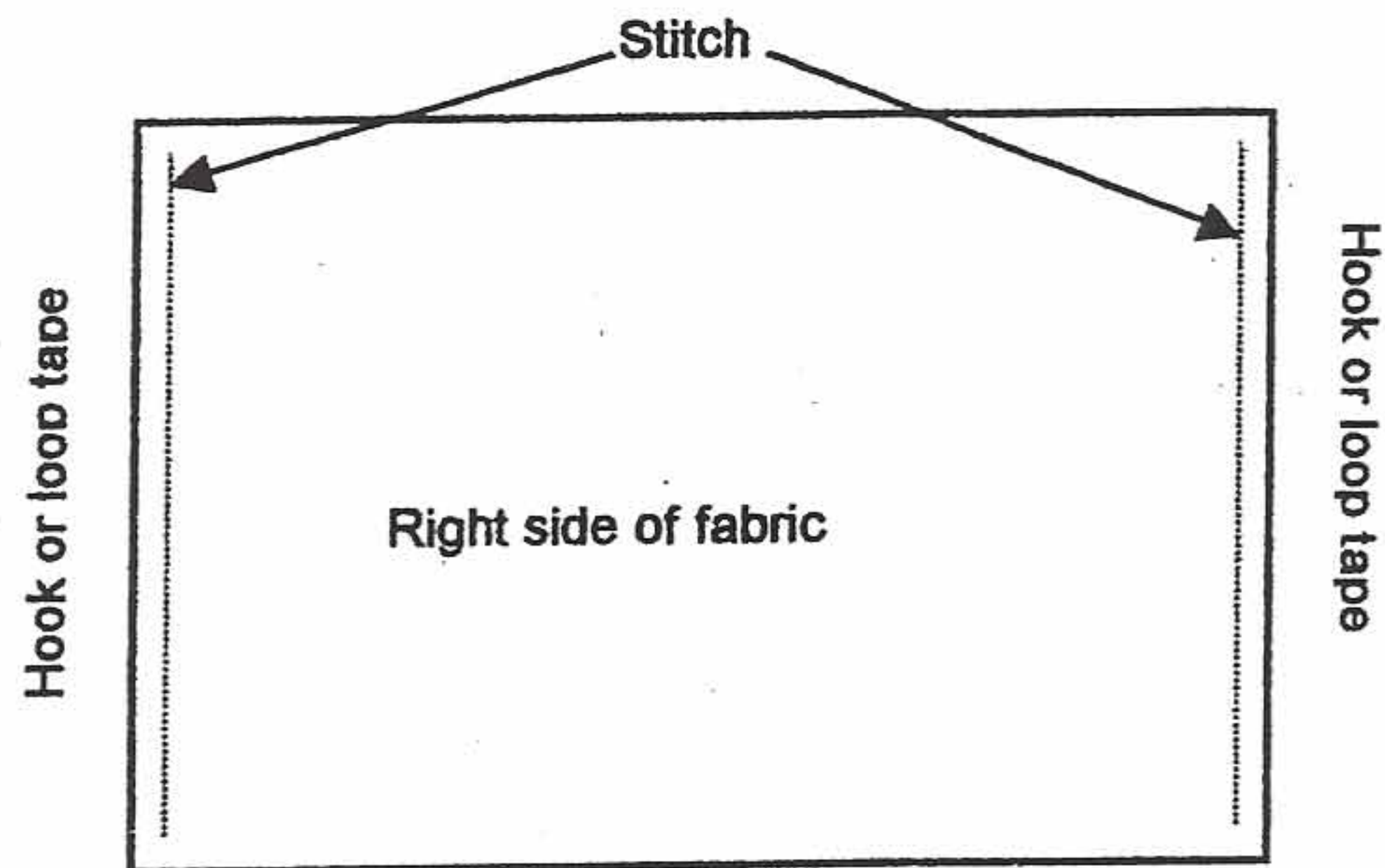


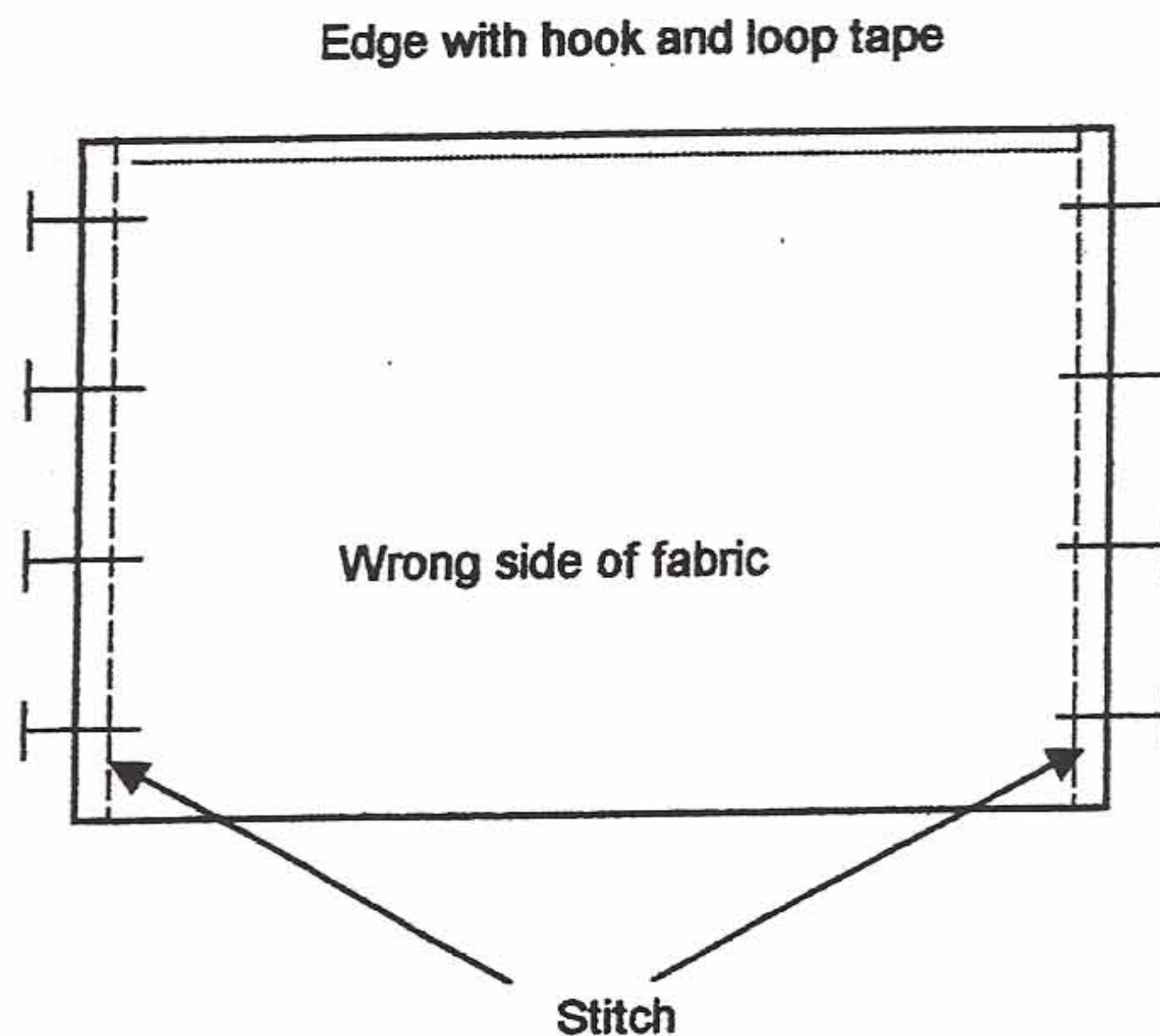
Directions for Making Weighted Blankets

Finished size	Fabric needed
30" X 45"	1 $\frac{2}{3}$ yard of 45" fabric
32" X 60"	1 $\frac{3}{4}$ yard of 60" fabric

