

Cleaning and Polishing the Kitchen Floor

Recipe:

- **1 cup of water**
- **Three (3) drops of vinegar**
- **Three (3) drops of baby oil**

Equipment:

- **Bucket**
- **Sponge or mop**
- **Used towel or cloth rag**



- Step 1. Mix the water, vinegar and baby oil in the container.**
- Step 2. Soak up some mixture with the sponge.**
- Step 3. Rub the sponge on the floor or onto the linoleum squares.**
- Step 4. Wipe off the dirty liquid and squeeze out the sponge (or mop) in a container for dirty water.**
- Step 5. Dry with a towel.**

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But it does not require an army to solve this dilemma. Just one person making a few small changes in their daily activities can have a profound impact on our environment. You can actually PREVENT pollution. Pollution prevention is an action taken to prevent pollution, at the source. These recipes will help you to prevent pollution by using less toxic materials in your home.

How it works: The vinegar takes off greasy dirt, and the baby oil protects the plastic from drying and scratching. The oil also makes the plastic shine.

Replaces:

Linoleum floor cleaner and wax. Some of these floor cleaners contain diethylene glycol, a chemical which can be toxic to water organisms and which is able to catch on fire. Some contain ammonia which is reactive.

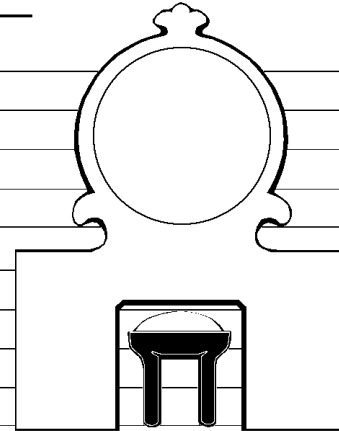
Cleaning Glass Surfaces

Recipe:

- **1/2 spoonful of corn starch**
- **A few drops of vinegar**
- **1 cup of water**
- **Sheets of newspaper**

Equipment:

- **Container for mixture**
- **Rags**
- **Spoon**



- Step 1. Mix in the container the cornstarch, vinegar and water. Stir it well.**
- Step 2. Take a rag and dip it in the mixture. Rub the rag onto the glass, wiping across the glass in one direction (like top to bottom) a few times. Dry with a clean rag.**
- Step 3. Take a handful of newspaper and rub in one direction across the glass. This will remove any streaks or lint.**

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How it works: The newspaper leaves glass dust-free and creates a dirt-resistant film

Replaces:

Glass cleaner. Many glass cleaners contain ammonia which can irritate breathing tubes and eyes. Almost all glass cleaners are applied by spray pumps, and droplets from spray can be breathed.

Cleaning and Polishing Leather

Recipe:

- **1/2 cup of water**
- **A few drops of vegetable oil soap**

Equipment:

- **Container for mixture**
- **Rags**
- **Cup for measuring**



Step 1. Mix the soap into a container with the water

Step 2. Take a cloth, dip it in the mixture and rub onto leather

Step 3. Take another cloth and wipe over the leather to remove the dirty soapy water from the leather

Step 4. Add a few drops of vegetable soap and rub it right into the leather

Step 5. Now the leather is clean and polished

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How it works: The soap both cleans, softens and shines leather

Replaces:

Leather polish. Some leather polishes contain ingredients which are very bad to breathe, may be flammable, and might contain a chemical which could cause cancer.

Insecticidal Oil to Kill Insect Pests

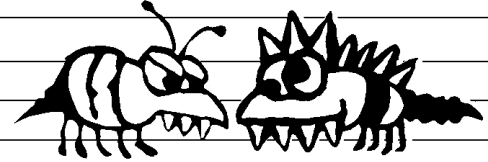
Recipe:

- **One (1) gallon of distilled water**
- **Start with 1/2 teaspoon of a light cooking oil such as corn, soybean, peanut or sunflower**



Equipment:

- **Container for mixture**
- **Spray bottle**



Step 1. Mix water and oil in the container. Stir it well.

Step 2. Fill spray bottle with mixture.

Step 3. Test insecticidal oil on a few leaves of the plant. If, after a day or two, the mixture does not burn the plant, it should be safe. Spray insecticidal oil on all areas of plant infested with pests. If ineffective, increase up to two (2) tablespoons of oil per gallon of water.

