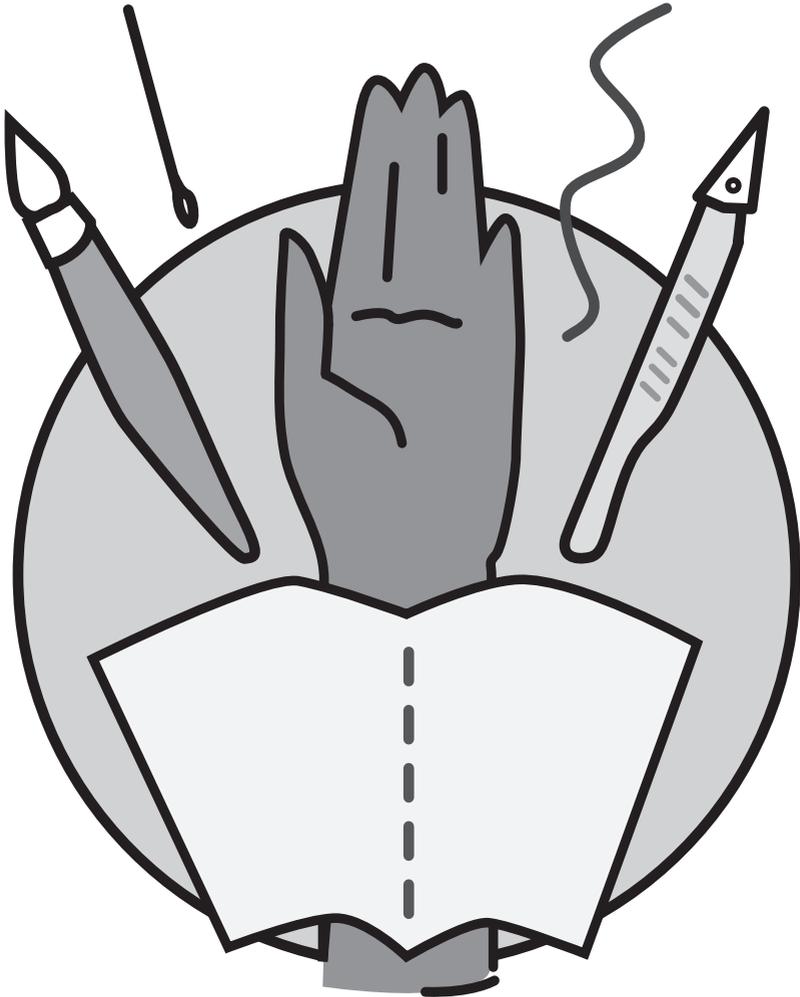


**DIY Super Powers:**

# **BookBinding**

& other self-publishing skills





**DIY Super Powers:**  
**BookBinding**  
& other self-publishing skills



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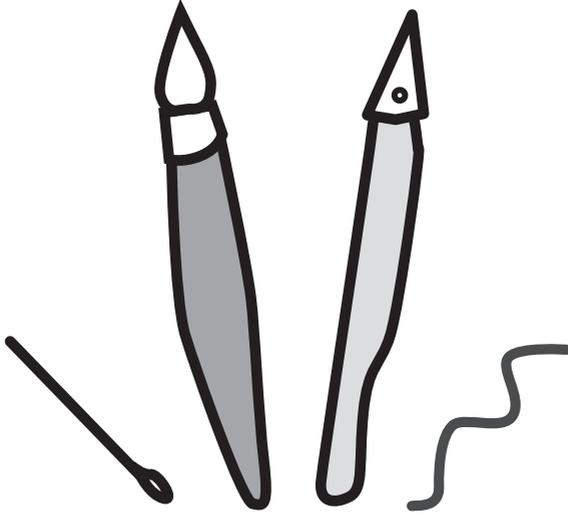
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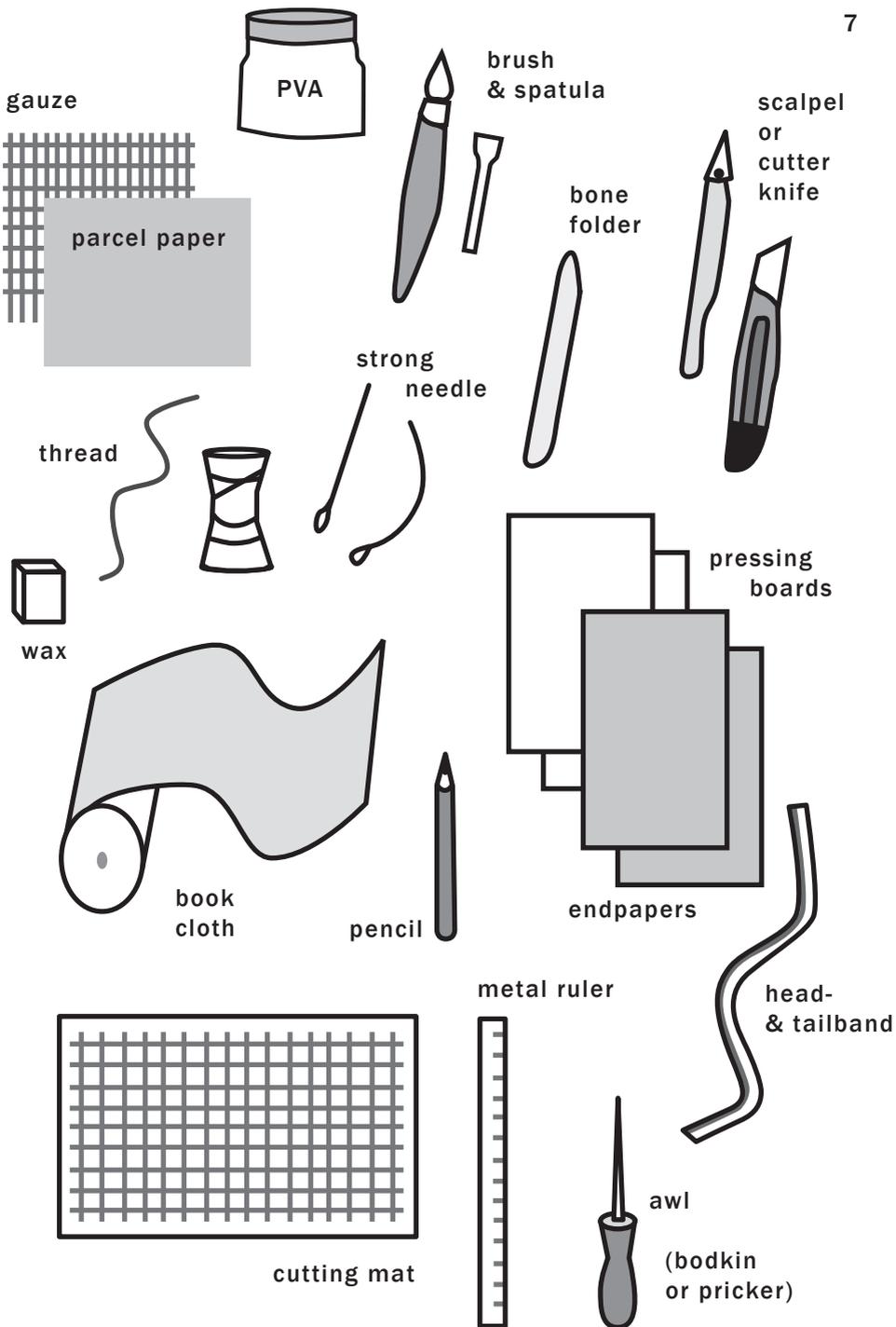
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# Tools

