



## Oven Cleaner

### Option 1:

Use the "self-cleaning" option on your oven to avoid using any chemicals. Self-cleaning ovens use extremely high temperatures to burn away cooking deposits. Manufacturers of self-cleaning ovens recommend that their owners avoid using chemical cleaners, as these products may give off harmful gases while the oven is in its self-cleaning mode.

### Option 2:

Turn the oven on to 200 or 250 for up to one hour to let grease and food particles start to melt. Turn oven off and begin work on it when it is warm, but never hot enough to burn you. You will need:

- 1-2 cups of baking soda (depending on how dirty the oven is)
- 2 or more cups of water
- 1-2 squirts of liquid dish soap (depending on how dirty the oven is)

Begin by pouring 1/4 cup of water on the bottom of your oven. Then, cover water with baking soda and then add a little more water on top of it. You may leave the baking soda paste in the oven for a few minutes or overnight; it depends on how dirty the oven is. Then, scrub the oven thoroughly.

Mix 1 to 2 squirts of dish soap with 1 cup of water. The liquid dish soap will help scrub off any remaining food particles or grease. Use this mixture to wipe the baking soda out of the oven. Then, use the remaining water to rinse the soap and baking soda out of the oven.

## Carpet stain remover

**General guidelines:** Test in an inconspicuous area first. The sooner a stain is dealt with, the more likely the stain can be removed. Never scrub carpet in a back and forth motion, as this can distort the fibers. Do not pour cleaning agents directly on the stain, use a spray bottle or clean cloth instead. Do not soak the carpet with cleaning agents. Different stains will respond to different cleaning agents.

### Here's a list of common yet effective carpet stain removers:

**Vinegar:** The all-purpose stain remover. Use equal parts water and white distilled vinegar for all types of stains.

**Club Soda:** Works well on coffee, wine, and other dark liquids. The carbonation helps lift stains from the carpet fibers while the salt acts as a buffer to keep the stain from setting.

**Rubbing Alcohol:** Helpful in removing ink, marker or grass stains.

**Hydrogen peroxide:** Works well on fresh blood stains. Use the common 3% concentration, as anything strong might bleach the carpet. Rinse the whole area clean with water.

**Borax:** Blot up the spill and sprinkle borax to cover the stain. Let the area dry and then vacuum.

**Shaving Cream:** Works well on a variety of food stains. Resist the temptation to rub in. Spray on and let stand for 5-15 minutes. Rinse the area clean with vinegar and water solution.





## Laundry Stain Remover

**General guidelines:** Test in an inconspicuous area first. The sooner a stain is dealt with, the more likely the stain can be removed. Read the care label on garments and follow instructions. Avoid treating stains in hot water or placing in a hot dryer, as this may set the stain. Different stains will respond to different cleaning agents.

**Liquid Dish Soap:** Works well on food stains. Can be used as a pre-treater. Apply directly to the stain and let soak in until garment is ready for regular laundry.

**Hair Spray:** Excellent for ink stains. Spray directly onto stain, rinse with cool water, and repeat as necessary until stain is removed.

**Borax:** Works to remove soils as well as brighten and freshen clothes. Can be used as a pre-treater or in the machine as part of the regular washing cycle. Either pre-treat the stain with 1 tablespoon borax mixed with water, or, add ½ cup to the wash along with detergent.

**Hydrogen Peroxide:** An effective alternative to chlorine bleach. Works well on blood and chocolate. Spray or soak garments then wash within 30 minutes.



## Drain opener

**General guidelines:** Prevent clogs in the sink and shower by using a drain trap to catch food or hair. Collect grease and cooking oils in containers, rather than pouring down the drain. A plunger, which is inexpensive and chemical free, can be used to break up the clog and allow it to float away.

### Recipe

- ½ cup baking soda
- ½ cup vinegar

Pour baking soda down drain and follow with vinegar. If possible, cover the drain and let sit for 30 minutes. Flush with boiling water.

## Toilet Bowl Cleaner

### Option 1:

Sprinkle ¼ cup borax into bowl and scrub with brush. Add essential oil, such as tea tree or pine for extra disinfecting. Let stand for 30 minutes or even overnight.

### Option 2:

Sprinkle ¼ cup baking soda and drizzle white vinegar into bowl. Let stand for 30 minutes and scrub with toilet brush.