



## **Rough & Tumble Flexible Notebook**

Materials needed to participate in the online workshop led by

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**Read all three pages of this list—thank you!**

### **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 rounded.
- 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](http://www.chestercreekpress.com/tools/tools.html).)
- A 9 to 12" length of dowel. Diameter roughly equal to the thickness of the text block, 5/8".

### **HAND TOOLS**

#### ***Required***

- Bone folder, preferably sanded for a narrower tip so it can be used for precise scoring
- 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

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## **HAND TOOLS** *continued*

### **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](http://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
  - **NEW** You could also use Ramieband, available from Talas, but do not purchase it just for this workshop <https://www.talasonline.com/Ramieband>
- 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"

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# MINNESOTA CENTER FOR BOOK ARTS

## Barriers **NEW**

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

## Case **NEW**

- Case-weight paper, 1 @ 10 x 14 inches; Anything you like that will not crack when folded against the grain. Cave paper, Khadi 210 gsm, St. Armand 320 gsm, the heavier weight Elephant Hide (190 gsm).
- Card for spine stiffener, 10 pt card or Stonehenge, 1 @ 8 x 2 inches
- Card for case stiffener, 10 or 20 pt card or Stonehenge, 2 @ 8 x 5 inches

## Additional supplies **NEW**

- PVA
- Low tack masking tape
- “Paper rulers”; strips of paper letter-size long and about ½ inch; wide to use for quick measuring when ruler is awkward or unnecessary
- A small amount of wheat or rice paste (mixed prior to the first class session) or a small tube of rice paste (Search for “Yasutomo Nori Paste”).