

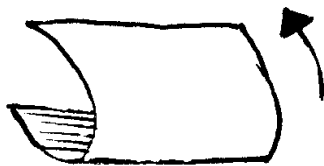
# THE ZEN OF BOOKBINDING

*The art of bookbinding will enable you to customize your own photo albums, memory books, scrapbooks, sketchbooks or journals. These handmade books make great gifts and personal keepsakes...*

## Materials:

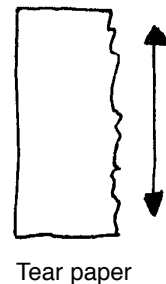
- 20C Cardboard
- PVA Glue
- Glue sticks
- Decorative or Specialty Papers (for inside and out)
- Hake Brush
- Photo Corners
- X-Acto Knife
- Newsprint pad or paper
- Ruler
- Scissors
- Handheld Hole Puncher
- Groove Board\*
- Binding Cloth
- Bone Folder
- Chicago Screws

**Planning your book:** First decide what your book is going to be used for, whether it will be a photo album, sketchbook or journal. This will help you determine the size of the pages and cover. Bear in mind that you will also need to cut your cover paper larger than the size of the actual cover. This excess is necessary for binding. For example, give yourself enough excess to properly fold over the edges of the book with enough overlap to enable the cover to bend easily with repeated use. If you are using full size specialty papers, you may also want to take into account the size of the full sheet when planning your book design. This will enable you to plan for as little waste of paper as possible.

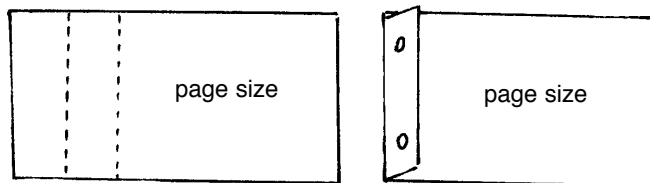


Choose an appropriate paper for your book and then find the grain of the paper. To do this, simply fold

the paper in half several times without creasing. Then turn the paper 90 degrees and repeat the procedure. Whichever way is easiest to fold is "with the grain," the more tense the fold is then it is "against the grain." Paper tears, cuts and folds more easily with the grain. For this book you want to cut or tear your paper and board so the grain runs top to bottom, or "with the grain." This prevents any hints of warping.



**Cutting and folding your inside pages:** Once you have decided the size of your book you will want to create the inside pages first. Plan your page size to allow for a 1/4-1/2" border from the edge of the book cover. You should also cut the pages so that they have enough additional width for you to fold over the ends by 1 to 1-1/2". This fold over width is where you will punch holes for assembling the pieces together — it



will also allow extra thickness between sheets which enables you to mount photos and other memorabilia without stressing the book when it is closed.

After cutting the inside pages to size, create a fold on the left hand side of the paper by creasing the paper with your bone folder. The folded flap should be about 1 to 1-1/2" wide (depending on the final size of your spine). Then use your groove board and bone folder to crease each page approximately 1-1/2" in from the left hand side (again dependent upon the width of the book spine). Do this for all of the pages. This groove in each sheet of paper will aid in turning the pages. Then punch holes through the folded flap approximately 1" from the top and bottom. Do this for each of the sheets.

Set aside these inside pages while you make the cover — you will use one of these pages as a guide to measure off your holes for the chicago screws and to punch the spine on your cover.

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**Cutting and assembling the book covers:** Pre-cut the 20C Cardboard for each of the covers. Each cover should be 1/4-1/2" larger all the way around than your page size. Line up the front cover with your master page and mark the holes for your Chicago Bolts. Punch the holes. Line up the front and back covers and using the holes you just punched trace the circles from the front cover onto the back cover so they will also line up. Then punch the holes for your back cover. Next take the front cover piece and measure in 1 to 1-1/2" from the left hand side and draw a line — this line will determine the width of your spine and also enable a 'seam' so that the front cover of the book will fold open easily. To create a seam, cut out a 1/8-1/4" strip (on the right side of the line). This will effectively create a 'spine' and a 'cover' with a small gap in-between. This gap is only created on the front cover, leave the back cover as a whole piece (it doesn't need to fold). Take a moment to ensure that both front and back covers are the same size overall.

Next you will assemble the front and back covers of your book by gluing on binding cloth using PVA glue (wood & paper glue) for a strong bond, and finishing with decorative paper. To start, cut a piece of binding cloth double the width of your spine, and approximately 2" longer on three sides (top, bottom and side). This will allow for the extra to be wrapped around to the inside. Make sure the cloth is long enough to wrap well past the seam line. If you cut the cloth too short it may peel-up over time with repeated

opening and closing. Make a second piece the same size for the other cover.

