

Stitchery & Books

Ways to Add Stitching into Books

Structural:

- Sew pockets onto pages
- Add another piece of paper on top of existing page
- Fold over a longer page on itself
- Add length or foldouts to existing pages by sewing paper onto existing page
- Use stitching as your adhesive by sewing on ephemera or other collage elements
- Add fabric to paper
- Bookbinding itself! (pamphlet, long stitch, coptic, japanese stab binding, etc.)

Decorative:

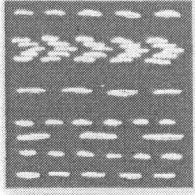
- Sew borders around pages or frames around words or images you want to highlight
- Weave on bookbinding (long stitch works best)
- Embroider on paper, outlining a design or using decorative stitches, or both
- Stitch the lines on a coloring book page
- Use stitching to enhance or emphasize parts of a photo or image

Tips & Tricks

- The thicker the thread, the thicker the paper you need and the larger the needle.
- Heavier weight paper is best. No tissue or tracing paper.
- Don't stitch close to the edges, or the paper might tear.
- Poke holes before you start stitching - paper isn't flexible so this gives you a place for your needle to go
- Think about the "backside" of your stitching - where will your knots and underside of stitching go? Will it be visible?

Useful Stitches

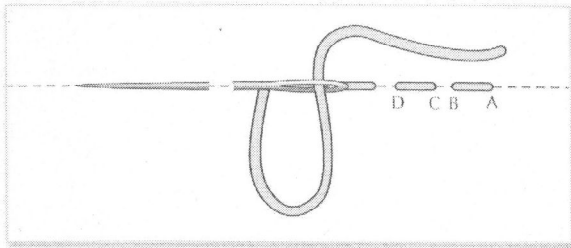
Running Stitch



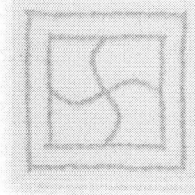
Uses—outlining, straight and curved lines.

- Work from right to left.
- Bring thread up at A then down at B, up at C and down at D and continue.

- The spaces between the stitches can be the same length as the stitches or shorter for a different look.

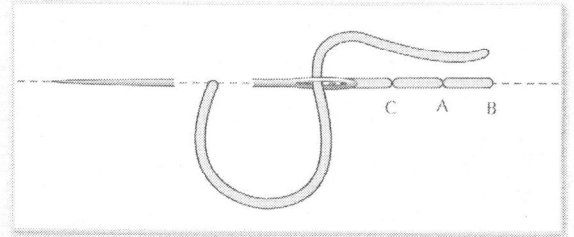


Back Stitch

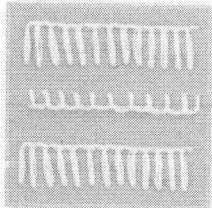


Uses—outlining, straight and curved lines.

- Work from right to left.
- Bring needle up at A and back down at B.
- Move left and bring needle up at C, then back down at A.
- Continue stitching.



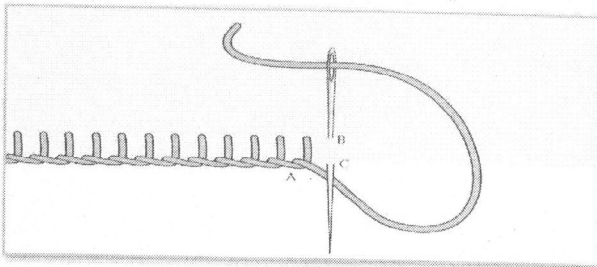
Blanket Stitch



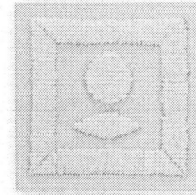
Uses—straight and gently curved lines, borders and finishing edges.

- Work from left to right.
- Bring needle up at A, down at B and up at C, keeping the thread looped under the needle.

- Pull thread through and shape stitch as desired.
- Repeat multiple stitches until complete.



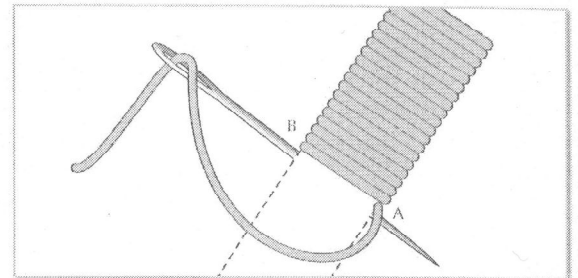
Satin Stitch



Uses—solid filling for shapes, great for monograms.

- Bring needle up at A, down at B, then back up right next to A and down right next to B.
- Place stitches closely together to fill in area.

- Be sure the thread lays flat and without any twisting to produce a smooth look.

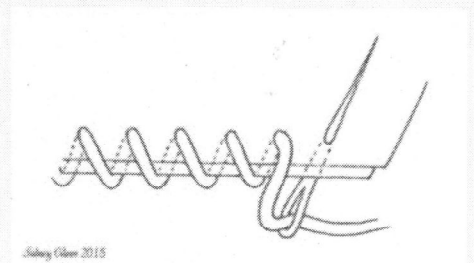


Whip Stitch

- Stitch at an angle, creating a zig-zag pattern.

The closer you make your stitches, the stronger and more stable your seam will be.

This is the fastest hand stitch I have used. It is extremely handy for tacking things, hems, and for seams where you want to preserve bias stretch.



Sidney Eileen 2015

All stitch diagrams are from *DMC Embroidery Stitch Guide: Everything You Need to Know to Do Basic Embroidery*. 2017.

Except for whip stitch, from *Medieval Hand Stitching* by Sidney Eileen: <http://sidneyeileen.com/sewing-2/tuts-costume/hand-sewing-tutorials/medieval-hand-stitching-basic-stitches-start-here/#.XJk9GShKiUm>