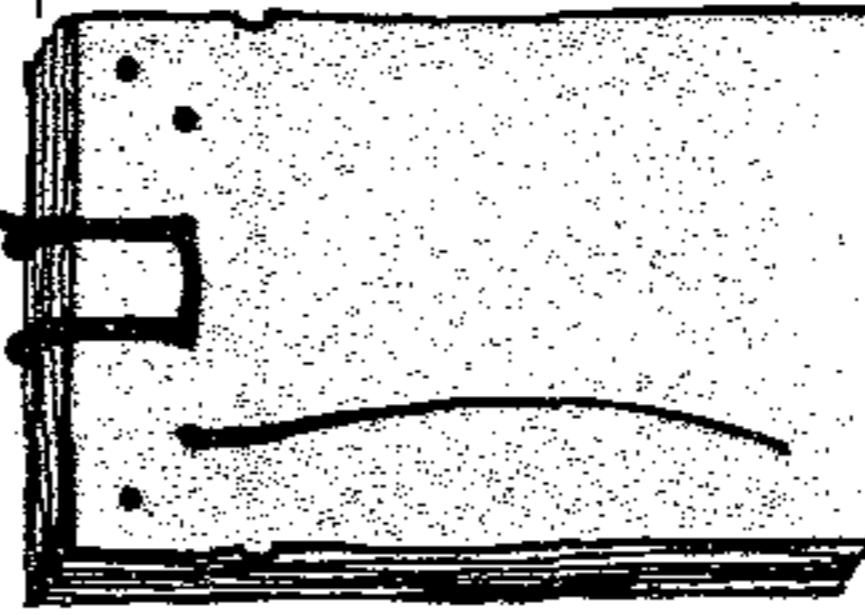


Fig. 10

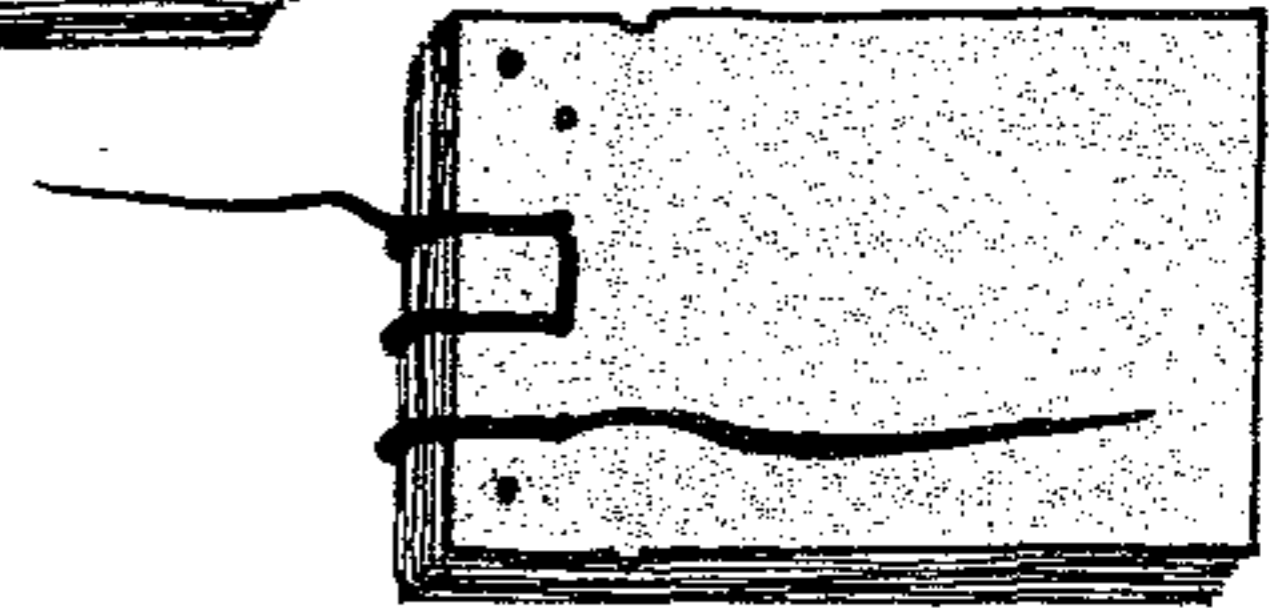


Fig. 11

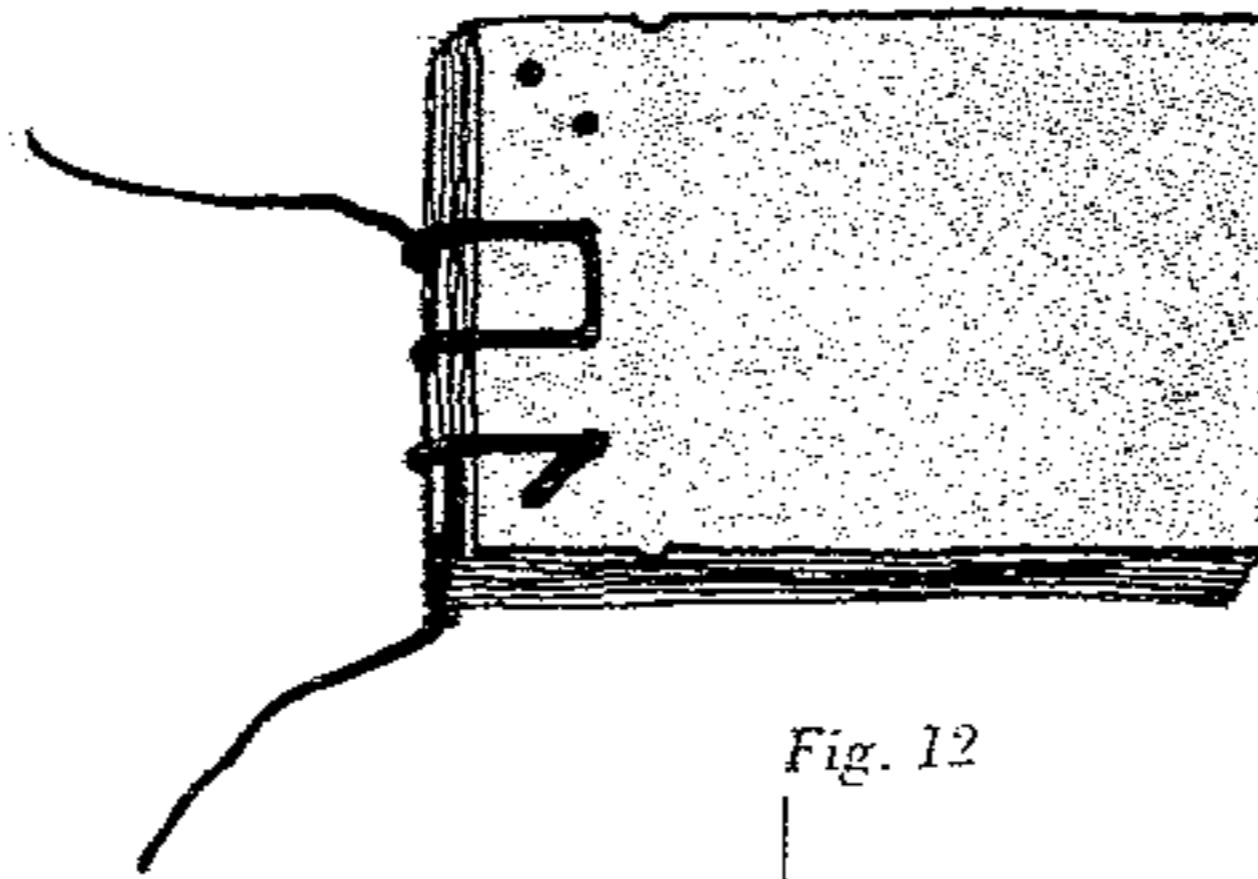


Fig. 12

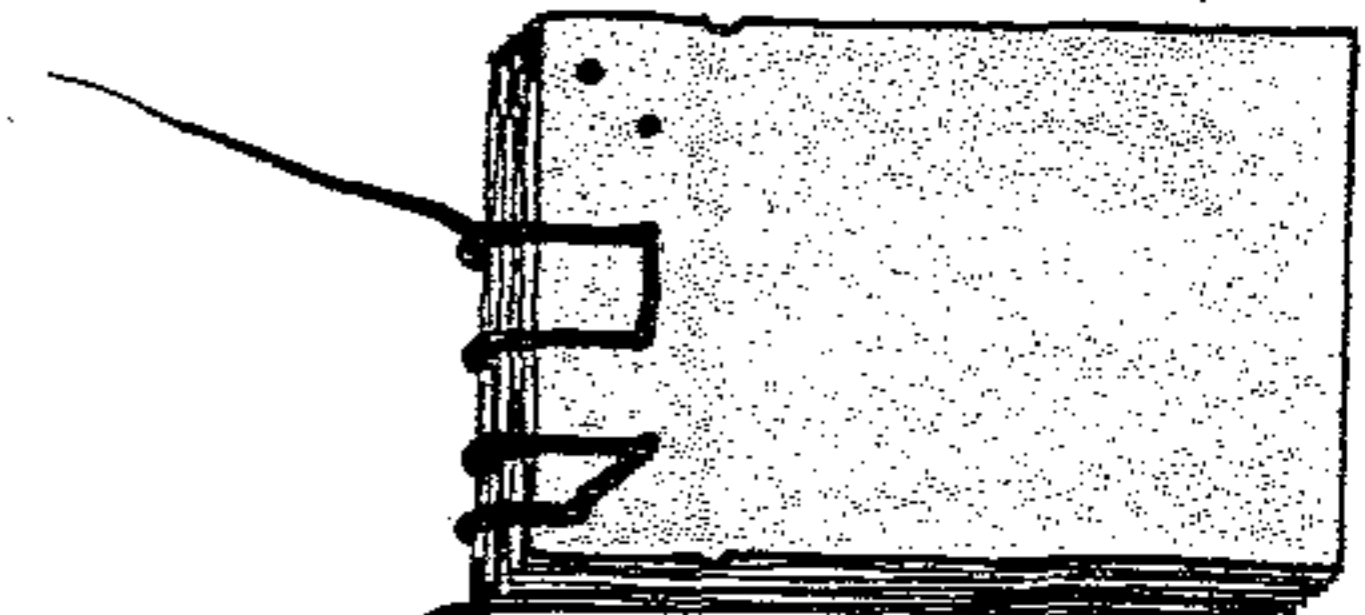


Fig. 13

