Rough & Tumble Ergonomic Notebook
Instructor Karen Hanmer

TOOLS

Equipment

Required
• Weight, a covered brick or equivalent
• Pair of clean press boards, two inches wider and taller than the text block is ideal
• Backing hammer or, if this is unavailable, your household hammer with the head closest to 1.5" in diameter, preferably slightly
• Nipping press if you have one, otherwise as much weight as you can stack on top of your press boards (weights, bricks, heavy books), 20-25 lbs (5 bricks) is not too much
• A pair of gluing up boards, scrap book board the height of the text block and 2-3" wide, one of the long edges of both covered in clear packing tape

Recommended
• Finishing press (An economical collapsible travel model is available here: www.chestercreekpress.com/tools/tools.html.)

Hand tools

Required
• Cutting mat, large preferred
• Scalpel, Olfa or X-Acto knife, and extra blades
• Scissors
• 12" ruler that can be cut against
• 18" straightedge or ruler that can be cut against
• Small glue brush
• Large glue brush
• Awl with small diameter
• Beeswax for sewing

Recommended
• Square with base (Talas #TTB041001) or some device to keep text block square
• Dividers (Talas #TTB033004) or similar
• Microspatula (Talas #TTB002001) or similar
• Punching cradle (Instructions to make one are here: www.philobiblon.com/bonefolder/vol1no1contents.htm.)
• A small piece of non-skid shelf lining, 4 x 6" is adequate

MATERIALS

Unless noted, all materials are grain direction parallel to the spine. Dimensions below are (height) x (width). Please fold the text block before the first session.

Text block
• 70# text, 12 sections, 4 folios each, 48 sheets @ unfolded 7 x 9" (folded size 7 x 4.5")
• Card stock for punching template, 1 @ 7 x 2"

Endsheets
• Decorative or plain text-weight paper, 2 @ 8 x 10"
Sewing
• Tyvek strips for sewing supports, 3 @ 3/8 x 4" available in sheets from art supply stores or as envelopes or free FedEx or USPS supplies that can be cut into strips
• 25/3 linen thread
• #18 bookbinding needle

Spine linings
• Cloth spine lining, 1 @ 6 3/4 x 3" Cambric/Jaconnet from Talas
• Paper for spine lining, handmade or something that does not cockle when moistened like Arches text, 1 @ 6.5 x 2.75"

Barriers
• 20 pt (called Bristol at Talas) cardstock fences, 2 @ 4.5 x 8", either grain direction (This will not be part of the book)

Case
• Case-weight paper, 1 @ 10 x 14" cut short grain. Anything you like that will not crack when folded against the grain. Cave paper, Khadi, St. Armand, the heavier weight Elephant Hide.
• Card for spine stiffener, 10 pt card or Stonehenge, 1 @ 8 x 2"
• Card for case stiffener, 10 or 20 pt card or Stonehenge, 2 @ 5 x 8"

Additional supplies
• PVA
• Low tack masking tape
• "Paper rulers," strips of paper letter-size long and about 1/2" wide to use for quick measuring when ruler is awkward or unnecessary