# Create Personalized Recipe Cards by Hand

Three clear 140 x 90 mm card layouts with practical fields and a handwriting guide

These are original printable digital plans for adult paper crafts. Dimensions are calculated; every finished size is nominal. Paper thickness, printer scaling, adhesive, cutting accuracy and folding technique can change the fit. There has been no physical printing, cutting, folding, gluing, fit test or durability test. Work at a clear table, keep sharp edges and wet adhesive away from children, and use only materials and adhesives that are suitable for the intended craft according to their labels. Keep food, flame, heat and electrical loads away from these objects.

## Three personal cards, not a new cookbook

A recipe card is most useful when someone can find the title, ingredients and method without searching through decorative flourishes. This guide builds a three-card handwritten set that brings a consistent layout to familiar family dishes or personal kitchen notes. The aim is clear transcription and attractive lettering, not a claim that any recipe has been cooked, tasted, assessed nutritionally or proven safe by Steadleaf Press.

The original cards are each 140 mm wide by 90 mm high, landscape. Card A uses a classic heading with a left ingredient column and short method summary on the front. Card B puts ingredient lines first with a compact title band and a clearly numbered method area. Card C gives a larger title, a small memory or source line, and an ingredient count field for readers who want to preserve the story of a dish. Each card has a clean reverse side available for longer preparation steps, substitutions or the full instructions.

These designs are meant for recipes the reader already knows and is entitled to copy. They do not replace a full recipe, food-safety directions, cooking time, oven-temperature verification or allergy advice. A small card cannot hold every detail of a complicated recipe at a legible size. For a long method, attach a second separately labelled card instead of squeezing the words into the margins. What matters is that each item in the set remains recognisable and useful.

## Read the original measured card and print system

Each pattern uses an exact 140 x 90 mm outer rectangle with a thin solid cut line. The A4 and Letter PDFs show two cards on the first template page, one card on the second alongside a line-spacing practice guide. Every template page has its own 50 mm calibration bar. The pages are not double-sided printer impositions: you may leave each reverse blank or hand-letter the reverse after cutting. Always check the print orientation and actual dimensions before transferring artwork to your chosen card.

Across all three cards, use an inner margin of about 8 mm at left and right and 7 mm at top and bottom. That leaves a 124 x 76 mm writing region on a 140 x 90 mm card. A pale interior guide is an alignment aid, not a cutting line. The right and left text columns are split by a faint vertical guide only where noted; this line can be erased or ignored in a finished hand-drawn version. Do not cut a rectangle out of the centre.

Card A reserves a 14 mm title band at the TOP of the inner field (y = 69..83 mm); below that, a vertical guide at x = 70 mm divides the 124 mm inner width x = 8..132 into two equal 62 mm columns: INGREDIENTS at left and SHORT METHOD at right. Card B uses a shallower 10 mm title band (y = 73..83 mm), followed by four ingredient rows and a compact numbered method area near the lower part of the card. Card C uses a 17 mm title band (y = 66..83 mm), a small MEMORY / SOURCE line beneath it (near y = 55 mm) and a concise ingredient summary, deliberately reserving detailed method steps for the reverse. These arrangements have distinct uses; none assumes that every recipe fits.

Use A4 or US Letter at Actual Size / 100% in the PDF print dialogue and then physically measure the 50 mm line on each printed page. Adobe warns that Actual Size preserves the page dimensions but may crop anything outside the printer's printable area. The 140 mm card width is comfortably inside either sheet; still check the entire border before cutting. A PDF displayed on a phone or printed through Fit to page cannot replace a measured template.

## Tools, handwriting and the right information

You need clean uncoated paper or light foldable card roughly 140–220 gsm as a first comparison, a millimetre ruler, pencil, eraser, ordinary scissors, a dependable dark pen and expendable practice scrap. If a pen bleeds on the chosen paper, try another suitable tool or surface before lettering the final card. Avoid knives, heated embossing powder, solvents and glue for this basic activity; they add complexity without improving legibility.

Before writing, choose a consistent title alphabet. A practical choice is calm, simple uppercase letters for the recipe name and lower-case letters for ingredients and method notes. For accessibility, use enough contrast that a person can read the measurements in ordinary kitchen light; pale metallic ink on patterned card can look appealing in a photo yet be difficult to read. Write fractions, units and temperatures clearly. A confusing one-versus-seven, teaspoon-versus-tablespoon or minute-versus-hour error matters more than decorative symmetry.

A recipe should have a reliable provenance line. You can write "from my notebook, 2021," "adapted with permission," or the name of a public-domain or licensed source you have actually checked. Do not reproduce a third-party photograph, book illustration, branded layout or protected expressive recipe text merely because it fits the blank. Ingredients and simple factual quantities often have a different rights status from a long creative recipe description, but the easiest low-risk approach for this product is to transcribe your own wording or material you have permission to use.

