

papier
mâché
recipe



with feeling

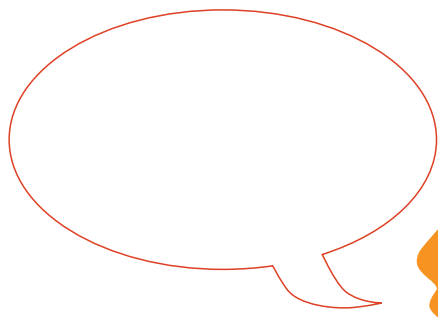
EMOTIONAL INTELLIGENCE THROUGH THE ARTS

Ingredients Needed

- Water
- Flour

Instructions

To make this paste, simply mix together 1 part flour to 2 parts water. Pour the flour and water in a large bowl and stir it well. Keep mixing until there are very few lumps left. You want it to be runny like a white glue, not thick like paste. Add more water or flour as necessary.



with feeling
EMOTIONAL INTELLIGENCE THROUGH THE ARTS

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NOPQRSTUVWXYZ

*abcdefghijklmnopqrstu
vwxyz*

ABCDEFGHIJKLM

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N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y z

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v w x y z

A B C D E F G H I J K L M

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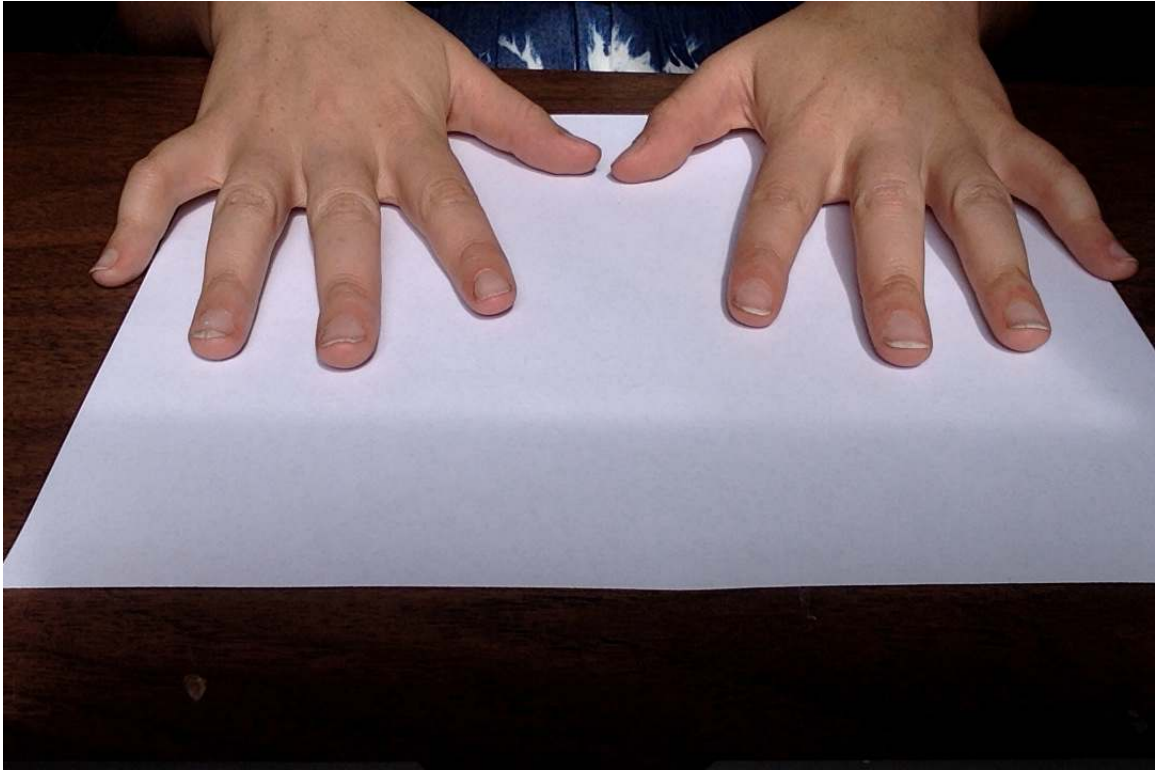
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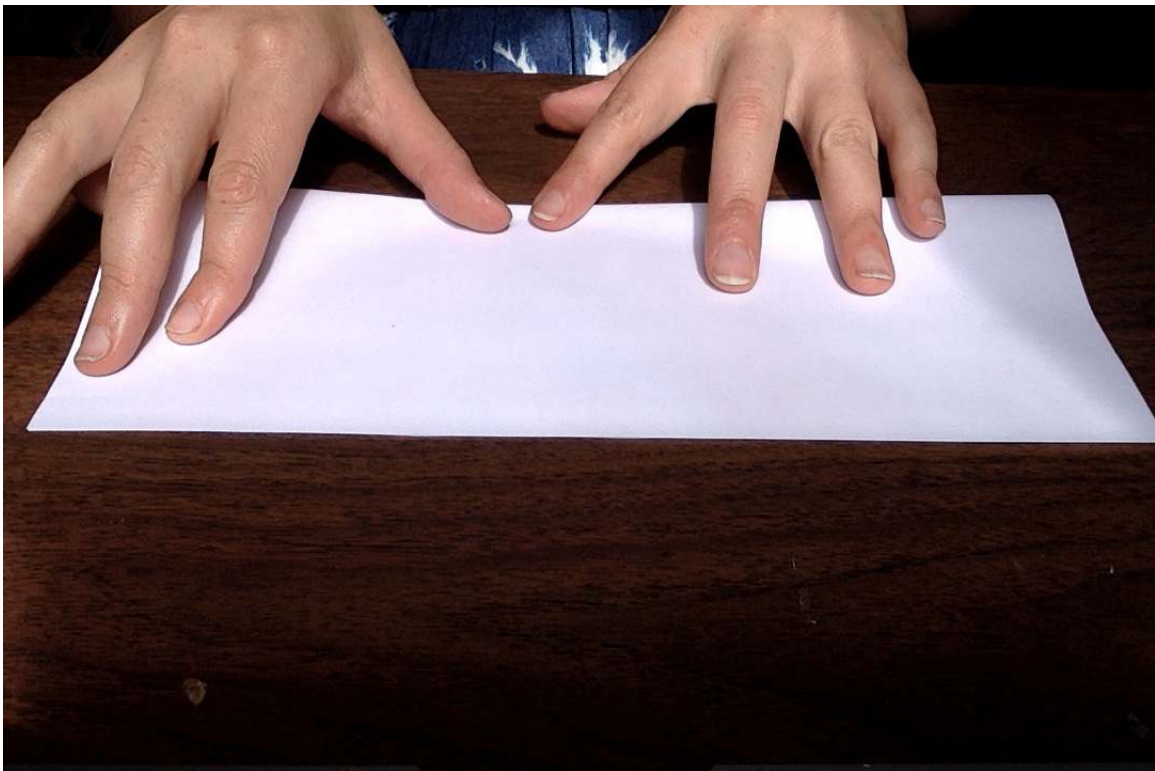
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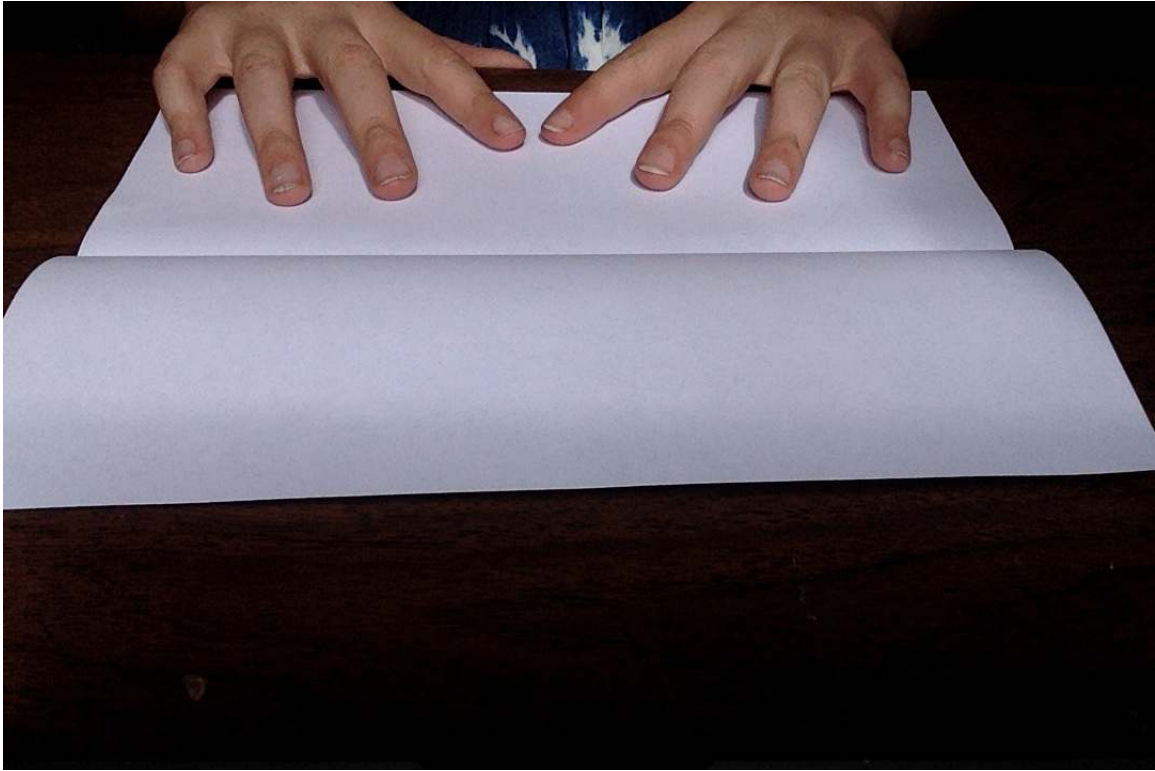
SIMPLE FOLDED BOOK BINDING



