



## **Introduction**

George Hughes has been serving the public providing generous tips, ideas and listing proven methods to save money, time, and energy in every aspect of your life from cleaning the house, office and everywhere else in between. Bringing the most up to date information together, he is proud to present the crucial information together in this ebook form of 'Resourceful & Ingenious Uses of Baking Soda' for your review and continued use.

Here you will find step-by-step advice for using baking soda in every room of your home for a great clean that deodorizes at the same time. You will find that there are so many tips and ideas for your to use in cleaning your home, that you will be able to save dollars, yes count them, dollars, each week in your house cleaning chores. There are even time saving tips that you can implement that will help you promote a clean home that you can be proud of while fighting the endless battle against dirt, grease, grime and smells.

Reaching in the cupboard, for your box of baking soda, is the first step to a natural fresh clean in your home. The second step, to get you on your way to a deep clean, is reading through this book to get you started on your many uses of baking soda! Don't forget to print this book off and keep it handy in your kitchen so you can refer back to it often when new cleaning challenges arise in your home.

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## **What is Baking Soda?**

You may have heard and read many names for 3 different compounds. The names are very similar but the three must never be confused. Here are some popular names that are around:

### **The following are names for Baking Soda (NaHCO<sub>3</sub>):**

Baking soda

Sodium bicarbonate

Bicarbonate of Soda

Sodium bicarb

Bicarb

All references in this book are for the above compound (Baking Soda)

### **The following are names for Sodium Carbonate (Na<sub>2</sub>CO<sub>3</sub>):**

Washing soda

Soda ash

Soda crystals

The third compound that I need to mention is Baking Powder:

Baking Powder is chemical leavener that combines an acid with Baking Soda (NaHCO<sub>3</sub>). The acid varies depending on country and product that you are purchasing.

As mentioned earlier it is very important that you do not confuse these 3 compounds when reading the tips in this book

Baking soda is found in its natural forms in mineral deposits found throughout the world.

Sodium bicarbonate is actually a naturally occurring 'substance' that you can find affecting all living creatures and things by maintaining the pH balance and the carbon dioxide through out the world. The use of baking soda, or sodium bicarbonate, was not founded until the late 1840's after the first deposits of sodium bicarbonate had been discovered.

Baking soda is a natural cleaner, used with a variety of other natural substances baking soda can be made to scour, clean, deodorize and to gently lift dirt from a variety of fabrics and materials while deodorizing at the same time. Baking soda is a great cleaning solution because it acts as a neutralizer for many substances that cause smells and stains.

The first uses of baking soda continue to be used today in the manufacturing industries for making glass and the creation and production of other chemicals. Baking soda is often a main ingredient in scouring powders and powerful cleaning agents.

## **A Little About Baking Soda**

Baking soda is a very versatile natural substance that can be seen used throughout history and was first recognized by bakers to make breads. Baking soda trapped carbon dioxide in the ingredients of the bread causing it to rise. Bakers have used sodium bicarbonate, baking soda, through out our history to make cakes, breads and to bake other types of dough that rise. The use of baking soda in baking continues today.

One of the first processes for actually making baking soda is called the Leblanc process but this is no longer used. For nearly 150 years, baking soda has been sold throughout the world, the continued use of baking soda has grown from baking to include many cleaning and deodorizing uses through out the home as well.

In 1930's the largest deposit of baking soda was found in a Federal Reserve area in Wyoming. This large mineral deposit is actually called trona. From this deposit of trona, you will find that washing ash and baking soda are then created. The United States is one of the largest producers of baking soda still today.

Baking soda is a naturally occurring substance, using it for your everyday cleaning, baking and deodorizing will not harm your environment.

## **Why Use Baking Soda in Your Home?**

There are many reasons to use baking soda in your home, but the number one reason is because this is a natural substance that will not harm you, your family or the environment because it is not a chemical compound that affects nature. Baking soda is actually a compound that is found throughout nature, in the ocean, in the soil, in our foods, and in our bodies. Baking soda is a neutralizer of many other compounds, which is helpful in our daily living.

### **Is Baking Soda Safe?**

Baking soda is a safe product that you can even eat. Baking soda is used in a huge variety of foods that we eat everyday. You could even take a teaspoon of baking soda and eat it if you like. While eating this teaspoon of baking soda right from the box might not agree with your taste buds, it is not going to cause your body any harm whatsoever.

But the point of this book is about – if you can eat baking soda everyday in the foods you have on your plate at dinner tonight, and you can use baking soda to clean your dishes, wash your hair, do your laundry and get rid of nasty odors in your home – shouldn't you be taking a second look at increasing your usage of baking soda in your home because it is this good?

### **The Price of Baking Soda**

Not only is baking soda good for cooking and great for cleaning – it is also one of the most inexpensive substances that you can buy to use in your home. A box of baking soda, the one-pound size, usually costs less than seventy-five cents! This is quite a cheap product that you can use throughout your home. If you search a little further to warehouses and discount stores you may even find five pound and ten pound containers of baking soda for just a dollar.

### **Recycling Baking Soda**

One thing you should keep in mind when you are using baking soda throughout your home is that you can recycle your baking soda. Baking soda that you use in your fridge or in your freezer or in your cupboards to absorb odors can be used to clean your counters, floors and your laundry after you have replaced them with fresh ones!

I wouldn't recommend using the baking soda that you used in the fridge or the freezer or anywhere that you were deodorizing for baking though, because you could be left with a taste that just is not the taste you might have been expecting!

Baking soda is inexpensive and cheap. Broadening your use of baking soda, not only for baking but also in cleaning and for your own personal hygiene can help you save a lot of money in your household grocery and cleaning bills.

If you were to buy a box of baking soda to clean your counters, faucets, the stove and the floor, you would be cutting out buying chemicals that you use to do these same tasks at just a fraction of the cost. Try using baking soda for just one week in your home and you will find that you will never go back to stinky and expensive chemicals again!

## **Baking Soda for Your Body**

In your search for organic and frugal methods of cleaning your body, getting rid of nasty rashes or just when you need a little extra care for you personal use, you can find many uses for baking soda here that will meet this need You will find tips here that help you with your hair, your skin, as a deodorant, for your hands, for your breath, for your teeth and for your ears and down to your feet. Explore the many uses of baking soda for a healthier you!

► Do you want to save a little money but still make healthy drinks for your family? You can make this sports drink that will quench their thirst. Boil a quart of water, add one tablespoons of salt, one teaspoon of baking soda, five teaspoons of sugar, and one package of sugar free kool aid or similar type children's drink. Mix this together, pour into a container, and refrigerate until cool. You can put this in a sports bottle just like any other sports drink you would buy at the store but it costs so much less!

