

One Sheet One Journal tm

Five Hole Pamphlet Stitch

Diana Trout

Video is available [here](#).

Materials: One “parent” sheet art paper:
Fabriano, Arches, Stonehenge. 30” x 22”
cut to dimensions below

Bonefolder, Scissors, #18 Tapestry Needle,
Waxed Linen Thread

old phone book

2” x 8 1/2” piece of cardstock

Pencil, Awl, X-Acto. Metal Ruler, Corner Round punch, Paper Clips



To create the 5-hole pamphlet stitch

Cut a piece of thread 2 times the height of your book plus a few more inches and thread your needle

Enter the middle hole (Hole 3) from the outside of the book

Sew up the spine to Hole 2 and out

Sew up the spine to Hole 1 and in

Sew down to Hole 2 and out

Skip Hole 3

Sew into Hole 4

Sew down and out of Hole 5

Sew up and into Hole 4

Sew up and out Hole 3, bringing the thread to the other side of the long thread there

You will have the beginning of the thread to one side of the long vertical thread and the end of the thread on the

other.

Tie those 2 threads in a square knot, capturing the long thread in the center

Trim “push out” and quarter round the pages. All done!