Do not invent quantities, allergens or cooking safety instructions. If the source is unclear, write QUESTION or leave a placeholder and check the original cook or source before serving anyone. A visually finished card does not mean the dish itself was tested. Washable marker or laminated card is optional only if compatible with the particular paper and food environment; this guide does not certify any such treatment.

## Make the three cards using full-size outlines

1. Identify three genuine recipes or recipe ideas that you may document. Decide why each one deserves a card: everyday repeat use, a small gift, or a memory connected with a family gathering. Record its source before decorative planning.

2. Print the two measured pattern sheets matching your A4 or Letter paper at Actual Size. Measure each 50 mm calibration line with a physical ruler and inspect the complete perimeter of all three 140 x 90 mm cards.

3. Choose a lightweight original title and two accompanying handwriting styles. Draft a few 4–6 mm uppercase letter heights on scrap. Keep interior numbers and quantities larger than any tiny decorative caption, and avoid cramped scripts for critical instructions.

4. Transfer the three 140 x 90 mm outer rectangles to actual blank card if you are not printing directly on your final stock. Keep the faint 8 mm side and 7 mm top/bottom guide as a planning margin only.

5. Cut with ordinary scissors along each outside solid line. Use the millimetre ruler to check that the cut sheets are broadly consistent with the chosen 140 x 90 mm format. Record if a page printed smaller or a hand-cut edge is uneven.

6. For Card A, letter the title in its 14 mm band at y69..83 and use the light divider at x70 to keep the ingredient list left of the divider and the short method right of it. Each nominal column is 62 mm wide before handwriting clearance. If the dish has more than the space permits, write “continued on reverse” instead of silently omitting ingredients.

7. For Card B, use the 10 mm title band at y73..83, write at most four compact ingredient rows beneath it, and place up to two brief numbered method lines near the lower band. Put time or serving count in the header only if known from the real recipe source; otherwise leave that detail blank.

8. For Card C, put the title in the 17 mm upper band at y66..83 and a personal source or memory note on its line near y55. Use the lower lines for a compact ingredient summary, and reserve the back for detailed directions, notes and substitutions. Mark that continuation explicitly so another reader does not mistake the front for the whole recipe.

9. Sketch the ingredient quantities in pencil before committing ink. Keep the unit beside each amount. A list that says only “flour 2” or “water 1” is incomplete; the reader needs the intended unit and recipe context.

10. If the recipe has a known allergen or a preparation condition essential to safety, do not invent an assurance on the card. Transcribe the verified source accurately and use a more complete reference if the 140 x 90 mm space is insufficient.

11. Allow any ink to dry fully before stacking. For a double-sided card, mark the back “Method continued” in a consistent location and transcribe the remainder at a readable size without smudging the front.

12. Compare the three cards as one visual family. Can you find the title on each? Are numeric ingredient quantities distinguishable? Do any patterns collide with text? Correct legibility first, then address colour or decorative spacing.

13. Write the actual recipe source, approximate paper weight if known, printer scale reading and any transcription questions on the maker record. Keep draft and final version numbers if you alter ingredient wording.

14. Store the finished cards dry and clean, away from heat and direct cooking spills. They are ordinary printed paper crafts, not verified food-contact packaging, kitchen safety labels or heat-resistant mats.

## Use the templates as a system, not a constraint

If two recipes belong to the same family, reusing consistent title typography can help someone recognise the set. But the body of a recipe must remain legible even when one dish needs six ingredient lines and another needs only two. Use a second card or a clearly marked reverse if the data do not fit. Never shrink the whole design to an unreadable

scale simply to preserve a decorative border.

Short unit words can help: “g” for grams, “mL” for millilitres, and clear full words for baking temperature or cooking time when there is room. A recipe inherited through handwriting may use a household term that is ambiguous to a new cook; record that uncertainty and get clarification before relying on the directions. These are transcription and document-design practices, not food-science validation.

Personal embellishment can be restrained: a sprig drawing beside the title, a simple one-colour rule, or a small numbered circle beside the method. The drawing should not obscure allergy information, oven temperatures or amounts. A colour that prints pale in one inkjet printer may be nearly invisible on another card stock; test the actual paper if you intend to use it.

Do not post a photographed card online without checking whether it carries someone’s private name, address or anecdote. A family recipe’s origin can be meaningful without exposing another person’s personal details. Where attribution matters, credit the actual source and respect its conditions rather than claiming Steadleaf Press provides a recipe for cooking.

