

USES FOR VINEGAR, BAKING SODA AND SALT: Tried and Tested Uses for Health and Home

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Contents and Introduction

Sixty Uses for Vinegar (Starts on Page 2)

Vinegar is one of the most prominent kitchen condiments available. The acidic liquid, being present in every household, is strictly used for cooking by most people. Little do they know, vinegar actually has more uses outside the kitchen. As a practical individual, you can cut down on your expenses by taking advantage of vinegar's tons of alternative uses.

Sixty Uses for Baking Soda (Starts on Page 6)

Baking Soda is a versatile, environmentally friendly and inexpensive product that belongs not only with your baking ingredients but in a lot of places throughout your house. Baking soda is a leavening agent, hence its use in baking, but it is also useful as a cleaning agent in a number of mediums. The next time you are in your local grocery store, pause at the baking soda display and consider whether you might want to pick up an extra box or two for one or more of the listed uses.

Sixty Uses for Salt (Starts on Page 10)

Salt has a variety of uses both in the out of the kitchen. It's versatility, from medical to household uses is one of the reasons it has been so sought out throughout time. The next time you pick up a salt shaker, you will be picking up a bit of history, health and flavor. Many of salt's uses you probably didn't realize!

Sixty Uses for Vinegar

1. Arthritis tonic and treatment; 2 spoonfuls of apple cider vinegar and honey in a glass of water several times daily.
2. Thirst-quenching drink: apple cider vinegar mixed with cold water.
3. Sagging cane chairs: sponge them with a hot solution of half vinegar and half water. Place the chairs out in the hot sun to dry.
4. Skin burns: apply ice cold vinegar right away for fast relief. Will prevent burn blisters.
5. Add a spoonful of vinegar to cooking water to make cauliflower white and clean.
6. Storing cheese: keep it fresh longer by wrapping it in a vinegar-soaked cloth and keeping it in a sealed container.
7. Remove stains from stainless steel and chrome with a vinegar-dampened cloth.
8. Rinse glasses and dishes in water and vinegar to remove spots and film.
9. Prevent grease build-up in your oven by frequently wiping it with vinegar.
10. Wipe jars of preserves and canned food with vinegar to prevent mold-producing bacteria.
11. To eliminate mildew, dust and odors, wipe down walls with vinegar-soaked cloth.
12. Clean windows with vinegar and water.
13. Hardened paint brushes: simmer in boiling vinegar and wash in hot soapy water.
14. Clean breadbox and food containers with vinegar-dampened cloth to keep fresh-smelling and clean.
15. Pour boiling vinegar down drains to unclog and clean them.
16. Clean fireplace bricks with undiluted vinegar.
17. An excellent all-purpose cleaner: vinegar mixed with salt. Cleans copper, bronze, brass, dishes, pots, pans, skillets, glasses, and windows. Rinse well.
18. Make your catsup and other condiments last long by adding vinegar.

19. To clear up respiratory congestion, inhale a vapor mist from steaming pot containing water and several spoonfuls of vinegar.
20. Apple cider vinegar and honey as a cure-all: use to prevent apathy, obesity, hay fever, asthma, rashes, food poisoning, heartburn, sore throat, bad eyesight, dandruff, brittle nails and bad breath.
21. When boiling eggs, add some vinegar to the water to prevent white from leaking out of a cracked egg.
22. When poaching eggs, add a teaspoon of vinegar to the water to prevent separation.
23. Weight loss: vinegar helps prevent fat from accumulating in the body.
24. Canned fish and shrimp: to give it a freshly caught taste, soak in a mixture of sherry and 2 tablespoons of vinegar.
25. Add a spoonful of vinegar when cooking fruit to improve the flavor.
26. Soak fish in vinegar and water before cooking for a tender, sweeter taste.
27. Add vinegar to boiling ham to improve flavor and cut salty taste.
28. Improve the flavor of desserts by adding a touch of vinegar.
29. Add vinegar to your deep fryer to eliminate a greasy taste.
30. Add a tablespoon of vinegar to fruit gelatin to hold it firm.
31. Steep your favorite herb in vinegar until you have a pleasing taste and aroma.
32. Use vinegar instead of lemon on fried and broiled foods.
33. To remove lime coating on your tea kettle; add vinegar to the water and let stand overnight.
34. To make a good liniment: beat 1 whole egg, add 1 cup vinegar and 1 cup turpentine. Blend.
35. Apply vinegar to chapped, cracked skin for quick healing.
36. Vinegar promotes skin health: rub on tired, sore or swollen areas.
37. Reduce mineral deposits in pipes, radiators, kettles and tanks by adding vinegar into the system.

