



# Clean Air Cleaning



## Tips & Tricks

Brought to you by the  
Grace Hill Clean Air Partnership

**With Special Thanks to Jill Hamilton at the City of St. Louis Refuse  
Division**

*See or smell something unusual in the air? Call our  
hotline at 640-2405!*

*Baking Soda is inexpensive to buy, and it cleans, deodorizes and softens water. It is also a good scouring powder.*

*Pure Soap biodegrades safely and completely. It is widely available and is sold in liquid, bar, powder and flake form.*

*White Vinegar helps to cut grease and grime and deodorizes as well.*

*Borax cleans, disinfects and also helps to soften the water.*

*Washing soda (sodium carbonate) cuts grease, disinfects and removes stains. It is sold in pure form as sodium carbonate.*

### **ABRASIVE CLEANER**

- Mix equal parts of salt and baking soda. Scrub with mixture and wet sponge. Rinse with all-purpose cleaner and then warm water. ["One Man's Trash..." Page 3, Summer 1997]
- 1/4 cup baking soda  
1/4 cup borax [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **AIR DEODORIZER/FRESHENER**

- I went to my local supermarket to see what is in air fresheners these days, and the label on the first product I looked at read: "This product is banned in California because it causes cancer." It contained dichlorobenzene, a chemical that is extremely toxic, a central nervous system depressant, a kidney and liver poison, and one of the chlorinated hydrocarbons that is long-lasting in the environment and is stored in body fat. <http://www.care2.com/channels/solutions/home/56> Thurs 7 Nov 02
- Baking Soda: Neutralizes acid odors.  
<http://www.care2.com/channels/solutions/home/56> Thurs 7 Nov 02
- Baking Soda: For carpet odors, sprinkle with baking soda and vacuum.  
That aromatic plants possess antiseptic properties has been known for some time from scientific tests. These plants include (from the most potent to least): thyme, rosemary, eucalyptus, peppermint, orange blossom, maize, poplar, pine, Indian hemp, tobacco, belladonna, hop, and poppy. Air Freshening Spritz: Sometimes an area of the home can smell stuffy, and spraying a little essential oil blend in the area can brighten the feeling of the space. Combine 1 teaspoon of essential oils to 1 cup of water in a spray bottle, and spray into the air. Essential Oil Deodorizer: Place a drop or two of antiseptic essential oils in odor areas of your home.

[<http://www.care2.com/channels/solutions/home/1500> Friday 23 July 2004]

- Vinegar: Neutralizes alkaline odors.  
<http://www.care2.com/channels/solutions/home/56> Thurs 7 Nov 02
- Vinegar: Keep a clean spray bottle filled with straight 5 percent vinegar in your kitchen near your cutting board, and in your bathroom, and use them for cleaning. I often spray the vinegar on our cutting board before going to bed at night, and don't even rinse, but let it set overnight. The smell of vinegar dissipates within a few hours. Straight vinegar is also great for cleaning the toilet rim. Just spray it on and wipe off.  
[<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]
- Zeolite: The mineral zeolite works to reduce odors. The mineral is available in bags that can be placed in closets and other places where the air gets stale. [September 30, 2002, <http://www.care2.com/channels/solutions/home/558>]
- Lightly Lavender Antibacterial Spray  
1 cup water  
20 drops pure essential oil of lavender  
Pour the water into a spray bottle. Add the lavender essential oil and shake to blend. Spray on the surface and let set for at least 15 minutes, or don't rinse at all.  
Makes: 1 cup spray  
Shelf Life: Indefinite  
Caution:
  - Make sure to never get essential oils near your eyes, or to put them directly on your skin.
  - Make certain to use only clean spray bottles, and ones that have never contained toxic poisons.
  - Note that homemade herbal antibacterial sprays are not registered disinfectants. [September 30, 2002, <http://www.care2.com/channels/solutions/home/16>]
- Winter Holiday Air Freshener  
Here is a spicy seasonal air freshener that not only works, but that provides you and your family and friends with a great hot drink, and wafts a welcoming holiday scent into the air.  
2 sticks cinnamon  
5 or 6 whole cloves

8 cups apple cider, or as needed (you can substitute water for the cider) Just place the ingredients in a pan and simmer over low heat for a number of hours on a back burner of your stove (checking frequently to replace evaporated liquid--about 1 cup every hour). The simmering releases the spices aromatic oils. Strain out the spices before drinking. [September 30, 2002, <http://www.care2.com/channels/solutions/home/345>]

- For room odors, set out a few drops of vanilla or peppermint extract in a dish; use aromatic herbs, incense, or potpourri.

### **ALCOHOL AND WINE STAINS**

Borax: "Dissolve  $\frac{1}{2}$  cup of 20 Mule Team<sup>®</sup> Borax in a pint of water. Sponge in the solution; wait  $\frac{1}{2}$  hour, then shampoo the spotted area. Let dry and vacuum. These are tough stains and your chances of success are better the sooner you treat them." [[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

### **ALL-PURPOSE CLEANER**

- Borax: Put 2 teaspoons of borax in a spray bottle with 2 cups of very hot water. Shake to blend. [<http://www.care2.com/channels/solutions/home/1494> Friday 23 July 2004]
- Borax: Mix one gallon hot water with one half cup borax. [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]
- Vinegar: Mix one-quarter cup of vinegar with one gallon of hot water. Keep on hand in spray bottle. ["One Man's Trash..." Page 3, Summer 1997]
- Washing Soda (Sodium Carbonate): *Adapted from Better Basics for the Home by Annie Berthold-Bond (Three Rivers Press, 1999).*  
A chemical neighbor of baking soda, washing soda (sodium carbonate) (sodium carbonate) is much more strongly alkaline, with a pH around 11. It releases no harmful fumes and is a far safer heavy duty cleanser than a commercial solvent formula. Because I am chemically sensitive, there were so many things I just couldn't clean until I discovered washing soda (sodium carbonate). It cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralizes odors in the same way that baking soda does.

This terrific all-purpose cleaner formula is one you will stick with for a lifetime.

1/2 teaspoon washing soda (sodium carbonate)

2 teaspoons borax

1/2 teaspoon liquid soap or detergent

2 cups hot water

Combine the washing soda (sodium carbonate), borax, and soap in a spray bottle. Pour in the hot water (it will dissolve the minerals), screw on the lid, and shake to completely blend and dissolve. Spritz every 6 inches or so of surface once or twice, wiping off the cleanser with a rag as you go. For tough dirt, leave the cleanser on for a few minutes before wiping it off. Shake the bottle each time before using.

