



HOUSEHOLD RECIPES

Three All-Purpose Cleaners

Use any of these three all-purpose cleaners on countertops, floors, walls, carpets and upholstery. Be sure to mix ingredients well and keep the end products in a labeled spray bottle.

- (1) Dissolve 4 tablespoons baking soda in 1 quart of warm water.
- (2) Use a mixture of $\frac{1}{2}$ cup vinegar and 1 cup to 1 quart of warm water.
- (3) Combine $\frac{1}{4}$ cup white distilled vinegar, $\frac{1}{2}$ teaspoon liquid soap and $\frac{3}{4}$ cup warm water, and shake well to blend.

Disinfectants

This disinfectant recipe is great for kitchen cutting boards and bathroom fixtures. First spray the area with white distilled vinegar, and then follow it with a 3% peroxide spray. Wipe clean.

Glass Cleaner

In a spray bottle, combine 1 quart warm water with $\frac{1}{4}$ cup white vinegar. Add 2 tablespoons lemon juice for a nice sent.

Crayon Mark Remover

For crayon marks on walls, floors, counters, cabinets and furniture, rub the area with toothpaste and a damp cloth. This technique should not be used on non-vinyl wallpaper.

Room Air Freshener

First try to locate the source of the odor and take the appropriate "Less Toxic Recipe" action on that specific spot. Then open windows and circulate air using the air conditioner or fan. The next step is to choose one of the following options to freshen the air:

- (1) For your kitchen, or on top of a wood burning stove, use a pot or large tea kettle simmer cinnamon and cloves in water
- (2) For your car, home or refrigerator, lightly douse a cotton ball with vanilla extract and place it on a small dish. You can also place a cut lemon or baking soda on a small dish for the same effect.
- (3) To eliminate unpleasant cooking odors, either set out a dish of vinegar or boil 1 tablespoon white vinegar in 1 cup of water.

Hand Cleaner

4 ounces beach sand
1 ounce pumice powder
Glycerin

In a bowl, mix together the sand and pumice powder, then add the glycerin until the mixture is moistened. Keep bottled in an old jam jar, or any other screw top jar. When washing hands, use about 1 tablespoon at a time, rubbing into hands thoroughly.

Hand Wash Disinfectants

You can either buy a vegetable-oil-based soap at supermarkets or health food stores, or you can make your own. Just add 10 drops of tea tree oil to 4 ounces of liquid castile soap. Shake and mix well and keep in a pump container.

Laundry Stains

For really tough soiled clothes, try adding an extra $\frac{1}{2}$ cup of borax or washing soda to the wash cycle.

Fabric Softener and Deodorizer

For simple fabric softening, add $\frac{1}{4}$ cup or less of borax to the wash cycle. Another option that works well for deodorizing is adding 1 to 2 cups of vinegar to the rinse cycle.

Stain Removers

For just about any stain, one of these three stain-removing techniques is bound to work for your most stubborn spot on any garment. Just remember not to use anything warm for removing sugary stains, and try to attend to the stain as quick as possible.

- (1) To remove tough stains like grass, perspiration, rust, jam, coffee, wine, ketchup, barbecue sauce, urine and pet stains a simple mixture of 1 part vinegar and 1 part water works well.
- (2) Mix 1 part liquid vegetable-oil-based soap, 1 part glycerin and 8 parts water, and put into a squirt bottle and shake well. Spray on the stain, then wash and rinse in cool water.
- (3) For spot cleaning, use a 3% hydrogen peroxide solution right on the stain. Let dry and repeat if necessary.

Bleaches

A simple way to naturally bleach clothes is to let them hang dry in the sun. Other homemade options are:

- (1) Add a $\frac{1}{2}$ cup of lemon juice to the rinse cycle
- (2) Add a $\frac{1}{2}$ cup of 3% hydrogen peroxide in the rinse cycle
- (3) On a warm or hot wash cycle, add $\frac{1}{2}$ cup of washing soda

Moth repellants

To prevent a potential moth problem, it is smart to store clothing in sealed plastic bags or airtight containers, and one should also vacuum rugs, carpets and upholstered furniture frequently. To kill adult moths and larvae, place the bug-ridden pieces of clothing in the freezer for several days. Moth-repellant sachets can also be created by combining and blending 2 ounces of dried rosemary, 2 ounces of mint, 1 ounce of dried thyme, 1 ounce of ginseng, and 8 ounces of whole cloves.

