

Lavender Sleep Mask

One pound of lavender = 14 cups

Supplies: 10X10" cotton flannel fabric, 10X10" cotton muslim fabric, 1/2 Cup Lavender buds, 1 Cup Flax Seed

- Fold over each fabric right sides together to form 5X10" casing,
- Sew 1/2" along 1 long side & 1 short side, leave 1 short side,
- Fold under 1/4" of open end of flannel pouch and sew hem,
- Turn each piece to right side,
- Pour Lavender & flax seed mixture into muslim pouch,
- Fold under 1/2" of open end of muslim pouch and sew close,
- Slip muslim pouch into flannel pouch.

Ready to use. Rub pouch to freshen the scent.

1 yd of 42" wide fabric will yield 14 10X10" squares.

Lavender Dryer Bag

Make muslim pouch same as above but cut 10X5" and fill with 1/2 cup lavender flowers, no rice. Use in dryer to fragrance towels and bedding.