Come to think of it - I am actually sitting here struggling to think of one 'old wives tale' that isn't true! Ok so chicken soup won't cure your cold, BUT it will make you feel a bit better!

Anyway the fact of the matter is many 'old wives tales' work and they are true, which is why they are passed down through the generations. Below is a list of 9 'old wives tales' which are true and in fact very useful. Some are so obviously going to be true, but they would never have occurred to me. Like using your microwave to sterilize dishcloths. It seems obvious now, but I would never have thought of it! Check out the full list below.

9 Old Wives Tales That Are Actually True

(Photo from: Maja Dumat)