For the front cover, place the two pieces of board you cut (spine and cover with gap in-between) onto the binding cloth. Pre-cut the edges of the cloth to create a mitre edge on the corners. This will enable neater edges and fold-over. Using PVA Glue (wood & paper glue), glue the binding cloth to the board by folding the edges over and running your bone folder along the sides for a nice finished edge. Cover the back piece to match the front using the second piece of binding cloth, employing the same mitre technique for the corners.

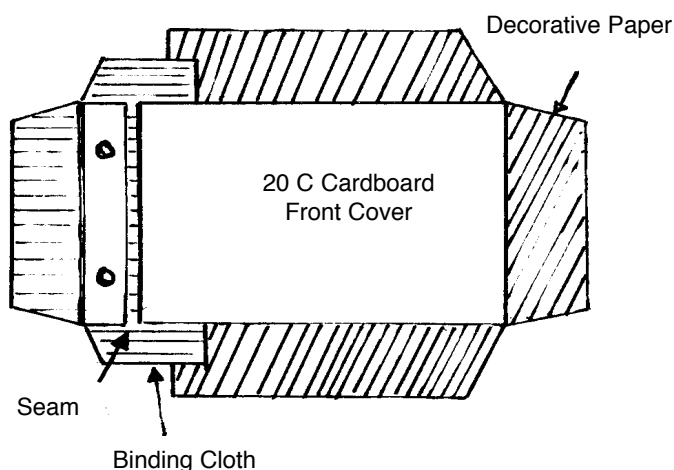
After choosing your cover paper, cut the paper so it is an extra 3/4 to 1" larger than the cover. The paper should overlap the book binding cloth, but it should not extend past the seam line because it will wrinkle when the book is opened. Mitre the corners and glue the paper to the cover. Do the same for the each cover. The inside of each cover will still be bare as you will finish them by gluing on an additional piece of decorative paper.

The inside cover paper should be cut so that it fits just inside the cover (about 1/8" smaller on all sides). Again, the inside paper should only go to the seam line, not over.

Press the covers until the glue dries; overnight if possible. Some buckling or bubbling may appear without this step. Then locate the holes you previously punched and have covered up, and re-open them with an X-Acto knife or your bone folder.

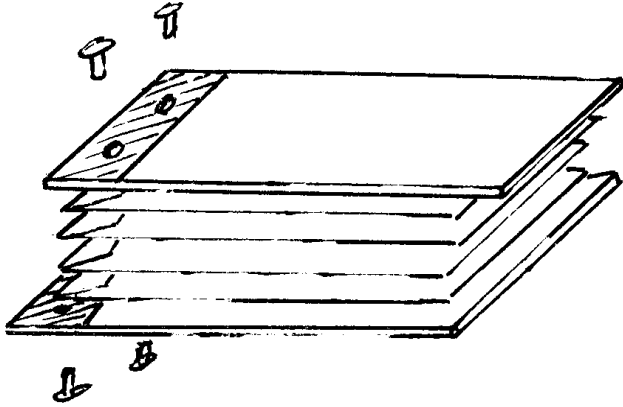
Finally, you should assemble the pieces using Chicago screws as posts, or elastics secured with a decorative paint brush or pencil, or even ribbon, string or raffia ... and voila, your own handmade book! You have now achieved bookbinding mastery, young grasshopper.

*\* To make your own groove board: cut a piece of 20C Cardboard, draw two lines down the center approximately 2 mm apart, then cut along the lines half-way through the thickness of the board, and remove the strip. Very useful for cutting, grooving and measuring!*



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## NOTES:



Align the holes, screw in the Chicago Bolts, and you are done!

### Staff Tips

*~Consider using 100% acid free paper as it won't damage photos or other items you might place in your book. — Leah*

*~PVA glue (Opus Wood & Paper Glue) and wheat paste are the adhesive of choice for most things bookish, especially when using bookcloth. This will create a stronger, more durable bond. — Leah*

*~Consider tearing the paper for the inside of your book, the ragged edges that are created with this simple technique give the book an interesting look. — Jenn*

*~A bone folder is a handy instrument used for scoring paper and making creases with excellent control. — Leah*

*~Be sure that your glue sticks are archival, as this can be a great asset when bookbinding. — Jenn*

# THE ZEN OF BOOKBINDING

NOTES:



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