

# Clean Cleaning

**White Vinegar VG:** an all-purpose cleaner. cuts grease, removes mildew, odors, some stains and wax build-up, disinfects and deodorizes. Always test. Improperly diluted VG is acidic and can eat away at tile grout. Never use on marble. Smell disappears when it dries. Helps break down detergent in laundry. Clean coffeepots, glass, paintbrushes, grout, windows and fireplaces.

**LJ [Lemon Juice]:** Cleans but can rot 2 wks.

**Baking Soda [BS]:** Cleans even after used as fridge deodorizer. Cleans, deodorizes, softens W, scours.

**Soap** -natural soap is biodegradable and will clean just about anything. Castille.

**Borax [BX]** - cleans, deodorizes, disinfects, softens W, cleans wallpaper, painted walls and floors.

**Washing Soda[WS]** - or SAL Soda is sodium carbonate decahydrate, a mineral. Washing soda cuts grease, removes stains, softens W, cleans wall, tiles, sinks and tubs. Use care, as washing soda can irritate mucous membranes. Do not use on aluminum. TOXIC.

**Ethanol or 100 proof Alcohol & water[RA]** - is an excellent disinfectant, but more toxic than vinegar.

**Cornstarch** - Cleans windows, polishes furniture, shampoos carpets and rugs.

**Citrus Solvent** - cleans paint brushes, oil and grease, some stains.

**Murphy's Oil Soap, Bar Keeper's Friend, Bon Ami, Seventh Generation** products good. Many new non-toxic products on market, but research them before using even if they say they're safe.

## AIR PURIFIERS:

**Benzene** (paint, plastic, ink, oil): English ivy, chrysanthemum, Gerbera daisy

**Formaldehyde:** (plywood, pressed-wood, furniture, fire retardants in mattresses): Spider plant, golden pothos, bamboo palm, azalea, Aloe vera, Philodendron

**Trichloroethylene:** (printing inks, paints, lacquers, varnishes, adhesives): Peace lily, warneckei, Dracaena marginata

## CLEANERS (Kitchen/Bathroom):

### All Purpose:

1. **Simplest:** 1 p. VG, 1 p. W in a spray bottle bathtub, toilet, sink, and countertops. stovetop, appliances, countertops. floor. will eat away the soap scum /hard W stains/degrease.

2. **Bleach-like:** BX and LJ highly effective mixture for bathrooms. Sprinkle this combination on the surfaces of the sink, toilet bowl and bathtub and then scour with a brush.

3. **Degreaser:** Mix 1/2 c. VG and 1/4 c. BS into 1/2 gal (2 liters) W. Store and keep. Use for removal of W deposit stains on shower stall panels, bathroom chrome fixtures, windows, bathroom mirrors, etc. Degreases & Deodorize.

4. Mix 2 Tb BS with 1 pnt W in spray bottle. squeeze LJ or VG to cut grease.

### Bleach/Lightening:

1. BX, LJ, sunlight

2. Mix a quarter c. of BS with a few c.s of warm W and wash down the outside of white appliances. Allow it to stand for 15 min before rinsing clean and it will help remove yellowing of the appliances and restore the whiteness.

**Carpet:** Simplest All-Purpose above. Let sit 5 min Scrub.

### Disinfectant:

1. compound of 3% HPX and VG

2. Mix 1/4 c. BX into 1/2 gal hot W. Use for wiping surfaces.

**Lime Deposits:** You can reduce lime deposits in your teakettle by putting in 1/2 c. (125ml) VG and 2 c.s W, and gently boiling for a few min. Rinse well with fresh W while kettle is still warm.

### Mildew Remover:

1. HPX

2. White VG full strength. Don't rinse.

### Mildew Inhibitor: BX

### Mold:

1. 3% HPX with V

2. Mix one p. HPX (3%) with two p. W in a spray bottle and spray on areas with mold. Wait at least 1 hr. before rinsing or using shower.

### Oven:

1. Moisten oven surfaces. Sprinkle several layers of BS and let sit set for 1hr. Rub gently with fine steel wool for tough spots.

2. Salt on Stain when it spills.

### Scouring Powder:

1. Apply BS directly with a damp sponge for top of stove, refrigerator and other such surfaces that should not be scratched.

2. Combine nine p. whiting (from a hardware store) with one p. soap granules. Won't scratch, omits the unnecessary chlorine.

3. LJ and VG and/or BS. S

**Soap scum/Hard W dissolver:** LJ

### Toilet:

1. Flush the toilet to allow the W level to go down. Pour the undiluted VG around the inside of the rim. Scrub.

2. Mix 1/4 c. BS and 1 c. VG pour into basin and let it set for a few min. Scrub with brush and rinse.

3. A mixture of BX (2 p.) and LJ (one p.) will also work. A paste will eliminate stains.

4. Flush. Sprinkle BX. Drizzle over w/V. Leave overnight.

**Refinishing Old Furniture:** Vegetable Oil Soap, a simple, nontoxic solvent. Follow label directions.

**Water Rings on Wood:** Moisture is trapped under finish. Try toothpaste or mayonnaise on a damp cloth and rub into the ring. Once the ring is removed, buff the entire wood surface.

### Window/Stainless Steel/Chrome:

1. 1 c. VG in 2 c. W

2. 1 c RA, 1 c W, 1 Tb. VG Using Rol and VG together makes a quickly evaporating spray glass and mirror cleaner that competes with national brands. a nice shines hard tiles, chrome etc

3. 1/4 c VG 1 Tb cornstarch and 1 quart W.

## DISHES:

**Dishwasher Cleaner:** Pour 1 c. of BS into the dishwasher and run it through the rinse cycle. It will help get rid of some of the grime that collects on the inside of the machine, as well as freshen the smell of the dishwasher.