► Do you have an itchy rash from an insect bite that is itching like crazy? Get relief from an itchy bug bite by mixing baking soda and water into a thick paste. Spread this over the itchy area and let it sit for a few minutes. The baking soda will provide you fast relief from itchy bug bites.

► If you are having an allergic reaction to foods or a medication you can get relief from the hives. Using two cups of baking soda in your cool bath, and then rubbing additional baking soda over your body where the hives are affecting you, will bring you relief fast. This is not a cure for your allergic reaction, only a relief while your allergy medication is taking effect so that you can get relief from the hives.

► If you are too hot from a day out in the sun, taking a cool bath with two cups of baking soda in the water will cool your body down.

► Children with fevers benefit from a cool bath with the use of baking soda as well. Sometimes the use of medication takes a little while to take effect, when you need to bring a high fever down fast the use of cool (not cold) water and baking soda in the water brings a child's temperature down quickly.

► Do you or your children suffer from acne? You can get relief from acne by using a baking soda and water paste applied to the pimple area and letting it dry out for about ten to fifteen minutes. This is a mild facial scrub that you will want to rinse away without actually scrubbing and irritating your face.

- ▶ Do you have razor burn on your legs or on your face? You can get fast relief from razor burn by dabbing on a thin baking soda and water paste to the affected area.
  
- ▶ Does your face need a deep cleansing after cooking with oils or sweating a lot? Give yourself a refreshing facial by making a thin paste of water and baking soda and rinsing your face with this mixture.
  
- ▶ Does your hair feels lumpy and waxy? You can give your hair a quick pick me up removing buildup from shampoos by mixing two tablespoons of baking soda in one teaspoon of your shampoo and wash as usual. You will find your hair will be lighter and less greasy!
  
- ▶ Do your combs and brushes look like you have been using them in the dirt instead of your hair? You can clean out your brushes and combs by boiling a pan of water, adding a cup of baking soda and boiling your brush or comb for about ten minutes. Rinsing in hot tap water will leave your brushes and combs looking clean. Don't forget to only leave your items boil for a few minutes because you could melt them!
  
- ▶ If you shave your arm pits, you can sprinkle a little baking soda under your arms for fast relief from razor burn, and this will act as a deodorant as well.
  
- ▶ You can use baking soda as moisture absorbent. Using a little baking powder sprinkle on your thighs and between your thighs act as an absorber in the hot summer months leaving you feel fresh and clean.
  
- ▶ You can keep your hands soft by using a little baking soda in your water when you are doing dishes. Baking soda will keep your hands soft no matter how many dishes you have to wash!
  
- ▶ If you want to get rid of calluses you can use a thick paste of baking soda and water to create a paste that you can rub on your hands or on your elbows leaving you with softer skin.
  
- ▶ Have you been creative with markers or paints lately and you have colors all over your skin? You can remove marker or paint stains from your hands by taking baking soda and washing your hands to make a paste in your hands to 'wash off' these colors.
  
- ▶ You can freshen your breath daily by using one half teaspoon of baking soda and water to gargle. This helps control the balance of germs in your mouth leaving you with fresh breath.
  
- ▶ You can soothe bee stings and mosquito bites by applying a little paste of baking soda and water to the bite.

- ▶ If you have recently been eating onions or peppers you can put one eighth of a teaspoon of baking soda in your mouth and wash it around with a little water to neutralize this smell and taste.
  
- ▶ Keep your teeth white by dipping your wet toothbrush in baking soda and then continue brushing as you normally would. Rinse with a baking soda and water mixture to a final clean that leaves you confident.
  
- ▶ If you like using fluoride in your toothpaste you can mix your toothpaste with baking soda in a sealed container that you can use everyday for stronger toothpaste that will leave your teeth whiter and fresher.
  
- ▶ You can make your own toothpaste by using two tablespoons of baking soda and one tablespoon of peroxide. Brushing with this mixture you will cut germs; grime and you will leave your mouth fresh and deodorized all at the same time.
  
- ▶ You can soak your toothbrushes in a thin baking soda and water paste to kill germs from colds and cold sores.
  
- ▶ If you have a cold sore you can get some relief with baking soda. Wet the baking soda with just a drop of water to make a paste, apply to your cold sore (as you would acne) leave it on for up to ten minutes and rinse away. Do not scrub away as this could irritate your skin even more. You will find that the baking soda not only soothes the discomfort but speeds the healing.
  
- ▶ You can scrub your dentures clean by using a baking soda and water paste with your toothbrush. You can also clean your dentures by soaking them in a thin baking soda and water mixture overnight and then rinse clean with hot water.
  
- ▶ You can clear up a stuffy nose when you use baking soda in your vaporizer. Using baking soda in your vaporizer will also deodorize smells in your home.
  
- ▶ You can keep your retainers clean and bright by soaking them in baking soda and water overnight. This also helps prevent germs from growing
  
- ▶ Mixing a half cup of baking soda in with your baby's bath will help keep diaper rash under control by neutralizing the skin and your baby will be happier because they won't be irritated by the feel of the diaper rash.

- ▶ If you suffer from tired feet, from being on your feet all day, soak your feet in a tub of hot water and one cup of baking soda. This is a great relaxing soak that will also prevent foot odor and it will soften your feet at the same time!
  
- ▶ If you suffer from foot odors or itchy feet when your feet sweat in the hot summer months, you can sprinkle your feet with a little baking soda before putting your socks on for the day for a fast relief that will last all day long.
  
- ▶ You can sprinkle a little baking soda all over your body for a fresh clean all day!
  
- ▶ Sprinkle a little baking soda on foods that make you feel gassy and bloated for a great meal that you can enjoy without the lasting gassy effects afterwards.
  
- ▶ If you want to freshen your breath while cleaning your teeth, grabbing a piece of gum, wetting it with a little water, and dipping it in baking soda and then chewing on it will clean your teeth and freshen your breath when you are on the go! If you like this taste and if you like fresh breathe you can keep a little baggie of baking soda in your car or purse for when you are 'on the go' and forgot to brush your teeth!
  
- ▶ If you have been outside on a windy day and your skin is burning, make a thin mixture of one half cup of baking soda and a cup of water. Add more water if you like, and splash this mixture on your wind burnt skin for fast relief.
  
- ▶ If your hands smell from onions or from other strong smells when you are cooking, you can grab a little baking soda and wash your hands with baking soda and water to get the smell gone from your skin fast.
  
- ▶ If you have bad heartburn you can get fast relief by drinking a glass of water with a teaspoon of baking soda mixed in. This is also a great mix for when your stomach is upset from eating a little too much grease.
  
