



## Paint On!

BY JULIANA LEWIS

If you like to sponge-paint but don't like the mess it makes, here's a way to avoid the problem. Get some empty thread spools and ask a grown-up to hot-glue them to the backs of sponges. This will keep your fingers clean and make your art more fun.

And have you tried ice-cube painting? This, too, is lots of fun. First, cover your table with newspaper. Then lay down a piece of heavy manila paper of the size you want your painting to be. Put dry tempera paint into saltshakers and shake the paint onto your manila paper. Use the ice cube to spread the paint around.

## Peanut Butter 1

BY CAROL RUSSELL

- 1/2 cup peanut butter
- 1/2 cup plain yogurt
- 2 or 3 tablespoons honey

In a mixing bowl, stir together the peanut butter and yogurt until they are well mixed. Add 2 tablespoons of the honey with a clean spoon. If you would like a sweeter dip, add the remaining tablespoon of honey.

Serve the dip with apple wedges, celery sticks, cucumber slices, carrot sticks, or crackers.

