

## NO GLUING, ALMOST NO SEWING, REMOVABLE SPINE BOOK

### Supplies:

1. 6 sheets 8 ½ x 11" copy paper cut in half horizontally. If paper is thin (20lb) add 2-3 more sheets.
2. 1 pieces cardstock or other heavier paper to wrap each of the two signatures – decorated or plain
3. Lightweight cardboard, mat board, file folder (I used what stamps come with when ordered by mail), etc. to be the insides or stiff part of the covers.
4. Scrap of paper about 3" wide by 5 ½ inches tall for sewing template.
5. 2 pieces decorative or plain card stock (65 pound works well) to wrap the covers.
6. 1 piece plain or decorated card stock about 3" x 5 ½" to serve as the removable spine
7. Thread (about 15 inches) and needle. Ply should be 2 or 3 ply or linen thread with light waxing.
8. Regular supplies: scissors, cutting mat, cutting knife (X-acto), pencil, bone folder, ruler, embossing tool.
9. Binder clip

### Ahead of time: (using the items 1-4 above)

- Cut 6 sheets of copy paper and the one piece of cardstock (signature wrapper) in half ahead of time. Fold into two signatures and put under weight. When folded the two signatures should each be 4 ¼ " wide by 5 ½" tall. Also cut sewing template 3"x 5 ½. **Don't sew anything yet.**
- From the lightweight cardboard cut two pieces 4 ¼" wide x 5 ½" tall. These will be the insides of the covers.

### Putting it together when we get together.

Create sewing template for three hole pamphlet stitch using the scrap 3" x 5 ½" paper. Keep track of the tops of the template and the two signatures. Top and bottom holes are about ¾" from top and bottom edges. Center hole is in middle. Distances don't have to be exact – but the holes in each signature should be in the same place – hence the template. Punch holes in both signatures – do each separately but include the decorative wrappers.

### We'll be sewing signatures as "two-sewn-as-one." (See picture 3)

- Place the folds of each signature back to back and clip them together with a binder clip.
- Leaving a 2-3" tail start in the middle hole of one signature and come out the middle hole of the other signature.
- Go up to the top hole and into it and out the top hole of the first signature.
- Go down to the bottom hole (skipping the center) and into it and out the bottom hole of the other signature.
- Go back up to the middle hole and through both signatures and into the hole where you started.
- **Stop** and make sure the sewing is sufficiently tight and tweak as needed. Making sure the tail and the working end of the thread are on opposite sides of the thread already in place tie a square knot (right over left and left over right.)
- Fold them back into separate signatures (light should be seen between the two signatures as well as the sewing threads.) Using bone folder, gently press signatures down and place under weights to compress.

### **Cutting the wrappers for the covers (See pictures 1 and 2)**

- The front and back cover each need a horizontal piece and a vertical piece.
- Don't worry about grain on this prototype as something will be folded against grain as we're trying to do this with two sheets of 8 ½" x 11". Once the process is understood the papers can be adjusted to accommodate grain in future projects.
- Cut one piece of the decorative paper to 5 ½" x 8 ½" – these will be the horizontal and first wrapper. If you're using 8 ½"x11" paper just cut in half horizontally to make the two needed pieces.
- From the other piece of decorative paper cut two pieces to 4 ¼" x 8 ½" – these will be the vertical and second wrapper. From the piece remaining there should be enough for the spine piece to be cut to about 3" wide by 5 ½" tall.

### **Wrapping the boards**

Place one of the cardboards roughly in the middle of the horizontal piece so that there is about 2" on each side of the cardboard. This will be covered so doesn't need to be precise. I'm judging that about 1 ½" of "flap" is needed on each side to help hold the cover together. Take an embossing tool and run it along the cardboard to make a nice crease on one side and then the other and then wrap it around the board. Bone it down so it has good creases. Repeat the process with the other horizontal paper. Lay those wrappers aside for the moment.

