

# **BOARD OF HEALTH HELPFUL HINTS**

## **ALWAYS REMEMBER THE 4 “R”S**

- 1. RE-THINK DIFFERENT USES**
- 2. RE-USE**
- 3. REDUCE WASTE IN LANDFILLS**
- 4. RECYCLE**

**If you stop and think about it most items have more than one use.....This can save you a lot of money here and there.**

## **ANIMALS AND PETS**

### **(1) TO KEEP ANIMALS AWAY FROM YOUR TRASH**

Just mix 2 tablespoons of dishwashing liquid along with 2 tablespoons of cayenne, mix with 1 quart of warm water. Pour into a spray bottle and spray your trash bags liberally.

### **(2) DOGS WITH SENSITIVE DIGESTION**

If your dog has a sensitive digestion, just a couple of tablespoons of plain yogurt every few days will help calm your dog, and you'll both be happy.

### **(3) KEEP CATS AWAY FROM INDOOR PLANTERS**

Place pinecones in your planters because it will keep your cats from digging any holes or walking on your plants because pinecones are painful to their feet. The pinecones will not harm your plants, and it will even help with your plant getting air.

### **(4) REMOVAL OF PET HAIRS FROM FURNITURE or CLOTHES**

If you have trouble getting pet hairs from your furniture or clothes take a dryer sheet and rub the area, it will magnetically attract the loose hairs.

### **(5) DIRTY FISH TANKS**

To clean the inside of your fish tank (first remove the fish), take plain salt (not iodized salt), and rub the deposits with the salt, rinse well, the tank will be clean and shiny, then return the fish to the tank.

### **(6) KEEPING BEES AWAY WHILE GOLFING**

To keep the bees away from you while you golf just put a Bounce dryer sheet in your back pocket (bees don't like the scent).

## **(7) REMOVING PET HAIR FROM FURNITURE**

Remove pet hairs from your furniture by rubbing with a dryer sheet (like bounce). It attracts the hairs like a magnet.

## **(8) WATERLESS PET SHAMPOO**

Inexpensive pet shampoo, just take baking soda and sprinkle onto the coat of your pet and rub it in good with your hands. Then brush out. Not only will it leave your pet's coat shiny and clean but your pet will be odor free. It also kills fleas naturally.

## **(9) KEEP KITTY LITTER FRESH**

Just mix baby powder with in your cat's litter box and it will keep the box smelling fresh.

## **(10) PET HAIR RECYCLING**

When you brush your dog or cat instead of throwing away the pet hair from the brush or comb, throw the hair outside, there are some birds that use the hair for their nests.

# **FOOD**

## **(1) TO KEEP THE "EYES" OFF POTATOES**

When you store your potatoes, place an apple (which gives off nitrogen gases) in the bag with your potatoes and this will keep your potatoes fresh and free of "eyes". Just keep an eye on the apple.

## **(2) TO BRING STALE BREAD OR ROLLS BACK**

Take a brown paper bag and wet it, wring it out, then put your rolls or stale bread inside the bag, and bake for about 10 minutes in a 350 degree oven. The bread and rolls will come out with a crispy crust, but will be soft and moist inside.

## **(3) OIL COOKING SPRAY**

Save money by making your own cooking spray. Take clean spray bottle pour cooking oil into the bottle and you have your own cooking spray at a lot less money.

## **(4) VEGETABLE/FRUIT CLEANING SPRAY**

Take one part vinegar and 2 parts water, pour into a spray bottle then take your fruits and vegetables put them in a colander and spray liberally then rinse well with cold water to remove germs and dirt.

## **(5) EASY FROSTING OF CAKES**

To make your frosting smoother on your cakes just take a glass of hot water and dip the spatula in before using the frosting. The hot water melts the frosting slightly which makes the frosting go on much smoother and easier.

## **(6) LOWERING OVEN HEAT WHEN BAKING**

When you bake, your oven heat can be lowered by 25% if you are using ceramic or glass baking dishes. Glass and ceramics retain heat better than any metal roasting pans.

