

www.asdreams.org

Winter 2014

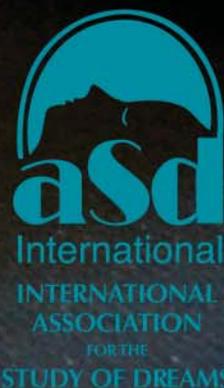
# DREAMTIME

M A G A Z I N E



## Inside This Issue

- Rev. Jeremy Taylor ● Clare Johnson
- Sheila McNellis Asato ● Joy Fatooh
- G. Scott Sparrow ● Lou Hagood ● David Jenkins



# How to Make Your Own Dream Journal: Five Hole Pamphlet Stitch

Sheila McNellis Asato

---

---



Have you ever gotten ready for bed only to discover that there were no pages left in your dream journal and you had forgotten to buy a new notebook? Once you know how to make your own dream journal that will never happen again! Making your own notebook is simple and really fun. You can use whatever materials you have on hand – even old brown paper bags, if necessary. The act of slowing down to prepare a book especially for your dreams can also nourish the creative spirit in a way that enriches dreaming tremendously. So let's get started!

## *Supplies*

Use what you have on hand for your first journal and then, if you enjoy the process, go out and buy some of the tools specifically made for bookbinding.

1. Paper (4 sheets) – Twice the width of your intended book
  - Text weight (printer paper will be just fine)
2. Cover paper (1 sheet, same size as text paper)
  - Card stock or any heavier weight paper OK
3. Awl – piercing tool
4. Linen bookbinding thread – 3 times the length of the spine
  - Waxed linen thread preferred
  - Embroidery thread or dental floss OK.
5. Beeswax (if your thread isn't already waxed)
6. Bookbinding needle
  - Bookbinding needles are rounded on the end so they don't pierce the paper
  - A regular sewing needle can be substituted, if used with care
7. Scissors
8. Metal ruler or straight edge
9. Cutter knife or X-Acto knife
10. Self healing cutting mat
11. Bone folder
  - A spoon is a good substitute for creasing folds
12. Pencil
13. Paper clips (4)
14. Glue stick

## **Vocabulary Anatomy of a Book**

**Folio** – One folded sheet of paper (like a greeting card)

**Signature** – 2-4 sheets of paper folded together to create one signature

**Spine** – The back of a book, which faces out when on a shelf.

**Foredge** – The front edge of the book, where the pages open

**Head** – The top of a book

**Tail** – The bottom of a book

**Text block** – The signatures inside of a book that make up the pages

## Overview

1. Determine grain direction
2. Assemble signature and cover
3. Pierce holes
4. Sew pamphlet
5. Attach title label

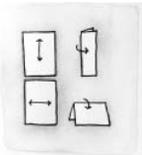
## Grain Direction

Before you make any book, it is very important to make sure that you are folding your paper in line with the grain direction. This will prevent the book from warping in the future, as humidity and temperature change.

To determine the grain direction (the direction in which the paper fibers lie), gently fold the paper over and press down lightly. Repeat in the opposite direction. Whichever direction folds down most easily will show the grain direction. Once the paper is folded, the fold will show the direction of the grain.



Press down lightly to determine grain direction



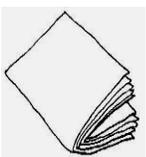
*Example:* If the paper is folded in the way that folds most easily, the crease will go along the line of the grain. ALWAYS make folds in line with the grain direction.

## Assemble Signature and Cover

Once the grain direction of the text paper and the cover paper have been determined, stack them together and fold according to the grain. Run a bone folder or spoon along the fold to crease well. You will then have one signature with a cover.

## Historical Tidbit – Signatures

When several sheets of text paper are folded together (2-4 sheets), they make one signature. According to master bookmaker Janna Pullman, a cluster of folded sheets is called a signature because in early times, in bookbinding workshops, the person who folded each signature would sign their name to let the bookbinder know who had folded that section. If the work was sloppy, the bookbinder knew who was responsible for the work. It was an early form of quality control!



