

Get It Clean – the Natural Way

Spring-cleaning is almost here. If you don't like to use cleaners with chemicals, we have good news. Here's a handy list of convenient natural cleaners easily made from household products.

Cooking Oils

These can be used to clean your ...

Cast-iron pans: Make a paste with vegetable oil and a teaspoon of salt. Scrub and then rinse with hot water.

Stainless-steel surfaces: Pour olive oil onto a cloth and buff. You'll like the extra sparkle you see!

Wood furniture: Mix 2 cups olive or vegetable oil with 2 tablespoons of lemon juice and work it in with a soft cloth.

Baking Soda

This cleans and absorbs odors. Use it to clean your ...

Stained coffee mugs: Fill with 1 part baking soda and 2 parts water. Soak overnight, then rub with a cloth and rinse.

Upholstered furniture: Sprinkle baking soda on the fabric; then vacuum.

Scuffed walls: Remove crayon marks by applying a baking soda paste (equal parts of baking soda and water) to white walls (baking soda may dull colored walls). Let dry before brushing it off with a clean cloth.

Table Salt

Salt's grainy texture makes it perfect for scouring. Use it for cleaning ...

Glassware: Salt won't scratch like many cleaners. Add some salt to your cloth or cleaning pad and scrub.

Oven spills: If a bit of hot food (like a casserole) spills over the baking dish as you take it out of the oven, pour salt on the spill to soak it up. Once the oven has cooled, wipe with a damp cloth or sponge.

Stained tea or coffee cups: Sprinkle salt on the outside of a lemon peel; rub the stain until clean.

Greasy pots and pans (not for nonstick pans): Sprinkle salt on cookware to absorb excess grease. Dump salt out and wash as usual.



Lemons

Lemon juice contains acid, which removes dirt and rust stains. It works especially well when mixed with salt. Use lemons to clean your ...

Cutting boards: Slice a lemon in half, squeeze onto the dirty surface, rub and let sit 20 minutes before rinsing.

Faucets: Rub lemon juice onto the taps and let it sit overnight. Wipe with a damp cloth.

Laundry: To brighten whites, add 1/2 cup lemon juice to the rinse cycle for a normal-sized load.

Vinegar

Distilled white vinegar stops the growth of mold and mildew. This wonder can get rid of soap scum, tarnish, mineral deposits and more. Use it to clean your ...

Dishwasher: Pour 1/2 cup vinegar into the reservoir and run an empty cycle. Or, place a small bowl filled with vinegar on the bottom rack and run an empty cycle.

Drains: Pour vinegar down a drain. After 30 minutes, run cold water.

Glassware: For spotless glasses, add 1 cup of vinegar to the rinse water.

Showerheads: Vinegar is great at removing mineral deposits. Pour vinegar into a plastic grocery bag and knot the handles over the neck of the showerhead. Secure with rubber bands and soak overnight. Rinse with water in the morning.

Here's to cleaning the natural way.



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