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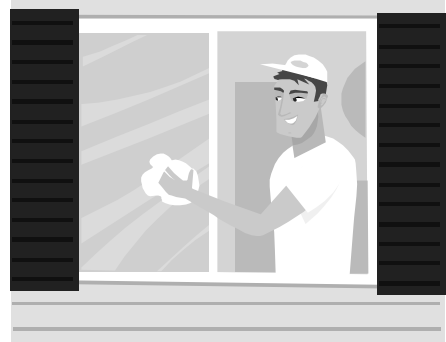
MEASURING EQUIVALENTS

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1 TABLESPOON	=	3 TEASPOONS
$\frac{1}{8}$ CUP	=	2 TABLESPOONS
$\frac{1}{4}$ CUP	=	4 TABLESPOONS
$\frac{1}{3}$ CUP	=	5 TABLESPOONS + 1 TEASPOON
$\frac{1}{2}$ CUP	=	8 TABLESPOONS
$\frac{2}{3}$ CUP	=	10 TABLESPOONS + 2 TEASPOONS
$\frac{3}{4}$ CUP	=	12 TABLESPOONS
1 CUP	=	48 TEASPOONS
1 CUP	=	16 TABLESPOONS
8 FLUID OUNCES	=	1 CUP
1 PINT	=	2 CUPS
1 QUART	=	2 PINTS
4 CUPS	=	1 QUART
1 GALLON	=	4 QUARTS
16 OUNCES	=	1 POUND

Handy Home Hits for Cleaning and Home Care

- ♥ To get your windows and glass to shine like new by spraying with undiluted white vinegar in a spray bottle. Dry off with newspaper.
- ♥ Cut through stubborn floor stains by adding 1 cup of white vinegar to soapy warm water when cleaning floors.



- ♥ Polish your stainless steel with a paste made up of 3 Tsp of baking soda and 1 Tsp of vinegar.
- ♥ Remove stubborn microwave grime by boiling $\frac{1}{2}$ cup white vinegar and 1 cup of water in the microwave. Then simply wipe away.



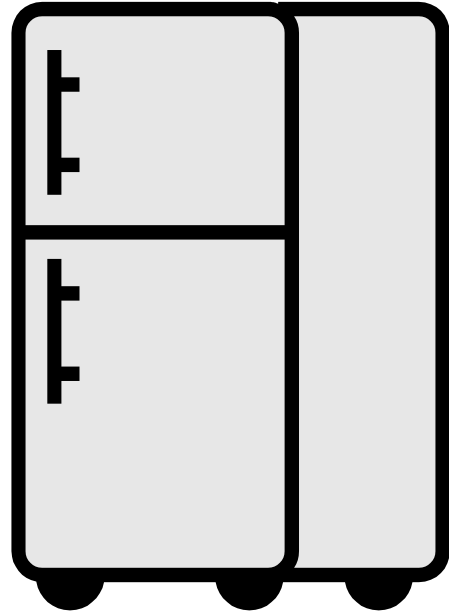
areas.

- ♥ Blocked drain?? Pour $\frac{1}{2}$ cup of baking soda down the drain and follow with $\frac{1}{2}$ of vinegar. Leave for 10 minutes then pour a kettle full of boiling water to clear.
- ♥ To keep pesky moths away from books, clothes and linen, sprinkle Epsom salts in the corners of wardrobes, cupboards and storage areas.
- ♥ To make your tile grout look like new add a little Epsom salts to an old wet toothbrush and scrub grout to remove stains and dirt.

- ♥ Need a heavy duty cleaner? Washing Soda is a great heavy duty cleaner for floors, walls and hard surfaces. Just dissolve in hot water.
- ♥ Mixing 1 cup of baking soda with 1 cup of talcum powder makes a great carpet deodoriser. Just sprinkle over your carpet before vacuuming.

- ♥ Fridge starting to smell funny? Put baking soda in a small container and place it in your fridge. The baking soda will absorb the food smells. Change it regularly to keep odours away.

- ♥ Burnt pots? Add ½ cup salt to 3 cups water to your burnt pot and boil for a few minutes this will make it easier to clean.



- ♥ Have a stubborn surface stain? Make a paste of 2 Tsp baking soda and 1 Tsp water. With a damp cloth, gently rub the stained surface and leave for a few minutes. Rinse off with a clean damp cloth.
- ♥ For a great scouring powder use rock salt on a damp sponge for cleaning general household surfaces.
- ♥ Make your kitchen cabinets fresh and clean. Make a paste of 1 Tsp salt, 2 Tsp baking soda and 1 Tsp lemon juice, use a sponge to apply then wipe off with a clean cloth.
- ♥ Make your own fire starters! Place a dozen or so pieces of kindling in clean tin and fill half way with kerosene. Two pieces of your flammable kindling will ensure your fire starts well every time. Keep well away from any heat source.
- ♥ Salt and white vinegar will remove tea stains from cups and mugs.