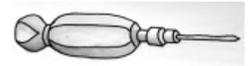
**Tip:** If you place the fore-edge against your cutting mat and then fold, the pages will line up nicely.

## Illustrated Key Supplies

1. & 2. Text paper & cover paper



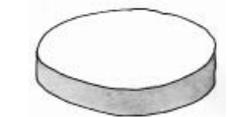
3. Awl



4. & 5. Thread & needle



6. Beeswax



7. Scissors



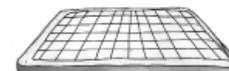
8. Metal ruler or straight edge



9. Cutter knife or Xacto knife



10. Self healing cutting mat



11. Creasing tool – bone folder



12. Pencil



13. Paper clips



14. Glue stick



## Pierce Holes

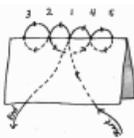
Open the booklet to the center fold, which is also known as the gutter. Attach paper clips to each side, to hold the pages and cover in place. Use an awl to pierce 5 evenly spaced holes in the center fold.



For a single signature pamphlet, it's ok to pierce your holes without careful measurement.

## Sew Pamphlet

If the thread is not already waxed, apply beeswax by pulling the thread between the wax and your finger. Repeat 2-3 times. Waxing the thread helps to keep the thread from getting tangled up as you sew. It also helps to keep knots tight.



**Sewing Tip :** At first this may look complicated, but it is actually quite simple. Imagine that you are making two figure eights with the thread. The first one will go to the left, and then skip over the center hole to make another figure eight on the right. When completed, you will return to the center, tie off the threads and snip to your desired length. Don't clip too close to the knot. It is considered attractive to leave a bit of thread here, showing that it is a handmade book.

## Sewing

Cut a piece of thread 3 times the length of the spine of your book.

### Go left

1. Start at the inside, center hole. Go through the hole to the outside, leaving a tail of thread inside your book, about 1 ½ -2 inches.
2. Go left, on the outside, and enter hole #2.
3. Go left on the inside, and enter hole #3.

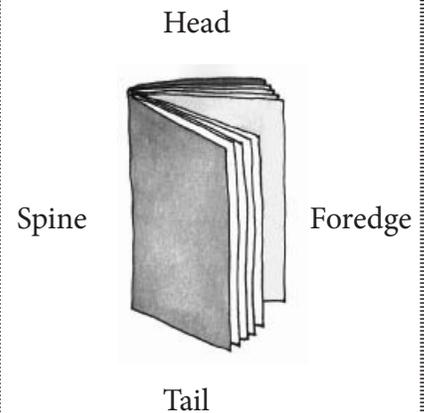
### Go right

4. Loop around to the right, on the outside, and re-enter hole #2.
5. Continue right, on the inside, and skip over the center to enter hole #4.
6. Continue going to the right, on the outside, to hole #5.

### Return to the center

7. Return to the left, on the inside, to hole #4.
8. On the outside, re-enter the center hole (#1).
9. On the inside, loop under the loop to the left (between #1 & #2) and then tie a knot with the tail remaining inside.
10. Trim the threads, leaving about ½ inch.

## Anatomy of a Book



## Attach Title Label

Cut out a paper label. Place on waste paper to apply glue, then attach to the cover and you are finished!

## Variations

There are many fun variations that you can make, starting with a basic pamphlet stitch.

- Three holes, instead of five – good for smaller books.
- Decorate the spine by adding beads to the thread on the outside stitches while sewing.
- Start on the outside and tie off outside of your pamphlet, leaving a pretty bow on the spine.
- Start with 4 lengths of thread. Begin sewing at the top of your book. Leave a long tail. When you tie off at the end, add beads to the long tails to make a fun bookmark.

Happy bookmaking!

*Sheila McNellis Asato is a visual artist with more than thirty years of experience in teaching and exhibiting her work*