



## Marvel Meal

### Ingredients

- 1 cup smooth peanut butter
- 1 cup vegetable shortening
- 1 cup white flour (NOT self-rising)
- 3 cups yellow corn meal (NOT self-rising)

Mix ingredients together well and place in a suet log (see back panel) or simply smear the paste on the trunk of a tree, branch, post or other solid object where birds can find and reach it.

Store unused Marvel Meal in a closed container in the refrigerator until ready to use.



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## Suet & Suet Feeder

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Suet is the fatty tissue of cattle and sheep and is an important source of ready energy for many species of birds, particularly in the colder winter months of the year. Many species of birds get suet from dead animals in nature.

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The Marvel Meal recipe on the reverse side of this card provides an easy way to make and provide backyard birds with this source of food and will attract a wider range of birds to your yard.

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The sketch below shows a simple log suet feeder into which you can place your Marvel Meal.

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Use an 8-12 inch long by 3-6 inch diameter log. Drill a couple of 1-inch diameter holes to a depth of 1 inch. Smear suet in each hole. Hang with cord, attached to log with a screw eye.



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