38. Rub vinegar on the cut end of uncooked ham to prevent mold.
39. Clean jars with vinegar and water to remove odor.
40. Avoid cabbage odor by adding vinegar to the cooking water.
41. Skunk odor: remove from pets by rubbing fur with vinegar.
42. Paint adheres better to galvanized metal that has been wiped with vinegar.
43. Pets' drinking water: add vinegar to eliminate odor and encourage shiny fur.
44. For fluffy meringue: beat 3 egg whites with a teaspoon of vinegar.
45. Pie crust: add 1 tablespoon vinegar to your pastry recipe for an exceptional crust.
46. Half a teaspoon per quart of patching plaster allows you more time to work the plaster before it hardens.
47. Prevent discoloration of peeled potatoes by adding a few drops of vinegar to water. They will keep fresh for days in fridge.
48. Poultry water: add vinegar to increase egg production and to produce tender meat.
49. Preserve peppers: put freshly picked peppers in a sterilized jar and finish filling with boiling vinegar.
50. Olives and pimentos will keep indefinitely if covered with vinegar and refrigerated.
51. Add 1 tsp. vinegar to cooking water for fluffier rice.
52. Add vinegar to laundry rinse water: removes all soap and prevents yellowing.
53. After shampoo hair rinse: 1 ounce apple cider vinegar in 1 quart of distilled water.
54. For a shiny crust on homemade bread and rolls: just before they have finished baking, take them out, brush crusts with vinegar, return to oven to finish baking.
55. Homemade sour cream: blend together 1 cup cottage cheese, 1/4 cup skim milk and 1 tsp. vinegar.
56. Boil vinegar and water in pots to remove stains.
57. Remove berry stains from hands with vinegar.
58. Prevent sugaring by mixing a drop of vinegar in the cake icing.

59. Cold vinegar relieves sunburn.

60. When boiling meat, add a spoonful of vinegar to the water to make it more tender.

Sixty Uses for Baking Soda

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.
2. Be sure to keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.
3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.
4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rise the produce.
6. Wash garbage cans with baking soda.
7. Soak and wash diapers with baking soda.
8. Oil and grease - stained clothing washes out better with soda added to the washing water.
9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. rinse with clear water.
10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odors. Stir and turn over the soda from time to time. Replace every 2 months.
11. Soda absorbs kitty litter odors. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.
12. Always add 1/2 cup soda to your washing machine load.
13. Clean combs and brushes in a soda solution.
14. Wash food and drink containers with soda and water.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile, then rinse.
16. Clean formica counter tops with baking soda on a damp sponge.
17. Wash out thermos bottles and cooling containers with soda and water to get rid of stale smells.

