

Pain in the Neck

Craft Leftovers

After that whole escapade with my neck going out, I decided I needed a compress. What better than lavender and rice to do the job? So now, thanks to my new neck wrap, I don't have a pain in my neck anymore.

Ingredients:

One 18" x 10" piece of soft fabric like flannel or fine cordoroy (MC = main color)

One 18" x 5" piece of fashion fabric (Contrasting Color = CC)

One piece of 24" piece of rick rack

One piece of 24" piece of ribbon

1 cup dried lavender

2 cups long grain white rice



[Http://www.craftleftovers.com](http://www.craftleftovers.com)

Creative Commons 2007 by Kristin Roach, Some Rights Reserved

Directions:

Cut MC in 18" X 5" rectangle.

Cut out 3 of the cc pieces from the template and 2 of the mc.

Place template pieces right sides together, alternating main and contrasting colors.

Cut to 18" x 5"/

Stitch on ribbon and then the bias tape.

Pin large mc piece and stitched together template pieces right sides together.

Turn right sides together.

Stitch 2 straight lines six inches apart as in figure 1.

Mix 1/3 cup lavender and 2/3 cup rice. Pour into one of the pouches. Repeat for the other 2 pouches.

Turn, press, and pin the open seam closed. Straight stitch shut.

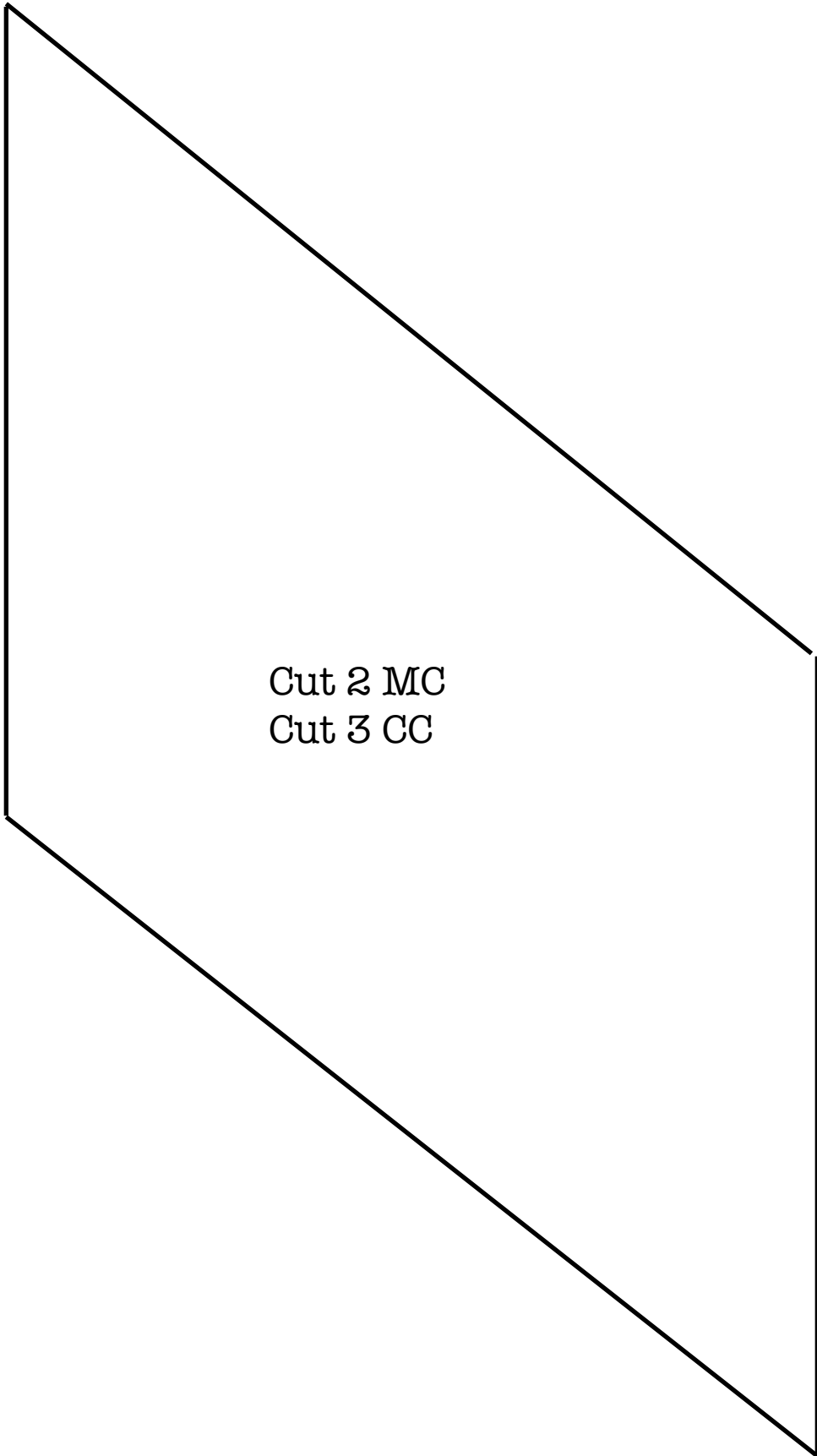
Heat up in the microwave for 5 - 10 seconds.

Wrap around your neck and let the pain just melt away with the soothing scent of lavender.

Enjoy!



figure 1



Cut 2 MC
Cut 3 CC