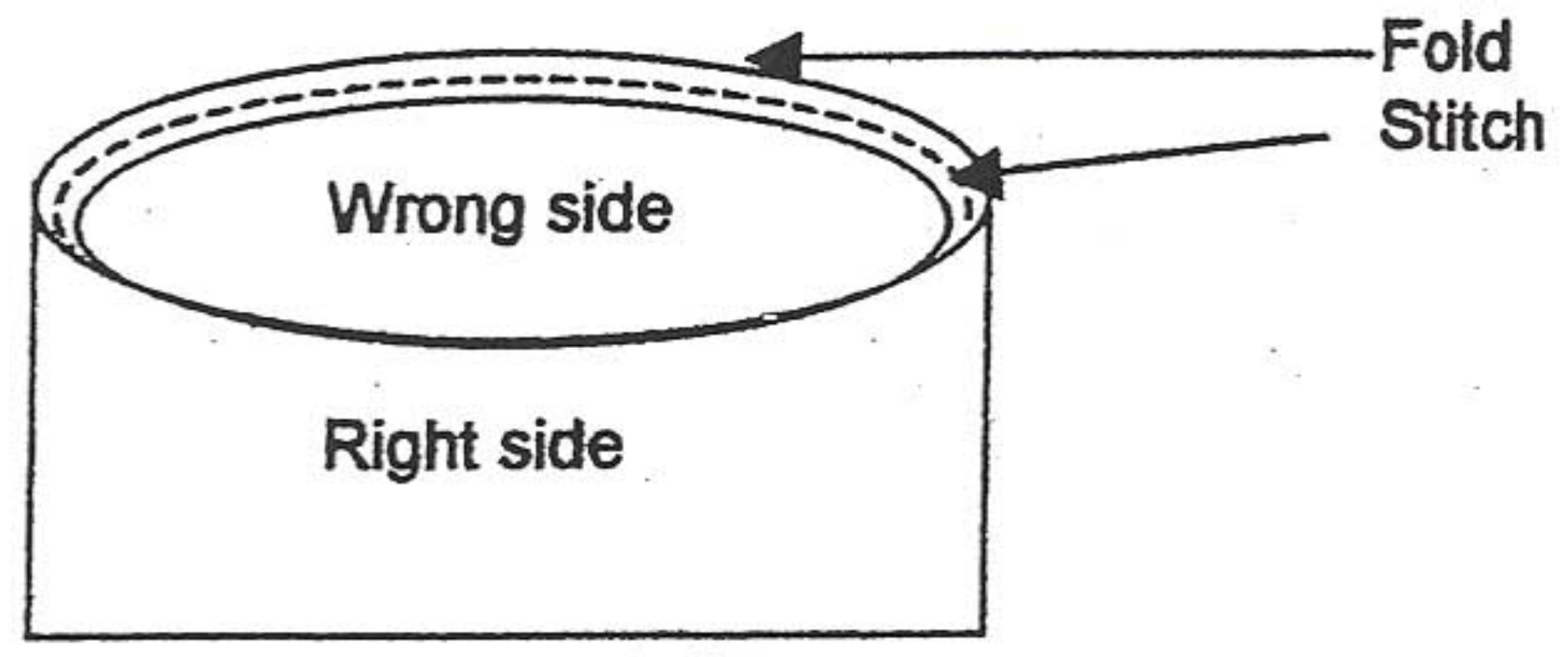
1. Cut hook and loop tape 2" shorter than short edges of fabric.
2. Lay wrong side of hook tape along right side of one short edge of fabric, keeping raw edges even. Stitch along inside edge of hook tape. Repeat with loop tape on other short edge of fabric.