- ♥ Dropped your phone in water? Dry it off then put into a bowl of uncooked rice and place in the hot water cupboard. The rice will absorb any remaining moisture.

- ♥ To remove felt tip and vivid pen

marks with insect repellent.

- ♥ Handy all-purpose cleaner:

1 cup white vinegar

1 cup boiled- cooled water

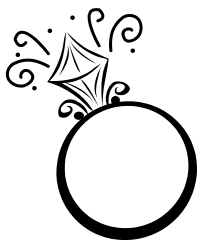
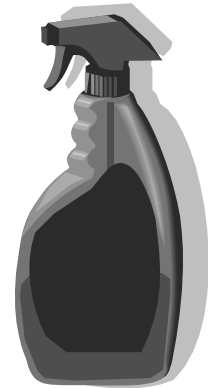
Mix in spray bottle use on benches, sinks, toilets etc.

- ♥ Use 1 cup vegetable oil mixed with 1 Tsp vinegar as a furniture polish.

- ♥ Sent your dusting cloth with lavender oil to deter insects.

- ♥ Scuff marks on floors can be easily removed with a small quantity of baby oil.

- ♥ For beautiful shiny clean jewellery use a soft toothbrush and toothpaste. Rub lightly rinse and polish with a towel. Diamonds and gold with simply glow.



- ♥ If you lose a small item on the carpet, secure pantyhose over the end of the vacuum cleaner nozzle. Vacuum until the missing item is sucked up and trapped in the pantyhose.

- ♥ To get pet hair off the carpet and furniture wipe over with a sponge dampened with a little white vinegar and water.

- ♥ To get the build-up residue off your shower head, tie a baggie of vinegar around the shower head. Leave it there overnight, and it will clean it off with no work.

WARNING!

Aluminium is great because it doesn't rust or tarnish, BUT it is highly reactive and for that reason never use home-made cleaners such as baking soda or washing soda.

- ♥ Apply full strength vinegar to a cloth to polish the chrome on your car.
- ♥ If you have to leave your car outside overnight in the winter, mix 3 parts vinegar to 1 part water and coat the windows with this solution. This solution will keep windscreen ice and frost free.

- ♥ Dissolve chewing gum by saturating the area with vinegar. If the vinegar is heated it will work faster.

- ♥ Keep cats from using your child's sand pit as a litter box by pouring vinegar around the edges. Reapply about every 2 months.



- ♥ Wipe down chopping boards with full strength vinegar. It will clean them, cut grease and absorb odours.

- ♥ To prevent mildew on plastic shower curtains, keep a spray bottler of vinegar and water in the bathroom and use regularly.

- ♥ Put vinegar on newspaper and use to wipe down the insides of glass fireplace doors. Cleans instantly and does not streak.

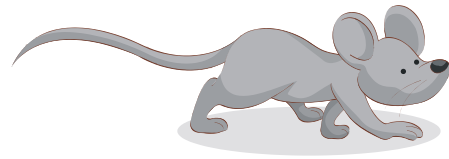
- ♥ Remove water stains from leather by rubbing a cloth dipped in a vinegar and water solution.

- ♥ Eye glasses will clean up and be free from streaks when wiped down with water that has a splash of vinegar has been added.
- ♥ Cleaning your blender is much easier if you fill it about a third of the way with hot water, add a couple of drops of your dishwasher detergent, and then turn it on!
- ♥ Use kitty litter mixed with baking soda in a pan to neutralize musty or bad odours.
- ♥ Dents left in carpet by furniture can be lifted by laying a damp tea towel folded into four over the dent and ironing it with a moderately hot iron. Be gentle but persistent. This treatment will also kill moth eggs if they are getting into your carpet.
- ♥ Get spilt candle wax off your carpet by melting the wax with a hair dryer and quickly using the vacuum cleaner to suck up the molten liquid. (Use old panty-hose over the end so the wax won't get stuck in the vacuum. You may have to repeat this a few times)
- ♥ Use a clean dustpan to fill a container that won't fit in the sink.
- ♥ Use a hanging shoe rack to store cleaning supplies and keep them away from little hands.
- ♥ Use Coca-Cola to clean greasy tools, soak overnight. In the morning the build-up will be gone.
- ♥ Save money by buying the least expensive dishwasher soap, then add a few teaspoons of vinegar to the dishwasher. The vinegar cuts the grease and leaves the dishes spot-free and sparkling.



♥ If you place bay leaves in all your kitchen drawers and in the flour and sugar containers, you will keep any crawling critters away

♥ Mice can't stand the smell of fresh peppermint – so plant it around your house or put some oil of peppermint on a piece of cloth and place it in locations you suspect the mice may be visiting.



♥ If red wine is spilled on a carpet, it can be cleaned with shaving cream, then sponged off with water. Club soda also works.

♥ Store your steel wool pad in the freezer each time you finish with it and it will never rust. Just tuck it into a sandwich bag.

