



**How to make a hollow string egg:**

Insert candy into water balloons, then blow up with air, and tie closed. Set aside. In blender, mix 1 cup liquid starch with 1/2 cup flour. Pour mixture into a bowl and gently press loosely coiled embroidery floss into it. Tightly wrap the “goey” string around a balloon. Wipe the excess mixture off the string as you wrap. Set out to dry for several hours (turning occasionally). Once dry, pop the balloon and remove from hardened string shell.

- **The string** represents us when we are “weak”.
- **The glue** strengthens the string, like each of us being edified through loving friendship - as visiting teachers we can ask sisters to Relief Society meetings, encourage gospel discussion, and cultivate spiritually uplifting relationships.
- **The chocolate** inside the egg represents the “better way”, or a faithful testimony of Christ.