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# A Thousand Uses For Ten Common Household Items

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# 1,001 Uses For 10 Common Household Items

Did you know that there's a remedy for wrinkles sitting in your refrigerator? Do you know which common pantry-dwelling substance can soothe sunburn, clear your drain and whiten your socks? Are you aware that a warrior in the battle against bio terrorism lives under your sink? That's right! The pros use one of your favorite household products to fight and annihilate anthrax!

Your home is a treasure trove! You own products with powerful abilities to clean and protect; moisturize and soothe; polish and brighten; reinforce, lubricate and strengthen. You can make delightful toys, educational science experiments and creative crafts, all from what you have lying around the house! You just need to know how. In this volume we unlock the secrets powers of baking soda, bleach, duct tape, lemons, olive oil, plastic bags, salt, soap, vinegar and WD40. There is much more to each of these everyday items than meets the eye!

So, read on and learn how to make beans more digestible and appetizers more exciting. Find new ways to fix your zippers and silence squeaky hinges. Treat yourself to a sumptuously luxurious bath or a top-notch manicure. Improve or repair your upholstery, shower curtain, lawn furniture or vacuum cleaner. Keep bathroom mirrors, car windows and scuba equipment from fogging. Learn what common product should be your best friend on camping and skiing trips. The exciting new uses go on and on!

S. KELLY McCARTHY  
*Publisher*



Self-Reliance Central

# Baking soda

**Bicarbonate of soda** or baking soda has many different uses in the home. Although much more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better, in a variety of cleansing, deodorizing and maintenance situations.

Baking soda, also known as sodium bicarbonate, is a naturally occurring substance found in all living things, that helps regulate their pH balance. Baking soda is made from soda ash (sodium carbonate). To produce baking soda, the soda ash is mined and then dissolved into a solution through which carbon dioxide gas is bubbled. The sodium bicarbonate is dried out of this solution.

Baking soda helps regulate pH—keeping a substance neither too acidic, nor too alkaline. When baking soda comes in contact with either an acidic or an alkaline substance, its natural effect is to neutralize that extreme pH and to resist further changes in the pH balance. This means it combats lots of different types of smells created by chemical reactions which occur with sweat, mold, fungus, etc. It's fantastic for many uses around the house.

Be careful not to make your baking soda solutions too concentrated as you will leave a residue behind which can be more difficult to get rid of than the original complaint!

## Uses

1. Use baking soda in baking to make things rise. It is used when an acidic ingredient, such as buttermilk or yogurt, is included in the recipe as this triggers off the chemical reaction to release carbon dioxide. It is used instead of yeast, usually because yeast takes too long to rise (leaven).
2. Baking powder contains its own acidic component. It is used in recipes for biscuits, muffins, cookies and cakes. It provides instant bubbles of carbon dioxide. To make your own baking powder, stir and sift together 2 parts of cream of tartar to 1 part baking soda and 1 part cornstarch. Make sure to mix all of the dry ingredients together and then add the liquid. That keeps the baking powder from reacting until the end of the mixing process.
3. Keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out. The baking soda produces a suffocating gas, carbon dioxide, which deprives the flames of oxygen and extinguishes the fire. Since carbon dioxide is heavier than air and does not support combustion like oxygen does, it smothers the fire while the water that is formed cools the fire to below the ignition temperature. Don't use it on deep fat fryers—it can splatter.
4. Keep a container of baking soda in your garage as well, perhaps in your car, to put out a fire. It's good because it won't damage anything it touches.
5. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
6. Clean vegetables and fruit with baking soda. Either sprinkle the soda into water, soak and rinse the produce, or sprinkle the powder on a cloth and scrub the produce. Finish by rinsing.
7. Wash out garbage cans with baking soda.  $\frac{1}{4}$  cup to a quart of warm water to clean and reduce odor. Rinse and air dry.
8. Soak and wash diapers with baking soda. Soak in solution of  $\frac{1}{2}$  cup to  $\frac{1}{2}$  gallon of water. It's effective and gentle on sensitive skin.
9. To remove oil and grease from stained clothing add baking soda to the washing water. It will "fizz" off some of the oils.
10. Cleaning your fridge and freezer with dry soda sprinkled on a damp cloth neutralizes the acidic odors created by rotting veggies and the alkali, or base, odors from rotting meat. Rinse with clear water. Baking soda has no fragrance or odor to taint your food.
11. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odors. Stir and turn over the soda from time to time. Replace every 2 months. Arm and Hammer® does a special fridge/freezer deodorizing box with fabric panels but punching holes in a regular box works just as well.
12. Baking soda absorbs kitty litter odors. Cover the bottom of the kitty box with 1 part baking soda and add a layer of 3 parts kitty litter on top.
13. Always add  $\frac{1}{2}$  cup soda to your washing machine load. Get softness and freshness without chemical fragrances.
14. Wash plastic food and drink containers with soda and water to take away the stale "plastic" smell.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile, then rinse.
16. Clean Formica counter tops with baking soda on a damp sponge. It won't scratch the surface.
17. Soak and wash thermos bottles and cooling containers with soda and water to get rid of stale smells.
18. To remove stubborn stains from marble or plastic surfaces, scour with a paste of soda and water.
19. Wash glass or stainless steel coffee pots (but not aluminum) in a soda solution ( $3\text{ tbsp soda to 1 quart water}$ ).
20. Run your coffee maker through its cycle with a soda solution. Rinse away the residue that floats off.
21. Give baby bottles a good cleaning with soda and hot water.
22. To de-grease and clean barbecue grills, make a paste by mixing equal parts baking soda and water. Apply with a wire brush, wipe clean, and dry with a cloth.
23. Polish silverware with dry soda on a damp cloth. Rub, rinse and dry. Buff to a high polish with soft, dry, clean cloth such as an old t-shirt.
24. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminum foil in an enamel pot. Add boiling water and  $4\text{ tbsp}$  baking soda. Let stand, rinse and dry. This causes a chemical reaction, which will remove the tarnish on the silverware.
25. Reduce odor build-up in your dishwasher by sprinkling some soda on the bottom.
26. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.
27. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes before washing. Or scrub the pot with dry soda and a moist scouring pad.
28. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, then scrub it clean next day.

29. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel, scrub in the direction of the grain.
30. Clean crystal, porcelain and glass with dry soda on a damp cloth. Rinse and dry.
31. Remove that bad smell from ashtrays with soda and water.
32. Sprinkle a bit of dry soda in your ashtrays to prevent smoldering and reduce odor.
33. Clean your whole bathroom with dry soda on a moist sponge—sink, tub, tiles, shower stall, etc.
34. Keep your drains clean and free flowing by putting 4 tablespoons of soda in them each week. Flush the soda down with hot water.
35. Soak your shower curtains in water and soda to clean them of that nasty bathroom mold.
36. To remove strong odors such as onions, garlic and herbs from your hands, wet them and rub them hard with soda, then rinse.
37. Sprinkle baking soda on your wet toothbrush and brush your dentures with it.
38. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odor.
39. Add ½ cup or more of baking soda to your bath water to soften your skin.
40. Putting 2 tbsp of baking soda in your baby's bath water will help relieve diaper rash irritations.
41. Apply soda directly to rashes and poison ivy to relieve discomfort. Make a paste with water and apply to the red areas.
42. Take a soda bath to relieve general skin irritations such as measles and chicken pox.
43. Take ½ teaspoon of baking soda in ½ glass of water to relieve acid indigestion or heartburn. Not too often if you're watching your sodium levels. This solution predates Tums by hundreds of years.
44. Gargle with ½ tsp baking soda in ½ glass of water. It freshens and cleans your mouth.
45. Used as a mouthwash, baking soda will also relieve canker sore pain.
46. To relieve sunburn: use a paste of baking soda and water and apply to burnt areas.
47. Bug bites: make a paste of baking soda and vinegar—it will fizz so apply on a piece of gauze.
48. Relieve bee stings and insect bites. Prepare a poultice of baking soda and water and apply directly to the sting or bite. Hold in place with a gauze pad.
49. Windburns: moisten some baking soda and apply directly for comfort.
50. To make Play Clay with baking soda just combine 1¼ cups water, 2 cups soda, 1 cup cornstarch.
51. Use soda as an underarm deodorant by rubbing it under your arms after showering. Make sure you dry yourself off really well first!
52. If you get baby spit on your shirt (or baby's), moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odor will go away.
53. When scalding a chicken, add 1tsp of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.
54. Repel rain from windshield. Put lumps of baking soda on a dampened cloth and wipe windows inside and out.
55. Add to water when soaking dried beans. It will make them more digestible.
56. Add to water when washing game. It will reduce the "gamey" taste from wild game.
57. Use to freshen up old, sour dishcloths.
58. Use dry on a small brush to rub canvas handbags clean.
59. Use to remove melted plastic bread wrapper from toaster. Dampen a cloth and make a mild abrasive with baking soda. Scrub and wipe clean.
60. Drain cleaner. To clean your drain, make up a solution of 8 fl oz (200 ml) vinegar with 3 oz (75g) of baking soda. Pour directly into the drain. Leave for 10 minutes. Then run clean hot water down the drain to clear the grease and debris.
61. To remove ballpoint ink mark from cloth, rub a paste of baking soda and milk over it. Rinse and then wash in your normal way.
62. When stripping wallpaper, add a good tablespoonful of baking soda to each bucketful of water and it should make the job easier.
63. Make a paste by mixing a small amount of baking soda with a little bit of water in your hands for an excellent skin exfoliator. Great for dry skin on face, feet and elbows.
64. To clean your microwave, place a (microwave safe) cup of water with a teaspoon of baking soda in it. Run microwave for 2–3 minutes. Remove cup and wipe down the inside of the microwave with a damp cloth.
65. To aid in washing dishes, add a tablespoon of baking soda to your soapy water—it softens hands while cutting through grease.
66. Remove grease from the stove, back splash etc. by wiping dry baking soda on a damp cloth.
67. For carpet deodorizing, just sprinkle onto carpet before going to bed and vacuum in the morning.
68. Baking soda discourages insects. Try sprinkling it around cabinets and cupboards and other places the insects might frequent.
69. Flush 1 cup of baking soda down the toilet once a week to maintain your septic tank. Baking soda helps preserve proper pH and alkalinity, controlling sulfide odors.
70. Deodorize a disposable diaper pail by sprinkling liberally with baking soda.
71. Pour 2 tablespoons baking soda down the garbage disposal every week to keep it clean.
72. Boost the strength of dishwashing liquid—add 2 full tablespoons baking soda to the usual amount of detergent you use.
73. Clean and deodorize a cutting board by sprinkling baking soda on a damp sponge, rubbing the cutting board, and rinsing it clean.
74. Deodorize kitchen garbage by sprinkling a handful of baking soda in the garbage pail each time you add garbage.
75. To maintain the proper alkalinity in a swimming pool, add 1·5 pounds of baking soda for every 10,000 gallons of water in the pool to raise total alkalinity by 10 ppm (parts per million parts of pool water), keeping the total alkalinity of the pool within the range of 80 to 150 ppm of alkalinity. Maintaining a proper level of total alkalinity minimizes changes in pH when acidic or basic pool chemicals or contaminants enter the water, reducing chloramine formation and the corrosiveness of water, consequently reducing eye irritation and unpleasant odors while improving bactericidal effectiveness.

76. To soothe sunburn, windburn, and prickly heat, dissolve  $\frac{1}{2}$  cup baking soda in a tepid bath and soak in it for 15 minutes.
77. Plain baking soda is a gentle abrasive that cleans like the strongest toothpaste. Apply baking soda to a damp toothbrush, brush as usual, and rinse. *Note:* Baking soda does not contain fluoride.
78. To neutralize vomit odor (animals or humans), sprinkle baking soda generously to cover the stained area, let sit for an hour, then vacuum up.
79. Soothe tired feet by adding 3 tablespoons to a basin of warm water and soak feet in the solution.
80. To clean dirt, grime, and scuff marks from doors, linoleum floors and tile, sprinkle baking soda on a damp sponge, wipe clean, and dry.
81. To minimize the smell of dirty laundry, just sprinkle some baking soda into your hamper or laundry bag.
82. Use baking soda to boost your bleach. Just add  $\frac{1}{2}$  cup of baking soda with your usual amount of liquid bleach.
83. One of the reasons that stores sell so many plastic bowls and dishes is because after use and re-use, the plastic tends to retain stains and odor, and often be covered with an oily film. With plastic bowls, bacteria can also grow in the cracks, crevices and pores of the plastic and, over time, become stained, cracked, and discolored. If the stain is stubborn you need to create a special cleanser:  
**1 tablespoon of baking soda | 1 quart of warm water**  
*Stir well. Then scrub the mixture on your bowls and dishes several times and set the bowl overnight in the sink, in hot water. Soaking coffee grounds in a plastic bowl can also deodorize it, and the baking soda/water concoction is also useful to clean refrigerator space.*
84. Deodorize a closet by placing an open box of baking soda on a shelf.
85. To deodorize garment storage bags, sprinkle baking soda into the bottom of the bag.
86. To remove wax crayon marks from walls or wallpaper, sprinkle baking soda on a damp sponge, rub gently in circular movements from the inside out to avoid mudding the paint or wallpaper, then wipe clean.
87. To clean dirt and grime from hands, mix baking soda in wet hands with liquid soap, rub vigorously, rinse, and dry.
88. To remove conditioner and styling gel build-up from hair, wash hair once a week with a tablespoon of baking soda mixed with your regular shampoo; rinse thoroughly, then condition and style as usual.
89. Refresh stuffed animals by sprinkling baking soda on the stuffed animal. Let sit for 15 minutes, and then brush off.
90. To clean high chairs, car seats, strollers, and plastic mattress protectors, sprinkle baking soda on a damp sponge, wipe clean, and dry.
91. Clean baby bottles, nipples, and bottlebrushes by soaking in a solution of warm water and baking soda. Then sterilize before use.
92. Whiten socks and dirty clothes by adding  $\frac{1}{2}$  cup baking soda to regular liquid laundry detergent.
93. To clean up pet accidents, clean with club soda and let dry thoroughly. Then sprinkle on baking soda, allow to sit for 15 minutes and vacuum up.
94. To clean chrome bumpers and hubcaps, sprinkle baking soda on a damp sponge, rub surface, and wipe clean with a dry cloth.
95. Remove dead insects from a car or truck windshield by sprinkling baking soda on a damp sponge, cleaning glass and wiping clean with a dry cloth.
96. To deodorize carpeting in a car, sprinkle baking soda on the carpet, let sit for 15 minutes, and then vacuum up.
97. To make your own spray air freshener, place 1 teaspoon baking soda in a spray bottle and add 2 tablespoons of white vinegar and 2 cups of clean water. After the foaming has stopped replace the spray top and shake well.
98. Clean golf irons with 3 parts of baking soda to 1 part water and a brush. Rinse thoroughly.
99. Take baking soda on your next camping trip. It's a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher, grill-cleaner, cooler refresher and much more.
100. Clean away corrosion on car and lawn mower batteries. Baking soda will neutralize battery acid corrosion because it's a mild alkali. Disconnect battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water, apply with a damp cloth and scrub off the corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Remember, batteries contain a strong acid.
101. Clean car lights, chrome, windows, tires, vinyl seats and floor mats with a solution of  $\frac{1}{4}$  cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains sprinkle baking soda on a damp sponge or soft brush.
102. Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking Soda on the spot and scrub with a wet brush. (For heavy duty stains, try using washing soda, which is available in hardware stores and the cleaning aisle of large supermarkets.)
103. The Science Fair standby! Build your own volcano. Please remember to supervise your children. One it's safer; two it's quality grand/parent time! The baking soda reacts with the vinegar (or citric acid) in the mixture and produces a carbon dioxide gas (CO<sub>2</sub>). As the gas is released it bubbles through the dishwashing liquid, creating the bubbly, red lava. According to the Arm and Hammer® website you'll need:  
**cardboard | plaster-of-Paris | 4 oz plastic cups | red food coloring | water | baking soda | hand dishwashing liquid | vinegar or citric acid (sour salt)**
- DIRECTIONS**  
*On a baking sheet shape cardboard into a volcano cone shape. Place a 4 oz bathroom cup to make the "crater" at the top of the volcano. Apply the plaster-of-Paris over the cone to form the volcano. Do not get plaster in the crater. Allow volcano to dry completely. Paint or decorate volcano as desired. For frequent usage, use non-water soluble paints.*
- MAKE THE LAVA FLOW**  
**One** • Mix  $\frac{1}{4}$  cup vinegar (or 1 teaspoon citric acid) with dishwashing liquid, water and red coloring in a plastic cup
- Two** • Put 1 teaspoon baking soda in an empty plastic cup. Place this cup inside the volcano crater.
- Three** • Pour vinegar/dishwashing liquid/water mixture into the Baking soda cup in the crater. Enjoy the lava as the volcano erupts!

# Household bleach

**Always read and follow** precautions and usage directions before using products. Store products out of the reach of children. All uses described may not be registered in your state. Check with your state agency before proceeding with any uses listed. Remember you should never mix bleach or bleach-bearing products with ammonia, as the resulting gas is dangerous. That means you must check each product label. For instance, dishwasher powder often contains bleach—so don't go adding ammonia for that extra sparkle.

Chlorine, the basic constituent of bleach, is one of ninety natural elements. It was originally discovered in 1774 by a Swedish pharmacist, called Carl Wilhem Scheele. It gets its name from the Greek word "khloros", for greenish-yellow, because it is mustard colored in its gaseous state.

Chlorine and its by-products are used to make drinking water safe, kill germs, sterilize medical equipment, and make swimming pools safer. Its disinfectant qualities come from its ability to bond with and destroy the outer surfaces of bacteria and viruses such as *Salmonella* and *E-coli*. In the home there are many uses for household bleach, mostly involving cleaning and disinfecting, but you may be surprised to discover just how many uses there really are for this versatile and economical substance.

Sodium hypochlorite bleach does not produce chlorine gas when used by itself or as directed with other products. Formation of chlorine gas can occur only if sodium hypochlorite bleach is mixed with acids, such as acidic toilet bowl cleaners. A strong warning statement covering this type of misuse is clearly stated on *Clorox*® bleach labels and many other brands.

Remember, bleach is instantly effective on dark clothes! Be very careful.

## Uses

### Emergency water purification

- When natural or other forms of disaster interrupt the home water supply, you can obtain limited amounts of water by draining your hot water tank, the toilet cistern or melting ice cubes. Well water is the preferred source of drinking water. If it is not available and river or lake water must be used, try and access running water rather than still water. Avoid sources containing floating material and water with a dark color or an odor. There are two general methods by which small quantities of water can be effectively disinfected. One method is boiling; another method is chemical treatment. Bleach will make most water free from harmful or pathogenic organisms. When boiling is not practical, chemical disinfection should be used. The two chemicals commonly used are chlorine and iodine.

Chlorine is generally more effective than iodine in controlling Giardia, a bug commonly found in water and both disinfectants work much better in warmer water. Common household bleach such as *Clorox*® contains a chlorine compound that will disinfect water. The procedure to be followed is usually written on the label. When the necessary procedure is not given, find the percentage of available chlorine on the label and use the information in the following tabulation as a guide.