& materials



# Papergrain

Always check the grain direction of your paper and card stock before you trim or prep your project.

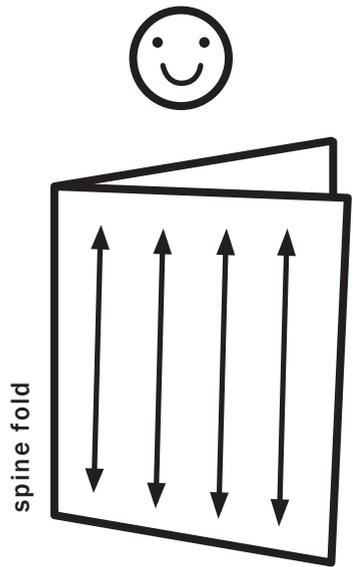
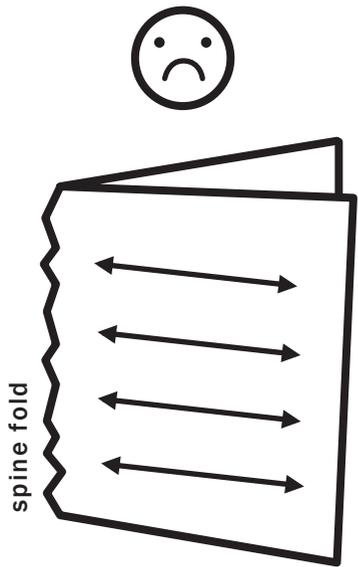
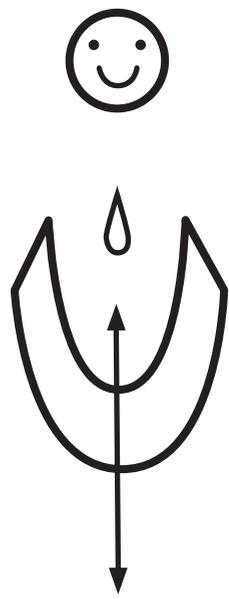
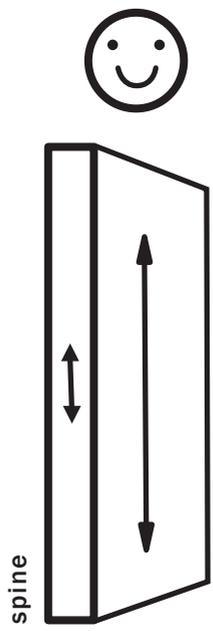
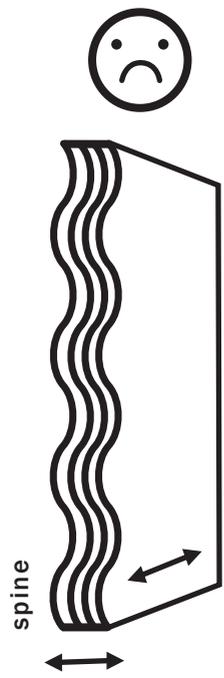
The grain should always run parallel to the spine - if it doesn't your book won't lay flat, the glue might crinkle your paper, or the card might crack when you fold it.

There are 3 ways to check the paper grain direction:

**ONE:** Bend the stock both ways. Which way is easier? The grain runs parallel to the soft fold.

**TWO:** Wet the paper. It will warp like a »U« shape. The grain runs straight like a river in the valley.

**THREE:** Rip the paper both ways. If the tear runs straight this is the grain direction.

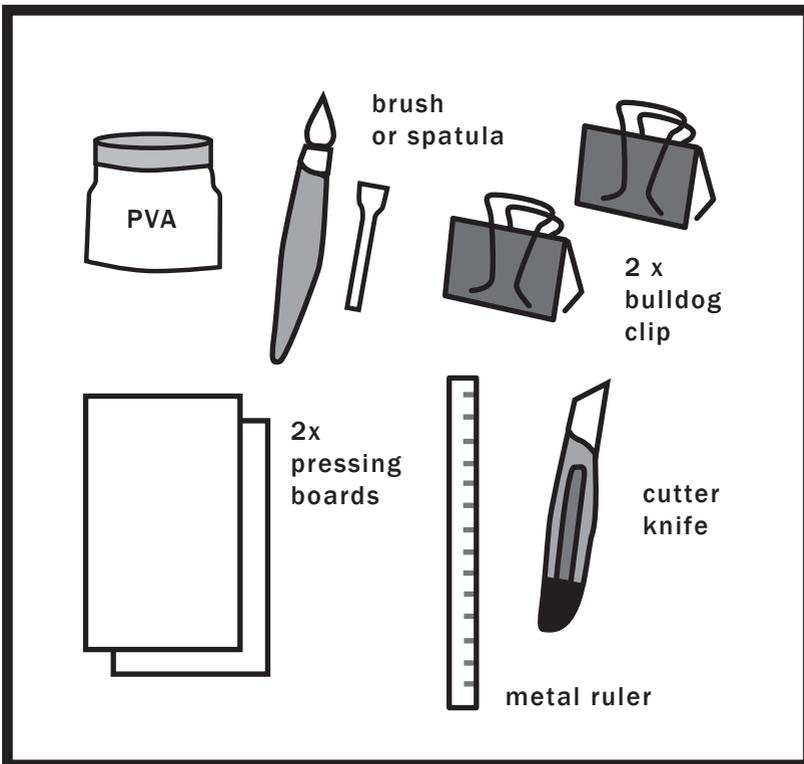


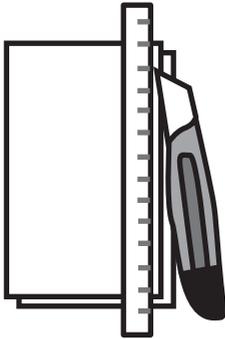
# PerfectBinding

Probably the most straight forward method for single sheet binding. Works best with uncoated paper and card.