## **(7) COOKIES STUCK TO THE COOKIE SHEET**

If when you bake your cookies, and they should get stuck to the cookie sheet, just take some dental floss, and slide between the cookie and the cookie sheet, and they should come off the sheet unbroken.

## **(8) GREASING A PAN/SKILLET-WITHOUT OIL**

If you don't have any oil to grease your pans or skillet, try cutting a potato in half and rubbing the pan with the potato. When you grease a pan with potato, they don't smoke at high temperatures, unlike oiled pans do.

## **(9) FOOD STUCK TO CASSEROLE DISHES**

If you have food that is stuck to casserole dishes, just fill with boiling water and add 3 to 4 tablespoons of baking soda OR salt and let it sit for about 1 hour. After the hour just wash out and it should come off without a problem.

## **(10) HELPING YOUR VEGETABLES TO LAST LONGER**

Sprinkle baking soda in the bottom of your vegetable crisper, then cover with a paper towel, and your vegetables should last longer.

## **(11) ALUMINUM FOIL AND PLASTIC WRAPS**

For those of you that seem to find that your roll of aluminum foil and plastic wraps seem to come out of the box. Just look on side of each box you will find "press here to lock end", this is on all the boxes and it will keep your rolls from falling out of the box.

## **(12) BOTTLED WATER**

Purchasing water in bottles can be very expensive, and the bottles themselves are not biodegradable. By purchasing a water filter for your home faucet will save quite a bit of money, and by using a container that you have already will save on the environment.

## **(13) HAPPY MEALS AT DISCOUNT**

Next time you buy a happy meal, save the boxes, and when your child needs to be cheered up or you want to reward them, make them their own happy meal. Add your own nutritious foods and

a favorite toy, or you could pick up inexpensive items from the dollar store as a treat. This way you will know exactly what your children are eating.

#### **(14) CRUSH PROOFING FRUITS AND VEGETABLES**

When you go to the grocery store, to keep your delicate fruits and vegetables from being crushed in the grocery bag, just blow air into the plastic bag containing the items and tie it off so that the air cannot escape. Then, when the fruit is packed in the large grocery bags, the air in the bag acts as a cushion for a safe ride home.

#### **(15) REHEATING IN MICROWAVE**

If you want to reheat or heat up biscuits, rolls, muffins, pancakes, etc., just place a cup of water in the microwave with the food, and this will keep the food from drying out (and it also helps it reheat faster).

#### **(16) PERFECT PANCAKES**

Fill a meat baster with pancake batter then "squeeze" onto a hot griddle and you will have perfectly shaped pancakes and not drips or mess.

#### **(17) JUICE FOR LEMONS**

To get the most out of fresh lemons, let stand at room temperature, then roll on the counter before squeezing. You can also put your lemon in the microwave for 10 seconds and have the same results.

#### **(18) KEEP FOODS FROM STICKING TO KNIVES**

When slicing cheese, pastry etc, spray your knife with cooking spray before you cut into them and you will have a clean cut and the food won't stick to the knife.

#### **(19) REMOVING GREASE FROM SOUPS**

When making homemade soups if there is an excess of grease just take a lettuce leaf and float it on the surface, the lettuce loves grease and will absorb it.

#### **(20) ALTERNATIVE TO USING GREASE ON YOUR PANS**

Are you out of oil and need to grease a skillet? Rub it with half a potato. Pans "greased" with potato don't smoke at high temperatures like oiled pans do.

## **HEALTH**

#### **(1) TO RELIEVE THE ITCH**

If you have an itch try not to scratch it because scratching releases histamines which stimulates the itch. Apply to the affected area a cold compress, an ice pack or an antihistamine.

## **(2) STAYING AWAKE WHILE DRIVING**

During the cold weather, when a cars interior is too warm, it increases relaxation (which causes sleepiness). If you are driving (especially at night) keep the heat on low and crack a window to increase alertness.

