

# Japanese Stab Binding

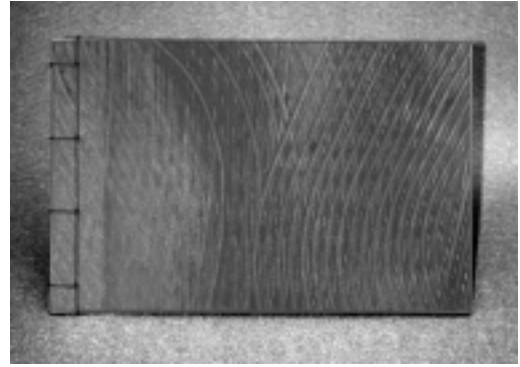
by Gary Miller

## General Description

Stab bindings are especially useful for binding single sheets of paper. The thread passes through each hole a number of times to complete the pattern. The front and back covers which can be either soft or hard (covered board) are attached to the text block by decorative stitching at the spine.

This structure is great for older kids!

The finished size of the book shown is 5½ x 8½ inches.



## Materials

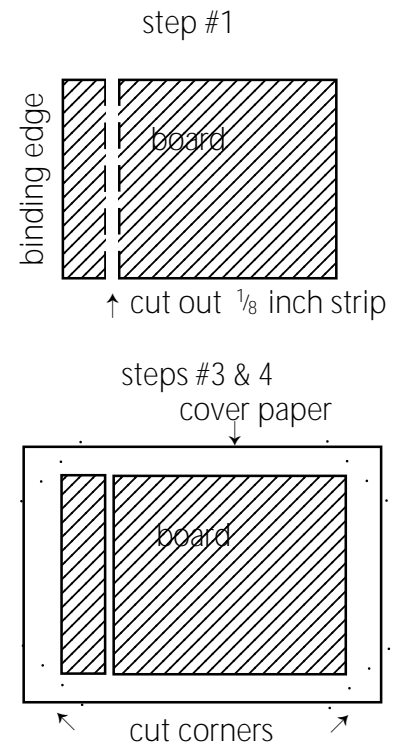
- Text papers
- Two pieces of chip board, mat board or illustration board, the same size as the text papers, for the covers
- Two pieces of decorated paper for the covers, one inch longer and one inch wider than the text papers
- Four pieces of color paper for the endsheets; two pieces the same size as the text papers, and two pieces ¼ inch shorter and ¼ inch narrower than the text papers
- Embroidery thread, yarn or string
- A needle suitable for the selected thread
- White glue
- Foam glue roller and tray, or brush
- Waxed paper to glue on
- Two spring clamps
- Electric drill with ⅛ inch bit, or an awl
- A piece of scrap wood to put under the book when drilling
- Two spring clamps and two small cardboard scraps

## Preparation

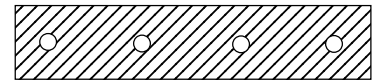
Cut all paper

## Procedure

1. Cut a ⅛ inch strip out of one cover board, one inch from the binding edge; this will be the front cover.
2. Apply glue to one sheet of decorated cover paper. Tip: Hold one end of the paper firmly in place on a sheet of waxed paper while gluing. Roll gently and repeatedly until the glued paper lays flat. (The paper will roll up with the grain, and then relax.)
3. Place the two pieces of the front cover board in the middle of the glued paper, maintaining the ⅛ inch gap.
4. Cut off the corners of the cover paper, about ⅛ inch from the board.
5. Fold the side edges of the glued cover paper over the board.
6. Tuck in the corners of the paper with your finger nail, then fold the top and bottom edges of the paper over the board. Rub down both sides well, using a sheet of paper to protect the cover.
7. Repeat for the back cover.
8. Glue the smaller color end papers to the inside of each cover.
9. Put covers between wax paper, and press with a weight (a few heavy books will do) until dry. Overnight is best.

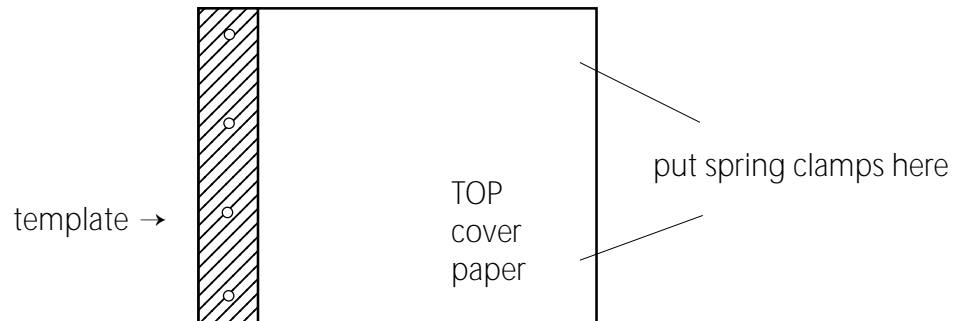


10. Prepare a template for drilling for punching the book. Use four or five holes. The hole at each end should be  $\frac{1}{2}$  inch from the edge and  $\frac{1}{2}$  inch from the side.

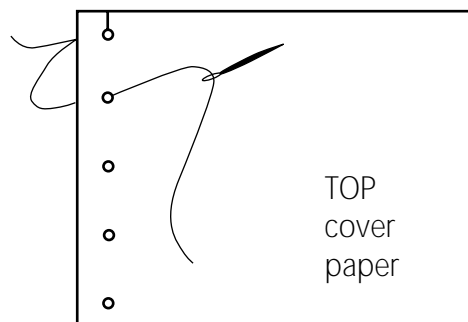


template

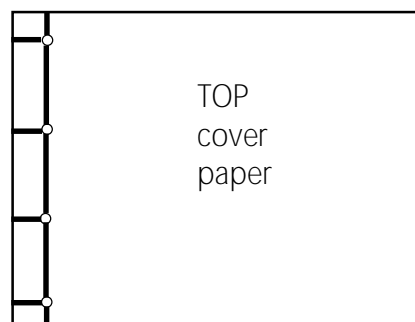
11. Assemble the book—bottom cover, a color end sheet, the text pages, the other color end sheet, and the front cover on top. Double check the page order and orientation of the book before drilling or punching.
12. Put two spring clamps on the fore edge (opposite the binding edge). Use scrap cardboard under the clamps to protect the cover. Put the book on the scrap wood, hold in place, and drill through, using the template as a guide. If punching with an awl, only punch a few sheets at a time. Set the template aside.



13. With needle and thread, start sewing from the back of the book to the front, wrapping the thread around the top hole first. (Wherever you place the "tail" — on the front of the book or on the back of the book — is where the final knot and extra thread will be.)



14. Working from the top of the book to the bottom of the book, continue sewing in all the holes. Now work from the bottom of the book back up to the top of the book, until it looks like the following illustration. (The sewing order of the holes does not matter.)



15. When you get to the last hole, where the threads meet, tie a knot and cut off the ends. To secure the knot, tuck the threads back into the hole and add a drop of white glue.