

Uses for Cornstarch

- 1. Thickening agent** - Thicken sauces, gravies, and even pie fillings with a bit of cornstarch. Mix a small amount of cornstarch with some water to form a slurry, then add the slurry to your pot or pan and stir for a few minutes until thickened to your liking.
- 2. Fluffier omelets** - You can make your morning omelets extra fluffy with the help of cornstarch. Add 1/4 teaspoon of cornstarch per egg, then beat well before cooking your omelet.
- 3. Soothe skin irritation & bug bite relief** -Cornstarch can be used to soothe and calm skin irritations like sunburns, rashes, and allergy-related itchiness. Combine 2-3 tablespoons of cornstarch with cold water to form a thick paste the thickness of peanut butter, then use a gauze pad or cotton ball to apply it to your skin. Allow the paste to sit on the skin until it dries, then rinse it off with warm water. Some people also sprinkle cornstarch on their sheets or the inside of clothing to reduce friction.
- 4. Blister relief** - Blisters worsen in moist environments or when rubbing against another surface, such as shoes or clothing. Add a small amount of cornstarch to the blister to reduce friction and keep the area dry. However, don't apply cornstarch to an open blister or wound, as this can lead to infection.
- 5. Deodorant** - Thanks to its fine texture and excellent ability to absorb moisture, cornstarch makes a surprisingly useful addition to homemade deodorant. To make your own cornstarch deodorant, you'll need: 3 tablespoons of coconut oil, 2 tablespoons of cornstarch and 2 tablespoons of baking soda. Microwave the coconut oil for 15-20 seconds or until it liquifies. Then, slowly add the cornstarch and baking soda until it forms a thick paste. You can also add a drop of your favorite essential oil to give it a pleasant smell.
- 6. Untying knots** - Sprinkle some cornstarch on the knot and rub it in with your fingers. The cornstarch will reduce the friction between the fibers of the rope, causing it to loosen and making it much easier to untie. Also for knots in your hair!
- 7. Matte nail polish** - With just a bit of cornstarch, you can achieve a matte finish on your nails using the nail polish you already have at home. Pour a small amount of nail polish onto a small paper plate, sprinkle some cornstarch into it, and mix with the brush or a craft stick. Immediately apply the polish to your nails and let dry for a modern matte look.
- 8. Clean your playing cards** - Shake playing cards in a bag with cornstarch to lift dirt and grease from the surface of the cards. Then use a clean cloth to wipe both sides of each card to remove the excess cornstarch.
- 9. Athletes foot** - Though cornstarch cannot treat or cure athlete's foot, it may help prevent it. Simply sprinkle cornstarch in your shoes to reduce moisture or add it to your socks for additional moisture-wicking action.
- 10. Dry shampoo** - Use cornstarch to make either a dry shampoo spray or a dry shampoo powder, both of which are easy and effective. (The spray version is a bit less messy, but the dry version is great for travel.) Sprinkle a small amount onto the roots of your hair and gently brush it through to the ends. For

easy application, use a clean makeup brush to transfer it to your roots. Since cornstarch is light in color, this may not work for those with dark hair.

11. Freshen musty books - Many people find that "old book smell" to be cozy and comforting, but depending on their age and condition, they can start to smell a bit musty after a while. Eliminate that musty smell from your books by sprinkling cornstarch between the pages. Let it sit for a day or so before wiping the pages clean.

12. Spray starch - It works every bit as good as the store-bought kind too. If you're looking for a natural starch to iron your clothes, add 2 cups of warm water and 1-2 tablespoons of cornstarch to a spray bottle. Spray it on and let it sit for 1 minute before ironing.

13. Polish silver - Use cornstarch to polish your silver! Mix cornstarch with water to form a paste, then dip a damp cloth into the paste and apply it to silver items. When the paste dries, brush it off and then buff the silver with a soft cloth.

14. Scented milk bath - Treat yourself and your skin to a relaxing and moisturizing milk bath. The addition of cornstarch to the mix helps relieve dryness and itching skin. In a bag, add 1 cup of cornstarch, 2 cups of powdered whole milk, and 1/2 cup of baking soda. Seal and shake well. Finally, add a few drops of lavender essential oil— or another essential oil — for a relaxing aroma and shake again. At bath time, add 1 cup of the mixture to your warm bath and enjoy.

15. Stain remover - To remove an oily stain, sprinkle cornstarch over the stain and leave it for 10-15 minutes. Wipe it away, then treat the stain with a stain remover.

16. Freshen carpet - Sprinkle cornstarch on your carpet and allow it to sit for 30 minutes. Then, vacuum as normal.

17. Clean stuffed animals and fabrics - Rub a small amount of cornstarch onto the stuffed animal or fabric and let it sit for 5 minutes. Gently remove it with a damp cloth.

18. Remove grease spatter from walls - Add cornstarch to a small cloth and rub the grease gently until it comes off.

19. Chafing solution - Cornstarch can help reduce friction between two surfaces. As a result, it may help reduce chafing. Rub a small amount of cornstarch to the irritated area, such as between your thighs before you get dressed. Helpful when hiking long distances too.

20. Increase grip - Sweaty hands can make it hard to maintain a solid grip on tennis rackets, golf clubs, and other sports equipment. Before you use them, dust the handles lightly with cornstarch to absorb moisture so you can get a better grip.

21. Give your pet a dry bath - If your pet is a few days from bath time, brush a small amount of cornstarch into its fur. It can act as a dry shampoo and soak up smelly oils.

When not to use it - Although some natural health websites claim that you can use cornstarch to treat cuts and wounds, it's best to avoid applying it to any open area. It may act as a feeding ground for bacteria and infect the wound. Don't apply cornstarch to your face as a natural makeup or oil remover.