The more layers of glue you apply the longer and better your pages will hold together.

Things you'll need:

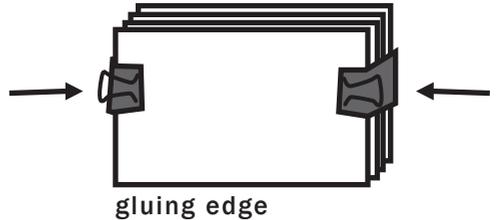




1.) Put your paper in a neat stack. If your gluing edge is not completely straight give it a little trim.

2.) Knock up the gluing edge onto your work surface.

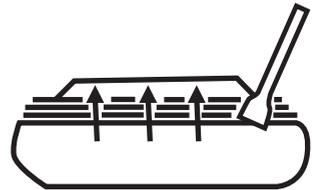
3.) Take your bulldog clips and fix the stack on both right and left side centrally. No air should be left in-between the sheets.



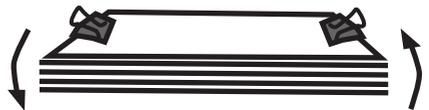
4.) Put your stack flat in front of you onto your work surface. Bend the gluing edge up and back. This will fan your paper open and reveal 1-2mm of each sheet.



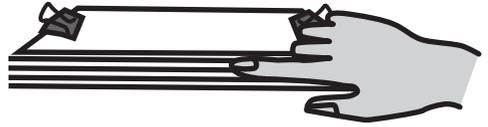
5.) Now apply PVA glue with your spatula all along the spine. Upwards movements!



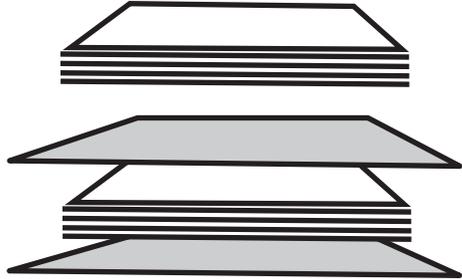
6.) Flip your stack on its back and repeat step five.



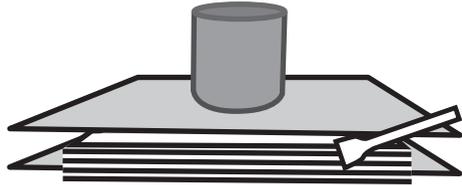
7.) Flatten the gluing edge by pressing in together with your thumb and index finger. Get rid of any excess glue dribbling out.



8.) Carefully take off the bulldog clips and place the stack in-between two pressing boards.



9.) Make sure the gluing edge still sticks out by 10mm or a little less. Put something heavy on top.



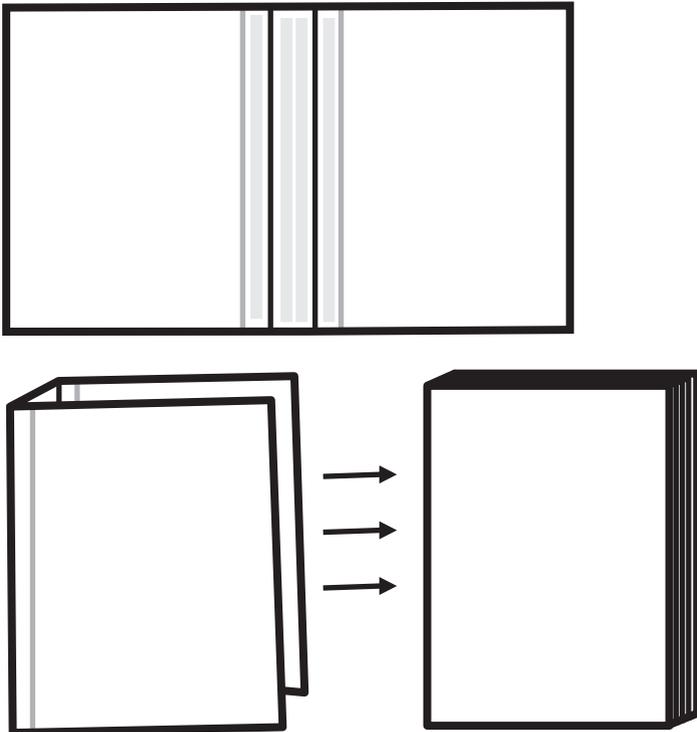
10.) Once the first layer of glue is dried, apply another layer on top. Repeat 3-4 times.

**Done!**

**Finishing Touches:**

Simply cut a strip of cloth, paper, or bookcloth to cover the spine and hide the glue line.

You can also attach a soft cover which needs to be long enough to reach around the spine. Use PVA glue or double-sided tape to stick it all down.

