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

Step 1 - Cut out the cover printed on this page.

Step 2 - Cut 1 piece of printer/copy paper into equal quarters to make 8 pieces.

Step 3 - Fold the 4 pages in half with the cover on the outside. Use a smooth tool to flatten the fold.

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

Step 5 - Thread the needle, any thread will do. Start from the inside of the pamphlet to sew the "pamphlet 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!
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A Pocket Notebook (Philadelphia, National Medical Institute, 1910).