6. Now sew completely around the tail and back into the same hole (Fig. 14).

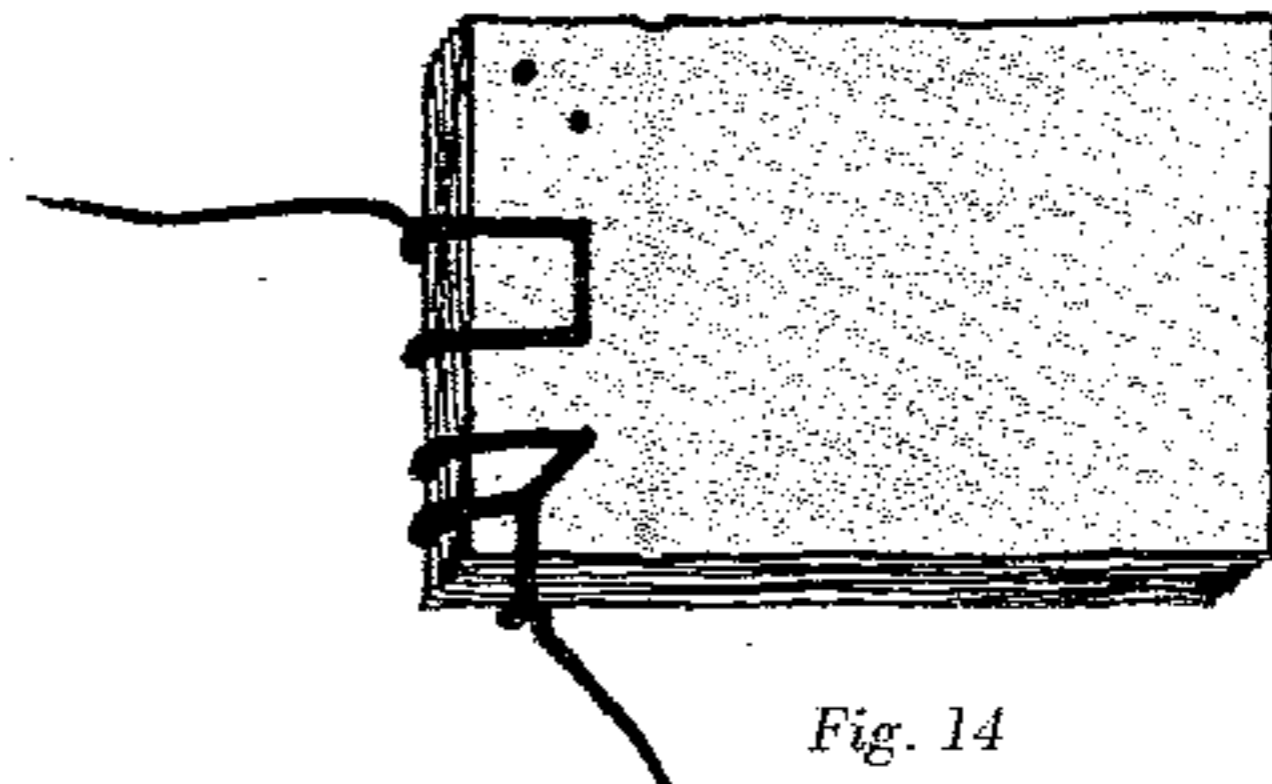


Fig. 14

7. Going back up the spine, sew into the fifth hole (from top) (Fig. 15). Sew around the tail and back into the same hole (Fig. 16).