- ▶ For fresh breath without the cost of buying mouthwash, you can mix two teaspoons of baking soda in a half glass of water. Swish this around in your mouth and gargle for a great clean and fresh breath you can count on.
  
- ▶ If you have a rash from too much heat or from materials that are rubbing against your skin you can get quick relief by making a paste of baking soda and water and applying this on your skin for a minute and then rinsing away. The baking soda soothes the skin while promoting healing at the same time.

## **Baking Soda in Your Kitchen**

You will find that there are many uses for baking soda in your kitchen that help you keep your home clean, freshen your home and that will even aid in making a great dish even better. Using baking soda in your kitchen is one of the easiest and cost effective cleaners that you will come across. You will find tips and ideas here for using baking soda to clean your counters, get rid of smells, to help with your dishwasher or the garbage disposal, and to freshen your fridge or your microwave at the same time! Baking soda also will help brighten your silver, your dishes, and it will keep rust away. You can use baking soda to clean your pots and pans as well as your floors and walls! Let's learn a little more about using baking soda for you use in the kitchen.

- ▶ The most common use for baking soda (besides baking) is the use of keeping an open box in your refrigerator, in your cupboards and on top of your cupboards so that the baking soda can absorb unpleasant odors. You will find that changing your boxes of baking soda every three to six months will promote freshness year round.
  
- ▶ You can sprinkle baking soda in the bottoms of your garbage cans and in the bottoms of garbage bags to keep your garbage smells from invading your home.
  
- ▶ You can clean your counters making a very thin paste of baking soda and water. Be sure that you are not using baking soda on a counter that easily scratches. You can make a thicker paste for stubborn stains on your counters and rubbing them off with your dishcloth.
  
- ▶ Do you have stains from papers lying on your counters that have gotten wet? Using a baking soda paste you can wash this stain right off.
  
- ▶ If you have coffee or tea stains on your counter, using a thin paste of baking soda and water the stain will lift right off and then simply rinse away.
  
- ▶ Does your wood cutting board or counters smell like onions or garlic? Using a thick paste of baking soda and water, you can scrub this smell right out.
  
- ▶ You can clean the outside of your toaster using baking soda as a scouring powder that will leave your chrome shiny and streak free. You can make a paste of water and baking soda and then rinse with a clean wet rag, or you can make a paste of creamy peanut butter and baking soda to scrub your toaster, and then rinse off with a wet rag for a great shine.
  
- ▶ To clean stains and foods from your blender or food processor use a cup of baking soda and a cup of water then turn on this kitchen appliance. The baking soda will cut through

grease or dirt in your processor in no time at all. Simply rinsing with hot water will leave your appliance spot free.

- ▶ Do your containers or bread box smell a little stale or moldy? You can wipe out your container with baking soda and water for a great smell and clean you will notice.
- ▶ You can remove coffee or tea stains from your pots and pans by sprinkling a little baking soda on the wet cloth or sponge that you are cleaning with. Do not use this method on non-stick pans or you could harm the finish of your pan.
- ▶ Here's a great tip – sprinkle a little baking soda inside your rubber gloves each time you are finished using them. This helps you slide them on easily and it will keep them from getting smelly when your hands sweat.
- ▶ Wiping out your microwave with a water and baking soda paste will get stubborn stains out while deodorizing at the same time.
- ▶ Do you only use your steel wool scrubbing pads once in a while, and find that they rust away faster than you use them? You can keep your steel wool from getting rusty by storing your wet steel wool in a container with baking soda between uses.
- ▶ Adding a half-cup of baking soda to your hot sudsy water when you are washing dishes will help remove greasy messes from your plates, pots and pans.
- ▶ If you have stains in your glasses or in your coffee cups you can get these out fast by making a thick paste of baking soda and water, rubbing with your dish cloth and then rinsing clean.
- ▶ Do you have scuffmarks on your tile, linoleum or on your concrete floors? You can get black scuffmarks off your flooring by using a thin paste of baking soda and water with a soft cloth. The thicker you make your paste, the more scrubbing power you will have, if you have an easily scratched floor use less baking soda in your paste.
- ▶ To keep your dishcloth or your dish sponges smelling great and clean, sprinkle them with baking soda after you are finished washing the dishes. Sometimes dishcloths can get a little sour between your washes and using baking soda will cut down on the smell.
- ▶ If you have a stove fire when you are cooking, you can sprinkle on baking soda to put out a fire. You can do this in the oven as well, if you are careful not to stick your hand too far in the fire and get burnt yourself.

- ▶ Do you have a new stainless steel sink that you want to keep scratch free? You can add a half a cup of baking soda to one cup of club soda and clean your sinks for a great clean that will not scratch your stainless steel finish.
  
- ▶ Cut hard water stains around your faucet by putting a little baking soda on the area, and wiping it clean with full strength vinegar on a cloth.
  
- ▶ A recipe that you can use to clean your kitchen and your bathroom drains is this: take one cup of baking soda, one cup of vinegar, and then pour this mixture down the drain to neutralize and deodorize at the same time. This also helps cut grease in your drains while you are deodorizing.
  
- ▶ You can also clean your drains using baking soda and salt. Using one half cup of baking soda and one half cup of salt, pour this down your drain. Then using boiling water, pour two cups of water down each drain that you have put the baking soda and salt mixture into. This will fizz a little but this is the baking soda at work on tough grease.
  
- ▶ To get grease marks off of your floor in front of your stove, sprinkle a little baking soda over the area, and mop as usual. The baking soda will cut through the grease while your mop water will clean up any excess baking soda without scratching the floor.
  
- ▶ To clean your garbage disposal without chemicals, you can make a mixture of one half cup of baking soda and one cup of vinegar. Pouring this mixture into the garbage disposal and letting it sit until the next time you have to turn the disposal on will deodorize while it cleans.
  
- ▶ Cleaning off hard water or rust stains in your sink, on your stove, or in your dishwasher is easiest using a half-cup of baking soda, and a bit of toothpaste. Using enough toothpaste to make a paste with the baking soda, use a clean cloth in a rubbing motion to get all sorts of stubborn stains off your most precious appliances.
  
- ▶ You can get burnt foods out of your pans easily by sprinkling them with baking soda and adding hot water for about an hour. The burnt on foods will loosen and the any odor will disappear in no time at all.
  
- ▶ You can clean your plastic containers using a thick paste of baking soda and vinegar, which helps deodorize, while it takes out crusty foods fast.

- ▶ Making a thick paste of three tablespoons of baking soda and one tablespoon of water works great for polishing silverware, especially between the lines and in little decorative areas of your silverware.
  
- ▶ Once a week you can add a half-cup of baking soda to your coffee maker to keep your coffee maker (or the new tea makers!) clean and odor free.
  