Shelf Life: Indefinite

Storage: Leave in a labeled spray bottle

Helpful Hints:

Wear gloves when using washing soda (sodium carbonate) because it is caustic. And don't use it on fiberglass, aluminum or waxed floors--unless you intend to remove the wax.

[<http://www.care2.com/channels/solutions/home/712>] Monday 31 March 2003

Combine 1 teaspoon of washing soda (sodium carbonate) with 2 cups of hot water in a spray bottle. Spray and wipe as you go, using as you would any commercial all-purpose cleaner.

[<http://www.care2.com/channels/solutions/home/1498> Friday 23 July 2004]

- 1/4 cup baking soda,  $\frac{1}{2}$  cup white vinegar, and 8 cups of warm water. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]

- 1/2 teaspoon washing soda (sodium carbonate)

2 teaspoons borax

1/2 teaspoon liquid soap or detergent

2 cups hot water

Combine the washing soda (sodium carbonate), borax, and soap in a spray bottle. Pour in the hot water (it will dissolve the minerals), screw on the lid, and shake to completely blend and dissolve. Spritz every 6 inches or so of surface once or twice, wiping off the cleanser with a rag as you go.

For tough dirt, leave the cleanser on for a few minutes before wiping it off. Shake the bottle each time before using.

Shelf Life: Indefinite

Storage: Leave in a labeled spray bottle [Ask Annie]

- 1/2 tsp. washing soda (sodium carbonate)

a dab of liquid soap

2 cups hot tap water

Combine the ingredients in a spray bottle and shake until the washing soda (sodium carbonate) has dissolved. Apply and wipe off with a sponge or rag. [<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]

### **ANTISEPTIC**

- That aromatic plants possess antiseptic properties has been known for some time from scientific tests. These plants include (from the most potent to least): thyme, rosemary, eucalyptus, peppermint, orange blossom, maize, poplar, pine, Indian hemp, tobacco, belladonna, hop, and poppy. Antiseptic Bathroom Spray: Combine 10 drops of essential oils to 1 cup of water in a spray bottle. Spray on area of concern, but don't rinse. Sick Room Spray: If someone in the family has an infectious illness such as strep throat, you can spray some antiseptic essential oils in the room where they are staying.

[<http://www.care2.com/channels/solutions/home/1500> Friday 23 July 2004]

- Combine 2 teaspoons of Australian tea tree oil in 2 cups of water in a spray bottle. Shake to blend. Spray areas that need antiseptic attention, such as after someone has vomited.

[<http://www.care2.com/channels/solutions/home/1499> Friday 23 July 2004]

### **ANTISEPTIC - FLOOR CLEANER**

*Adapted from Better Basics for the Home by Annie Berthold-Bond (Three Rivers Press, 1999).*

Numerous studies cited by Michael Mullen of the Heinz Company have shown that a 5% solution of vinegar (straight out of the store-bought bottle) kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs

(viruses). And, unlike most commercial antibacterial cleaners, vinegar is non-toxic!

This terrific floor wash formula combines the germ-fighting power of vinegar with sweet-smelling herbs for clean floors that can't be beat. Perfect for ridding the house of the stale smell of winter.

### *Floor Cleaner with Fragrant Herbs*

1/8 cup liquid soap or detergent

1/4 to 1/2 cup white distilled vinegar or lemon juice

1/2 cup fragrant herb tea (peppermint is great as it adds antibacterial qualities)

Combine ingredients in a pail or bucket. Swirl the water around until it is sudsy. Proceed as normal.

Shelf Life: Discard unused formula.

[<http://www.care2.com/channels/solutions/home/711>] Monday 31 March 2003

### **BATHROOM CLEANER**

- Baking Soda: Scrub area with baking soda and wet sponge. Rinse with all-purpose cleaner. ["One Man's Trash..." Page 3, Summer 1997]
- For bathroom tiles, mix baking soda with non-chlorine bleach to form a paste. Apply with a brush, let dry, and wipe with a clean cloth.
- Mix vinegar with salt and water for a good surface cleaner.

### **BATHROOM CLEANER - TOILET**

- 1/3 cup lemon juice  
2/3 cup borax

For stains: flush toilet to wet sides; combine the lemon juice and borax to make a paste. Coat the stains; let sit for 1-2 hours; scrub toilet with brush.

For regular cleaning: sprinkle baking soda in toilet bowl and brush. [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **CARPET DEODORIZER**

- Mix one small box of baking soda with  $\frac{1}{2}$  teaspoon (about 40 drops) of pure essential oil. We recommend lavender for a clean, refreshing fragrance. Simply sprinkle on carpets. Let sit about 10-20 minutes and vacuum thoroughly. Do note that commercial grade carpet fresheners are a bit more granular therefore this natural remedy requires a good vacuuming! [greenfeet.com newsletter, 2 mar 04]

### **CARPET SPILLS AND STAINS**

- Borax: "For problem wet areas, blot up spill, and sprinkle on 20 Mule Team<sup>®</sup> Borax to cover area, let dry and vacuum. For problem stains try the wine and alcohol directions below."  
[[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

### **CLEANER - HEAVY DUTY**

- Make a thick paste of washing soda (sodium carbonate) and water. Smear it on the problem area; let dry and then rinse. Note that washing soda (sodium carbonate) can peel wax off a floor, and is often used as a paint stripper, so make sure the place being cleaned is inert.  
[<http://www.care2.com/channels/solutions/home/1498> Friday 23 July 2004]

### **CLEANER - SOOT**

- Mix 2 tablespoons of washing soda (sodium carbonate) (sodium carbonate) to 2 cups of hot water. Wash sooty areas with a sponge and the mixture. Let dry and then rinse.  
[<http://www.care2.com/channels/solutions/home/1498> Friday 23 July 2004]

### **CLEANER - STOVE BURNER**

- Fill a sink or pail with 1 cup of washing soda (sodium carbonate) and enough hot water to cover the pans. Soak the pans overnight.  
[<http://www.care2.com/channels/solutions/home/1498> Friday 23 July 2004]

### **CLEANER - WINDOW**

- Add  $\frac{1}{4}$  cup of white distilled vinegar to 2 cups of water, and a dab of liquid soap or detergent to a spray bottle.  
[<http://www.care2.com/channels/solutions/home/1493> Friday 23 July 2004]

### **COFFEE MAKER CLEANER**

- *Appliances* Pour plain white vinegar, full-strength, into your coffee brewing machine and run it through a cycle to improve the flavor of the coffee and keep the machine in good working order. (Afterwards, you can pour the vinegar into a marked container and use it especially for this purpose; it can be recycled for four or five cleanings.)  
[<http://women.msn.com/553185.armx> Monday 22 march 2004]

### **COOKWARE CLEANER**

- Borax: "20 Mule Team<sup>®</sup> Borax is a mild and gentle cleaner for porcelain and aluminum cookware. Sprinkle 20 Mule Team<sup>®</sup> Borax on pots and pans as you would a dry cleaner and rub with a damp dishcloth. No need to worry about scratching, Borax is not abrasive. Rinse thoroughly.  
[[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

### **COPPER POLISH**

- Ketchup/Catsup.

