

## Everyone's Guide to Toxic in the Home

Many of these substitutes are as effective as and usually cheaper to use than the chemical products available today.

### ALL-PURPOSE CLEANER

Mild mixture:

- 1 gallon (4L) hot water
- 1/4 C (50ml) sudsy ammonia
- 1/4 C (50ml) vinegar
- 1 T (115ml) baking soda

This solution is safe for all surfaces, can be rinsed with water, and is very effective for most jobs. For a stronger cleaner or wax stripper, double the amounts of all ingredients except water. Use gloves, and do not mix with other compounds, especially chlorine bleach. *(Never mix ammonia and bleach: an extremely toxic gas is produced)*

### CARPETS

To fully clean and deodorize carpets, mix 2 parts cornmeal with 1 part borax. Sprinkle liberally, leave one hour, then vacuum. For tougher stains, repeatedly blot with vinegar in soapy water. For red wine spills, blot with white wine and warm soapy water. Quickly deodorizing is easy if you sprinkle the carpet with baking soda, then vacuum.

### MIRRORS, GLASS AND WINDOWS

Wash with simple soap and water; rinse with a solution of 1 part vinegar and 4 parts water. Or rub newspaper on the glass. Or use a spray bottle and a mixture of 1/2 C (120ml) ammonia, 1/8 C (25ml) vinegar, and a quart (1 L) of warm water (the warmer the water, the faster the evaporation).

### AIR FRESHENER

Put cloves and cinnamon in boiling water, simmer. Leave opened box of baking soda in room, in refrigerator or garbage. Grow house plants which are an excellent source for air purification.

### POLISHES

**Furniture polish:** Mix 1 tsp. lemon oil in 1 pint mineral oil, for an oily polish

**Polishing Cloth:** Melt 1/4 C (50ml) paraffin (wax) and 1/4 C (50ml) vinegar together in a double boiler. Soak a dusting rag in the mixture for 1/2 hour, then squeeze and hang to dry.

**Floor polish:** Melt 1/8 C (25ml) paraffin in a double boiler. Add 1 quart (1 L) mineral oil and a few drops of lemon essence. Apply with a rag, allow to dry, and polish.

**Polishing metals**

**Silver:** Soak silver in 1 quart warm water containing 1 tsp. baking soda, 1 tsp. salt, and a piece of aluminum foil. Or polish with a paste of wood ash and water.

**Copper:** Lemon juice and salt, or hot vinegar and salt.

**Chrome:** Rubbing alcohol, or a small amount of ammonia with hot water. Also try white flour in a dry rag.

**Brass:** Equal parts salt and flour, with a little white vinegar

### DISHES

Set aside your dish detergent, and dissolve soap flakes in hot water. Add some vinegar to the water for tough grease.

### OVEN CLEANER

Use baking soda for scouring. Leave 1/4 cup of ammonia in a dish in the oven overnight to soften spills, scrub the oven the next day with baking soda and save the ammonia to use again.

### LINOLEUM FLOOR CLEANER

Mop with 1 cup white vinegar mixed with 2 gallons of water to remove dull, greasy film.

### BATHROOM CLEANING

Use a firm-bristled brush with

either baking soda and hot water or the mild all-purpose cleaner.

### LAUNDRY

The best alternative for cleaning your clothes is, soap.

Another recipe in place of detergent is: Add 1/3 C (80ml) washing soda to water as machine is filling. Add clothes. Add 1 1/2 C (375 ml) of soap. If the water is hard, add 1/4 C (50ml) soda or 1/4 (50ml) vinegar during the first rinse. *Test each of the following on your fabric first. If it starts to discolor, neutralize the cleaning agent immediately. Acids (lemon juice and vinegar) neutralizes alkalies (baking soda and ammonia), and alkalies neutralizes acids. Wash after application*

**For Heavy Oils:** Rub with solution of 2 T (30ml) washing soda in 1 C (250 ml) warm water.

**Soiled Diapers:** Presoak in 3 T (45ml) baking soda dissolved in warm water in either tub or washing machine.

**Fruit and Wine:** Immediately pour salt or hot water on the stain and soak in belt before washing.

**Grease:** Pour boiling water on stains and follow with dry baking soda. Or try ammonia and water.

**Ink:** Soak in milk or remove with hydrogen peroxide.

**blood:** Soak in cold water or remove with hydrogen peroxide. For a more stubborn stain, mix cornstarch, talcum powder, or cornmeal with water and apply to the mixture. Allow to dry and brush away.

**Coffee:** Mix egg yolk with lukewarm water and rub on stain.

**Chewing-gum:** Rub with ice. Gum will flake off.

**Lipstick:** Rub with cold cream or shortening and wash with washing soda.

**Rust:** Saturate with sour milk (or lemon juice) and rub with salt. Place in direct sunlight dry, then wash. \*

*Source: Greenpeace International*