- ▶ Do your coffee pots have stubborn stains on it? Making a thick paste of baking soda and water, with a couple of drops of vinegar, you can wipe this mixture on, let it dry and then rinse off for a great sparkle that will look good as new.
  
- ▶ If you have a gas stove, sometimes you will find that gravies, soups or other liquids might drip down on the burners and clog portions of your burners. You can clean these easily by boiling a pan of water, adding a cup of baking soda and inserting the burner for just a few minutes. Let this air dry and you will notice – no more clog!
  
- ▶ You can clean your cooking ware by making a baking soda paste (thick) and rubbing it with a soft cloth to rid stains and colorings from foods. This works great if you have a cooking ware teapot or bake ware set as well.
- ▶ You can get rid of rust stains on your stove or in certain types of metal pots by mixing a thick paste of baking soda and lemon juice. Rubbing this on the rusted area and rinsing with hot water will take the rust stain right out.
  
- ▶ Do you have a smell in your refrigerator that just won't go away with the box of baking soda that you keep in your fridge? Try cleaning out the entire interior of the refrigerator. Wiping down the interior with a gallon of hot water with two cups of baking soda will rid your refrigerator of smells that are stubborn.
  
- ▶ Do you have little streaks down the back of your refrigerator that you think might never come out? Using a paste of one cup of baking soda, one half cup of vinegar and two tablespoons of salt, use this paste to gently rub on the stain and watch it disappear!
  
- ▶ To keep your crisper a little fresher smelling, sprinkle a little baking soda on the bottom of your drawers and then cover this with a paper towel. The baking soda will absorb the smells of all types of fruits or meats you keep in these drawers.
  
- ▶ Lifting up the top of your stove, you will most likely find a mess after a few weeks of cooking. Wet this area with a wring of your dish cloth and sprinkle baking soda over the entire area. Let this sit about half an hour and then wipe up the mess fast!

- ▶ If you have a cast iron pan, you can get rust spots out with a thick paste of vinegar and baking soda. Scrub with your dishcloth and then rinse with hot soapy water.
  
- ▶ For a great clean on your barbeque, use a thick paste of vinegar and baking soda with a scrub brush to loosen grease, dirt and grime on the interior and the exterior of your grill!
  
- ▶ Clean out your dishwasher using a gallon of hot water, a cup of baking soda and a cup of vinegar, which will break down all hard water stains, and this mixture will get rid of any sour smells in your dishwasher at the same time!
  
- ▶ To clean up a greasy stove or any greasy area, use one teaspoon of baking soda with a teaspoon of dish soap with a quart of hot water. Rubbing over the greasy area the baking soda will break up the grease fast.
  
- ▶ To clean out your oven, make a paste of baking soda and vinegar for a fast acting powerful cleaner that tackles the worst baked on stains. A less powerful way of cleaning is by using baking soda and a steel wool for a daily or weekly clean that will shorten your deep cleaning times.
  
- ▶ Remove soap scum in your kitchen, in the bath or in your washing machine by using a mixture of vinegar and baking soda. Apply with a cloth to break down soap scum fast.
  
- ▶ To clean out your fryer, use a paper towel to absorb as much oil as you can, then sprinkle in the baking soda to absorb even more oil and wipe clean with another paper towel. Using a vinegar dampened towel you will cut through any remaining grease in your fryer. Rinse with hot soapy water for the finish and dry before filling with oil again.
  
- ▶ Clean your cutting boards fast from smells and stains by making a thick paste of vinegar and baking soda. Applying this paste and letting it sit for about ten to fifteen minutes will deodorize and clean at the same time.

## **Cooking with Baking Soda**

Here are a few quick ideas using baking soda in your home for better cooking! Looking through your cookbooks you will also find a wide range of places that baking soda is used for great recipes that you can add to other recipes as well.

- ▶ You can loosen any hairs or feathers left behind on your chicken by rubbing it with baking soda. Rubbing with baking soda also helps to tenderize the meat before cooking. Simply rubbing on the baking soda and then rinsing will give you a great tender chicken.
  
- ▶ If you are canning fresh wild game, such as turkey or venison you can add a pinch of baking soda to each jar before sealing to rid the meat of its wild game taste.
  
- ▶ When you are gutting a deer, sprinkling in a little baking soda into the empty deer belly will help absorb nasty odors until you get the deer home and ready for processing.
  
- ▶ If you have an ulcer but still love to drink coffee, you can add a teaspoon of baking soda per cup of coffee to neutralize the acid so that the coffee won't harm your stomach.
- ▶ Do you like the taste of crispy pork chops or crispy skinned chicken? Rubbing a little bit of baking soda on the fat of a pork chop or on the skin of a chicken before baking will make it crispier. When baking soda makes the skin crispy it also helps keep moisture in the chicken for a great taste.
  
- ▶ Do you have a hard time digesting greasy foods? If you add a teaspoon of baking soda to your pan while frying this cuts the grease that is absorbed into the foods. If you have indigestion from eating greasy foods, mixing one teaspoon of baking soda into a full glass of water and then drinking it will help you get rid of indigestion.
  
- ▶ To wash away chemicals and pesticides that are found on your fresh fruits and vegetables, wash them in a sink of cool water and a cup of baking soda. The baking soda will help loosen and chemicals still on your fruits and vegetables.
  
- ▶ If you are heading out for a picnic and you are bringing the baked beans, add two tablespoons of baking soda and you will cut down on the gas for all who eat them!
  
- ▶ Adding two tablespoons of baking soda to a quart of water when you are boiling cauliflower or corn will keep your vegetables white and crisp.
  
- ▶ If you are canning tomato sauce, salsa or if you are canning whole tomatoes you can add two tablespoons of baking soda for every quart of sauce to neutralize some of the acid in the

tomatoes. This will cut back on the time that you have to boil / pressure cook tomatoes by fifteen minutes.

▶ When you are cooking cabbage and you really want tender cabbage you can add three tablespoons of baking soda per gallon of water to soften your cabbage faster. Adding baking soda to your water when cooking cabbage also helps remove some of the gasses from cabbage for great eating without the after effects.

▶ If you have hard water and can't stand the taste, add a teaspoon of baking soda per gallon of water for great tasting water that the whole family will enjoy.

▶ Washing vegetables in a sink of water with a half-cup of baking soda will remove all loose dirt fast.

▶ If you like fluffy scrambled eggs but you have run out of milk, try adding a teaspoon or two of baking soda to your eggs. If you are using more than four eggs you will need two teaspoon of baking soda. The baking soda will not affect the taste of your eggs and if you are adding vegetables, meats or cheeses to your eggs you will still have fluffy scrambled eggs!

