



## *Rice Bag Warmers*

These are lovely little bags filled with rice or flax seed that can be put in the microwave to warm up sore muscles or cold beds or they can be kept in the freezer to put on swollen joints, injuries, and burns. At this time of year, nothing warms me up faster than curling up with my rice bag under a blanket! You will need: microwaveable material (like cotton, flannel or linen--not fleece), about 1.5 pounds of rice or flax seed (approximately 4 cups), thread, sewing machine (if you have one), and lavender (optional). Feel free to adjust the size to meet your needs, but here are basic instructions adapted from Blair at Wise Craft:

- Cut material into 2 rectangles measuring 10 inches by 18 inches.
- Using the rectangle for the inner pillow cover, fold in half so it measures 5"x18"; *wrong* sides together, and stitch across long side and one of the short sides, leaving one short side open.
- Fill with rice, then stitch the last short side closed.
- Pin *right* sides of the outer cover fabric together, stitch only the long side closed. Turn right side out, press neatly, and slide the inner pillow filled with rice into it.
- Turn under a 1/2" seam on each short end, making sure to catch the ends of the inner pillow in the seam (this will keep it from slipping inside the cover). Do this on both ends, topstitch across all layers (make sure the rice is safely away from the seam), and you're done. Heat in the microwave for 2-5 minutes, depending on your microwave. Enjoy snuggling!