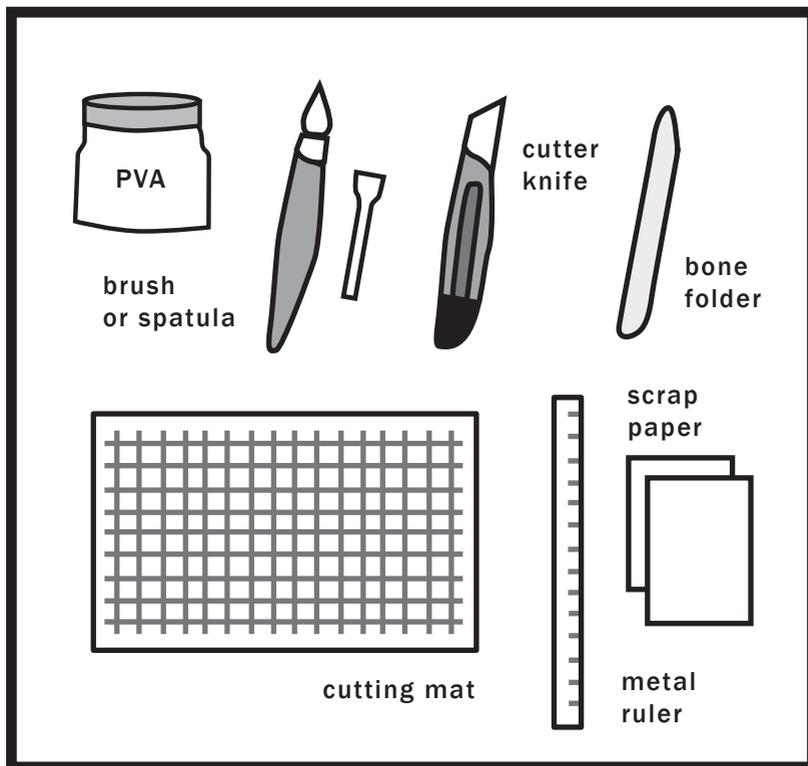


# Concertina

If you've got a long strip of paper this one's super easy to put together. And endless - possibly!

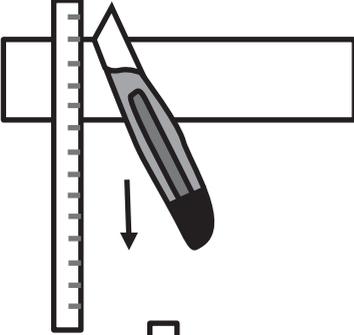
This technique is so called accordion fold or Leporello binding,

Things you'll need:



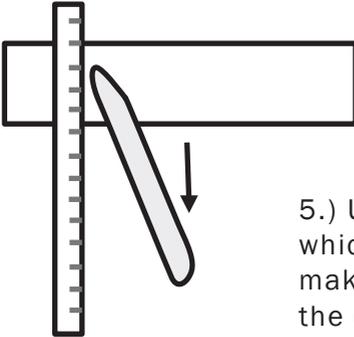


1.) Start folding your long paper strip. Use your cutting mat's guides to keep it straight!



2.) If your paper is quite thick it helps to make a score before folding. Align your metal ruler and use the blunt side of your cutter knife.

3.) Flip the paper and re-align your ruler to score again using your bone folder.

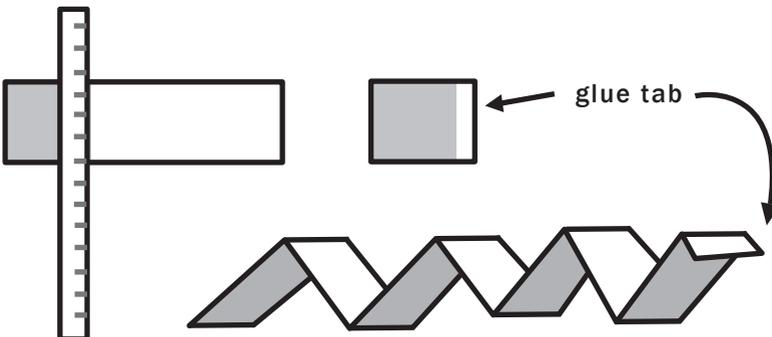


4.) Fold your paper along the prepared line.

5.) Use the start of your folded strip - which now lies on top - as a guide to make the next fold. Which bends in the opposite direction. Repeat 1-4.

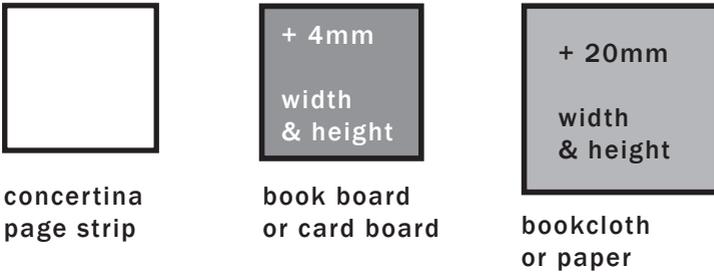


6.) When you reach the end of your strip make sure to leave a 10mm tab which can be used to connect the next strip.

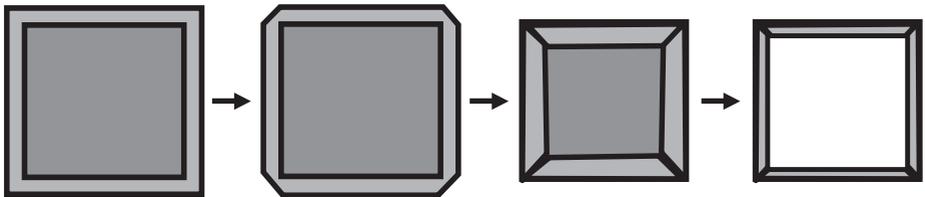


**Finishing Touches:**

You can add a hard or soft cover to your concertina book. Simply PVA glue a prepared hardback cover on each end or use a thickish piece of card. Don't forget to put your finished concertina in a press until the glue is completely dried.



You want to of these! One for each end of the concertina. Stick the book board in centre of the book cloth piece. Cut the corners of the book cloth piece. Fold over and glue down. Now attach both ends of the folded paper zigzag.



(For more detailed instructions see French Sling Stitch & Copie)

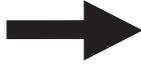
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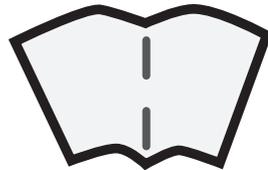
## Book Nerd Fact

The name Leporello derives from Mozart's famous work Don Giovanni.

In the opera is loyal servant - Leporello - carries a scroll with an endless list of names around for him at all times.

Leporello famously unfolds this archive of female conquests on stage.