Toilet Bowl Cleaners

Simply pour 1 cup of white vinegar into the toilet and then toss in a handful of baking soda. Let soak for about 10 minutes. Swish with a toilet brush and flush.

For a more heavy duty job, to get rid of heavy iron rings, put ½ cup borax into the toilet, swirl and scrub with a toilet brush and let sit overnight. Swirl again with toilet brush in the morning. Also keep in mind that if you have a pet, be sure to close the toilet lid overnight.

Rust on porcelain can easily be removed using cream of tartar.

General Bathtub and Tile cleaner

1 2/3 cups baking soda

½ cup liquid soap (vegetable-oil based)

2 tablespoons vinegar

½ cup water

A few drops of essential oil (optional)

In a medium sized bowl, first mix together the baking soda and soap. After thoroughly blended, add the water, vinegar and essential oil. Store the final mixture in a spray bottle and always shake well before every use. After use, rinse the area thoroughly to avoid residue.

General Soft Scrub

This is perfect for bathtubs, sinks, Formica countertops and shower stalls.

½ cup Baking Soda

Vegetable-oil based liquid soap

15 drops of tea tree oil

Combine all the ingredients together, adding enough soap to get the texture to a frosting-like feel. Scoop the mixture onto a sponge and scrub desired area of cleaning and then rinse thoroughly.

Carpet Odor Remover

Sprinkle baking soda over either the entire area rug or main carpet odor area. Leave on for either one hour or even overnight. Vacuum up the excess baking soda when done.

Urine Remover

First mix equal parts of distilled vinegar and water. Spray thoroughly onto the stain and let stand for at least 10 minutes before blotting the mixture with a sponge or paper towel. This works well for rugs and can be used on any other floor surface.

Carpet and Upholstery Stain Remover

Blot the stain with either club soda or cornstarch and then scrub with a little bit of dish soap. When taking care of a stain containing sugar, never use hot water or a hot product to try to get rid of it.

Wood Furniture Polish

Mix 1 teaspoon of either olive oil or mineral oil, together with ¼ teaspoon vinegar and ½ teaspoon lemon oil in a squirt bottle. Shake well and spray on wood furniture and rub into wood with a rag.

Leather Cleaner

This recipe works well for cleaning and conditioning leather, but not on suede. Mix ½ cup olive oil and ¼ cup vinegar in a squirt bottle and shake well before each application. Spray onto leather and softly rub with a cloth.

All-Purpose Floor Cleaner

This recipe especially works well with linoleum floors and wood floors that are unvarnished. Mix 2 tablespoons of vegetable-oil based liquid soap in a bucket of 1 gallon of hot water. Mix well and use a mop to scrub the floor. Afterwards, wipe dry with a cloth.

Floor Cleaner for Other Types of Floors

For no-wax, vinyl, tile and varnished wood floors, use a mixture of 1 part vinegar to 10 parts warm water. Use a mop to apply to the floor and afterwards wipe dry with a cloth.

Silver Cleaner

1 tablespoon salt
1 tablespoon vinegar
1 cup warm water
3-inch square of aluminum foil

Dissolve the salt and vinegar in the warm water and then submerge the piece of aluminum foil in the mixture with the silver. The salt and vinegar should react with the aluminum to take away the tarnish on the silver. Wait 1 hour and then rinse the silver and wipe dry with a cloth.

Brass and Copper Cleaner

2/3 cup vinegar
2/3 cup flour
1/2 cup salt

First mix the vinegar and flour together in a glass bowl, then add the salt and stir well. Spread the mixture on the tarnished metal and wait 1 to 2 hours. Then rinse and dry with a soft cloth. If you desire to polish the metal further, using a cloth, gently rub olive oil all around the surface of the metal.