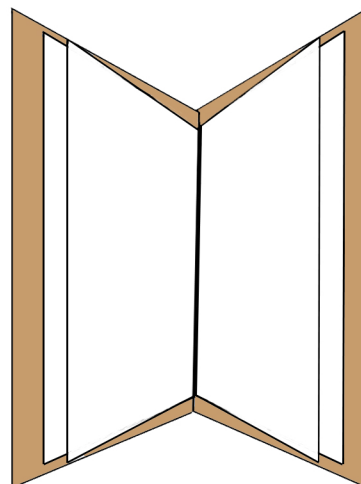


## MAKE YOUR OWN DIARY USING A SIMPLE PAMPHLET STITCH

### You will need

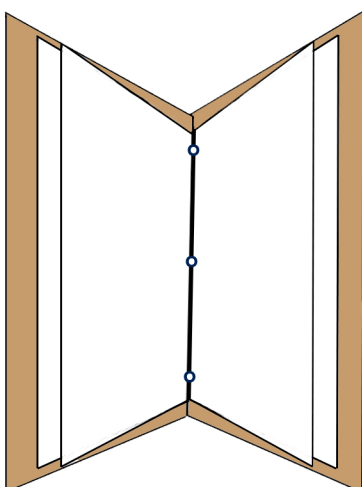
2 x plain or lined paper 74 x 105mm  
 1 x thin card for the cover 76 x 107mm  
 Needle and thread  
 Scissors  
 Sharp point eg safety pin  
 Ruler  
 Pencil



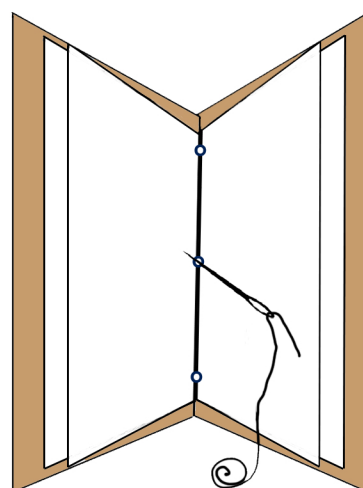
### STEP 1

Fold the plain paper and thin card in half and assemble as shown. When folded you will now have the beginnings of a book that measures 76x 53.5mm

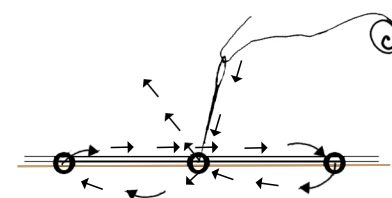
### STEP 2



Using a ruler and pencil measure and mark three points, (one in the centre and two approx 10mm from the edges of the paper) along the fold on the inside of your book. Then use a sharp point such as a needle or safety pin to pierce a hole through all the layers at each of the three marks.

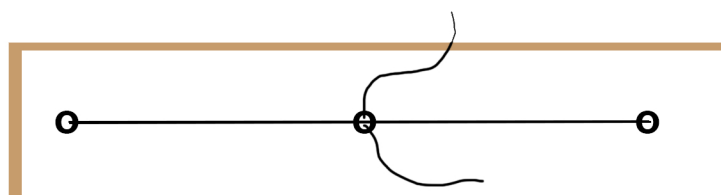


### STEP 3



Beginning from the inside centre hole use the needle and thread to bind your book together. Use the diagram on the right to show the direction and order in which to thread the needle through the holes.

When finished you should have two ends of thread at the centre hole on the inside of your book. Tie these two ends of thread with a knot making sure that the threads are on either side of the long stitch before securing (see diagram below)



**Your diary is now complete and ready to use on November 11th for The Diaries of the Here and Now project. Make sure you have printed off the participation agreement to fill in and return along with your completed diary.**

To download the Participation Agreement, find out further information about the project and to see ideas for creating your diary on Nov 11th go to [www.dawncole.co.uk](http://www.dawncole.co.uk)