### **CREAMY SOFT SCRUBBER**

- "Simply pour about 1/2 cup of baking soda into a bowl, and add enough liquid detergent to make a texture like frosting. Scoop the mixture onto a sponge, and wash the surface. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit.
  - Note: Add 1 teaspoon of vegetable glycerin to the mixture and store in a sealed glass jar, to keep the product moist. Otherwise just make as much as you need at a time."  
[<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]

## **DISINFECTANT**

- Borax: Wash items with soap and water or a solution of 1/2 cup borax and 1 gallon water. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- Hydrogen peroxide.
- Spray straight white distilled vinegar on the cutting board. Let set for at least  $\frac{1}{2}$  an hour. Rinse.  
[<http://www.care2.com/channels/solutions/home/1493> Friday 23 July 2004]
- Vinegar: "Heinz company spokesperson Michael Mullen references numerous studies to show that a straight 5 percent solution of vinegar—such as you can buy in the supermarket—kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). He noted that Heinz can't claim on their packaging that vinegar is a disinfectant since the company has not registered it as a pesticide with the Environmental Protection Agency (EPA). However, it seems to be common knowledge in the industry that vinegar is powerfully antibacterial. Even the CBS news show 48 Hours had a special last December with Heloise reporting on tests from The Good Housekeeping Institute that showed this.

Just like antibiotics, common disinfectants found in sponges and household sprays may contribute to drug resistant bacteria, according to researchers of drug resistance at Tufts New England Medical Center. Furthermore, research at the Government Accounting Office shows that many commercial disinfectants are ineffective to begin with, just like antibiotics.

Keep a clean spray bottle filled with straight 5 percent vinegar in your kitchen near your cutting board, and in your bathroom, and use them for cleaning. I often spray the vinegar on our cutting board before going to bed at night, and don't even rinse, but let it set overnight. The smell of vinegar dissipates within a few hours. Straight vinegar is also great for cleaning the toilet rim. Just spray it on and wipe off." [Ask Annie]

## **DRAIN CLEANER**

- Borax: Pour 4 tablespoons of borax, followed by a slow pour of boiling water down kitchen drain once every two weeks.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

- Pour one-quarter cup of baking soda down the drain; follow with one-half cup of vinegar. After "fizzing" stops, flush with boiling water. ["One Man's Trash..." Page 3, Summer 1997]
- 1 cup baking soda  
1 cup salt  
3/4 cup white vinegar  
Pour ingredients into clogged drain; let stand for 20 minutes; then flush with 1 gallon boiling water.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **DRAIN OPENER**

- Washing Soda (Sodium Carbonate): Washing soda (sodium carbonate) is an excellent choice for helping drains stay clear because while it is alkaline—a pH of 11—it isn't as caustic and damaging as the commonly used lye-based commercial product.  
Ideally, use washing soda (sodium carbonate) on your drains once a week to keep them clear. Just pour 1/4 cup or so down the drain, and then flush with water. Washing soda (sodium carbonate) is found in the laundry section of the supermarket. You can use baking soda instead by pouring 1 cup of baking soda down the drain, followed by three cups of boiling water. The boiling water will change the chemical composition of baking soda to become more alkaline like washing soda (sodium carbonate). If you already have a clog, try pouring 1 cup of washing soda (sodium carbonate) (or baking soda) down the drain followed by three cups of boiling water. Repeat two or three times. If you still have a clog, try pouring down 1 cup of vinegar. Being an acid, the vinegar will neutralize the washing soda (sodium carbonate) or baking soda and there will be some foaming and gurgling, but sometimes this agitation is all that is needed in the end to dislodge the grime. [Annie Berthold-Bond, Care2.com Producer, Green Living Channels]

### **FABRIC SOFTENER**

- Add a quarter cup of baking soda to wash cycle to soften fabric. [[http://www.living-toxicfree.com/2005/02/the\\_toxic\\_dange.html#more](http://www.living-toxicfree.com/2005/02/the_toxic_dange.html#more), Wednesday 18 May 2005]
- Add a quarter cup of white vinegar to rinse to soften fabric and eliminate cling.

[[http://www.living-toxicfree.com/2005/02/the\\_toxic\\_dange.html#more](http://www.living-toxicfree.com/2005/02/the_toxic_dange.html#more),  
Wednesday 18 May 2005]

### **FLOOR CLEANER**

- Clean linoleum floors with 1 cup white vinegar mixed with 2 gallons water. Polish with club soda.  
[<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- A mixture of 1 teaspoon washing soda (sodium carbonate) mixed with 1 gallon hot water is suitable for finished wood floors. Polish with a solution of one part lemon juice to two parts olive or vegetable oil, if necessary.  
[<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- VINEGAR: Mix one-half cup of white vinegar with one-half gallon of warm water. ["One Man's Trash..." Page 3, Summer 1997]
- This recipe is nice to rid the house of the stale smell of winter.  
1/8 cup liquid soap or detergent  
1/4 to 1/2 cup white distilled vinegar or lemon juice  
1/2 cup fragrant herb tea (peppermint is great as it adds antibacterial qualities)  
Combine ingredients in a pail or bucket. Swirl the water around until it is sudsy. Proceed as normal.  
Shelf Life: Discard [Ask Annie]

### **FLOOR CLEANER - BATHROOM**

- BAKING SODA: "Baking Soda dissolves the dirt and grime from a bathroom tile or no-wax floor quickly and easily. Mix 1/2 cup Baking Soda in a bucket of warm water, mop and rinse clean for a sparkling floor."  
(<http://www.armhammer.com/frontporch/fs.htm>, Thursday 26 December 2002)

### **FLOOR CLEANER - LINOLEUM OR NO-WAX**

- Mix 1/2 cup white vinegar with 1 gallon water.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **FLOOR OIL**

- To keep your beautiful hardwood floors looking beautiful, simply rub pure, unrefined jojoba oil into the floorboards and wipe with a clean, soft cloth. For a less oily variation, add a few teaspoons of jojoba oil to 1 cup of organic apple cider vinegar. Use to shine, clean and lubricate your wood floors. [greenfeet.com newsletter, 2 mar 04]