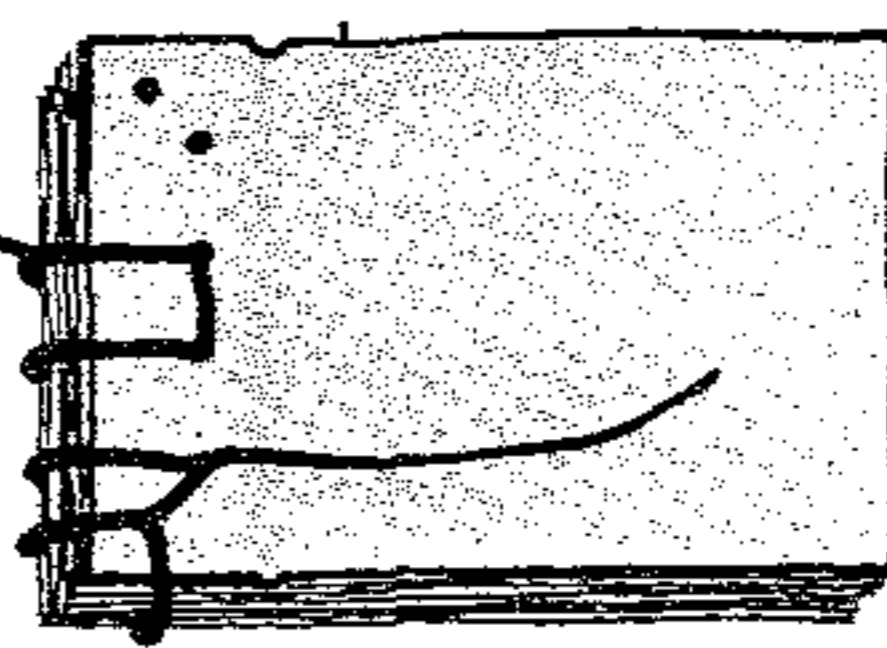


Fig. 15

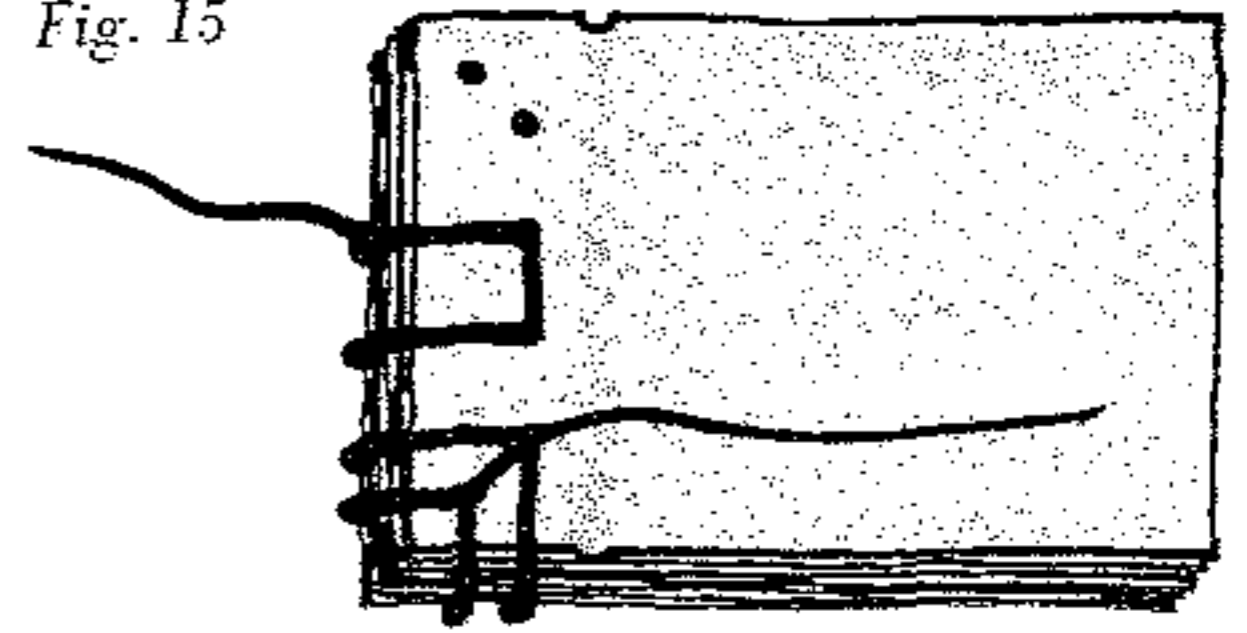


Fig. 16

8. Now sew into the next hole (Fig. 17). There is already a stitch around the edge, so making a running stitch into the next hole (Fig. 18). The same is true here, so continue the running stitch up to the second hole from the top (Fig. 19).

