

# DiversityWeek2020\_Bookbinding-at-home

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## SUMMARY KEYWORDS

signature, binding, fold, thread, cover, hole, nice, needle, trim, book, wrap, sewing, slotted, slots, mark, station, stitch, folios, pages, ruler



00:01

Hi, I'm Chris Saclolo. I work at the UCF library Special Collections and University Archives as their book conservator, and today, I'm going to be demonstrating the long stitch binding with slotted covers. So in book arts, there's many different types of binding styles. For this one that we're going to be demonstrating today is a long stitch with slotted covers. And let me just go ahead and switch to the overhead camera again. So you can see exactly what type of binding this is. So this is the binding structure that I'll be demonstrating. Basically a multi-section binding technique, meaning there are multiple signatures in here, and I'll explain kind of the terminology as we go along. So there's going to be multiple sections right there, they're bound together, and the thread actually goes through the cover. So the attachment of the cover, and the pages are bound together. So this is a very simple binding structure if you're very new to book arts, and for bookbinding in general. So the materials that I selected for this, they're very basic materials that you can find in your home. So in this case, I use a box, a popcorn box actually. And I written down in the supplies that you can use a cereal box cover too. And that's perfectly fine. Just as long as it's a thin, cardboard type of material that is really flexible. I like the thin ones because it's very easy to use. And as you can see, there are multiple sewing stations. So we have 1-2-3 and 4 stations right here. So what we're going to do is we're going to do folding paper, and we're going to punch holes and the sewing station here are essentially slotted. So we're going to be taking an X-Acto knife, and we're going to be making these slots right here, so the thread actually goes through the cover and into the pages and back and forth. So I'll be demonstrating the technique and how this works. And as you can see here too, on the top right here, there's also the thread actually wrapped on the head and tail section of the book too, so that way the book is even more secure. Now that this

binding technique is originated in medieval Germany, this version of this long stitch is an 18th century version. So there's really some very simple binding technique. Beginners are pretty much this is a really simple binding to do. There's no glue required. So it just basically you just need your sheets of paper for your pages. And then a cover. And of course, the thread. The thread that I've mentioned in the list of requirements, if you want to participate and follow along, I wrote down bookbinding thread, embroidery thread. And if you're really at the last minute, you can also use floss as well, which is pretty durable.



03:29

So let me just go ahead and just show off the materials, I'm going to be using this type of thread right here. This is a binder's thread.



03:44

And of course, we're gonna need a ruler and I have a pair of scissors, we're going to need that to trim. And of course your needle. So I'm using pretty much a big needle. I believe this is a number three or five. So it's a pretty thick needle.



04:08

And an optional thing that you can use is this bone folder. And this bone folder, essentially to fold paper, but you could also use if you don't have this, that's perfectly fine. Let me just put this out of the autofocus.



04:23

You could also use a spoon too if you don't have like a bone folder or if you just use your fingers. And last but not least, you'll just need a pencil to mark off areas for mark off where you're sewing holes will be. And of course, despite all of the tools you're going to need the supplies to for this demonstration if you're following along and that's going to be just regular 8.5 by 11 sheets of paper. And a cereal box. I'm using just this pancake box. Yeah, pretty much the same material. So that's pretty much all I have, and of course, the string as well. So what I'm going to do now is we're going to go ahead and start folding paper. So with the 8.5 by 11, I'm going to be just folding.



05:45

So we're gonna just, I'm going to go ahead and just pull 12 of these. And so this is what's going to be our pages for our book. So a folded page like this is called a folio. And so when you have multiple folios, let's say, let just fold one more. So when you have multiple folios, together let's say these folios are stacked together



06:30

so stacked folios become a signature. And that's very important to understand the signature from a folio. So essentially, we're just going to go ahead and fold the rest of these.



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So part of the bookbinding that I love is folding the paper, very therapeutic, especially when you're about to begin doing a major kind of binding.



07:55

So once I have my folding pages I'm just go ahead and move this out of it. We're going to be making a small version of this just so we can see. We can accommodate for anybody who may not necessarily have like a big cereal box or a smaller piece for a cover. So we're just going to go ahead and trim this down and we're going to do it is with the folded pages. I want to just go ahead and use the scissors and just we're going to go ahead and carefully cut this in half. I'm just going to do that for all these so that way we can have enough



08:56

pages for our little book. Now that I have the computer paper in half I'm just going to go ahead, and I'm just going to take 1-2-3-4 sheets, we're just going to go ahead and create that signature based off of the four sheets.



