

# ALL THINGS BOOK BINDING

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Life Rebound



# WELCOME

Welcome to the exciting world of Book Binding!

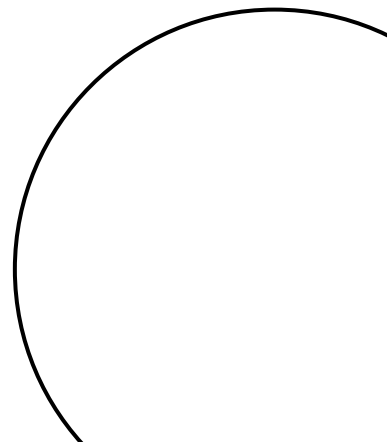
Book Binding is such a fun and rewarding hobby, that truly is much easier than it appears. There are so many resources out there that you can use to either learn this hobby as something new, or expand your current skills.

Every binder has their own methods of doing things, and this guide is just one way of doing things. That being said, don't take everything too seriously! Something doesn't quite click for you? That is perfectly okay, you do what feels right for you, there really a great amount of space for personalization (I promise you won't mess up too bad). The best thing for improvement is practice so find those stories and get binding!

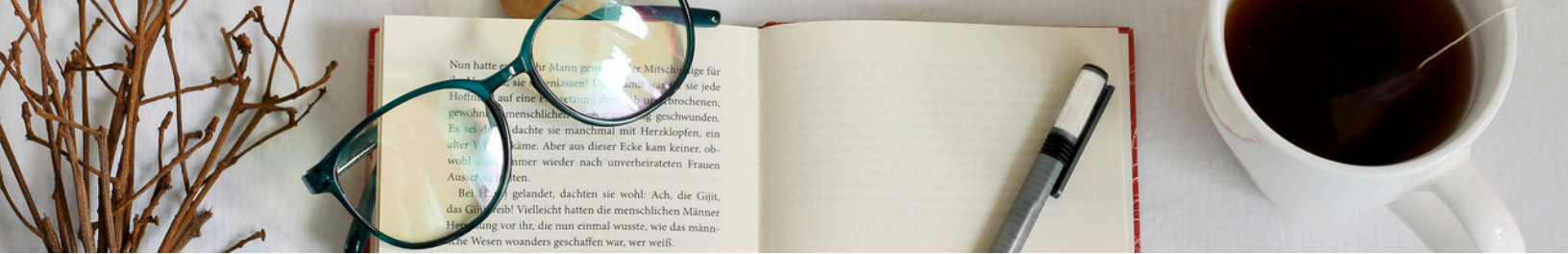
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# MATERIALS

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Whether you are looking to bind from scratch or rebind already printed books, the materials you will need are about the same. Here are the tools that will help you be successful, keeping any budget in mind (because let's face it, some of us aren't looking to go pro and don't want to spend a ton of money of our new hyperfixation

## **Budget Friendly**

- Elmer's Extra Strong Glue
- Cardstock Paper
- Cotton Fabric
- Chip Board
- Thick Thread
- Sewing Needles
- Scissors
- Rough/Sturdy Paint Brush
- Heavy Stack of Books
- Box Cutter

## **Professional Grade**

- PVA Glue
- Printed Endpapers
- Bookcloth or Adhesive Leather
- Chip Board
- Cheesecloth
- Waxed Thread
- Curved Sewing Needles
- Sewing Shears
- Rubber Brush
- Book Press
- Exacto Knife
- Bone Folder

For the sake of this being a beginner's guide to Book Binding, the budget friendly options are what are going to be used here, but please feel free to make the switch where you see fit! Again, this process is totally customizable, play around with different methods and materials to find your favorites.



# BINDING TERMS

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Vocabulary is always a pillar of learning something new, and Book Binding is no different. Sometimes binders will throw our terms and you have no clue what they mean, so here is an overview of terms you may come across

## **Bookcloth**

A specific type of fabric that has a paper lining attached to it

## **Cases**

Essentially the outer shell of the book. When you think of a hardback book, the “hardback” part is the case

## **HTV**

Heat Transfer Vinyl. A type of decorating material for your cases, typically used with a cutting machine like a Cricut

## **Signature**

The formatted document that will be printed out to make your book from scratch

## **Text Block**

The sewn together signatures that make up the bulk of your book. The book’s pages.

