Materials:
2 pieces of printer/copy paper (8 1/2 x 11) - scissors - needle and thread

Step 1 - Print this page as a 2-sided document. Cut out the cover.
Step 2 - Cut 1 piece of blank printer/copy paper into 4 equal quarters.

Step 3 - Stack the four pieces with the cover on the bottom. Fold the stack in half. Use a smooth tool to flatten the fold.

Step 4 - Use a large-eyed needle or awl to stab through the fold, all 5 layers, at the 3 places marked on cover.

Step 5 - Thread the needle, any thread will do. Start from the inside of the pamphlet to sew the “pamphlet stitch.” See diagram.

5a. Start here. Stab through middle hole to outside of book.
5b. Stab to inside.
5c. Stab through the last hole, to the outside.
5d. Stab back through middle hole to inside of book.

This is the “long stitch.”

Step 6 - Tie a square knot on the inside of the pamphlet. Make sure the long stitch is caught up between the two ends. See diagram.

Step 7 - Use a smooth tool to flatten the cover around the pages.

Step 8 - Write the date and your name or initials somewhere on the book!
Note to Future Self

Created during the Covid-19 pandemic, 2020

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A Pocket Notebook (Philadelphia, National Medical Institute, 1910).
Gift of William H. Helland.
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