### **FLOOR WAX/POLISH**

- "Melt one-quarter cup paraffin in a double boiler. Stir in 2 quarts of mineral oil, or combine 1 tablespoon lemon oil and 1 pint of mineral oil." [http://www.nycwasteless.com/gov/toxics.html, Wednesday 26 January 2005]

### **FURNITURE POLISH**

- 1/2 teaspoon oil, such as olive (or jojoba, a liquid wax)  
1/4 cup vinegar or fresh lemon juice  
Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely. [http://www.care2.com/channels/solutions/home/344, Wednesday 5 March 2003]
- Basic Polishing Cream Waxing Formula  
4 ounces oil (2 1/2 ounces olive oil or jojoba, 1 1/2 ounces coconut oil)  
1 ounce beeswax  
1 ounce carnauba wax  
4 ounces distilled water  
Melt the oils and waxes in a double boiler over medium heat. Remove from the heat, pour in the water, and mix with a hand mixer until thick and creamy. Dab some cream onto a soft cotton rag and rub into the furniture. Buff and polish until the oils are well worked into the wood.  
Shelf Life: 6 months to a year  
[http://www.care2.com/channels/solutions/home/125, Wednesday 5 March 2003]

### **FURNITURE/WOOD FLOOR POLISH**

- 1 teaspoon olive oil  
1 teaspoon water  
1/2 cup vinegar [Vegetarian Times, July/August 2004, page 73]

## GLASS/WINDOW CLEANER

- VINEGAR: Mix together three tablespoons of vinegar and one quart of hot water. Put in spray bottle. Spray on windows and glass. Wipe off with crumpled newspaper or a squeegee. ["One Man's Trash..." Page 3, Summer 1997]
- Mix 1 part white vinegar to 5 parts water and store in a spray bottle. Wash with soap and water, rinse with the vinegar and water mixture. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- 1 gallon water  
1 cup white vinegar  
Apply with cloth or spray bottle; dry with clean cloth.  
(For heavily soiled windows, add 2 tablespoons corn starch to mixture; mix well) [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 20]
- Around Earth Day 1990, every newspaper in the country (or so it seemed) offered recipes for nontoxic cleaners made with basic ingredients that we all have in our kitchen cupboards. The recipe for window cleaner was invariably plain white distilled vinegar and water; the method of drying was with old newspapers. People by the thousands tried this, and many swore off cleaning with homemade products for good because the formula left streaks on their windows. Actually the problem was that the commercial products they had used for years had left a wax buildup, and vinegar alone wouldn't remove the residue. A dab of dish soap with vinegar and water would have done the trick, and from then on they could have used plain vinegar.  
1/4 cup white distilled vinegar  
1/2 teaspoon liquid soap or detergent  
2 cups water  
Combine the ingredients in a spray bottle, and shake to blend. Spray on, and then remove with a squeegee, paper towel, or newspaper.  
Shelf Life: Indefinite  
Storage: Leave in a labeled spray bottle. [Ask Annie]
- 1/4 - 1/2 teaspoon liquid detergent  
3 tablespoons vinegar  
2 cups water  
Spray bottle

- Put all the ingredients into a spray bottle, shake it up a bit, and use as you would a commercial brand. The soap in this recipe is important. It cuts the wax residue from the commercial brands you might have used in the past. [<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]
- "First, use rubbing alcohol to clean the residual wax left from commercial glass cleaners. Then clean with a mixture of half white vinegar and half water. Or mix a solution of 2 tablespoons vinegar to 1 quart water; apply with a wad of newspaper. Wipe windows dry with a soft cloth." [<http://www.nycwasteless.com/gov/toxics.html>, Wednesday 26 January 2005]

### **GRILL SOAK**

1-2 cups washing soda

Enough hot water to cover the grills

In a pan big enough to hold the grill (or the kitchen sink might work), soak the grills overnight in the washing soda and water. In the morning the grime on the grill will come off easily. Wash with soap and water, and rinse. [<http://www.care2.com/newsletters/care2lifestyle/2005/06-14.html> Wednesday 15 June 2005]

### **HAIRBRUSH CLEANER**

- Borax: "A refreshing bath for hair brushes consisting of a basin full of warm water, 1 tablespoon of soap or detergent and  $\frac{1}{2}$  cup of 20 Mule Team<sup>®</sup> Borax will clean brushes and leave them smelling sweet and fresh. Swish brushes in the sudsy water, rinse and let dry." [[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

### **HERBICIDE**

- Each spring, spread a light layer of topsoil and/or compost across your lawn as evenly as possible. This introduces nutrients and organic matter to the existing soil. Let your grass grow longer. This shades the soil and inhibits weed germination. Pull weeds instead of using chemical control. Aerating your turf will relieve soil compaction and allows the lawn to breathe. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]

## **HERBICIDE - POISON IVY VEGETATION KILLER**

- 1 cup salt  
8 drops liquid detergent  
1 gallon vinegar  
Combine the salt and vinegar in a pan and heat to dissolve the salt. Cool the vinegar, add the detergent, and pour some of the liquid into a large spray bottle. Spray the vegetation. (You can also just pour the mixture onto the weeds.) Refill the spray bottle as necessary. Note that this formula will kill all the vegetation, so make sure that you are only spraying the plants you want to kill. If you need to use a lot of this spray, avoid spraying it near wells, as the salt can leach into your water supply. [Annie Berthold-Bond, Care2.com Producer, Green Living Channels]
- Spray straight white distilled vinegar on poison ivy. [http://www.care2.com/channels/solutions/home/1493 Friday 23 July 2004]

## **KITCHEN CLEANER**

- Mix vinegar with salt and water for a good surface cleaner.