## **Typeset**

Folded sections of your printed text that will get sewn together.



Have a paperback book that you just can't find a hardback version of? Or better yet, have a serious whose colors just do not match your aesthetic? Rebinding can solve both of these issues. Simply put, you are replacing the current cover and replacing it with a new one. This skill is absolutely where I would recommend you begin your book binding journey, as it involves key skills with will also be used in binding from scratch

This section teaches you step by step how to build a new cover, for your book

# REBINDING



# BUILDING A CASE

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Materials: Chipboard, Cardstock Scissors, Box Cutter, Glue, Fabric

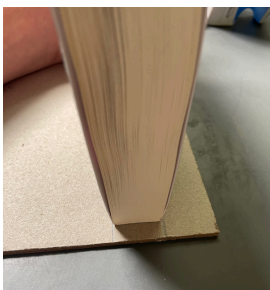


## Measure your Chipboard

Place your book flush with the corner of the chipboard, making sure the spine aligns with the edge of the chipboard.



Mark the width of your book along the edge of the book (ie. the exact measurement of the bottom of the book). Move your book so the corner is on your mark and mark your second cover piece

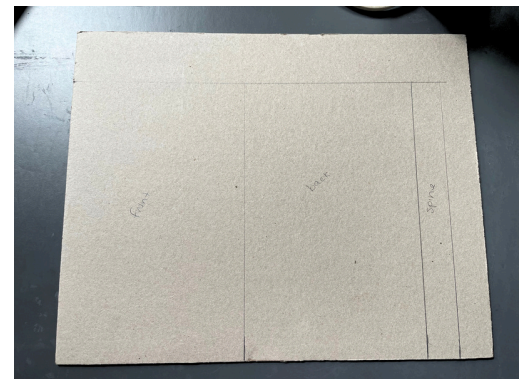


Position your book 5mm from the bottom edge of the chipboard, and mark 5mm above your book. This creates a lip for your cover.

Mark the width of your spine beside your covers. It should be the exact width of the spine, though some people prefer adding a little extra width to their spine, either is fine!

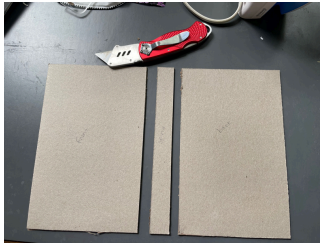
### NOTE

Some books with really wide spines may require using another piece of chipboard. Remember to ensure the height matches your covers





## Glue your Case Structure

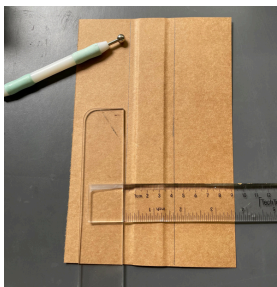


Cut your two cover pieces and spine using a box cutter or exacto knife.



Cut a piece of cardstock paper in half. You can use any kind, I prefer cardboard color when using a cotton for the case fabric as it won't show through.

Cover your spine piece with glue and place in the middle of your cardstock piece



After it sets for a moment, flip the pair over to the backside. Use a tool, such as a bone folder or rounded embosser (as pictured) to create a indentation in the cardstock around the spine.

Measure 8-10 mm on either side of the side and mark it.



Glue from the marked line to the end of the cardstock, using a rubber brush, paint brush, or even your finger to make the glue reach the edges

Place your cover pieces on either glued side, making sure they are straight along the bottom



## Covering your Case



Place the cover piece on your fabric. Cut around the case, maintaining about an inch of extra space added to it.



Starting with the spine, spread an even, thin layer of glue along the cardboard. Use a straight edge (bone folder, credit card, smoothing tool, etc) to smooth out the fabric.