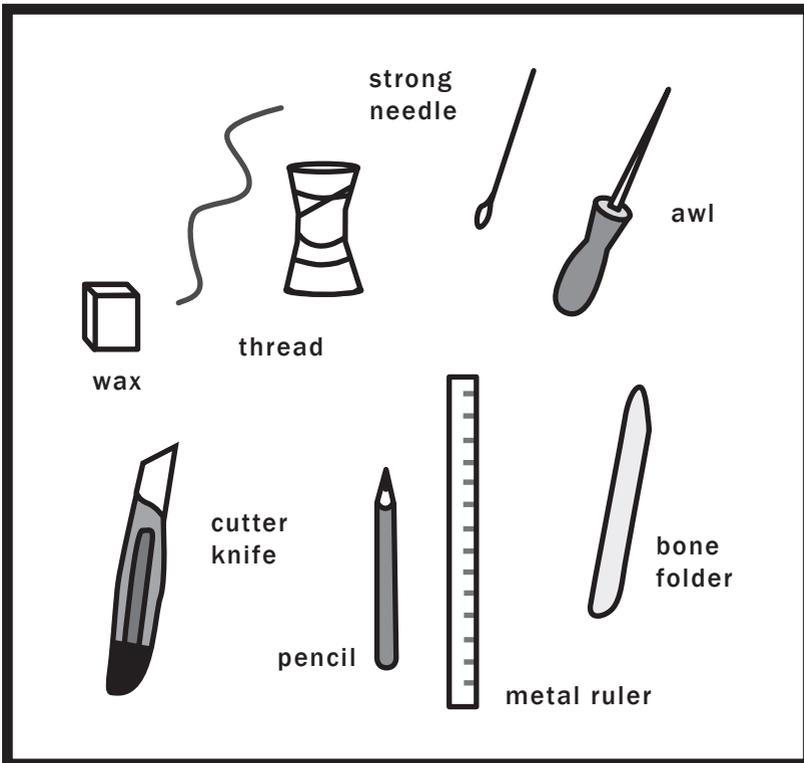
But we all know it won't end well for good old Don Giovanni...



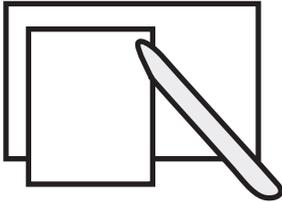
# PamphletStitch

If you want to bind without any glue - this is the one for you! In general, pamphlets work better with thin paper. It is not recommended to use more than 10 - 15 sheets. You can use a thicker paper or card for the cover.

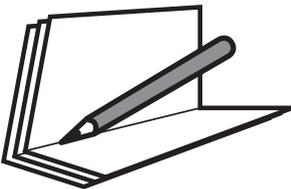
Things you'll need:



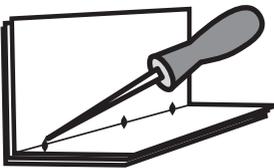
## Pamphlet-Stitch



1.) Start folding all your sheets in half, best done one at a time. Use a bone folder for crisper folds. Collate your sheets into a booklet.

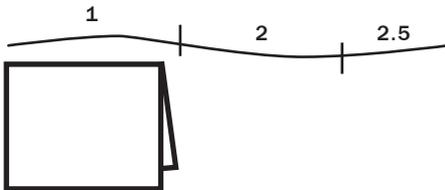


2.) Use your ruler and pencil to mark three (five) dots on the spine of the centrefold. One in the middle, two more each at least 10mm inwards from the edge of your sheet. (Add two more holes in-between centre and sides.)



3.) Use a cutting mat. Hold your booklet tight together and open at 90° angle.

4.) Align the awl at 45° angle. Pierce through all sheets at once. Keep the hole just big enough to allow your needle to pass.

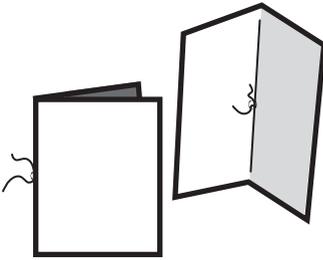


5.) Cut a piece of thread that's 2.5 times the length of the spine. Run the thread over a piece of wax to make it more durable.

### How to secure your thread!

Feed the thread through the eye of your needle. The end should be 30mm long. Flatten the string

with a bone folder. Now pierce the thread with your needle and hold the end whilst pulling the long end of your thread. Congratulations, no losing-the-thread anymore!

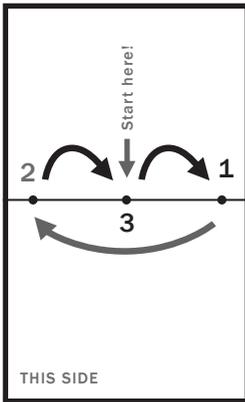


6.) There will be a little knot visible either on the spine or centrefold. Begin to thread your pamphlet from the OUTSIDE to have the knot VISIBLE WHEN the booklet is CLOSED. Reverse action for opposite result.



### 3-Hole-Pamphlet Stitch

OTHER SIDE



7.a.) Start threading from the centre to 1. Pull the thread all the way through. Leave a 30mm tail. (Needs to be tied into a knot with the other end at last)

8.a.) Skip the centre and go all the way over to the other edge through hole 2.

9.a.) Come back through the centre. (3) Cut off your needle and tie both loose ends into a double knot around the slack thread. This stops the knot from slipping out & the thread slacking.



# Done!

## 5-Hole-Pamphlet Stitch

7.b.) Start threading from the centre through 1. Pull the thread all the way through. Leave a 30mm tail. (Needs to be tied into a knot with the other end at last)

8.b.) Follow the spine line further towards the edge of the sheet and thread through 2.

9.b.) Go back on yourself through the hole next to the centre (3).

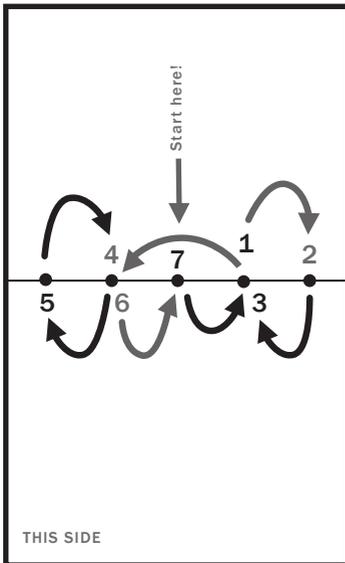
10.) Skip the centre and go through the hole second to the middle. (4)

11.) Thread through the hole furthest to the left. (5)

12.) Go back on yourself through the hole next to the centre (6).

13.) Finally, come back through the centre. (7) Cut off your needle and tie both loose ends into a double knot around the slack thread.

