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Designed by Steve Good



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These wooden rings with solid stainless steel inserts are beautiful and comfortable.

I am using the metal ring inserts from the link below. I purchased two size 10's and two size 11's and including shipping I paid \$23.

You want to find highly figured wood for this project.



<https://www.woodturnerscatalog.com/p/58/6911/Artisan-Comfort-Ring-Core>



We will be making out cut pattern on the fly. After you select your ring size we will carefully trace the outside with a sharp pencil on paper.

Tracing is much easier if you tape the ring down with blue painters tape.

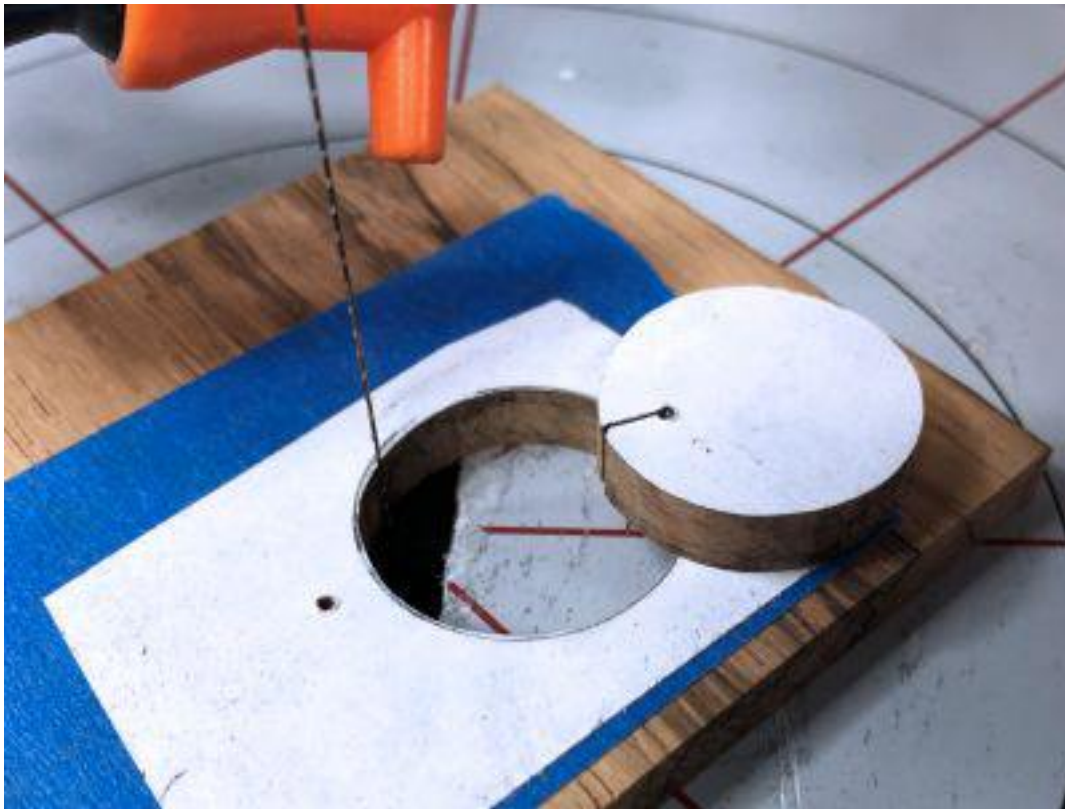




The pattern will be very slightly over sized. We will compensate for the size when we make our interior cut.

I used the 5mm ring so I selected wood that was just slightly thicker. We will sand it to fit.

