



# Mabel, Mabel

Mabel, Mabel, set the table.

Do it as fast as you are able.

Don't forget the

SALT, PEPPER, KETCHUP, MUSTARD.

(Keep repeating salt, pepper, ketchup,  
mustard while turning the rope.

If the jumper misses on "pepper", then  
the turners begin turning fast or doing  
"hot peppers".)