Fold the fabric back and evenly and thinly cover the cardboard cover piece. Use the smoothing tool to smooth the fabric.

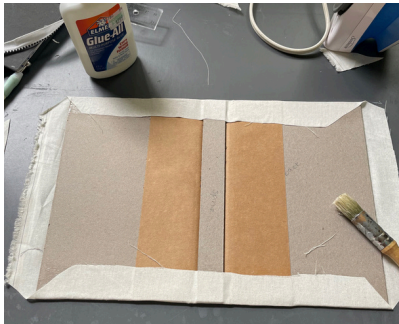


## Covering your Case

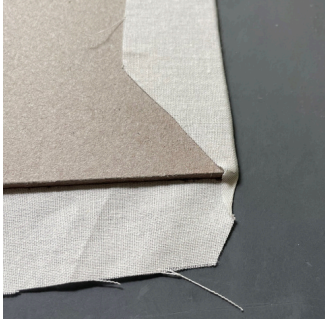
### *Part II*



Flip case over so the inside is exposed. Cut a 45 degree angle. Leave a small overhang piece off the edge (as pictured). Repeat on all four corners.

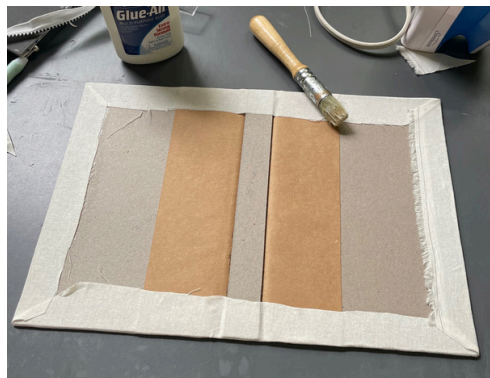


Start with the long sides. Glue along the edge and fold the fabric up, smoothing it out. Make sure to pull it tight so that there is no loose fabric along the edge.



Tuck the corner of the fabric in. I put a small dab of glue to keep it in place. Repeat to all four corners.

Glue along the edges of the two short sides and repeat the process above of pulling and smoothing the fabric.



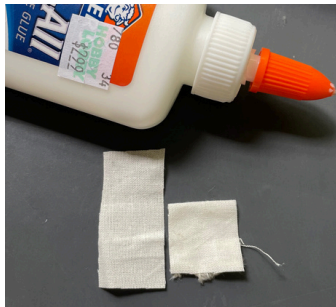


## Preparing your Textblock



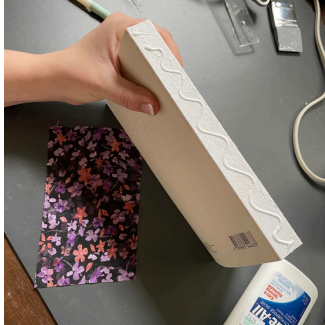
Using a piece of fabric that matched your case, or premade endbands, measure and cut a small piece the width of your spine.

NOTE  
The length here doesn't matter too much, just make sure that you have enough to fold in half and then glue onto your spine in a couple steps



Fold the piece of fabric in half and secure with a dab of glue. Set aside for a moment.

(Not pictured) Cut a strip of cotton or cheesecloth about the length of your book's spine and wide enough to have at least 2cm overhang on either side



Carefully remove the original cover of your book, leaving the textblock.

Spread glue along the spine of the textblock. Place the strip of fabric on the spine and smooth with your finger. Do not glue down the sides.



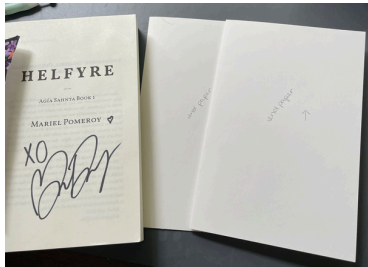
Add the two little endbands you made two steps ago to either edge of the spine. Leave a little overhang off the book (as pictured).

