

Walk not Faint	Abstain	Fruit	Roots	Meat
Early to Bed and Rise	Tobacco	Navel	Cheese	Tea
Wine and Strong Drink	Coffee	FREE	Moderation	Health
Drunken	Herbs	Run and not be Weary	Judgement	Plants
Sparingly	Grain	Glutton	Milk	Destroying Angel Pass

Moderation	Meat	Coffee	Tea	Destroying Angel Pass
Run and not be Weary	Health	Herbs	Tobacco	Cheese
Wine and Strong Drink	Roots	FREE	Milk	Early to Bed and Rise
Fruit	Navel	Sparingly	Drunken	Plants
Abstain	Walk not Faint	Word of Wisdom	Eggs	Glutton

Moderation	Early to Bed and Rise	Plants	Eggs	Cheese
Abstain	Word of Wisdom	Fruit	Wine and Strong Drink	Drunken
Tobacco	Sparingly	FREE	Judgement	Roots
Destroying Angel Pass	Milk	Herbs	Health	Coffee
Tea	Meat	Glutton	Navel	Walk not Faint