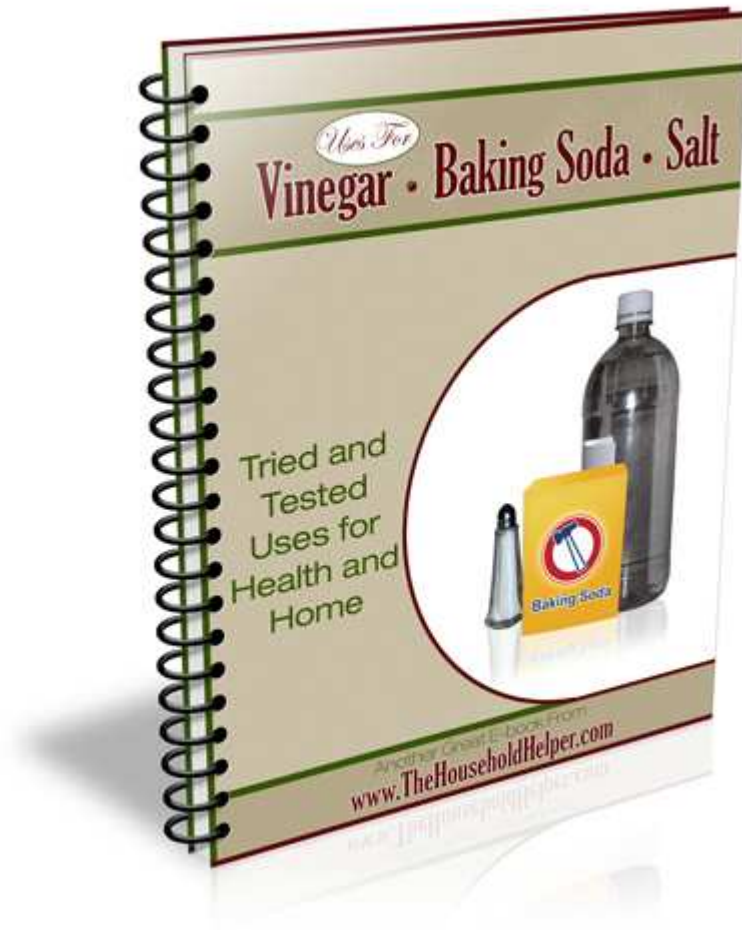
18. To remove stubborn stains from marble, formica or plastic surfaces, scour with a paste of soda and water.
19. Wash glass or stainless steel coffee pots (but not aluminum) in a soda solution (3 tbsp. soda to 1 quart water).
20. Run you coffee maker through its cycle with a sodasolution. Rinse.
21. Give baby bottles a good cleaning with soda and hot water.
22. Sprinkle soda on barbecue grills, let soak, then rinse off.
23. Sprinkle soda on greasy garage floor. Let stand, scrub and rinse.
24. Polish silverware with dry soda on a damp cloth. Rub,rinse and dry.
25. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminum foil in an enamel pot. Add boiling water and 4 tbsp. baking soda. Let stand, rinse and dry.
26. Reduce odor build-up in your dishwasher by sprinkling some soda on the bottom.
27. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.
28. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes before washing. Or scrub the pot with dry soda and a moist scouring pad.
29. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, then scrub it clean next day.
30. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel,scrub in the direction of the grain.
31. Clean plastic, porcelain and glass with dry soda on a damp cloth. Rinse and dry.
32. Remove that bad smell from ashtrays with soda and water.
33. Sprinkle a bit of dry soda in your ashtrays to prevent smoldering and reduce odor.
34. Clean your bathroom with dry soda on a moist sponge - sink,tub, tiles, shower stall, etc.
35. Keep your drains clean and free-flowing by putting 4 tablespoons of soda in them each week. Flush the soda down with hot water.

36. Soak your shower curtains in water and soda to clean them.
37. To remove strong odors from your hands, wet your hands and rub them hard with soda, then rinse.
38. Sprinkle baking soda on your wet toothbrush and brush your teeth and dentures with it.
39. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odor.
40. Add 1/2 cups or more of baking soda to your bath water to soften your skin.
41. Putting 2 tbsp. of baking soda in your baby's bath water will help relieve diaper rash irritations.
42. Apply soda directly to insect bites, rashes and poison ivy to relieve discomfort. Make a paste with water.
43. Take a soda bath to relieve general skin irritations such as measles and chicken pox.
44. Take 1/2 teaspoon of baking soda in 1/2 glass of water to relieve acid indigestion or heartburn.
45. Gargle with 1/2 tsp. baking soda in 1/2 glass of water. Freshens and cleans your mouth.
46. Used as a mouthwash, baking soda will also relieve canker sore pain.
47. To relieve sunburn: use a paste of baking soda and water.
48. Bug bites: use a poultice of baking soda and vinegar.
49. Bee sting: use a poultice of baking soda and water.
50. Windburns: moisten some baking soda and apply directly.
51. Making Play Clay with baking soda: combine 1 1/4 cups water, 2 cups soda, 1 cup cornstarch.
52. Use soda as an underarm deodorant.
53. If your baby spits up on his shirt after feeding, moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odor will go away.

