

Removing Residue from Curses

You'll need:

- Bluing
- Iodized table salt
- A bar of ivory soap

Add **1 cap of bluing** and **2 tablespoons of iodized table salt** to your bath water.

Using the **bar of ivory soap**, begin scrubbing in a clockwise circular motion on the entire left side of your body. Begin on the top of the head, down the left side of the face, to the back of the head, to the shoulder, the arm, palm of the hand, then the torso, as much of your back as you can reach, down the leg, to the sole of the foot. Then, begin at the top of the head on the right side and repeat the process on your right side, covering the face, arm, palm, body, leg, and the sole of the foot. When you finish, you should have covered all of the body.

If there is any residue, it will not be black, fleshy chunks in the bath water. *Do not touch the chunks*, and flush all chunks down the drain.