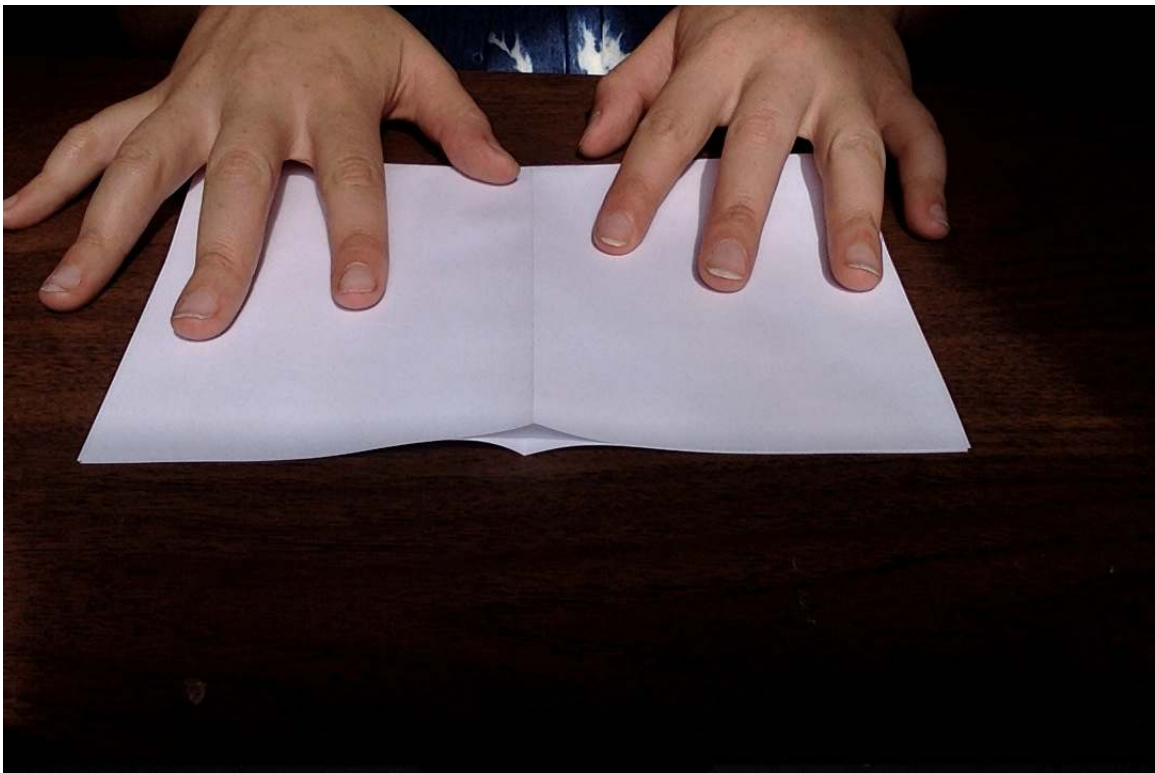
1. Start with a flat sheet of paper.