## **(3) HEALING BRUISES QUICKER**

Use a fine toothed comb brush over the bruised area quickly. This will spread out the blood collected under the skin which will cut the healing time in half.

Also good to use is white vinegar, by soaking a cotton ball and applying to the bruise for 1 hour. This will reduce the blueness and speed the healing process.

## **(4) SUNBURN BLUES**

For treating sunburns, empty a large jar of ice tea mix into your bath water and soak in it. This will help sooth the pain of your sunburn.

## **(5) SUNBURN RELIEF REMEDY**

Take a spray bottle filled with cider vinegar and spray it on the burn. It will not only sooth the sting, but it will heal the burn and it also helps you tan faster.

## **(6) SUGAR BODY SCRUB**

To make your own personal sugar scrub, start by pouring 1 cup of body wash (any one that you like) into a bowl, then add 3 teaspoons of milled sugar. Mix these two ingredients thoroughly and then you are ready to use as a body wash for your bath or shower.

## **(7) DIAPER RASH TREATMENTS**

To relieve the irritation of diaper rash, put baking soda in your baby's bath.

## **(8) MOSQUITO BITES**

Itchy from mosquito bites – just smear a little bit of toothpaste on the bite area and it should help with that itchy feeling.

## **(9) BLISTER RELIEF**

To disinfect a broken blister, dab a few drops of “Listerine mouthwash” on and it should relief any discomfort.

## **(10) BURN RELIEF**

To relief a minor burn rub the area with a thin coat of toothpaste (not the jell)

## **(11) TOOTHBRUSH CLEANING**

Soak your toothbrush in a cup of peroxide to keep them germ free.

## **(12) STOP SHAVING NICKS**

If you have nicked yourself while shaving you can use lip balm to stop the bleeding.

## **(13) HEARTBURN RELIEF**

Bananas have a natural antacid so if you suffer from heartburn, eating a banana can have a soothing relief.

## **(14) BURNT TONGUE**

Burnt your tongue on hot food or drinks? Sprinkle a few grains of sugar on the sore spot to alleviate the tenderness.

## **(15) SHAVING CREAM FOR YOUR LEGS**

To shave your legs, use hair conditioner or even better yet - buy the cheapest shampoo w/conditioner. Works great and costs half as much in the long run, and it leaves your skin soft and moisturized.

# **CLOTHING**

## **(1) DRYING YOUR DENIM ITEMS**

Energy saving tip for drying your denim items. Put 2-3 dry bath towels in your dryer with your denim items. The towels will absorb some of the moisture and it will take less time to dry your items, which will cut down on your costs to run your dryer.

## **(2) REMOVING WHITE SALT MARKS FROM SHOES AND BOOTS**

Mix equal parts of vinegar and water and apply to a soft cloth and wipe your shoes and boots – and this will remove that white stain without harming the leather.

Also there is this alternative, to keep salt and chemicals off your shoes during the winter: Lather your shoes or boots with hair conditioner to protect them from winter's harsh elements. It's a good leather conditioner too.

## **(3) STICKY ZIPPERS**

If you rub the edge of your zipper with a bar of soap, or a wax candle, this will keep your zippers from sticking.

## **(4) STAIN REMOVER**

In a spray bottle add 1 part hydrogen peroxide, 1 part water, and 1 part liquid laundry detergent (mix well). Spray your stains and rub with a cloth or scrub with a soft brush.

## **(5) KEEPING CLOTHES FROM FADING**

When you launder your clothes, always add your detergent first then fill your machine with water. Then add your clothes and this will keep your clothes from fading, because the laundry detergent causes your clothes to fade.

## **(6) REMOVING GRASS STAINS**

To remove grass stains from clothing try mixing a few drops of ammonia with 1 teaspoon of 3% hydrogen peroxide. Rub the mixture on the stain, and once it disappears, rinse and launder.