▶ If you are baking and need a little baking powder but all you have is baking soda you can make your own by using one teaspoon of cream of tartar and one teaspoon of baking soda along with one teaspoon of cornstarch – this saves you a trip to the store when you are busy baking!

## **Cleaning with Baking Soda in Your Home**

Throughout your home you may be faced with stains, clogs, and other numerous tasks in cleaning, but using baking soda in your weekly cleaning, you will find your home more manageable and fresh smelling as well. Here we are going to talk a little more in detail about how you can use baking soda to clean all through your home.

- ▶ Get rid of heavy dirt and grease around your home by using a damp cloth sprinkled with baking soda. Baking soda will cut through the grease leaving your home clean and fresh smelling.
  
- ▶ If you are searching for a quick air freshener that costs just pennies to use try this: mixing one cup of baking soda and three drops of your favorite oil scent – put this in a bowl placed on a shelf in a vase on a bookcase, your room will have a fresh scent you really like!
  
- ▶ Make a thick paste of baking soda and vinegar to clean out your bath tub from grease, body oils and soap scum.
  
- ▶ Use a thick paste of baking soda and vinegar to clean out your spa or whirlpool where rings around the ‘tub’ often builds up.
  
- ▶ If you really like your cedar chest for storage, but hate the smell of your personal items when they are stored in the cedar chest try this: sprinkle a little baking soda on the bottom of your cedar chest and then simply place papers over the baking soda so that it doesn’t get on your personal items. The baking soda will absorb the smell. You could even just keep a box of baking soda in the cedar chest to cut the smells with out the mess.
  
- ▶ To clean your jewelry; use a paste of baking soda and peroxide to rinse dirt off in no time at all. You can soak your jewelry overnight in a mixture of vinegar and water for a great shine with no extra effort.
  
- ▶ To clean out your baby bottles, getting rid of sour smells, soak them overnight with water and a few tablespoons of baking soda in each.
  
- ▶ You can make quick sachet bags of your own by recycling nylons and putting a cup or two of baking soda in your cut off nylon. Simply tie off the end after you have filled the nylon with baking soda and you can hang it or place it any where in the house that needs a little freshening without the mess of sprinkling baking soda!

▶ If you like to reuse coffee cans for arts and crafts projects, you can sprinkle a cup of baking soda in the can, let it sit over night and then wash with hot soapy water for a great fresh clean that won't smell like coffee!

▶ Clean vinyl chairs with a cup of baking soda and one gallon of water, wiping it clean with a full strength vinegar solution will leave your vinyl chairs clean and shiny.

▶ To freshen your carpets without the work, mix up a half-cup of cornstarch, and a half-cup of baking soda. Sprinkle this over your carpets and let it sit over night. Vacuum up the next morning and you will notice all of your odors are gone!

▶ For drains in your bathroom, kitchen, in the laundry or in the basement of you home, pouring about a cup of baking soda down each before you go away on an extended trip will keep your traps and your drains fresh smelling for your return.

▶ When a battery explodes in storage or in a piece of equipment or in a toy, you can neutralize the acid by sprinkling baking soda over the exploded and exposed acid.

▶ To keep your pet smelling fresh, no matter if you have a dog or a cat, you can sprinkle baking soda all over their fur and comb it in. Any powder that does fall off will not hurt your children or your carpets so this is a great way to freshen up your pet between baths.

▶ Bathing your dog in water with three cups of baking soda will keep their skin and hair fresh and soft long after that first day after their bath.

▶ You can sprinkle a little baking soda on the blanket or the bed that your pet lays on most to keep odors under control day after day.

▶ You can sprinkle a little baking soda in the bottom of the litter box to keep the litter box fresher longer between changing the litter. Sprinkle baking soda also on any mats that the litter try may sit on for long lasting smell control

▶ Keep your kids busy by making your own clay that they can play with! Using two cups of baking soda, one cup of cornstarch and a cup of warm water to make clay that that will keep the kids busy being creative! You can add a couple of drops of food coloring to make different colors of clay for their enjoyment as well.

▶ To keep your beach bags and summer bags fresh and clean, sprinkle baking soda in the bags after each use to soak up any excess moisture left behind from your time out swimming.

- ▶ If you have a book that got a little wet sitting on your counters, you can dry it right up by sprinkling a bit of baking soda over the wet pages. Flipping through the pages will dust the baking soda off of the pages easily.
  
- ▶ If you have an indoor pool, you can clean around the pool using a mixture of baking soda and water to clean walkways so that moisture will not turn to mold and mildew.
  
- ▶ If your pet was out in the rain, you can dry them quickly and neutralize that wet dog smell by sprinkling your dog with baking soda, and working the baking soda in to their hair with a brush or a comb.
  
- ▶ You can make a paste of one cup of baking soda and a half-cup of vinegar to clean your tub and your shower doors. This paste will cut mold, mildew and soap scum while leaving a fresh clean behind.
  
- ▶ You can scrub tile and grout through out your home with an old toothbrush and a thick paste of baking soda and water. The toothbrush will help you reach into small areas while the baking soda goes to work on the dirt.
  
- ▶ You can clean out your sink using a half-cup of baking soda, a cup of vinegar and a cup of water. Wiping the inside of your sink down with this mixture with a soft cloth will leave a sparkling clean that will also freshen your drain as you rinse it down!
  
- ▶ You don't have to throw away your shower curtain when you see a little mold growing, you can now clean it using a cup of baking soda and a scrub brush. Laying the shower curtain down in the tub and scrubbing the area where the mold is starting with baking soda will loosen all the grime. Rinse with a couple of cups of vinegar to make sure all the little crevices are clean and rinse with hot tap water. Hang in your shower to dry, or you can hang on your clothesline out side to dry.
  
- ▶ Sprinkle baking soda on your mattresses before putting your sheets on your bed after flipping your mattress to get rid of any musty smells.
  
- ▶ Using a sprinkle of baking soda in your lunch box (the plastic zipper kind) will keep mold from growing and it will keep your lunch box smelling fresh all week long.
  
- ▶ You can wash your shower curtain in the washer adding a cup of baking soda and a cup of vinegar to neutralize and deodorize at the same time.