## **KITCHEN CLEANER - ALUMINUM POTS AND PANS**

- 2 pints water  
3 tablespoons white vinegar  
Bring ingredients to a boil; continue boiling until stains are gone.  
Note: If stains cover more area than the mixture, increase levels of ingredients proportionately.  
[http://www.betterworld.com/BWZ/9606/product.htm, Thurs 26 Dec 02]

## **LIME REMOVER - TEA KETTLE**

- 1 cup apple cider vinegar  
2 Tablespoons salt  
1 cup water  
Mix ingredients together; add to tea kettle; boil for 15 minutes; let stand overnight; rinse with cold water.  
[http://www.betterworld.com/BWZ/9606/product.htm, Thurs 26 Dec 02]

### **METAL POLISH - BRASS OR COPPER**

- Mix one teaspoon salt, one tablespoon flour and enough vinegar to make a thick paste. Rub paste on surface and let dry completely. Rinse in warm soapy water and buff with clean, soft cloth. ["One Man's Trash..." Page 3, Summer 1997]

### **METAL POLISH - COPPER**

- Rub with vinegar and salt.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **METAL POLISH - SILVER**

- Put a sheet of aluminum foil in the bottom of the sink and fill with two to three inches of warm water. Add one tablespoon each of salt and baking soda. Place silver in water, touching foil. Soak for one hour. Rinse in soapy water. Buff with soft, dry cloth. ["One Man's Trash..." Page 3, Summer 1997]
- If you have a small job, the best silver polish is white tooth paste. Dab some on your finger, and rub into the tarnish. For bigger pieces, use baking soda and a clean, damp sponge. Make a paste of baking soda and water. Scoop the paste onto the sponge, and rub the paste into the silver. Rinse with hot water and polish dry with a soft, clean cloth. For badly tarnished silver, leave the baking soda paste on the silver for an hour or so, before cleaning off with the help of the sponge and hot water.  
<http://www.care2.com/channels/solutions/home/124> Thurs 7 Nov 02

### **METAL POLISH - STAINLESS STEEL**

- Sponge dampened with club soda.

### **MICROWAVE CLEANER**

- Checked inside your microwave lately? If caked-on food is petrifying inside it, fill a two-cup (microwavable) measuring cup with water and heat it in the oven for several minutes. Once the steam has condensed on the interior, you can wipe it clean easily with a paper towel, soft cloth, or a sponge. [<http://women.msn.com/553185.armx> Monday 22 march 2004]

### **MILDEW AND MOLD CUSHION CLEANER**

Tea tree oil is an essential oil that is a broad spectrum fungicide. It is available in health food stores.

2 teaspoons tea tree oil

2 cups water

Combine the ingredients in a spray bottle. Spot test on cushions to make sure there is no discoloration. Spray on the cushions. Don't rinse. In a few days both the strong smell of the tea tree oil and the mold will dissipate.

[<http://www.care2.com/newsletters/care2lifestyle/2005/06-14.html>

Wednesday 15 June 2005]

### **MOLD CLEANER/INHIBITOR**

- This method of inhibiting mold is very good to use on areas where mold and mildew is growing but that you don't need to worry about paint being damaged. Make a thick borax and water paste. Smear it on the moldy area. Let set until dry (overnight or longer). Sweep up the powder, and rinse off the rest. [<http://www.care2.com/channels/solutions/home/1494> Friday 23 July 2004]

- Hydrogen Peroxide

1/2 cup 3-percent hydrogen peroxide solution

1 cup water

1. Combine water and hydrogen peroxide in a spray bottle. Spray this on the moldy areas and do not rinse.

2. Hydrogen peroxide will lose its mold-busting power if exposed to air, so only make as much solution as you will be using at one time.

By Annie B. Bond, author of Better Basics for the Home (Three Rivers Press, 1999) <http://www.care2.com/channels/solutions/home/1151> Friday 12 march 2004

- Tea Tree Treasure

I've used it successfully on a moldy ceiling from a leaking roof, on a musty bureau, a musty rug, and a moldy shower curtain. Tea tree oil is expensive, but a little goes a very long way. Note that the smell of tea tree oil is very strong, but it will dissipate in a few days.

2 teaspoons tea tree oil

2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas.

Do not rinse.

Makes 2 cups

Preparation Time: Under a minute

Shelf Life: Indefinite

Storage: Leave in the spray bottle  
[<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]

As mentioned above, combine 2 teaspoons of Australian tea tree oil in 2 cups of water in a spray bottle. Shake to blend. Spray on mold and don't rinse. The smell will dissipate in a few days. Using the same formula, spray grout to repel mold and mildew. While this formula won't take away the mold discoloration, it will kill the mold. Add 1/2 teaspoon tea tree oil to your laundry for towels and other fabric prone to getting moldy.  
[<http://www.care2.com/channels/solutions/home/1499> Friday 23 July 2004]

- **Vinegar Spray**

Straight vinegar reportedly kills 82 percent of mold. Pour some white distilled vinegar straight into a spray bottle, spray on the moldy area, and let set without rinsing if you can put up with the smell. It will dissipate in a few hours. [<http://www.care2.com/channels/solutions/home/344>, Wednesday 5 March 2003]

## **OVEN CLEANER**

- **Baking Soda:** To clean my oven, I sprinkle baking soda all over the bottom until it is covered completely with about 1/4 of an inch of baking soda. Then, using a clean spray bottle, I spray the baking soda with water until the baking soda is thoroughly damp but not flooded. After that, this lazy cleaner goes off and does other things. When I think of it, I dampen the baking soda again if it is drying out. Before I go to bed, I do that again. When I wake up in the morning, the baking soda can effortlessly be scooped out of the oven with a sponge, bringing all the grime with it. That's it! The only downside is that you need to rinse out the white residue left by the baking soda...

When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven. If this recipe doesn't work for you it is probably because you didn't use enough baking soda and/or water.  
[<http://www.care2.com/channels/solutions/home/127>] Monday 31 march 2003

## **PAINT - LATEX, REMOVER**

You can do the same thing with dish soap like Palmolive or Joy. A few years ago I was just trying to clean some plastic [light switch] covers that had paint on them so I mixed up a strong solution like you suggest and left it for 3 or 4 days. Later when I tried to clean them the paint just flaked off. [rehabbersclub listserv, moon 29 Aug 05]

*Put all of them into a dish pan, add very hot tap water just to cover them, then top it off with \*commercial\* Clorox bleach. Leave it overnight and the paint peels off by hand or with a quick scrub with a brush. But, be CAREFUL: this stuff is strong! Don't get it anywhere near clothing (it'll burn a hole in 'em) and use rubber gloves when you're fishing them out because it stings mightily. [rehabbersclub listserv, Mon 29 Aug 05]*

## **PESTICIDE**

- Garlic: Chop garlic cloves and sprinkle around the base of flowers and garden plants. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- Soap: Mix 3 teaspoons pure soap per 1 gallon water. Store the mixture in a spray bottle, clean leaves with it and spray directly on any insects. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- When planting, mix in pest-resistant plants such as yarrow, thyme and marigolds. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]

## **PESTICIDE/REPELLENT - ANT**

- Lemon Juice: To keep ants out of your garden, sprinkle concentrated lemon juice around the whole garden area. (Other insects will stay away as well.) [3R Review, Saint Louis County Health, Summer 2002, page 2]
- Vinegar: Wash countertops, cabinets, and floor with equal parts of vinegar and water to deter ants.
- Place a few of these in the kitchen, and wherever else ants like to frequent. There are a number of herbs such as mint and pennyroyal, and spices such as cayenne pepper, that repel ants, but I've never had to do much more than make these ant-trap hotels to rid our house of these common spring and summer pests.  
1 cup borax  
1 cup sugar water

4 shallow glass jars with screw tops (small jar of marinated artichoke heart jars are ideal)

4 loose wads of toilet paper

In a bowl, mix the borax and sugar. Place a loose wad of toilet paper into each of four different screw-top jars. Pour a quarter of the sugar and borax mixture into each of the four jars, over the toilet paper. Fill each jar with water to one inch of the top. Screw the lids on the jars, and with a hammer and nail, make four to eight holes in the lid. Place the jars in areas where you have ants (but keep away from pets and children).