Next lay one of the cardboards vertically on one of the narrower pieces so that a flap roughly 1 ½" is at the top and bottom. Again center by eye and then run the embossing tool along the top edge and the bottom edge creating a nice line to fold. Wrap the fold around the top and bottom and bone it down. Do the same to the other narrow strip. Round the corners or trim a little off so each end will enter the slots more easily. Now lay these pieces aside.

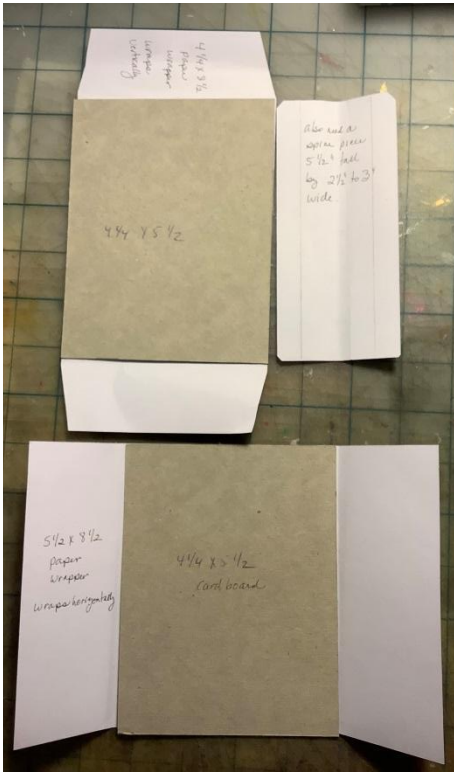
Take the horizontal wraps and place around both pieces of cardboard. Take the narrower vertical wraps and fit one end into the top under the solid side of the piece in place and then carefully working the paper fit the other end into the slot at the bottom. If the paper happens to be a bit too large somewhere carefully trim off a whisker at a time until it fits. Repeat with the other cover. (Picture 4 shows the slot you are making – there will be a slot on either side of the boards so you have options.)

Decide what is front and what is back for your covers and slide the signature wrapper page of the 1<sup>st</sup> signature into the front cover and then slide the last signature wrapper into the back cover. If you hang up on the inside paper flaps slide an index card or other narrow stiff paper over the top of them and that should help ease the covers into place. Picture 5 shows the book without the spine.

**To make the spine.** Measure the approximate thickness of the book. Mine was about ½" so I marked that on one side of the spine piece (vertically) and folded the other side to that. I repeated this step on the other side. This creates a ½" spine in the middle that is already folded. Round the corners a tiny bit so they don't catch. Slip it in underneath the covers and the book is done. Picture 6 shows the book with the completed spine.

This book does not need glue to hold together. However, a little touch of glue stick or washi tape helps hold things together. Paper thickness and the surface coating play roles in how well things go together and stay together.

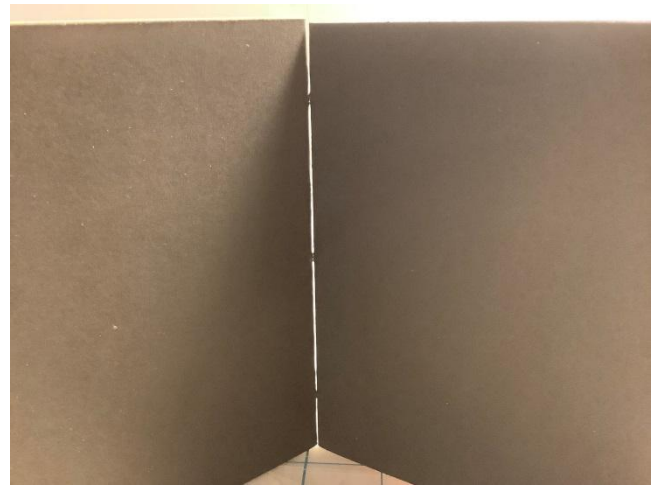
**The picture version of how the book goes together.**



Picture 1



Picture 2



Picture 3 – notice the light between the signatures



Picture 4



Picture 5 – no spine



Picture 6 with removable spine