Wrap your two wooden blocks, the same you used to press the bobbin, in plastic film. Place them against the sides of the coil assembly, and apply hard pressure, using a clamp or a lot of rubber bands, so that the long sides of the coil straighten out completely, and any slack is displaced to the narrow sides. Now mix a fair quantity of epoxy glue, place the coil assembly so that the pins face up, and let the epoxy run into the coil. Continue supplying epoxy until it starts to set. If it drips out from the other side, no problem. Just don't do this work over your uncle's persian rug. When the epoxy doesn't flow any longer, turn over the coil assembly, mix a new batch of epoxy, and fill the other side completely, forming a smooth surface. As the downside is now sealed, the epoxy will not flow out there. And when this epoxy has set, turn the assembly over again, mix epoxy, and apply it to form a smooth surface there. The idea is to replace all the air between copper and Mylar sheets by epoxy, and specially to fill the room left by the copper strip, which is narrower than the Mylar. This filling is necessary both for

mechanical and for electric safety reasons.

Now convince your kitchen's monarch that this devilish thing will add a nice scent to the next apple pie, and place it in the oven again. Let the epoxy harden completely, then remove the coil from the oven, remove the

clamp, rubber bands, wooden blocks, wooden core and all remains of plastic film. And now comes the big WOW!!! You will be surprised how your messy and springy assembly changed into a very robust, hard, strong and nice coil!