10:11

So I'm just going to go ahead and fold it. So we're gonna make six signatures altogether. Again, one folio. There's four folios in a signature. So we're going to have six signatures all

together.



11:21

Alright, so we have our stack of sheets ready to go. And before I get this ready, I'm just gonna lightly just press down under. So its a nice working textblock.



11:47

Let's go ahead and prep our cover. So again, I'm going to be using this pancake mix box. Set this aside. So what I'm going to do here is I'm just going to disassemble this is going to go peel this off here, I'm going to be using the interior side of it. And you could actually use it on the cover, you can just use the opposite end. For this, I'm going to do here because that way I can see exactly how the binding goes. Like I don't want it to be so busy with the stuff that's on the front. So I'm going to be doing in the back so that way you can see exactly how the staggered sewing goes. So once you have this, well, you know, fold it out, I'm just going to trim off the little tab areas here. So that way we know we have this nice and square.



13:10

Okay, now that it's nice and trimmed a bit, gonna go ahead and I'm gonna lay the textblock on to just the edge of the box here 'cause I'm using the fold exactly where its at so I can see exactly where I need to fold over for the top half right here. So once I have this already set, I want to make sure that this is nice. It's the exact height of this without me like pushing down too much. You want it nice and I don't want it to be too much sticking out.



13:53

So I'm going to take my pencil and I'm just going to mark off the height right here, just exactly where the height is, and I'm not really pressing down too much right here.



14:07

Just letting it you know, trace along. I'm going to try to do that here in the opposite side as well of this box.



14:21

So that way I know to try to even that out. Let me just switch over to my overhead. Okay, so now that I have that marked off, I'm gonna go ahead and get my straight edge ruler. I'm just gonna go ahead and line it up. I have a



14:53

cutting mat right here, which has a grid. So that does help me a bit when I'm lining up my, my ruler. And so once I have that, we're just going to go ahead and pull this over, I should have like a little bit of a score line right here. So I'm just trying to make sure that that's exact, this is the height of the textblock itself. So I'm just going to pull this thing right here, I'm going to use my bone folder to smooth that out.



15:49

So once I have that set, kind of place back the textblock, just to see how it looks. Let me just switch over to my camera. So it's kind of like what they should have. Exactly, it



16:08

should be nicely tucked in there. So that way, that's how we get this nice crisp



16:15

edge right here for this spine. So we're going to do now is I'm going to trim this off, that way, it leaves off just a little bit of mark right there.



16:30

I'm going to switch back to the overhead. Again, I'm just going to mark off, just like right there. Go ahead and do that. It kind of falls just a little probably a couple millimeters over the textblock.



16:57

So I'm just going to go ahead and mark that off. On opposite ends that way, I know for sure, I'm just going to take my, my ruler, and I'm just going to go ahead and draw a line.



17:21

And I'm just gonna ahead and trim this off, right here. I'm just gonna test it, let's see exactly if I need to make any adjustments.



17:51

And don't worry about this other fold. I think it just brings more personality. And this is actually gives more character too or I would say more character to the cover. But if that bothers you, you could always try to get to the larger half or get a piece that's larger, that doesn't have this. But in this case of this demonstration, it's perfectly fine. And there are other ways you can cover that you're not comfortable with having that fold. But for me, I just like it because it just makes it look more real. And it has it, you know with the material that we're using to. And so what I'm going to do next is I'm just going to go ahead and trace off where I kind of left off right here. And I'm trying to make it as even as possible. So I'm just going to go ahead and eyeball that, that it lines up the same way as they're right here.



19:05

I'm just going to do the same thing to where I'm marking off the opposite end. And now it looks pretty decent. Let's switch over to the camera here. It looks like a little falling off just a little bit, I'm gonna adjust that. See how that looks. So now, we're just going to go ahead and trim the top half right here.