Available Chlorine	Drops per Quart of Clear Water
1%	10
4–6%	2
7–10%	1

If strength is unknown, add 10 drops per quart of water. Double the amount of chlorine for cloudy or colored water or water that is extremely cold. The treated water should be mixed thoroughly and allowed to stand, preferably covered, for 30 minutes. The water should have a slight chlorine odor. If it doesn't, repeat the procedure and allow the water to stand for a further 15 minutes. If the treated water tastes too strongly of chlorine leave it to stand for a few hours or by pour it from one clean container to another several times to let the chlorine disperse in the air.

- Fresh flowers survive longer if you add  $\frac{1}{4}$  teaspoon (20 drops) of bleach to each quart of water used in your vase.
- To deodorize coolers and thermos bottles, wash with diluted bleach, then rinse.
- To make a scoop, put the screwcap on an empty, clean bleach bottle, cut diagonally across the bottom, and use it to scoop flour, sugar, rice, dog food, sand, fertilizer, or snow.
- Soaking clean china cups for 5–10 minutes in a solution of 1 tablespoon bleach per gallon of water will remove tea and coffee stains.
- Disinfect garbage cans with a solution made from  $\frac{3}{4}$  cup bleach to 1 gallon water. Let stand for 5 minutes, then rinse clean.
- Make a bailer for a boat by putting the screwcap on an empty, clean bleach bottle, and cutting diagonally across the bottom.
- Kill off mold and mildew from outdoor walls, decks and fences by cleaning with a mixture of  $\frac{3}{4}$  cup bleach per gallon of water.
- Make a pooper-scooper by cutting a bleach jug in half. Use the half with the handle to scoop.
- Soak mercury and alcohol thermometers in mild bleach solution to sterilize between uses. Run under tap to rinse and shake dry. (Shake away from a hard surface, so that the glass doesn't break. Mercury is a hazardous substance and you don't want the mercury droplets contaminating your home.)
- Remove stains from baby clothes by mixing  $\frac{1}{4}$  cup bleach to 1 gallon of water in a plastic bucket. Add colorfast clothes and soak for 5 minutes. Rinse well, then run the clothes through a regular cycle in the washing machine.
- To sift dirt, make a scooper as described above. Insert a 6" diameter piece of  $\frac{1}{4}$ " hardware cloth to rest above the handle hole. Scoop up dirt, sift through the narrow opening, and stones will be caught by the hardware cloth.
- Make a container for children's toys and crayons, by cutting a hole in the side of an empty, clean bleach jug opposite the handle.
- Clean mops by soaking in a bucket of sudsy water and  $\frac{3}{4}$  cup of bleach per gallon of water.
- Clean caulking around bathtubs by scrubbing with a solution of  $\frac{3}{4}$  cup bleach to a gallon of water.
- To make a clothespin holder, cut a hole in the side of an empty, clean bleach jug opposite the handle and punch small holes in the bottom for drainage. Hang on the clothesline.
- Whiten a porcelain sink by filling the sink with a solution of  $\frac{3}{4}$  cup bleach per gallon of water. Let sit for 5 minutes.
- To make a paint bucket, cut a hole in the side of an empty, washed bleach jug opposite the handle.
- Make a gate stop by filling a bleach bottle with cement, or sand.

20. To clean a toilet bowl, pour in 1 cup of bleach. Let it stand for about 10 minutes. Brush and flush.
21. To clean a rubber sink mat, fill the sink with water, add  $\frac{1}{4}$  cup bleach, and soak the sink mat 5–10 minutes.
22. To improvise a funnel, cut an empty, clean bottle in half, remove the cap, and keep it in the trunk of your car as an emergency funnel for motor oil, antifreeze, and water.
23. To make a bird feeder, cut a hole in the side of an empty, clean bleach jug opposite the handle.
24. To freshen old sponges, soak sponges for 5–10 minutes in a mixture of  $\frac{3}{4}$  cup bleach per gallon of water, then rinse well.
25. To make a hip bucket for harvesting fruits or berries, cut a large hole in the side of an empty, clean bleach bottle opposite the handle, then string your belt through the handle.
26. To clean mildew from shower curtains, shower caddies, bath mats, and plastic soap dishes, place all the bathroom accessories into the bathtub, fill with 2 gallons water, and add 1½ cups bleach. Soak for 5–10 minutes, then rinse and drain. The Clorox® bleach will also have cleaned the bathtub, so sponge it down too.
27. To deodorize the garbage disposal in your sink, pour bleach down your drain, then run the hot water for 2 minutes.
28. Make dumbbells by filling two empty, clean bleach bottles with sand.
29. To make a megaphone, remove the cap and cut off the bottom of an empty, clean bleach bottle.
30. To clean mildew from grout, mix  $\frac{3}{4}$  cup bleach with 1 gallon of water, and use an old toothbrush to scrub off the mildew.
31. To make a fishing or boating buoy, cap an empty bleach jug tightly, tie a rope to the handle, and tie a weight to the other end of the rope. Daub with paint or write the name of your boat on the side so that you recognize your own.
32. Ice melting products, such as rock salt, are much easier to dispense from bleach bottles.
33. Make glasses sparkle and silverware shine. Add a capful of bleach to the dishwasher.
34. Make an all-weather hat for your snowman by cutting off the top of a bleach bottle and covering it with felt.
35. Scrub your wooden deck to remove mold, mildew and sun-bleached areas.
36. Avoid traveler's diarrhea by washing all fruit and vegetables in water with 10 drops per quart of bleach. This should see off the bacteria frequently acquired in poorer countries where human waste is often used as manure.
37. Wash cutting boards thoroughly in hot soapy water after each use or place in dishwasher. Use a bleach solution (ie, 1 tablespoon bleach in 1 quart water) or other sanitizing solution and rinse with clean water.
38. Tie-dye effect on dark clothes can be achieved by soaking in bleach. Sometimes this happens accidentally. Try turning your mistake into a fashion statement.
39. Clean out the kitty litter box and rinse with bleach once a month to kill off any germs.
40. Wash pet bowls in bleach solution. Make sure you rinse well.
41. Freshen up dingy shears with a quick soak in a mild bleach solution.
42. Soak children's toys, like Lego, in a mild bleach solution to sterilize. Soap can take ages to rinse off so this speeds up the disinfecting process.
43. Brighten up last year's summer t-shirts with a wash in mild bleach.
44. Soak summer swim shoes in bleach, rinse well and dry perfectly before storing for the winter. This will kill the critters that might have come home with you.
45. Soak sports socks in mild bleach before washing to make sure any fungus is destroyed.
46. Athlete's foot is very common in locker rooms. Make sure your sports bag, or those of your family members aren't carrying the spores. Wipe down sports bags with a  $\frac{3}{4}$  cup per gallon mix of bleach.
47. Make sure sports towels (white ones) are soaked in a mild chlorine bleach solution and washed at high temperatures. Use colorfast bleach for colored towels and socks.
48. Soaking plastic combs, hairbrushes etc. in a mild bleach solution will disinfect them. Be very careful with non-plastic items; delicate surfaces such as lacquer or silver will be damaged.
49. Make hot caps to force grow seedlings! Cut off the bottom of an empty, clean bleach jug and place the jug over seedlings. Take the cap off during the day, and replace the cap at night. To anchor these hot caps, just cut off the top of the handle, insert a stick, and whack the stick into the ground.
50. Chlorine stress cracking is a chemical reaction between gold alloy jewelry and chlorine. It causes breakdown of the metal in your jewelry, which in turn causes broken prongs and ring shanks. Try to avoid wearing jewelry in the pool or hot tub. Rings set with stones, especially with prongs, are most subject to damage and hot tub water is five times more damaging due to heat and increased chlorine concentrations. Bromine based hot tub treatments are also damaging although not quite as corrosive as chlorine.
51. The handle of the toilet is a haven for germs, so give it and the toilet itself a thorough clean with bleach at least once a week.
52. Anglers should keep their fish holder coolers sterile. Bleach with 9:1 water bleach ratio to prevent moving a virus from one location to another.
53. Clean, bleach and rinse the bath thoroughly after every use and don't forget the tap handles! The sink should also be cleaned thoroughly every couple of days.
54. Germs stick to towels and can easily be passed on. Bleach white towels and disinfect colored items.
55. Clean floors and tiles at least once a week, and all other surfaces immediately after use, with a bleach solution to prevent the growth of mold and other bacteria.
56. Never prepare raw meat and vegetables on the same chopping board or using the same tools or utensils. Wipe with a cloth that's been steeping in a bleach solution to make sure no germs are transferred.
57. Make sure your fridge is 40°F or cooler at all times and cleaned regularly. Freezers should be at least 5°F and swabbed out with a mild bleach solution.
58. Salmonella and E-coli are two of the best known and most dangerous causes of food poisoning. They can double in number every 10 minutes in temperatures ranging from 40°F and 145°F. Therefore, all raw food must be stored below 40°F and cooked to reach at least 158°F. Bleach all food preparation surfaces thoroughly before cooking.

59. Toilet brush holder: Ever wondered how to get rid of those stubborn stains from your toilet brush holder and brush. Simply dip your toilet brush holder and brush in a dilute solution of bleach for 10 minutes and rinse for a clean, white effect.
60. To remove unsightly moss and leaf stains, wash over with bleach solution (1 cup of bleach to  $\frac{1}{2}$  bucket of water). Leave for at least 10 minutes and wash away.
61. Garage floors: to remove grease and oil stains, pour on bleach solution (1 cup of bleach to  $\frac{1}{2}$  bucket of water). Leave for half an hour and rinse off. The bleach will decompose in the air.
62. Waste pipes and drains: Pour bleach into the drain or pipe. Leave for 10 minutes, then flush through with water. This will help strip grease and remove foul smells.
63. Next time you fry foods, try placing a small cup of bleach on a surface nearby. The bleach absorbs much of the smell. Be sensible and keep it away from children and make sure everyone knows what it is.
64. To remove dark wax crayon stains from white walls just wet a cloth with bleach and wipe. To remove the crayon itself, try blasting it with a hairdryer to melt it.
65. Preserve Halloween pumpkins by wiping them with bleach to kill mold spores and bacteria then coat with petroleum jelly to prevent the spores from settling on the skin.
66. If you are unfortunate enough to be flooded, you can reclaim undamaged tin cans and glass jars provided all the cans and commercial glass jars are free of rust and dents. They must be washed and sanitized before they are opened. Remove labels and wash in a strong detergent solution with a scrub brush. Remove *all* silt then immerse for 15–20 minutes in a *cold* (60–70°F) chlorine solution. As noted above, household beaches contain from 2–6% chlorine. The amount of bleach to add to water would depend on the chlorine concentration:

## WATER PURIFICATION

Percentage chlorine bleach	Bleach 1 quart of water	Bleach 1 gallon of water
2%	2 teaspoons	2 tablespoons <i>plus</i> 2 teaspoons
4%	1 teaspoon	1 tablespoon <i>plus</i> 1 teaspoon
5%	$\frac{3}{4}$ teaspoon	1 tablespoon
6%	$\frac{1}{2}$ teaspoon	2 teaspoons

Remove containers from solution and air dry before opening. Re-label if possible and use quickly, before they rust and store containers where they won't be re-contaminated.

67. Dirty canvas sails? Try brushing gently with mild soapy water no hotter than 100°F. Rinse really well to remove soap residue as it conflicts with the mold and fungicides impregnated in the canvas. Next try non-chlorine bleach such as Vivid® or Clorox II® in weak solution ( $\frac{1}{8}$  cup/gal). In an extreme case, use chlorine bleach or mildew removers such as X-14® or Tilex®. If you are going to use these harsh chemicals drench the canvas with fresh water first. Start with a very weak solution, adding more bleach slowly if you aren't removing the stain. As soon as the stains fade rinse with lots of fresh water. The bleach will probably hurt the waterproof finish of the fabric and decrease the life of the polyester thread used in the sail.

68. Control of upper respiratory infections in cats can only be achieved by killing the pathogens that cause them. While probably not a risk in your own home, visiting cats can carry these infections so maintain a rigorous hand washing regime and wash everything down with the only product that will kill all the pathogens involved—bleach at a minimum of 1:32 dilution.
69. Use a mild bleach solution to wash down wooden boards in rabbit hutches to keep diseases at bay.
70. Kill moss wherever it grows with household bleach liquid. The bleach will not harm plants or grass. Bleach eventually turns to common salt when exposed to the air so does not harm the environment, but it can kill plants in its concentrated form. Use it away from plants that you treasure.
71. Inherited some white cotton sheets? Wash them on hot and rinse with bleach, then rinse again with clean water. Line dry if you can.
72. To store home grown fresh tomatoes, remove the stems and wash well in a light bleach solution of 1 tablespoon of household bleach to 1 gallon of cool water to disinfect the fruit. This greatly extends their storage life. The bleach will not pass through the skin of the fruit and will evaporate if left to dry naturally. It won't taint the fruit at this dilution. Wrap each tomato in paper and store in the dark in shallow trays at 60°F and a relative humidity of 85–90%, with good ventilation. Most cool basements will do.
73. If you are pruning diseased plants, especially those with fungus infections, do not pass on the disease. Dip your tools in a 9:1 water bleach solution to kill the bugs.
74. A method of bleaching skulls procured from hunting or hiking trips is to place 1 part bleach and 3 parts water in a pan. Dip the skull into the solution and let stand for 5 minutes. Remove the skull and let it dry. It might be necessary to repeat this procedure several times to get the color you want. Bleach can permanently discolor antlers so make sure they don't touch the bleach and water solution.
75. To bleach a sand dollar you must first make sure it is not alive. Live ones have a small "hair" on their underside. Put it in fresh water in a container and wait for the water to turn brown. Empty, refill, and wait until the water goes brown. Repeat until the water stays clear. Then replace about half the water with bleach and leave the sand dollar for 15–20 minutes. Don't use too much bleach or leave soaking any longer as this will make the sand dollar crumble. Rinse the sand dollar well with fresh water to remove the bleach and let dry in the sun. The longer in the sun, the more white the sand dollar will become.
76. Machine wash your shower curtain monthly and add  $\frac{1}{2}$  a cup of bleach.
77. As a prevention against blood-borne pathogens, tools used in the processing of game birds and mammal prey should be sterilized in a bleach solution.
78. Add a few drops of bleach to rinse water and air-dry your camping dishes to ensure your dishes are sterile and reduce the risk of upset tummies.
79. Reduce risk of diseases while traveling. Carry a small bottle – hotel shampoo size should do it—of diluted bleach. Dampen tissue with solution and wipe door handles, toilet flush handles, elevator buttons, telephones, etc. This is recommended practice in Hong Kong where they fear outbreaks of SARS.
80. Soak clothes in a very weak 90:1 solution of bleach if they have been worn by victims of a severe illnesses, or by you when you met with a patient, or when you may have come in contact with a virus.

81. If you keep a hamster, be sure to change her bedding and rinse out her tank every week. Once a month or so, it's a good idea to soak the tank in a light bleach solution, not more than 1:32, and let it sit for 20 minutes or so. Your hamster can use this time for a leisurely run in her ball. After 20 minutes are up, rinse the tank well. Then, rinse it again!
82. Do not use bleach to clean your fish aquarium. Bleach and most other commercial cleaning agents are deadly for fish.
83. Use several empty bleach bottles to improvise a play tea set! Make double and triple sure that there is no bleach residue in the bottles, then cut the tops off of two or more jugs to make teacups. For a teapot, cut a hole near the top of an intact bleach jug. Then, insert the handle of another jug for a spout.
84. Bleach kills anthrax. When contaminated letters were sent to the Hart Senate Office Building, the experts cleansed the offices by raising the temperature and humidity and then circulating chlorine dioxide gas. Later they wiped down hard surfaces with liquid bleach. If you come in contact with anthrax, call the authorities. But if no one can help you, your best bet is bleach.
85. At the gym or in a school locker room, prevent the spread of *Staphylococcus aureus*, commonly called Staph infection, by using bleach. Mix 1 tablespoon of bleach into a quart of water (1:100) and swab down shared equipment before you use it.
86. An infection, or an infectious disease, transmissible under natural causes from vertebrate animals to humans is called a "Zoonosis" and include anthrax, Lymes disease, rabies, etc. To remove a carcass where direct contact is required you should wear rubber boots, don disposable water resistant overalls and gloves and disposable masks and splash goggles. Spray the carcass using a low pressure garden sprayer with a solution of 10% chlorine bleach (1 part bleach to 9 parts water). Be sure to allow the bleach solution to mix thoroughly with blood or secretions from the carcass. Wait a minimum of 5 minutes for the solution to kill the organisms.
87. Bleaching wood requires a special wood bleach, not the household variety. Check at your local hardware or home improvement store.
88. Soak your white cotton hankies in a mild bleach solution every once in a while to keep them looking fresh.

# Duct tape

**Is there a** male in the country who doesn't believe that duct tape is the answer to every problem? Favorite TV characters from Red Green to MacGyver use it every time they turn around, and the addiction is spreading; we're all becoming duct tape junkies!

Duct tape was originally called "duck" tape because water rolled off it like water of a duck's back. It was invented in 1942, during World War II, to keep ammo boxes dry. Duct tape was intended to resemble a heavy-duty, waterproof version surgical tape. Modern duct tape is cloth backed with a waterproof polyurethane sealant and a rubberized adhesive.

After the war ended, it was used to seal up heating ducts and the color changed from army green to silver and the spelling was changed from duck to "duct." At one point, it was also referred to as "gun tape" because of its early use on ammunition cases. So next time you see one of those silvery roles, you can think of water birds, heating systems and large explosions! Here are some ways to use the oddly named tape around the house.

(To see how it becomes a life changing addiction visit the ultimate duct tape tribute site: [www.ducttape.guys](http://www.ducttape.guys) and check out their refrigerator!)

Quick note, make sure you have a clean, dry surface before applying duct tape. If the surface is dusty, dirty or oily, your temporary repair may not hold very long. A splash of rubbing alcohol will remove grime and residue left from cleaners and other solvents. And use Teflon coated scissors to avoid annoying glue build-up.

