

# The Junk Journal



The inspiration for this junk journal comes from Julia Cameron’s “morning pages,” free-writing in which you write with no prompt and without stopping for a set amount of time every day. I wanted my writing students to have a journal that would encourage spontaneity, creativity, freedom, and play – and that would discourage immediate review, editing, and revision. So I gathered some old office supplies from my house and the nearest thrift store and created a junk journal made

entirely from found papers: old hanging files, graph and notebook paper, bookkeeping ledgers, flyers, maps, and so on. Then I used a hitch stitch to bind it all into a junk journal. – Charlotte Howe

## Materials:

Found paper: 8 1/2 x 11 inches

Cover: heavy card stock (an old hanging file works well)

Text: 20-30 sheets (it can be any found paper)

## Tools:

Ruler

Pencil

Scissors

Awl

Bone folder

2 bull clips

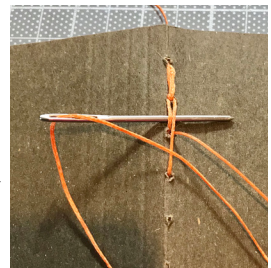
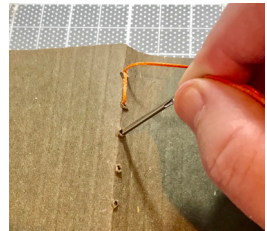
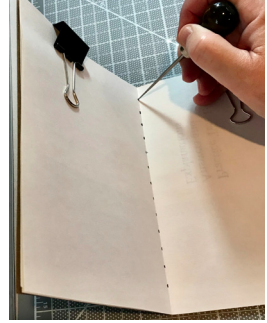
Large-eyed needle (such as a #18 bookbinder’s needle)

Waxed thread

Cutting mat or thick magazine

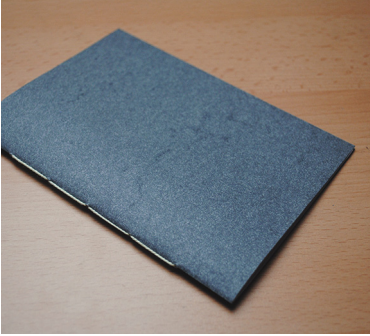
# The Junk Journal

1. Using your bone folder, fold each of your text pages + your cover in half.
2. Make a punching template: Select one of your folded text pages to use for your template. Open it up and, using your ruler and pencil, make a dot every  $\frac{1}{2}$  inch along the inside fold.
3. Place your book on a cutting mat or old magazine. Using the awl, punch holes through the spine where you made the pencil marks.
4. Cut a length of thread that is 4X the length of the book spine. Thread your needle.
5. Push the needle through the top hole from the inside to the outside. Pull the thread through the hole until you have a 2-inch tale on the inside of the book.
6. Jog down to the second hole and push the needle from the outside to the inside. Pull the thread taut. Tie a double knot over the first hole.
7. Push your needle back through the first hole again from inside to outside.
8. Skip the second hole and go back inside through the third hole.
9. Go back up to the second hole and push the needle from inside to outside. **IMPORTANT:** When you come back outside, be sure your needle is on the **RIGHT** side of the existing stitch. Pull the thread tight. Then wrap around and under the existing double stitch and pull the thread tight. This is your first hitch stitch.
10. Repeat hitch stitch the pattern until you reach the last hole.
11. Go inside the last hole. Tie off the thread with a simple knot over that last hole. Trim your thread. Et voila! You've made a Junk Journal. Now it's time to start free-writing.



# The Pamphlet Stitch

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The Pamphlet Stitch is a simple sewn binding that creates a codex book out of a stack of text papers and a piece of card stock. It is the easiest of sewn bookbindings and can be completed with basic tools in just a few minutes. With this binding, you can tell a story, write a report or a bunch of poems, or sketch some scenes — and make a book out of it all.

## Tools & Materials

1 bone folder  
Bookbinding needle  
Scissors  
Ruler  
Bookbinder's awl  
Text: 6-12 sheets text-weight paper  
Cover: 1 sheet card stock

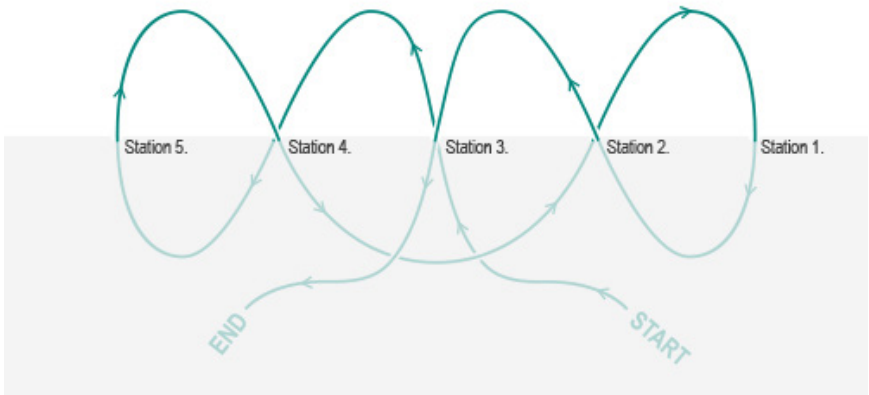
1. Using your bone folder, fold each of the text sheets in half and nest them together. Also fold the cover sheet in half.
2. Using your ruler and a pencil, mark five sewing stations. Station 3 is exactly in the center of the spine. Stations 2 and 4 are equidistant from the center.
3. Using your awl, pierce the sewing stations.
4. To bind: Begin on the inside at Station 3. Pull your needle through Station 3. Pull all but 2 inches of the thread to the outside.



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# The Pamphlet Stitch

5. Go through Station 4 to the inside.
6. Go through Station 5 to the outside.
7. Go through Station 4 to the inside.
8. Go through Station 2 to the outside.
9. Go through Station 1 to the inside.
10. Go through Station 2 to the outside.
11. Go through Station 3 to the inside. Tie a square knot around the long stitch, which crosses over Station 3. And you're done!



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