



Environmentally Safe Cleaning

Have you ever been overwhelmed by the smell of cleaning chemicals in your own home? You may want to avoid these household toxins, especially if you have small children or have experienced allergic reactions to the chemicals.

Listed below are a number of safe, non-toxic cleaners and their variety of uses:

- 1 BAKING SODA cleans, deodorizes, scours, polishes, removes stains, and softens fabrics. Use it on plastic, vinyl, carpeting, and upholstery; on silver and stainless steel; inside the refrigerator; and, down drains.

To clean sinks and tubs, use a non-scratch scrub pad and a paste of baking soda and water - or baking soda, washing soda and water. (For a first-time cleaning or when there's a lot of grime or scum build-up, you may use the non-toxic commercial product Bon Ami, and then switch to baking soda for subsequent cleanings.)

- 2 VINEGAR removes mildew, stains and wax build-up. Use it to clean coffeepots, glass, grout, windows, and fireplaces. Wash glass with a solution of three parts water to one part vinegar. Or, use a tiny amount of rubbing alcohol to clean bathroom mirrors - they won't fog up when you take a hot shower.
- 3 PURE SOAP cleans everything from dishes to cars.
- 4 BORAX deodorizes, removes stains, and cleans wallpaper, painted walls and floors.
- 5 For a natural, un-perfumey air freshener:
 - A Simmer a pot of water with cloves or lemon juice on the stove.
 - B Use a spritzer bottle to spray lemon juice and water.