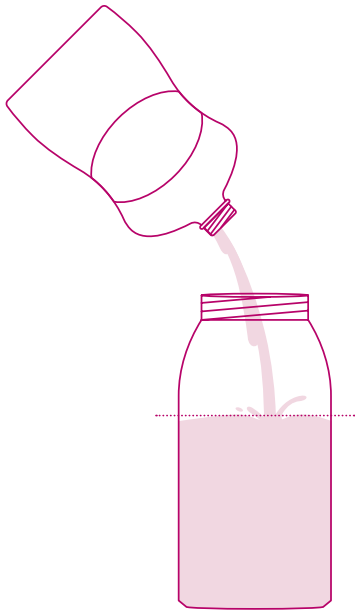


How to make a LAVA LAMP

LIST OF MATERIALS

- 10 OZ CLEAR PLASTIC BOTTLE
- MINERAL OIL/BABY OIL (VEGETABLE OIL CAN BE USED, BUT CLEAR OIL IS MORE DESIRABLE)
- FOOD COLORING
- ALKA-SELTZER® ORIGINAL TABLETS
- WATER



1 Fill a plastic bottle two-thirds full of oil.



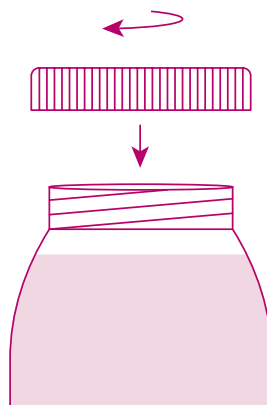
2 In a separate container, mix food coloring with one cup of water until you achieve the desired color.



3 Add the colored water to the plastic bottle; be sure to leave some air space at the top (do not shake).



4 Break an Alka-Seltzer® Original tablet into four pieces and drop one or two pieces into the bottle at a time.



5 After bubbling has completely stopped, cap the bottle until the next use.