

“ LEAVE THE WORLD BETTER THAN YOU FOUND IT, TAKE NO MORE THAN YOU NEED, TRY NOT TO HARM LIFE OR THE ENVIRONMENT, MAKE AMENDS IF YOU DO. ” —PAUL HAWKIN

## CLEAN WITHOUT CHEMICALS

**Scouring Cleansers** - Sprinkle baking soda, or mix baking soda with water, and scrub with a wet sponge. If the baking soda leaves a residue, rinse with cold water and vinegar. Dry with a cloth. Also, nonchlorinated scouring powders are safe to use, ex; Bon Ami.

**Glass Cleaner** - 1 quart warm water - 1/4 cup white vinegar or 2 tablespoons lemon juice. Mix ingredients and store in a spray bottle.

**Disinfectant** - Use 1/2 cup of borax in one gallon of hot water. Hydrogen Peroxide (3% solution) is also an effective disinfectant.

**Mildew Removers** - Scrub mildew spots with borax/water solution (1/2 C. borax to 1 gallon water) using a nylon scouring pad. To prevent mold or mildew from forming, don't rinse of the borax. Scrub with a vinegar and salt paste. If you have major problems, the best solution is heat. Applying heat to an area will kill mold and mildew.

**Degreaser** - Use vinegar, lemon or a citrus-based cleaner. Also: Mix 1/2 teaspoon washing soda (sodium carbonate, soda ash or sal soda), 2 tablespoons white vinegar, 1/4 teaspoon liquid soap and 2 cups hot water.

**Bathroom** - Clean sink, shower, tub, tile with diluted liquid soap and scrub with a nylon scrubbing pad. Use a stiff toothbrush or scrub brush for tiles.

**Toilet Bowls** - Put 1/4 cup borax in toilet bowl and let sit for a few hours or overnight. Next day, scrub – or scrub with a solution of 1/2 cup borax to 1 gallon of water. A few drops of pine oil can be added for increased disinfecting. (Note: some people are allergic to pine oil.) Scrub with baking soda and/or liquid soap. To remove stains, pour 1/4 cup borax and let sit for at least 30 minutes, scrub and flush.

**Tub and Tiles** - Scrub surfaces with baking soda slightly moistened with water. To remove mineral deposits around faucets, cover deposits with strips of paper towels, soaked in vinegar. Let sit for 1 hour and clean.

**Fabric Stain Remover** - Mix: 1 part glycerin, 1 part liquid dish washing detergent, 8 parts water ... Apply to stain as soon as possible and blot with cloth. Store in a squeeze bottle.

- Alternately, soak fabric in 1/4 cup borax and 2 cups cold water.

**Upholstery Cleaner** - Mix 1/4 cup liquid soap with 3 tablespoons water. Rub foam into upholstery with a cotton cloth, then rinse with a clean sponge.

**Spot Removers** - Fruit and Wine: Immediately blot stain with a towel and add cold water, continuing to blot. Grease: Pour boiling water on stains and follow with dry baking soda. / Blood: Soak in cold water or remove with hydrogen peroxide. For more stubborn stains, apply a paste of cornstarch, corn meal or talcum powder. Allow to dry, brush away. Rust: Saturate with lemon juice and rub with salt. Place in direct sunlight until dry, then wash. Mildew: Pour soap and salt on spots and place in sunlight. Keep moist and repeat as often as necessary. Perspiration odor: Add one cup vinegar or baking soda per wash load.

**Oven Cleaner** - Mix: 1 quart warm water, 2 teaspoons borax, 2 tablespoons liquid soap... Spray on solution, wait 20 minutes, then clean. Alternately: make a thick paste with water and baking soda and scrub with a nylon scrubbing pad. If greasy, add a small amount of liquid soap. To remove spots, use very fine steel wool. A wet cleaning pumice bar can be used to remove the toughest spots.

**Drains** - Pour 1/4 cup baking soda down the drain, followed by 2 ounces of vinegar. Cover the drain and let sit for 15 minutes. Rinse with 2 quarts of boiling water. Use this treatment regularly to prevent clogged drains. Also, pour boiling water down drains on a weekly basis to prevent grime buildup. For clogged drains, use a plunger or snake. Before using a plunger, be sure there is water standing over the drain. Push and pull vigorously. Prevention: put a strainer or filter in all drains, never pour any type of grease down your drains, use an enzyme based "buildup remover" to break down grease and prevent clogs, plant away from sewer lines.

**Furniture Polish** - Unvarnished wood: use almond, walnut or olive oil. Varnished wood: use a mild vegetable oil soap. To remove watermarks from wood furniture: rub toothpaste on spot and polish with a soft cloth. Crayon Marks - Rub mark with toothpaste and a damp cloth. Do not use on non-vinyl wallpaper.

**Floors- VINYL FLOORS-** Mix 1 gallon water with 1/2 cup white vinegar or 1/4 cup borax. Remove scuff marks with toothpaste. Unvarnished Wood Floors - Damp mop with mild vegetable oil soap.

**Carpet Odors** - Sprinkle entire carpet with baking soda. Let sit 15 minutes, or overnight for serious odors, then vacuum.

**Air Fresheners** - Pour vanilla extract on a cotton ball in a saucer. Set out a dish of vinegar, or boil 1 tablespoon white vinegar in 1 cup of water to eliminate cooking odors. Wrap cloves and cinnamon in cheesecloth and boil in water. Cover the bottom of your cat's litter box with baking soda before adding litter. Use baking soda in refrigerators, closets and other enclosed areas to absorb odors.

**Grease and Oil Spills on Concrete** - Sprinkle cornmeal, sawdust or cat-litter, allow to sit for several hours then sweep up.