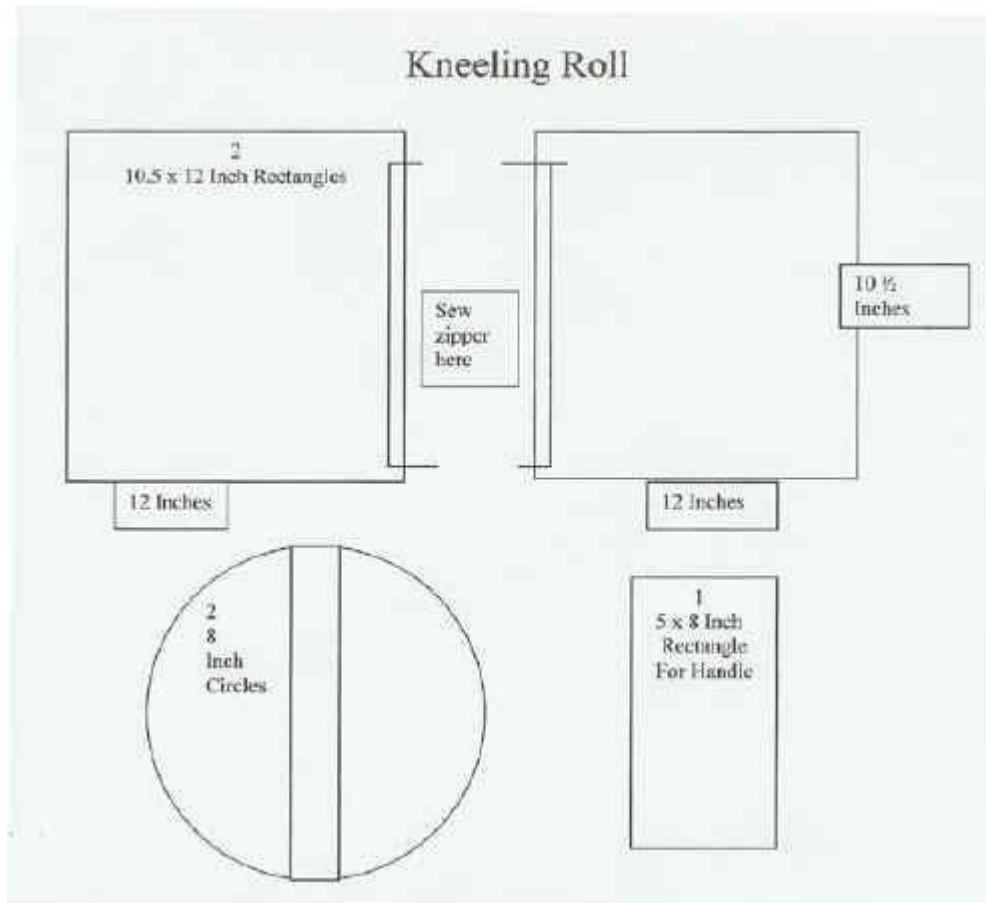


# Kneeling Roll

By Nancy Jochum, Nebraska CMP State Director.



- Cut out two rectangles 10 ½ inches by 12 inches, two 8-inch circles, and one rectangle 5 x 8 inches.
- Right sides together, sew one 10 ½ inch side of the rectangle in a 5/8 inch seam, leaving area open for the 9 inch zipper.
- Sew the zipper in the opening left in the seam.
- Right sides together, sew 1/2 inch seam in the opposite 10.5 inch side, forming a 10.5 inch tall tube.
- Unzip zipper. Wrong sides together, fold the 5 x 8 rectangle in thirds so it forms a rectangle approximately 1 ¾ inch x 8 inches. Zig-zag along both long edges to enclose raw edges.
- Right sides up on both, put the zig-zagged rectangle on one of the circles as shown on the circle diagram.
- Baste or pin short edges of the rectangle to the circle edge.

- Run a basting thread around the edges of both circles, using a 1/4 inch seam.
- Wrong sides together, pin one circle to the top of the tube and one circle to the bottom of the tube, easing fit with the basting thread as needed.
- Sew circles to the tube using a 1/4 inch seam.
- Reach through zipper hole and turn the kneeling roll right side out.
- Fill partly full with filling of choice. You can use bean bag beans, rice, bird seed, sand, etc. If you use an edible grain, be sure not to get the kneeling roll wet and to keep away from rodents.
- Zip up zipper. Kneeling roll is ready for use.
- To adjust fit to shooter, put in more filling or remove filling as needed.