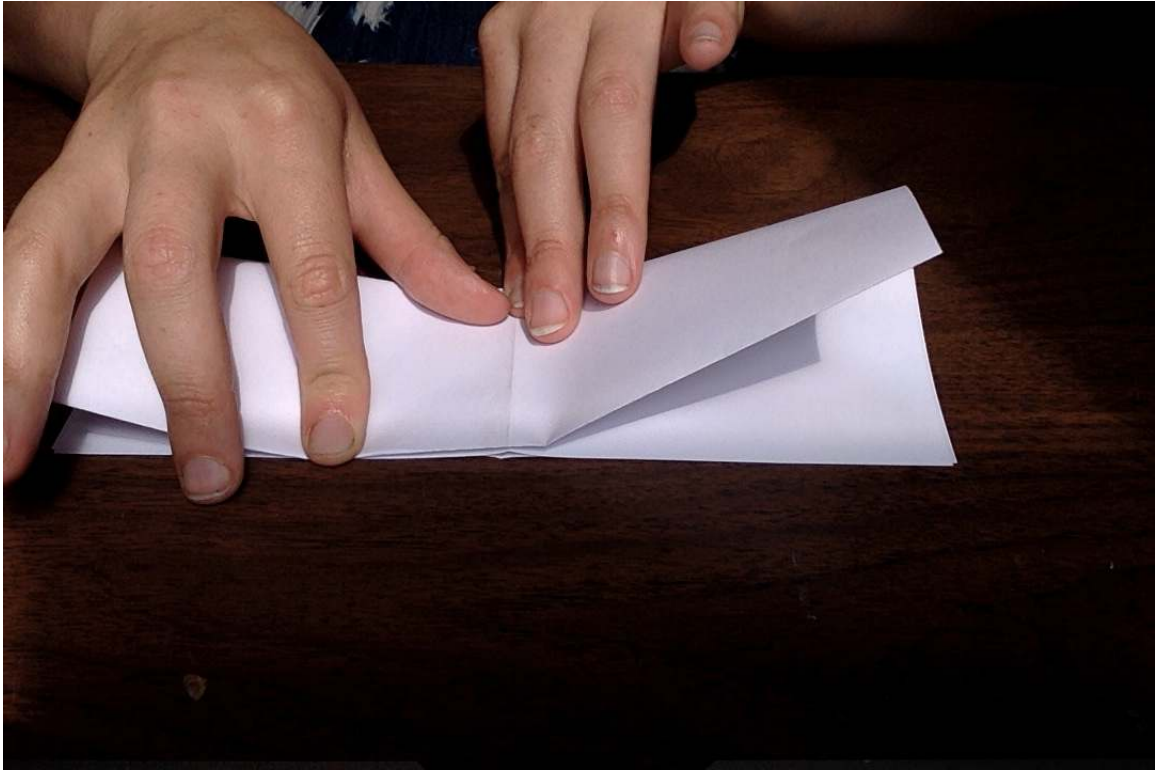
2. Fold in half lengthwise.



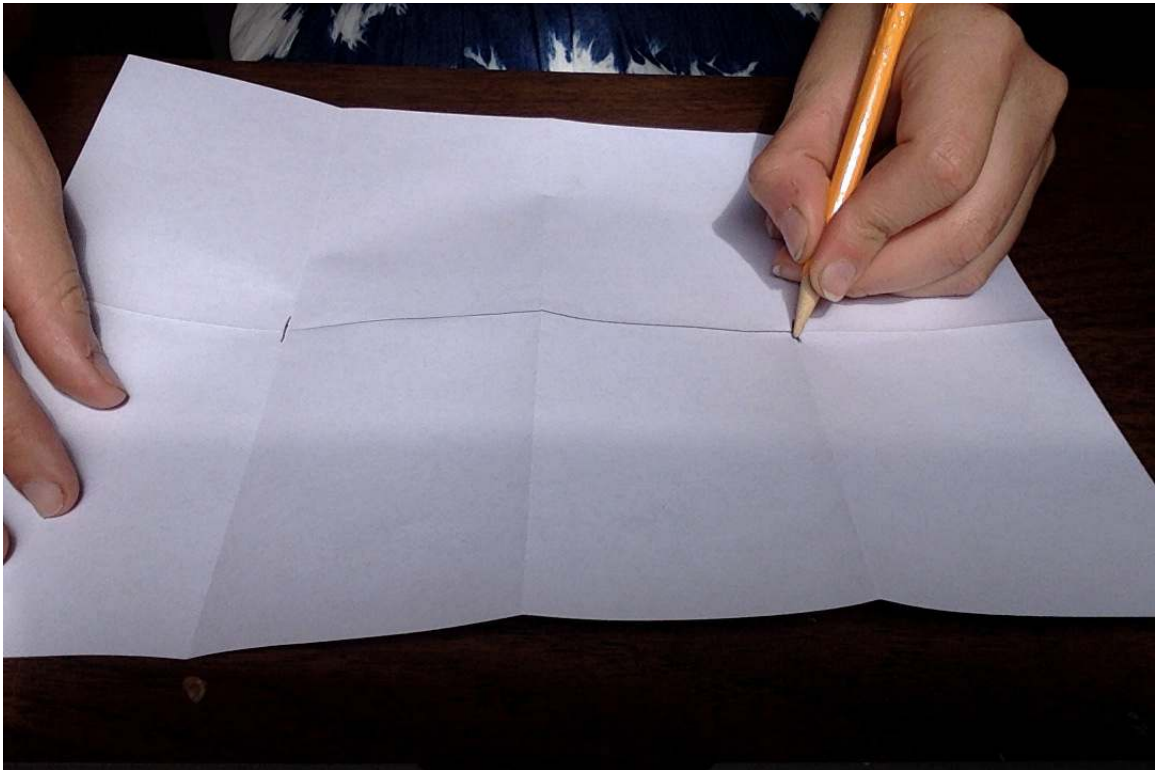
3. Unfold.



