

Hemp Leaf Binding

Thread

The length of thread required is eight times the length of the spine.

Stitching diagram

NOTES

- The diagram shows the book top-down from the front
- The spine is at the bottom of the image
- When the steps mentions “front”, this means the front cover of the book (i.e. what is shown in the diagram)
- When the steps mention “back”, this means the underside of the book

Instructions

Binding Knot

Also known as a Reef Knot or Square Knot, this has two simple steps:

1. Pass the left piece of thread over and under the right piece of thread
2. Pass the right piece of thread over and under the left piece of thread

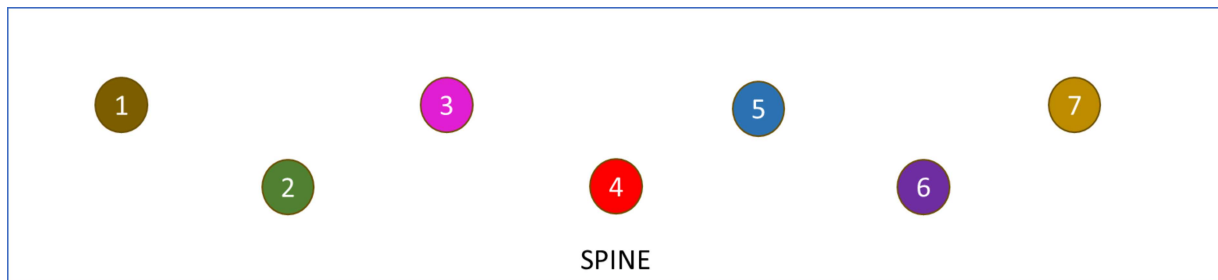
Getting Started

Tips to make it easier

- I put my book towards the edge of my desk so that I can pass the needle all the way through.
- Use a piece of card or paper to underline where you are in the stitching instructions - it's easy to lose your spot.
- If your needle gets stuck, you can press your book and the threaded end of the needle down on your healing mat/cutting board.

Insert the threaded needle from the back of the book into the hole marked **3**.

The “tail” that is left hanging from the back of the book after step #1 will be one side of the knot in the last step.

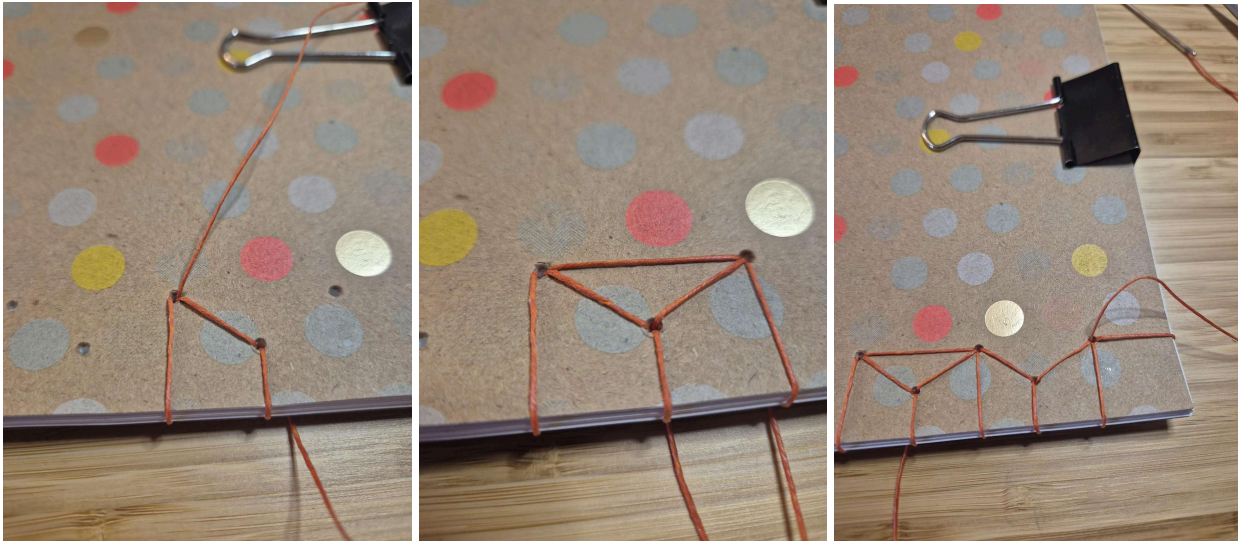


Step-by-step

1. When needle emerges from **3** on front, move towards spine
 - a. Leave a 10cm tail hanging from the back of the book
2. Go around spine and back through **3**
3. Stitch through **4**, around spine, and back through **4**
4. Stitch through **3**, from back to front **Image 8**
5. Stitch through **5**, around spine, and back through **5**
6. Stitch through **4**
7. Stitch through **5** **Image 9**
 - a. The first square is now complete
8. Stitch through **6**, around spine, and back through **6**
9. Stitch through **5**
10. Stitch through **7** from back to front
11. Stitch through **6**
12. Stitch through **7**, around spine, and back through **7**
13. Go around side of book and back through **7** **Image 10**
14. Stitch through **5**
15. Stitch through **3** from back to front
16. Stitch through **2**, around spine, and back through **2**
17. Stitch through **3**
18. Stitch through **1**, around spine, and back through **1**
19. Stitch through **2** from back to front
20. Stitch through **1**
21. Go around side of book and back through **1**

22. Remove needle and tie and adjust a binding knot

23. When the knot is tight, trim the tails



Images 8, 9 and 10

Tips for a better finish:

- Try to keep thread tension throughout but you can also spend time at the end (before you tie your knot) tightening the thread.
- On the back cover, when you have finished stitching, take your bone folder and press in the paper.

This is a great way to bind finished single sheets of artwork. You can bind your children's artwork this way too. Think about what you could use for covers. I use wallpaper samples, attractive sheets of card, or items from your recycling bin (attractive biscuit boxes, etc).