

# Comfy Corn or Rice Soothing Sock (warm or cold pack)

This is an easy way to make your own comfy 'warm and moist' pack AND it can be used as a cold pack by placing in the freezer where it is ready as an ice pack for food or injuries. It is reusable and can last years. Great for use as a bed warmer, foot warmer, comfy pack, and the unusual warm and moist heat is particularly soothing for aches, pains and other discomforts. It stays warm a long time and is portable. Soothing socks naturally cool gradually when left unattended thereby a safer alternative to electric heating pads. You can bring it in your car as you warm it up on those chilly winter mornings. Cats and dogs like to lay on them. Freeze them and use them for wrist rests at the computer. It can be used to keep food warm or cool, too, by placing it under the dish of food or in the lunch bag.

Here's what you need:

**Clean 100% cotton socks** with no metal or plastic decorations. A pair works well – one sock to fill and one sock to use as removable washable cover. Cover sock does not need to match so 'single' socks can be used. Use 100% cotton as cotton blends may not be microwave safe. (Some synthetic fibers may scorch or melt in the microwave.)

**2 to 4 cups of whole kernel dry feed corn OR uncooked white rice.** The amount depends on the size of the sock. Do not use cracked corn or popcorn. The whole kernel dry feed corn - aka field corn, deer corn, feed corn – can be found in animal feed store by large 50 lb bags and possibly smaller quantity. Bird feed stores may also sell in smaller quantities by the pound. Look for 'clean' corn (without dusty particles) although you may use a large slotted vegetable sieve to sift corn removing the particles (save as bird feed), then simply do a quick rinse of the corn in cool water (do not soak) and allow to air dry in a single layer. As for the uncooked white rice use plain white rice - do not use precooked or with seasoning.

**A piece of cotton yarn, ribbon or string (optional)**

**Scissors as needed**

Here's how to make it:

- 1. Fill the sock with the whole kernel feed corn or uncooked rice. Don't pack the corn or rice in too tightly, allow some room for the rice to move around so that it can mold easily to the area to be treated and to mix easily as the pack is heated.**
- 2. Tie the open end of the sock with the piece of string or if you have a longer sock you can simply tie the end to keep the corn or rice from spilling out.**
- 3. Before using the soothing sock for the first time put the corn or rice filled sock in the microwave on high for about 45-60 seconds. Repeat 3 times to kill any natural occurring insect eggs there may possibly be in the corn or rice. The pack will be very moist but after the first few heatings much of the excess moisture will be released. Now it is ready to be used as a hot or cold pack and given as gifts. (Store extra unheated corn or rice in sealed containers.)**

**Here's how to use the soothing sock:**

**AS a warm pack - each microwave is different therefore heat the soothing sock in microwave on medium heat for one minute. Remove and mix filling by moving the filling with your hands. (The center will be warmer.) Return the sock to microwave heating for 30 sec. And mix again. Repeat until you have the desire warmth for your use – not usually more than two minutes depending on quantity of filling and microwave. Monitor carefully and do not overheat.**

**AS a cold pack - store in the freezer and simple remove when needed.**

**Storage: The corn or rice soothing sock can be stored at room temperature or in the freezer ready to use for unexpected injuries and can be heated in the microwave directly from the freezer for a warm and moist soothing sock pack.**

**Cover: the second sock used as a soothing sock cover can be removed and washed as needed. A simple cotton (flannel is favored) cloth wrapped around the sock can also be used as a comfortable, washable cover.**

**Added cleanliness protection: thicker plastic 'freezer' bag - not thinner plastic 'storage' bag - can be used as an extra protection for cleanliness. Slip the sock in the plastic bag, heat the sock in the microwave. Then cover warm sock with washable**

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