

Singer's Gargle

Use as often as necessary to help dry, irritated throats.

Mix together:

½ tsp baking soda

½ tsp salt

1 Tbsp honey*

8 oz of warm water

Gargle quietly and gently for two long, boring minutes! Do not rinse afterwards.

*No honey? You may substitute ½ tsp clear corn syrup mixed with 6 oz of warm water.