

CLEANING & HOUSEHOLD

BATHROOM - BATHTUBS

Get the gunk off old enameled bathtubs and sinks by applying a paste of 2 parts baking soda and 1 part hydrogen peroxide. Let the paste set for about half an hour. Then give it a good scrubbing and rinse well; the paste will also sweeten your drain as it washes down.

FLOOR CLEANER (ALL PURPOSE)

4 oz Vinegar 4 oz Rubbing Alcohol 4 oz Boiled / Cooled Water
Essential Oil – 15-20 drops (Lemon, orange, tea tree, etc)

FLOORS - CARPET CLEANING

Hydrogen peroxide is another great substance when it comes to breaking down the “crystals” of urine and pulling out stains. Combine it with naturally deodorizing baking soda, and you have another great solution for cleaning up stains.

You will need...

- Paper towels or rags
- A cup or so of baking soda
- 1/2 cup 3% hydrogen peroxide
- 1 teaspoon eco-friendly dish liquid
- A bowl

Directions

Cover the stain with paper towels or rags and walk lightly over or place something heavy on top to soak up any excess liquid. Sprinkle a generous handful of baking soda over the stain when no more liquid can be pulled up, and mix together ½ cup of 3% hydrogen peroxide and 1 teaspoon of dish liquid. Slowly pour the solution over the stain and baking soda. Gently scrub the mixture into the carpet fibers with a scrub-brush or cloth, and then let it sit for 10-15 minutes. Vacuum the area thoroughly. For tough stains, repeat the above steps.

GARDEN - WEED KILLER

1 cup salt and 4 cups vinegar, boil until salt dissolves, cool and use

KITCHEN - CAST IRON SKILLET CARE

Remove the rust

2 tbsp salt

1 good potato, cut in half

Scrub

To season it

Wash with a bit of soap and water

Rub all over with oil

Bake at 350 for 1-2 hours

Let it cool down in the oven

After use

Wipe it off

Store in a cool dry place with no lids

KITCHEN - CLEAN YOUR SINK

Pour ½ cup of baking soda down the drain. Allow it to sit for 10 minutes and flush with hot water. Baking soda cleans and deodorizes smelly surfaces and removes offensive odors.

Use 1 cup of white distilled vinegar to freshen the smelly drain. Vinegar cuts odors and leaves the sink smelling fresh, once its odor dissipates.

Mix ¼ cup of lemon juice with 2 cups of water. Pour the mixture down the drain and allow it to sit for 10-15 minutes before using the sink. Lemon cuts odors and leaves a refreshing citrusy scent.

KITCHEN - OVEN CLEANER

Baking Soda

Water

Vinegar

1. Mix in a cereal bowl
 2. Dab on with a sponge
 3. Set bowl in oven
 4. 45 min at 100 degrees Celsius
 5. Wipe off with a sponge
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KITCHEN - GRANITE CLEANER

½ cup rubbing alcohol

1.5 cup water

½ tsp castile soap

Essential Oil – 20-30 drops (Lemon, orange, tea tree, etc)

LAUNDRY - CLOTHING STAINS

The armpit stain removal trick requires mixing just one part dishwashing liquid (it says Dawn, but you can probably use any brand) with two parts hydrogen peroxide, then let the mixture sit on the stain for an hour. For the worst kinds of stains, add baking soda and scrub. In no time no one would guess you were exercising in those clothes!

LAUNDRY - TOWEL REFRESH

1. Wash on hot with 1 cup vinegar
 2. Wash again on hot with ½ cup of baking soda
 3. Dry on hot
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LAUNDRY STRIPPING

1 cup Tide powdered detergent ¼ cup Borax ¼ cup Arm & Hammer Washing Soda

4. Fill bathtub with hot, hot water.
 5. Add clean and SORTED clothes.
 6. Add in the mixture, stir it so it dissolves
 7. Let soak for 4 hours or more
 8. Stir every hour.
 9. Drain and wring clothes out, take to washing machine
 10. Run a full cycle with no soap or softener,
 11. Dry, fluff and fold
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PERSONAL - FOOT SCRUB

Grind a handful of rice until you get a fine, but coarse flour. Add a few spoons of raw honey to the mixture along with enough apple cider vinegar to obtain a thick paste. If the cracks are very deep, add a spoon of olive oil. Soak feet for 20 minutes and gently massage with this paste.

OR

1 part warm water, 1 part Listerine mouth wash
Soak foot for twenty minutes, then scrub and rinse

KITCHEN - FRUIT FLY TRAP

First, take a wide mouth jar and fill it ½-¾ of the way full with apple cider vinegar. (No other vinegar will work, btw. It has to be apple cider vinegar. I actually prefer malt).

Add a few drops of dish soap, then fill the rest of the jar with water until the bubbles reach the rim of the jar.

Finally, in the words of my lovely friend...Watch the Carnage!!