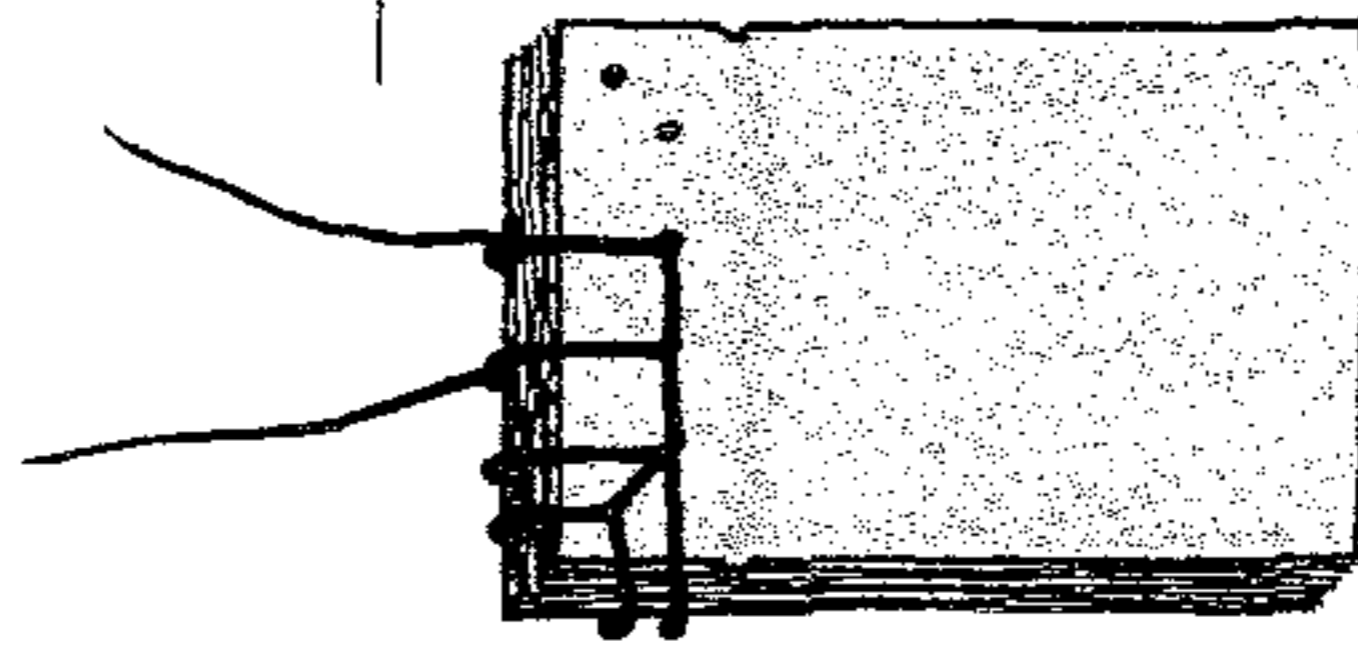


Fig. 17

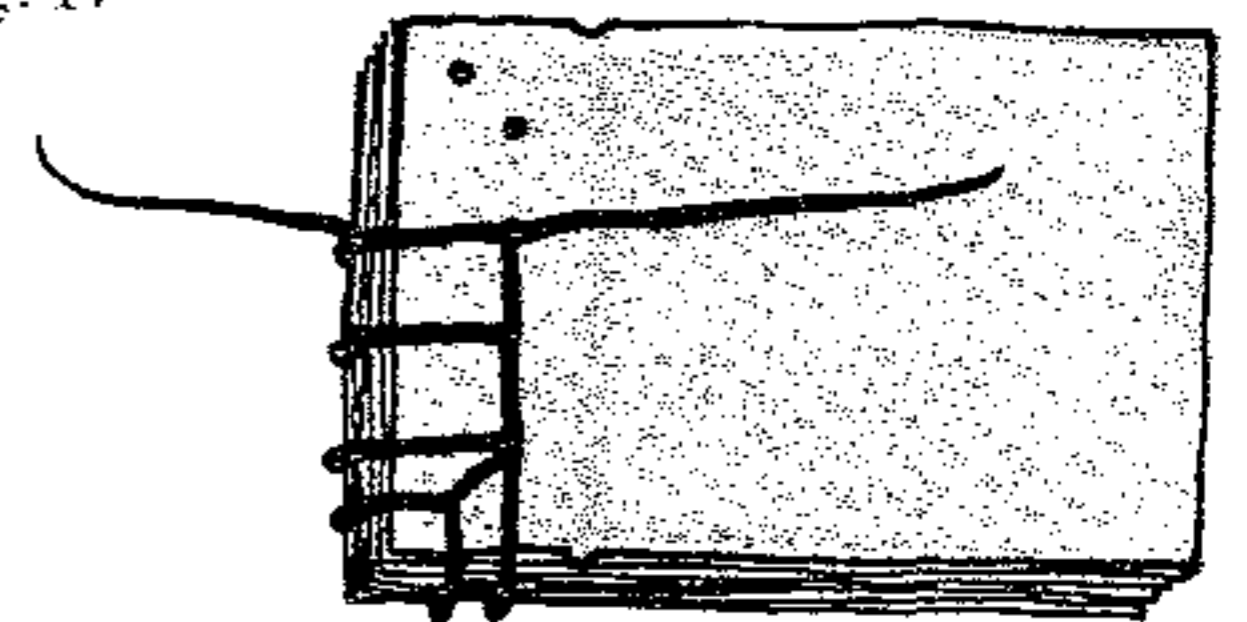


Fig. 18

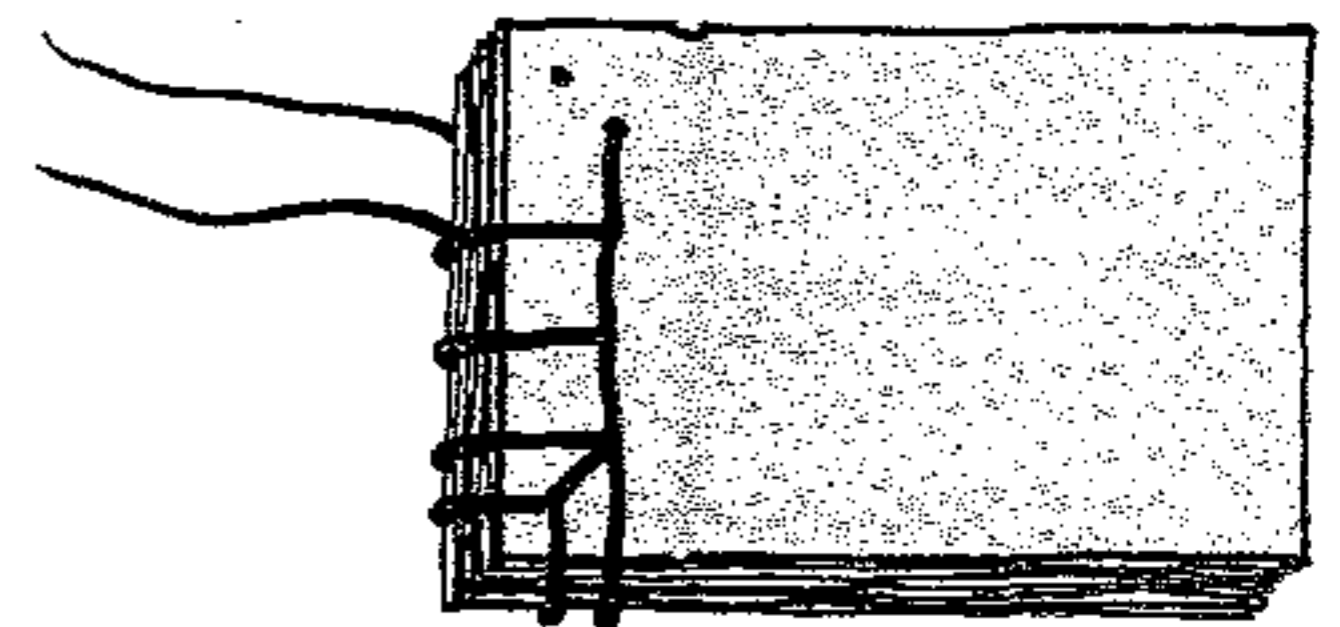


Fig. 19

9. Finally, here is an empty edge. Sew completely around the spine and back into the same hole (Fig. 20).

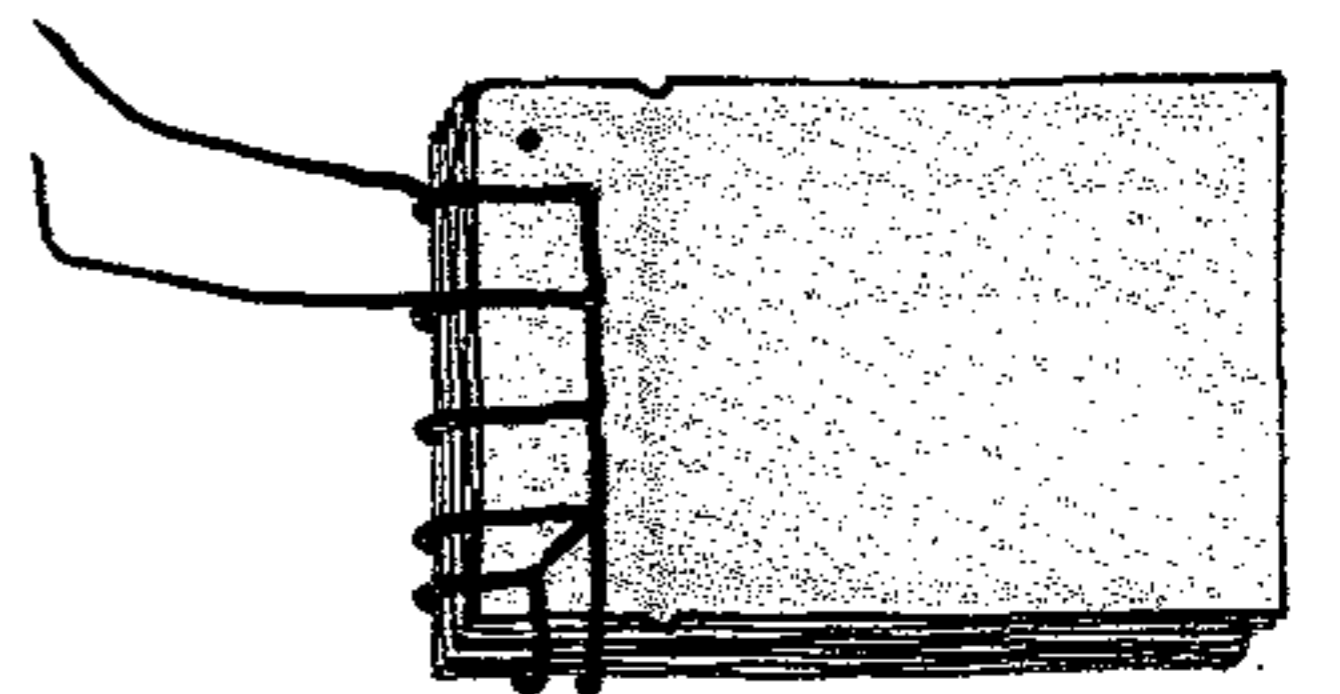


Fig. 20

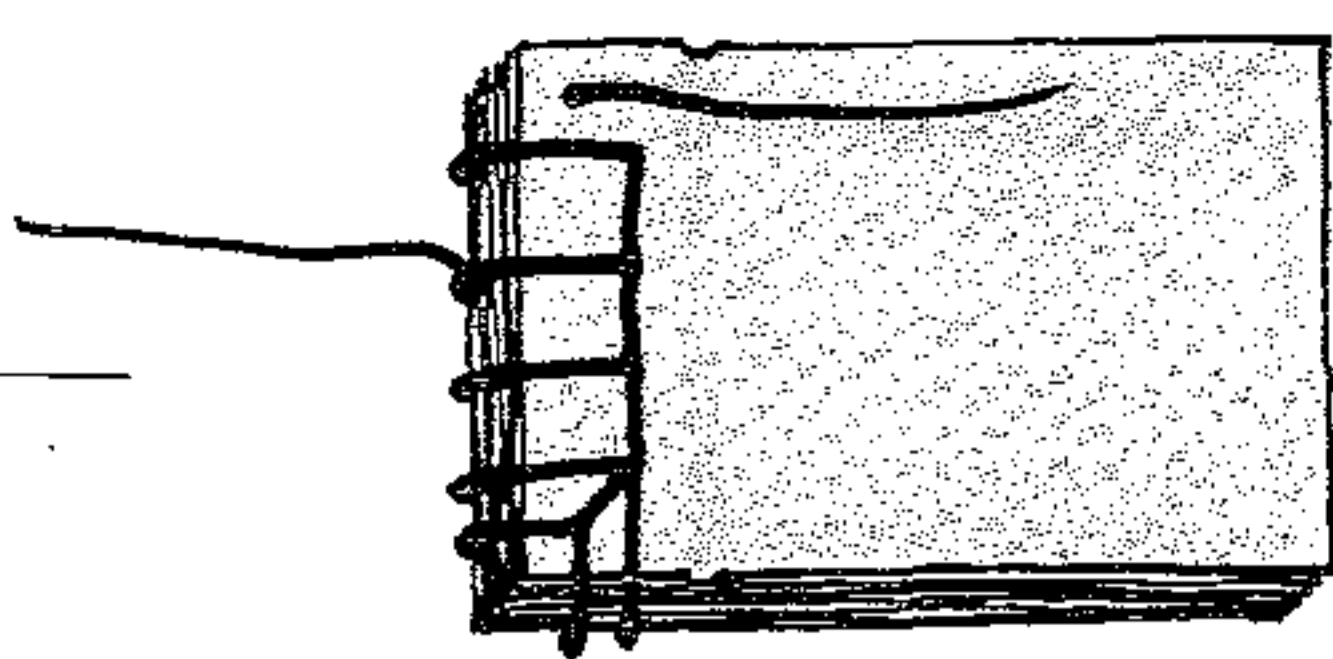


Fig. 21

10. Sew into the first hole (Fig. 21), wrapping completely around the spine and back into the same hole (Fig. 22).