## **(7) TEA STAINS ON CLOTHES**

To get rid of a tea stain on your clothing, just dilute lemon juice with an equal amount of water, then take a q-tip or eyedropper and rub the mixture on the stain, then flush with cool water.

## **(8) CLEANER LAUNDRY**

Before starting your laundry, put a cup of baking soda in your washer before you add water, detergent, or bleach. This softens the water which cleans your clothes better, and you use less detergent and bleach.

## **(9) SMELLY SHOES**

This sounds strange, but if you put your smelly shoes in a sealed plastic bag and put them in the freezer the bacteria that causes the smell will be killed and your shoes will not offend.

## **(10) STATIC CLING**

Having a problem with static cling? Take a small safety pin and pin to the seam of your skirt, dress, or pants, and no more static cling.

## **(11) MUD ON CLOTHING**

To remove mud from clothing soak in ice cold water with a little soap powder for 24 hours before washing as usual.

## **(12) CLINGING CLOTHES**

If your slip or skirt has a bit of static cling, you can get rid of it simply by rubbing a bit of hand lotion on your hands and then wipe them lightly over the slip or on your legs.

## **(13) DEODORANT RESIDUE**

Did you get deodorant marks on your dress or top while getting ready? Don't stress...glide a pair of pantyhose over the streaks -- the nylon lifts the residue like magic!

# **CLEANING**

## **(1) CLEANING STAINED SINKS**

Just pour about a ½ cup of salt and cut open a lemon and scrub, then you let it stand for a couple of minutes then rinse with warm water. This will clean and whiten your sink.

## **(2) JEWELRY POLISH**

In a glass of water put your jewelry in and then add 2 Alka Seltzer tablets, for 2 minutes. Remove and rinse off your jewelry. (not to be used on pearls or opals.)

## **(3) MAGIC MARKER STAINS**

If your counters or your plastic ware are marked with a magic marker, to remove the marks take a hand sanitizer and rub it on the area then wipe off, and the surface will come clean.

## **(4) KEEPING YOUR CUPBOARD SHELF CLEAN**

Take clean can lids and place under your cooking oil and syrup bottles to catch any drips. This will keep your cupboards clean.

## **(5) REMOVAL OF SCUFF MARKS ON YOUR FLOORS**

In order to remove the scuff marks from your floors, rub the mark with toothpaste before you wash the floor, and the mark will come right off.

## **(6) OVEN SPILLS**

Sprinkle the spills immediately with salt, and when the oven has cooled down, brush the burnt-on food with a damp sponge or cloth.

## **(7) SMELLY ODORS IN YOUR HOME**

When vacuuming, add some baking soda to your vacuum bag, and this will reduce pet odors and musty odors (especially in the winter months).

## **(8) ANOTHER USE FOR ALKA SELTZER**

You can use Alka Seltzer to clean your toilet bowl. Drop 2 tablets into the bowl then wait about 2 minutes to let the citric acid and the effervescent action work, then brush your bowl clean.

## **(9) SPOTS ON YOUR RUGS AND UPHOLSTERY**

To clean spots from your carpeting and upholstery, just take a baby wipe and rub the area. The spot should come out without too much trouble, and it will take out any smell that accompanies the spot. No harsh chemicals, so it is safe around children and pets.

### **(10) BALL-POINT PENS STOP WRITING WHEN THEY STILL HAVE INK?**

Just dip your pen in very hot water (not boiling) for about a minute or 2 and the ink should start flowing.

### **(11) LIME BUILD-UP IN POTS**

Removing lime and/or hard-water stains from pots, pour 2 cups of vinegar in pots pour in hot water let it stand for at least 10 minutes and rinse, and your stains should be gone.

### **(12) DISHWASHER TIPS**

Instead of using “jet-dry”, use white vinegar instead for your dishes and glasses to shine. It’s a lot less money.

### **(13) BLACK SCUFF MARKS ON FLOORING**

Put a dollop of mayonnaise on a soft cloth and rub on your linoleum floor and this will remove the black scuff marks from the flooring.