## Uses

1. Wrap a tight strip of tape around your luggage when you're traveling. This will make your luggage easy to identify and help keep it closed during transit. You'll also know if it was tampered with.
2. Duct tape removes splinters better than tweezers. When you get a splinter, just touch the area lightly with the sticky side of the duct tape. The splinter will quickly stick to the tape and come out from under your skin.
3. If you have a tear in the upholstery of a couch or chair, you can hold it together with duct tape. Apply several pieces of tape perpendicular to the tear. This will keep gashes from becoming larger until you can have the furniture repaired.
4. Keep a roll of duct tape in the car for minor emergencies. You might need it to temporarily fix taillights if you get in a fender-bender. Duct tape can also provide a temporary patch for a seat, door or side window.
5. Duct tape can hold up a broken exhaust pipe for a short period of time. Watch for the hot pipe.
6. Make wrapping paper out of sheets of duct tape. Lay out pieces of duct tape and place other pieces on top. (This is the same technique used in making a wallet which is described below.) Round out the edges when you get to the desired size and wrap your gift!
7. Use duct tape to discourage unwanted insects or other small pests. Tack the duct tape sticky-side-up to the place where you think the critters are getting in.
8. Make a wallet by laying out strips of tape, each a little longer than a bill. Then, place other strips of the same size on top with the sticky side in. Overlap the tape by at least a  $\frac{1}{2}$ " so that there is sticky tape showing all around the sheet. Next, round out the edges by folding the sticky tape in. (This is the basis for making sheets of duct tape

- which can be used to make anything from belts, to suits, to water-proof mats.) Set this sheet aside and make another sheet, smaller than the first but still larger than a bill. Round out the edges of the top and sides of this smaller sheet. Attach it to the bigger sheet using the excess sticky tape from the bottom of the smaller sheet. You now have a wallet with a pocket. Continue making smaller sheets for additional pockets. Small boys love this and can make inexpensive gifts for relatives.
9. If you misplace the panel that holds in the batteries on your remote control, substitute with duct tape! Wrap a small piece of tape around the back of the remote being cautious not to compromise the buttons on the front.
  10. Do you have a split in your vacuum hose? Use duct tape to hold it together.
  11. Insulated the roof space and now you're itching? Remove particles of fiberglass from your skin by pressing on the itchy spots with duct tape.
  12. Duct tape can extend your reach and get you into tight places to retrieve lost items. Make a ball of tape with the sticky side out and attach it to the end of a yardstick. Then, use the stick to poke around on top of the refrigerator or under the couch until you pick up your missing item.
  13. In the bathroom, duct tape can temporarily repair a split toilet seat. Or seal it down for ladies—up for gentlemen!
  14. Duct tape can provide a nice waterproof seal for patching shower curtains.
  15. Use duct tape to reinforce tears along the top of the curtain.
  16. Got a gash on your rain jacket? Tape it up.
  17. If your zipper pull breaks, make a sturdy one by threading a thin strip of duct tape through the slider, and folding it in on itself. Add more strips of duct tape as desired to thicken the zipper and make it easier to hold.
  18. Do you carry a pack with a hip belt? If the belt causes soreness or chafing, tape a t-shirt or some other piece of soft clothing to the inside of the belt. Duct tape is strong enough to keep the cloth in place indefinitely.
  19. When re-gluing shoe soles, nothing is more annoying than having the toe of the shoe separate from the sole before the glue dries. To prevent this, wrap the toe of your shoe in duct tape while it dries. If you're worried that the sticky part of the tape might harm your shoe, wrap it with the shiny side down! As long as you go around more than once, the tape will adhere to itself.
  20. If you use a shower curtain, or something equally thin, for a groundsheet, protect it with duct tape! Cut long strips of duct tape in half lengthwise. Then fold the strips over the edges of the groundsheet like ribbon edging on a blanket. This will protect the edges from tearing or shredding.
  21. Skiing? If a binding breaks or a pole is damaged, duct tape can save the day. Be careful and sensible, skiing equipment fixed in this fashion will not be as strong as unbroken equipment.
  22. Take duct tape with you if you hike in the desert. It's great for removing cactus spines from skin. Lightly press a piece of duct tape to the spine-covered area and pull the spines out with one good tug.
  23. Does your backpacking stove sit unevenly? You can create a stable platform by cutting a square piece of foam from an old foam pad. Size the square to fit the base of your stove and wrap the foam generously with duct tape. *Voilà!* You have your own steady cooking platform that works fine in the snow.
  24. Duct tape is a must-have on camping trips. It can be used to patch tents, mend poles, hold up schedules, patch torn shoes, hold poles for mosquito nets to cots, etc.
  25. Do you want to hang posters in a kid's room or dorm room without punching holes in the wall? Use duct tape. Unlike putties and other kinds of tape, duct tape is strong enough to keep up large posters.
  26. Use duct tape to cover schoolbooks. It's decorative, unique and sturdy.
  27. A long piece of duct tape can be twisted into a rope. A rope made in this fashion is great for many uses around the home such as tying up trash or dead leaves, binding trash cans together, improvising a leash, keeping items in the back of truck from blowing away, etc.
  28. Make your home safer by duct taping loose wires down on floor or out of the way in high traffic areas.
  29. If you do your own electrical work, try using duct tape to tape wires back together after splicing. Duct tape is great for this because it is much wider than electricians' tape. Amateurs: don't try this.
  30. If your windshield or another car window cracks, isolate the crack with clear duct tape. A piece of tape placed over the crack should help keep it from spreading. This is only a temporary fix since even clear duct tape hampers visibility.
  31. If you're in a pinch, duct tape can be used as a temporary repair for ripped clothing. Best if used on sturdier fabrics like denim.
  32. Does your hose have a leak? Save yourself the expense of buying a new one, dry it off and wrap the leaky spot in duct tape.
  33. Duct tape can be used as a creative art medium. Draw on it, make sculptures and figurines from it, shred it, cut it into shapes, mould it into ashtrays, etc. Experiment with the colors.
  34. If the binding on an inexpensive book breaks, reinforce it with duct tape. It won't look like new, but you'll keep the pages together.
  35. If a backpack splits, put duct tape on the tear until you have time to sew it up. This can be a lifesaver for a student in the middle of the school day.
  36. Fold a 6" piece of duct tape in half and you just made a bookmark!
  37. If a hinge on one of your cabinet doors breaks, improvise a fix with duct tape. What to do with the tape will depend on the exact nature of the break, but duct tape can do most repairs, from holding the hinge to the wall to being threaded through the hinge in place of a pin.
  38. Do you use an inner tube for sledding or water games? Keep duct tape handy in case of leaks.
  39. Use duct tape on the handles of tennis, badminton and racquetball racquets to increase grip.
  40. To improvise a hockey puck, roll duct tape into a ball, sticky side in.
  41. Out of chalk? Use duct tape to mark lines on a sporting event field.
  42. Did the big storm leave you with holes in your vinyl siding? Duct tape is the perfect short-term fix.
  43. Make your own doggy chew toy! Wrap duct tape around an old newspaper. This toy is also great for playing fetch because it is highly visible and hard to lose in the weeds.
  44. Cover your old notebooks and pocket folders with duct tape! They will last forever.
  45. Use duct tape to put up your Christmas lights. It holds well, even in inclement weather, and it will be easy to remove later.

46. Is a leaky pipe driving you mad? Wrap it in duct tape to stop the drip until the plumber comes.
47. If you own a canoe, it's a good idea to keep a roll of duct tape handy. It can temporarily take care of small holes and leaks.
48. Did you get picked to make sets for the school or church play? Duct tape will be your best friend. There are many circumstances where it is easier or more convenient to tape something instead of using nails or glue.
49. If you live in a house with pets or children, it's a good idea to reinforce electrical cords with duct tape. Just cut a strip of tape in half and wrap it around the cord.
50. Duct tape is great for holding up pictures or notes in a locker.
51. If your shoelace breaks, look for duct tape. You can easily mend the split with a little tape. Or, make a whole new shoelace! Take a piece of tape, about 18" long, and twist.
52. Express yourself! Use duct tape and a Sharpie to make your own removable bumper sticker.
53. Duct tape can be used to remove lint from your clothing. Roll a piece of tape around your hand, sticky side out. Then, apply it to clothing. It works wonderfully, at least as well as expensive commercial lint rollers. Careful with delicates.
54. Use a twisted piece of duct tape as a clothesline. This is good for everyday drying and also for traveling and camping.
55. Do you have holes in the soles of your favorite tennis shoes? Resole them with duct tape. Be careful, duct tape soles are slippery.
56. If you get a hole or tear in a pair of work gloves, duct tape provides an easy fix.
57. Duct tape can be used as an insulator for small objects. Try wrapping soda cans or bottles in duct tape to keep them cold.
58. Use duct tape to make streamers for your child's bicycle handlebars. Just wrap the duct tape around the handlebars and align it with itself, sticky side in. Then, use sharp scissors to cut the excess into streamers.
59. Use duct tape to patch holes in convertibles or soft top jeeps.
60. Make silvery puppets out of duct tape. Just cover a sock or upside-down paper lunch bag with duct tape and add appropriate props. This makes great moon men and reptile puppets.
61. Your vacuum is broken and your mother-in-law will be visiting in 15 minutes. What can you do? Roll some duct tape around your hands, sticky side out. Then, use these "vacuum mitts" to pick up the worst of the dirt.
62. Be a duct tape mummy for Halloween! Get several roles of duct tape and put on old, tight-fitting pants and a long sleeve shirt. Get a friend to help you wrap yourself in duct tape, silvery side up. Try to keep the tape on your clothes. It will be uncomfortable if it's rubbing on your skin.
63. Waterproof canvas footwear by wrapping it in duct tape. Careful, soles may be slippery.
64. If you don't have reliable cup holders in your car, try substituting a roll of duct tape. Choose a roll that has quite a bit of tape on it, put it on its side in a spot you can reach from the driver's seat and press down firmly. It should remain in place without any outside adherent. If you don't have a beverage, the duct tape roll will double as a cell phone holder.
65. In an emergency, bind big wounds with duct tape. They'll work out how to remove it at the hospital.
66. Use a roll of duct tape as a cute, off-beat plant holder.
67. To make fun, fake swords for the kids, wrap duct tape around the cardboard tubes used for wrapping paper. To make a Star Wars light saber, use colored duct tape.
68. Make a Star Wars light saber by using colored duct tape wrapped around a cardboard tube.
69. Use duct tape to tape a spare key to the bottom of your car. It will always be there when you need it.
70. Use duct tape to make a bow for gift wrapping! Take a strip about 7" long and cut it into strips  $\frac{1}{4}$  inch wide. For each strip, loop up the tape on either side leaving a little of the sticky part exposed in the middle. Do this with several pieces and then stack them on top of each other, slightly rotated from the strip below.
71. Once you understand how to make sheets of duct tape fabric you can make anything: wallets, checkbook covers, visors, backpacks, etc.
72. Stick duct tape over warts. Even the US Military ran tests and came up with the result that yes—duct tape gets rid of warts.
73. Patch rust spots on your fender. Or cover the entire car.
74. Patch radiator hoses.
75. Temporarily repair a universal joint.
76. Patch the kids wading pool.
77. Don't scratch the hardwood floors, put some tape on the feet of tables.
78. Use duct tape as an emergency repair for a thrown horseshoe.
79. Search the web for camo duct tape. Perfect for hunters and small boys.
80. A duct tape splint is water resistant and excellent at immobilizing a finger injury.
81. Make a waterproof card or writing table by covering a pizza box in duct tape.
82. Boy Scout in the family? Secure merit badges by making a loop of tape on the back of the badge and firmly securing to the proper position on the uniform. Remove before washing.
83. Make a raincoat for sudden thunderstorms. Slit two plastic grocery size bags and lay out as one sheet and tape together at sides and shoulders. For a really durable raincoat you can cover the entire bag with duct tape.
84. Fix a radiator with duct tape but make sure it's cooled down. Anti-freeze stays hot for a long time.
85. First Aid for blisters. Clean blister, apply gauze bandage and secure with duct tape. Works much better than First Aid tape.
86. Tent repairs. Busted zipper? Duct tape the door! Also, use duct tape to fix rips before they get worse in a storm.
87. Prevent frostbite—duct tape your nose, cheeks and chin to protect against frostbite.
88. In an emergency, duct tape a sprained ankle or wrist.
89. Bind splints in place with duct tape.
90. Duct tape liquid soap dispenser to gallon water container for outdoor handwashing station.
91. Hold up an annoying car window that's sinking into the door by taking a strip of duct tape and attaching horizontally across the gap so it attaches the window to the roof.

92. Close your chip bag with duct tape.
  93. Temporarily tape the hem on a pair of pants or a skirt.
  94. Tape down your picnic tablecloth.
  95. Out and about when your baby's diaper fastener fails? Duct tape won't let you down.
  96. Duct tape cracked shell of tortoises or turtles.
  97. Make duct tape gauntlets for working with sharp objects. Wrap tape up and over and down each finger and do another wrap around over your knuckles. More flexible than you would think!
  98. It's whacky but it works. Duct tape comes in a range of colors. Select your favorites and cover an old sofa or armchair in overlapping strips. (They won't take the weight if you don't overlap them). Keep smoothing and concentrate. The finished article looks stunning—and it's wipeable and tough!
  99. Wrap duct tape around your hand, sticky side out, to make a fast lint remover.
  100. Make a weatherproof plant identifier. Just wrap a small duct tape "flag" around a popsicle stick and use a permanent marker to write the name of the seed you're planting
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## Lemons

**When life gives you lemons...** there is no end to what you can do!

Lemons were superstars in the ancient world. Although Malaysia, China, Asia Minor and Persia would like to claim credit, most evidence points to lemons originating in the Indus Valley. By the first century AD, lemons were cultivated in Palestine and by the second century, Libya was sending them to Rome. In the AD 700 and 800s, lemons were being cultivated in the Sahara, Sicily and Andalusia, but they really took off in the Middle Ages when returning Crusaders brought them West. Lemons were dubbed "golden apples" and became a favorite of medieval market places, with eager traders loudly praising their curative properties, preservative abilities, flavor and health benefits.

Lemons remained in the limelight as history marched on. When Cesar Borgia's wife visited France, he sent her lemons to impress Louis XII. The ladies in the court of Louis XIV used the juice from golden apples as a beauty aid to redden their lips. And, sailors in the Age of Discovery took lemons on board to fight off scurvy.

Today, lemons can still improve cooking, beauty and health. To top it all, the bleaching and antiseptic properties of the lemon give it a myriad uses around the home. Try some.

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### Uses

1. Cooking tip: 6 medium lemons yield 1 cup of juice; 1 medium lemon produces 3 tablespoons of juice or 3 teaspoons of grated peel.
2. Squeeze lemon on avocado and potato slices to prevent discoloration.
3. Clean and polish copper or brass with a paste of lemon juice and salt; rinse and buff dry.
4. Rub hands with a lemon wedge to remove fish, onion and garlic odors.
5. Shine piano keys, jewelry or other ivory objects with ½ of a lemon or a lemon-salt paste; rinse by wiping with a clean, wet cloth, then buff.
6. The British Empire survived potentially lethal illnesses by drinking gin and tonic with slices of lemon. The tonic contained quinine to counter the malaria; the lemons contained Vitamin C to offset scurvy.
7. Squeeze lemon juice into boiling water to add zing to your pasta. This works best without added salt in the water.
8. Bring life to your vegetables with a squeeze of lemon instead of salt.
9. For a breezy summer look, brighten hair with a lemon juice and warm water rinse; rinse again in clear, cold water.
10. Use lemons to remove ink spots from your clothing. While ink is wet, apply lemon juice liberally to the stain. Then wash the garment in normal cycle with regular detergent in cold water.
11. Lemons fight dandruff! Apply 1 tablespoon of lemon juice to your scalp. Shampoo and rinse with clear water. Rinse again with a mixture of 2 tablespoons lemon juice and 2 cups water. Repeat every other day till dandruff disappears.
12. Use lemon juice to disinfect piercing. It works as an astringent and doesn't have artificial additives to irritate your skin.
13. Write with invisible ink. Use a Q-Tip® as a pen to write in lemon juice on a piece of white paper. Once it dries, hold the paper above a hot light bulb. As the paper warms, the lemon juice writing will turn brown.
14. Use lemon juice to clear up your skin. It works especially well on blackheads. Rub lemon juice over blackheads before going to bed. Wait until morning to wash off the juice with cool water. Repeat for several nights.
15. Deodorize that smelly cutting board. Wash liberally with lemon juice to rid a cutting board of the lingering smells of garlic, onions, or fish.
16. Remove fruit or berry stains from your fingers. Rinse hands with lemon juice.
17. For an unusual dinner entrée, quarter a lemon or orange and add the pieces to your favorite baked chicken recipe. The lemon will soften and cook down while adding a citrusy zip to the whole dish. This is especially good in recipes using thyme.
18. Remove rust and mineral discolorations on cotton clothing. Use 1 cup lemon juice in the washing machine, normal cycle. Careful, this may harm colors.
19. Mix a little lemon juice or lemon oil into your unscented hand lotion for a lovely aroma and a mild disinfectant quality. Lemon is also a nice augmentation for some scents. Try it with raspberry, peach, cucumber or cantaloupe lotions.
20. Mix 4 tablespoons lemon juice and 1 cup water in a microwave-safe, 4 cup bowl. Boil on high power for 5 minutes in the microwave, allowing the steam to condense on the inside walls of the oven. Then wipe your microwave clean.
21. Mix lemon and baking soda for a brightening, whitening toothpaste. Cleans, scrubs, fights odors and kills bacteria naturally.
22. Brighten and strengthen fingernails. Soak fingernails in lemon juice for 10–12 minutes, then brush with a mixture of equal parts white vinegar and warm water. Rinse well. Don't try this if you have hangnails.