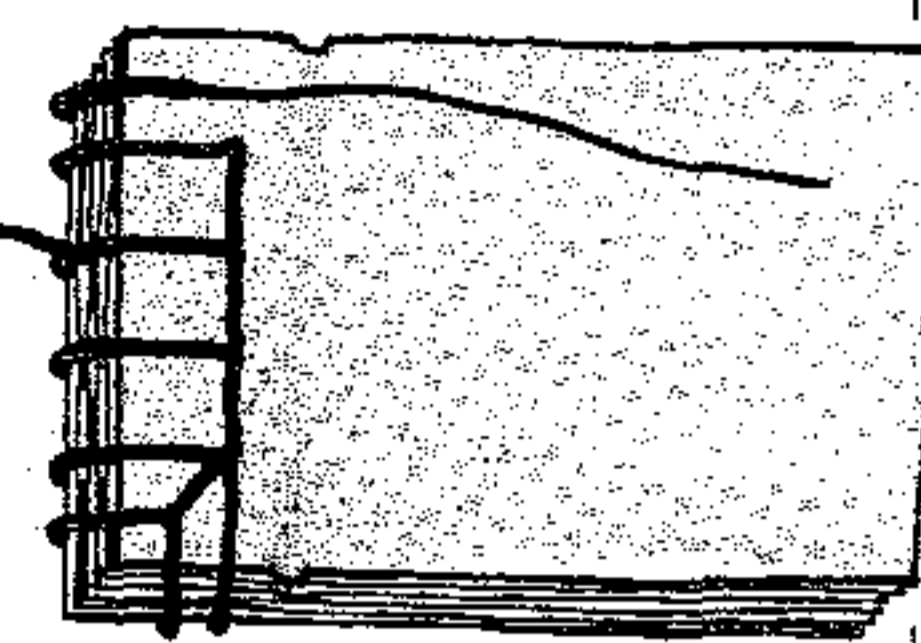


Fig. 22

11. Sew around the head and back into the same hole (Fig. 23). The idea is to sew around every available edge.

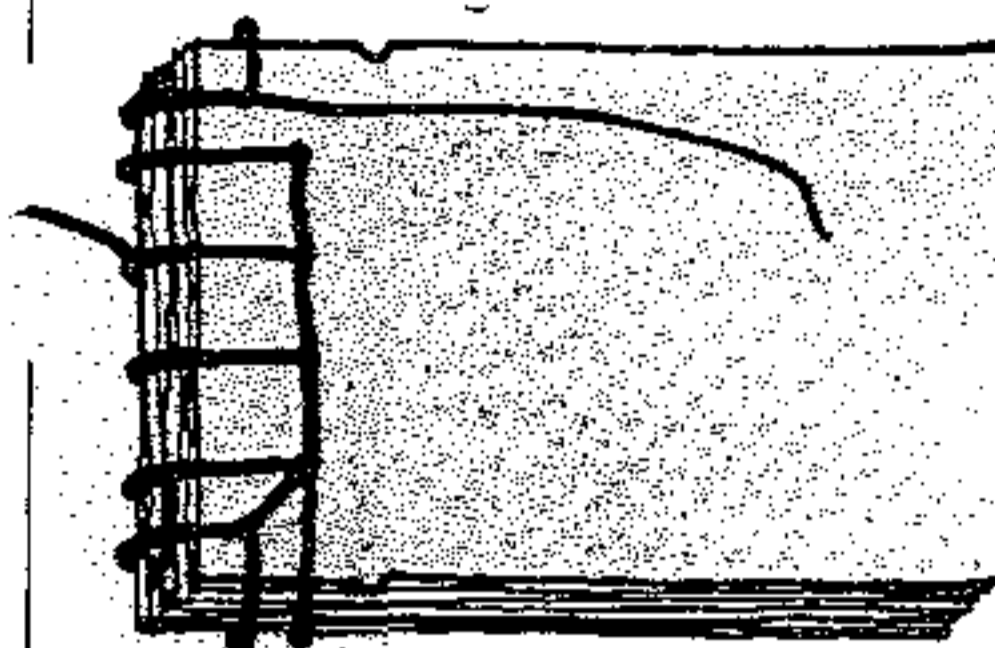


Fig. 23

12. Sew into the next hole (Fig. 24); then wrap around the head and go back into the same hole (Fig. 25). This is the final stitch. Tie the ends into a knot and trip off the excess.

