1. Decide which of the two adaptors you are making.
2. With a hacksaw cut off a 2 3/4" length of 1" diameter aluminum stock
3. First, do the part of the adapter in the center and right side of the drawing.
4. Mount stock in lathe chuck with at least 1.5" extending beyond the chuck.
5. Turn the extended part to the large center diameter 0.95" and then the end to the 0.685" (Add barbs if desired, but be careful not to cut too deep!) **NOTE**: Use cutting oil
7. Turn piece around in the chuck and clamp on the 0.95” area. This finish on this area is not critical for the parts function.
8. Turn down the end to the smaller diameter. (Add barbs if desired, but be careful not to cut too deep!)
9. Drill small diameter hole

NOTE: If piece is rough, polish with sandpaper.
NOTE: The sequence of operations is chosen such that the heavier cutting is done while the part is thicker and stronger.

For a detail description of lathe use please see:
http://me.mit.edu/lectures/machine/outline.html
http://155.217.58.58/cgi-bin/atdl.dll/tc/9-524/toc.htm