1. Foil about 24 inches long

2. Fold in half, and then in half 3 more times

3. Now you will have a long thin strip. This time fold in half down the middle to create an extra thick 12 inch strip

4. Now your going to take your extra thick strip and fold it in half lengthwise one final time.

5. Using your drawing as a guide bend your foil until it takes the shape. Cut off any extra and staple shut the two ends.