23. Slow down bleeding and disinfect small wounds. Apply lemon juice topically with a cotton ball or Q-Tip.
24. Temporarily relieve poison ivy. Applying lemon juice over the affected areas should soothe itching and ease the rash.
25. Clear up pimples. Dab lemon juice on blemishes a few times per day. The lemon balances sebaceous glands (oil glands) as it cleanses.
26. Drink 2 cups of lemon leaf tea per day to relieve cramps.
27. Odor problems in your humidifier? Pour 3 or 4 teaspoons of lemon juice into the water.
28. Alleviate rough spots on your hands. Apply lemon juice, rinse, and then massage with olive oil. Coarseness will disappear.
29. Lemon juice helps to relieve a cough. Make your own lemon/honey cough medicine by mixing 4 tablespoons lemon juice, 1 cup honey, and ½ cup of olive oil. Heat 5 minutes, then stir vigorously for 2 minutes. Take 1 teaspoon every 2 hours until your cough is gone.
30. For a cheery, scented blaze add a little lemon oil to your firewood. This will liven up crisp fall evenings or add a breath of spring to the dead of winter.
31. Train a dog to stop barking. Squirt a little lemon juice in the dog's mouth as an effective and harmless punishment. Reinforce by firmly saying, "Quiet." (Don't get it in his eyes, it would sting too much. Wash straight away if you do—and give up this treatment as you obviously lack the necessary coordination!)
32. Relieve constipation. Before eating, drink 4 tablespoons lemon juice in 1 cup warm water. Sweeten with honey or a spoonful of sugar.
33. Put lemon peel in your brown sugar canister. It'll keep the sugar moist and ready for use.
34. Make your own potpourri with lemon peels! Allow the peels to dry for a few days. Mix with cloves, cinnamon sticks, petals or whatever you like.
35. Use your homemade potpourri to make sachets. Wrap the potpourri in colored netting and tie with ribbons. Add a few drops of lemon juice or lemon oil for extra fragrance. Great for sock drawers, closets, suitcases, etc.
36. Save the zest from your lemons and add it to stir-fries and pasta dishes for added flavor.
37. Lemon zest is also a great addition to yellow cake and plain frosting.
38. Run lemon peels through your garbage disposal for an inexpensive and environmentally friendly deodorizer.
39. Dice up lemon peel and spread it on your lawn or other outdoor areas that you want your pets to avoid.
40. Add 1 teaspoon of lemon juice for each stick of butter to keep mushrooms firm and white while frying.
41. Help sore feet. Rub them with lemon juice and then firmly massage with olive oil.
42. For a cool treat in the summer months, make lemon ice cubes. Just mix a little lemon juice in with the water before you freeze it. Lemon cubes are wonderful in water, tea and most juices!
43. Poach apples slices with leftover lemonade and a little white wine.
44. Use ½ of a lemon to clean your bathroom. Apply the fleshy part of the lemon to lime scale on your sink or faucet.
45. For a natural air freshener, mix lemon juice and water in a spray bottle. Little spritz into the air will sweeten things up.
46. Bottled lemon juice has an expiration date. Be careful to observe this date. Lemon juice eventually turns brown and tastes less lemony.
47. Make your own delicious, all-natural tea from lemon leaves. Pour 1 cup of boiling water over 3 teaspoons of dried lemon leaves. Allow to steep for 10 minutes.
48. Drink 2 cups of lemon leaf tea per day to help reduce fever.
49. Sweeten lemon leaf tea with honey to soothe coughing and asthma.
50. Lemon leaf tea encourages relaxation and deep, sound sleep. Drink it right before bed as a cure for restlessness or insomnia.
51. To decorate your table, make a lemon star! Cut 5 or 6 evenly-sized wedges from 1 lemon. Space them evenly around another lemon. Then, slice the second lemon into a complimentary star design.
52. Keep baked goods soft. Store breads, muffins and cookies, pastries, etc. in an airtight container with pieces of dried lemon or orange peel.
53. Use lemon peels to relieve joint and nerve pain. Grate the peel from a lemon, being cautious to get only the yellow zest and none of the white pith beneath. Rub the grated peel into the area of the body suffering from joint or nerve pain. Wrap with a cotton bandage and keep the lemon in place for at least an hour. The fragrant oils in the lemon peel help to relax blood vessels and reduce inflammation.
54. Lost your ball? Substitute a lemon! Use a lemon to play catch, juggle or practice batting. Use unripe lemons for putting practice.
55. Use lemon juice to relieve sunburns. Apply the juice using a cotton ball or cotton swab. The juice acts as an astringent and eases the pain.
56. Lemon juice can also be used as a disinfectant. It is especially helpful for small wounds in the mouth and throat, where other, more traditional disinfectants would make you ill.
57. Stop a nosebleed with lemon juice. Put the juice on a cotton ball or washcloth and hold firmly to your nose. (Breathe through your mouth.)
58. Use lemons to relieve rheumatism. Despite the acid content of lemons, once digested lemon juice becomes alkaline. As a base, digested lemon juice fights against the acidity that contributes to rheumatism.
59. Digestive alkalinity of lemons can also work to balance stomach acid and relieve indigestion.
60. Eat lemons to prevent or reduce varicose veins. The vitamins found in lemon juice strengthen the inner lining of blood vessels, especially veins and capillaries. Improved circulation then lowers the pressure on the veins.
61. If you bruise easily, try eating more lemons. Lemons help strengthen the walls of blood vessels and make them less likely to break.
62. Lemons help prevent circulatory problems by strengthening the inner linings of veins and capillaries and causing these vessels to work more efficiently.
63. Lemons reduce bleeding gums. Not only can they fortify the walls of blood vessels, they act as a cleansing agent to wash out infection.
64. Try rubbing lemon juice on cellulite. Some say it improves circulation and there are natural alpha hydroxyl acids in lemons that can firm up your skin.
65. Gargle with lemon juice to reduce sore throat and hoarseness. Combine the juice of 1 lemon with 1 cup of hot water. Gargle at least three times a day with the mixture until your sore throat is gone.

66. Lemon juice helps canker sores. Its astringent qualities disinfect the sore as it soothes. Apply lemon juice with a cotton ball or Q-Tip or gargle with it.
67. Lemon juice is a natural corrosive. Use 1–2 drops of it to cleanse away gum, oil, crayon or grease spots.
68. Make your own lemonade! Mix 2 drops of lemon oil, 2 tablespoons of honey and 2 cups of water in a blender. Refrigerate and serve.
69. To sterilize your counters, mix lemon juice and water in a spray bottle. Shake the bottle, spray your counters and wipe them clean.
70. Add a twist of lemon to improve almost any beverage: water, sparkling water, soda, mixed drinks, fruit juices, vegetable juices, etc.
71. For an extra clean feeling, add a teaspoon of lemon juice to your dishwasher before the wash cycle.
72. Carry a small bottle lemon juice or lemon oil in your purse or pocket. Rub it on your hands after using a public restroom. Cheaper and safer than commercial anti-bacterial rubs.
73. Apply lemon juice or lemon oil to your gums after having a tooth pulled. The lemon will disinfect the area and reduce bleeding.
74. Keep your family healthy. Use lemon juice on a paper towel or rag to clean and sanitize bathroom fixtures.
75. Avoid chemicals and knives, and use lemon juice to cure your wart. Rub lemon juice on the wart twice a day until it disappears. Works best on smaller warts.
76. Add lemon juice to carpet cleaning solution. This will brighten the carpet, help with stains and leave your house lemony fresh.
77. Make your own flea collar with lemon juice! Heat a cup of lemon juice on the stove. Do not boil. Add a piece of rope or cord and refrigerate for at least an hour. Remove cord and tie loosely around your animal's neck.
78. For lemon scented linens, wet a washcloth with lemon oil and add it to your drying.
79. Make your own delicious lemon ice for a cool treat in the hot summer months. Take a cup of ice made from purified water and add 2 teaspoons of lemon juice and ¼ cup of sugar (or substitute honey to taste). Blend and serve. Try adding a little half and half for a creamier consistency.
80. Add lemon juice to the wax of your candle as it burns. This will augment the natural scent and add a lemony aroma.
81. Make your own citrus massage oil! Mix a few drops of lemon juice into your household vegetable oil. Then, heat slightly in the microwave.
82. Add lemon juice to your mop water for that extra sparkle and a nice clean scent.
83. Add 3 teaspoons of lemon juice to a box of baking soda. Mix well and allow to sit for several days. Then, shake the mixture out over your carpets and vacuum up. Your carpets will be extra clean and lemony fresh.
84. Freshen up your shoes. Saturate 2 cotton balls with lemon juice and place them in either shoe. The lemon will both absorb and mask odors.
85. Spread citrus as you clean and remove household odors by dampening a cotton ball with lemon juice and placing the cotton ball in your vacuum cleaner's bag.
86. To make your whole kitchen smell like lemon, wet cotton balls with lemon juice or lemon oil and place them in cabinets, drawers and inconspicuous corners. Replace weekly and augment with a lemon candle.
87. Scent your bathroom with cotton balls dampened with lemon juice or lemon oil. Be careful with lemon juice—it is a natural bleaching agent.
88. Do you make your own gifts? Knitted scarves and sweaters, pillowcases decorated with needlework, padded hangers, etc. all benefit from a gentle added lemon aroma. Just mix lemon juice with water and lightly spray your handiwork.
89. Add lemon juice to the rinse water when you hand wash delicate items of clothing. Your delicates will be extra clean and smell heavenly.
90. To get rid of mosquitoes, mix lemon juice with water and rub a small amount on your skin. Be careful not to do this in extreme sunlight. For another way to repulse mosquitoes, add a few drops of lemon juice or lemon oil to the liquid wax of a burning candle.
91. Are you selling your home? Lemon scents invoke cleanliness and brightness and will encourage possible buyers.
92. Add lemon juice and baking soda to the bath for a refreshing, moisturizing soak. Much less expensive than those costly bath salts and just as nice.
93. Mix ½ teaspoon of lemon juice and 1 tablespoon of vegetable oil. Rub a small amount on the back of your neck to relieve headaches.
94. Lemons reduce wrinkles! They contain aloha hydroxyl acids that firm up the skin. Mix a little lemon juice into your night cream.
95. To brighten and cleanse old pots and pans, cut a lemon in half and rub it all over their surfaces. Allow to stand for 10–15 minutes. Then, wipe clean.
96. Add light and sparkle to your silver jewelry. Combine equal parts lemon juice and hot water. Place your jewelry in the mixture for about 15 minutes. Rinse in warm water and polish with a soft, dry rag.
97. Blend lemon juice with olive oil for a wooden furniture polish that is just as good as expensive name brands.
98. Lemon fights the bacterium that causes bad breath. Gargle with a tablespoon of lemon juice mixed with ½ cup of warm water for dramatic results.
99. Use lemon to fight athlete's foot. Either cut a lemon in half and rub it on the affected area, or soak your feet in a solution of warm water, lemon juice and baking soda.
100. Suck a piece of lemon to overcome travel sickness. Drink lots of water, too, as the juice would eventually corrode the enamel of your teeth.

# Olive Oil

You may not know this, but Athens is named for the Goddess Athena who brought the olive to the Greeks as a gift.

Zeus had promised to give Attica to the god or goddess who came up with the most useful invention to give the Greeks. Athena's gift of the olive, useful for light, heat, food, medicine and perfume was selected by Zeus. Athena planted her olive tree on the rocky hill we now know as the Acropolis. In fact, the olive tree that grows there today is said to have come from the roots of Athena's gift. As history shows, the popularity of this endlessly useful natural product is widespread. Nowadays it is impossible to imagine life—and cooking—without it.

The olive came from Asia Minor and spread through Iran, Syria and Palestine to the rest of the Mediterranean basin over 6,000 years ago. It is possibly the oldest known cultivated tree in the world - being grown before the written language was invented. It was cultivated on Crete by 3,000 BC and may have been the source of the wealth of the Minoan kingdom. The Phoenicians spread the olive to the Mediterranean shores of Africa and Southern Europe. Olives have been found in Egyptian tombs from 2000 years BC. The olive culture was spread to the early Greeks then Romans. As the Romans extended their empire they took the olive with them.

Olive oil came to the New World with the Franciscans who established many missions in California, and where they did they planted olive groves. Southern California saw the first olive trees. Over the past 150 years, many more groves were planted but the price of land has made it uneconomical. Wine grapes are a much more profitable crop.

In the United States today there are three grades of olive oil:

- \* **Extra Virgin Olive Oil** • This is a premium grade of olive oil that comes from the very finest olives. Needing no purification, it has perfect flavor, aroma and color and a maximum acid content of 1%.
- \* **Virgin Olive Oil** • This too is a premium product since the olive oil has not undergone any purification, meets equally high standards of aroma, color and flavor and has an acidity content of not more than 2%.
- \* **Olive Oil** • Oil that's too acidic or has naturally occurring impurities is refined and blended with virgin olive oils to produce a quality oil suitable for all culinary purposes. It has an acid content of not more than 1.5%. Olive oil is the most widely sold and is less expensive than the virgin oils.

The virgin oils are preferred for use in food although, as they have a stronger flavor, it can be appropriate to use regular olive oil for cooking items, such as eggs, where delicate flavor can be completely masked. For our non-edible suggestions, those involving furniture, beauty care, etc., you can use plain olive oil.

## Uses

1. Make your own scrumptious restaurant style garlic bread. Cut the top off a head of garlic, and pour olive oil over it. Add salt and pepper, wrap in foil and bake in the oven until garlic gets soft. Spread over French bread or sourdough and wow your family.
2. Or, make your usual garlic bread recipe and then drizzle with olive oil for an Italiano twist.
3. For a luxurious bath that leaves your skin soft and silky, add 2 or 3 tablespoons of olive oil. Oil provides a protective coating over the skin and thus protects the pores from the infiltration of dirt and dust
4. Add olive oil to baby's bath. It's an all-natural way to prevent drying.
5. Use olive oil and sugar to scrub your hands clean while simultaneously moisturizing.
6. For an excellent bargain facial, cleanse your face and then lightly coat it with olive oil. Follow with about a tablespoon of sugar and gently scrub away impurities.
7. Wood floors looking drab? Make them glow with a polish made from 3 parts olive oil and 1 part white vinegar.
8. Rub in a 3 parts olive oil and 1 part white vinegar mixture with a soft, clean cloth to brighten up wooden picture frames, carvings and other wooden knick-knacks.
9. Olive oil can waterproof textile fibers.
10. To prevent tarnishing, rub your brass door fixtures with olive oil after cleaning.
11. Use olive oil on your brass instruments to keep them looking as good as they sound. Avoid valves because they will eventually amass a dust and oil mixture which will stick.
12. Can't get the lid off your jar? Run under a hot tap to expand the lid and put a few drops of olive oil around the rim.
13. Loosen a stuck zipper with a dab of olive oil.
14. Get rid of a hangnail by soaking your finger in a warm bowl of olive oil for 10 minutes two or three times a week.
15. Olive oil suffocates lice. Douse hair thoroughly, being sure to smother the scalp, and leave on for at least 20 minutes. Wash and repeat as needed. This also works as a preventative.
16. If you use chemical treatments to kill lice, follow with olive oil. Not only will you make double sure the pests are gone, you'll soothe exposed skin.
17. Quiet squeaky door hinges with a few drops of olive oil.
18. Lubricate your drawer slides with olive oil. Use a Q-Tip or an eye-dropper for easy application.
19. Do your shower's sliding doors stick? Put olive oil on the rails.
20. Olive oil works great for loosening up sticky ballpoint pens.
21. Olive oil can be burnt in lamps.
22. For a deep moisturizing treatment for dry, cracked feet, soak feet in olive oil. Then, put on thick socks and go to bed.
23. Moisturize your feet in the daytime, too! Use less oil than the night treatment and dress feet as usual. Olive oil washes out of socks and absorbs odor.
24. Resistant scissors hurting your hands? Place a drop of olive oil on the screw.
25. Massage olive oil into your scalp to get rid of dandruff.
26. Put olive oil in a spray bottle! It can be used in place of more expensive commercial cooking sprays.
27. Try spraying olive oil onto your salad instead of pouring it. Less will seem like more because of even distribution.

28. Spray breads with olive oil for a special treat.
29. Condition your cat's coat with olive oil. Makes fur soft and is non-toxic. Don't overdo it. The cat will lick off excess oil and it could loosen her digestive system! Just massage and comb in about a teaspoon at a time.
30. Revitalize kid's toys by putting olive oil on moving parts. Trucks, trains and action figures will all work like new.
31. Use olive oil to remove waterproof mascara.
32. Impossibly dry hands in the middle of winter? Soak them in olive oil and warm water. Relaxing and moisturizing.
33. Balding gentlemen can condition their scalp by rubbing it with olive oil and applying a warm towel. Careful, not too hot!
34. Get your medicine cabinet to open quietly and easily by applying olive oil to the hinges.
35. Is your hamster wheel keeping you up at night? Put a drop of olive oil on the pivot point.
36. Keep your glasses in good working order by dabbing olive oil on the screws.
37. For soft, shining hair, treat with olive oil. Comb the oil through your tresses and massage it into your scalp. Leave on for about an hour and wash as normal.
38. For a body scrub, combine olive oil and coarse table salt or crushed salt crystals. Cover skin with oil and follow with a salt scrub for skin that is radiant and blemish-free. Rinse off oil in the shower or with a short soak in the tub.
39. If you want a natural laxative, swallow 2 tablespoons of olive oil.
40. For your own secret recipe, substitute extra virgin olive oil for vegetable oil in baking. Pastries and cakes will be softer and bursting with flavor.
41. Mix olive oil with equal part lime juice to soothe burns.
42. Use warm (not hot!) olive oil to remove earwax and soothe earaches. Put a few drops in your ear and then lay on your side, treated ear down, with your head on a towel. Repeat with other ear. Continue until wax loosens.
43. To soften scratchy sweaters, add ½ a teaspoon of olive oil to washing machine. Then dry flat.
44. To keep your towels and washcloths soft, add ½ a teaspoon of olive oil to the wash. Line dry for maximum fluffiness.
45. To soften new jeans, throw of olive oil ½ teaspoon in the machine on the first wash. Line dry.
46. Make a special hors d'oeuvre with fancy bread and plate spread with olive oil, pepper and a seasoning of your choice. Try oregano or paprika!
47. Substitute olive oil for shaving cream in an emergency.
48. Allergic to scented lotions? Try using olive oil instead.
49. Use olive oil as a facial cleanser. Especially good on problem dry skin.
50. If you're out of baby oil, try using olive oil for a nice massage.
51. Top your pasta with warm olive oil and grated Parmesan cheese.
52. Make your own furniture polish! Mix 1 part lemon juice with 2 parts olive oil. Apply with soft cloth and polish with clean, dry cloth. Remember you'll need some elbow grease to bring it to a high shine.
53. To cleanse your furniture, just raise the percentage of lemon juice in the mix.
54. Get the frizzies out of dry hair. Rub a couple of drops of olive oil together in your hands and apply to problem areas.
55. Does your hair freak out in the rain? Keep a small spray bottle of olive oil with you. Just spritz and comb to regain control.
56. Olive oil is good for kids' hair, too. It maintains softness and shine and fights tangles.
57. Add epicurean panache to your cooking with infused oils. Take empty, clean jars and drop in chilies, garlic, peppercorns, walnuts, etc. and top up with olive oil. Let them sit for a while and then serve as you see fit.
58. Decorate the infused oil jars or use attractive bottles, tie with dried grasses from the craft shop and voilà—an inexpensive, attractive, original and delicious gift!
59. Use infused oils for home decoration. Try layering different color oils in the same bottle. For example, place a green-chive oil on the bottom of a bottle and a red-pepper oil on the top for a holiday look.
60. Transfer infused oils into plastic squirt bottle if you plan to use the oil immediately. To store oil, use sanitized glass bottles with screw-on lids.
61. For a home manicure, add a few drop of olive oil to warm water and soak your fingertips. Conditions nails and makes cuticles more manageable.
62. Use olive oil to soothe your baby's teething. Apply topically.
63. Make your own lip balm. Melt beeswax and mix in olive oil.
64. Condition leather with your own melted beeswax infused with olive oil. Work into leather in a circular motion. Buff with soft cloth.
65. Fight feline hairballs by mixing olive oil with your cat food. A teaspoon a day should do it.
66. To remove paint from your skin, rub it with olive oil. Let the oil soak in and then wash the affected area with soap.
67. Olive oil is a good spot moisturizer for problem dry skin. Especially brilliant on elbows.
68. Use olive oil to marinade your fish. Infused oils are quite nice for this.
69. Take olive oil during cold and flu season. It will help your body absorb vitamins and minerals, giving you the tools to fight off the bugs.
70. Put olive oil on cuts and scratches. It contains chlorophyll, which bolsters the metabolism, stimulates cell growth and speeds the healing of wounds.
71. Olive oil fights wrinkles. It is high in benzoic acid, a natural antioxidant.
72. Use olive oil to ease indigestion. It helps digestion by stimulating the gall bladder.
73. Do you have trouble with your cholesterol? Put olive oil on your shopping list! It is cholesterol free and contains 70% monounsaturated fatty acids, the kind of fat that reduces bad blood-cholesterol (LDL) without lowering the good blood-cholesterol (HDL).
74. Use olive oil as a night cream. Your skin will be soft and resilient in the morning.
75. Make spicy sauce for your Chinese food. Mix olive oil with dried red peppers.