OTHER SIDE

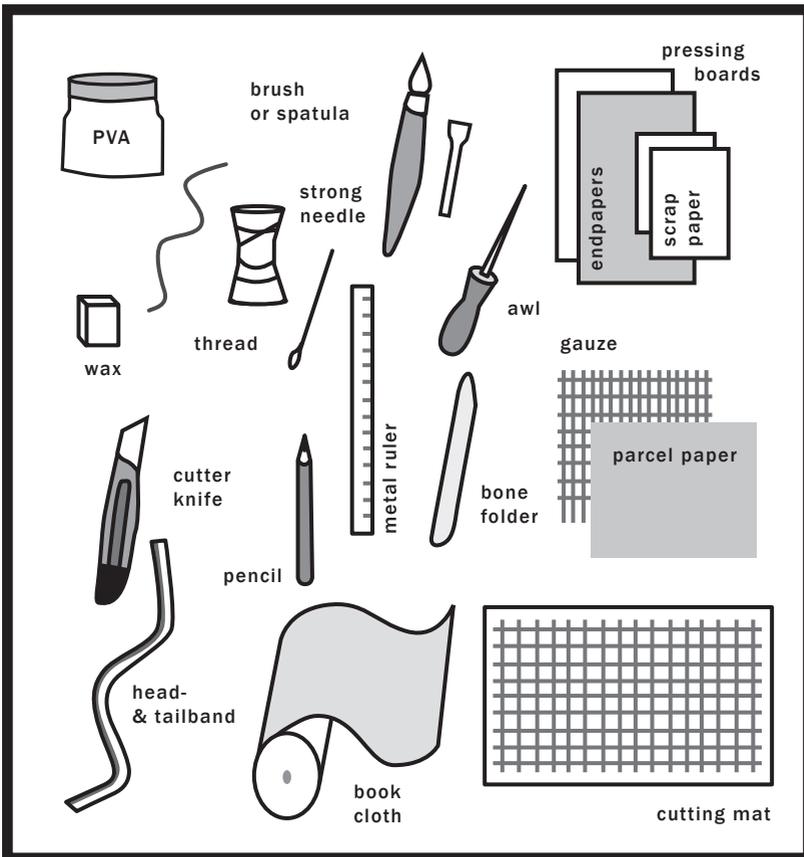


# Done!

# FrenchSling &Coptic

The proper way of making books! And extremely durable but it might take a little longer.

Things you'll need:



## Applied for Hardback Covers

In order to make your book block for hard back binding you fold a series of sheets of paper into signatures.

These signatures are then sewn together with a combination of French sling and Coptic or kettle stitches.

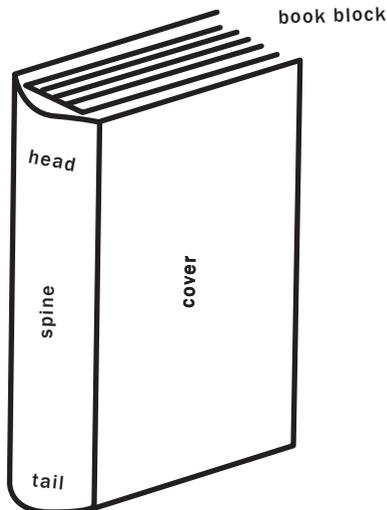
After the book block is finished - fixated with PVA glue, and trimmed - the measurements for the hard cover (or soft cover) can be taken.

The hard cover is usually constituted of three pieces of book board. Front cover, spine, and back cover.

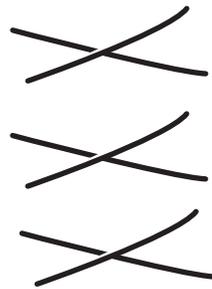
The 3 separate pieces are held together with one single piece of book cloth.

To attach the book block to the hard cover start and end paper are attached to the block. Both ends are then PVA glued to the hard cover.

The book is then pressed until dry.

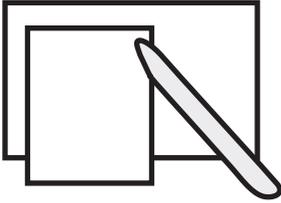


Coptic stitches are used at head and tail end of the book block

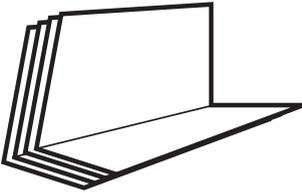


French slings are applied along the spine in-between head and tail.

## Preparing the book block



1.) Start folding all your sheets in half, best done one at a time. Use a bone folder for crisper folds. Collate your sheets into signatures. The ideal amount would be 4 sheets per signature.

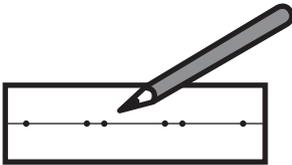


2.) Create a template for piercing holes so they're all positioned exactly the same for each signature.

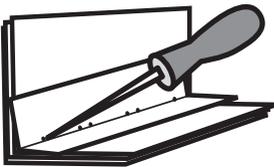
The template is a strip of paper with the exact same length as the spine of your signature. Fold it in half.



3.) Use your ruler and pencil to mark six dots on the template's centrefold. Mark two, each at least 10mm inwards from head and tail, for the Coptic stitches.



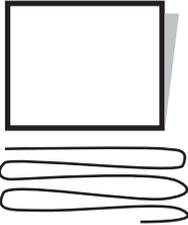
Add two more pairs of holes. The pair should be 10mm apart. Make sure both pairs are forming equal spaces along the spine.



4.) Use your template to pierce holes through all your signatures. Use a cutting mat. Hold your signature tight together & open at 90° angle.

5.) Align the awl at 45° angle. Pierce through all sheets at once. Keep the hole just big enough to allow your needle to pass.

## Sewing the book block

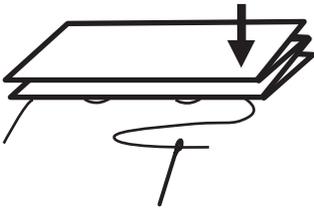


1.) Cut a piece of thread to start sewing your book block.

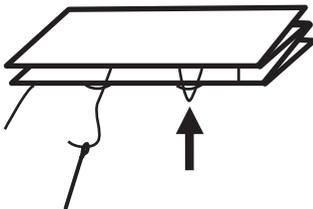
For each signature you will need one spine length of thread.  
(5 signatures = 5 x spine length etc.)  
Run your thread over wax to make it more durable and easier to handle.



