

~ ASK MOTHER NATURE ~

Would you like a special **Mother Nature Bookmark?**

write to: MotherNature@GrandLakeMountainProperty.com

or

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Grand Lake, CO 80447



Dear Readers:

Are you getting antsy for spring? Some people call this Cabin Fever. The term originated in the United States, around 1800, at the time when settlers would be snowed into their log cabins and had to wait for the spring thaw in order to travel to town. The dictionary states that cabin fever is a condition that produces restlessness and irritability caused from being in a confined space

Let's see if I can show you some things to do to help you get rid of some of your cabin fever.

☀️ *Naturally Yours, Mother Nature* 🌸



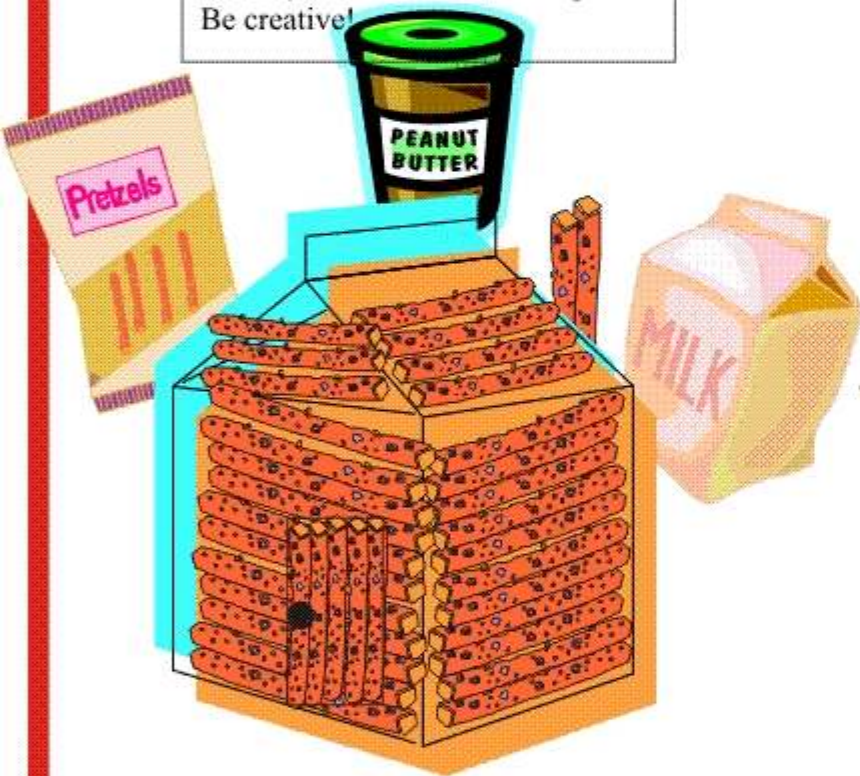
(Have you missed a previous Ask Mother Nature? Go to the Mother Nature archive and print it out:
<http://grandlakemountainproperty.com/AskMotherNature.htm>)

MAKE A LOG CABIN

You Will Need

- Peanut butter
- Pretzel sticks
- Small milk carton

Use the peanut butter as glue
Cover your milk carton with pretzels
Be creative!

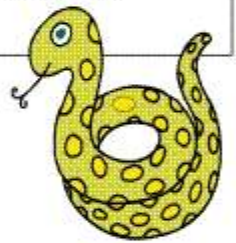
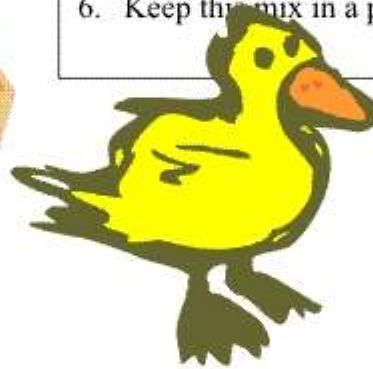


EDIBLE PLAYDOUGH

You Will Need

- 1 cup peanut butter
- 1 cup nonfat dry milk
- 2/3 cup powdered sugar
- 1 loose cup of coconut, if desired

1. Put the peanut butter in a big bowl
2. With your fingers, massage in the dry milk
3. Add the powdered sugar and coconut
4. Keep working it all with your fingers until it's all mixed
5. Add more peanut butter if it's too dry or powdered milk if too sticky.
6. Keep this mix in a plastic bag in the refrigerator for up to a week



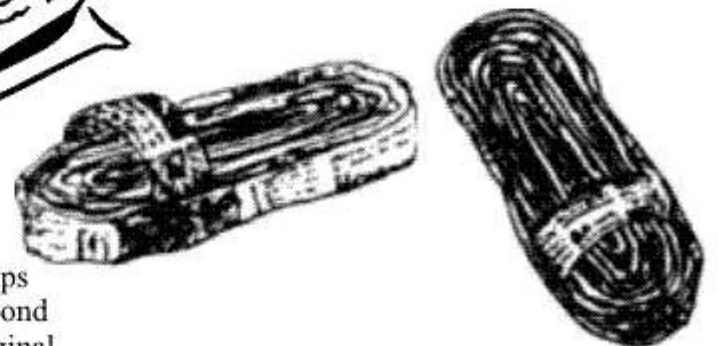
NEWSPAPER SHOES

You Will Need

Newspapers
Clear tape

1. Fold a layer of newspaper into a strip about 1 or 2 inches wide.
2. Tightly wind the strip into an oval shape about 4 inches long,
3. Tape another folded newspaper strip to the loose end.
4. Wind this strip tightly around the oval and keep adding newspaper strips
5. Tape them together (taping 'around' the loose ends creates a stronger bond than taping 'down' the ends) and wind the strips tightly against the original center oval until the you reach the desired size.
6. Tape the final strip securely against the sole.

To make the sandal part of your shoe, fold a strip of newspaper as above, and thread the ends a few layers into the sole near the top of the shoe. Turn over and tape the strip securely to the bottom of the shoe after measuring how tight the sandal should fit. (allow the sandal strip to run across the bottom of the shoe, then tape). You may want to add another sandal strip for holding the foot more closely.



Do you have a question?

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