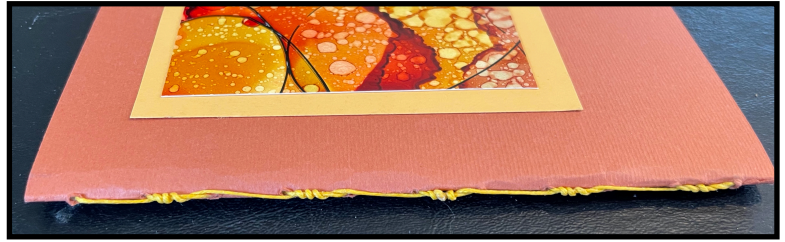


Loopy Book #1

Single Stitch, Looping up



Materials:

Covers: 5 5/8" x 8 7/8 or 9", folded in half

Signature: one signature, 6 to 8 sheets, 5 1/2" x 8 1/2",
folded in half to 5 1/2" x 4 1/4"

Thread: 25"

Set up: Holes 1/4", then 1/2" apart to tail, which 1/4". 11 holes.

Sewing:

Start inside the signature at hole 1. Exit, leave a tail and
Enter hole 2. Do not tie off.

Exit hole 3 and do a running stitch down the spine:
enter hole 4, exit hole 5, etc.

After exiting the bottom hole 11,
sew under the stitch above, right to left.

Go over the stitch and back under it,
for a total of 3 loops over the stitch.

Do not enter the signature until you get back to the top hole.

Go under the stitch above, from right to left.
Make three loops over the stitch.

Go under the stitch above, make three loops.

Continue to the top stitch.

After making the three loops, enter hole 1 and tie off.

A variation:

Alternate which side you go under the stitch:
first right, then left, for example.