Helpful Hints:

This ant trap will catch the workers but not the queen. A more comprehensive solution is to blend 1/4 cup of confectioner's sugar and one tablespoon of borax and sprinkle it in ant traffic areas. There is not enough borax with this method to kill the worker ants immediately, so they take it back to the nest, ultimately eradicating it. (If the worker ants do die at the powder, cut back on the borax.)

Caution: Keep borax products away from pets and other animals. [Ask Annie]

- Place boric acid, chili powder, talcum powder or powdered chalk at points of entry. [common recipe]

#### **PESTICIDE/REPELLENT - APHID**

- To keep aphids off your roses and tomatoes, finely chop one onion and two medium cloves of garlic. Add two cups of water and mix together in a blender on high. Strain out pulp and pour liquid into a spray bottle. Spray a fine mist on bushes, making sure to coat both tops and bottoms of leaves. [3R Review, Saint Louis County Health, Summer 2002, page 2]

#### **PESTICIDE/REPELLENT - FLEA**

- Borax: Sprinkle borax on dog beds, carpets, and other areas where you suspect that fleas are hatching. Borax releases boric acid, which is a poison (note that very high doses would need to be ingested to harm a pet or human). [<http://www.care2.com/channels/solutions/home/1494> Friday 23 July 2004]
- Orange peels  
Grapefruit peels  
3 cloves garlic  
1 tablespoon rosemary (optional)

1 pint water

Combine ingredients in blender; blend until liquefied. Heat mixture on low heat for 15 minutes. Strain liquid into spray bottle. Spray on pet, and massage thoroughly into your pet's coat, avoiding their eyes.

Note: Feed your pet brewers yeast and garlic, as a diet supplement. Vacuum furniture and carpet frequently (store vacuum outside of home--in shed or garage--during problem periods); clean your pet's favorite sleeping spots regularly and sprinkle with fennel, rue or rosemary. [http://www.betterworld.com/BWZ/9606/product.htm, Thurs 26 Dec 02]

### **PESTIDICE/REPELLENT - INSECTICIDE**

- "All-purpose. Take an empty spray bottle and fill about 3/4 with water, then add a few drops of Ivory liquid soap, some hot peppers or hot pepper sauce and some garlic. This works well, but needs to be reapplied after a storm and every couple of weeks." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]
- "All-purpose. Grind together three hot peppers, three large onions and one whole bunch of garlic. Cover mash with water and place in a covered container and let stand overnight. Strain mixture through cheesecloth or a fine strainer and add enough water to make a gallon of spray." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]
- "All-purpose. Mix two-and-a-half tablespoons of mild dishwashing detergent plus the same amount of vegetable cooking oil with one gallon of water. This can be sprayed on all plants. Remember to spray both the top and underside of the leaves." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]
- "All-purpose. Finely chop 10 to 15 cloves of garlic and soak in one pint of mineral oil for 24 hours. Strain and spray as is or add a few drops of soap for extra stickiness." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]
- "Rosebushes. Soak chopped tomato leaves in water and apply as a spray onto leaves and branches." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]
- "Spider mites, spiders, cabbage worms, and weeds. An ounce of table salt to a gallon of water has been shown to stop these pests. Straight salt in non-garden or non-lawn areas can stop weeds." [http://tailsawagginonline.com/herbicides.html, Wednesday 18 May 2005]

### **PESTICIDE/REPELLENT - MICE**

- Borax: Sprinkle borax on the floor along the walls (mice like to run along the side of walls). They don't like getting the borax on their feet, so they are less likely to return to that area of the house. [<http://www.care2.com/channels/solutions/home/1494> Friday 23 July 2004]
- Peppermint: Douse a cotton ball with peppermint oil and place in areas trafficked by mice.
- Mice hate peppermint. Add 2 teaspoons of peppermint to 1 cup of water and spray in areas where you think that mice might frequent. [<http://www.care2.com/channels/solutions/home/1500> Friday 23 July 2004]

### **PESTICIDE/REPELLENT - MOSQUITO**

- Vanilla: Combine one tablespoon of pure vanilla extract with one cup of cool water. Pour into a spray bottle and spray directly on skin. [3R Review, Saint Louis County Health, Summer 2002, page 2]
- Other essential oils from herbs, including citronella, rosemary, catmint, and geranium, are considered effective as well. Natural repellent products containing these oils are available at your local health food product stores. [3R Review, Saint Louis County Health, Summer 2002, page 2]

### **PESTICIDE/REPELLENT - ROACH**

- Borax: Sprinkle cracks and dark places with technical grade boric acid or borax. Keep out of reach of children or pets.
- Set out a dish containing equal parts sugar and baking soda. Roaches are attracted to sugar, and baking soda is deadly to them. [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

### **PESTICIDE/REPELLENT - SLUGS**

- Diatomaceous Earth: To keep slugs away from your plants, sprinkle diatomaceous earth around the plants. Diatomaceous earth is a powdery substance which consists of crushed shells of tiny critters, and is ecologically safe and non-poisonous to man and beast. You can find

diatomaceous earth at your local nursery. [3R Review, Saint Louis County Health, Summer 2002, page 2]

- Sweet Gum: Pesky sweet gum ball strewn around the base of plants will do the trick. Slugs don't like the sharp edges.

#### **PESTICIDE/REPELLENT - SLUGS AND SNAILS**

- Beer: Fill a shallow pan with flat beer and place in the infested area. [<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

#### **PESTICIDE/REPELLENT - SPIDER, BROWN RECLUSE**

- Brown recluse spiders have small violin-shaped markings on their backs and are one of Missouri's venomous spiders. The bites from these spiders may produce deep open wounds that are slow to heal.

These spiders prefer to hide in little-used drawers, closets and other small hiding places. Cardboard boxes and stacks of paper are favorite spots, too.