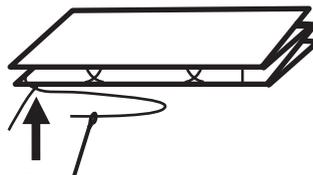
2.) Secure your sewing needle and start threading from the outside through the hole furthest left. Follow the holes along the spine simply weaving in and out again. Leave a 30mm tail in order to tie a knot later.



3.) Place the next signature on top and connect it to the one below.



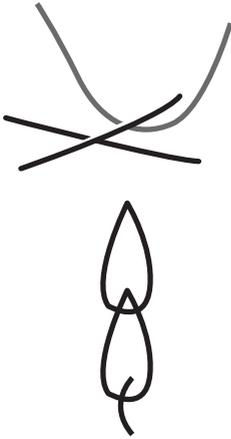
4.) Guide your needle through the loop you've created on the spine of the bottom signature before you go back towards the inside.



5.) Repeat the same for the second loop. Keep everything nice and tight.

6.) As you come out at the same side you started. Tie a double knot to secure the end of your thread. Keep your needle on the thread to continue sewing on the next signature.

Tie  
knot  
here.

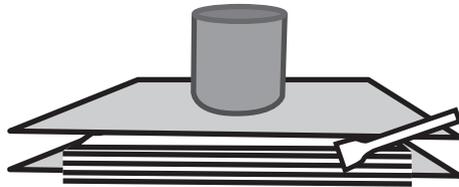


7.) Continue sewing and attaching the next signature just as in steps 3 - 5. When attaching the French sling, just pick up one thread.

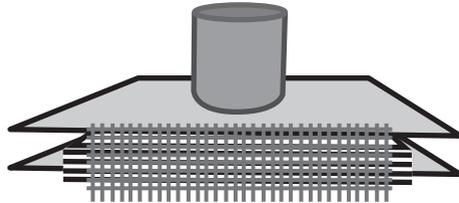
8.) When you reach the end of your signature create a Coptic stitch by looping through the existing connection. Then go straight into the next signature. This creates a teardrop shape style pattern.

9.) As you reach the end of your last signature simply tie a double knot to secure your thread and cut the end off to 20mm length.

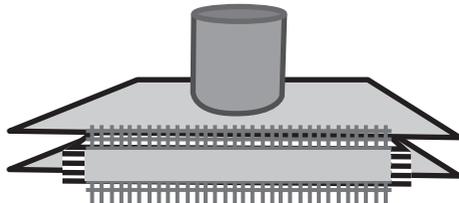
10.) Put your book block in-between pressing boards and apply PVA glue along the spine.



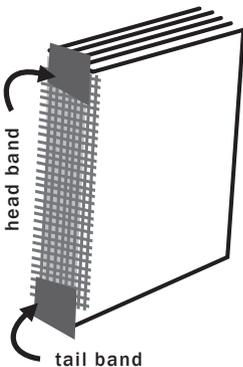
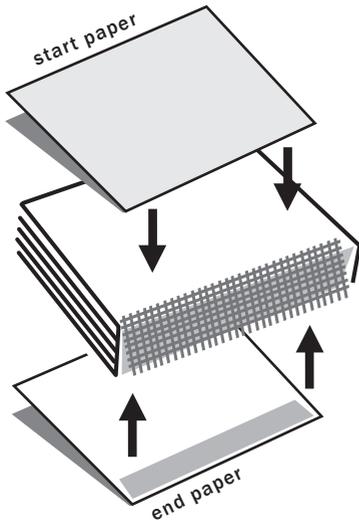
11.) Cut a piece of gauze material and stick it onto the spine. The gauze should cover all your threading but be slightly shorter than the spine. You want it to be about 20mm wider than your spine.



12.) With more PVA apply a strip of parcel paper, same length as gauze, same width as book spine.



## Attaching start and end papers



Once your book block's spine is dry you can attach start and end paper.

1.) Fold two sheets of paper in half so they're the same size as your signatures.

2.) Apply a 10mm strip of PVA glue along one side of the fold of the start paper. Use scrap paper to get a clean line.

3.) Place it onto the book block and press and hold to fixate.

4.) Repeat the same for the end paper.

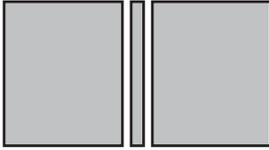
5.) If needed trim your book block to make it neater.

6.) Add head and tail band to the book block.

Now we  
just need  
a cover!

## Creating a hard cover

Take the measurements of your finished book block.

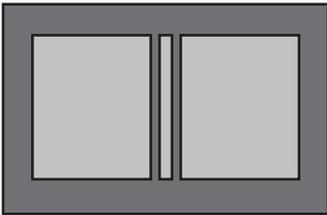


1.) Cut book board to size for front, back and spine.

Front and back cover:

Height of book block +4mm

Width of book block +2mm

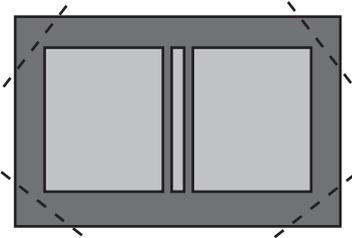


Spine:

Height of book block +4mm

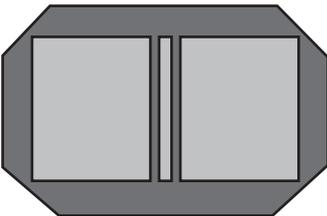
Width of spine +4mm

(These rules apply for 2mm thick book board, adjust if using different weight)



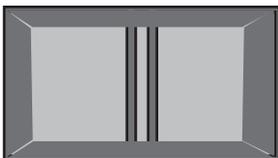
2.) Cut a piece of book cloth big enough to fit all three book board pieces. Leave a 4mm gap in-between spine and covers. Leave 20mm extra book cloth all the way around.

3.) Stick all boards down with PVA glue.



4.) Cut off the corners, don't cut to close. Leave 2mm space to the board.

5.) Apply PVA glue to the tabs and fold them over using your bone folder. Start with the two long tabs.



6.) Leave the cover to dry in a press so it won't warp.

