

### Fruity-Ice

Make 'juicy' ice for your drinks...

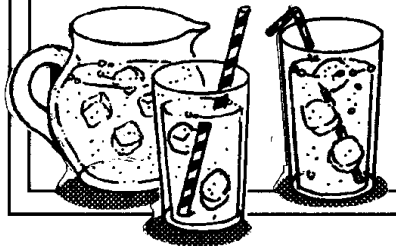
Cut slices of fruit, put one in each compartment of an ice cube tray, fill with water and put in the ice-box to freeze overnight.



### Fruity Juice

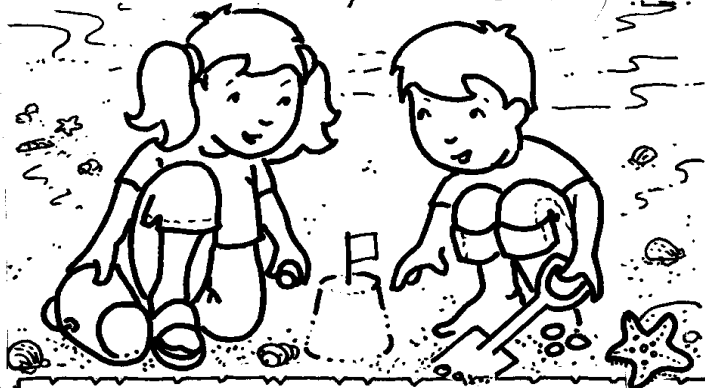
For a simple refreshing drink for a sunny summer's day, just mix 1 carton of tropical fruit juice with a 1 litre bottle of lemonade [ = approximately half juice, half lemonade].

Add the fruity ice cubes and drink!



Sunny summer sunshine,  
Freckles on my nose,  
Splashing in the sparkling sea,  
Sand between my toes.

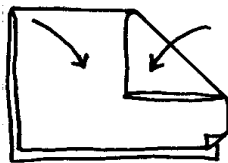
Paddling in the rocky pools,  
Sky that's blue and clear,  
Sun and sea and ice-cream,  
The holidays are here!



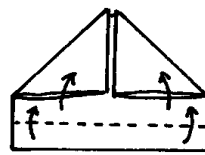
*He who appoints the sun to shine by day,  
who decrees the moon and stars  
to shine by night,  
who stirs up the sea so that its waves roar -  
the Lord ALMIGHTY is his name.*

Jeremiah 31:35

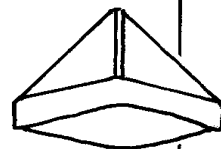
### Quick and Easy Sun Hat



With one folded sheet of newspaper, fold corners to centre.



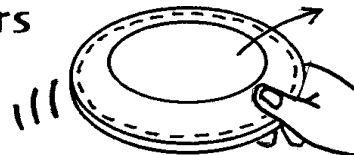
Fold up bottom twice on both sides, open up, put on head!



### Flying Saucers



Sticky tape or staple together two paper plates.



Hold the rim between your fingers and flick out of your hand to make it fly.

August