To get rid of these spiders:

- Vacuum their preferred hiding places, remove cardboard boxes and use plastic totes or bags for storage.
- Remove or steer clear of wood piles around the house.
- Set out sticky glue traps in attic or basement areas.

#### **PET STAIN CLEANER**

- Mix together one-quarter cup of white vinegar and one-quarter cup of liquid soap. Rub into stain and then blot. Rinse with warm water. ["One Man's Trash..." Page 3, Summer 1997]

#### **PLASTIC LAWN FURNITURE AND CUSHION CLEANER**

1/2 cup washing soda

1 gallon hot water

Dissolve the washing soda in a bucket of hot water. Wearing gloves and using a sponge, slather the water onto the furniture, and let it set for ten minutes or so before rinsing. For stubborn stains, redo leaving the water on the plastic for an extra ten minutes before rinsing thoroughly.

Cushion Cleaner

Assuming you can rinse your cushions, after you have killed the mold and mildew, spot clean cushions using the Plastic Lawn Furniture Cleaner, above. Rinse.

Note: Spot test the washing soda mixture on wood furniture first. It is a powerful cleanser, and you don't want to peel off any existing wood finish.

[<http://www.care2.com/newsletters/care2lifestyle/2005/06-14.html>

Wednesday 15 June 2005]

### **RAT DETERRENT**

- Make a mixture of salad oil, horseradish, garlic, and plenty of cayenne pepper. Let this mixture sit for four days, strain it into a spray bottle, and spray it where the rat is making its home (i.e. under the hood of your car). This is completely safe for engine interiors, and it won't harm curious animals.
- Mothballs and peppermint oil-soaked cotton balls are also great rodent repellents and can be tucked into an engine to prevent rodents from chewing on electrical wires.
- A few handfuls of dog hair or urine placed around the affected area will usually be enough to keep them away. You might just ask a neighbor, friend, local pet shop or PAWS center for a donation of animal hair to solve your rat problem.
- Ammonia is another smell that will control your rat problem. Simply soak a rag in ammonia, place it in a coffee can, and place it near where the rats live or are causing damage. They will find another place to live or chew right away. If the rats are chewing your car engine wires, simply place the ammonia can under your car when you get home to keep the rats from climbing into your engine.
- Taste Deterrents for Natural Rat Control
- If there is a specific item that the rats are chewing, such as engine wires or plastic tubs in your garage, try putting some hot pepper sauce or wasabi on the item.

### **REFRIGERATOR CLEANER**

- Borax: "20 Mule Team<sup>®</sup> Borax is excellent for cleaning and deodorizing your refrigerator. Spilled food can be washed away with a sponge or soft cloth using a solution of 1 quart warm water and 1 tablespoon of 20 Mule Team<sup>®</sup> Borax. Rinse with cold water."

[[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

## **RINSE**

- Vinegar: After washing wooden floors, add 1 cup of vinegar to a gallon of water to the rinse water. The detergent or soap, and many odors, are neutralized by the vinegar, and the floors are left very clean. [<http://www.care2.com/channels/solutions/home/1493> Friday 23 July 2004]

## **SCOURING POWDER**

- Sprinkle baking soda or borax, and salt on the surface. Scour with a damp cloth. Rinse with water. [<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]

## **SHOWER SCRUBBER**

*Printed from [www.care2.com](http://www.care2.com)*

Summer Shower Scrubber - How-To Formula

By Annie B. Bond, author of *Clean & Green*, (Ceres Press, 1990).

Simple Solution

Hot and sweaty much of the time in the summer, most of us take more showers and need to clean the shower stall more frequently.

This creamy-like-frosting soft scrubber is my favorite homemade recipe of all time, and the best solution for cleaning the shower stall.

Add a bit of pure essential oil, such as lavender, to kill mold and bacteria, and it makes the bathroom smell fresh and clean. The softly abrasive quality of the baking soda provides the grit to scrub off dirt and soap scum, yet the recipe rinses off very easily.

*Basic Soft Scrubber Formula*

1/2 cup baking soda

Enough liquid soap or detergent to make a frosting-like consistency (see note, below)

5 drops antibacterial essential oil such as lavender, tea tree oil, or rosemary (optional)

Pour the baking soda in a bowl; slowly pour in the liquid soap or detergent, stirring all the while, until the consistency reaches that of frosting. Scoop the creamy mixture onto a sponge, wash the surface, and rinse. I like to use the

no-scratch "blue" pads.

Note: If you have hard water, you will want to choose a liquid detergent instead of a liquid soap. Most health food stores offer all-purpose liquid detergents and soaps. These are the best choices because they include no synthetic perfumes and dyes, and tend to be the most concentrated. If you are lucky enough to have soft water and can use a liquid castile soap in your soft scrubber, consider one in which peppermint has been added, for extra antibacterial action.

Tip: Be nice to your back and use a long handled brush to clean the bathtub.

*Disclaimer: Care2.com does not warrant and shall have no liability for information provided in this newsletter or on Care2.com. Each individual person, fabric, or material may react differently to a particular suggested use. It is recommended that before you begin to use any formula, you read the directions carefully and test it first. Should you have any health care-related questions or concerns, please call or see your physician or other health care provider.*

<http://www.care2.com/channels/solutions/home/1389> Thursday 3 June 2004

### **SHOWER, TILE, TUB CLEANER**

- Borax: "Porcelain enamel surfaces will sparkle when washed with a solution of 20 Mule Team® Borax and warm water. Sprinkle on a damp sponge or soft cloth and use as you would a powdered cleanser. This can even be used on fiberglass surfaces without scratching. Rinse thoroughly." [[http://www.dialcorp.com/index.cfm?page\\_id=255](http://www.dialcorp.com/index.cfm?page_id=255), Monday 28 February 2005]

### **SOFT SCRUBBER**

- Baking soda is made from soda ash, and is slightly alkaline. It neutralizes acid-based odors in water, and absorbs odors from the air. Sprinkled on a damp sponge or cloth, baking soda can be used as a gently abrasive cleanser for kitchen/Formica counter tops, sinks, bathtubs, shower stalls, ovens, and fiberglass. To eliminate perspiration odors and even the smell of many chemicals, soak clothes in up to a cup of baking soda in water for as long as needed to neutralize the odors, then rinse and launder as usual. Baking soda is a useful air freshener, and a fine carpet deodorizer.

