

LONG STITCH SEWING

Professor James Bailey

Tools: pencil, ruler, needle, thread, bone folder, knife, cutting mat

Materials: For the cover: $5\frac{3}{4}$ " x 15" heavy paper. The cover or wrapper should be the width of your pages opened, plus the depth of the signatures stacked up (in this example, four signatures stacked should measure approximately $\frac{1}{2}$ "). You will also have edge flaps that will be folded in (3" in this example).

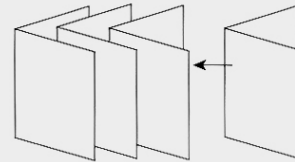
For the text or inner paper: sixteen papers, $5\frac{1}{2}$ " x $8\frac{1}{2}$ ", grained short.

1. Fold all text pages in half.
2. Nest four sheets inside one another to make signatures.
3. Stack up signatures. Measure this depth (it should be about $\frac{1}{2}$ ").
4. Place the cover paper in front of you horizontally oriented.
5. Find the middle of your cover paper (don't fold, just lightly mark with a pencil). Measure and mark $\frac{1}{4}$ " on each side of your tiny midline pencil; mark both head and tail.
6. Score a vertical line with your thumbnail or bone folder and ruler.
7. From both sides of the score line, measure the width of your book (in our example, $4\frac{1}{4}$ "). Mark and score.
8. Fold in the edge flaps.

To sew:

The middle bead is sewn in line with the rest of the stitching, horizontally (when the book is being sewn). The end beads are sewn vertically, to the next signature. For this binding you will make eight sets of four holes (these will be your sewing stations) along the spine of your wrapper (soft cover). On the inside of the wrapper so the marks will not show, mark lines across where the holes will go.

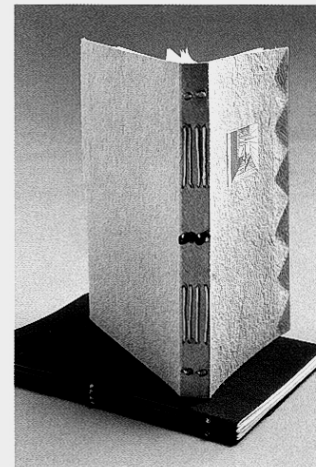
9. Measure $\frac{1}{2}$ " from the head and tail. Mark these two places.
10. Measure and mark 1" from the head and tail.
11. Measure and mark 2" from the head and tail.
12. Measure and mark $2\frac{3}{4}$ " from the head and tail.
13. Use a ruler and measure four vertical guidelines in the center; your light mark at the midline will be one of the lines, the other two vertical marks at the spine will be the second and third. Measure $\frac{1}{8}$ " between the midline mark and the outer marks to make the fourth and fifth lines.
14. With a needle, poke four holes, centered between each line.
15. With signatures stacked and spines facing you, using the wrapper as a guide, draw lines or mark on the signatures exactly where the holes will be on the signatures.



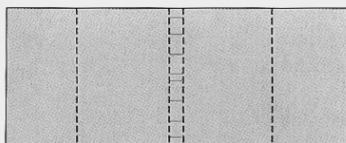
steps 1 and 2



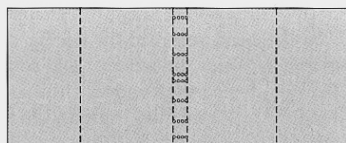
step 3



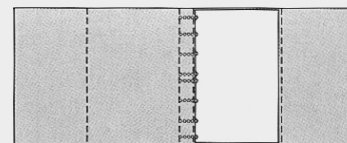
Beaded Book Models, 2000; blank, $4\frac{1}{4}$ " x $5\frac{3}{4}$ "



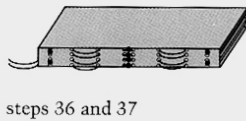
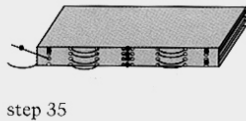
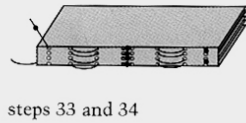
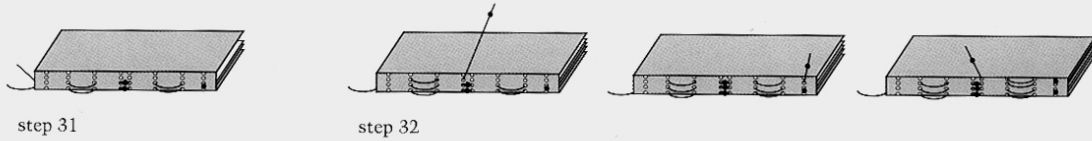
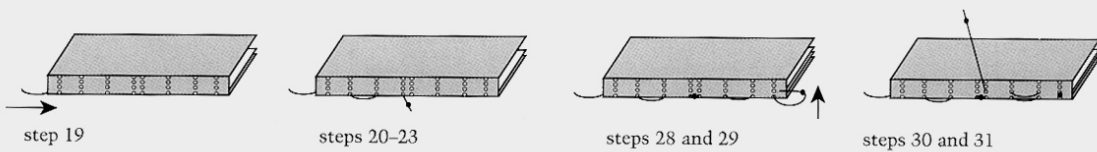
steps 5-13



step 14



steps 15, 16, and 17



16. You may use an art knife to cut notches at these marks or an awl or needle to make holes in each signature separately.
17. Stack signatures inside the wrapper, holes aligned with wrapper. Keeping the same orientation, remove the signatures and place them in front of you.
18. Place the wrapper with the spine facing you, the fore edge away from you. Start by placing the bottom signature inside the wrapper.
19. Use about an arm's length of thread, or four to five times the length of the book. Begin sewing by taking the thread from the outside of the signature at the end to the inside of the signature.
20. Come back out, sewing through the wrapper as well.
21. Sew from outside to inside.
22. Sew inside to outside.
23. Take your needle off and thread one of the center beads onto the thread.
24. Rethread the needle and sew from outside to inside.
25. Sew from inside to outside.
26. Sew from outside to inside.
27. Sew from inside to outside.
28. Remove your needle. (Poke it into cork or pin cushion briefly so you don't lose it.) Thread one of the tail beads onto the thread.
29. Sew into the second set of holes from outside to inside.
30. Continue the running stitch, in and out until you get to the center, where you will add the bead.
31. Thread the bead and keep going until you get to the head of the book. Don't sew through the wrapper at the head of the book.
32. Continue sewing and adding beads, leaving the holes at the head of the book's wrapper empty until the very last signature.
33. When all four signatures are sewn to the wrapper, come out the hole at the head of the book through the wrapper.
34. Add one bead, rethread the needle, and sew into the wrapper only.
35. Come back out the wrapper and add the second bead.
36. Go back inside the wrapper only.
37. Find the first end, pull it around to the last end; tie the ends in a square knot inside the wrapper.

SEWING PROCEDURE

1. Start on the inside of the first section to be sewn. Exit station 1.
2. Enter station 2. Tie-off.
3. Exit station 3.
- 4-7. Proceed sewing a running stitch to the tail, entering station 8 with step 8.
9. Exit the section, only, at station 7.
10. Proceed across the inside of the spine-cover. Enter the new section from the mountain peak to the inside at station 7.
11. Exit the section and the cover at station 8.
- 12-18. Make a running stitch to the head.
19. Exit the section, only, at station 2.
20. Proceed across the inside of the spine-cover. Enter the new section from the mountain peak to the inside at station 2.
21. Exit the section and the cover at station 1.
- 22-28. Make a running stitch to the tail.
29. Proceed on the inside of the section to station 7. Tie-off with a half hitch.