Step 4. Avoid spraying oil onto plants while in direct sunlight. Spray early or late in the day.

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How it works: Insecticidal oils suffocate insects. They are not selective in their action, so overuse may have detrimental effects on beneficial insects. Insecticidal oils are usually sold as “horticultural oil”, “dormant oil” or “summer oil.” If you spray oil onto plants during the warm part of the year, be careful not to make the mixture too strong. For an even more effective natural pest control, combine soap and oil with water. The soap will help the oil stick to plants.

Replaces:

Pesticides. Pesticides are designed to be toxic. These chemicals may affect your health, the health of your neighbors and the health of smaller animals and plants in your community.

Preparing Wood for a New Coat of Paint

Recipe:

- **Sandpaper**

Equipment:

- **Dust mask to protect from dust particles**
- **Protective gloves**
- **Safety glasses or goggles**



- Step 1. Put on the safety glasses, gloves and a dust mask over your mouth.**
 - Step 2. Rub sandpaper back and forth on wood, pushing hard. That's it!**
 - Step 3. Throw away the used sandpaper when all the sand is rubbed off.**
- Power tools are useful for larger jobs.**

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How it works: Sand grains create friction and a cutting action to take off the thin layer of paint on the surface.

Replaces:

Paint stripper. Strong finish removers called paint strippers should not be breathed and are able to catch on fire. These chemicals are very strong and pollute water.

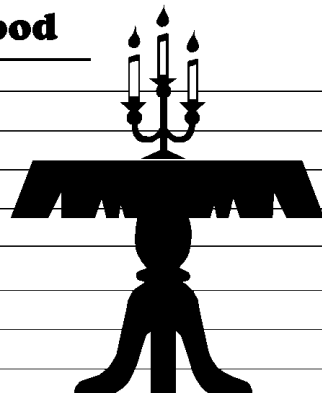
Cleaning and Polishing Wood Furniture and Removing Water Stains on wood

Recipe:

- **One (1) dab of toothpaste**
- **Five (5) drops of olive oil**
- **One (1) lemon wedge**

Equipment:

- **Cloth rags**



Step 1. Dust off the wood.

Step 2. Gently rub in a small dab of toothpaste onto the water stain.

Step 3. Wipe off any leftover toothpaste.

Step 4. Put five (5) drops of olive oil and five (5) drops of lemon juice on the cloth. Spread the oil into the stained wood in a very thin layer over the area where you rubbed the toothpaste.

Step 5. Rub the oil into the stained wood.

Step 6. Wipe off any remaining oil and rub the spot with a clean cloth to make it shine.

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How it works: The oil is absorbed by the wood and the lemon gives it a good smell.

Replaces:

Wood furniture polish. Many contain phenols, and spray propellants such as isobutane or propane which are flammable and which are not good to breathe.

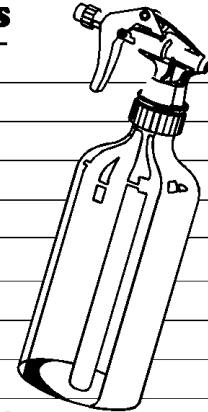
Insecticidal Soap to Kill Insect Pests

Recipe:

- **One (1) gallon of distilled water**
- **Start with 4 to 8 drops of liquid dishwashing soap (which does not contain a degreaser).**

Equipment:

- **Container for mixture**
- **Spray bottle**



Step 1. Mix water and soap in the container. Stir it well.

Step 2. Fill spray bottle with mixture.

Step 3. Test insecticidal soap on a few leaves of the plant. If, after a day or two, the mixture does not burn the plant, it should be safe.

Spray insecticidal soap on all areas of plant infested with pests. If ineffective, increase up to two (2) tablespoons of soap for herbaceous plants, and three (3) tablespoons for woody plants.

Step 4. Avoid spraying soap onto plants while in direct sunlight. Spray early or late in the day.

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How it works: When insecticidal soaps touch the cuticle (outer body) of a susceptible insect, the fatty acids penetrate the insect's covering and dissolve into the membranes around its cells, disrupting their integrity. Although insecticidal soaps kill insects on contact, they do not have a lasting preventive effect. They must be reapplied after rain.

Replaces:

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