## Inspect and correct common layout mistakes

If an interior pale rectangle looks like a cut-out, remember the only intended cuts are the outside 140 x 90 mm borders. All lines inside the cards are writing guides. A cropped border is a print problem, not an invitation to cut a smaller card without noting the change. If the 50 mm ruler bar measures 47.5 mm, the scaled factor is 47.5/50 = 0.95 and a nominal 140 mm card prints 133 mm across; it is not an acceptable undetected reduction.

If ink bleeds, paper coating or pen chemistry may be involved. Try another disposable offcut, change pen pressure or choose another card rather than claiming that a given gsm always resists ink. If you have trouble writing a unit legibly, use a larger label or transfer the complete method to the reverse. Correctness of transcription is more important than a decorative style.

If the three cards do not look coordinated, compare margin and heading height before adding more art. All share a 140 x 90 mm boundary and a common print scale. Consistency can come from one clear title treatment rather than identical illustrations. Keep every adapted card individually useful; a pretty set that cannot be followed is not complete.

Publisher disclosure: the dimensions and print layouts are calculated vectors. No actual recipe has been cooked, tasted, measured by the publisher, assessed for allergens, tested for food safety or certified by this work. No sample cards have been printed, trimmed, handwritten, cleaned or inspected as physical objects.

## Sources, rights and limited claims

Adobe Acrobat Help, Adjust page size for printing PDFs, https://helpx.adobe.com/acrobat/desktop/print-documents/set-up-and-print-pdfs/page-size.html . Used only to explain Actual Size and Fit differences. A printed ruler reading is the maker’s own check.

Library of Congress, Care, Handling and Storage of Works on Paper, https://www.loc.gov/preservation/care/paper.html . Background on ordinary paper handling, not a promise that these

cards are permanent or preservation grade.

All card borders, original heading bands, ingredient grids, handwriting practice guide, text, cover, and maker records were newly created for Steadleaf Press. They reproduce no third-party card artwork, photos or protected recipe instructions. Source material for any reader's actual recipes remains the reader's responsibility.

The complete guide is free digital adult crafting education. It is not an endorsement of food handling, kitchen hygiene, medication, diet therapy or dietary safety. Any cooking practice must follow trustworthy source instructions appropriate to the actual food and users. The publisher has conducted no physical printer, card, cooking, nutrition or material testing.

Printable diagrams and build record follow on the next pages.

# STP-MAKE-F038 / CARD A + CARD B / FULL-SIZE FRONTS

Each cut rectangle is 140 x 90 mm. Inside pale guides are for HANDWRITING, not cutting.

**CLASSIC / TITLE FIRST** CARD A

INGREDIENTS

SHORT METHOD

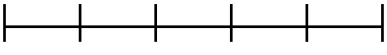
**INGREDIENTS FIRST** CARD B

INGREDIENTS

1 / 2 METHOD NOTES

Cut ONLY the outer solid border. Write complete verified quantities and units. The reverse is blank for additional steps; the front is a short index, not a full recipe guarantee.

50 mm SCALE CHECK - measure with a ruler; must equal 50 mm



# STP-MAKE-F038 / CARD C / WRITING GUIDE

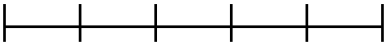
Full-size recipe front plus a simple lettering practice baseline. Reverse side remains available.




## LETTER HEIGHT / PRACTICE (4 - 6 mm)

All cards 140 x 90 mm; 8 mm side margins, 7 mm top/bottom margins, inner writable field 124 x 76 mm. On long recipes, use a labelled continuation reverse or an extra card.

50 mm SCALE CHECK - measure with a ruler; must equal 50 mm



## STP-MAKE-F038 / MAKER RECORD / PAGE 1

Write your own readings and decisions; no physical trial was performed by Steadleaf Press.

### Three titles and original recipe source notes

### Actual Size printing: page format and each 50 mm bar

### All three 140 x 90 mm measured card blanks

### Consistent title style and legible unit notation

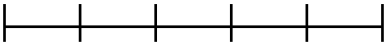
### Front: ingredient limits / reverse: method continuation

### Unanswered recipe-source or allergen questions

### Version, next correction and NOT TESTED facts

*Record an actual observation only if you perform it yourself.*

50 mm SCALE CHECK - measure with a ruler; must equal 50 mm



## STP-MAKE-F038 / MAKER RECORD / PAGE 2

Write your own readings and decisions; no physical trial was performed by Steadleaf Press.

### What changed from the full-size original?

### How was each score/cut location measured?

### Where did the paper bind, crack, wrinkle or slip?

### What would you change for the next copy?

### Date, version and initials

### Safety or handling concern noticed by reader

*Record an actual observation only if you perform it yourself.*

50 mm SCALE CHECK - measure with a ruler; must equal 50 mm