## Adding your Endpapers



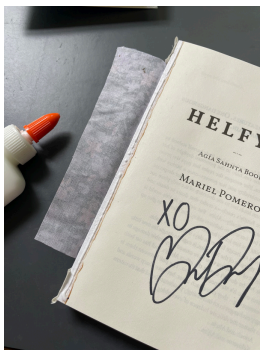
Fold your endpapers in half. If your paper has a “pretty” side and blank side, make sure the “pretty” side is in.

Measure your endpapers to the exact size of your textblock. Cut to size.



Put a thin strand of glue down the edge of your textblock. Some people like to spread it more evenly with a brush, though this isn't entirely necessary.

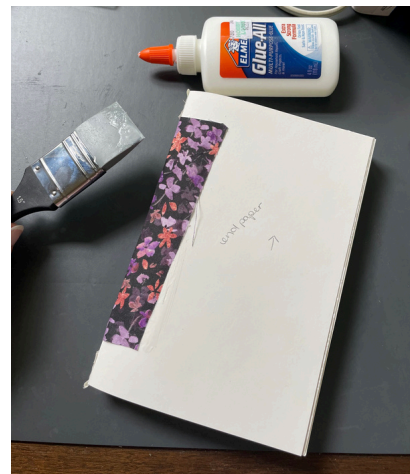
Place your endpaper on the glue, making sure it is straight along the edge.



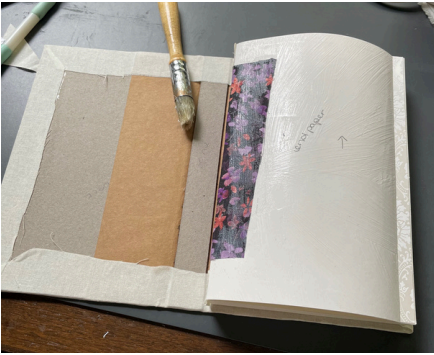
Spread some glue along the outside endpaper and fold your overhanging fabric from your spine onto it. Smooth the fabric down.

**TIP**

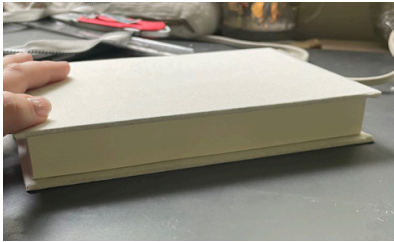
When you are starting out, use a solid color end paper, or one with a repeating pattern, so that you don't have to worry about making sure the pattern is facing a certain way. As you improve, you can play around more with endpaper designs.



## Putting it all Together



Take your textblock and place it in your case. Fold the covers up to make sure everything fits and that your textblock is placed evenly on the middle of the case.



Lay the case on its side, making sure the textblock doesn't move from where you had it set (it's ok if you need to readjust).

Spread a medium layer of glue on the outside endpaper, with special focus on the edges. Carefully pull the cover over and press onto the textblock. Repeat on the other side. Do not open the book until after it sits in the press for a few hours.



Place your now finished book into the book press, or under a heavy stack of books, for a minimum of two hours.

**CONGRATS ON YOUR  
NEWLY REBOUND BOOK!**





Sometimes there are just stories too good to solely be digital. That's when learning how to bind from scratch can come in handy.

Again, there are many different methods of scratch made bindings, this is just the method I prefer. The skill itself is intermediate and can take some time to get used to, so have patience with yourself if it takes some practice.

This section covers how to format a digital file, print, and sew your pages together.

# SOPHIA



# TYPESETTING

Materials: Computer, Printer, Paper

If you are hoping to learn how to bind fanfiction, there are many resources that are free and easy to use, such as AO3. That being said, fanfiction is illegal to sell, and this guide supports the efforts of the writers and their safety, so I do ask this guide be used responsibly and only for personal use binds in order to keep the community open and fun for everyone. Thanks!