21:09

And you want to be flush with the, with the textbook itself. So you want it exactly even for this, because when you're looking at this, we want to make sure that the thread actually wraps around on the top, head and tail of the book. So that's why we need is exactly to the size of the textblock.



22:10

I'm just going to fold this over the opposite side. So that way, we have a nice kind of cardboard texture on the front here. But again, you could always do it this way, depending on how you want this, but there's really no right or wrong. I'm just doing it like this. So you can see the sewing itself.



22:34

I think I want to trim it just a little bit more because there's a little bit more. As you can see right there. I want to make it as flush as possible.



22:52

Let me just line this up properly right here. Maybe just a hairs more closer. Okay, that looks good. All right. So now what I'm going to do is we're going to start prepping the sewing stations. And so what we're going to do is I'm going to take one of the signatures, and we're going to create four sewing stations and for this binding so what that is, is



24:08

I'm going to open this up right here. And we want to have an even amount of holes so 1-2-3-4 sewing stations right here. So I have it for like an inch from the top and then an inch here from the bottom here. And then from this mark and this marker about an inch apart. So let me just do that right here. Let me just go ahead and do an overhead. So that way you can see this. Okay so I'm just gonna and line this up so one inch. Let's see if you can see this much better. So that's one inch from the end here and then we'll do another one inch here. So that's one inch from this end. And then we're just going to go ahead and do an inch from the first previous hole and then an inch right here. So those are going to be our sewing station. I'm just gonna go ahead. Okay. All right. So I'm going to take the rest of my signatures. And I'm going to place the marked signature on the top right here. And so the shortcut way to do this is we're just gonna to take our ruler, make sure everything's nice and even. And we're just going to make that line. So this is a much faster way to mark off your sewing holes.



26:44

So once we have that marked off, we're gonna go ahead and punch through these holes, we're going to preset, pre punch them. That way, it just makes it easier for us to sew. So what I'm going to do is I'm opening it up with the pages. And I'm just going to go fold this the opposite way. And so with our needle, just going to go ahead and make sure that your signatures are flat on the surface here so that way, it's easier to just slide this whole part of the needle into the mark. So I'm just going to do that for the rest of these. So once I have that all punch down, I'm just going to go ahead and fold it back up and just set in the side right here. And I'm just going to do to put a remainder of the other signatures and I'm moving along here first and I'm just going ahead and piercing it. You want to make sure

that your needle is just nice and straight and it's going smoothly inside.



28:19

If you don't want to use a needle you can also use an awl and basically an awl is an attached needle onto a handle, which makes it easier to punch holes. But in this case, we're doing this very, very minimally with the amount of tools that we have.



29:50

Once I have all my punched holes, I'm going to go ahead and make sure that the holes are pretty much lined up in a nice, straight line. Might have to just double check and see. If not that should be okay. Alright, so now we're gonna go, we're gonna go ahead and prepare the slots on our cover right here. So I'm just going to go ahead and take one of the signatures. And I'm just going to mark off



30:33

exactly where the sewing posts are going to be. Alright. So I'm gonna just go ahead and draw that line out. Actually, let me just go ahead and mark off the lines and that way I know for sure they're right even. Just drawing out the line where the slots are going to be on the cover.



31:44

So what we're going to do now is we're going to slit these right here. I did not bring my X-acto knife so I'm gonna do this with my scissors right here. And if you're doing this with children make sure that there's parental



32:10

supervision when handling sharp objects. I might have to go over a little bit more. I have a little. All right. Let me do this one more time. I'm sure that when I do, they're staggered. When I go through with the needle it will be okay.



33:25

Alright. So now we're going to start measuring off some thread. The amount of thread that we're going to be required for this is we're going to leave off about three inches for this tail.



