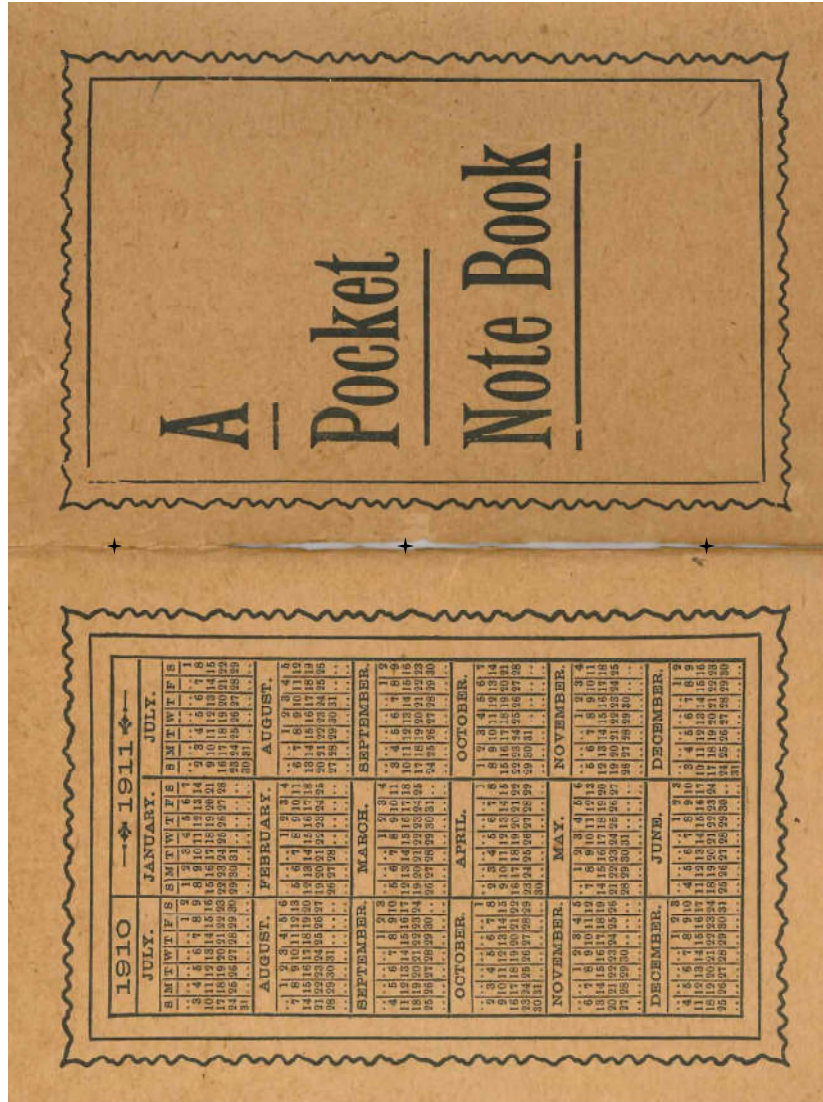


# MAKE YOUR OWN POCKET NOTEBOOK

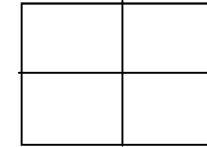


## Materials:

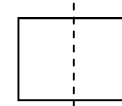
**1 piece of printer/copy paper (8 1/2 x 11) - scissors - needle and thread**

**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.

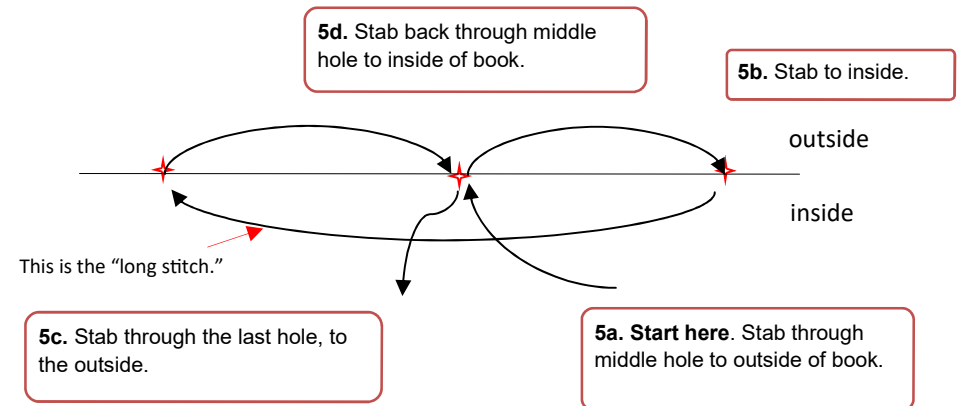


**Step 3** - Fold the 4 pages in half with the cover on the outside. Use a smooth tool to flatten the fold.



**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!

**The Living Book**

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A Pocket Notebook (Philadelphia, National  
Medical Institute, 1910 ).

Gift of William H. Helfand, Library Company of  
Philadelphia.