### **(14) SMELLY MICROWAVE?**

In a microwave safe mug pour some baking soda and water into it. Put into the microwave oven and bring to a boil. Let it sit for about 5 minutes and the smell is gone.

### **(15) SMELLY VACUUM?**

Put a cinnamon stick inside your vacuum cleaner bag and it will prevent a smelly bag.

### **(16) REMOVING INK FROM CARPETING**

Pour baking soda on the ink spot and rub gently into the spot. Then, pour white vinegar on the baking soda and blot the area with a paper towel or a clean cloth. This process may have to be repeated until the ink is gone.

### **(17) DISHWASHER TIP**

Add a few tablespoons of white vinegar along with your dishwashing detergent when washing dishes. The vinegar cuts the grease and helps to leave your dishes without spots and sparkling. (this works great in your automatic dishwasher as well).

You can also add a couple of tablespoons of baking soda to your dishwasher before starting the cycle to remove odors, and it will increase the cleaning power of the detergent and make the inside of the dishwashing sparkle.

### **(18) REMOVING SOAP SCUM FROM SHOWER DOORS**

Having problems removing soap scum from your shower doors? Just take a dryer sheet to your doors and it dissolves the soap scum.

## **(19) REMOVING FURNITURE DENTS FROM CARPETING**

Re-arranging furniture on your carpeting? Those unsightly dents in your carpeting can be easily removed by running a key or coin over the indentation, and the carpeting should come back to normal.

## **(20) REMOVING ODORS FROM CARPETING**

Crush dry, used tea leaves, sprinkle them on to your carpeting, and let it sit for at least 10 minutes or so which should absorb odors, then just vacuum up the leaves.

## **(21) CLEANING WITH TOOTHPASTE**

Toothpaste (not the gel) can come in handy for many uses, such as cleaning crayon marks from painted walls, gold and silver polish, ink stains from clothing, filling holes in walls, deodorizing smelly hands (such as onions, garlic, fish), removing scuff marks from leather shoes.

## **(22) SPOT CLEANING FOR CARPETS**

Shaving cream (not the gel) can be used to clean spots from you carpets.

## **(23) WINDOW CLEANING**

Use coffee filters instead of paper towels to clean your windows, they don't cause lint to build up on the windows and cause less streaking.

## **(24) CLEANING SINKS**

If you want to give the faucets or sink a really good scrub (and deodorize them at the same time, try this: Cut a fresh lemon in half and dip into some baking soda. Use this as the cleaning tool to scrub the sink. It smells great and it will leave any stainless steel sparkling clean. You can then throw the used up lemon down the food disposal and give it a whirl - the lemon and baking soda will help clean and deodorize it too!

## **MISCELLANEOUS**

### **(1) ICY DOORSTEPS**

During the freezing winter months to keep your doorsteps free from icing up, simply take warm water then add "Dawn" dishwashing liquid to it and pour it over your steps. The soap keeps your doorsteps from freezing.

### **(2) SEALING BAGS**

You can make your own sealing bags by taking any plastic bag, placing a piece of aluminum foil over the ends of the bags (make sure you have foil on both sides of the bag), now run a hot iron over the foil only and you will have a sealed bag.

### **(3) APPLIANCES NOT WORKING PROPERLY?**

Before you call a repairman, first check your warranty first. Call the manufacturer if they have a toll free number. Always have the model number before calling and explain what the problems you are having. Sometimes they may be able to tell you how to fix it saving you money for a repairman, or they will tell you if your appliance is still under warranty, which will pay for any repair visits.

### **(4) JAR LID OPENERS**

Put on a pair of rubber gloves to open jar lids and bottle tops. Or if you don't have any rubber gloves twist a fat rubber band around the lid and this should work.