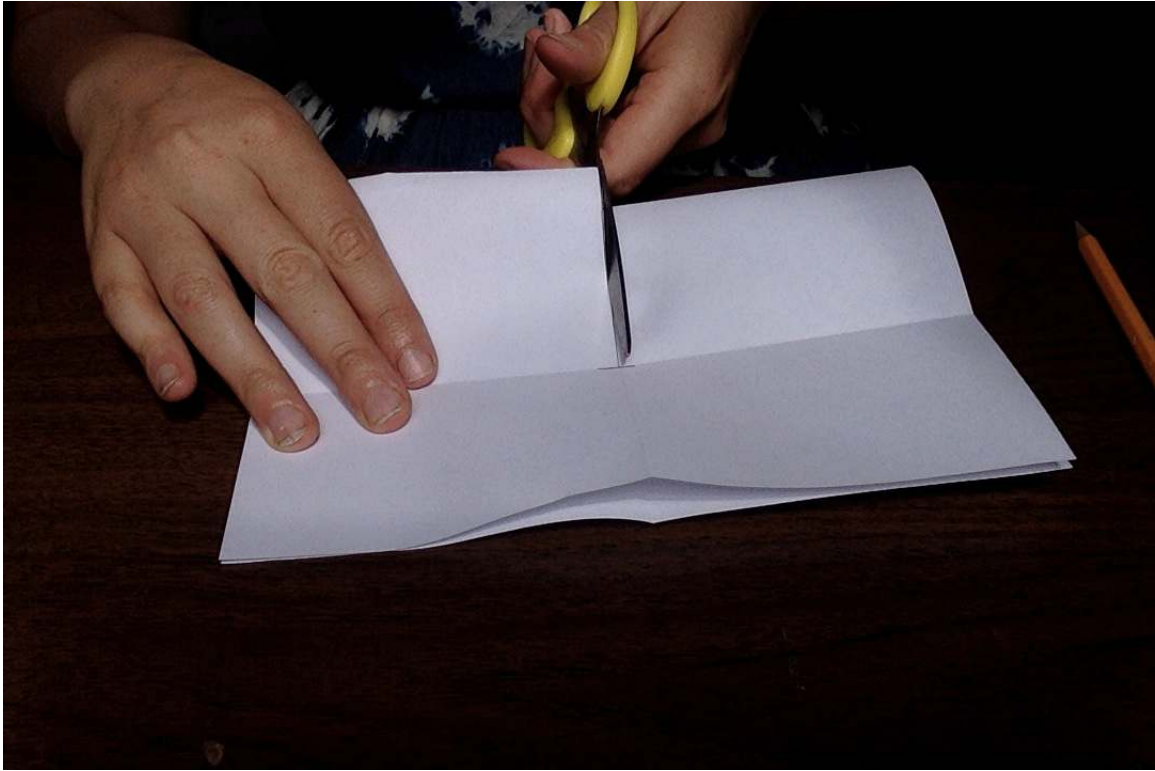
4. Fold in half width-wise.