- ▶ You can make a paste (a thick paste) of baking soda and vinegar to scrub the inside of your toilet to clean while you are freshening it.
- ▶ You can clean your toilet seat and the exterior of the toilet by sprinkling a little baking soda on your soft cloth, scrubbing the porcelain, and then wiping clean with another damp rag.
- ▶ Keeping a bowl or sachet of baking soda under the sink in the kitchen or in the bathroom will keep moisture from accumulating in these small places.
- ▶ You can keep a sachet or an open box of baking powder in your linen closet in the bathroom or in the hallway to keep must and moisture from starting while freshening at the same time.
- ▶ If your attic has a musty smell because it is closed up all the time, place boxes of baking soda throughout your attic to absorb moisture and musty smells.
- ▶ You can keep your toilet smelling fresh by using a cup of baking soda in your toilets and let it sit overnight. This cuts smells while loosening dirt at the same time.
- ▶ If you smoke in the house, or if someone else smokes in your house, keep baking soda in the bottom of ashtrays to keep odors out of your home. Baking soda is also a great material to put your cigarette or cigar out in, like sand.
- ▶ To clean your fish tank; make a thick paste of baking soda and vinegar and rub with a clean cloth. The hard water stains; fish stains, and the fish smell will be gone with just a few rubs. Cutting through the fish grime is easy using this mixture.
- ▶ You can clean your windows in a flash by washing with a wet cloth and a sprinkle of baking soda. Rubbing the baking soda on the window and then rinsing off with another cloth with hot water will leave your window clean and shiny.
- ▶ You can clean your entrance mats or your outdoor carpeting by sprinkling a little baking soda on the carpeting and using a broom to scrub the area. The next time it rains the baking soda will wash away any dirt and grime.
- ▶ You can clean the tracks of your aluminum windows or the tracks of your screen door by putting a half-cup of baking soda and a cup of vinegar with two cups of water in a spray bottle. Spray the track and then wipe clean with a soft cloth for a shine.

- ▶ You can clean aluminum that is really dirty using a half-cup of lemon juice and a quarter cup of baking soda. Rubbing this mixture on your aluminum will break up any stains or deposits leaving your aluminum fixtures, doors, and windows looking great and bright. If you leave your aluminum air dry in the sun the color will be even lighter.
- ▶ You can clean your window screens using a gallon of hot water and two cups of baking soda. Sponging on this mixture will leave your screen clean and dust free.
- ▶ You can clean crayon marks off your floor with a thin baking soda and water mixture rubbing gently on the area. Wiping it clean with hot water will bring up all the marks.
- ▶ You can remove ink from on your flooring by using a mixture of baking soda and vinegar. Rubbing the ink stain gently with an old toothbrush the ink will come up.
- ▶ If you want to clean up a little accident like vomit from your carpeting, sprinkle on baking soda to bring up the odors and sprinkle on salt to bring up liquids that are in the carpet. You can vacuum this up and repeat as needed.
- ▶ You can use baking soda just as you would salt on your walkways and driveway to melt ice and snow.
- ▶ If you are getting new carpeting in your home you should sprinkle the floor with a little baking soda before and after the padding is put down to absorb any odors in your home over the years. The baking soda will not affect the lasting life of your carpeting but it will promote freshness in your home.
- ▶ You can polish your brass plated or your brass items by making a paste of two tablespoons of flour, one tablespoon of salt, one tablespoon of baking soda and enough vinegar to make a thick paste. Rub this mixture on with a soft cloth, leave it dry and then buff off for a great shine.
- ▶ To polish your silver plated items; use a thin mixture of baking soda, salt and water to buff your silver for a great shine.
- ▶ You can add a cup of baking soda to your vacuum bag for a fresh smell every time you turn on the vacuum.
- ▶ You can clean your computer keyboard or your typewriter keys using a thin paste of vinegar and baking soda. This cleans dirt and grease from your hands fast.

- ▶ If you like to use fake snow to make your trains under the Christmas tree look more realistic, you can sprinkle a little baking soda under the tree in mounds to look like snow while you are absorbing odors from the tree at the same time!
  
- ▶ If you like to add a little Christmas spirit to your home, you can sprinkle baking soda on your windowsills for a frosty look!
  
- ▶ Freshen your shoes by sprinkling baking powder on the insoles. This also helps keep moisture from your feet while deodorizing your feet at the same time.
- ▶ When you think you need a new mop or a new dust rag, you can soak your items in a bucket of quart of water, a cup of baking soda and a half-cup of salt. Soaking your mop or rags overnight brighten and freshen fast.
  
- ▶ An all purpose cleaner that you can use all through your home: using a quart of water, add four teaspoons of baking soda, half cup of vinegar and keep this in a spray bottle. You can wipe your counters, windowsills, and even floors for a clean that cuts through dirt, grime, dust and spills.
  
- ▶ To get rid of spills on your carpet, you can sprinkle on the baking soda to soak up as much of the liquid as possible. The baking soda will absorb the moisture and the odor from the spill. If you have a little stain left in the carpet, use club soda to bring it up.
  
- ▶ If you like sewing your own pillows, sprinkle a little baking soda in the filling of your pillows to keep the fresh smell of the fabric for months to come!
  
- ▶ If you like to collect coins, you can clean your coins fast and safely using a paste of vinegar and baking soda. Rubbing this paste on gently and then buffing off with a clean soft rag will get all the dirt out of the little designs.
  
- ▶ If you have a musician in your family, cleaning the flute, the clarinet or the trumpet with a little baking soda will keep moisture inside of the instrument from smelling sour.

## **Cleaning for Young Children with Baking Soda**

Using baking soda and water to clean and deodorize laundry, toys and rooms where your young child eats, sleeps and plays is a great idea. Baking soda is not harmful and it will deodorize while you are cleaning leaving all those yucky smells behind and giving you a fresh baby room or play room that you and your children can enjoy!

- ▶ If you have young children, sprinkle their mattress with baking soda before you put the sheet back on their bed. This helps cut down on smells left behind from bed wetters.
  
- ▶ Keep your children's stuffed animals smelling fresh by putting them in a pillowcase, sprinkling them with baking soda, and then shake them around a bit.
  
- ▶ To keep toy boxes clean and fresh, wipe the insides of them out about once a month with a quart of warm water mixed with a cup of baking soda and a cup of vinegar. This will cut germs while it deodorizes at the same time.
  
- ▶ You can wash down your child's crib or playpen with a mixture of one half-cup baking soda, one-quarter cup of vinegar and a quart of warm water. This cuts grease and grime from hands while deodorizing vomit and urine smells at the same time, doing all this safely without having to worry about chemicals and your child.
  
- ▶ You can easily remove those crayon marks on the walls or on the dresser with a little help from your baking soda. Making a thin paste of baking soda and water, use an old toothbrush to scrub the crayon right off the wall without having to repaint!
  
- ▶ Add a cup of baking soda to the diaper pail to keep the urine smell from invading your home. Adding a sprinkle with each diaper helps fight smells every time you open it.

## **Laundry and Baking Soda**

A task that you must tackle every week involves laundry, stains and accidents that happen when you or your children are wearing clothes. You can tackle tough laundry problems using baking soda, and you may even be able to save some clothing that you otherwise might have thought was doomed for the garbage because of the stain. Give baking soda a try in your laundry tasks and you will find that your wash will be brighter and easier to handle as well!

