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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Basics of Bookbinding**

**By Marcus Harbert**

Bookbinding can be traced back to ancient times when stone tablets were used to record important

events. Information was transcribed onto these tablets and then placed between other tablets to protect the vital information from being lost due to damage from particles in the air, or dust. These tablets were then bound together using various materials that also made it possible to transport these tablets from one area to another much easier. These same principles are behind today's bookbinding, whether they are employed for publishing paperback and hardcover books for sale to consumers, to protect important legal and personal documents, or used to preserve special photographs and papers in a scrapbook keepsake memory book.

Bookbinding is a term used to describe the various methods of securing or 'binding' together of loose pages into a book. The binding can be accomplished by using stitching, staples, wire, plastic, tape, or glue. Bookbinding can be a labor-intensive project for the do-it-yourselfer, depending upon the methods chosen and the number of loose pages to be bound. However, there are many options available to the 'crafty' and the not-so-crafty person, that can make bookbinding a worthwhile and enjoyable experience. If you are good at working with your hands, you might enjoy punching holes in your pages and then stitching them together into a book by using materials such as, leather, rope, and colored yarns. If you're less handy when it comes to craft-making but still want to turn your loose pages into a book yourself: consider purchasing 3-ring binders and protective sleeves that are pre-punched to hold the pages you want to preserve. You can then decorate these binders using stickers, cut-outs, pictures, buttons, labels, etc. to make it truly your own creation.

If you would like to use different materials for your bookbinding without all of the hard work, you can opt to purchase a binding machine that will do most of the work for you. A binding machine is a good investment, especially if you plan to create several books at home. You can always choose to have your pages bound into a book by professionals too. Inquire at your local print shop as to their pricing for binding services. Professional bookbinding services can also be found online. The internet contains a wealth of information in the form of tips and ideas for bookbinding, discount suppliers of binding machines, and binding materials for the do-it-yourselfer and referrals to professional binding services. Keep in mind that the costs of bookbinding whether you do-it-yourself, or hire it out, will be determined not only by the methods you choose for your bookbinding, but also by the types of materials you

choose in binding your book.

You might be asking yourself why anyone would go to the trouble of binding loose pages into a book themselves or by paying someone else to do it for them. The answer is quite simple; bookbinding is an excellent way to protect legal and personal documents, as well as preserve special photographs and papers in a format that is functional, attractive, portable, and personalized. Bookbinding can be an enjoyable activity for the crafter. And even those who don't necessarily enjoy crafts will delight in having a personalized book that holds the documents and memories that are important to them. Binding your pages into a book not only protects and preserves those special documents, pictures, papers, and memories, it creates a keepsake to be shared with family and friends, and even be passed from one generation to another, full of history and memories to be preserved forever.

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, a site which is dedicated to preserving the

crafts and trades of yesterday.

### **Where to Find the Best Bookbinding Materials**

**By Marcus Harbert**

Whether you've just started your first book binding project, or have a few under your belt already, chances are you're always looking for new places to find the best book binding materials to make your projects unique and durable. Here are a few places you may want to look, no matter what your budget.

Your local craft supply store is a great place to look for book binding materials, since you'll have find ways to creatively decorate your book covers as well. And, after you've done the foundational work of making sure that your book is sturdy and durable, you can use some of the materials that you'll find in a craft store to add finishing touches to the book that only you can create. You can find the cords/rope that you'll need to actually bind the books at a craft store, and you may even find leather binding materials to give your book a professional look and feel.

Checking out your local bookstore is also a great idea when you're searching for book binding materials. You can pick up books that will give you instructions on how to bind books of any size, and if you purchase the book, you can always refer back to it when you want to start working on a new book binding project. Book titles you may want to look for include *Bookbinding: A Beginner's Manual* ( by John Ashman), *The Craft of Bookbinding* (by Manly Banister), and *Bookbinding and the Care of Books* (by Douglas Cockrell). These books and books with similar titles can also be found at your local library.

## The Basics of Bookbinding

You can also check out your local print shops or copy supply stores to find book binding materials that you can use. Office supply stores are great for finding ideas on how to bind smaller books, and you may even be able to get certain supplies at a discount if you buy in bulk. Checking with publishing companies in your area is also a great idea, because you'll be able to get tips on how to bind your books, and how to use the most affordable materials to do it.

Of course, there are plenty of places online to find bookbinding materials, but it's best to know where to look for the materials that will make your books the best they can possibly be. In addition to the right binding materials, you'll also need binding needles, which are usually between \$7–\$13, and can be found at some craft stores, or at sites like

[www.artistsupplies.com](http://www.artistsupplies.com)

. The Web can also give you lots of

useful information on how to authentically bind your books to give them a Renaissance or Gothic look, as well as ways to make your books last longer, even when you bind them yourself. Once you find how which resources work best for you when it comes to bookbinding, you'll definitely want to use your talent for more books in your home (i.e. photo albums, journals), and you may even begin to give your bound books as gifts to friends. Good luck!

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