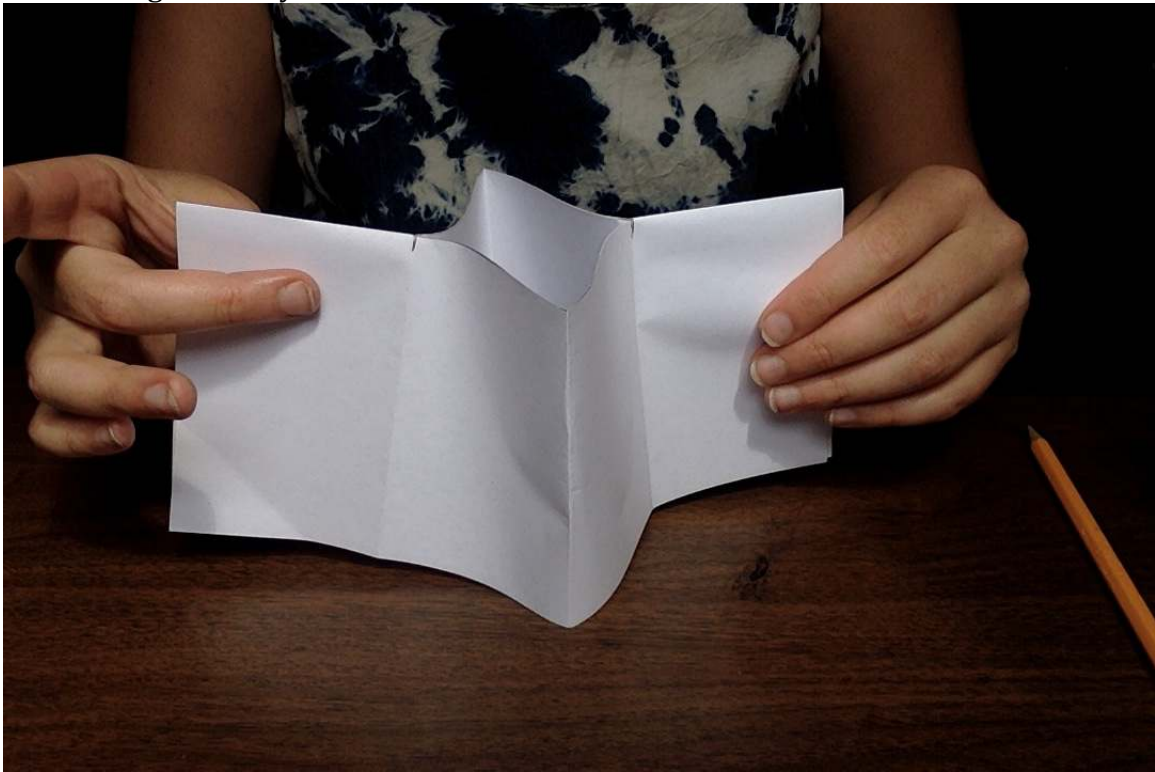
5. Fold in half width-wise AGAIN.



6. Unfold and draw a horizontal line between the first and last vertical creases, as shown.



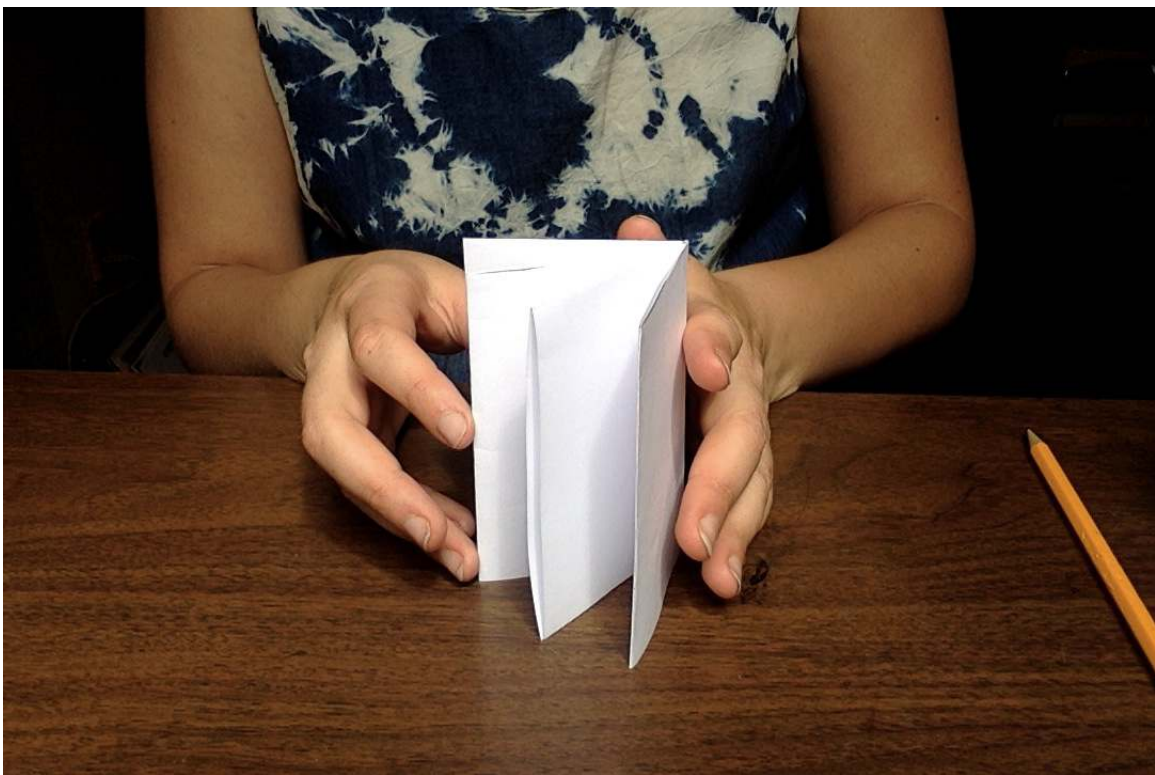
7. Cut along the line you drew.