33:57

I have this nifty cutting mat with the grid here, so I can use that as my guide. But you can also just eyeball it so its three inches here. And so what we're gonna do is we're gonna measure the height of the signatures here, we're going to do one thing, and so we're going to do the amount of signatures that we have, we have a total of six. We're going to do this six times. doesn't necessarily have to be very even just as long as we have like, this kind of very, this width again, this is 1-2-3-4



34:52

5 and 6. Now I usually like to extend about 3 more signatures for just in case so one, two and three. So essentially, it is, the amount of signatures that you have is how much thread that you'll need plus an additional 3. I'm going ahead and trim this off once I have that. And so now, what I'm going to do is, I'm going to start threading my needle



35:35

so I'm just go ahead and thread it through. So what I'm going to do is I'm going to secure this



35:56

thread. And the way I'm going to do it is I'm just go ahead and place it down here. And I'm just piercing. I'm giving off like about an inch and a half or so. And just piercing it through. And I'm just securing this needle. So that way when I'm sewing doesn't fall off. But this is a really nifty thing to do. Alright, so once we have our needle thread, we're going to go ahead and start sewing our book. So we're going to start from the bottom, and it's going to work our way to the top here. So you want to have make sure that you have your cover already set here. And we're gonna start with one signature, we're going to place it under the bottom right here. And so what we're going to do is we're going to open up the signature. And we're gonna go to the very edge of the hole right here. Let me just show that really quick. So we're gonna go to the first hole, right there, you want to make sure that you're working on a flat surface, you want to make sure that your book is always like

flat, on the table, so that way you can move around. So I'm gonna go ahead and pull, push the needle through, and we're going to go through the cover as well, as well. So that's why it's very important to have that slotted station. I'm just going to go ahead and push through. And I'm going to leave off just about three inches or so right here. Now what we're going to do is we're just going to wrap around, we're wrapping around the edge or the tail end. And we're just gonna do a simple double knot. That's what's gonna hold our binding together. So once we have that tied up, tied up, so who wants to have it tied up, we're just gonna go back into the same hole right here. We're going to come out



38:49

and now we're going to go to the next station right here. We're going to go through and we're going to try to be careful we're gonna go through the hole right here. So we should be entering back inside the signature. And now that we're inside here, we're going to go to the next hole right here and we're going to exit out.



39:51

So again, we're just going to go to next. You want to make sure that its nice and taut, make sure that you don't kind of rip the paper altogether, because this is a very just copy paper for this demonstration, but just make sure that you don't tear through. So we're going to do next after we're back inside here, we're going to go ahead and wrap this around.



40:33

It should come out like this. So what we're going to do now is, we're going to close this right here, and we're going to add the second signature on the top. So we're going to do now is we're going to go through here, to the sewing station. And we're going to this edge here, of the second signature.



41:10

That should create this one line already, as you can see, from the spine right here. Okay, so coming from the second signature, we just entered from the, from the inside here, we're just going to go ahead and wrap right here, where its supposed to wrap around. And then once you have it wrapped around, we're just going to go back into the same hole



41:46

It should wrap around the edge of your next signature right here. So just to keep that in mind. So the pattern would be that every time you're in a signature, it should wrap on the edge of the top and the bottom right here. So that's kind of an indicator if you're doing it right or wrong. So once you have it wrapped on the edge here, we're just going to go ahead and go to this next hole.



42:32

So I'm just going to go from the outside here. And we're just going to enter back in. And then we're just going to go to the last station right there.



43:05

So once we're out here, we're just going to go ahead and wrap around the inside here again. And we're just going to go ahead and go back into the same hole. From the outside here, we're just wrapping around, going inside the same second signature. And we're just going to go through.



43:34

So you should have kind of like this pattern. Once you have, you can see the pattern right here. So the pattern as you go along, you're always going to have this thread wrapping around every single signature. So let me just open this one up. So we have this two here and two here. And then the first signature that we had sewn in was one here and in the middle and then the end right here, there is gonna be every alternating kind of pattern. So that's kind of like an indicator to see if you're doing this right. It's just to make sure that we have the thread wrapped around each signature. So I'm just gonna go ahead and continue working on this. So I'm going to be placing the next signature on top and from the outside here. We're just going to go ahead and wrap around and we're going to wrap around again and go into the first hole. And so from the outside here, we're going to enter back in going to the station next.



45:18

And so once we're inside here, we're just going to exit out. And then from the outside, we're going to enter back in.



45:43

And then finally, we're just going to go ahead and wrap it around again. And so now we're going to do is I'm going to just take the next signature, fold this down right here. And I'm going to take the next signature, and go ahead and continue working through this book. So it's pretty simple. Again, it's not really that complicated, you just have to make sure that the thread wraps around the head and tail of each of the signatures.



