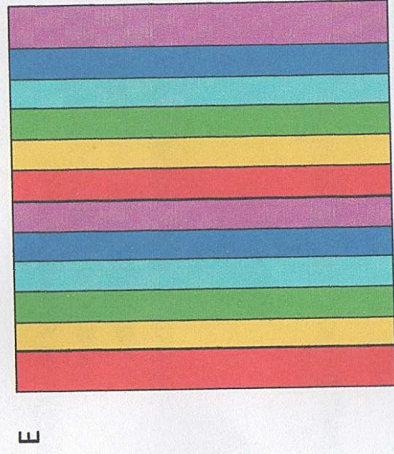
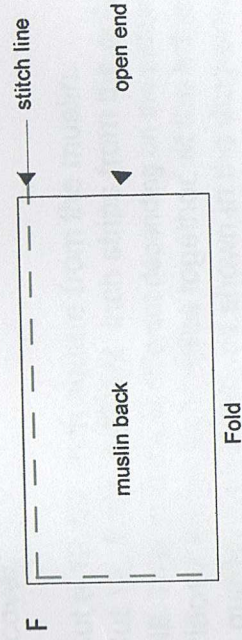


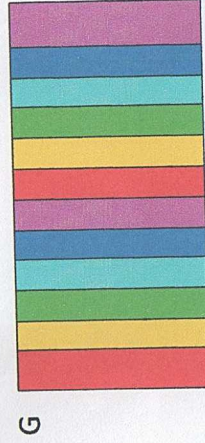
Continue until all 12 strips have been added. The pattern is up to the individual. Diagram E



Once all the strips have been stitched to the muslin it can be folded in half. Right sides together and stitch on two sides (1/4 inch seam). Diagram F



Turn and place the inner bag inside, turn the raw edge under a quarter inch and slip stitch the opening closed. Diagram G



### 3) How to use your warming / cooling wheat grain cushion.

- a) To use as a cold pack to reduce the swelling from minor injuries, place in a sealed plastic bag and leave in the freezer. When needed take out of the plastic bag and place on the affected area.
- b) To use as a hand, neck, etc.. warmer, place in the microwave on high for about 50 seconds to 1 minute.  
**Do not over heat** . As microwaves differ try 50 seconds first to see if that gives a heat that is comfortable to hold. Always allow it to cool completely before reheating.

**To wash** the cover, undo the end slip stitching and remove inner bag containing the wheat grain first. Once washed put it back in it's cover and slip stitch up again.