8. Holding on outside edges, push the sides together to create pages.



9. Crease the new folds into place.

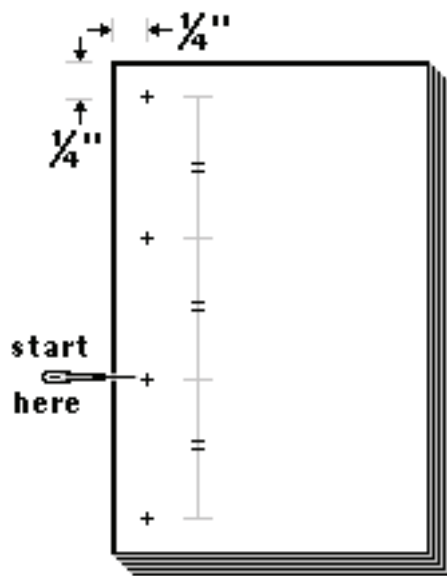


10. Read your new book!



Binding Directions for Japanese Bind

You may ignore exact measurements; this is not an exact science. Do not use a needle. Work with hole-punched pages.

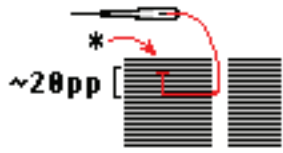


1. Using a ruler, draw a line from top to bottom of the front cover, about 1/4" from the spine. Make two marks on this line, one 1/4" down from the top of the book, the other 1/4" up from the bottom. Now divide the distance between these marks into thirds and mark the two middle points.

2. Even up the pages and clamp the book together with binder clips, or weigh down the front edge to keep the pages from moving. Protect your work surface with a piece of scrap wood or an old phone book as you punch a hole at each of the marked points using an awl or wire brads.

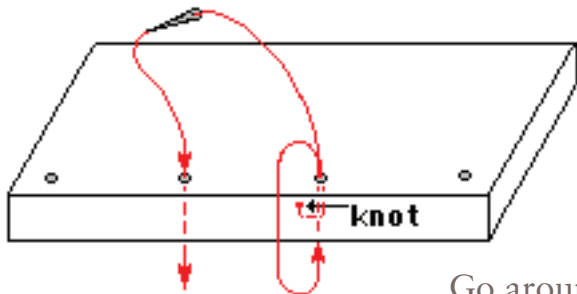
Making these holes should not damage the text in the book. Most paperback books have an in-

ner margin of 1/2" to 3/4", leaving plenty of room for rebinding.

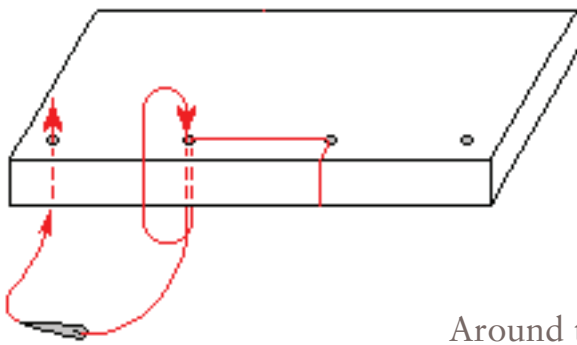


3. Prepare the string or thread and tie the ends together with an overhand knot. Open the book a few pages and, next to the lower middle hole, push the thread end through about twenty pages. Pull the thread through until the knot is snug against the pages. Go back out to the front cover by pushing the end up through the awl hole. This step anchors the thread.

