HOW TO MAKE A ROLL OR BOLSTER

Material needed:
3 large cans with a diameter of about 6", height 7"
Foam ¼" to ½" 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.