

HENRICUS AT HOME

DREAM PILLOW (SACHET)



Scented herb pillows are said to derive from the practice in the Middle Ages of stuffing bed mattresses with scented herbs. Dream pillows have been used for centuries to comfort and lead to “sweet” dreams and a good night’s sleep.

Published in 1606, *Ram’s Little Dodeon, A brief epitome of the new herbal, or history of plants*, contains instructions for a “sleeping sachet”:

“A Bag to Smell unto for Melancholy, or to Cause One to Sleep. Take drie Rose leaves (petals), keep them close in a glass which will keep them sweet, then take powder of Mints, powder of Cloves in a grosse powder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.”

Today, many people make sweet-smelling sachets to put into drawers containing linens or clothing.

How will you use your sachet?

MATERIALS

- ◆ String or yarn
- ◆ A small piece of fabric, about the size of a tissue
- ◆ A variety of herbs or spices — choose the herbs that smell best to you.



INSTRUCTIONS

Step 1: Lay your piece of fabric flat on a table.

Step 2: Scoop two or three small spoonfuls of herbs onto the center of the fabric. Use whatever combination of herbs smells best to you! Popular choices are lavender, rosemary, mint, lemon balm, and cloves.

Step 3: Gather the corners of the fabric together and use a piece of string to tie your sachet. Be sure to tie the string tightly to prevent any herbs from spilling out. Gently knead or crush the sachet between your fingers to release the scent of the herbs.