- ▶ If you are interested in bleaching some of your clothing you can use a cup of lemon juice and a cup of baking soda added to your laundry and then hang dry for the sun to bleach them whiter.
  
- ▶ If you want to bleach your clothes without hanging them out you can add a cup of baking soda and a cup of peroxide to your wash load for a great clean that is nice and white!
  
- ▶ To get your laundry brighter – both colors and white, adding a half-cup of baking soda per wash load will brighten your colors and your whites alike.
  
- ▶ Have you ever noticed your laundry hamper has a sour or musty smell? You can keep your hamper smelling fresh by sprinkling a little baking soda in it each time you empty the laundry out. If this hamper is in a particularly moist room, adding baking soda every other day will keep the smell away even better.
  
- ▶ You can keep your cleaning rags fresh smelling by dipping them in baking soda before you hang them up to dry.
  
- ▶ You can make your cleaning sponges look great by dipping them in a mixture of half cup of vinegar and two tablespoons of baking soda before putting them away after you are finished cleaning.
  
- ▶ You can use a baking soda and water paste to get perspiration stains out of clothes that are delicate or for colors that might bleed.
  
- ▶ Do you have sweat or perspiration stains around collars of your clothing, or under the armpits of lighter colored clothing? You can get these stains out by making a paste of vinegar and baking soda, apply this to the fabric and leave it sit over night. Launder as usual for a great clean.

- ▶ To get blood out of clothes, soak in a cool bucket of water, with a cup of vinegar and a cup of baking soda. Soaking overnight the bloodstain will come right out. Never soak in hot water as hot will set a bloodstain.
  
- ▶ If you have a bloodstain on a light colored fabric, you can rub with a paste of baking soda and water, rub gently into the stained area and then rinse with peroxide. This will lighten clothes that bleed easily.
  
- ▶ Soak vomit covered clothes in a pail of water and two cups of baking soda to get rid of the smell. To get rid of any stains add a cup of vinegar to the pail of water as well.
  
- ▶ Using a cup of baking soda with your liquid laundry detergent on baby clothes will keep them from getting rashes as often.
  
- ▶ Using a cup of baking soda with your liquid laundry detergent will keep detergent build up from getting on your clothes making them dingy.
  
- ▶ If you have been out at the bar all night and your clothes smell like smoke, soak them in a pail of water with a half cup of baking soda to get rid of this smell.
  
- ▶ When you have a pile of laundry sitting in the laundry room and you don't have to wash them sprinkle some baking soda absorb the odors so they don't stink up the house.
  
- ▶ You can rub a baking soda and vinegar paste over your cooled iron to get rid of starch on the iron, so that it won't leave stain on your clothes.
  
- ▶ You can use a tablespoon of baking soda, a teaspoon of salt and enough vinegar to make a thick paste, rub this on your curling iron to remove hairspray and gel that is baked on your curling iron.
  
- ▶ Remove scuffmarks from leather jackets, shoes or purses with a soft toothbrush and a paste made from vinegar and baking soda. The vinegar will soften your leathers while the baking soda cleans it.
  
- ▶ To remove greasy stains from your clothes; make a paste of two tablespoons of baking soda, one tablespoon of cream of tartar and a little water. Rub this on the greasy area and launder as usual to remove grease stains.
  
- ▶ Add a little baking soda to the bottom of your cup where the toothbrushes are kept to keep mold from growing and to absorb moisture

- ▶ To get ink out of your purse or off your denim, make a paste of baking soda and vinegar spread on the stained area and wash with cold water. Test this in an area not exposed when you wear it to make sure the colors won't fade first.
  
- ▶ You can sprinkle dry baking soda on suede and brush it off with a lint brush for a fresh clean that will also remove dirt gently.
  
- ▶ For really white socks use a cup of lemon juice, a cup of baking soda, liquid detergent and a cup of vinegar in your wash. Hang dry in the sun for a great bright white color.
  
- ▶ If you have scuffmarks on tennis shoes or on your nice white dress shoes, use a little baking soda and toothpaste mixture rubbed on with a very soft cloth. This will clean scuffmarks right off in a jiffy.
  
- ▶ If your tennis shoes have seen better days, make a paste of baking soda and lemon juice, rub over your white tennis shoes and let your shoes dry in the sun. Wipe down with a soft water damp cloth for a finish that is bright white.
  
- ▶ If you are trying to wash clothes that have been sprayed by a skunk try this mixture. Using a half-cup of Dawn dish liquid, a cup of baking soda, a cup of peroxide and a cup of vinegar, you will have fresh skunk free clothes in no time at all. You will be bleaching these clothes at the same time so if you are trying to get the skunk smell out of dark colors you may notice whiter areas on the fabrics.
  
- ▶ You can use the water with baking soda that you were presoaking your clothes in to wipe down the inside of your garbage in the laundry to keep it fresh and clean, pour down the toilet for a fast freshener in the bathroom and down your drains to keep them fresh.
  
- ▶ Sprinkle a little baking soda in the washer when you are going out of town for a week or longer. The baking soda will absorb all the moisture and sour smells from building in your laundry room while you are away.
  
- ▶ Use a baking soda and vinegar paste with an old toothbrush to clean under the washer and the dryer to pick up grease, dirt and lint left behind from the laundry on the floor.
  
- ▶ You can use a baking soda and vinegar paste with a scrub brush to clean soap and hard water deposits off the top of your washer where the water splashes up.

- ▶ Sprinkle a little baking soda in the lint catcher of your dryer to freshen your house while your clothes are drying.
  
- ▶ When you are finished mopping for the week, sprinkle a little baking soda in the bottom of your bucket to absorb moisture so that mold doesn't grow and to keep your buckets fresh at the same time!

## Baking Soda Uses Outside of your Home

There are a multitude of tasks that you perform outside of your home, in your car, for the children's toys, cleaning your lawn mower and so many other types of machinery as well. Using baking soda to clean outside of your home is safe and a natural clean that you won't have to worry about harming the environment. Using baking soda instead of chemicals will also cut down on the costs of cleaning that you do. You can apply many of the recipes for cleaning that you will find earlier in this book for rust, silver, and chrome and for deodorizing the items that you clean outside of you home.

▶ If you have a little crayon marks on fabrics in your car you can use a little baking soda sprinkled on the fabric and wipe it down with a damp cloth to get it off.

▶ You can clean your birdbath with a water and baking soda paste and then rinse clean with water. The baking soda will leave no harmful chemicals behind that could possibly hurt the birds while keeping your birdbath fresh and mold free.