76. Minimize static electricity in your hair. Rub in some olive oil and then brush as usual.
77. For a moist, brown turkey, baste with olive oil.
78. Use olive oil to treat your dog's fur. Just rub it in a teaspoon at a time and comb his fur. Don't drench it, he's going to try and lick it all off, but it will improve dry fur.
79. Make your chicken crisp and succulent. Rub it with olive oil before grilling or baking.
80. Olive oil is great for frying. It won't smoke until it reaches 410°F. Olive oil increases in volume upon heating and can be reused. It does not distort the taste of the food it fries. *Recommendation:* Filter oil before reusing and avoid mixing old oil with new.
81. Create your own gourmet salad dressing by mixing olive oil with red wine vinegar and the seasonings of your choice. Pepper and grated Parmesan work well.
82. For homemade soups, mix olive oil with saved fats instead of using the fat alone. More health conscious and just as flavorful.
83. Seal split ends by applying a little olive oil to your hair while it's dry, then wrap your head in a hot, damp towel. Cover the towel with a plastic cap and wait 10–15 minutes until the towel cools. Then, just wash with a gentle shampoo, and rinse and style as usual.
84. To treat athletes foot mix ½ cup of olive oil with 2 tablespoons of tea tree oil and rub into the affected areas. If there is no improvement increase the drops of tea tree oil, which is a natural fungicide.
85. To create a hair conditioner that will add shine and body, mix ½ a cup of olive oil with a whipped egg and leave in your hair for 10 minutes before rinsing off.
86. Make an impromptu light by floating a cotton wick in a dish of olive oil. Use all precautions to prevent a fire.
87. Ring stuck on your finger? Smother it with olive oil and twist; it should slip right off.
88. If your body aches because you have the flu, mix 1 tablespoon of horseradish in ½ cup of olive oil. Let the mixture sit for 30 minutes, then massage it into the aching muscles.
89. Mow your grass when it's wet. Fill a trigger spray bottle with olive oil and spray on the cutting edges. The wet grass won't stick.
90. Rub your wooden salad bowls with a soft cloth soaked in olive oil. After cleaning, rinse them in warm water and then reapply the olive oil.
91. To look after your cast iron pans, rub them with olive oil.
92. Spray the inside of Tupperware containers with olive oil before storing tomato based sauces to prevent staining.
93. Cleaning pewter? Use a mild kitchen scouring pad moistened with olive oil. For a very stubborn stain, dip very fine steel wool (-oooo) in water or kerosene and rub gently. Rinse with soap and water.
94. Spray snow shovels with olive oil or vegetable spray to prevent snow from sticking.
95. Spray aluminum foil with olive oil spray before covering and baking dishes with cheese, such as lasagna. This will prevent the top layer of your food from sticking to the foil.
96. Plantain is a plant that can be used for many first aid purposes. It increases the speed of healing, relieves pain, stops bleeding, draws out foreign matter, stops itching, prevents and stops allergic reactions from bee stings, kills bacteria, and reduces swelling. To make a plantain ointment, coarsely chop some fresh plantain leaves. Put them in a clean, dry, glass jar and add olive oil, stirring while you pour to make sure all the air bubbles trapped in the leaves have escaped.
97. Make a healing pet massage oil from calendula and olive oil. Calendula—also known as pot marigold—is a plant with bright yellow flowers that are reputed to be antibacterial, anti-inflammatory, anti-fungal, and antiviral. When the flowers are crushed and blended with olive oil, the resulting lotion can be used for sores, cuts, eczema, psoriasis and other rashes. Mix together 1 cup of olive oil, a good handful of calendula flowers (fresh or dry), and a ¼ teaspoon of grapefruit seed extract. (The last two items can be obtained at a health food store.) Just put a handful of calendula in the bottom of a pot and cover completely with olive oil. Place on low heat for 6 hours or so. Cool, strain, and add the grapefruit seed extract. The color of this oil will be a rich, mellow yellow. Pour some of the oil on your hand, and massage deeply into the coat. Refrigerate. It will keep for up to 8 weeks.
98. Brass will look brighter and won't need so much polishing if it is rubbed with a cloth dipped in olive oil after each polishing. Olive oil reduces tarnish.
99. Olive oil has traditionally been the most common method of cleaning ancient bronze coins. You soak the coins for at least a week in olive oil to loosen dirt. Then clean them with a mixture of TSP (a degreaser found at most paint supply stores) and warm distilled water. This should remove most of the oil residue. Soak the coins in the TSP solution for 10 minutes and scrub the coins with a stiff toothbrush or a *soft* brass brush. Repeat as necessary.
100. Get yourself an olive oil mister. They come with a filter, which prevents clogging and means you can economize on this tasty oil.

## Plastic bags

The plastic used in plastic bags is made out of petroleum. Petroleum is a nonrenewable resource that does not biodegrade and is very hard to recycle. Americans throw away 20 pounds of plastic per household every year. The average American generates up to 4 pounds of trash per day or fifteen-hundred and 60 pounds per year. Consider that in light of the fact that there are two-hundred and seventy million Americans! The average American also uses one-thousand plastic shopping bags per year, and every year over a million creatures are killed by plastic garbage in our waters. Trash, and specifically petroleum based, plastic trash, is a problem in America.

You're thinking, "Tell me something I don't know!"

Well, what you may not know is that there are many uses for those plastic bags that you throw away or stuff in a drawer! You can clean up the planet, one holiday wreath at a time.

### Uses

1. Cut a bread sack in half to cover leftovers in the fridge.
2. Wear plastic bags over your socks in wet weather. Your socks will stay dry even if your shoes are soaked.
3. Use bread sacks and old plastic grocery bags to freeze food you plan to eat soon. Save heavy-duty plastic bags for long-term freezing.
4. For easy clean-up, use plastic grocery bags to line small garbage cans. Use holey ones for paper waste.

5. Make a rug from old plastic bags. Great for patio area and kids' playrooms.

*Cut off bottoms and handles of bags.*

*Cut across the middle of the bag to create a loop.*

*Take 3 pieces and braid.*

*Introduce new strips as needed.*

*As the braid begins to lengthen, roll it into the shape of a rug. You can use fishing line to reinforce the rug shape. Continue until rug reaches desired size.*

6. When packing a suitcase, wrap your hair care products and anything else that might leak in plastic bags. If the shampoo does leak, all you'll have to do is throw away the plastic bag and rinse off the bottle. Remember to bring extra bags for the trip home.

7. Use plastic bags as protective gloves for cleaning up after your dog on walks. Just pick up the waste and turn the bag inside out.

8. Put water in plastic bags and then put flowers in them. Hang floral arrangements anywhere in your house!

9. Plastic bag your wet paintbrushes to keep the paint moist when you take a break.

10. Cut colored plastic bags into strips and tie them to your electric fence at an interval of a few yards. People and animals are less likely to run into the fence if they have frequent visual reminders.

11. If you're out trying on shoes, plastic bags can substitute for socks to protect your feet.

12. Carry plastic bags with you on your daily rounds to pick up aluminum cans.

13. Throw a few plastic bags into your vehicle. If you get a flat, you can wrap the bags around your knees to protect your pants.

14. Keep plastic bags in the baby's diaper bag. You might need a place for dirty diapers or soiled clothes.

15. Separate the stinky things in your gym bag. Use them to carry sweaty clothing and sneakers home from the gym. This way you won't get the sports bag all smelly.

16. Scrunch up plastic bags and use them as packing material instead of purchasing bubble wrap.

17. Put extremely dirty laundry in plastic bags before putting it in the hamper. This way, you won't stain the other dirty clothing.

18. If you have your hair done and it starts raining unexpectedly, use a plastic bag to improvise a rain bonnet.

19. Put more pungent garbage into plastic bags before throwing it away. This will localize the odors and keep you sane until trash day.

20. Use plastic bags as stuffing for craft projects. Not advisable for pillows or stuffed animals, but works great for centerpieces or ornaments that need stuffing.

21. To moisturize feet, rub liberally with lotion or olive oil. Then, tie a plastic bag over them and go to bed.

22. Use plastic bags to help transport food items. Just place bowls in the bottom of bags and tie handles tightly at the top.

23. Take plastic bags with you when you travel. You can use them to store laundry, wet swimming suits or other surprises that might pop up.

24. Use plastic bags to wrap meat, fish or poultry to prevent leaking. Put a little baking soda in the bottom of the bag to absorb leaks and odors.

25. Use dark plastic bags to cover expensive items that you have to leave in your car.

26. Put delicate or dry-clean only items in plastic bags. Then, you can store them in the hamper with the rest of your dirties without fear of mixing them up.

27. Return bags to grocery stores. Sometimes they offer a refund. If not, most stores have a recycling policy, often turning your bags into park furniture, so at least you're saving the planet.

28. Plastic bags make great parachutes for toy soldiers.

29. Use crumpled plastic bags to sponge paint. Dip bag in paint and apply to surface to be painted. It looks surprisingly good.

30. Have a forgetful child? Say good-bye to the "Where's your lunchbox?" interrogation. Use plastic bags to carry homemade lunches to work or school.

31. Donate a "Party in a Bag" to a local shelter that houses children. Include a gift, hats, paper plates, paper cups, soda, cookies, a cake or a cake mix with aluminum baking pan, and anything else you think would be appropriate in a plastic bag. The person in charge of the shelter can give it (or them) out when needed.

32. Cuts bags into strips and crochet or braid them to make hair ties. Mix and match colors.

33. Use old plastic bags to decorate plain tote bags. Cuts strips in the totes and weave the colored plastic through. Make patterns and designs.

34. Use plastic bags in children's projects. Make sailboat sails, horsey tails, etc.

35. Cut and tape bags to filing sleeves. Use sleeves for organizational purposes. Store papers, clippings or brochures.

36. Line litter boxes with plastic bags. Simply lift handles and remove to clean the litter box.

37. Color plastic bags white and add ghoulish expressions for Halloween windsocks.

38. Color bags orange and stuff with leaves to make Halloween pumpkin decorations. Place around front stoop. Add rocks if you expect a breeze.

39. Is your child having a bake sale? Use plastic bags to transport your homemade goodies. Decorate the bags with stickers or colored string.

40. Store out-of-season clothing in plastic bags. Keeps away dust and bugs.

41. Store bags of flour and sugar in plastic bags. Prevents bugs and weevils.

42. Use plastic bags for science experiments. Hot air rises, right? So, can a candle keep a plastic bag aloft? Why or why not? How about a larger bag and a hairdryer? Don't let kids try this on their own.

43. Put a plastic bag in the car for trash. Just loop the handles around an armrest or some other convenient place. This saves hours of cleaning.

44. Save your clothing and car seats! Use plastic bags to transport leaky containers.

45. Use plastic bags to sort your child's playthings. If the bags get broken or lost, they are easy to replace.

46. Insulate your doghouse or your kids' tree house with plastic bags. Stuff as many bags as you can into the loft area to trap heat in the main room.

47. Keep a plastic bag in the car for pumping gas. Wear the bag as a glove to protect your hand. Your finger won't smell like gas and you'll minimize the risk of getting gas in your eyes or food.
48. Use plastic bags to make your own activity kit. Put yarn in one, needles in another, quilt patches in a third... This way you can keep your crafting supplies together and organized.
49. When you have time, make full meals and freeze them in plastic freezer bags. Then, on hectic evenings you can just pop them in the microwave.
50. Make your own "shrink and store" bags with old plastic bags and your vacuum cleaner! Put clothing or whatnot into a sound plastic bag, and then twist the opening of the bag around the hose of your vacuum. Turn on the vacuum and suck out all of the air.
51. Place plastic bags over seedlings in early spring to protect them from the cold. Put slits in the top to allow rain to get in.
52. Cut the bags into strips and use the strips to tie plants to trellises or stakes.
53. Make cheerleader pom-poms from plastic bags stuffed with other plastic bags.
54. Take plastic bags to the library on rainy days. You won't get fined for damaging books or videos.
55. Make your memories last forever. Cover individual pages in your scrapbook with clear plastic bags.
56. Use plastic bags to make aprons for kids. Cut from top to bottom and use the handles as sleeves. Make sure small children know to only play with plastic bags when grownups are around!
57. Make an impromptu shower cap! Tie the handles at the base of your neck.
58. If you don't have a rubber band handy, use the loop of the handles to hold rolled up posters.
59. Make a rope. Cut the plastic bag in half from top to bottom. Make a hole in the end of the bag that doesn't already have a hole from the handle. Repeat with several bags. Fold a bag in half so that the holes line up. Loop another bag through the holes. Repeat until rope is desired length.
60. Avoid tracking mud. On muddy days, wrap plastic bags around your shoes. Then, dispose of the bags when you reach your destination.
61. Cut a plastic bag into strips and crochet an artistic handbag.
62. When treating your hair with a product that must be left in for a while, wrap your hair in a plastic bag to keep the product from getting all over. Tie the handles at your forehead.
63. Cut the bags in half and lay them on the ground to protect your floor from messy activities.
64. Use flattened bags dusted with flour as pastry sheets. Roll dough and make cookies on them.
65. When you go hiking, put your things in plastic bags before putting them in your backpack. That way, they won't get wet no matter what.
66. Plastic garbage bags make great raincoats in a pinch. Highly portable.
67. Make a snowy Christmas tree. Bend two hangers into a conical, tree shape. Tie white plastic bags to the hangers. This takes many, many bags and a lot of tying. It's a good project for fidgety children on vacation from school.
68. Let the kids use plastic bags to cover and protect their school books.
69. Plastic bags can be used to get rid of a noxious weed, such as poison ivy. Wear the bag like a glove, pick the plant, turn the bag inside out with the plant inside and dispose of the whole package. No more weed, and you haven't ruined a pair of gloves or hurt your hands.
70. Use plastic bags when crumbling or pulverizing food. Place the food item in the bag and go to town. No mess, no fuss. Great for meat, nuts, graham crackers, etc.
71. When coloring dough, use a plastic bag! Put the dough in the bag and work the color through. It's easy and you won't stain your counters.
72. Keep two plastic bags in the car in case you get stuck in cold weather. Remove your shoes and socks and put plastic bags on your feet. Then put your socks and shoes back on. This will raise your body temperature significantly and prevent your feet from sweating.
73. Make an outdoor cushion or sit-upon. Stuff a plastic bag full of other plastic bags and tie or staple shut. Great for softening football bleachers.
74. Save on potting compost. Stuff crumpled plastic bags in the bottom of your large planting pots if the plants you are growing have shallow roots.
75. Make a holiday wreath from plastic bags. Bend a coat hanger into a circle and tie on plastic bags until the wire is invisible. Fluff out the bags and add ornaments, bows, greenery, etc.
76. Use a large, thick plastic bag, such as a garbage bag or outdoor storage bag, as a sled. Easily portable if you have to hike to your favorite sledding hill.
77. Use a plastic grocery bag as a salad spinner. Line the bag with a clean dishtowel, add wet lettuce or spinach and spin the bag around and around.
78. Make bath toys out of small, sound plastic bags. Just inflate them and seal them carefully. This works especially well with resealable sandwich bags. For extra fun, put a small toy, such as an action figure, in the bag. Your child can have amphibious battles between ninjas and Lego men. Don't leave children unsupervised in the tub.
79. Use balled up plastic bags to make your curtains or wall hangings stand away from the wall.
80. Keep your Christmas lights from tangling by coiling them around a rolled-up newspaper and putting each strand in its own plastic bag.
81. The plastic sleeves from newspapers are perfect for pooper scoopers
82. Take your plastic bags to a local food or clothing bank. Frequently, their clients need plastic bags, so you'll save money for the charity.
83. Thrift stores always need plastic bags for bagging merchandise.
84. Give your bags to a local pre-school. They have many uses for them including sending home soiled clothing, transporting snacks, storing art supplies and taking home their "works of art."
85. Make bookmarks from plastic grocery bags. Cut the bags into strips and crochet, knit or braid them together. Add colored string or dried flowers. Make a tail out of ribbon.
86. Use plastic bags as a cooking aid when making breaded chicken or fish. Put your seasonings in a plastic bag, add moist meat and shake.
87. To soften bread crusts, put your homemade loaves into plastic bags as soon as they come out of the oven. Allow to sit for 10 minutes, and then let the bread finish cooling in a towel. Store or serve.

88. Store items to be frozen inside individual plastic grocery bags. Then, place a collection of freezables in a paper grocery bag and label the paper concerning contents. This will both organize your freezer and prevent freezer burn.
89. When camping, improvise a shower using a large, strong plastic bag. Heat water to desired temperature on your campfire. Be careful not to get the water so hot that the plastic bag melts. Fill the bag with water and hang it from a tree. Poke small holes in the bottom of the bag and enjoy a hot, albeit short, shower in the wilderness.
90. Make doll clothing out of plastic bags. Barbie can have her own raincoat, patent leather purse, vinyl skirt, etc.
91. Protect your cookbook by putting it inside a clear plastic bag. This should protect it against spills and splashes.
92. Make ice cream using a plastic bag! This recipe is will yield 1 dish of ice cream.
- ½ cup milk | ½ teaspoon vanilla | 1 tablespoon sugar |  
4 cups crushed ice | 4 tablespoons salt | 2 quart size Zip-loc bags |  
1 gallon size Zip-loc freezer bag | Pair of gloves to keep fingers  
from freezing as well!**
- Mix the milk, vanilla and sugar together in a quart sized plastic bag. Seal tightly, allowing minimal air in the bag. (Air inside the bag can force it open during shaking.) Place this bag inside another quart size bag, again leaving as little air inside as you can and sealing carefully. (Double-bagging keeps salt and ice out of the ice cream.) Put the 2 bags inside a gallon size plastic bag and fill the big bag with ice, then sprinkle salt on top of the ice. Again let all the air out and seal up the bag. Put your gloves on, and shake and massage the bag, making sure the ice surrounds the cream mixture. In 5 to 10 minutes, you'll have your own ice cream!!*
93. Storing baby clothes until the next one comes along requires washing and ironing the clothes to ensure they are very fresh then packing in plastic bags to prevent moth or other grubs ruining them.
94. Slide large leaf sacks over patio furniture during downpours to avoid time-consuming removal and reattachment of cushions.
95. Always take lots of plastic bags camping. Clip 2 tablecloth clips to the end of your picnic table and hook up 1 for trash and 1 for recyclables. Dispose of trash carefully. It's bound to have food in it so be on the lookout for wild animals.
96. Dying of thirst? Tie a plastic bag over a leafy tree bough. You can collect fresh water given off by the leaf as it transpires. Don't drink the water collected from a poisonous tree such as yew.
97. Donate a Project in a Bag to a local shelter housing children. Put all the supplies required for a craft activity in a plastic bag and leave with the shelter. Children in shelters seldom have access to everyday items we all take for granted.
98. Store plastic bags in an attractive Kleenex box so that you store them neatly and pull one out whenever needed.
99. Pack shoes in plastic bags when you travel. They may go out clean but what state will they be in on the way back?
100. Plastic bags can carry water. Two together provide a strong, extemperaneous bucket.
101. Morning sickness? Motion sickness? Keep a couple of plastic bags in your purse.