**Dishwasher Detergent:** Mix together 1 1/2 Tablespoons of BS with 2 Tablespoons of BX. NOTE: Our dishwasher isn't strong enough...leaves film.

### Dishwashing soap:

1. Sea salt, LJ, hot W, few drops of orange essential oil

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2. Mix equal BX and WS, but increase the WS if your W is hard.

**Dishwasher scrubber/stain remover:** \_ Lemon w/ BS poured on it

## DRAINS/DISPOSALS:

### Uncloggers:

1. Flexible metal snake, a plunger, salt  
2. Pour 1 c. of BS down the drain followed by 1 c. of hot VG. Wait 5 min before flushing the drain with 2 quarts of hot W. Repeat.

3. 1 C. of BS and 1/2 c. of salt down the drain. Let this mixture sit in the drain for several hours, overnight is best, before flushing the drain with 2 c.s of boiling W..

### Garbage Disposal Freshner:

1. 2 T. BX. Let sit 15 min, then run.  
2. Citrus peels  
3. BS down the drain without rinsing when you are going on vacation or even just a weekend trip. Flush the BS out of the drain with hot W or hot VG followed by hot W when you return.

## FLOOR:

1. **general:** VG, W, 5 drops eucalyptus oil, 15 peppermint, shake  
2. **vinyl and linoleum:** add a capful of baby oil to the cleaning W to preserve and polish.  
3. **wood:** apply a thin coat of 1:1 oil and VG and rub in well.  
4. painted wood: mix 1 tsp. WS into 1 gal hot W. (see POLISH)  
5. **brick and stone tiles:** mix 1 c. VG in 1 gal (4L) W; rinse with clear W.

## LAUNDRY:

### Fabric Brightener:

1. Add a 1/2 c. of BS to the wash when you add your regular liquid detergent. The BS has been known to give you whiter whites, brighter brights, and odor free clothing.  
2. LINENS: Add \_ c to wash w/old, age-stained linens  
3. 1/2 cup of lemon juice to the rinse cycle

### Fabric Softener:

1. \_ c. VG in the rinse cycle. Breaks down detergent.  
2. And Odor remover: \_ c. BS in the rinse cycle.

### Stain Remover (Clothes):

#### General:

1. Rub a paste of 6T of BS and 1/2 c warm W onto stained clothing before laundering. Be sure to check for colorfastness first.  
2. BX and W

**Acids: Drain Opener, Battery Acid, Toilet Cleaner, VGomit, Urine:** Quickly rinse acid spills and then sprinkle BS on your clothing to neutralize the acid and prevent damage to your clothing.

**Blood Stains:** BS rubbed onto a dampened blood stain can help lift the stain from the fabric.

**Crayons in the Wash:** Crayons accidentally washed with clothing, there may still be hope. Rewash in the hottest W allowable for the fabric, adding a 1/2 box to a box of BS.

**Fruit/Wine Stains:** Treat immediately, in a hurry, pour a little BS on, and then later run hot W through the back of the stain.

**Sweat:** A BS paste. Rub onto the clothing. Tough stains may need to let the paste sit for 1-2 hours before laundering.

**Vomit:** BS.

## METAL CLEANERS & POLISHERS:

**aluminum:** using a soft cloth, clean with a solution of cream of tartar and W. **brass or bronze:** polish with a soft cloth dipped in lemon and baking-soda solution, or VG and salt solution.

**Brass, copper and aluminum:** Paste of LJ and cream of tartar. Or just lemon juice.

**chrome:** polish with baby oil, VG, or aluminum foil shiny side out.

**copper:** soak a cotton rag in a pot of boiling W with 1 tablespoon salt and 1 c. VG. Apply to copper while hot; let cool, then wipe clean. For tougher jobs, sprinkle BS or LJ on the cloth before wiping. **gold:** clean with toothpaste, or a paste of salt, VG, and flour.

### Silver:

1. line a pan with aluminum foil and fill with W; add a tsp. each of BS and salt. Bring to a boil and immerse silver. Polish with soft cloth.  
2. Aluminum foil, BS, Salt, Very hot W (boiling, maybe). Combine in clean sink. Put tarnished silver and silver-plated items in and let set a few min. Watch tarnish disappear, reappear on foil. Natural chemical reaction kids love & teaches them science!

## ODOR:

### Air Fresheners:

1. Commercial air fresheners coat nasal passages to diminish sense of smell. BS or VG with LJ in small dishes absorbs odors around the house. Houseplants help. Prevent cooking odors by simmering VG (1 Tb in 1 c. W) while cooking.  
2. Soak vanilla in cotton ball place in car.  
3. Essential oil in spray bottle with water!

### Removers:

#### General: BS.

**Garbage:** Put at bottom of garbage in newspaper to soak smells.

**Laundry Hamper:** BS at bottom of bag or BS sachets.

**Musty Smell:** Try mopping an uncarpeted floor/shelf with one gal warm W, 1/2 c. of VG, and 1/4 c. of BS.

**Refrigerator:** Put a BS box there. Wash w/BS & W. Sprinkle in bins.

**Shoes:** Sprinkle BS.

## POLISH:

### Furniture/Floor:

1. 2 p. olive oil, 1 p. LJ.

Mix together in a clean new spray bottle. Use another clean cloth to polish the surface dry.

2. Mix three p olive oil and one part vinegar.

### Shoe:

1. Banana Peel

2. Olive oil with a few drops of LJ can be applied to shoes with a thick cotton or terry rag. Leave for a few min; wipe and buff with a clean, dry rag.

### Ant repellent:

Spray cayenne powder in holes

**FRAGRANCE: Essential oils. You need a lot to cover the smell of vinegar...eucalyptus works well in small doses, though.**