▶ If you have paintbrushes that are hard because they are already used, you can soften them right up with a quart of hot water, a quarter cup of vinegar and a cup of baking soda. Let your paint brushes sit over night and then rinse them off for a great-restored paintbrush that is ready to be used again!

▶ Do you have a musty smell in your car after leaving the windows down or after a rainy season? You can combat odors in the car by sprinkling a little baking soda in the trunk of the car, putting a little baking soda under the mats in the car and by sprinkling a little baking soda on the seats in your car.

▶ If you have outdoor furniture you can wash them down using a gallon of hot water and a cup of baking soda. This mixture will clean while it deodorizes. Adding a cup of lemon juice to your water will also whiten the furniture even more.

▶ For stains on your floor mats rub put a little baking soda on your cloth and rub it directly on the floor mat to get stains out fast.

▶ Cleaning your shovels and gardening tools with a thick paste of vinegar and baking soda before putting them away at the end of summer will help prolong their life while preventing rust at the same time.

▶ Cleaning terracotta pots is easy using a thick paste of baking soda and vinegar, then rinsing with a hot soapy water for a great sterilized pot that is ready for the next plant!

- ▶ If you have found a little tape left on your windows, in the car or on your house, you can use a paste of baking soda and water to loosen the glue that holds the tape on.
  
- ▶ You can wipe down hammocks and trampolines on your lawn, with a baking soda and water mixture that will keep the dust down, brighten the colors, and to help you keep your outdoor 'toys' clean.
  
- ▶ You can keep ants out of your kitchen by sprinkling baking soda under your cupboards and around your kitchen where the ants seem to be getting in.
  
- ▶ If you are washing your siding, add a half-cup of baking soda to each gallon of water for a great clean that brightens your colors.
  
- ▶ If you have a greenhouse, washing down the walls with water and baking soda will keep molds and fungus from growing.
  
- ▶ If you have a rose plant that is infected with a black mold, spray it with a quart of water mixed with a cup of baking soda to prevent molds from spreading.
  
- ▶ If you have spilled oil or gas in the garage, you can sprinkle baking soda and salt over the area to absorb the spill, then you can simply sweep it up!
  
- ▶ You can clean your sidewalks of patios using a broom and a box of baking soda. Sprinkling the baking soda over the concrete, wetting it a little and scrubbing with the broom will leave your concrete walkways or patios clean.
  
- ▶ If ants like you children's sandbox, mix in a box of baking soda with the sand. A box for every fifty pounds of sand in the sand box will keep ants away.
  
- ▶ If your lawn is infected with fleas you can keep them from jumping on your pets – sprinkle baking soda through your lawn, wherever your pets will be wandering about and the fleas will leave this area. You will have to reapply new baking soda after each rain. Sprinkling a little baking soda on the cat or dog once a week also will keep fleas from making a home on your pet.
  
- ▶ Keep roaches from entering your home – sprinkle baking soda along your basement walls, around water pipes and around any source of water in your basement.

- ▶ Getting ready for a new summer season? You can clean out the children's pool getting rid of mold and mildew by using a gallon of water, a cup of baking soda and a cup of vinegar to scrub the pool.
  
- ▶ You can clean the bikes using a paste of baking soda and vinegar to get rid of the winter dust and any rust that may have been starting.
  
- ▶ After using your sprayer to water plants you can add a little baking soda to the container before putting it away to keep mildew and fungus to a minimum.
  
- ▶ Wash your sleds and toboggans with a baking soda and vinegar mixture before putting them away for the winter. The vinegar and the baking soda will work together to prepare the sled for the heat of the attic so that it does not become 'brittle' while in storage.
  
- ▶ You can clean chrome on your car using a baking soda and water thick paste. Letting this air dry and then buffing with a soft cloth will give you a great shine. You can also use this on bikes or on chrome anywhere!
  
- ▶ After bringing in your raincoat, sprinkle a little baking soda in the pockets before hanging it up. The baking soda will keep your raincoat fresh for its next use!
  
- ▶ Keep a half-cup of baking soda in the ashtray in the car to absorb smoke odors and to keep smoke odors off of you.
  
- ▶ Maintenance tip: clean your automobile battery by using a soft brush and a paste of water and baking soda to clean up any grease, grime and dirt which could affect the life of your battery in your auto.
  
- ▶ Keep a large box of baking soda in your workshop to sprinkle on if a fire should break out preventing you from losing everything.
  
- ▶ Use a gallon of hot water with three cups of baking soda to clean dead bugs off of your windows and the hood of your car. Test this mixture before using on your paint job; sometimes-custom paints or decals could scratch when using baking soda on the car.
  
- ▶ You can sprinkle baking soda around in your garden to keep rabbits from eating your lettuce or your cabbage while not harming the rabbits!
  
- ▶ Using baking soda in your garden, sprinkle on your cabbage will keep slugs or snails from destroying them.

- ▶ When you are harvesting onions or radishes, sprinkle a little baking soda on the vegetables to keep the odors from spreading through your kitchen.
  
- ▶ If you love camping, take along a box of baking soda to use when you need to wash up a few dishes after meals. Using a cup of baking soda in a gallon of water will clean up your dirty dishes fast.
  
- ▶ When you go camping you can take a box of baking soda to brush your teeth or to use as a deodorant without having to pack extra stuff.
  
- ▶ Cleaning your wood deck is simple when you sprinkle on a little baking soda, use a broom and a bucket of water to scrub off dirt and dust!
  
- ▶ If you use your camper often, put a box of baking soda in the bathroom to absorb all the bathroom odors while you are out on the road!
  
- ▶ When you bring home the fishing equipment after a trip you can sprinkle baking soda in your fishing bags, in your fishing net and over your hands to get rid of stinky fish and fish bait smells.
  
- ▶ Use a sprinkle of baking soda in the boat to absorb moisture in the bottom and to prevent mold or mildew from growing when the boat is not in use.
  
- ▶ If you have a old car outside that you are dreaming of restoring, sprinkle baking soda through out it so you can keep musty and mildew smells out of the leather or vinyl interior.
  
- ▶ If you are an avid hunter, wash your clothes with just baking soda for a great clean that will also neutralize human odors so when you are out in the woods the animals will not smell you.
  
- ▶ Brushing your boots off with baking soda will get rid of any smells of humans or other household smells when you are going out hunting.
  
- ▶ You can keep a box of baking soda in the gun cabinet to absorb moisture that could rust your guns or knives.
  
- ▶ You can dip your fishing lures in baking soda before using them to keep your human smell off of lures so that the fish will be attracted to your lure.

► Keep a box of baking soda with you when you are camping to put out camp fires in the woods safely.