# Salt

**Salt has been** a central part of human existence for millennia. One of the earliest known pieces of writing in the world, a 4,700 year-old document from China called the *Png-tzao-kan-mu*, discussed uses for salt. There is archaeological evidence of salt use as far back as the Iron Age, when people from what is now known as the British Isles boiled down sea water in a pot called a *briquetage*. Salt also played a significant role in the Roman Empire, where the soldiers were paid partly in salt.

Salt is made from sodium and chloride, two important chemical constituents of the human body which are vital to our hearts, digestions and nervous systems. Salt deprivation can lead to loss of appetite and loss of weight, nausea, inertia and muscular cramps. In extreme cases it can even cause death. An adult human body includes around 250 grams of salt.

Salt has made its way from our table to our vocabulary in phrases such as 'worth his salt,' 'above the salt,' 'old salt,' 'loyal to your salt,' 'the salt of life,' and 'salary.' Salt has directly influenced history. The salt tax was one contributing factor in the French Revolution. Also, Mahatma Gandhi's civil disobedience movement protested a similar tax on salt.

Salt is used in the production of around 14,000 products including paper, soap, plastic, aluminum and glass. It's everywhere! Read the following list and find out some of the many things that salt can do for you everyday.

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## Uses

1. To clean and polish brass, make a mixture of equal parts salt, flour and vinegar. Apply the mixture directly to the surface of the brass object. Let sit for about an hour and then remove with a cloth.
2. To cleanse wicker furniture and avoid yellowing, scrub with warm, strong saltwater solution and dry outside.
3. Try getting that annoying grease spot off your rug with a solution of 1 part salt and 4 parts alcohol. Rub firmly, but not so hard as to damage your carpet.
4. Immerse your new broom in saltwater before use to lengthen its lifespan.
5. Use salt on a fresh wine stain. Wipe up as much of the wine as possible and then cover the stain with salt. Allow to stand and the salt will soak up the residual wine! After a few minutes, rinse with cold water.
6. Rings on tables from wet glasses or hot dishes can be removed with a mixture of olive oil and salt. Rub the mixture onto the stain and allow to sit for at least an hour. Then wipe off the salt and oil... and the ring!
7. Too much soap in your washing machine? Sprinkle salt on the suds bubbles and they will die down.
8. Use salt to brighten colors! Either wash brightly colored rugs and curtains in a salt solution or rub them with cloth soaked in salt water.
9. Get rid of unsightly perspiration stains with a solution of 4 tablespoons salt and 1 quart hot water. Wipe the fabric with the mixture until the stains vanish.
10. Boil yellowed linens with salt and baking soda for an hour to brighten and refresh.
11. To rid yourself of blood stains, soak clothing in a salt solution, wash on warm and then boil the clothing.

12. Take the mildew stains from your shower curtain by moistening stained areas with lemon juice and salt. Allow to dry in the sun and then rinse.
13. If your nylons don't match, boil them together in a light salt solution.
14. Remove spots from your iron by putting some salt on a piece of paper and ironing over it.
15. To get rid of rust stains, wet the stain with a mixture of salt and lemon juice. Then, let the stained item dry in the sun and rinse it clean.
16. If you add salt to water, its boiling temperature goes up. So, your cooking time goes down.
17. Trouble peeling boiled eggs? Boil them in salt water next time!
18. Salt water will firm up the whites in poached eggs, too.
19. To see if your egg is rotten, put it in salt water. A fresh egg will sink. If it floats, don't eat it.
20. Stop your fruit from turning brown by dousing them with light salt water before you peel them. Also works for potatoes.
21. Soak your nuts in a saltwater solution to make them easier to shell.
22. If you wash your spinach in salt water, it will stay clean and fresh longer.
23. Put salt on your salad right before dinner and it will stay fresh and crisp throughout the meal.
24. Make yummy boiled potatoes by sprinkling them with salt after you drain them. Be sure to remove excess moisture after the salting.
25. Grease covered pans may seem impossible to clean, but if you add salt and wipe the pan with paper, the grease will rinse away readily.
26. To get rid of coffee stains, rub mugs with salt.
27. To eradicate oven smells, sprinkle a hot oven with cinnamon and salt. Allow the oven to cool and scrub the burned spots.
28. Get the odor out of your fridge by washing it with salt and soda water. Works great and won't scratch your enamel.
29. Don't use water on grease fires! Instead, smother the flames with salt.
30. Got the coffee pot on all day? A pinch of salt will allow coffee to stay on the burner longer. It also enhances flavor.
31. Bring out natural flavors in chicken by rubbing the bird with salt before roasting.
32. This also makes pinfeathers easier to remove from chickens.
33. If your silver is tarnished, rub it with salt before you wash it.
34. Salt does wonders on copper pans. Just salt a stained or discolored area and rub it with a vinegar soaked cloth.
35. Clean out your coffee pot by running a salt water solution through. Repeat monthly.
36. Remove onion odors from your hands by rubbing them with salt and a little vinegar.
37. Use salt to deodorize cups, thermoses, canteens, bottles and other containers.
38. Eliminate odor in your kitchen sink by pouring down a strong salt solution. Repeat frequently.
39. After washing wooden cutting boards, rub them with a salt water soaked cloth or sponge. The cutting boards will nearly glow!
40. To make cleaning egg covered dishes a whiz, just sprinkle them with salt. Wash immediately or allow to stand.
41. Stop food from sticking to your pans without adding fat. Rub salt on skillets, pancake griddles and waffle irons to prevent sticking and smoking.
42. To keep your cheese from molding, wrap it in a cloth soaked in a salt solution. Then, refrigerate.
43. Just a pinch of salt will make your beaten egg whites fluffier.
44. Add a dash of salt to whipping cream to make it whip more quickly.
45. A pinch of salt will help keep your milk from spoiling.
46. Need that Jell-O now? Cool gelatin dishes over salted ice to make them set faster.
47. To soothe sore throats, gargle a salt solution of  $\frac{1}{2}$  tsp per 8 ounces of water.
48. Try cleaning your teeth with a mixture of salt and baking soda instead of commercial toothpaste.
49. A salt/baking soda solution will also make an effective mouthwash.
50. Relieve tired, bloodshot eyes with a mixture of  $\frac{1}{2}$  tsp salt and a pint of water, by blinking in an eye bath containing a mild salt solution of  $\frac{1}{2}$  tsp to a pint of water.
51. Diminish puffiness around the eyes by soaking cotton pads in a light salt solution. Put pads on closed eyes and hold for a few minutes.
52. Make a soothing soak for sore, tired feet by mixing salt and warm water in a bucket.
53. Take the ouch out of bee stings by applying water and then salt.
54. Take the itch out of mosquito bites by soaking them in saltwater and then covering the area with a blend of salt and lard.
55. Salt can even help relieve poison ivy. Just soak the affected area of skin in a hot salt water solution.
56. Help yourself relax after a stressful day by enjoying a bath with a few handfuls of salt dissolved in it.
57. Exfoliate wet skin by rubbing it with salt. This also works as an aid to circulation.
58. For a facial that will leave you tingling, mix equal parts of salt and olive oil. Massage the face and throat and luxuriate for 5 minutes. Be sure to wash your face afterward.
59. Believe it or not, salt can be used to remove tattoos. DO NOT TRY THIS AT HOME. The technique is called salabrasion and it requires several treatments done by a trained physician. There is very little scarring.
60. If meat drippings cause a fire in your grill, put it out with salt. The dangerous fire will die down, but the coals will still be warm enough to cook your meat.
61. Keep your candles from dripping by soaking them in a strong salt-water brine before you burn them for the first time.
62. To brighten your fire, add a handful of salt. This will also help stop soot from accumulating in your chimney and on your hearth.
63. Use non-iodized salt to clean out your fish tank. Remove water and fish and scrub the tank with salt. Hard water stains will disappear.
64. Salt can also get rid of hard water stains in vases. Just apply the salt to the stain and rub. If you cannot reach the stain inside your vase, swirl rice grains around in a strong saltwater solution to remove the marks.

65. A pinch of salt added to cut flower water will keep your cut flowers longer.
66. To keep artificial flowers in place, put them in a strong salt water solution. As the solution dries, it will solidify.
67. Prevent weeds from growing between bricks or tile by sprinkling salt on the cracks.
68. Combine 3 pounds of salt with a gallon of soapy water and spray on leaves to kill poison ivy.
69. Rub your windows with a salt solution to keep them from frosting up. Windows will not become icy, even in sub-freezing weather.
70. Sprinkle rock salt on icy pavement to get rid of ice.
71. To fight shoe odor, sprinkle footwear with salt. Your shoes will be dry and less smelly.
72. Stained handkerchiefs are easier to clean after being soaked in salt.
73. Keep bugs away from your kitchen by sprinkling salt on counters and shelves.
74. Soak fish in a saltwater solution to facilitate de-scaling.
75. If you boil eggs in mild saltwater, cracked eggs will remain in their shells.
76. If your apples are a bit overripe, soak them in a light saltwater to revive them.
77. Saltwater soaked toothbrushes will last longer.
78. Increase the life of your wooden clothespins by boiling them in saltwater.
79. Just spilled ink on your carpet? No problem. Just cover the stain with salt and watch the salt soak up the ink.
80. Cleanse piano keys with a mixture of salt and lemon juice.
81. Hide unsightly holes in your walls with a putty made from salt, starch and a little water.
82. Enhance your tea with a pinch of salt.
83. A little salt perks up cooked apples and fights discoloration.
84. Want to line dry your clothes in sub-freezing weather? Just spray them with saltwater before you hang them out to prevent freezing.
85. Remove stains from glass with vinegar and salt.
86. Add zest to your cocoa with a dash of salt.
87. Remove garlic odor from your hands by rubbing them with salt and water or vinegar.
88. Relieve chigger bites with a poultice made from saltwater and baking soda.
89. Soothe jellyfish stings with a poultice made from saltwater and baking soda.
90. Alleviate flea bites with a poultice made from saltwater and baking soda.
91. Relieve dry skin by washing it in a light saltwater solution.
92. Make a fun and creative art project with colored salt. Add approximately 2 drops of food coloring per cup of salt. Make several colors and then layer them in a see-through container such as a Mason jar.
93. If your soup is over salted, add a few slices of raw potato to soak up the extra salt.
94. Make your own play dough in no time:
- Mix the following ingredients in a saucepan. Cook over medium heat, stirring until stiff. Allow to cool. Knead.*
- 2 cups flour | 1 cup salt | 2 tbsp cream of tartar | 2 cups water | 1 tbsp mineral oil | food coloring as desired**
95. Revive sluggish goldfish by giving them a short saltwater swim. Mix 1 tablespoon per gallon of water in your tank. Allow Goldy to swim in the saltwater for 15–20 minutes and see how she perks up!
96. Kill slugs by pouring salt on them. Not for the faint of heart.
97. Soften new jeans by adding a few handfuls of salt to the washing machine on their first wash.
98. Induce vomiting by placing ½ teaspoon of salt at the back of the tongue. This works for people and larger dogs.
99. Mix a little salt with warm milk to promote sleep.
100. Mix lemon juice and salt to create a powerful mildew fighter.
101. Brighten your kerosene lamp with a salt polish.
102. If something in your oven boils over, put salt on the spilled liquid. It will be much easier to clean later.

## Soap

We don't know who invented soap. A soap-like substance found in clay containers during the excavation of ancient Babylon reveals that soap making was known as early as 2800 BC. Inscriptions on the cylinders say that fats were boiled with ashes, which is a method of making soap, although they don't say what it was used for. Many scholars believe that soap as we know it was first used by the Romans for washing clothing and by Celts for bathing. The first concrete evidence of soap making was found in Rome where ruins of a soap factory were found in Pompeii, along with ancient bars of soap. Also, the Roman scholar Pliny wrote about adding salt to soap for the purpose of hardening it.

Soap is a cleansing agent made from the salts of vegetable or animal fats. Forms of soap are used for a variety of cleansing needs from purifying water to making doggy shampoo. The following suggestions pertain to common household soaps, such as dish soap or bath bars. Use your best judgment to decide which type of household soap is best for each suggestion. Feel free to experiment or expand on most of these ideas!

That said, cautiously avoid the ingestion of soap. For most uses, steer clear of harsh, brutal soaps. Contact a doctor if you notice unusual rashes or skin disorders as you may be allergic to one or more of the ingredients in soap.

### Uses

1. Use liquid soap to prevent silver from tarnishing. Apply a thin coat of soap with a soft cloth to clean polished silver objects such as, picture frames, silver sets, candlesticks, etc. Remove excess soap leaving behind a very thin, virtually invisible, protective coating. Soap's organic protective agents actually prevent tarnishing.
2. Soap can remove a ring stuck on a finger. Don't hurt yourself. Just rub some soap on the area around the ring. If it doesn't come right off, hold your hand above your head for a few minutes to drain blood from your fingers. Liquid soap is good for this.

3. Lightly coat your hands with soap before painting or working on the car. Paint and grease will wash off much more easily.
4. To soften your feet, coat them with a mild soap and put on socks before going to bed at night.
5. Before spray painting, put some liquid soap through your hair. A dollop the size of a quarter should do it. The paint won't be able to stick and dry on your hair.
6. To prevent static electricity, comb a few drops of liquid soap through your hair in the morning.
7. Use soap to protect your scalp during harsh beauty treatment like bleaching, coloring or perming.
8. Soap can protect your hair from chlorine damage! To fight dryness, put a handful of liquid soap through your locks before getting in the pool.
9. Dyeing your own hair? Put some soap on your browline and the hairline on your neck to keep the dye from coloring your skin.
10. Avoid expensive glitter lotion! Rub a little soap on your face, shoulders or legs and then dust with glitter for the same effect at a fraction of the cost.
11. Take off an adhesive bandage without hurting yourself by rubbing a little soap on the wings of the bandage. Wait a minute for the soap to sink in and then remove the bandage with ease.
12. Fix that sticky zipper with a little drop of soap.
13. Protect leather footwear from winter salt and ice by rubbing them with a little soap before you go out in the snow.
14. Protect your pet by rubbing a little soap on their paws before they go out in the cold.
15. Stop pesky shoe squeaking. Coat them lightly with soap.
16. Detangle your pet's fur with soap. Watch the tangles slide right out under your fingers.
17. Prevent hairball on your cat. Mix a little soap with water and run your hands through your cat's coat. Careful, don't use too much as she's going to lick her fur and you don't want to make her sick.
18. Stop static electricity in your kitty's fur. Add a smidge of soap!
19. Shine your horse's hooves. Just rub in some soap.
20. Haven't got a horse? Shine up vinyl and patent leather shoes with a bit of soap and a clean rag.
21. Stop a leather saddle from drying out by covering it with a thin coat of soap.
22. Detangle your horse's main by combing in a little liquid soap.
23. Fix sticky windows by putting soap in their tracks.
24. A thin coating of soap will make your pipes fit together better when you are attempting home plumbing jobs.
25. Having trouble assembling a new piece of furniture? Either read the directions or add a little soap to problem joints and screws.
26. Stop nuts and bolts from rusting together by coating them with soap.
27. Use a coat of soap to stop your tools from rusting.
28. To make your faucet stop screeching, remove the handle and stem, coat both sets of metal threads with soap, and replace.
29. To prevent refrigerator racks from sticking, give the edges of the racks with a thin coating of soap. The racks will glide easily.
30. Keep door hinges from squeaking. Apply a little soap!
31. Make your furniture drawers open and shut with ease. Put a little soap on the wooden rods to make them glide effortlessly. This is especially good on old furniture that may be drying out.
32. Problems opening and closing your shower curtain? Put a little soap on the curtain rod.
33. Make your medicine cabinet open quietly. Put some soap on the hinges.
34. Cleanse wooden bookends, pictures frames and other objects by giving them a light coating with soap. Then, buff them clean with a dry rag.
35. When painting, rub some soap on hinges, doorknobs or other areas you don't want to paint. Splattered or misdirected paint will come off easily.
36. Minimize scratches or other imperfections in wooded furniture. Treat the area with soap and buff away the excess.
37. Keep wood paneling from drying out. Rub with soap as needed.
38. Make your own dish soap, refill an old dish-soap bottle with 2 cups of water, a teaspoon of castile soap, a couple of squirts of vegetable glycerin, and a few drops of favorite essential oil. Shake.
39. Prevent wax from sticking to candlesticks. Give the sticks a light coating of soap before inserting candles. This will also make it easier to remove candles later.
40. Give a stainless steel sink that extra sparkle. All it takes is a cloth with a little soap mixed with baking soda.
41. Use a bit of soap on a rag to clean plant leaves, and encourage growth.
42. To break in your new baseball glove, rub it with soap. Then put a baseball in it, hold it closed with rubber bands and leave it overnight.
43. Lubricate roller skate wheels with a dab of soap. Wheels will turn more easily and with less noise.
44. Bicycles chains benefit from a thin coating of soap.
45. Treat your skateboards wheels with a little soap to make them turn quickly and quietly.
46. Make your golf clubs shimmer! Polish them with a little soap on a dry, soft rag. Be careful to avoid the grips.
47. Use conditioning soaps to replace shave cream.
48. Pre-treat greasy "ring around the collar" stains by rubbing them with soap, laundry soap is good but bath soap works, too.
49. Shine up your doorknobs with a mixture of soap and baking soda.
50. For an inexpensive eye make-up remover, use regular soap diluted with water. Keep your eyes closed and rinse well.
51. Divers and snorkelers can use soap to keep their masks from fogging up. Put a tiny drop of liquid soap on each lens and then rinse with seawater. You'll be fog free for hours!
52. Add a little soap to the water you give your seedlings, no more than a teaspoon per quart. This will soften soil and make it easier for baby plants to push through.
53. Did your favorite sweater shrink in the wash? Try soaking it in soapy, lukewarm water. The fibers in the sweater will soften, making it possible to reshape the garment.

