



## All-Purpose Cleaner

SUGGESTED USES: HARD SURFACES LIKE COUNTERTOPS AND KITCHEN FLOORS, WINDOWS AND MIRRORS

- 2 cups white distilled vinegar
- 2 cups water
- 20-30 or more drops essential oil (optional)

*Tip:*  
Warming in microwave until barely hot will boost cleaning power for tough jobs. Only microwave in a glass container.



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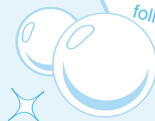


## Creamy Soft Scrub

SUGGESTED USES: KITCHEN COUNTERS, STOVES, BATHROOM SINKS, ETC.

- 2 cups baking soda
- 1/2 cup liquid castile soap
- 4 teaspoons vegetable glycerin (preservative)
- 5 or more drops essential oil (optional—try tea tree, rosemary or lavender)
- Mix together and store in a sealed glass jar; shelf life of 2 years.

*Tip:*  
For exceptionally tough jobs, spray with vinegar first—full strength or diluted. Let sit and follow with scrub.



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## Drain Opener

- 1/2 cup baking soda
- 1/2 cup vinegar

Pour baking soda down the drain and follow with vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water.

*Tip:*  
Prevent your shower from clogging by using a drain trap to catch hair.



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## Furniture Polish

- 1/4 cup olive oil
- 1/4 cup white distilled vinegar
- 20-30 drops lemon essential oil or
- 2 teaspoons lemon juice (optional)

Shake well before using

Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places.

**Tip:**  
To remove water spots, rub well with non-gel toothpaste and wipe away with soft cloth. To remove scratches, use 1 part lemon juice and 1 part olive oil; rub with soft cloth.

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## Laundry Detergent

- 1 cup soap flakes
- 1/2 cup washing soda
- 1/2 cup borax

Soap flakes can be made by grating your favorite pure vegetable soap with a cheese grater. Mix ingredients together and store in a glass container. Use 1 tablespoon per load (2 for heavily soiled laundry), wash in warm or cold water. **For soft water:** Use 1 cup soap flakes, 1/4 cup washing soda and 1/2 cup borax. **For hard water:** Use 1 cup soap flakes, 1 cup washing soda and 1 cup borax.

(Note: Borax should not be ingested.)

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**Tip:**  
Add 1/2 cup white distilled vinegar to rinse as a fabric softener.

**Tip:**  
For whites, use hydrogen peroxide instead of bleach. Soak your clothes for 30 minutes in the washer with 1/2 cup 20% peroxide, then launder as usual.



## Toilet Bowl Cleaner

### Option 1

Sprinkle toilet bowl with baking soda, drizzle with white distilled vinegar, let soak for at least 30 minutes and scrub with toilet brush.

### Option 2

Add 1/4 cup borax to toilet bowl and let sit for at least 30 minutes. Swish with a toilet brush and then scrub. A few drops of pine oil can be added for increased disinfecting.

(Note: Some people are allergic to pine oil.)

**Tip:**  
Let ingredients soak overnight to make for easy scrubbing, especially on persistent stains like toilet bowl rings.

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