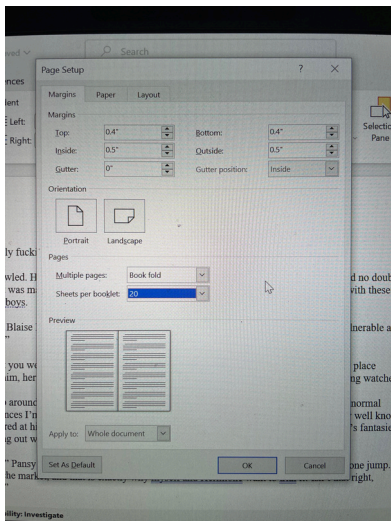
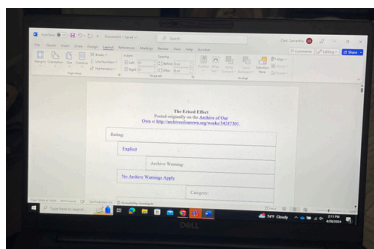
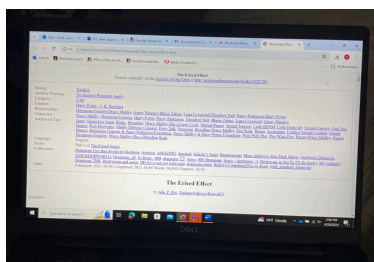
## Importing your Document

Once you find your document, download it as an HTML file.

Open this downloaded file and copy it in its entirety.

Open a new word document and paste the copied document. You can set your formatting before this if you want, I just find it easier to do after this step.

In the Layout tab along your word toolbar, open up the margins tab, and hit custom margins. You are welcome to play around with it to your liking, here is what I do:



Top: 0.4  
Inside: 0.5  
Gutter: 0  
Bottom: 0.4  
Outside: 0.5

Make sure to set it to Bookfold. I prefer 20 pages per booklet, but you can do more or less, up to you.

## More Formatting

Choose your Font and Font Size.

I usually use Times New Roman at 9.5

Your title and or cover page should be on the first page of the document.

This next part can be tedious but sometimes things don't transfer over seamlessly. By this, I mean that there can be larger spaces than the author intended between paragraphs, chapter titles don't stand out, or it all runs together. You will have to go through the whole document and make sure to format these to your liking for consistency. It can take a while, but it will make it more legible in the long run.

Things to look for:

Spelling errors

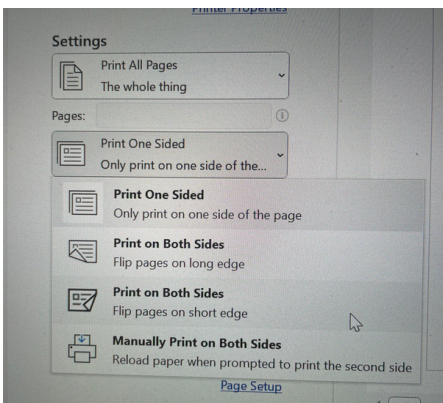
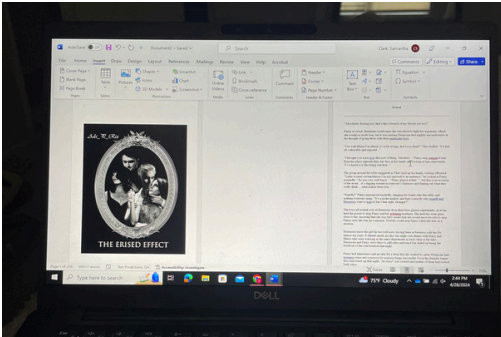
Chapter Titles

Extra Spacing

Pictures that need to be changed to fit

Don't forget to add your page numbers to the page, set on size 8 font.

Before you print, ensure you are printing on both sides, flipping on the short edge.





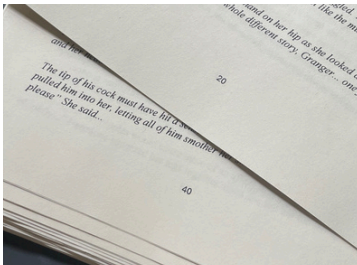


# SEWING

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Materials: Thick Thread, Sewing or Curved Needle, Brush, Glue

## Folding the Signatures



Once everything is printed you can start on folding your signatures. If you followed my formatting, each signature will consist of 20 pages. If you went with another number, it will vary based on your setting.

