

Presoaking:

Soak heavily soiled items in warm water with 1/2 cup of washing soda for 30 minutes, or rub soiled areas with a mild liquid soap.

Spray starch for regular fabrics:

Mix 2 tablespoons cornstarch and a pint of cold water in a spray bottle. Shake well.

Spray starch for delicate fabrics:

Mix a package of unflavored gelatin with 2 cups of hot water in a spray bottle. Test solution on corner of fabric before using. If fabric becomes sticky when dry, add more water.

Floor Polishes/Wax

Vinyl Floors:

Combine 1/4 cup TSP (trisodium phosphate), 1/4 cup borax or 1/2 cup white vinegar with a gallon of warm water.



Wood Floors:

Use damp mop with a mild vegetable oil soap, dry immediately.

Painted or Finished Wood Floors:

Combine a teaspoon of washing soda and a gallon of hot water, dry floor immediately.

Wood Floors (sealed with polyurethane):

Clean with 1/4 cup white vinegar and a gallon of water; dry immediately.

Furniture Polish

Finished Wood:

Use a mild vegetable oil soap, or mix 1 teaspoon lemon juice in 1 pint mineral or vegetable oil and wipe furniture.

Painted Wood:

Mix 1 tsp. of washing soda in a gallon of hot water.

Unfinished Wood:

Polish with mineral oil.

Metal Polishes

Brass and Copper:

Mix 1/3 cup flour, 1/3 cup vinegar in small bowl. Add 1/4 cup salt and mix well. Spoon onto tarnished item and let sit for at least 1 hr. Rinse and wipe clean. Polish with small amount of olive oil.

Silver:

Rub with toothpaste or baking soda and a soft cloth; rinse. Polish dry with clean cloth.

Chrome:

Wipe with apple cider vinegar and rinse with water, then dry. Shine chrome fixtures with baby oil and soft cloth, a piece of aluminum foil (shiny side out), or newspapers.

Insect Bites

Bee Stings:

Apply a thick paste of baking soda and water or rub with an onion cut in half to stop pain and swelling.



Chiggers:

Rub area with a moist aspirin tablet.

General insect bites:

To relieve itching, rub area with apple cider vinegar or baking soda paste.

Mosquitoes:

Soak bites in salt water, then apply cold cream or apply a paste of salt mixed into lard or cold cream.



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Household Hazardous Waste

LESS TOXIC ALTERNATIVES



Hazardous Harry says,
"Protect Nebraska's
environment. Use
less toxic alternatives
when possible."

Household Hazardous Waste

Household hazardous waste (HHW) is products found around the home that are considered:

- ❖ flammable
- ❖ toxic
- ❖ corrosive
- ❖ reactive

Less Toxic Alternatives

Air Freshener/Deodorizer

Carpets:

Deodorize dry carpet by sprinkling liberally with baking soda. Wait at least 15 minutes & vacuum. Repeat if necessary.

Garbage cans:

Sprinkle baking soda in bottom of can.

Garbage disposal:

Grind used lemons or peels in the disposal or pour baking soda into the drain.

Litter box:

Sprinkle baking soda on the bottom of the litter pan before adding litter.

Other:

- ◆ Leave open boxes of baking soda in refrigerator, freezer, closets, and bathrooms.
- ◆ Saturate a cotton ball with vanilla and place in an open container in a room or in an automobile.
- ◆ Set out an open container of white vinegar to destroy odors.
- ◆ Simmer cinnamon and cloves or potpourri.
- ◆ Burn scented candles. Never leave unattended.
- ◆ Fill your favorite vase with fresh-cut flowers.

Carpet, Rug & Upholstery

- ◆ Use a non-aerosol, soap-based cleaner.
- ◆ Clean spills immediately with club soda.
- ◆ Mix a quart of water, a teaspoon of mild

liquid soap, a teaspoon of borax and a squeeze of lemon juice or splash of vinegar; apply with a damp cloth or sponge and rub gently; wipe with a clean cloth and allow to dry.

◆ To clean a red wine spill, rub a thick layer of salt on the spill. Sponge up after spill has been absorbed.



Cleaners

Plant Sprays:

Wipe leaves with mild soap and water; rinse.

Dishes:

By hand Use 1/2 cup of baking soda with a mild dishwashing liquid to help cut grease and food. Automatic dishwashers Choose a detergent with the lowest phosphate content listed on the package.

Disinfectant:

Use 1/2 cup borax to each gallon of water. To inhibit mold and mildew, do not rinse solution.

General Cleaner:

Dissolve 4 T baking soda in 1 quart water.

Grout:

Combine 3 cups baking soda and 1 cup warm water; scrub into grout. Rinse well.

Kitchen Degreaser:

Use a non-chlorinated powder with a nylon scouring pad or fine steel wool.

Scouring Powder:

Use baking soda or salt, or a non-chlorinated commercial scouring powder.

Surface Cleaner:

Mix vinegar with salt and water.

Glass Cleaner:

Mix 1 T vinegar or lemon juice in 1 pint water.

Mildew Cleaners:

Mix 1/2 cup vinegar, 1/2 cup borax in warm water. Apply with sponge or spray bottle.

Oven Cleaners:

Do not use cleaners with self-cleaning ovens. Use an oven cleaner that does not contain lye or scrub spots with a baking soda, salt and water paste.

Moth Balls:

Use cedar chips, lavender flowers, rosemary, mint, or white peppercorns.

Toilet Bowl Cleaner:

Scrub with a solution of 1/2 cup borax in a gallon of water for cleaning and disinfecting.

Drain Openers

To unclog a drain:

Pour 1/2 cup of baking soda down the drain, then 1/2 cup of white vinegar. Let sit for a few minutes, then pour a pan of boiling water down the drain to flush.

To help prevent drains from getting blocked:

Once a week, pour 1/4 cup of salt down the drain, followed by boiling water.

Laundry Products

To whiten clothes:

Use a washing soda or up to 1/2 cup non-chlorine bleach.

To remove spots and brighten colors:

Use 1/2 cup of borax in each load.

To freshen and soften clothes:

Add a cup of vinegar or 1/4 cup of baking soda during final rinse.

Detergents:

Use a synthetic detergent without adding fabric softeners or bleach or use products which include washing soda. Washing soda brightens fabrics and costs less than bleach.

To reduce static cling:

Dampen hands when folding clothes.