

We are always so played out  
after housecleaning that a good  
tonic of sulphur & molasses picks  
one up. and a good feed of  
leeks cleans out the system.  
It's so good to get something fresh  
after nothing green or fresh for so  
long. all winter.

Ladies I hope you find these ~~short~~ ideas  
~~for putting up the house a help for~~  
spring housecleaning. I Thank you  
for your attention  
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