

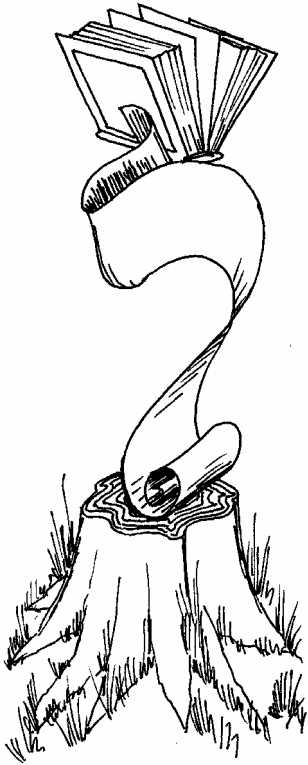
CHAPTER 4 — Journal Binding

Background: Before Lewis and Clark left on their expedition, President Thomas Jefferson admonished them to record their observations with "...great pains and accuracy, to be entered distinctly and intelligibly." The journals in which Lewis and Clark wrote have been preserved and are a valuable source of information. In fact, many films, books, and reenactments have been based on their writing.

Long before Lewis and Clark wrote in their journals, information was recorded on material such as stone or papyrus scrolls. The modern form of bookbinding, that is, pages bound on one side, appeared in the first century B.C. The pages of these books were made from animal skin. The materials were called vellum and parchment. Illustrations were added with wooden print blocks. Much later, the printing press was developed in Europe.

Early book bindings were made of wood and later of decorated leather. Often wooden boards were covered with tooled leather and fitted with metal clasps, gilt decorations, gold tooling, and inlaid patterns.

The students will be making blank books or journals from paper and cardboard. They will be able to decorate the covers for their books.



Materials

- Cardboard
- Poster paint
- Poster board
- Felt-tip pens
- Large needle such as a darning or needlepoint
- Glue
- Scraps of ribbon
- Pieces of fabric for the cardboard book covers.
- A cutting surface
- Strong thread
- White, unlined paper, 8-1/2 by 11 inches
- Construction paper, heavier than the unlined white paper.
- Craft knife
- Metal ruler

Planning

- Look at how books and journals are constructed today; see how the pages are held at the spine.
- Practice constructing a book yourself following the directions given the students.

Procedure

Initial preparation

- Set up all the supplies the students will need in one central location, such as on a long table or a couple desks in the classroom.
- Cut cardboard covers. Cut one piece of cardboard that will be $\frac{1}{2}$ inch longer and wider than the pages of the book and include a center section of $\frac{1}{2}$ to 1 inch for the spine.
- Mark the cardboard to show where the covers end and the spine begins.
- Cut pieces of fabric to fit the covers, including the spine.

When the exercise begins

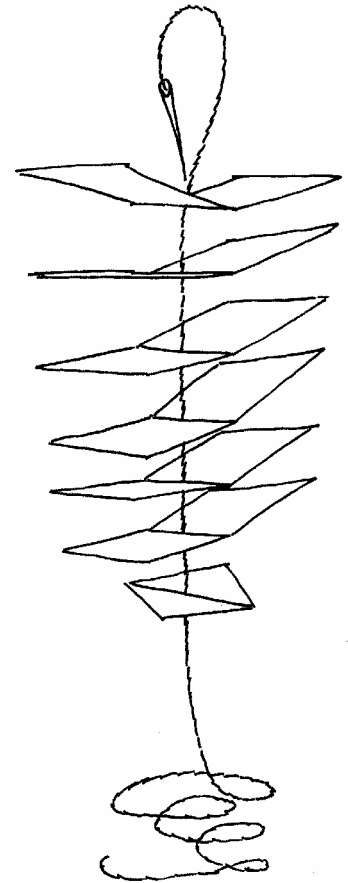
Show the students how to

- Fold in half and crease six sheets of unlined paper.
- Stack the folded pages inside one another, keeping them folded. Tell them to lay aside the folder pages.
- Make a poster board sheath to hold the pages together.
 - Cut a strip of poster board the same length as the pages.
 - Trim the top and bottom to look like the points of an arrow.
 - Score the center of the sheath with the point of a ruler, and fold it in half.
- Place the stacked and folded pages inside the sheath. Line up the center of the sheath with the center of the pages.
- Open the stack of pages to the middle.
- Make a pencil mark on the middle page on each side of the fold line. Make the marks the same distance from this fold line, two marks near the top of the sheath and two near the bottom.
- Use a large needle to make a hole at each mark. Push the needle all the way through the pages and the sheath.
- Thread the needle and sew the pages to the sheath. Take a stitch from top to bottom on each side of the fold and from one side to the other at the top and bottom. Use enough stitches to securely hold the pages to the sheath. Tie a knot in the thread when enough stitches have been taken.

Finishing the book

Show the students how to finish their books.

- Fold the cardboard covers at the marks for the spine.
- Center the cardboard covers in the center of the piece of fabric.
- Fold the edges of the fabric over the piece of cardboard. Try to tuck the corners so that they lie flat.
- Glue the edges of the fabric onto the inside of the cardboard.
- Cut a piece of construction paper, one to fit inside each cover. Cut it long and wide enough to cover the edges of fabric.
- Glue the construction paper onto the inside of the cardboard covers over the edges of the fabric.
- Fold in half another piece of construction paper.
- Stack the construction paper and the sheath with the sewn in pages in the center of the spine of the book.



- Glue the folded construction paper onto the spine of the book.
- Glue the sheath onto the construction paper.
- Close the book and put a heavy weight on it.
- Allow the glue to dry.

Extensions

After the book is finished, suggest to the students that they can now write in the book or draw pictures and color them, dry plant specimens and keep them in the book, or make block prints from linoleum and print in the book.

Hand-make paper for another book.

