

Dream On

A Native-American creation keeps the nightmares away.

Troubled by nightmares? Hang a dreamcatcher by your bed and you'll be sleeping soundly.

Indians of the Great Lakes region created these weblike wall hangings to filter dreams from the night air. Good dreams slip through the dreamcatcher, into a sleeper's mind. Bad dreams become tangled in the web and are burned off by the morning sun.

shells, leather thongs, bits of broken jewelry, or anything your imagination dreams up. Traditionally, though, metal is forbidden.

Step 1: Bend your stick into a hoop, and tie the overlapping ends together with string. Wrap the string around the joint, tying it securely. Dab a little glue on the knots to hold them together.

(Note: If your stick or reed doesn't bend easily, soak it in water for 15 minutes. Then tie it together, and allow it to dry.)

Step 2: Seal out moisture with varnish, sealer or acrylic paint. Let your hoop dry completely.

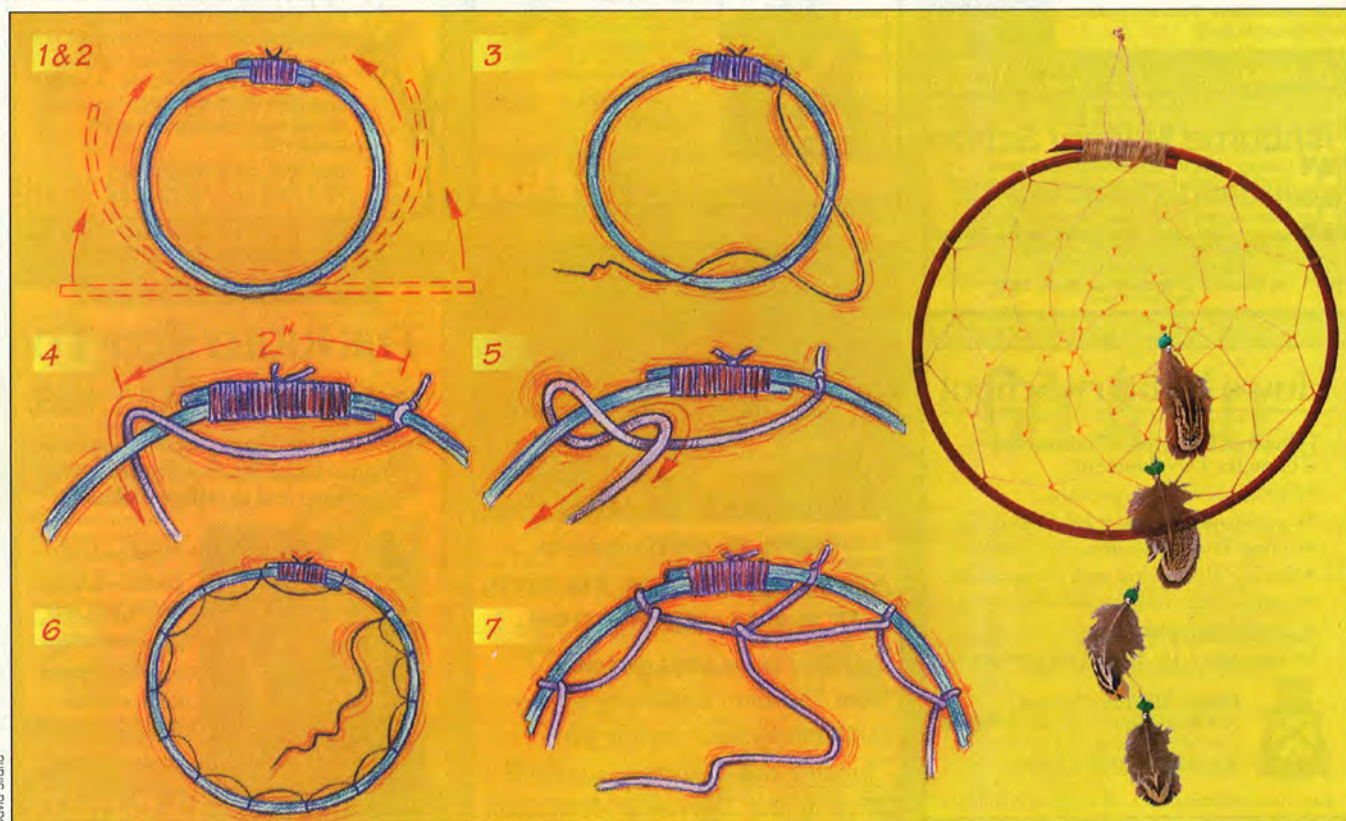
Step 3: Cut a piece of string about 10 feet long. If it frays, dab glue on each end. Tie one end of the string to the hoop, just to the right of the joint.

easier way), until you have gone all the way around the hoop. Keep your string tight, but not so tight that it bends the hoop.

Step 7: When you get back to where you started, make your next loop between the first string segment and the hoop, away from you. Center your loop on the string segment, so that you end up with a triangular shape.

Step 8: Keep repeating that last step around and around, running your loop through the center of each string segment.

Step 9: When you have only a little space left in the center of your web, tie off your string in a double knot and dab with glue. You can either cut off the excess string or hang some decorations from it.



To make a dreamcatcher, you will need just a few items:

- a flexible stick (young tree shoots work well) or a piece of basket reed from a craft store, about 2 feet long
- string, embroidery floss or imitation sinew
- varnish, wood sealer or acrylic paint
- scissors
- glue
- decorations: feathers, beads, sea-

Step 4: Loop the other end of the string over the top of the hoop (away from you). For the best-looking web, loop the string 2 inches to the left. For something a little easier, loop it 3 inches to the left.

Step 5: Pull the end of the string down between the hoop and the string, toward you. Be careful to avoid tangles.

Step 6: Repeat these loops every 2 inches (or 3 inches if you choose the

Then tie or glue your other decorations onto your dreamcatcher. Use things special to you—a small fossil or arrowhead you found, fur or claws from a game animal you bagged last season, or feathers your pet bird has molted. You might even use decorations that remind you of dreams you want to come true.

Use a piece of string to hang your dreamcatcher by your bed or in your window. ✦ —Diane Matcheck