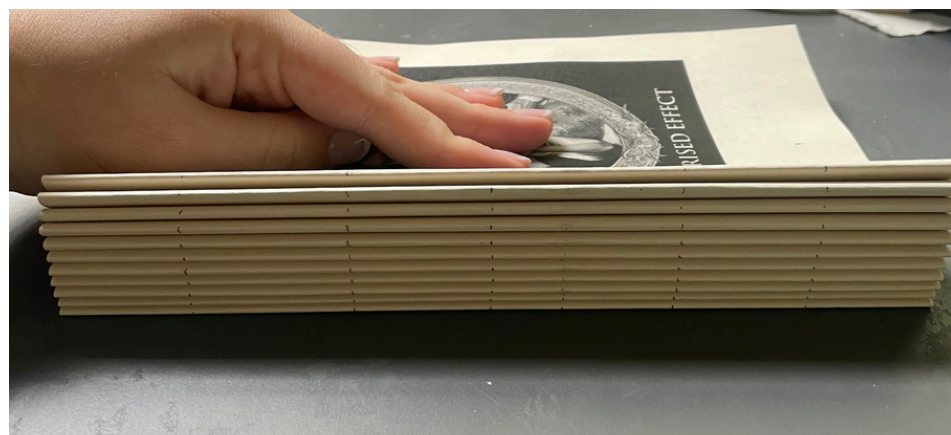
I find that if the number isn't evenly 20s, each section starts where the numbers cease to go down.

(ex. 12, 10, 8, 6, 4, 2, 40 - 40 would be your next section)



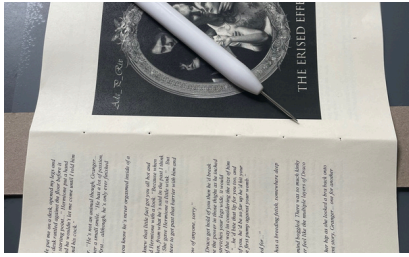
Fold all of your signatures, starting at the beginning of the book until the end.

Stack your folded signatures in order and line up straight along the edges. Using a straight edge, like a ruler, make 5 lines running vertical, evenly spaced (as pictured below)



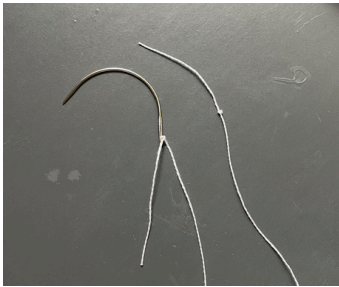


## Begin sewing

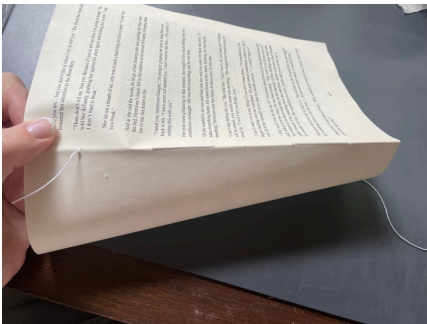


Using either a pointed tool (like pictured) or your sewing needle if that's what you have, poke through each mark that you made on your signatures.

I like to start from the beginning of the text and work my way down, stacking them upside-down as I go to make the stacking process later easier.

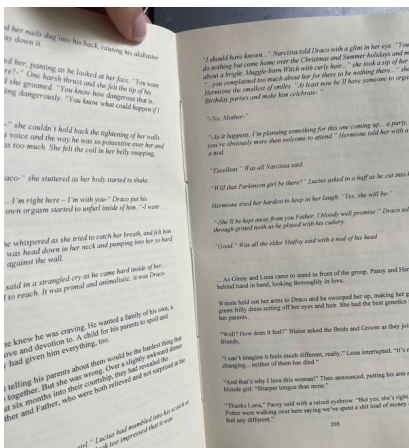


Once your signatures all have their holes punched into them, you can prep your needle and thread. Place a small knot at one end of the thread and feed the other through your needle, tying another knot here so you don't lose your thread while sewing.



