

HOW TO MAKE A ROLL OR BOLSTER

Material needed:

- 3 large cans with a diameter of about 6", height 7"
- Foam $\frac{1}{4}$ " to $\frac{1}{2}$ " thick, 22" wide, 26" long
- Fabric for cover, e.g. vinyl table cloth or plastic
- Tape e.g. duct or strapping tape
- Needle and thread

Directions:

- Clean cans and place them in a row, with solid sides on the outside
- Tape the three cans together.
- Wrap foam around the cans and to hold it tight.
- Overlap the foam around the edges of the cans and secure with tape.
- Cut fabric to fit, about 28" x 30"
- Sew a one inch seam on each side of the fabric
- Insert a long piece of string or a shoelace into the seam, using a safety pin to guide it through.
- Place the fabric securely around the roll and fold under about an inch.
- Sew along the length of the roll to secure the fabric.
- On each end of the roll, pull the drawstring to tighten the ends.
- Tie firm knots and tuck the string ends back inside the fabric.