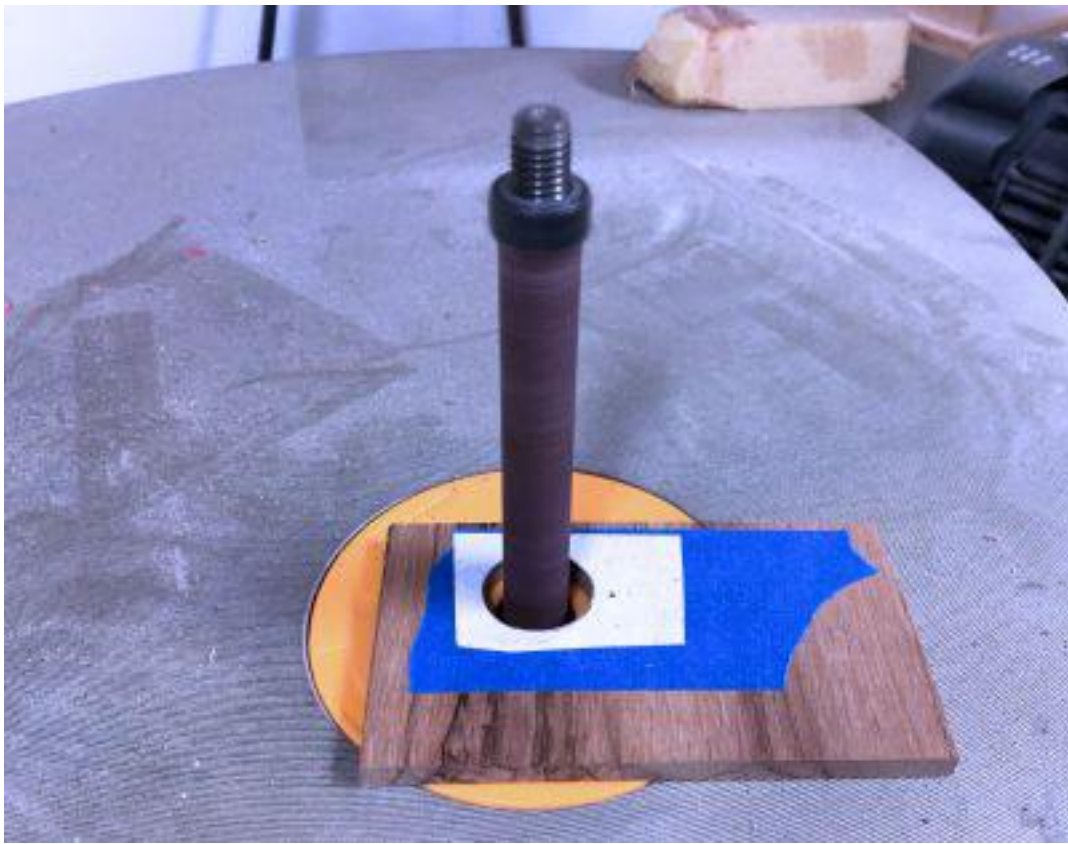




You have to cut carefully. You need to be accurate. If you have trouble throw it out and cut again. We are going to sand to fit but the hole cannot be too large at any spot.

The insert should not fit when you finish cutting.

