

Bolingbroke's Emporium Presents:



PLEASANT'S POTIONS SWEET FEET



Coarsely crush and mix together any of the following that you have.

Ingredients:

bay leaves, rosemary stems, cinnamon sticks, whole cloves, whole nutmeg.

Also add if available:

Dried orange or lemon peel, pine needles, lavender stems.

How to use:

- ❖ Find a pair of clean spare socks (no holes except where you put your feet in!)
- ❖ Put your Sweet Feet mixture into the socks.
- ❖ Keep any remaining mixture in a sealed container. You may like to draw and design a label to go on it.
- ❖ Tie the socks individually at the top with a piece of string.
- ❖ Place the Sweet Feet socks into your shoes in between wearing them.
- ❖ The Sweet Feet socks will freshen up your shoes.
- ❖ As delicious as your Sweet Feet mixture might smell, do not eat it or rub it onto your skin. This mixture is for the use of socks only.

**Sweet Feet brought to you by Pleasant's Potions, based on the original mixture by Mrs Isabella Beeton, 1861.*