- 54. Sell your car with soap! Rub it on the rear window to name your price.
- 55. Use soap as an art medium. It's cheap, colorful and easy to mold.
- 56. Shave soap to add snow to your manger scene.
- 57. Mix a citrus scented soap with water in a bowl and place it outside. It will attract and kill mosquitoes.
- 58. Add red food coloring to liquid soap to simulate spooky blood at Halloween. Good for decorations and costumes.
- 59. Entertain children for hours by mixing liquid soap with water and blowing bubbles.
- 60. Pass secret messages by carving them into a bar of soap. When the intended recipient has read the message, they run water over the message till it disappears. This is easy to do and less suspicious than paper.
- 61. Have to make a cake for display? Decorate it with soap flakes instead of icing!
- 62. Buy soap for the person on your gift list who has everything. Everybody gets dirty.
- 63. Keep a bar of nice soap in your underwear drawer. Its pleasant perfume will keep everything smelling fresh.
- 64. Do you collect miniature flags? Pins? Tie tacks? Display them for your friends by sticking them into a bar of soap.
- 65. If you're out of cash on your anniversary, fashion jewelry out of soap. Make it look like gem stones. Give it to your significant other and tell her that someday you'll give her real diamonds.
- 66. Carve an old-fashioned seal for your letters from soap. Then, melt wax from a candle onto the back of a letter and press the soap seal to the wax.
- 67. Create wash stations in the yard for children. Fill a clean, plastic gallon water or juice jug (not milk) and pierce the lid with peppercorn holes. Fill with water. Slip slivers of soap into an old pantyhose sock and tie to the jug handle. The kids can sprinkle their hands with water, lather up with the soap through the stocking, and rinse off the dirt. All without coming through the house!
- 68. Doctors now believe that cleaning out a scratch or cut on a child is best done with soap and water as the soap's antibacterial properties are superior to many creams available from drugstores.
- 69. Clean your rubber door, trunk and hood seals with soap and water twice a year. Then apply a water-based vinyl and rubber dressing to the seals. After coating the seals, allow the dressing to penetrate for 15 minutes, then dry off with a clean towel.
- 70. If a snake bites you, have someone wash the bite area with soap and water. Don't move around because this speeds up the venom's progress through your body. And remember most snakebites are *not* fatal.
- 71. Do not pick up dead birds. If you have made contact with fecal matter, blood or saliva from a dead bird, wash immediately with soap and water.
- 72. Make an all-purpose household cleaner by mixing 2 cups of warm water, 1 teaspoon borax, a teaspoon of castile soap and 20 drops of tea-tree oil, 1 tablespoon of washing soda (ask at your supermarket or hardware store). Pour into a spray bottle and label.
- 73. Mix together 1/2 cup vinegar, a teaspoon of castile soap and some lavender essential oil to a bucket filled with warm water to make an all-purpose bathroom cleaner.

#### 74. Loofah Soap

##### INGREDIENTS

**2 cups of finely chopped up loofah | 1 block soap base  
(about 2 cups, chopped) Craft stores or [www.sweetcakes.com](http://www.sweetcakes.com) |  
2 to 3 drops of either an essential oil, flavored oil | or perfume  
(check it's skinsafe) | 1 to 2 drops food coloring (optional)**

##### PREPARATION

*Melt the soap base in the microwave for 1½ to 2 minutes. Pour the melted soap over the loofah pieces. Add oil and food coloring to the mixture. Mix well and pour into a plastic mold. Freeze for 15–20 minutes.*

- 75. For soaping up pets or large surfaces, put slivers of soap in a sock and lather up with the palm of your hand.
- 76. Soap painting for kids. Fill small dishes with soap powder (Not nasty detergent full of chemicals. This will hurt skin.) Add a little powdered paint and water. Mix until it has a medium texture. Apply the mixture to various kinds of paper with fingers or paintbrushes. Enjoy painting with soap!
- 77. Make fake oil paints. Mix 1 tablespoon powdered tempera paint with 1 tablespoon liquid dishwashing until the 2 ingredients are smooth, with no visible streaking. Just like with oil paints, you can blend the various colors of the soap paints to create new colors or shades. NB: The powdered tempera may stain porous materials such as clothing and skin so don't use as soap!
- 78. Turn a new sports sock and a small bar of soap into a wash mitt for a kid with a broken arm!
- 79. Scrub false teeth with soap and water, rinse and dry. Always replace the upper set first.
- 80. Always have soap in your emergency disaster box. Wherever you are, cleanliness will be important for germ control.
- 81. Teenagers just shouldn't mess with their spots but they will. Make sure they wipe away pus and wash face with soap and water. Pat dry face with paper towel to minimize cross-infections.
- 82. Keep soap away from your eyes. It can trigger pink eye.
- 83. Waved whelk egg cases can be picked up on the sea shore. Sailors in the olden days used clusters of these snail's eggs as soap.
- 84. Soap crayons for bath time fun! Mix together 1¾ cups of soap powder; (Ivory Snow works) and fifty drops food coloring, and ¼ cup of water. Scrape mixture into an ice cube tray. Allow to harden. Pop out and cut into pieces. Write on the tiles and tub!
- 85. Use Dawn dishwashing soap to clean oil from birds. Rinse well.
- 86. It is said that anise attracts fish and masks the smell of humans. Try anise soap to improve your luck!
- 87. Perfume-free soap flakes are excellent for laundry use especially when combined with borax, which acts as a water softener, stain remover and laundry booster.
- 88. Washing the dog? Use veterinary soap, not your soap or dish soap. They are too harsh and will strip away the natural oils resulting in a great deal of shedding.
- 89. Mild soap only on newborns. Glycerin is good. If in doubt—don't use soap at all.
- 90. Children love to play with water. Fill big buckets or tubs with water. Give the children soap chips, measuring spoons and cups, butter tubs, and sponges to play with in the water. Put towels or newspaper on the floor so the children will not slip on the wet floor.

91. Look for hemp seed oil soap that can be used for face, body and hair. It's very mild and rich.
92. Miss good old-fashioned carbolic soap? [www.medichest.com](http://www.medichest.com) still sells it!
93. Still washing your child's mouth out for cussing? It could be considered child abuse now so think twice!
94. Green soap is the traditional skin preparation for tattooing and piercing. They mix 10% Green soap with 90% Distilled Water to clean the skin, then they disinfect with alcohol.
95. Take some small dried flowers. Melt a bar of pure, clear glycerin soap gently over a very low heat. Be careful not to overheat it, and take care because melting soap is very hot! Take a butter tub and line with crinkled (not smooth) aluminum foil. Place the dried flower upside down in the bottom of the pot. Pour over the melted soap and leave to cool. When you peel away the foil you will have a beautiful soap crystal bar.
96. Got a soap allergy?—Try Benadryl or another anti-histamine until you can get a doctor.
97. Emergency childbirth situations require a high level of cleanliness so scrub your hands well with soap and water. Do it like a surgeon, under nails, between fingers and up to your elbows.
98. Intimate itching? Use mild soaps such as Neutrogena, Basis, Pears (made in England), and castile soap with olive oil (European). Get them at pharmacies or health food stores. Remember that frequent baths with soaps may increase irritation.
99. In the aftermath of a disaster you may encounter dead animals. Do not touch them directly but remove with a shovel or spade. Wash yourself thoroughly with soap and water. Disinfect the area.
100. Reptiles often carry salmonella on their skins. You must wash your hands after touching any snake, lizard or other reptile.

# Vinegar

The word **vinegar** comes from vinegre, coined from two Latin words *vinum* meaning wine and *acer* meaning sour. There are a number of historical references about the use of vinegar as a preservative, condiment, beauty aid, cleaning agent and medicine.

Vinegar can be produced naturally by decomposition of plant products under anaerobic (without oxygen) conditions. Acetic acid, commonly called ethanoic acid, with a chemical formula  $\text{CH}_3\text{COOH}$ , is formed by the fermentation of alcohol. Vinegar of about 5% acetic acid concentration is prepared from wine (grapes), cider (apples), or malt (grain). The biological process of vinegar manufacture involves conversion of sugars into alcohol and carbon dioxide through fermentation. By an oxidative process, the alcohol in presence of certain bacteria reacts with air to form vinegar.

Concentrated acetic acid as used in industry is prepared by several synthetic processes, such as the reaction of methyl alcohol and carbon monoxide ( $\text{CO}$ ) in the presence of a catalyst, or the oxidation of acetaldehyde or petroleum. This synthetic process is not acceptable for agricultural use by the organic community. Acetic acid concentration of vinegar derived from plant sources can be increased from 5 % to 15% via distillation and to 30% via freeze evaporation or other processes. The organic community approves of these processes for agricultural use.

Vinegar is a corrosive acid that is safe for human consumption in small quantities. Therefore, it is an effective household cleaner that will not cause health problems. Vinegar also has the power to kill unwanted odors, again without the use of harsh, unnatural chemicals. Couple these abilities with vinegar's low price and universal availability, and you have a helpful substance that can improve your quality of life in a number of different ways!

## Uses

1. Unsightly stains in glass vases respond to soaking in a strong solution of hot vinegar ( $\frac{1}{4}$  cup of white vinegar with 2 cups of water.) Finish by washing in hot soapy water.
2. A light vinegar rinse when you bathe the family dog will help to control doggy odor.
3. If glue becomes hardened in the bottle, add a little vinegar as a softener.
4. Place paintbrushes in hot vinegar, then wash in warm soap suds to soften.
5. To unclog your steam iron, heat the iron, and then fill the water compartment with vinegar. Pour it out and refill with vinegar. Empty the second time and the loosened clog will come out. Rinse with water.
6. Improperly bleached synthetic materials can be whitened by soaking them for several hours in a solution of 2 quarts water,  $\frac{1}{2}$  cup of salt and  $\frac{3}{4}$  cup white vinegar. Repeat if necessary, or follow by a thorough soaking in bluing water. Great for shears.
7. To clear a sink or basin drain, pour  $\frac{1}{2}$  cup of baking soda followed by a cup of vinegar, let the mixture foam, then run hot water.
8. Add vinegar or household ammonia to water in an old spray bottle for an economical way to clean dirty windows or polish household appliances. (Do not use an old bleach container. Ammonia and bleach form a noxious gas when combined.)

9. Get rid of rings left by a wet glass on your table or other furniture with a treatment of 2 tablespoons of white vinegar mixed into 1 pint of mineral oil. Apply with a soft cloth, and then polish with a clean dry cloth.
10. To get rid of unwanted lint on socks, add a cup of vinegar to the rinse cycle while doing the laundry.
11. To rid a room of stale, lingering smoke, wring out a towel soaked in equal parts of vinegar and water and fling it around your head as you walk through the room.
12. Blood stains on clothes wash out after a good soaking in cold water. For more stubborn blood stains, add a cup of vinegar to the water.
13. Vinegar applied to kitchen burns prevents blisters as well as pain.
14. Adding a teaspoon of white vinegar to the water used in pie crust makes the crust much flakier.
15. Egg whites won't run while poaching if you add a little vinegar to the water.
16. Add a small amount of vinegar when cooking older beef or chicken to make the meat tender and give it a delicious flavor.
17. A little vinegar and salt boiled in an iron skillet removes burned or discolored spots.
18. Vinegar will remove fish and onion odors from dishes and cooking utensils.
19. Rub a little white vinegar on fingers before and after slicing onions or garlic to remove the odor.
20. A teaspoon of heated vinegar added to boiling cake icing prevents the icing from cracking when set.
21. If your recipe calls for buttermilk, you can substitute 1 tablespoon of strained lemon juice or cider vinegar and 1 cup of sweet milk.
22. Vinegar added to the boiling water will make your cauliflower snowy white.
23. Use a paste made of salt and vinegar to clean heavily tarnished copper or copper-alloy.
24. Use white (not apple cider) vinegar mixed with water to rinse off the dishes after washing them to remove excess soap and leave the dishes squeaky clean. This also removes soap residue from hands.
25. Add 1/2 cup vinegar to a gallon of water to keep your vinyl, no-wax floors clean and shining.
26. As a carpet spot and stain remover—take a clean trigger spray bottle and fill with 1 part of white vinegar to 7 parts water. Take a second spray bottle and fill with 1 part white ammonia to 7 parts of water. Ensure the ammonia bottle has never held bleach as these substances should not be mixed. Drench the stain with vinegar solution and let sit for a few minutes. Blot thoroughly with a clean, white cloth. Then go over the stain with the ammonia solution, let sit and blot again. Keep repeating until the stain is gone.
27. To clean your coffee makers, fill the water reservoir 1/2 full with white vinegar and run as normal. Then, run it once full of water.
28. Boil out deep fat fryers with vinegar and water. This is very cost effective and avoids the use of harsh chemicals. As no solvents are used, the fire risk is greatly reduced.
29. Use straight vinegar to clean grease-splattered grill hoods. Just apply vinegar to a cloth and wipe.
30. To clean problem Corningware dishes combine 1/4 cup vinegar with dish soap and wash in hot water.
31. When you are color dyeing, add a cup of white vinegar to the last rinse water to help set the color.
32. A mixture of vinegar, soap and hot water will also clean your oven and your entire stove top. Just dab on and let it sit for a few minutes then wipe clean.
33. When waxing a floor after scrubbing with a floor stripper, use 1 cup of vinegar to the rinse water. It neutralizes the chemicals and makes the wax or floor finish adhere to the floor covering better.
34. To keep your foam-cleaned oven from producing the foul chemical stench when it gets hot, wipe it with white vinegar as a final rinse. The vinegar neutralizes the harsh alkali of the oven cleaner.
35. Pour 1/4 cup vinegar into your dishwasher rinse cycle for streak free, sparkling dishes every time.
36. If you don't like the smell of bleach, remove any lingering odor from kitchen, bathroom or laundry by rinsing down the counter areas with a solution of 1 part of vinegar and 3 parts water.
37. Remove water or snow stains from leather by rubbing with a cloth dipped in a vinegar and water solution.
38. To remove stains on clay or plastic flowerpots and saucers without scrubbing, soak pots and saucers for up to an hour in cold water and white vinegar. Wash with soap and rinse.
39. Sometimes glasses seem to have a sour smell. A little vinegar in your rinse water will help get rid of it.
40. Clean raw wooden surfaces by pouring straight vinegar onto the wood and wipe in the direction of the wood grain, starting at one end and working to the other. Great for chopping boards.
41. Pour 1 gallon of white vinegar into the water of your whirlpool tub, once a year and run it. This will keep the jets from clogging up from soap scum.
42. A cheap solution to replace expensive floor and tile cleaners. Mix together:  
**1/2 part white vinegar | 1/2 part rubbing alcohol (speeds up the drying process) | 1/2 part water | 3 drops dishwashing liquid**
43. Use vinegar to get rid of the hard water deposits around your sink. Soak a paper towel with vinegar and place it around the area that needs to be cleaned.
44. To clean the faucet, soak a paper towel in vinegar and wrap it around the faucet. Fix in place with a rubber band. Leave overnight.
45. To clean a microwave, put 1 tablespoon of vinegar, 1 cup of warm water and 1 or 2 drops of dish soap in a small microwave safe bowl. Put it in the microwave on high for 3–4 minutes and let stand for 15 minutes. Then wipe the microwave out with a damp sponge. The steam and use of vinegar loosens up the build up in the microwave.
46. Make your own furniture polish. Mix 1 cup of white vinegar to 1 cup of vegetable oil. Wipe on this mixture and buff with a soft cloth. You need to keep shaking the mixture as it separates out like salad dressing.
47. To clean brassware to like-new condition without scrubbing, soak in 1:10 parts of white vinegar: water. To clean brass lamps, unscrew sections, soak in bucket. All green and black tarnish floats off.
48. Use vinegar full strength on a clean white cloth to clean spots from any carpeting. This will dissolve most substances except for waxy stains.
49. To clean grout pour on full strength white vinegar and let sit it sit for an hour or more. Scrub with a toothbrush to reach all the nooks and crannies.

50. Vinegar will remove tempera paint from windows. Sponge vinegar over paint then wipe off with paper towel or terry cloth.
51. Put vinegar in a steam vacuum to rinse carpets after shampooing. The carpet will stay fresh longer, because it removes any detergent residue. Use  $\frac{1}{4}$  cup per gallon of water.
52. To remove food debris, mineral deposits, soap scum and chemical residues from your dishwasher, set the timer to the wash cycle (to prevent any water from being added to vinegar during the soaking cycle). Then, pour a gallon of white vinegar into the bottom of the dishwasher. Activate washer and allow it to complete a cycle. Your dishwasher will be washed with vinegar and rinsed with clean water.
53. To clean any white deposits on the tray in a refrigerator's water/ice dispenser, boil vinegar and let it set for 1 minute, then pour (while still hot) into the tray. Wipe clean.
54. Use a ratio 2 : 1 vinegar to water solution to clean the rust off cast iron pots and pans.
55. Hot vinegar can be used to remove paint from glass. Just heat up vinegar on stove and use a cloth to wipe away paint.
56. If the electronic control pad on your microwave is playing up, wipe the whole panel with warm vinegar on a soft cloth, dry with another cloth or paper towel and try again.
57. Boil all cake decorating tips and spatulas in vinegar and water to remove grease from them.
58. Keep two small spray bottles in the kitchen—one filled with vinegar and one filled with hydrogen peroxide. These are safe disinfectants for counters, cutting boards and are more effective against bacteria if used separately.
59. Use approximately  $\frac{1}{2}$  cup of white vinegar,  $\frac{1}{2}$  cup of water and  $\frac{1}{2}$  cup of laundry detergent in a 32 oz spray bottle to clean your shower. Spray heavily and use a sponge or toothbrush to get hard water and soap scum off. Rinse completely. Repeat daily.
60. Spray silk flowers with vinegar and water to make them look brand new.
61. Vinegar is great for cleaning gold, silver, diamonds, and other gemstones. (Not pearls or opals.) Use a plastic tub with lid, add apple cider vinegar, then the jewelry, put on lid and wait. The results are usually immediate, but tricky stains can be left overnight.
62. Hot, white vinegar will also clean the silver bath fixtures.
63. For a sharp crease in knit slacks, press them with a damp cloth wrung out from a solution of  $\frac{1}{2}$  white vinegar and  $\frac{3}{4}$  water. Place a paper lunch bag over the crease and press.
64. Keep vinegar and water solution handy in a spray bottle for cleaning in the office. It tends not to affect people who are allergic to chemical cleansers.
65. Clean eyeglasses in a solution of vinegar and water. 1–2 tablespoons in a 4 oz bottle of water.
66. Don't use pesticides to get rid of ants in your kitchen. Clean the countertop with a vinegar and water mixture. Not only does it clean but ants don't like it.
67. Entertain the kids by mixing vinegar, baking soda and raisins. The raisins will jump like beans.
68. Use a light vinegar solution to clean glass on photocopier.
69. Use vinegar to control weeds around yards, brick walls and patios.
70. Used as a hair rinse, vinegar neutralizes the alkali left by shampoos.
71. Vinegar is said to be a corn and callus remover. You should soak a piece of stale bread in vinegar, and tape it over the callus or corn overnight.
72. You know those age spots on the back of your hands? Try and fade them away by using equal parts of onion juice and vinegar applied daily on age spots. Try for a few weeks.
73. Spray your hands with a mist of vinegar, or dip them in vinegar and dry after washing dishes or having them in soapy water to keep your hands soft.
74. Splash vinegar on your varicose veins. The vinegar is supposed to reduce the veins and relieve the pain and swelling.
75. 1 teaspoon of water mixed with 1 tablespoon of vinegar supposedly gets rid of hiccups.
76. Tonic water for your face. Vinegar seals the moisture in the skin, so it's great for all over especially when weather is dry. Mix  $\frac{1}{2}$  cup vinegar in the water you use to rinse your face in the sink, splash it over your face and leave to air dry.
77. Vinegar restores the natural acid base of your skin, so it's good for skin problems, too.
78. In an emergency you can use white vinegar on underarms and other areas of the body as it's a natural deodorant. It won't stop perspiration, but it will neutralize odor.
79. Add a tablespoon of apple cider vinegar to a quart of drinking water. It helps to deal with heat fatigue.
80. The same 1 tablespoon to a quart of water mix also helps to repel mosquitoes if sprayed around you.
81. Head lice and children are naturally attracted to each other. If you comb through the child's hair with a nit comb (they are fine toothed combs available from drugstores) dipped in warm vinegar it helps to remove the nits by breaking down the glue they use to stay attached to the hair.
82. For cleaning dentures—leave your dentures in white vinegar for as long as you would leave them in a denture cleanser—about 15 minutes to half an hour. Brush them thoroughly.
83. If you color your hair, rinse with warm water and then dilute white vinegar with water for the final rinse, as cold as you can stand. This seals your color so it doesn't fade out as quickly.
84. Nail polish will go on smoother and stay longer if you clean your nails with white vinegar before applying it.
85. Use white vinegar to remove the smell of a perfume you don't like. Rub it on the skin that was sprayed with the unwanted perfume.
86. Use for a throat soother. Take equal amounts of honey and cider vinegar, stir or shake until dissolved. Take a tablespoon at a time to cut mucous in the throat.
87. Soak your feet in 1 part vinegar to 1 part warm water to fight toenail fungus.
88. When you remove a hem or seam and have holes from thread showing, dampen a cloth with white vinegar, put it under the material and press.
89. Insomnia? Mix 2 tablespoons of apple cider vinegar with 1 cup of honey and store this mixture in an airtight container. Take 2 teaspoons of this mixture to aid restful sleep.
90. For a cheap and easy to absorb calcium supplement, soak eggshells in vinegar until they dissolve. Dilute with water, and drink.