46:24

And so when you do more signatures, you'll see that the pattern is going to show up more on the spine. I'm going to go ahead, again, wrapping around, wrapping around the text or the signature. And then here, I'm just going to go back into the same signature inside the same hole.



46:55

I'm just going to go to the station next. And then coming from the outside and we're going to enter back in and remember that we're going to be in the current



47:21

signature. And then going to the next. And then again, we're going to wrap around here. And we're just going to go ahead, back into the same hole and then come right out.



47:59

I have two more signatures to work with. So again, we're just gonna open this up, lay the next signature on top and we're just going to go ahead and wrap them around and we're gonna go here to the end of this signature, and then we're just gonna go follow our way in the direction. And then we're gonna go again to next signa., next hole right here.



49:10

And then right back in. And then we're gonna wrap it around. And then finally, we're going to put the last signature on top.



49:40

We're just going to go back in, we're going to go to the last signature. Wrap it around. I don't have enough string to complete this here. So I'm going to add another.



50:28

So essentially, since I have just this much left, it's not going to make it all the way around, unfortunately. So what I'm going to do is I'm just going to do the double knot, and I tried to do it, I try to put the knot in between here, in between the stations are the holes right here. Let me just demonstrate that. Again, very simple, just a double knot. So, I'm just going to go ahead and trim off the short end one, make sure that you have the short and one if you're adding additional thread. So I'm just going to go ahead and re-thread this needle.



51:50

And then we're going to just go ahead to the next station right here, making sure that everything is nice and neat. And then to the last hole right here. And then finally, what we're going to do is we're just going to wrap around right here, and we're just going to tie a knot. So what we're going to do is just go underneath this.



52:22

And we're just going to do a double knot just to tie this off, this is always the tricky part, make everything nice and taut.



52:58

And then last but not least, just to trim off. Just a little bit right there. Alright, and then I'm going to trim off the tail end from where we started.



53:16

And that is the long stitch should be able to have this kind of cool, staggered kind of pattern that's happening right here. And what's interesting about this, too, is that the binding is exposed. And it's actually also holding the signatures with the, at the tail and head of the book as well. And it's a really neat bookbinding structure. There are a lot of

variations of this. And this one just so happens to be the slotted one. So with the cutouts right here, and what you can do, instead of a slot, you could actually pre make the holes itself, I can have an example of that right here. So in this one here, instead of the slots, there are individual holes, it just takes a lot more measuring for this one right here. As you can see, there's a lot more that you have to measure out the measure up the thickness of each signature. So that way you have this even holes right there. This one in particular, this is much easier to do if you're just beginning because with a slot, you don't have to worry about the measurement of each placement of the hole because you're just dealing with the slots itself right here. So this one is essentially a very good introduction to it. And also you can change depending on the size of your book too, you can change like how wide and how far apart these slots are, just to make it more interesting too. So I'll give you an example of that, which is this right here. So as you can see, there's a lot of manipulation that you could do with the where you place the holes. And you can create really cool patterns too. But this is kind of like this is kind of the introduction, basically. And you can experiment more, it's a very, I guess, it's more, you can do a lot more with this kind of binding and experiment with. So I think that is pretty much of it. So thank you for joining me and making this little small book. If you have any questions, you can always feel free to email me. You can email me at this my email. Let me just put that over in the chat box. Okay. And if you're interested in other kinds of binding techniques, yeah, just let us know. And we might be able to do other workshops as well. Via zoom. Megan do you want to go ahead and kinda end any last minute note. Are there any last minute questions for many for anyone? Sara asked in the chat if there are name for this kind of binding. Is there a name? Yes. So this is a...let me write that down in the chat box. So this is the long stitch with slotted cover. Yeah, but this is just one variation of long stitch and a simple Google search, and if you type in long stitch bookbinding, you'll see different varieties of types of long stitches. And it's a very versatile binding technique. Well thank you everyone for attending. We've got a number of other events scheduled this week for diversity week. You can go to our guide. [Guides.ucf.edu/diversityweek](https://guides.ucf.edu/diversityweek) to see the full slate. Everything is being offered online through zoom and it's free and open to the public. Part of our events like this one will be recorded and added to our website and our Vimeo channel.