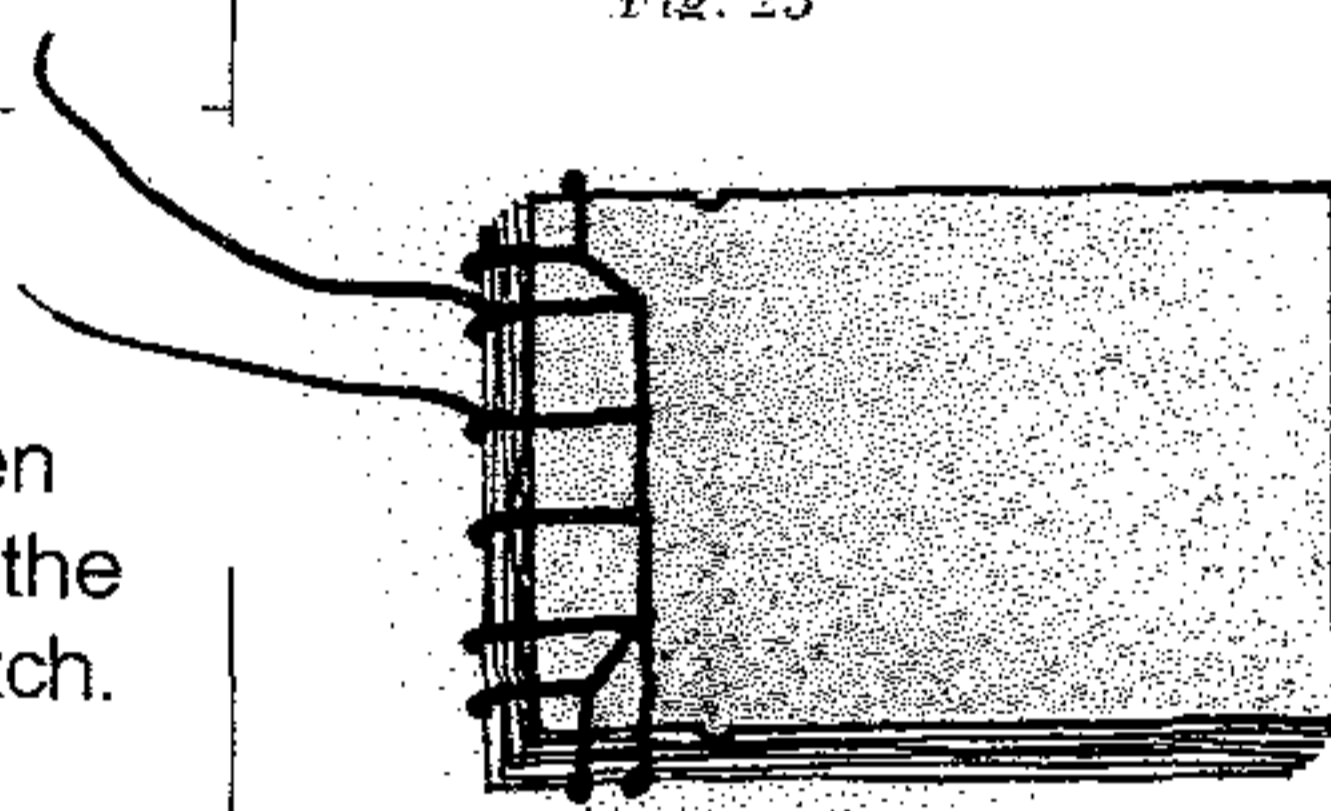


Fig. 24

Note: Traditionally, these ends begin and end a few pages into the book, where the knot won't show.

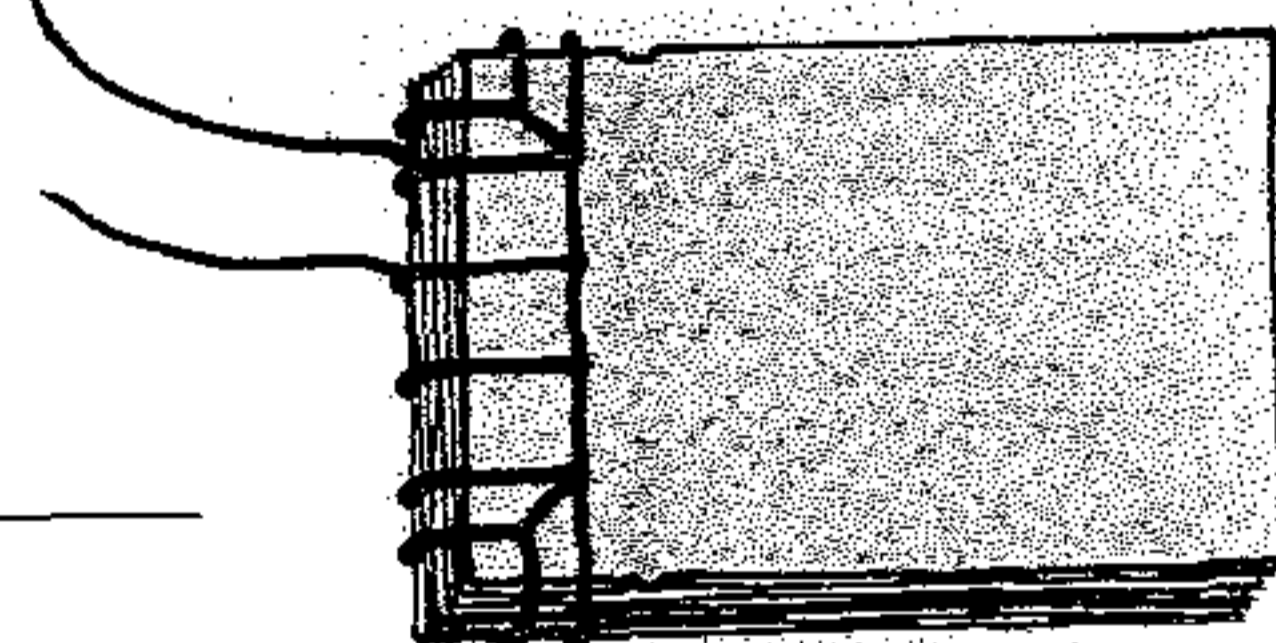


Fig. 25

Hemp-Leaf Binding

1. Mark and drill or punch the holes in the pattern shown in Fig. 26.



Fig. 26

2. Begin sewing from the back to the front through the fourth hole from the top; then wrap completely around the spine and back into the same hole (Fig. 27).

