

A warm bedfellow

During wintertime, houses are cool (Ours is around +16 C) and so are their beds. To warm a bed takes time but there is a solution: a splendid stone-buddy.

Look for biggish stones, then wash and dry them. Put the stones inside a stove, to the back, so that they don't crack while warming up. When preparing dinner on the stove, the stones will become quite hot, and can then be left inside until it's time to go to sleep. Wrap something soft and made of wool around the stone (An old sweater or a scarf, for example), so that the hot and hard stone won't hurt your feet. If you put the stone in half-an-hour before you go to sleep, the bed will be nicely warmed. It's best to move the stone to the foot of the bed, so that you don't accidentally kick it while sleeping.



This stone-buddy greatly resembles its cousin, the hot water bottle, but with couple of differences: firstly, the stone will keep warm longer and it's more primitive solution than that which requires a glass-blower. In addition, you don't have to fear for the cap to leak and the mattress getting wet. Warmly recommended!

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