

Instructions for **Hand Book** (mini version)  
by Michael Henninger, Rat Art Press, 2007

A 36 page sewn stab-binding with approximate dimensions of 3 x 3.25 x .25 inches.

By following these instructions you can assemble a copy of *Hand Book* for your own collection and personal use. You may not resell the *Hand Book*, in whole or part, or distribute it in any way for commercial purposes.

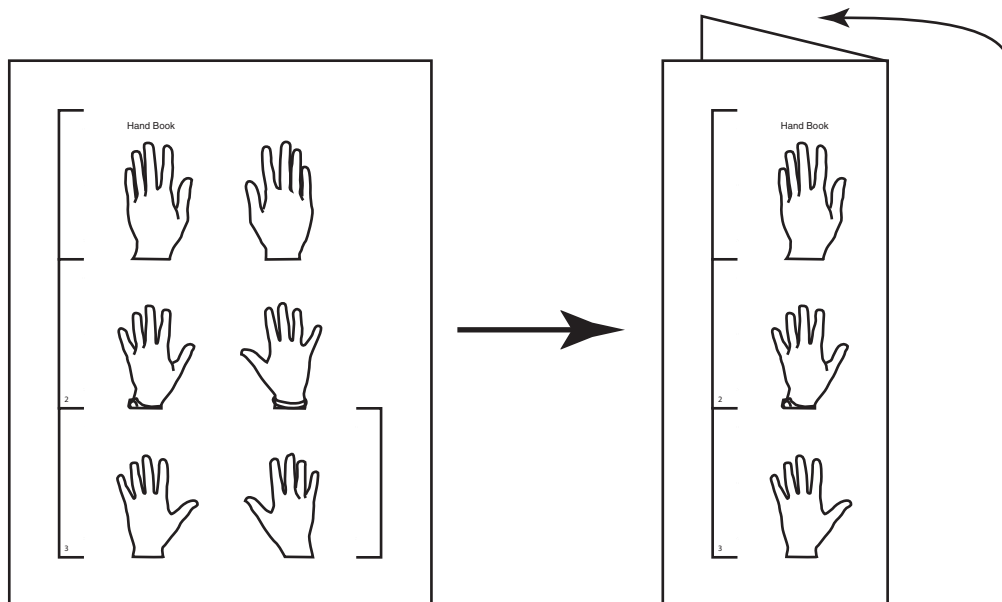


Photo of completed *Hand Book*.

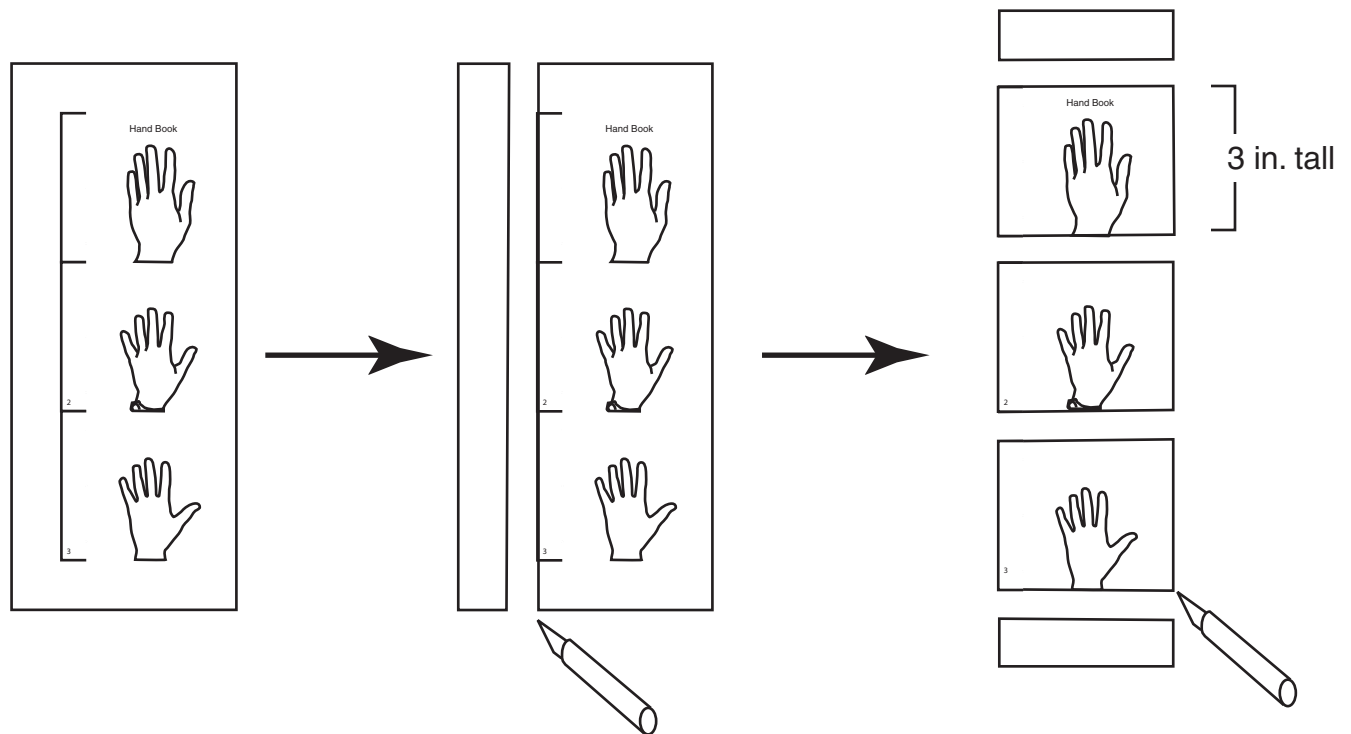
**Tools/Materials** you will need: computer printer, paper, thread, pencil, utility/xacto knife, ruler/straight-edge, sewing needle, awl, binder clip, and cutting mat.

