



Binding Options

Binding options for Newsletters, Catalogs, Brochures, Cookbooks, Calendars, Journals, Class Reunions, Flyers, Programs, History Books, Genealogy and much more!



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Saddle Stitch

Saddle stitch binding is great for small books (those with fewer pages), but it has limitations. This method is great for pamphlets and magazines with fewer than 64 pages and the page count must be in multiples of 4.

The saddle stitch binding technique takes full sheets of paper stapled together in the center. Then the entire book, including the cover, is folded in half along the line of the staple. This is definitely a cost-effective binding method because no glue is used. Saddle stitch books can be produced very quickly and efficiently. It is also a very eco-friendly process since it wastes no paper glue.

Advantages of Saddle Stitching to Consider :

- This type of binding is less expensive
- Quick turnaround time
- Perfect for small or large projects – hand size brochures or large books
- Can use a self-cover (all pages are on the same type of paper) or separate cover (the cover is on a different type of paper than the inside sheets).



Plastic Coil Binding

Plastic coil binding (also called Spiral Binding) is our most economical binding option for books over 52 pages. This binding is an incredibly durable and flexible way to bind books, making it one of the most popular document binding solutions on the market today. A coil looks like a spiral-bound notebook, with a continuous plastic spine that spins around into many loops. There are many colors to choose from (48 or fewer books will default to black coil), enabling you to coordinate the binding with your theme or cover.



color. Coil works great for all publications - cookbooks, calendars, history books, etc. It is very popular as the coil binding allows the book to lay flat or even fold back on itself to take up less space on the table or counter.

Plastic Coil Binding with Tabbed Dividers:

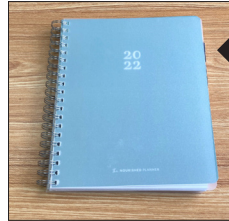
Tab dividers have an approximate half-inch section that extends past the face of a book or multi-page document. The purpose of the divider is to assist the reader to easily find a particular section of the book. These dividers are available with or without mylar reinforcement on tab. *100 book minimum on tabs or mylar tabs.



Twin Loop / Wire - O Binding

Twin-loop wire binding, also known as Wire-O binding or double-loop binding, is a bookbinding method that involves threading a double-looped wire through a series of closely spaced square holes punched along the edge of a stack of pages. The wire is then crimped at both ends to keep the pages securely bound together.

Wire-O binding is a popular and professional binding method for a wide range of documents, such as reports, proposals, calendars and journals. It allows the pages to lie flat when opened and provides a sleek, modern appearance.



This is a book WITHOUT a frosted cover.

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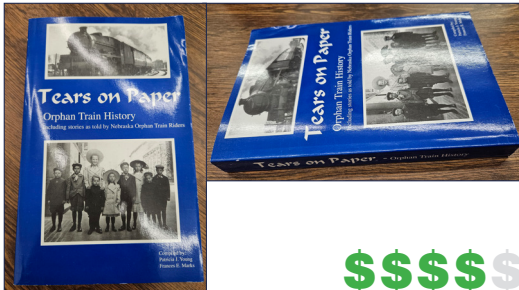
This is the same book with a frosted cover. It mutes the color and helps protect it for high usage

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Perfect Bound

Perfect bound is the most common technique for binding soft cover books. It is a method that is commonly used in magazines, books, journals and catalogs of all sizes. The perfect binding process uses glue to hold the pages to the spine. Importantly, the spine is part of the front cover. So, the front cover is bent to create the spine and then the pages are glued to this small section. This means there is no seam between the front cover and the spine, creating a smoother, more aesthetic front edge. Perfect bound also allows for better wrap-around printing. Books do not open flat with this method. This type of binding adds about 4 weeks to production time after proof approval.



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Two-Piece Hard Bound

Two-Piece Hard Bound (also known as Two-Piece Boards) refers to the process where the front and back covers of the book are created on two separate boards. The cover is non-flexible and is supported by a paper-wrapped board, making it incredibly durable. This option allows the book to lay flat when open. The book and boards are bound with plastic coil. This cover is used where a high-end look is desired. The boards take approximately 6 weeks to create after proof approval.



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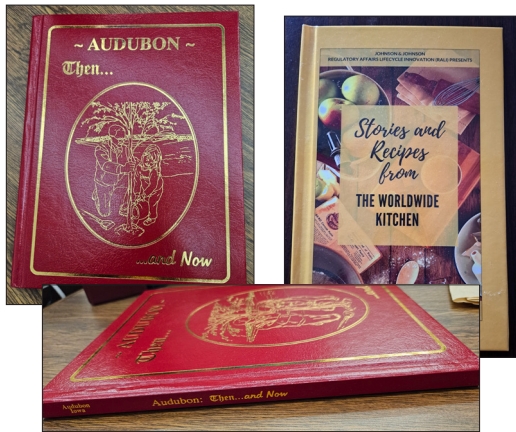
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Adhesive Case Bound

Adhesive case binding (also known as hard cover binding) refers to the binding of a book in which a separate case bound cover is involved. The cover is non-flexible and is supported by a paper-back board, making it incredibly durable. Format can be portrait or landscape. This type of binding takes 5-6 weeks in addition to printing time after proof approval.

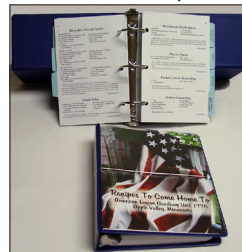


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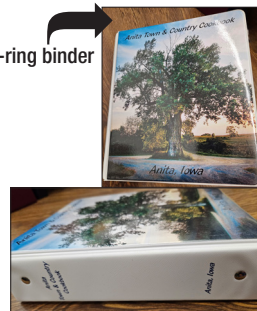
3-Ring Binder

A 3-Ring Binder offers metal snap rings to hold hole-punched papers. The binders themselves are vinyl covered and a lineart design can be printed directly on the vinyl (silkscreen) or a full color picture can be printed on a separate cover stock and inserted into a permashield entrapment and heat sealed to finish the binder. There are two styles of binder available - the regular 3-ring binder and a snap-back easel binder, which bends in the middle and will stand up by itself on the counter or shelf. The binders take approximately 4-6 weeks for production after proof approval.

3-ring binder
with permashield
entrapment



3-ring binder



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Print Express/Cookbook Specialists is a blending of multiple printing companies merging together and becoming your best source for printing and producing newsletters, catalogs or books of most types. With this combination of companies, our team has extensive knowledge helping you achieve the look you want as well as keeping it affordable or as high end as you would like, for all types of budgets.

Our Production Facility is located in Independence, Iowa. We also have a satellite office in Audubon, Iowa. We provide personalized customer service. A highly-trained member of our team will talk you through your project and help you as little or as much as you would like.

We offer Design and Layout, but not copywriting. You can design the entire piece yourself, or we can work with you to create part of the project with you creating part as well. We go above and beyond assuring that the product you were picturing is the product you end up with and are proud of.



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You can contact us with whichever communication method you are most comfortable:

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or set up an appointment & come to either of our offices located at:

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