

# Make a Dream Pillow



As we learned in camp today, being a colonial apothecary was a very serious job. Even though not everything you prescribed truly worked, you were the only source of medical care for people who were sick in the 1600s and 1700s! One common ailment that we still deal with today is trouble falling asleep. Many natural products have been shown to help our bodies and brains relax so we can sleep. Today, we will make a pillow stuffed with these very herbs!

- Step 1: From your camp kit, grab the following items:
  - Pre-Sewn Felt Square
  - Pillow Stuffing
  - Tacky Glue
  - Dried Lemon Balm, Rose Petals, Fennel and Lavender.
- Step 2: Decide which herbs you would like in your pillow based on their scent. It's okay if you don't want all the herbs in your pillow. They will all help you sleep.
- Step 3: Take the herbs that you want and add them into your pillow.
- Step 4: Next, take your pillow stuffing and add it to your pillow. You can add a little more or a little less, depending on how soft or hard you want it to be.
- Step 5: Next, take the open ends of your felt square and fold them into the pillow.
- Step 6: Take your tacky glue and apply it to the inside edge of the felt you just folded. Press each side of the pillow together and wait for it to dry.
- Step 7: When your pillow has dried shut, you can now use it! Put it near your pillow in bed when you go to sleep!

**Optional:** In Colonial times, both men and women knew how to sew, at least well enough to stitch on a button or sew up a tear. If you have a needle and thread at home, try using a basic running stitch (pictured) to close hole. You can use both the tacky glue and sewing to make sure it is tightly closed.