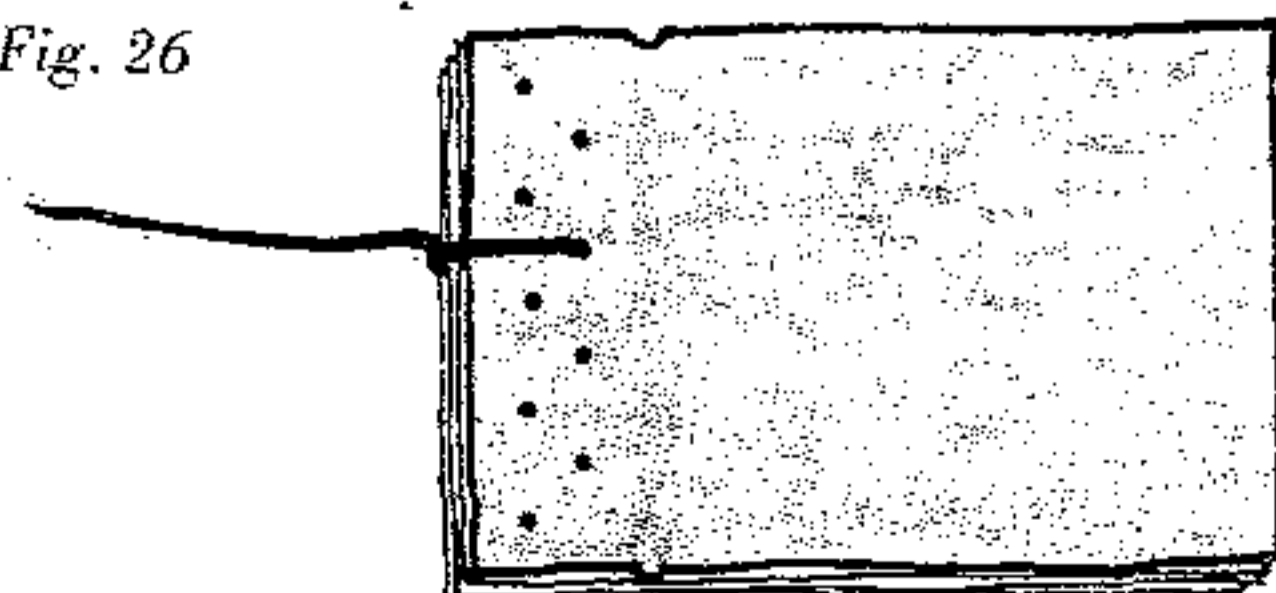


Fig. 27

3. Moving down the spine, continue with the same basic pattern you followed in the project: Dew into the next hole, around the spine, and back into the same hole (Fig. 28). Repeat, sewing into the next hole and around the spine (Fig. 29).



Fig. 28

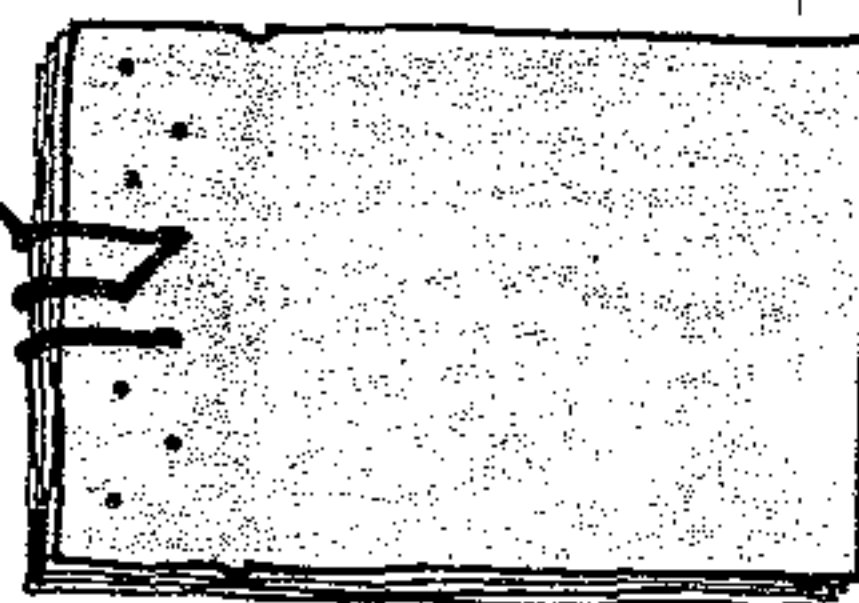


Fig. 29

4. Continue down the spine. Complete the corner by sewing over the tail from both the last and next-to-last holes. Then sew upward, sewing into each hole sequentially—even if there is a stitch around the spine already—to fill in all the empty spaces on both front and back (Fig. 30).

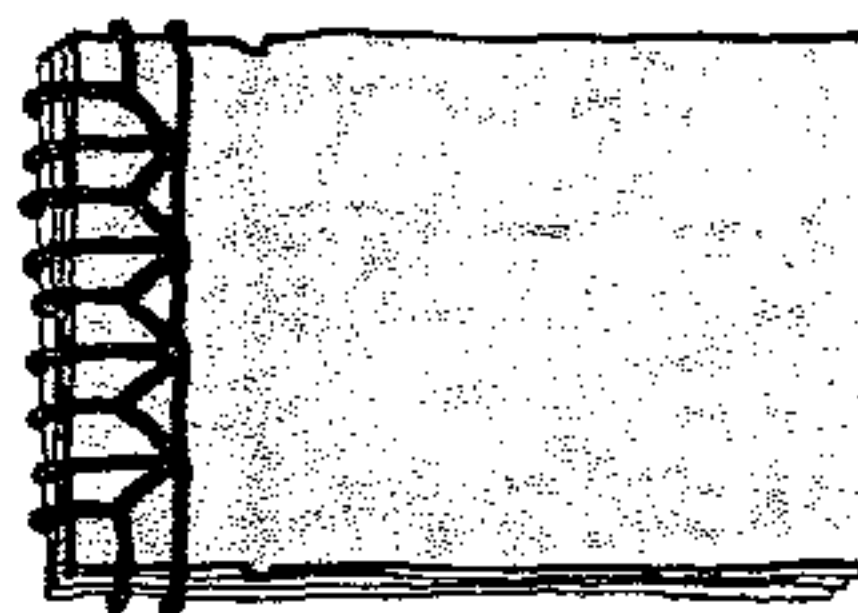


Fig. 30

Tortoise-Shell Stitch

Note: This stitch pattern is slightly different in that the holes become groups of three. The hole at the center of each group, the one deepest into the cover, is the pivotal hole for each group. From each pivotal hole, you will sew into each of its neighbors, then move to the next group.

1. Mark and drill or punch the holes as shown in Fig. 31.



Fig. 31

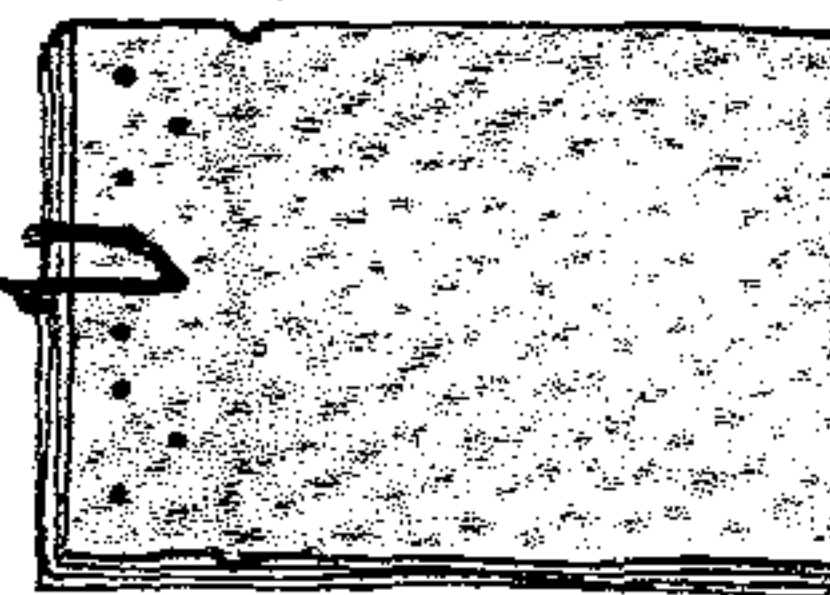


Fig. 33

3. Begin sewing from back to front through a pivotal hole (Fig. 32). After sewing into the adjacent hole, around the edge, and back into the same hole, sew back into the original hole (Fig. 33). Sew completely around the edge and back into the same hole (Fig. 34).

