

How To Make A Nyia

You Need:

100 inches x 15 inches
250 centimeters x 40 centimeters **A1**

This fabric is:
without any stretch
thick like men's pants
natural fibers like cotton or linen
machine washable

100 inches x 15 inches
250 centimeters x 40 centimeters **A2**

36 inches x 20 inches
92 centimeters x
50 centimeters **B**

This fabric is:
without any stretch
machine washable

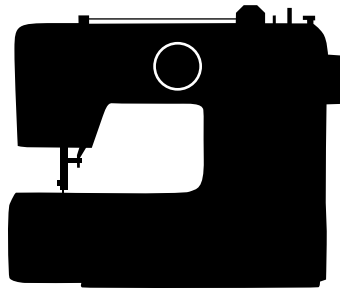
18 inches x 5 inches
45 centimeters x
C1 13 centimeters

18 inches x 5 inches
45 centimeters x
C2 13 centimeters

This fabric is:
soft & fluffy
machine washable
fleece, wool, batting, or similar

18 inches x 5 inches
45 centimeters x
C3 13 centimeters

18 inches x 5 inches
45 centimeters x
C4 13 centimeters



Sewing Machine

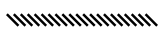



Sewing Machine Needle
Heavy Duty or Denim Needle
Size 14-16





Thread
Regular All Purpose
100% Polyester


Symbols:


raw, unfinished edge

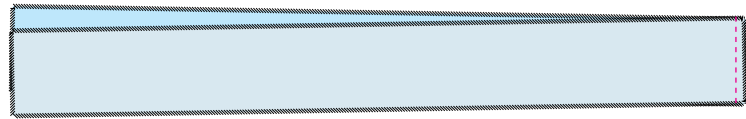

folded/finished edge


sew here


fold here

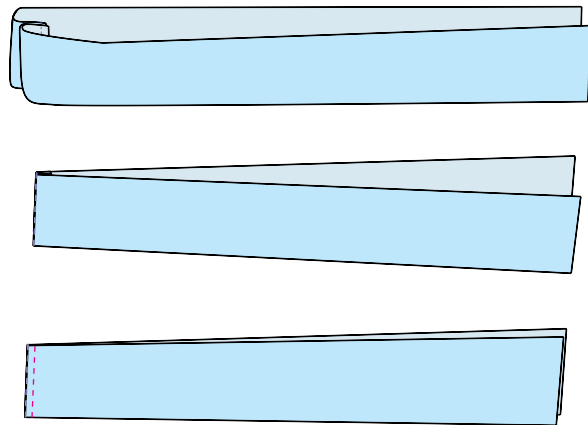

stitching from
previous steps

1)



Sew **A1** and **A2** together
1/4 inch or 1 centimeter from one end.

2)

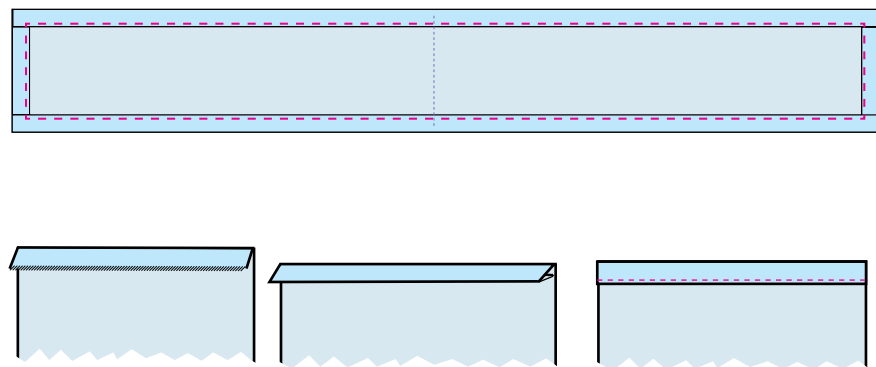


Fold in half so stitches are on inside.

Press flat.

Sew together again 1/2 inch or 1.5 centimeters
from the folded end.

3)



Hem all edges.

To hem:
Fold edge over 1/4 inch or 1 centimeter.
Press flat.
Fold edge again 1/2 inch or 1.5 centimeters.
Press flat.
Sew along inside fold.

4)



Along middle 20 inches (50 centimeters) mark
fabric in half. Mark each half in thirds.

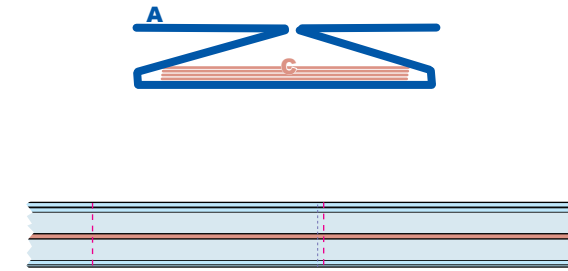
Fold top third down to half-way line. Fold bottom
third up to half-way line. Press flat.

Cross section of folds:



5)

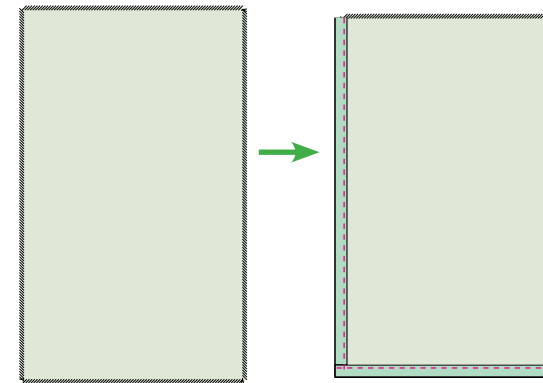
Cross section view:



Put 4 layers of padding (**C1, C2, C3 & C4**)
inside folds of strap **A**.

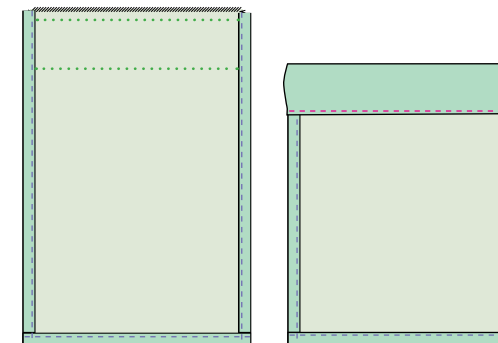
Stitch along edges of padding and center to keep
folds and padding in place.

6)



Double fold and hem two long sides and short
bottom edge of **B**.

7)

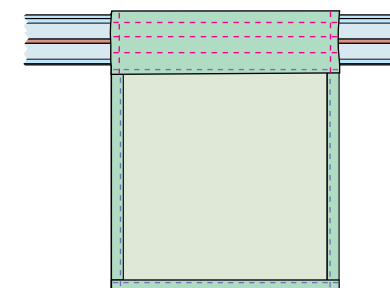


Fold over 1/2 inch or 1 centimeter of the top
unhemmed edge of **B**. Press.

Measure another 6 inches (15 centimeters) down
from the top and fold again. Press and sew along
bottom fold.

The sides should be open, leaving an open sleeve
along the top 6 inches of the blanket.

8)



Thread strap **A** through the sleeve/pocket at the
top of blanket **B** until centered. Padding should
be inside pocket.

Close sides with vertical stitches.

Secure padding with horizontal stitches.

Finished!