

# Natural Cleaning

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## Borax

**Toilet:** 1/2 cup borax sprinkled round the toilet bowl and in the water, add one cup of vinegar to the bowl and leave for a couple of hours then scrub. For limescale empty the bowl. Make a paste of borax and vinegar using one cup of borax and enough vinegar to mix. Leave for 2 hours (at least) and then scrub.

**Cistern:** Put a cup of vinegar in the cistern leave for an hour then flush leaving the cistern empty then scrub with the paste of borax and vinegar. An old toothbrush will help you get to those inaccessible places! Fill and flush when you need to - no point in wasting water!

**Laundry:** I used to add borax to my laundry recipe but it doesn't work unless you wash with very hot water, I use cold water so I dropped the borax and didn't notice the difference.

## Hydrogen Peroxide

I sell hydrogen peroxide at 25% concentrate, to dilute to 3% add 1 cup to a litre of water.

Hydrogen peroxide has many uses, these are the ways I use it.

**Laundry:** I add about 500ml to my laundry if I am not using Oxygen Bleach.

**Toilet:** I put 125ml of diluted hydrogen peroxide in the toilet bowl each time we flush. It really eliminates the smell from the mellowing toilet. There are many products on the market to eliminate toilet smells but I suspect many of them are quite toxic and expensive. Hydrogen peroxide does the job without causing an environmental hazard.

**Cleaning wood** (like decking or weathered outdoor furniture) 3% hydrogen peroxide poured over wood to be cleaned then left for a couple of minutes, it will foam up but that is normal. Use a firm brush and scrub the deck. Rinse off.

**NB** Hydrogen peroxide should not be used on silk, wool or leather. I suggested to my daughter that she soak a pair of sheepskin slippers in hydrogen peroxide which she did for a couple of days. When she eventually got round to washing them there was nothing left except the plastic soles! I am not exaggerating. I had seen the warning about not using on wool but it never occurred to me!

## Oxygen Bleach

**Laundry:** Dissolve 30mls Oxygen Bleach in some warm water and add to your general laundry. It is safe for coloured clothing as well as whites however I added a generous amount of undissolved oxygen bleach to my dish clothes and left them to soak. The oxygen bleach

bleached some of my black dish towels - the lesson I learned is that it will bleach if you are not careful.

**Soaking Laundry:** I soak my white sheets and pillowcases overnight in a solution of Oxygen Bleach. 30ml dissolved in a couple of litres of water (more if I have a lot of washing) and leave overnight and then wash as normal. I have managed to keep my bedding white in spite of the water restrictions and the longer times between washes.

**Carpet Cleaning:** I used oxygen bleach and vinegar as a solution for cleaning my carpets. I was very happy with the results. I used ¼ cup Oxygen Bleach and 1 cup vinegar to 4 litres of water.

## **Spirit Vinegar**

**Laundry:** vinegar instead of sta soft, I use washing soda and oxygen bleach as laundry soap and I've found the grey water doesn't smell when I use vinegar as sta soft.

**Dishwasher:** I use vinegar in the dishwasher as rinse aid.

General disinfectant: Vinegar is a powerful disinfect so I wipe down surfaces in the kitchen and bathroom with a 4:1 diluted vinegar water solution.

**Degreaser:** Vinegar is a pretty good degreaser so I use it in conjunction with bicarb to clean the stove top.

**Floor:** I use it in the floor mopping water.

**Windows:** Vinegar in a spray bottle and newspaper get my windows clean.

**Toilets:** I see people on the WC Water Shedders FB group suggest using vinegar to remove the smell from "mellowing" toilets I haven't tried because I use a little hydrogen peroxide and I find neutralizes any smell but it's worth knowing Vinegar might work.

**Hair conditioner:** I use very diluted vinegar as hair conditioner. A heads up, the first time I used vinegar as a conditioner I didn't dilute it and smelt like a fish and chip shop!

## **Washing Soda** (soda ash, sodium bicarbonate)

**Laundry:** Washing soda is the main ingredient in my laundry powder. I have used several recipes over the years but have settled on using 2 parts washing soda and 1 part green sunlight laundry soap. I grate the soap and leave it overnight to get a little dryer and then I mix the washing soda and grated soap and put it through my food processor to get the soap as fine as I can. I use two 30ml scoops per load (approximately 5kg).

**Dishwasher:** I also use Washing Soda in my dishwasher recipe. See in recipes

I have seen recipes that call for both washing soda and bicarbonate soda but washing soda is bicarbonate soda that has been heated which raises the ph (makes it more alkaline, more washing oomph!) so if you add bicarb to your laundry or dishwashing powder you actually decrease the washing power.

## **Bicarbonate Soda**

My 'go to' cleaning product!

**Dishes:** I use bicarb as an abrasive for cleaning pots and pans.

**Oven:** Warm the oven on the lowest heat, I wet surfaces I want to clean (the sides are self cleaning) then I put a coat of about 2 cm bicarb making sure the bicarb is damp, I use a spray bottle of water for this job. I then leave the bicarb for a few hours. I then wipe off the paste with a cloth. You might need to repeat the bicarb process again if your oven is very grimy.

**Hob:** I use a mixture of bicarb and vinegar. Sprinkle on the bicarb, spray vinegar and then wipe off. Stubborn marks might need to be left for a while.

**Bathroom:** Bicarb and vinegar cleans the bath, basin and shower.

**Toothpaste:** When push comes to shove bicarb makes a simple effective toothpaste. I don't use it as my regular toothpaste however.

**Deodorant:** I have used bicarb as a deo for years now, as is like a powder. My husband also uses it neither of us have had any problems with rashes.

**Shampoo:** Bicarb makes an effective shampoo, rub a handful into your hair then rinse out and condition with very diluted vinegar. I don't often use bicarb as shampoo because I use my homemade soap.

**Mosquito Bites:** Make a paste with water and put on mosquito bites, this removes the itching.

## **Epsom Salts**

**Bath:** In the distant past a cup or two of Epsom Salts in the bath was wonderful to relieve muscle pain. Magnesium Sulphate (Epsom Salts) is absorbed by the skin and can relieve headaches and muscle pain however we all know bathing is a no no, and I haven't worked out a way to use Epsom Salts in my very short shower.

**Garden:** I use it in the garden occasionally for my tomatoes.

I don't use a lot of Epsom Salts but I do sell a lot so there must be a use for it!

## **Recipes**

### **Automatic Dishwasher powder**

2 cups Washing Soda

1/2 Cup Oxygen Bleach

1/2 cup Borax (optional)

1/2 cup Citric Acid (I don't sell citric acid but can if there is a demand but you can buy it from baking shops)

Mix in a bowl and keep in a sealed container out of the reach of children and animals. Use 1 tablespoon per load.

Use spirit vinegar as Rinse Aid. You can also add some sunlight liquid soap for extra washing power.

### **Laundry Washing Powder**

1kg Washing Soda

500g green sunlight washing soap (bar)

Grate the soap and leave it overnight to get a little dryer and then put the washing soda and grated soap into a food processor and process to get the soap as fine as possible.

50g per load (2 30ml scoops)

### **Carpet Cleaner**

1/4 cup Oxygen Bleach

1 cup Vinegar

4l water

Dissolved the oxygen bleach in some warm water then add it to the water and vinegar mix and use.

### **Window Cleaner**

Mix equal parts spirit vinegar and water and pour into a spray bottle.

If you like a fragrance use 10 drops of lemon essential oil.

