

OLD REMEDIES

The favorite around here -- by far -- is the aloe plant. It's great for burns in the kitchen, but also soothes bites and small cuts.

Aloe is easy to grow on the kitchen window sill or anywhere in the house. In fact, when an inexpensive body lotion, Aloe & Cucumber, was purchased; it too, relieved gardening bites and trips to the compost pile. Liberally applied, the body lotion relieved all the itchininess from the arms and legs.



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**EGG** for burns? Some say egg is the best thing for a burn.

There are so many old remedies. Please let us know what works for you. Submit yours by clicking on the "Submit" at the Home Page, [www.iredellwatch.org](http://www.iredellwatch.org).