Starting with your last signature, feed the needle through the top hole. From the inside, push it back through the next hole. Do this in all of the holes so you have a thread through every other space (as pictured).

At the last hole of the signature, reverse your pattern so that you are back at the top of the signature, with all the spaces between holes filled (as pictured).

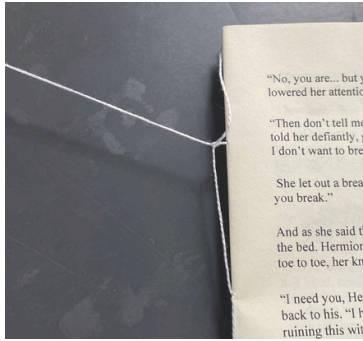


Many binders use waxed thread for this part. I find regular thread easier to work with as you are first starting out.

TIP

To pull the thread tight as you go, pull parallel to the paper, not perpendicular.

## Adding the Signatures



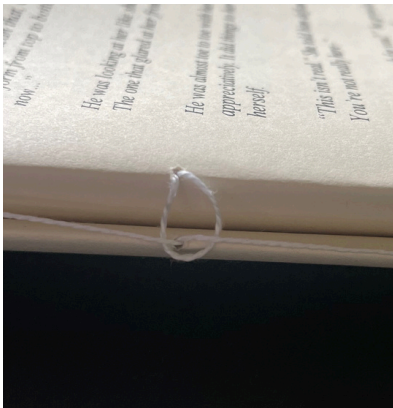
When you reach the top of the first signature again, tie a knot with the extra string.

Grab your next signature and place it on top of the first, ensuring the smaller pager number is at the top and that the two pages touch are consecutive in numerical order (ie. Make sure your pages read like they should)



Feed the needle through the top hole of the second signature, coming back through the second hole from the inside

Feed the need down through the left thread and up through the right thread, essentially creating a loop (as pictured).



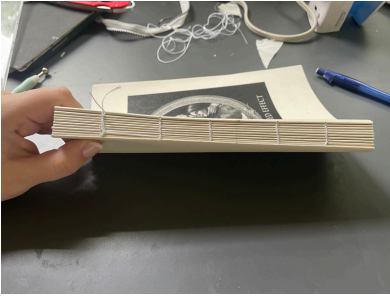
Tighten the thread from the inside and continue down through the next whole. Repeat the loop process. Continue this pattern to the end of the signature.

Place the third signature on top of the second. Make one more loop through the final thread and then feed your needle through the bottom hole of signature 3.

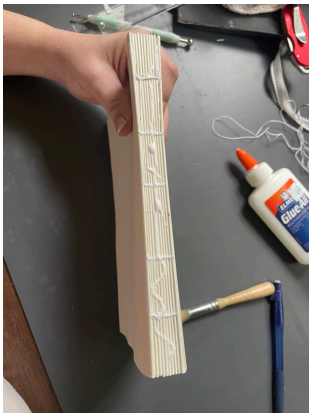
Come back through the next whole up from the inside. Now you can simply thread your needle behind the loop you made to create another loop. You're basically making a chain of loops. Continue this step until all of the signatures are sewn together, pulling tight as you go.



## Finishing the Textblock



After all of your signatures are sewn, you should have five lines of looped chain going vertically up the Textblock



Squeeze ample glue along your Textblock spine and spread with a course brush. This ensures the glue gets in between the signatures and holds them together

Place in your press for a minimum of 2 hours.



Some binders like to repeat the gluing process, which I would recommend if you have a thicker Textblock

SEE BUILDING A CASE FOR THE  
REST OF FINISHING YOUR SCRATCH  
MADE BOOK





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*Thank you!*

If you have any questions at all, please  
don't hesitate to reach out to me via  
email or Instagram!

Also tag me in your finished products,  
I would love to see them!



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