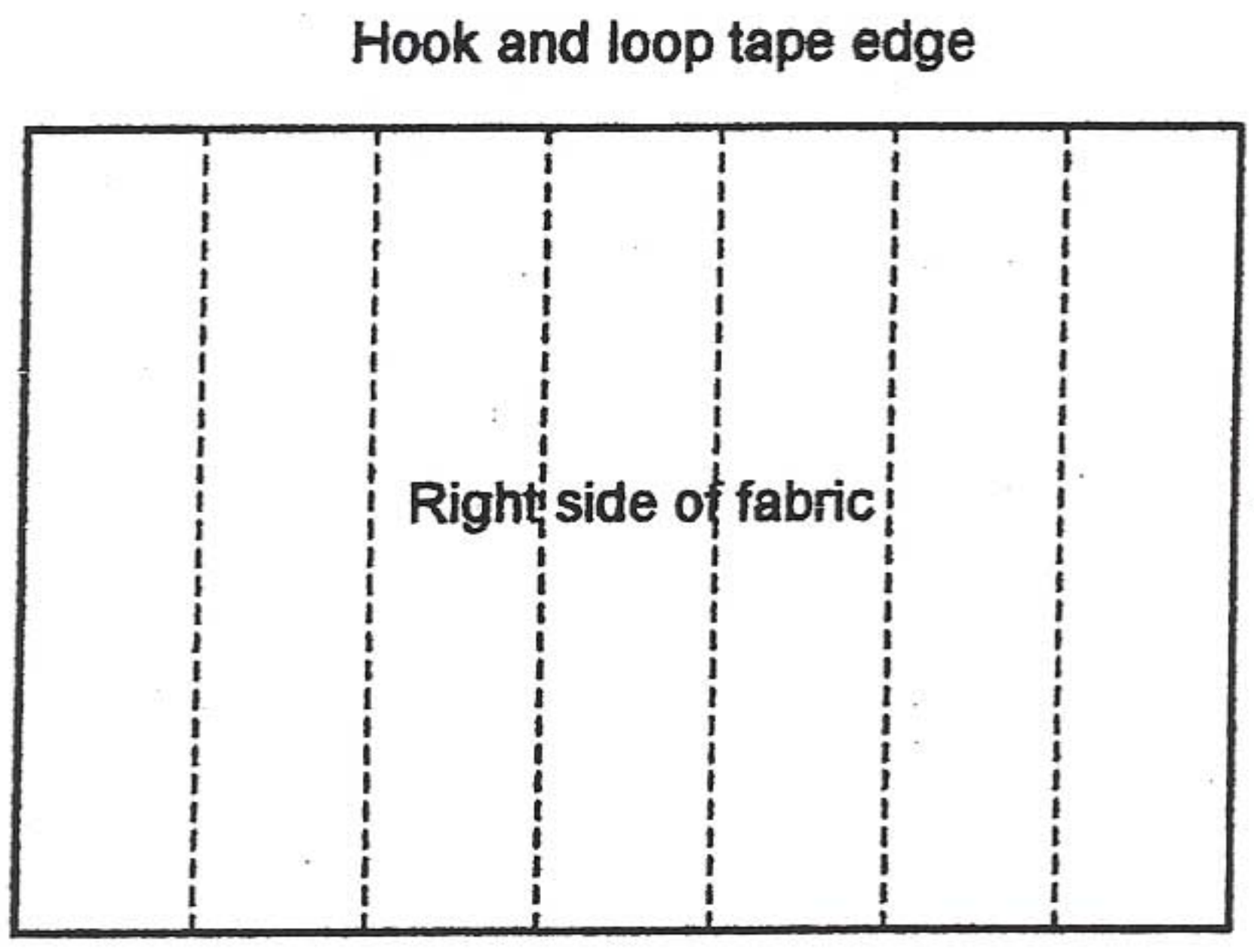
3. Fold fabric right sides together, pressing hook and loop tape together. Keep edges of fabric even.
4. Pin fabric pieces together along the sides that do not have the hook and loop tape on them. Stitch $\frac{1}{2}$ " seams along pinned sides.



5. Clip corners. Press seams open. Open hook and loop tape and turn blanket right side out.
6. Turn open edge to inside as for a casing, using edge of hook and loop tape as a guide. Pin or tape in place and stitch along inside edge of hook and loop tape.



7. Press hook and loop tape together, keeping edges of fabric even.
8. Measure long edge of blanket. Divide length into equal tubes that are at least 5" wide.
9. Mark stitching lines. Stitch along marked lines.



10. Stuff blanket with old clothing or linens.