



Extension News Column

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From: Roxie Dinstel
Re: [Pinching Pennies to run Mondays on page A-3 \(3 of 3\)](#)
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Summer is upon us and those kids and grandkids are buzzing around the house looking for something to do. We've had enough time for the novelty of sleeping in to get old and the common saying "I'm bored" could just be driving you crazy. Play dough, paint and other simple projects can keep them busy, but they can be pricy. Making these popular items can keep kids busy and give plenty of playtime fun, not to mention save a little money. Try your hand at stirring some up.

Playdough—Place 2 cups of flour, 2 cups of colored water (a few drops of food coloring does it), 1 tablespoon of cooking oil, 1 teaspoon cream of tartar, and 1 cup of salt in a pan. Cook slowly on medium-high and stir until it thickens. After use, keep it in the refrigerator.

Koolaid playdough—Put 3 teaspoons of cream of tartar, 1 cup of flour, one package of koolaid, and ½ cup salt in a pan and mix in 1 cup of water and 1 tablespoon of oil. Cook slowly stirring until it looks like dough.

Edible play dough--Combine an 8 ounce package of cream cheese, ½ cup non-fat dry milk and 1 tablespoon honey in a bowl and mix until well blended. Mold sculptures on wax paper. The shapes can be placed on crackers or bread slices, decorated with edibles (celery or carrot slivers, raisins, dried fruit pieces, nuts, or seeds) for a healthy snack... then eat!

Unused portions should be stored in an airtight container and kept refrigerated. Because cream cheese is perishable, use the expiration date on the cream cheese package as your guide for how long you can keep this play dough.

Milk paint—Mix 2 tablespoons nonfat dry milk with enough warm water to make a thick paste. Add a few drops of food coloring and stir until smooth. Cover the paint and refrigerate for storage.

Slime or Gak—Mix together with wire whisk 1 cup of all purpose glue, $\frac{3}{4}$ cup water, and food coloring or tempera paint. Mix separately $\frac{1}{3}$ c. water and $\frac{1}{2}$ tsp. Borax. Slowly pour Borax mix into glue mix. Let stand a few minutes, then knead. Pour off any remaining liquid. Store in plastic bags.

Sidewalk chalk—Pour 1 cup plaster of paris in an disposable container such as a coffee can or a yogurt container, stir in most of $\frac{1}{2}$ cup cool water (save a little), add three to four tablespoons of powdered tempura paints. Add a little more water as mixture thickens. Stir well and form, use an old ice cube tray or toilet paper tubes (be sure to put duct tape on the bottom to keep it from running out). Allow it to set up and let them play.

Pudding Finger paint--Make the vanilla instant pudding according to package directions. Divide into portions and mix in different food coloring for each portion. This finger paint is edible. If you use food coloring sparingly, this is a washable finger paint.

Paper Maché--Tear old newspapers into one to one-and one-half-inch strips. Stir small amount of flour into cup of cold water to make soupy mixture. Dip the strips of newsprint in flour and water paste and arrange on balloon frame (or use paper bag full of air, stapled shut, a clean empty plastic container with lid, or create a chicken wire base). Allow each layer of newspapers to dry thoroughly before adding the next layer. (Older children may like to add legs by taping on empty cardboard tubes, or use other containers to define shape to the product.)

Homemade bubbles-Mix $\frac{2}{3}$ cup of dishwashing soap, a gallon of water and 2 to 3 tablespoons of glycerin. Experiment with using different bubble blowers—a piece of nylon net for dozens of tiny bubbles or a pipe cleaner bent into an interesting shape, the plastic 6 pack holder, or make a giant bubble blower by running both ends of a piece of yarn through a drinking straw.

Your children's creativity doesn't have to be hampered by your pocketbook. Use some of these quick and easy recipes to jump start their imagination. For more information on creative activity ideas, pick up our publication on Paint, paste, play dough, puppets and paper maché. Or call us at 474-2450 and we'll mail it to you.

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