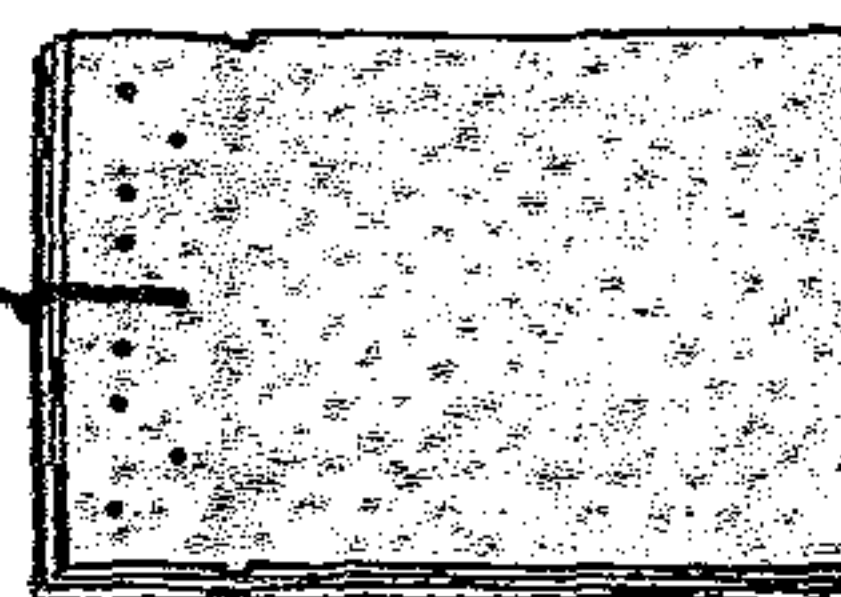


Fig. 32

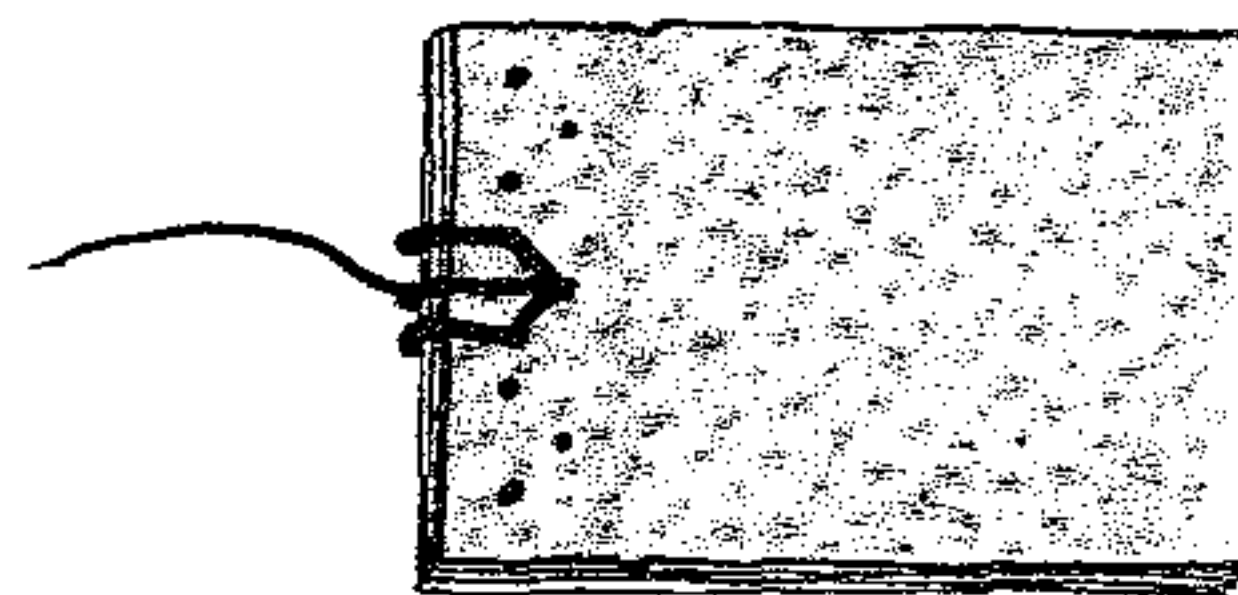


Fig. 34

4. Move on to the next group. Sew into that pivotal hole and repeat this process until finished (Fig. 35).

Note: Start at the top and work down the spine, or start at the center hole, work down the spine and then back up to the top.

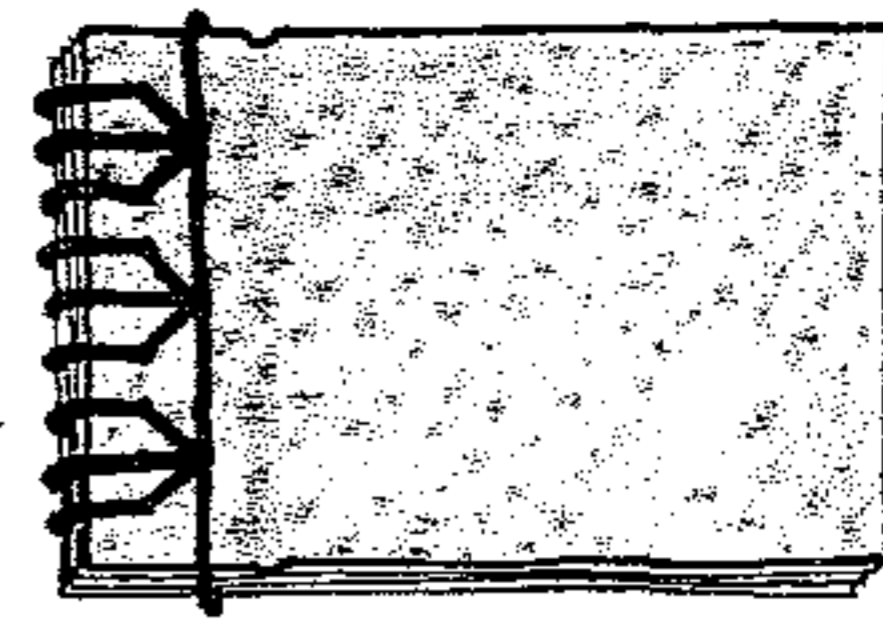


Fig. 35

Handout prepared by Addeane Caellegh (asc8f@virginia.edu) for the Book Making Group at the Virginia Arts of the Book Center, April 2010.



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