



This little pillow filled with rice,
is such a comforting device.

Microwave for 1-2 minutes on high
and kiss those aches and pains goodbye.

Apply it to the troubled spot,
the heat will ease the pain a lot.

Or warm those little toes so cold,
you'll find this nice to have and hold.

Or freeze it for a little while,
and fix that boo-boo up in style.

Instead of a compress made of ice,
Use this pillow filled with rice.