**Step 1:** Download **Hand Book** files from [ratartpress.com](http://ratartpress.com). Print the 6 pages on 8.5x11 in paper. You may print using a laser printer or inkjet printer on any light weight paper that folds well.

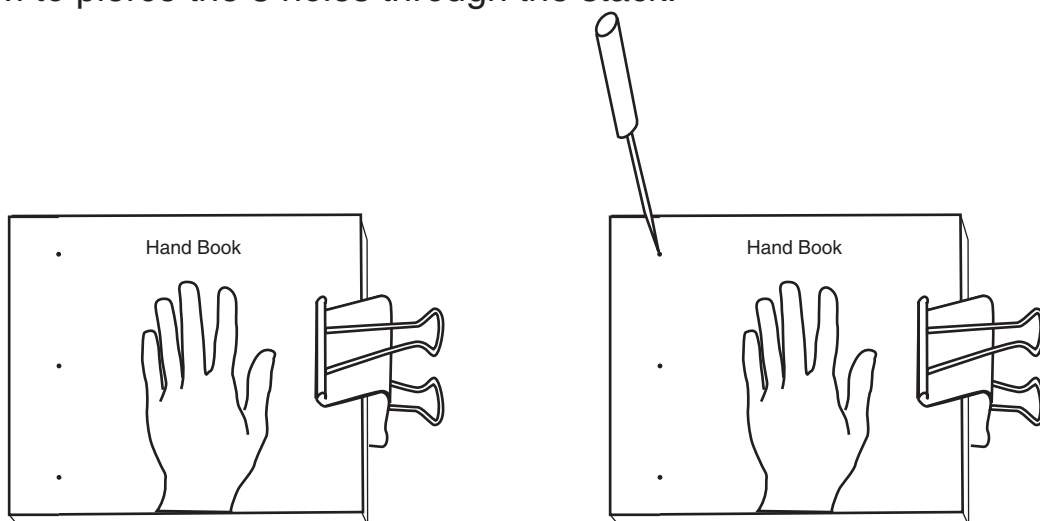
**Step 2:** Separately fold each sheet in half length wise.



**Step 3:** Using your knife and straight edge, trim and cut each folded section into 3 parts as shown below. Note the printed guide lines and remember that each small section should be 3 inches tall.



**Step 4:** Stack the 18 small sections with the title section on top and down to section 18 on the bottom. If possible, hold stack together with binder clip or clothes pin. Next use your awl to pierce the 3 holes through the stack.

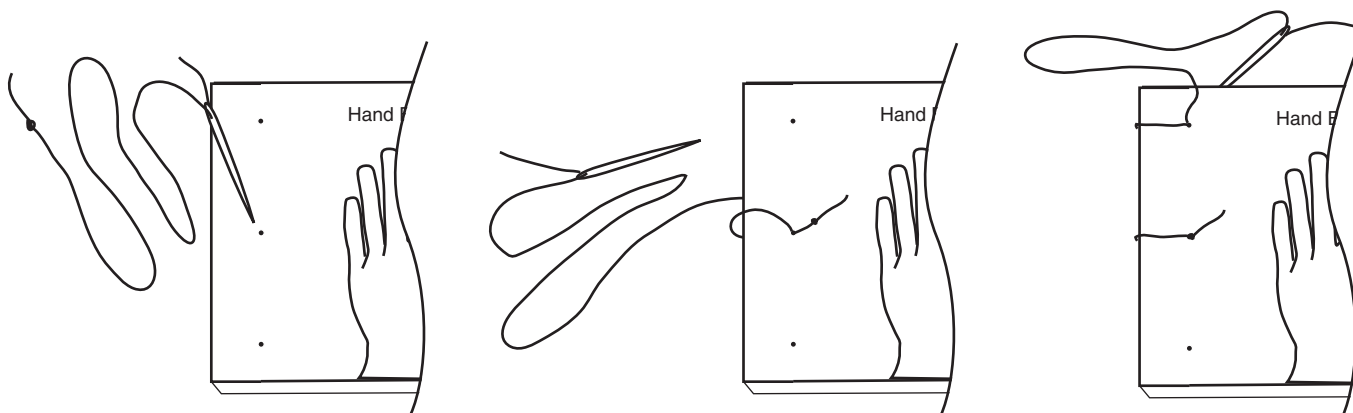


**Step 5:** Bind the pages by sewing through the pierced holes with your needle and thread. A linen or other natural fiber thread is recommended.

To begin cut an 20 inch length of thread and insert about 2 inches through the eye of your needle. At the other end of the thread (away from the needle end) tie an overhand knot about 2 inches in from the end.

Begin sewing through the stack at the middle hole and proceed around the spine and back through the same hole. Pull the thread tight.

Go up to the next hole near the top of the book and go through it and proceed around the spine and back through this same hole. Pull the thread tight and proceed over the top edge of the book and through this same hole once more.



Next go back down to the middle hole and through it.

Go down to the hole near the bottom of the book and go through it and proceed around the spine and back through this same hole. Pull the thread tight and proceed around the bottom edge of the book and through this same hole once more.

Remove the needle and tie this end of the thread to the other loose end at the middle hole with a square knot (basically two overhand knots). Trim loose ends to a 1/2 inch.

