Pictured is my work bench which has a sheet of glass on the top. The bench is very flat and can be fine tuned for flatness by inserting card stock between the glass and bench top. I also have another surface which can be placed on top of the glass which will hold pins. It is made from a 24" x 72" sheet of Homosote with a sheet of Luan glued to one side with contact glue.

Before I start a model, I have the plans copied. After which, I cut the plans into reasonable sized pieces that can be attached to my 24" x 72" glass topped building bench. I spray the back of the plan with 3M type 75 adhesive which has about the same tackiness as Post-It notes.
The plan is then placed on the glass and smoothed out. It is very easy to lift the plan to reposition it while sticking it in place.

After the plans are adhered to the glass, sheets of wax paper are sprayed with 3M type 75 adhesive and placed on top of the plans, working out any wrinkles with my hands. Again, repositioning the wax paper is very easy because of the properties of the type 75 spray glue.
This photo shows pieces of newspaper laid out to mask part of the wax paper covered plans in preparation for spraying a light coat of 3M type 77 spray contact adhesive. This is the more common spray contact glue that will form a permanent bond when applied per the directions on the can.

I start with the T.E. placed onto the wax paper where the type 77 adhesive has been applied in a light coat. Then the spars are laid down and the ribs are fitted over the spars. There is no spray glue under the spars but as shown in #5 lays in a strip where the leading edge and the first and last couple of inches of the ribs are placed.
Up to this point none of the balsa wood parts have been glued. After checking the fit of all of the parts, I apply thin CyA glue sparingly to all of the joints using the pipette shown in the first picture.
In the first photo I am slipping a 6" rule under the framework, after gluing, to assist in it removing from the building board. It really isn't difficult to remove the wing and it comes up clean as shown in the second photo.
To prepare the plans for the next panel I run my hand over the wax paper to "ball-up" the residual glue after which it is brushed away. Before going on to build the next section of the wing, I'll lay down my newspaper masks and apply another light coat of the type 77 contact glue over the next panel.
After the wing panels are completed I will go back and apply a small bead of thinned aliphatic glue to all of the joints.

The advantage of using this building method is clearly the speed at which the construction proceeds and every assembly comes up off the table as flat as a plate of glass, pun intended.

Thermals,
Dan McLeod