1/2 cup baking soda  
Enough liquid soap or detergent to make a frosting like consistency  
5 to 10 drops antibacterial essential oil, such as lavender, rosemary, or tea tree (optional)

Place the baking soda in a bowl; slowly pour in the liquid soap or detergent, stirring all the while, until the consistency reaches that of frosting. Add the essential oil (if using). Scoop the creamy mixture onto a sponge, wash the surface, and rinse.

Shelf Life: Make only as much as you need a time; natural soft scrubbers dry out.

Helpful Hints: *If you have hard water, you will want to choose a liquid detergent instead of a liquid soap. If you are lucky enough to have soft water and can use a liquid castile soap in your soft scrubber, consider one in which peppermint has been added, for extra antibacterial action. [Ask Annie]*

#### **STAIN REMOVER - BLOOD**

- Borax dissolved in cold water.
- Hydrogen peroxide.

#### **STAIN REMOVER - CHOCOLATE**

- Borax dissolved in cold water.

#### **STAIN REMOVER - COFFEE**

- Borax dissolved in cold water.
- Egg yolk and lukewarm water.

#### **STAIN REMOVER - INK**

- Stick it in rubbing alcohol.

#### **STAIN REMOVER - MILDEW**

- Borax dissolved in cold water.

#### **STAIN REMOVER - RED WINE**

- She jumped up and first put a full kettle of water on the stove, then removed everything from the table, took up the tablecloth, and stretched the fabric over a pan in the sink. Once the water was boiling, she pulled a chair up to the sink, stood on it with the kettle, and poured

the boiling water over the stain from a height of three to four feet. This stain removing technique worked like magic!

<http://www.care2.com/channels/solutions/home/313> Thurs 7 Nov 02

- It isn't everyone who would be willing to disrupt their dinner party by removing all the food, plates, and utensils, but I've since learned Susan's tip works most successfully when the stain is fresh. If the stain is dry try soaking the red wine in white wine to bleach it out. Finally, cover the stain with a thick baking soda paste; leave it for a few hours keeping it moist by spraying it with water from a spray bottle. Wash as normal.  
<http://www.care2.com/channels/solutions/home/313> Thurs 7 Nov 02
- Pour salt on the red wine. Let the salt absorb it. Scrape up the salt.
- Hydrogen peroxide.

#### **STAIN REMOVER - RUST**

- Sour milk or lemon juice followed by a salt rub and sun-drying.

#### **STAIN REMOVER - YELLOW (MEDICINE, TURMERIC)**

- dabbing it with straight 3 percent Hydrogen Peroxide  
[<http://www.care2.com/channels/solutions/home/692>, Wednesday 5 March 2003]

#### **STRIPPER - PAINT**

- Make a thick paste of washing soda (sodium carbonate) and water. Smear it on the problem area; let dry and then rinse. Note that washing soda (sodium carbonate) can peel wax off a floor, and is often used as a paint stripper, so make sure the place being cleaned is inert.  
[<http://www.care2.com/channels/solutions/home/1498> Friday 23 July 2004]
- Murphy's Oil Soap.

#### **STRIPPER**

- Use a heat gun and sander instead of paint and varnish remover.  
[<http://www.mnsi.net/~ewswa/pages/recycle/hcw.html> Tuesday 11 March 2003]
- Something I have used which may be similar to Peel-Away is Citristrip. I got it at the evil orange box ... only because my favorite North County hardware store, Lefholtz (in Jennings) doesn't carry it. Citristrip doesn't contain methylene chloride, though it does contain N-methyl-2-

pyrrolidone which I think is the primary stripping ingredient (and as a chemist I can tell you is not non-hazardous, but maybe less hazardous than methylene chloride), and d-limonene (from oranges) which also acts in that fashion and adds the citrus odor. It's a gel so it sticks OK to vertical surfaces, and it stays gel-like for up to 24 hours according to the label. I used it on a door I was stripping of paint. I'm not sure what I was expecting ... it dripped a bit, but not like methylene chloride would have. It does seem to work reasonably well, though it seemed to need about 20 minutes or so to "sit" to penetrate the wood. I prefer it to a heat gun or to methylene chloride. You do need to follow-up with Citristrip Paint Remover Wash (which I did not have) or mineral spirits (which I had and used) to remove all traces of the Citristrip. [Rehabbers Club listserv]

### **TOILET BOWL CLEANER**

- Pour 1 cup of borax into the toilet bowl at night before you go to sleep. The next morning clean out the toilet bowl with a brush. You will find the job effortless because the borax has loosened all the grime buildup. Note that this method of toilet cleaning works very well for rust rings. [<http://www.care2.com/channels/solutions/home/1494> Friday 23 July 2004]
- Spray straight white distilled vinegar on the toilet bowl rim. [<http://www.care2.com/channels/solutions/home/1493> Friday 23 July 2004]
- "Sprinkle baking soda around the bowl and wait a few minutes. Pour in white vinegar and scrub with a toilet brush. Vinegar is a mild acid and should remove any hard water scale."  
[<http://www.nycwasteless.com/gov/toxics.html>, Wednesday 26 January 2005]

### **WALLPAPER REMOVER**

- Vinegar and water.

### **WAX REMOVER**

- Washing soda: I used a thick, damp paste, let it set for 3-4 hours, and it peeled the wax right off.  
[<http://www.care2.com/newsletters/care2lifestyle/2005/06-14.html>  
Wednesday 15 June 2005]

## **WOOD CLEANER**

- This is a good formula for well-used furniture. The vinegar works wonderfully to pull dirt out of wood.

1/4 cup white distilled vinegar

1/4 cup water

1/2 teaspoon liquid soap or detergent

A few drops jojoba or olive oil.

Combine the ingredients in a bowl, saturate a sponge with the mixture, and squeeze out the excess and wash surfaces. The smell of vinegar will dissipate in a few hours.

Shelf Life: Indefinite

Storage: Labeled glass jar with a screw top [Ask Annie]

## **WOOD FLOOR CLEANER**

- Vinegar: "I'm duty-bound to report my floor-finishing friend's admonition against Murphy Oil Soap for cleaning wood floors. He swears it leaves a film which he has had to sand out of many a floor. Instead he recommends that you use ... vinegar and water."

[<http://www.grist.org/advice/ask/2005/01/24/umbra-cleaning/index.html>, Monday 28 February 2005]

## **WOOD POLISH- FLOOR OR FURNITURE**

- Mix three tablespoons lemon juice with one quart vegetable oil.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]

- 1/2 cup white vinegar  
1/2 cup vegetable or mineral oil  
1 Tablespoon lemon juice

Mix well; rub on surface; buff with clean, dry cloth.  
[<http://www.betterworld.com/BWZ/9606/product.htm>, Thurs 26 Dec 02]