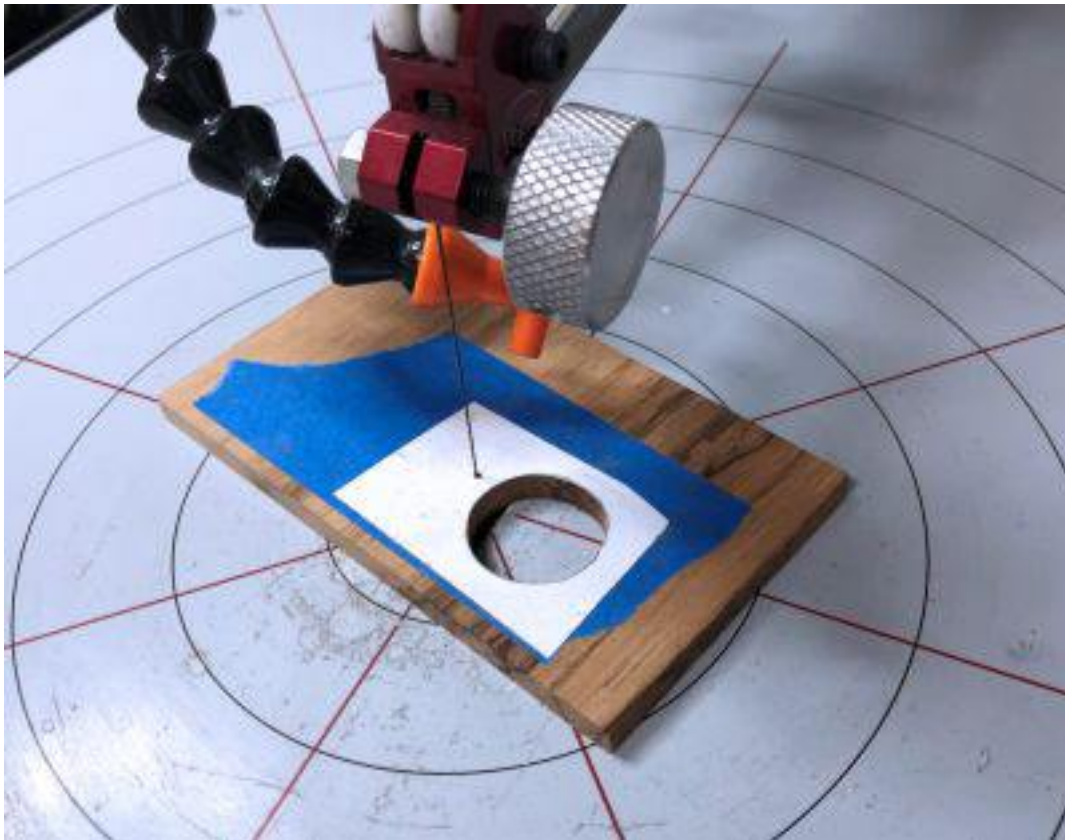




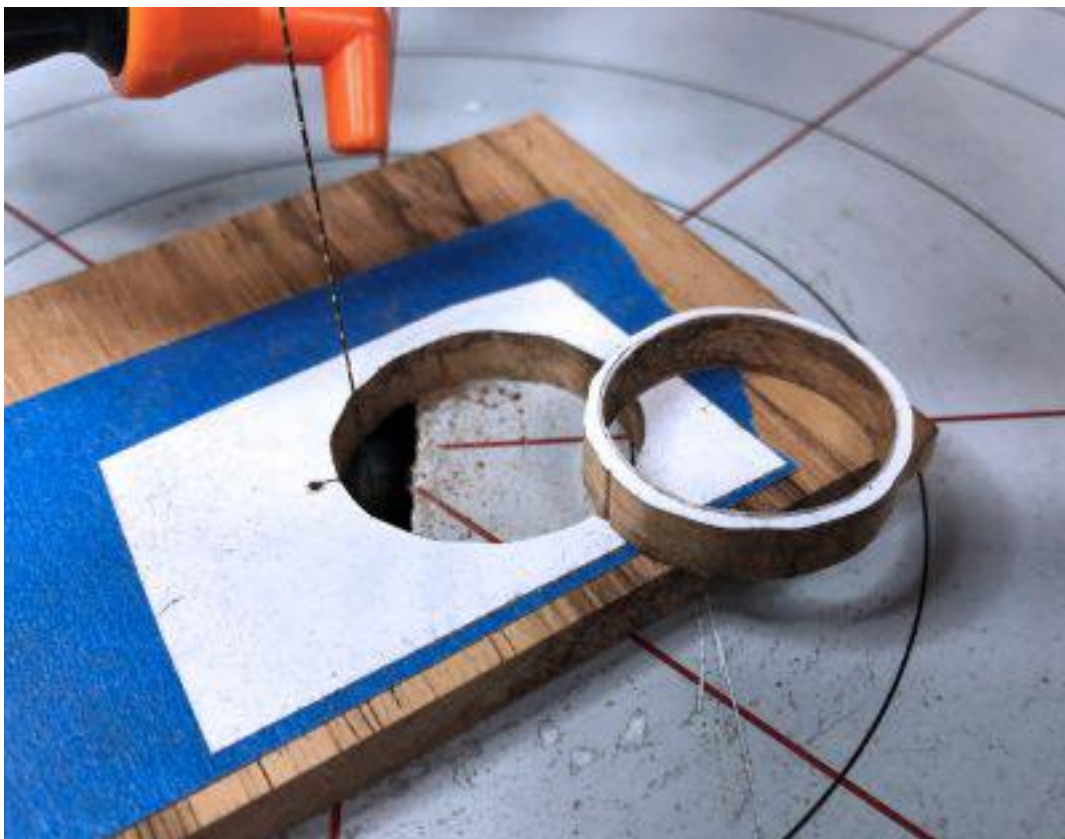
Now is the time for close to perfection. If you mess up start over
You are not using much wood so you are only losing time.

I used a spindle sander but you can do this by hand. It's just slower.
Keep checking the fit until the insert slide is smoothly.





Not that the inside is close to a perfect fit it's time to cut the outside. Just freehand the outer circumference of the ring. This cut does not have to be anywhere near perfect. We are going to make it perfect at the sander. Shoot for no thinner than 2mm.





Use sand paper to rough up the surface of the steel insert. This allows the glue to bond better. Apply a thin layer of super glue to the interior of the wood ring. Spray the outside of the steel insert with activator.

Slide the insert into the wood sleeve. The glue is going to set rapidly so don't be hesitant.





Now we have to true up the ring. Get it round. Go slow. This is also the time to make the wood the same thickness as the steel insert. It's easy to scratch the edge of the steel insert so be very careful.

Use finer grits of sand paper to smooth out the surface and round over the edges.



I applies CA glue to the surface for a gloss finish. I should have used thin CA glue but I did not have any at the time.

Put a small amount on paper towel and rub it into the wood.
Be careful not to get too much on the steel.

Spray the ring with the activator and it will set the finish.