### **(5) LOWERING WATER USAGE**

You can save on your water bill by collecting rain water in a rain barrel and using the water collected in your gardens and flower boxes. You can place a barrel near (or in your garden), or place a rain barrel under a down pipe. Just make sure that the water doesn't sit for too long.

### **(6) SOFTEN YOUR BATHWATER**

If your bathwater doesn't retain soap bubbles, take ½ cup of baking soda to the water. On a smaller scale, you can use the mixture of water and baking soda to use as a rinse for your hair.

### **(7) SAVING GAS MONEY – IDLE CARS**

When you let your car idle for more than one minute (for example picking up your children from school), this uses more gas than re-starting your vehicle.

### **(8) SWIMMING POOL SAVINGS**

The average pool can lose 1,000 gallons of water a month just in evaporation. So cover your pool when not in use to help cut your losses by approximately 90%. This will also same on chlorine evaporation from the sun, and keep any leaves or droppings from getting dirty.

### **(9) SQUEAKY HINGES**

If you have door hinges that are squeaky, try using a couple of drops of baby oil on the top of the hinge, and it is less expensive and most household have it readily available.

### **(10) SAND REMOVAL AT THE BEACH**

An easy and quick way to remove the stubborn sand from your body when you leave the beach, just keep a small bottle of baby powder in your beach bag, and when you're ready to leave sprinkle on your body, and the sand will slide right off the skin.

### **(11) SAVING FUEL ON A ROAD TRIP**

Just a couple of saving tips- cars can get about 21% more mileage at 55 MPH then at 70 MPH. when you keep your speed at 55 or 60 you could save a lot of money on gas. Another tip would

be to make sure your tires are properly inflated. This will help to avoid premature wear, as well as mileage loss. When you tires are under-inflated tires can use up 5% to 10% more fuel.

### **(12) MASCARA CLUMPING**

If your mascara looks cakey, just apply Vaseline over the bristles, then wipe with a paper towel. The excess mascara will come right off, which will give you a clean wand and will extend the life of your favorite mascara.

### **(13) MONEY'S WORTH AT THE GAS PUMP**

When using a self pump gas station, to get all your money's worth, when you're finished pumping turn the pump off and then squeeze the pump handle. You will get the extra little ship of gas that was left in the hose. After all you've already paid for the gas so you might as well take it.

### **(14) VACATION FREEBEEES**

While on vacation contact the visitor's bureau of the city or town that you will be visiting, and you can find quite a few free tourist attractions listed.

### **(15) AUTO ACCIDENT EMERGENCY INFO**

Place an envelope in your glove compartment and mark it "In Case of Emergency", which contains NAMES AND PHONE NUMBERS OF A PERSON THAT IS TO BE NOTIFIED IN CASE OF AN EMERGENCY, along with blood type, any allergies, and doctor's name and phone number.

### **(16) PROTECT YOUR IDENTITY**

To protect yourself from identity theft, don't carry your social security card with you, and don't use your social security number as your driver's license number. If your wallet gets stolen, a thief could use this information to steal your identity.

### **(17) CLEANING SWIMMING POOL TOYS ETC.**

Baking soda works great in removing mildew and stains from toys and items that are used in your swimming pool. Just mix ¼ cup of baking soda in warm water (about a quart), then wipe the items down with a sponge and rinse. For more stubborn stains use baking soda on a damp sponge and scrub.

### **(18) ELECTRICITY SAVINGS**

Believe it or not even though your appliances are not in use, they still use electricity, so to cut your electric bill, remember to unplug non-essential appliances when you are not using them, which is a great habit to get into. Also, when you are away on vacation, make sure you unplug as many as possible.

### **(19) WASHING MACHINE –LIKE NEW**

Every few months fill your washing machine with warm water and a pint of vinegar. This will clean out your machine as well as the hoses and it helps prevent any clogging.

### **(20) SHAMPOO AND CONDITIONERS**

When you want to save money, check out the price of separate shampoo and conditions versus the all-in-one shampoo/conditioner. You will save money not only on the cost, but in the shower because you use less water on your water bill. Also it is better when traveling since you only need one bottle instead of two.