54. When scalding a chicken, add 1 tsp. of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.
55. Repel rain from windshield. Put gobs of baking soda on a dampened cloth and wipe windows inside and out.
56. Add to water to soak dried beans to make them more digestible.
57. Add to water to remove the "gamey" taste from wild game.
58. Use to sweeten sour dishcloths.
59. Use dry with a small brush to rub canvas handbags clean.
60. Use to remove melted plastic bread wrapper from toaster. Dampen cloth and make a mild abrasive with baking soda.

Sixty Uses for Salt

1. Soak stained hankies in salt water before washing.
2. Sprinkle salt on your shelves to keep ants away.
3. Soak fish in salt water before de-scaling:





easier.

the scales will come off

4. Put a few grains of rice in your salt shaker for easier pouring.
5. Add salt to green salads to prevent wilting.
6. Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.
7. Add a little salt to your boiling water when cooking eggs; a cracked egg will stay in its shell this way.
8. A tiny pinch of salt with egg whites makes them beat up fluffier.
9. Soak wrinkled apples in a mildly salted water solution to perk them up.
10. Rub salt on your pancake griddle and your flapjacks won't stick.
11. Soak toothbrushes in salt water before you first use them; they will last longer.

12. Use salt to clean your discolored coffee pot.
13. Mix salt with turpentine to whiten you bathtub and toilet bowl.
14. Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of the shell with a hammer to break it open easily.
15. Boil clothespins in salt water before using them and they will last longer.
16. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour
17. Add a little salt to the water your cut flowers will stand in for a longer life.
18. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.
19. Clean you iron by rubbing some salt on the damp cloth on the ironing surface.
20. Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster.
21. Use a mixture of salt and lemon juice to clean piano keys.
22. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make a stiff putty.
23. Rinse a sore eye with a little salt water.
24. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.
25. Dry salt sprinkled on your toothbrush makes a good tooth polisher.
26. Use salt for killing weeds in your lawn.
27. Eliminate excess suds with a sprinkle of salt.
28. A dash of salt in warm milk makes a more relaxing beverage.
29. Before using new glasses, soak them in warm salty water for awhile.
30. A dash of salt enhances the taste of tea.
31. Salt improves the taste of cooking apples.

32. Soak your clothes line in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.
33. Rub any wicker furniture you may have with salt water to prevent yellowing.
34. Freshen sponges by soaking them in salt water.
35. Add raw potatoes to stews and soups that are too salty.
36. Soak enamel pans in salt water overnight and boil salt water in them next day to remove burned-on stains.
37. Clean your greens in salt water for easier removal of dirt.
38. Gelatin sets more quickly when a dash of salt is added.
39. Fruits put in mildly salted water after peeling will not discolor.
40. Fabric colors hold fast in salty water wash.
41. Milk stays fresh longer when a little salt is added.
42. Use equal parts of salt and soda for brushing your teeth.
43. Sprinkle salt in your oven before scrubbing clean.
44. Soaked discolored glass in a salt and vinegar solution to remove stains.
45. Clean greasy pans with a paper towel and salt.
46. Salty water boils faster when cooking eggs.
47. Add a pinch of salt to whipping cream to make it whip more quickly.
48. Sprinkle salt in milk-scorched pans to remove odor.
49. A dash of salt improves the taste of coffee.
50. Boil mismatched hose in salty water and they will come out matched.
51. Salt and soda will sweeten the odor of your refrigerator.
52. Cover wine-stained fabric with salt; rinse in cool water later.
53. Remove offensive odors from stove with salt and cinnamon.

54. A pinch of salt improves the flavor of cocoa.
55. To remove grease stains in clothing, mix one part salt to four parts alcohol.
56. Salt and lemon juice removes mildew.
57. Sprinkle salt between sidewalk bricks where you don't want grass growing.
58. Polish your old kerosene lamp with salt for a brighter look.
59. Remove odors from sink drainpipes with a strong, hot solution of salt water.
60. If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.