91. Pour ½ cup of vinegar into a pan of water to soften your feet before a pedicure.
92. Vinegar will dissolve chewing gum and if it's heated, it will work faster.
93. Most meat marinades are most effective if acidic, so an extra few spoonfuls of vinegar will increase their flavor.
94. Vinegar will tenderize meat. Add a tablespoon to water when boiling ribs or meat for stews, and even the toughest meat will be softened.
95. Use 2 cups of cider vinegar in the tub to soak sore muscles.
96. White vinegar can be mixed with water-based inks to make a stain for wood. The resulting finish is the color of the tint with a silvery sheen. Pour the vinegar into a mixing jar, add the ink until the desired color is achieved and apply to wood with a brush or rag. Wipe off the excess and leave to dry. Since the bulk of the mixture is vinegar, wood warping is minimal.
97. To use up all those bits of tomato sauce (ketchup) or chutney, etc. that sit in the bottom of bottles, add some vinegar and shake. The liquid will pour out easily; this makes the base for marinades, just add onion, oil, garlic and spices.
98. Wiping down clean metal surfaces with a vinegar solution (1 part vinegar to 5 parts water) preps the surface for painting and reduces the incidence of peeling.
99. De-gas (or at least lower the amount produced) beans by adding apple cider vinegar (⅛–¼ cup) to soaking water. Soak overnight, then rinse thoroughly. Add a little to the water when you cook them. This also works for split peas and garbanzos.
100. Pour vinegar around a child's sand box to keep cats from using it. Reapply every two or three months.
101. To fight halitosis and whiten teeth, dip a wet toothbrush in white vinegar and brush.
102. Add a couple of drops of vinegar to pasta as it boils to cut starch and reduce stickiness.
103. To eliminate cat litter box odors: when you clean the litter box, rinse it out and pour about ½ inch of cheap white vinegar in the box. Let it stand for 20 minutes or so, then swish it around, rinse with cold water, and dry the box. The acid in the vinegar neutralizes the ammonia smell.
104. Use white vinegar to clean the mineral deposits that accumulate at the top of your fish aquarium. Just take a hand towel, soak it in the vinegar and wipe around the inside of the tank where the water has evaporated and left the white mineral deposits. It is harmless to the fish in low concentrations.
105. For temporary toothache relief, soak a cotton ball or piece of paper towel in vinegar, place it on the aching tooth and bite down.
106. 2 cups of white vinegar added to the final rinse cycle will make blankets smell nicer and feel soft and fluffy.
107. To minimize scorch marks, lightly rub white vinegar on the scorched area and wipe with a clean cloth.
108. To get rid of stains left by deodorants and anti-perspirants on clothes that can be machine washed, pour some white vinegar over the residue and launder as usual.
109. Prevent mildew growth on canvas. Get a pump spray bottle and fill it with 50% white vinegar, 50% water. Whenever you wash down your boat (and after heavy rains) spray the canvas with this solution—especially the under side of dodgers and biminis. The vinegar won't hurt the canvas but will prevent mildew growth.

## WD40

**WD40 stands for** water displacement, 40th attempt. It was invented in San Diego, California in 1953 to grease airplanes and other aeronautical equipment and fight to rust. The tiny company that invented WD40 first sold their product to a missile company, who used it to protect their wares against corrosion. The missile company employees liked WD40 so much that they snuck it home with them! The original WD40 makers thought that this was a good sign of marketability, so in 1958 they put their product into aerosol cans and sold it to local hardware stores. Southern California began to run more smoothly and the rest is history! Today, WD40 is found in 4 out of 5 homes in America and the company has been selling more than \$100 million per year since 1993.

It took that little team of three researchers 40 tries to come up with an effective way to repel water, but we can all be happy that they didn't stop at 39! WD40 has more uses around the house than you can imagine. Here are a few.

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### Uses

1. Use WD40 to clean and protect your tools and garden implements including:  
**drill bits | lawnmower blades | clippers | spades and forks | chainsaw chains | pliers | garden shears | hedge trimmers | wheelbarrows | monkey wrenches | hand trowels | pitchforks**
2. Keep a can of WD40 around to loosen nuts and screws that may become stuck or rusted in place. Just put a little on the problem area, give it a second to sink in and loosen away.
3. Use WD40 to cleanse grubby piano keys. Spray some on a rag and wipe away dirt and grime, and then remove any excess with a clean, dry cloth. Besides cleaning, WD40 will protect and add moisture to the ivory. Be aware that this will be a noisy procedure.
4. Stop that annoying squeaking in your wicker lawn and patio furniture. A few squirts on the undersides of the seats should do it.
5. Keep Junior's trucks and trains running at top speed. Lubricate their wheels and other moving parts with WD40.
6. Is your sliding glass door really a sticking glass door? Lubricate the rails with WD40. Start with a small squirt, then open and shut the door to disperse the lubricant. If the problem persists, use a little more. Repeat as needed, approximately monthly.
7. WD40 is great for removing crayon marks from walls, tile, wallpaper and appliances. Squirt on a rag and wipe the area clean. This is much faster than using soap and water.
8. Use WD40 to get rid of unsightly scuff marks on your ceramic tile floor. Squirt a little on the scuff mark and wipe clean. For safety's sake, be double sure to wipe up excess.
9. To remove built-up rust, soak your wind chimes in WD40. Then, wipe clean and polish.
10. For impeccably clean bathroom mirrors, clean with vinegar and water. Follow with a little WD40 to get rid of residual water spots.
11. Do you have trouble cleaning your fiberglass bathtub? Try using WD40 to whisk away persistent stains.
12. WD40 is essential for kitchen countertops. Watch dirt that would have had you scrubbing for hours disappear in a few seconds. It's especially good for those impossible tea and coffee stains. Also try it on pasta sauce, fruit juice and wine marks.

13. Does your garden gate stick or squeal? A little WD40 on the hinges will get it back in top condition.
14. To perk up artificial plant arrangements, polish the leaves with WD40. It's also good for adding shine to fake flowers.
15. Cut down the time you spend shoveling your walk. Give your snow shovel a thin coat of WD40. The shovel will cut through icy patches of snow more easily and less snow will stick to the shovel. You will also be protecting your shovel from the corrosive effects of winter salt.
16. Don't gum up your nails. Use a little WD40 on a rag to get tape marks from posters off your walls. WD40 is also good for removing tape from desks, chairs, refrigerators, etc.
17. Not a morning person? Use WD40 to remove coffee and tea stains from tile floors.
18. Make your garden hoses last longer with WD40. A little squirt on the metal connection pieces will both clean off rust and prevent corrosion.
19. Clean your ashtray with WD40. It will make burned on dirt slippery and much easier to wipe clean.
20. Have you changed your political affiliation? Did your child switch colleges? Use WD40 to remove bumper stickers.
21. Get that nasty ink stain off your carpet with a little WD40. Squirt the directly on the stain and rub. Follow with a damp rag. Then, air dry or use a hair dryer.
22. Keep your fountain mildew free. Every few weeks, empty the fountain and wipe all surface area with WD40.
23. WD40 will remove candle soot. Wipe your candlesticks with WD40 on a cloth to cleanse and brighten them. And, remember when that cherry candle looked red? WD40 also works to brighten up scented candles in jars.
24. Get the ink off of blue jeans. Just spray the affected area with WD40 and then throw the jeans in the washing machine.
25. Make your razors last longer. Put a little WD40 on a Q-Tip® and dab the razorblades. This will prevent rusting and extend the life of the blades.
26. Get the gunk off your luggage handles. Put some WD40 on a rag and wipe them clean.
27. Clean your plastic dish drainer with WD40. Residue from dish water and soap scum will wipe away.
28. Keep a can of WD40 by the front door. It works great to clean shoes. Doggy doo, chewing gum and sticky mud will all come off with a spritz of WD40 and a little foot wiping.
29. Get ketchup, salsa and pasta sauce stains off your clothing and out of your life with a WD40. Just treat the affected area and throw the garment in the washing machine.
30. Clean leather shoes, furniture and jackets with WD40. Coffee stains, ink stains, mud, food residue, etc. will all wipe clean.
31. Use WD40 to remove adhesive price tags from shoes, picture frames, dishes or wherever they tend to stick and stay. Spray the tag with WD40, let it sit for moment and scrub it off with a coarse rag, or, with a particularly difficult tag, a razor blade.
32. Keep your shower going strong! Remove the showerhead and clean it with WD40 to eliminate rust and prevent buildup.
33. Try swabbing your silverware with WD40 to prevent blackening and tarnish. Careful to remove all excess!
34. Avoid costly plumber's bills. Treat the inside workings of your toilet with WD40. This will remove rust and protect against harmful corrosion.
35. Have you spilled paint or nail polish on your tile flooring? Wipe it away with WD40 and a little elbow grease.
36. When glass cleaners let you down, try shining your shower doors with WD40. A little sprayed on a rag should produce amazing results!
37. Protect your books and files by cleaning rust and discoloration off of your wire shelves. Remove all items from the shelf and wipe with WD40. Then, buff and polish with a clean dry cloth.
38. Clean newspaper ink from your coffee table, dinner table, baskets and shelves. Wipe the discolored area with WD40.
39. Clean and lubricate zippers with WD40. Try this on suitcases, lawn mower bags, vacuum bags and other heavy-duty zippers as well as on your pants and jackets.
40. Brighten up your deck or patio! Use WD40 to clean rust from metal outdoor furniture. For light rust deposits, spray WD40 on a rag and wipe the furniture clean. If your outdoor tables and chairs are very rusty, spray them with WD40 and let them sit for an hour or so. Then, rinse thoroughly with the hose and wipe any excess and water from your furniture. Repeat as necessary.
41. Hide scratches and blemishes in cultured marble. Treat the area with WD40.
42. Remove crusted-on dirt from shovels with WD40. WD40 is also good as a preventive measure. Give the shovel a light coating to make the dirt slide right off.
43. Spray WD40 over stagnant water to prevent mosquito eggs from hatching.
44. Polish your doorknobs with WD40. Brass, iron and other metals will all be shiny and clean.
45. Get those difficult stains out of your coffee cups. Just put a little WD40 in the cup and let it set. Then, scrub with a brush and watch the stain disappear.
46. Make outdoor light fixtures last longer. Treat them with WD40 to prevent rust and corrosion.
47. Use WD40 on your rake to remove dirt and gunk. You will also prevent rust and corrosion.
48. Use WD40 to get rid of the laundry detergent stain in your washing machine. Just put a little on a rag and wipe the stain away. WD40 also fights ring-around-the-dishwasher.
49. WD40 can remove silly putty or silly putty stains from carpets, furniture, draperies, etc.
50. Use WD40 to clean your toilet bowl. Squirt it around the edges of the bowl under the rim and then scrub. Built-up lime stains and other gunk should disappear. *Note:* WD40 does not kill germs.
51. If you have wooden furniture on your deck or patio, protect it with WD40. Just spray the bottom 6 inches of your table and chair legs to avoid mildew build up.
52. When you stack your flowerpots during the off-season, be sure to give each one a little spritz of WD40. They will be much easier to separate from each other when you take them out of storage in a few months.
53. Clean rust from your cookie sheets with WD40. Just spray a rag with WD40 and wipe your sheets.

54. Extend the life of your dryer. Clean all gum and stuck fabrics from your lint screen with WD40.
55. WD40 can eradicate difficult lipstick stains from clothing. Also try using WD40 if you get lipstick on your furniture or carpet.
56. Keep your drains in good working order. Rinse down a little WD40 periodically. This will remove build-up from drain walls and help prevent clogs.
57. Spray WD40 around the bases of your outdoor garbage cans. It will disguise odors and discourage animals from digging through your trash.
58. Do you have a lot of traffic in your bathroom or kitchen? Try using WD40 to disguise scratches and blemishes in ceramic tile and linoleum.
59. Use WD40 to remove oil and grime from your windows. It works especially well on finger and face prints.
60. Lubricate, clean and protect the moving parts of your vacuum cleaner's motor. You can also use WD40 to grease your vacuum's wheels and runners.
61. Use WD40 to shine and polish outdoor sculptures. It works as well or better than expensive commercial polishers.
62. WD40 is a great cleansing agent for the stovetop. Use it on spilled soups and sauces, splattered grease, batter drippings, coffee and tea stains, etc.
63. Save scrubbing time: use WD40 to help clean your freezer. First defrost the freezer, and then wipe with a damp cloth or sponge. Finally, treat the tough stains and deposits with a little WD40 on a cloth.
64. Try WD40 to clean blackened skillets and woks. Be sure to wash them in hot, sudsy water first.
65. Do you have an outdoor shower? Keep it fresh and mildew free with WD40. Pay special attention to the grout and other spots where mildew tends to grow.
66. WD40 is an excellent cleaner for shoe polish stains and deposits. If you get shoe polish on your socks, treat the area with before you wash them. For shoe polish stains around the house, try WD40 on a rag.
67. Is your mailbox or car door lock frozen shut? This miracle product will melt the ice in a second.
68. Keep your axe blade from rusting with a coat of WD40. Swab the whole blade and blot away the excess. Be careful to avoid the axe handle.
69. Try spraying WD40 on your bathroom mirror. It will keep the glass from fogging up during long showers and give you one less thing to worry about with in the morning.
70. If you break an uninsured cell phone by submerging it in water, don't despair! Try dousing it with WD40. The water dispersant should drive the moisture from the circuits in the phone and restore proper functioning.
71. If your can opener sticks, don't buy a new one. Just treat the moving parts with WD40.
72. Prevent rust in your garbage disposal. Spray a little WD40 down the drain periodically. This will also lubricate the moving parts and prevent clogs.
73. Do you have kinks or knots in your jewelry chains? Pour some WD40 over the problem area and rub it gently. Tangles will slowly undo themselves.
74. If your lock sticks, squirt in some WD40 and it should operate smoothly. This works for doors, toolboxes, jewelry boxes, kennels, etc.
75. WD40 can also work to keep your home safe. Use it to lubricate window locks and levers to keep them responsive and easy to use.
76. Is your luggage getting older? Use WD40 to keep it around a while longer. It can lubricate luggage zippers, pullout handles and wheels. It can also shine and moisturize hard-sided luggage.
77. Once in a while, put some WD40 in your VCR. This will prevent tapes from becoming stuck.
78. Keep breakfast popping! Lubricate toaster slides and handles with WD40. *Caution:* Always unplug electrical appliances before cleaning or oiling.
79. If your lawnmower pull-cord sticks, spray it with WD40. You'll be mowing in no time!
80. Is your remote control unresponsive, even after you change the batteries? Try swabbing it with WD40. Sometimes dust and other particles can get beneath the buttons and plug the works, but a little WD40 will set things right.
81. If you have a ring stuck on your finger, use WD40 to get it off. Pour a little WD40 over the ring and hold your hand over your head to allow the blood to leave the finger. Then, carefully slip off the ring.
82. Are you planning a big family dinner for the holidays? You might need to lubricate your table with WD40 before you add extra leaves. Just squirt a little on the table hinges before you try to extend the table, and the whole process will be much easier.
83. WD40 is a must have for all of your metal antiques. It will safely and cheaply clean, shine and lubricate clocks, spectacles, picture frames, irons, watches, etc.
84. Clean and lubricate your child's swing set with WD40. Not only will this make for safer, less noisy playtime, it will save having to treat and launder tough rust spots on your child's clothing.
85. If you have a problem with squirrels stealing your bird food, spray the top of your birdfeeder with WD40. Squirrels will reach the top of the feeder and slide right off!
86. For do-it-yourself painters: Coat door knobs with WD40 before painting doors. If some paint accidentally gets on the knob, it should wipe off easily.
87. If you plan to move soon, be sure to first lubricate wheels on heavy furniture. Dressers, tables and wardrobes will be much less of a hassle if they are ready to roll on moving day.
88. Treat heavy-duty sewing needles with WD40. They will punch through heavy materials like denim and canvas with greater ease if they are given a coat of WD40. WD40 also works to prevent rust if you only use your sewing needles once in a while.
89. Most animals dislike the smell of WD40. So, try spraying a small amount on your lawn and trees to deter squirrel and badgers. Spray some around the foundation of your house to discourage rats and mice. You can also use it in the garden to keep out rabbits and stray cats.
90. Spray WD40 in sidewalk cracks to prevent grasses and weeds from growing in the cracks. WD40 will also stop plant life from taking root in cedar block walls and asphalt parking areas.
91. Spray WD40 in your garden to discourage harmful insects. If you don't mind the smell, you can also use it to bug proof patio and porch areas.

92. Use WD40 to get clean up rubber cement spill. Pour it on the spill and let it sit for a moment. Then, wipe away the cement. May require several applications.
93. Do you have a fake tattoo that just won't wash away? Put a little WD40 on a cotton ball and swab it off!
94. Use full cans of WD40 to improvise bookends or paperweights.
95. A little WD40 on a rag will wipe away dead insects from car windshield and hood. It will also make it easier to clean away bugs stuck in your front grill.
96. Apply WD40 to decals and stickers stuck to your car's paint. It will loosen the glue and make it possible to remove the stickers without damaging the paint job.
97. Extend the life of your umbrella with WD40. Use it to lubricate the slide, polish away rust and prevent corrosion. Be careful to avoid the handle.
98. Use WD40 for a quick shine job on your car. It makes paint glow, but does not last as long as a real waxing.
99. Keep some WD40 on hand in case your car door sticks in cold weather. A squirt along the edge of the door should loosen the seal and allow you to open the door.
100. Clean bird droppings from your car with WD40. Spray some WD40 on a rag and the droppings will disappear faster than they would using soap and water. WD40 is also good for cleaning away gunk that accumulates in and around windshield wipers.
101. Protect the bed liner in your pickup truck with WD40. A good rubdown will create a shield between your liner and the contents of the bed.
102. Is your gas cap hurting your hands and giving you fits? Squirt some WD40 around it and it will come off easily next time.
103. Lubricate and polish sporting equipment from golf clubs to fishing poles to rifles.

