

## VINTAGE REFRIGERATOR MAGNET

### COW DIET REMINDER

This is another vintage “Fridgie” that I was making about 40 years ago. Then they discontinued the Artfoam. Now there is an even better grade of foam available in the craft stores or Wal-Mart, so it is once again a popular item. The kids can help with this one.

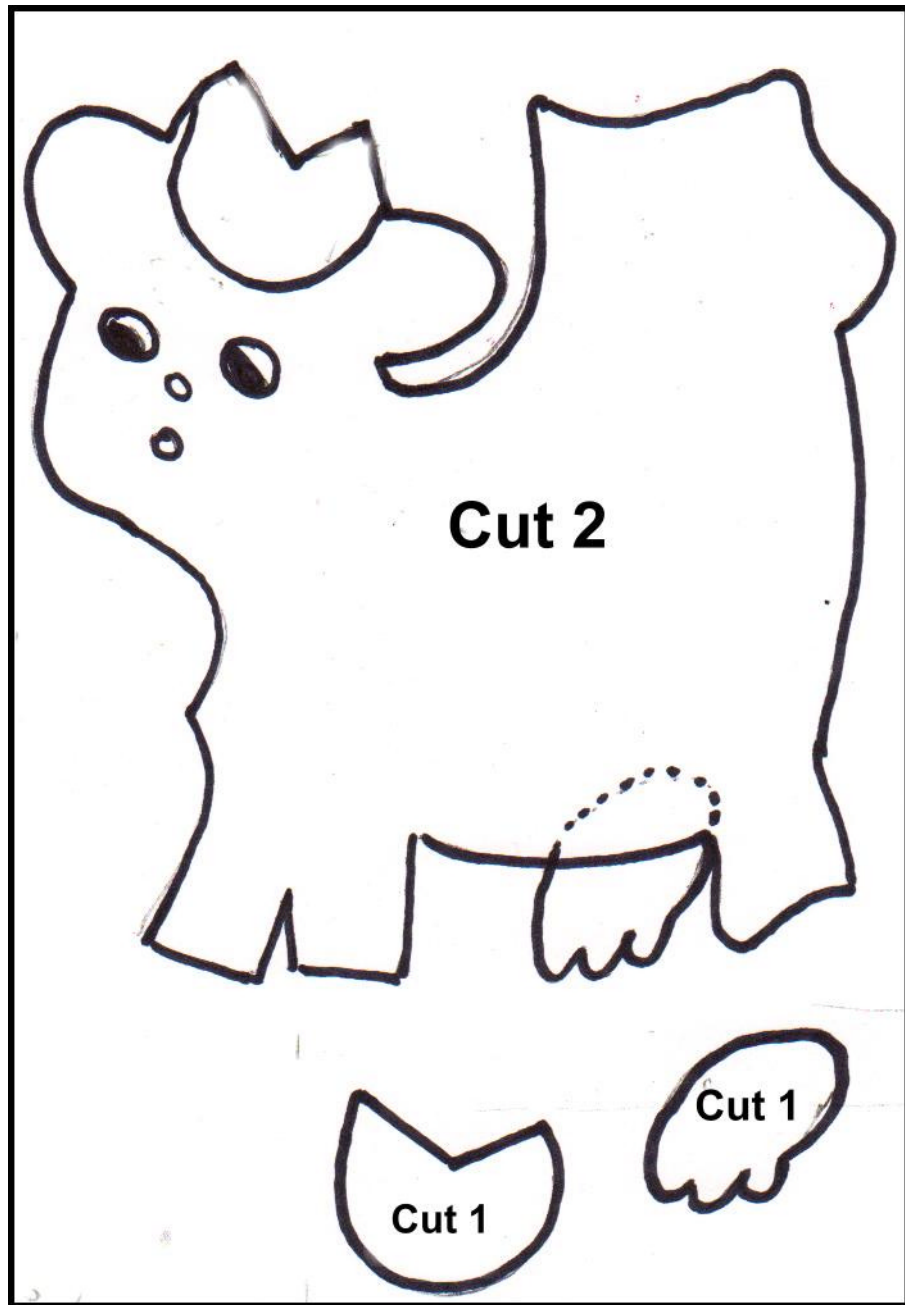
Supplies: Sheet of Brown Foam  
Scrap of Grey or White Foam  
Scrap of Pink Foam  
Black Sharpie  
2 Wiggly eyes 6MM  
Red sequin and Black sequin  
¼ inch ribbon  
Tacky white glue.  
Magnetic strip cut with scissors  
Alphabet Macaroni



#### Instructions:

Print out the templates on page 2 and cut out. Make 2 of the cow .  
Lay on foam with wrong side up and draw around the pieces with the sharpie.  
Cut out the pieces and turn the pieces right side up.  
Position the udder in the proper place between the 2 cow pieces and glue in place  
Matching the edges of cow pieces. Glue them together. Match up the tips of the horns, and glue the horn piece in place. Make a bow with the ribbon, and glue it to the horns as shown in the photo. Glue eyes, nose and mouth in place. Using a toothpick, place a small dot of white glue where you want to start the text. Position the “H”, and continue with all the alphabet macaroni letters to spell out “Holy Cow Are You Eating Again”. If you are unable to find the alphabet macaroni, just print the words on paper or poster board and glue to the cow. Glue a couple strips of magnet to the back of the cow.

Templates:  
Print out this page.  
I prefer card stock  
because it is easier trace around.



Lay patterns right side down on the foam and trace around them with a black sharpie. The reason for this is so that if any of the line remains when you cut them out, the lines will not be visible to your finished craft.