

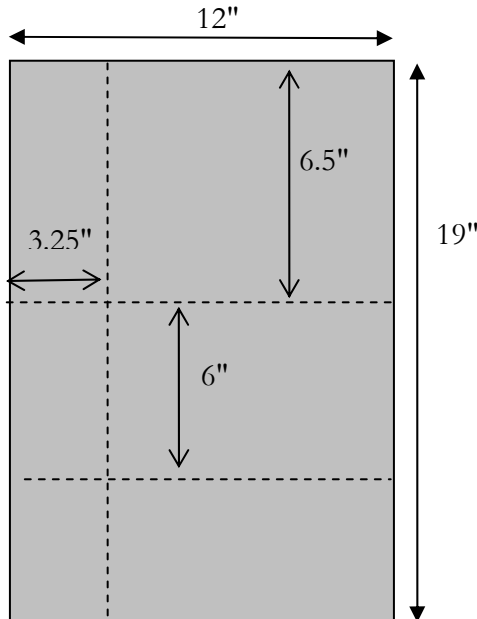
## Large Neck Warmer

You will need a piece of fabric 12" wide by 19" long, and 4 1/2 cups millet. 1 cup millet weighs 0.44 lb. 4 1/2 cups weigh 2 lb (actually, they weigh 1.98 lb but 2 lb is close enough).

Finished size of neck warmer: 18" long x 5.5" wide

Cut a piece of fabric 19" long by 12" wide. In the pictures, gray represents the right side of the fabric and white the wrong side.

Mark the fabric: 6.5" from the top, then another mark 6" down from that one (marks are on right side of fabric).



Fold down 0.5" of fabric at the top (the narrowest edge) to the inside and press. This will be the hem at the top.

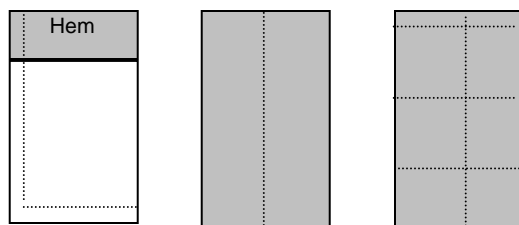
Make a mark 3.25" in from the longest edge the full length of the fabric.

The dotted lines represent where the fabric is marked. The picture is not proportional to the cut piece of fabric, use the measurements only.

Once the fabric is marked and the hem is folded and pressed, fold the piece of fabric in half the long way and sew a 0.5" seam across the bottom and up to the top. You will be sewing through the hem.

Turn right side out, and press flat. Sew down the lengthwise line:

Using a funnel, pour 3/4 cup into each side. Sew across the "bag" at the mark closest to the bottom. Repeat. After the last addition of millet, sew across the top 0.25" from edge.



### Cover

Polar fleece makes a nice cover. Flannel makes a nice cover too, but you will need to hem the 2 top edges before sewing them together. Add ½" to the lengths if you are using flannel or a woven fabric.

To make a cover cut a piece of fabric 7" x 19" and one 7" x 23"  
If you are making a cover of woven fabric, cut them 19.5" and 23.5" long and make a narrow hem at the top ends.

Fold down 4" of fabric on the longest piece, right sides together. Lay the 19" piece on top, right sides together and sew all around the sides and bottom. The top is where the folded edge of one piece is. Leave open. Turn right side out. Put the millet-filled bag into the cover, shake down and arrange in the cover. Flip the cover over the top.



Heat in the microwave for about 3 minutes. For safety, put a cup of water in the microwave oven while you are heating it. No need to remove the polar fleece cover.

Depending on your microwave oven, it may take a longer or shorter time to heat.

Can be done with rice, also.

Dried lavender flowers add a nice fragrance. Just add about 1 teaspoon to a neckwarmer.