### **(21) COTTON FROM MEDICINE BOTTLES**

Instead of throwing away the cotton that comes in medicine bottles keep them in a jar or bag and use instead of purchasing cotton balls.

### **(22) WEATHER STRIPPING WINDOWS**

Use CLEAR caulking around your windows to stop drafts. When it's time to open the windows just peel off the caulking.

### **(23) FROST ON WINDSHIELDS**

To prevent frost from forming on your windshields wash with equal parts of water and vinegar.

### **(24) POT CLEANER**

To clean cooking pots use ground coffee, this will eliminate scratching on your pots.

### **(25) KEEPING YOUR WASHING MACHINE LIKE NEW**

To keep your washing machine like new, every few months fill the machine with warm water and a pint of vinegar. Let it go through the washing cycle and this will clean out your machine and hoses and help stop clogging.

### **(26) PROTECTING FLOWER BULBS BEFORE PLANTING**

Before planting your flower bulbs, place 5-6 bulbs in about 3 tablespoons of medicated baby powder in a sealed plastic bag and give a gentle shake. This will coat the bulbs and helps to reduce the chance of rot and it will also keep moles, grubs and other bulb eating pests away.

### **(27) UNWANTED WEEDS AND GRASS**

Heat a gallon of water with a pound of salt, pour onto the grass or weeds that you want to eliminate from your patio, walkways etc. It is cheaper than the purchasing chemicals and safer for the environment.

To kill grass/weeds on sidewalks and driveways, pour full strength white distilled vinegar on them.

### **(28) KEEPING BUGS AWAY**

Listerine mouthwash in a spray bottle and spraying around your yard and deck will keep mosquitoes and other pests away, and it is non toxic.

Another tip, place bay leaves in kitchen drawers and in flour and sugar sacks to keep crawling insects away.

### **(29) CANDLES WILL LAST LONGER**

With the cost of some of the fancy scented candles this can save money, and you can enjoy them longer. Get your candles to last longer by chilling them! This is an old trick that is used by frugal people and the candle companies themselves. Chilling the candles before you use them makes the wax burn more slowly and evenly. Some say that the best way to do this is to freeze the candles for 24 hours before burning them. Others say that just storing them in the refrigerator for eight hours before you burn them is enough to do the trick.

### **(30) OUT OF "FABREEZE"?**

No more Fabreeze. Take some fabric softener that you really like the smell of and dilute it by ten to one, and put it into a spray bottle and you have fabreeze.

### **(31) REMOVING SNOW FROM YOUR CAR**

Winter debris like snow and ice doesn't just limit visibility...it adds up to 40 pounds to your car and costs you an extra two gallons of gas every time you refill! So make sure you clean off your automobile before you take off.

### **(32) VINEGAR TO BATHWATER**

In your bathwater, add 1/2 cup of vinegar or so to warm bath water when bathing and get double benefits softer skin and a cleaner bathtub with less work!

### **(33) USES FOR PLASTIC BOTTLES**

There are several uses for soda bottles of which they could be used as banks for children (paint with non-toxic paints); used as cold packs (fill with water and freeze); small bird feeders (drill small holes and glue popsicle sticks for a perch and wholes for the birds to feed from); funnels for filling containers (cut off the bottom); watering containers for house plants ( fill with water drill small holes in the top and tip upside-down in your house plants) this will keep them watered without drowning them (this is especially good for when you go on vacation).

Gallon and 1/2 gallon milk jugs can be use as clothespin holders (after you cut the top off and hang from your clothesline). Also good for scooping dirt in you garden (cut a portion from the bottom, and you still have a handle).

### **(34) COFFEE FILTERS IN YOUR GARDEN**

Coffee filters are great for when you plant in your garden, just cut a hole in the middle of the filter insert the plant (vegetables or flowers), and plant as usual. The filter acts as a weed barrier.