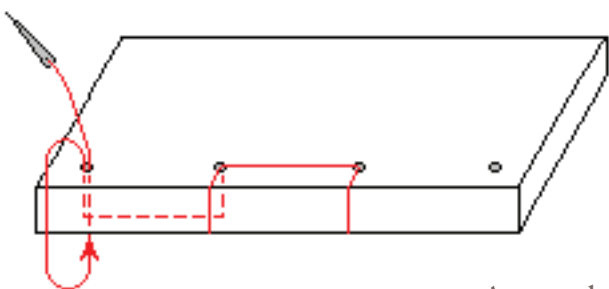
4. Now sew the rest of the book as shown in the accompanying illustrations. Pull the thread tight each time you go through a hole.



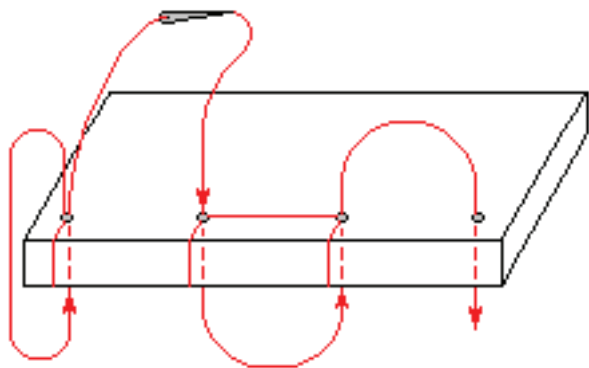
Go around the back and back up through the starting hole, then down through the other middle hole. Pull the thread tight after going through each hole.



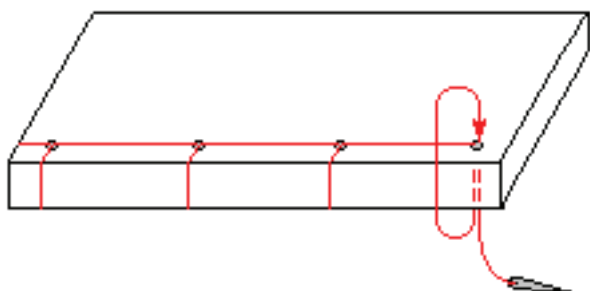
Around the back again, then up through the top hole.



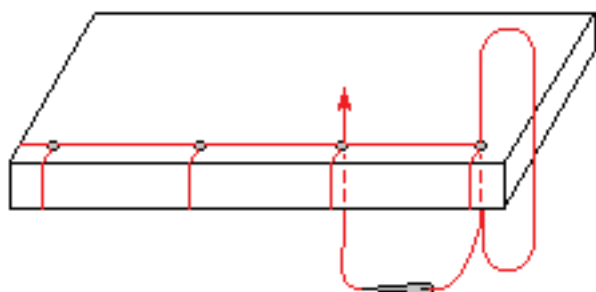
Around the back, then...



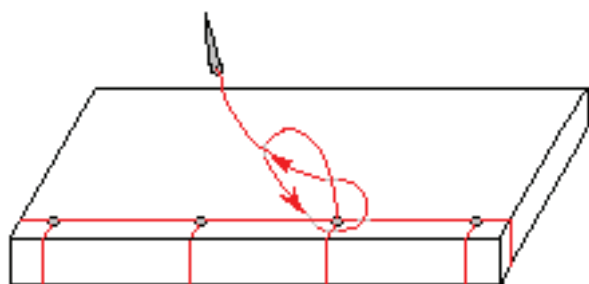
...around the top of the spine and up through the top hole again. Keep going, down through one middle hole, back up through the next, and down through the bottom hole. Keep the thread tight.



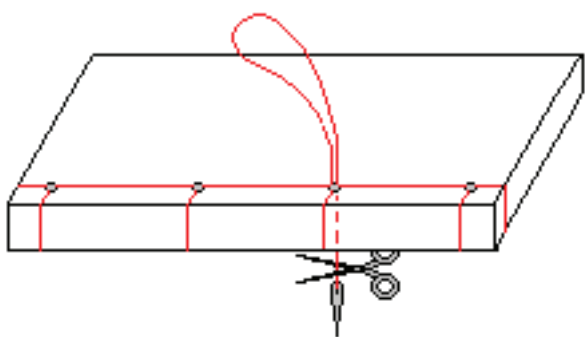
Around the back again and...



...around the bottom of the spine and back through the bottom hole. Go up through the starting hole again.



To finish, tie off the thread so the binding won't come loose. Do this by slipping the thread end under two of the top threads coming out of starting hole and back through the loop to form a tight knot.



Run the thread back down through the starting hole and cut the leftover thread flush with the back of the book.

WOW!
COMIC
TEMPLATE

