



Be Compassionate!
Snow White cares deeply for each of the Seven Dwarfs and the forest animals.

Forest Friend Bars

Snow White says, "Don't forget our furry friends!" Make a few bars for your furry friends or those in animal shelters. Lavender repels fleas and ticks, and rosemary moisturizes fur. (Not suggested for cats or rabbits.) Of course, you can use these bars, too!

You'll Need:

-  **glycerin soap base**
1 cube (50 grams)
-  **honey**
3 drops
-  **fresh rosemary (chopped)**
1/8 teaspoon (.62 mL)
-  **lavender buds (dried)**
1/8 teaspoon (.62 mL)

makes 2 soaps

Instructions

This recipe uses the same steps as the From Grumpy to Happy Bars (p. 24) but with rosemary, lavender, and honey instead of vanilla extract.



ASK THIS: How Does Soap + Water = Clean?

Soap and water need each other to keep you clean. Water molecules are packed so tightly together that they cannot mix with oil. (The scientific term for this is surface tension.) Soap molecules, however, are built to attract water molecules at one end and fat molecules (oil, dirt, etc.) at the other. Soap acts as an emulsifier—it mixes oily dirt into water to break it down. When you rinse, water washes away the dirt and soap to keep you clean and healthy! Three cheers for soap and water!



SEE THIS: Surface Tension in Action

Add a few drops of water (one at a time) to the top of a penny. What do you see? Do you notice the drops form a little dome shape? This is surface tension in action. It forms a thin skin on the surface and holds all the water molecules together.

TRY THIS: Watch How Soap + Water = Clean

1. Pour water into two clear cups. Label the cups 1 and 2.
2. Add a drop of red coloring to both cups.
3. Add some vegetable oil to both cups. Stir and let them sit. Make predictions about what you think will happen in Cup #1 and #2. Share your predictions.



4. Squirt a few drops of liquid soap into Cup #1 and stir it. Wait 10 minutes.
5. Observe what happens in Cup #1. Make notes. Look back at your predictions.



6. Compare what you see in both cups. What happens to the oil and water alone? What happens to the oil and water when the soap is added? Discuss. Explain your findings.



Go from Grumpy to Happy with Scented Soap!

Scents can affect the way you feel. It's true! Here are a few scents you might want to add to your soap. Why do you think Snow White adds vanilla to her bars?



- Chamomile:** Calming
- Lavender:** Relaxing
- Lemon:** Invigorating
- Peppermint:** Energizing
- Rosemary:** Stimulating
- Cinnamon:** Peppy
- Pine:** Comforting
- Vanilla:** Happy