

Hand Sanitizer Recipe

2 parts isopropyl Alcohol (this is the sanitizing ingredient, and should be 99%/undiluted)

1 part aloe Vera gel (to protect skin)

10 drops (to about a cup) of essential oil, or lemon juice. (For fresh scent)

Mix ingredients in a bowl with a spoon, then beat with a whisk until they form a gel. Pour the gel into a squirt bottle or pump bottle, and label clearly.



All Natural Vinegar for Cleaning

Vinegar is a mild acid and therefore anti-bacterial, so it works well for lots of cleaning purposes. However, did you know there are several types of vinegars and each has its own acidic level to consider? Here is a quick review of vinegars, followed by what vinegar can be used to clean and what it shouldn't;

The acidity of vinegar is what gives it its antiseptic quality. A vinegar with 5% acidity means the vinegar is composed of 5% acetic acid and 95% water.

- ◆ Vinegar needs to have 4% acidity to be considered vinegar.
- ◆ Vinegars for food purpose are generally at least 5% acidic and come in all varieties; white, apple cider, red wine, and a host of gourmet flavors. If you are mixing up vinegar for cleaning, the most economical variety is just plain ol' white vinegar at 5% acidity.
- ◆ "Cleaning Vinegar", balsamic vinegars and wine vinegars are mostly in the 6%-7% acidic range. Cleaning vinegar can be found in grocery stores and home repair stores. It is only 1% more acidic than white vinegar, but that makes the difference in acidity actually 20% greater. It is a bit more expensive than white vinegar if you are making your own cleaner, but possibly worth the extra \$\$\$, as vinegar is not expensive to begin with. So, if you're not happy with the results of your 5% white vinegar, you can give cleaning vinegar a try. Undiluted cleaning vinegar will irritate unprotected skin, so wear gloves!
- ◆ 10% acidic vinegar is used in factories. It is caustic, and you should wear gloves when using it. It is the least acidic level for effective weed control. Keep that in mind when you are told that vinegar can be used to kill garden weeds. Generally, this level of acidity and higher is not available to the public.



Vinegar as a cleaning solution— the mild acid in vinegar gives it an anti-bacterial quality.

Straight vinegar (if using cleaning grade wear gloves)

Remove scuff marks from leather shoes, bags, etc.
(follow with a linseed oil rub for extra shine!),

Takes crayon marks off of walls,

Wipe down water-spotted glassware

Clean DVDs or CDs that skip

Wipe off grease laden BBQ grill surfaces

De-gunk scissors

Treat antiperspirant stains

Add 1/2 cup to your toilet and sit overnight

Wipe down tub and sink fixtures

Vinegar mixed with water

Mix 2 parts vinegar with 1 part water in a spray bottle. Some folks say they mix a 50-50 ratio of vinegar with water. Try each and see what you think works best. To cut the vinegar smell, add several drops of lemon, orange, or even lavender essential oil. Use as a disinfectant spray for

Laminate countertops (not stone!)

Kitchen sinks, and bathroom surfaces

Fridge interiors

Your microwave oven

Piano keys

Grocery store fruits and veggies

Wipe stains from coffee mugs

Washing windows

Add 1/2 cup of vinegar to 1 gallon of water for clean floors

Vinegar mixed with dish soap

Mix equal parts dish soap and vinegar, then dilute it a bit with some water. Use the mix to remove soap scum from ceramic tiles, bathtubs, sinks and showers.

Use the same mix to blot carpet stains, or pre-treat laundry issues such as wine, grease, coffee, tea, or urine.

Vinegar to freshen your dishwasher and washing machine

Set a small bowl of vinegar upright in the top rack of your dishwasher, or dump a cup of vinegar into your clothes washer. Run the washer (otherwise empty) on hot. After the first cycle is complete, sprinkle up to 1/2 cup of baking soda in the bottom. Complete the rinse...All fresh!

Vinegar in the laundry

Add up to 1 cup vinegar to the final laundry rinse to deodorize towels and gym clothes. It will act as a fabric softener, and will remove grease stains, urine stains, and pet hair. . (The vinegar smell will not remain on your clothing.) To brighten 100% cotton whites, soak them in a pot of boiled water to which 1 cup of vinegar has been added. Let sit overnight, and rinse.

Vinegar to clear drains

To clear a slow drain; pour a pot of boiling water down the drain first. Mix 1/2 cup of baking soda with an equal amount of water and pour that down next. Follow that with 1/2 cup of vinegar. (you can use up to a cup of each). Plug the drain and let it sit for 10 minutes. Finally, pour a second pot of boiling water down the drain.

Where to NOT use vinegar

- Good knives or fabric irons—the acid may pit the surface of the metal. (Sharpened utensils such as knives are made of softer metal)
- Messes that involve eggs or egg products — the reaction with eggs creates a gummy product....ew.
- Stone surfaces such as marble, granite, stone tiles, or soapstone — again, the acid may pit the surface and ruin the polish
- Varnished wood surfaces
- Protein based stains such as grass, blood, ice cream, or ink. Better to handle these with enzyme-based laundry treatments.

If you use vinegar labelled for cleaning, DO NOT use it for cooking or pickling.

If you use cleaning-strength vinegar undiluted, be sure to wear gloves or it may irritate your skin.