## Fitting a hard cover

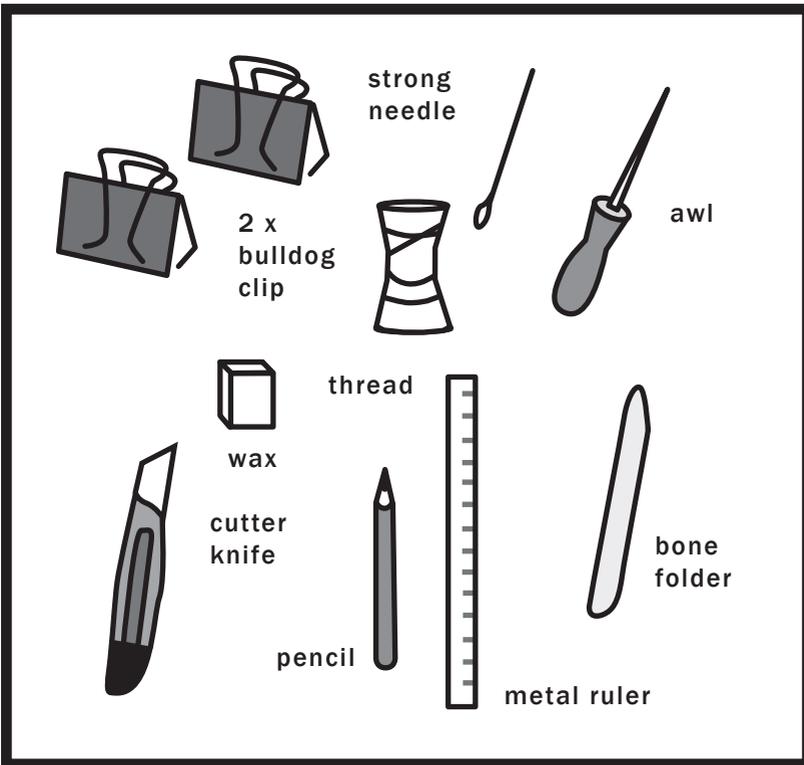
- 1.) Apply PVA glue onto the end paper.
- 2.) Place the book block central onto the front cover.
- 3.) Fold up the spine and press the book block tight against the spine. Let the back cover drop onto the end paper.
- 4.) Open the book and make sure there are no air bubbles caught under the end paper. Use your bone folder to neaten and flatten the end paper.
- 5.) Repeat the same for the start paper.
- 6.) Now keep your book in a press with the spine sticking out so it can dry flat.

# Done!

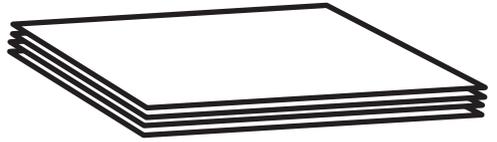
# JapaneseStab

Stone-old technique, beautifully exposed threaded binding. No glue needed! Works with single sheets and will need a generous gutter. Stiff spine, use soft and bendy papers.

Things you'll need:



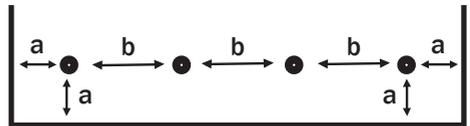
1.) Stack your paper up neatly and fix it with two bulldog clips.



2.) There are many different patterns you can try! For the most simple stitch mark four dots with your pencil.

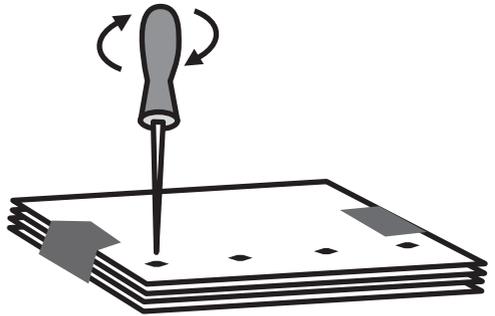


The marks sit on the same line, equally spaced out. The line should leave at least a 10mm gutter



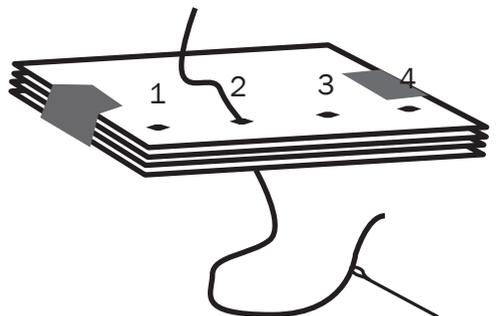
The marks closest to the edge of the sheet should be placed about 15mm inwards.

3.) Use a cutting mat. With the awl pierce holes through the stack of paper where you made your marks. Give the awl a little twist for easier drilling.



4.) Cut off a long piece of string. About x 3.5 the length of the spine of your book.

Thread up your needle and start at (2). Pull it through and leave enough to tie a knot in the very end.



5.) Go back up through (3) and back down through (4)

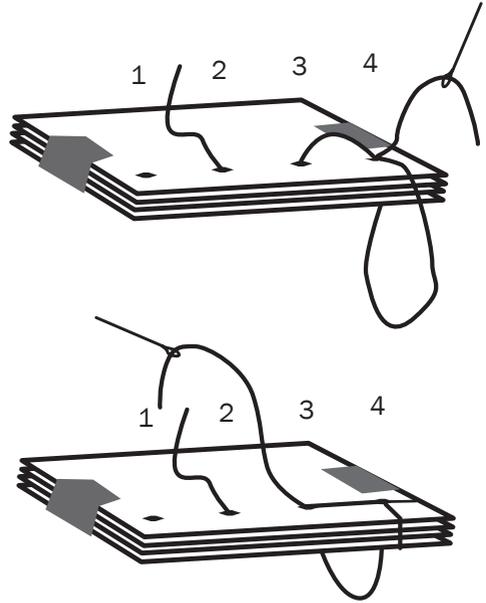
6.) Come back up through the same hole, this time going round the spine.

7.) One last time go through the same hole, this time going round the edge of the side of the book.

8.) Come back up through (3). All the way keep your string nice and tight. No slack!

9.) Finally go through (2) and repeat from step 5. No double layers of string. Fill all the gaps on the other half.

10.) When you reach (2) at your final step tie a double knot and push it down into the hole to hide it.



**Done!**

There's many different patterns you can try!