♥ Remove rust from baking pans by rubbing with cleanser and cut raw potato.



♥ Spray a grater with non-stick cooking spray before using and clean-up will be a breeze.

♥ Remove rust from a knife or other kitchen utensils by sticking it in an onion for about an hour. Move the piece back and forth to help the onion juice do its work.

♥ To clean crevices and corners in vases and pitchers, fill with water and drop in two Alka-Seltzer tablets. The bubbles will do the scrubbing.

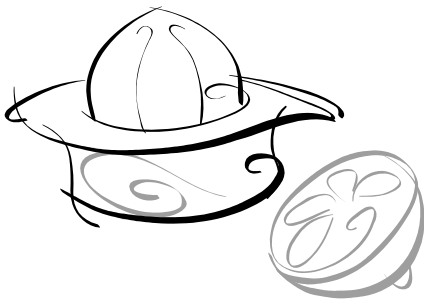
Handy Home Hints for Cooking and Kitchen

- ♥ To get fluffy meringues add $\frac{1}{4}$ tsp of white vinegar for every three egg whites.

- ♥ For a yummy tender roast use $\frac{1}{4}$ cup of white vinegar for a 2-3 pound roast. Marinate overnight, then cook without draining or rinsing the meat. Apple cider vinegar works great with a pork roast.



- ♥ For fluffy rice add 1 tsp of vinegar to the water when it boils.
- ♥ Freshen up wilted veges by soaking them in 2 cups water and 1 Tsp of vinegar.
- ♥ Make your own mayonnaise with 1 can condensed milk and $\frac{1}{4}$ cup of malt vinegar or to taste.
- ♥ Instead of an egg to dip meat or fish in before rolling in bread crumbs, use a mixture of $\frac{1}{4}$ cup milk $\frac{1}{4}$ cup oil and $\frac{1}{2}$ tsp of salt.



- ♥ Get more juice out of your lemon pop it in the microwave for 30 seconds.
- ♥ Make your bananas last longer. Pull bananas apart before displaying them in your fruit bowl. If you leave them connected they will ripen faster.
- ♥ To fill a sponge cake with thick cream that will hold its shape add 1 desert spoon of vanilla instant pudding mix to whipped cream, it will hold beautifully.

- ♥ To make scrambled eggs or omelettes rich add a couple of spoonfuls of sour cream, cream cheese or heavy cream in and beat them up.

- ♥ Get the most out of store brought frosting whip it with your mixer for a few minutes. Watch it grow to double its size.



- ♥ Brown sugar is the antidote to salt! Soup or stew too salty? Add a little brown sugar. Or just drop a peeled potato in. it will soak up the salt.

- ♥ For no mess pancakes put your batter into an old tomato sauce bottle

- ♥ Cooking great pasta is easy add about 8 cups of water to a large pot. One tablespoon of salt should be added to the water as it begins to boil. If the salt is added too soon it can give off an odour, which can affect the taste of the pasta. If it is added immediately before the pasta, the salt may not have enough time to completely dissolve in the water. The salt helps bring out the flavour in the pasta and helps it hold its shape.




- ♥ To make self-rising flour, mix together 2 1/4 pounds all-purpose flour, 2 tablespoons baking soda, and 1/4 cup cream of tartar. Sift well.

- ♥ Keep a box of baking soda by the stove if something catches fire smother it with baking soda.

- ♥ Empty ketchup or mustard containers are great for decorating cakes or cookies
- ♥ To save leftover wines, freeze them in ice cube trays. They can be used for any dish you would season with wine or can be also used in coolers
- ♥ Cottage cheese can be used in place of sour cream when making dips. Just place it in the blender until it is creamed.
- ♥ Cream won't curdle when pour over fruits if you add a pinch of baking soda with the cream before serving.
- ♥ If you sprinkle salt into the water when you are washing vegetables, it will draw out insects.
- ♥ Use a well-greased muffin tins to bake tomatoes, apples or peppers. They will keep their shape better.
- ♥ To ripen avocados quickly, place them in a wool sock and set in a dark place.
- ♥ When boiling eggs, add a pinch of salt to keep the shells from cracking.
- ♥ Never put citrus fruits or tomatoes in the fridge. The low temperatures degrade the aroma and flavour of these persnickety fruits.
- ♥ To clean cast iron cook wear, don't use detergents. Just scrub them with salt and a clean, dry paper towel.
- ♥ When storing empty airtight containers, throw in a pinch of salt to keep them from getting stinky.
- ♥ If you are making gravy and accidentally burn it, just pour it into a clean pan and continue cooking it. Add sugar a little at a time, tasting as you go to avoid over-sugaring it. The sugar will cancel out the burned taste.



- ♥ Burned a pot of rice? Just place a piece of white bread on top of the rice for 5-10 minutes to draw out the burned flavour. Be careful not to scrape the burned pieces off of the bottom of the pan when serving the rice.
 - ♥ Before you chop chili peppers, rub a little vegetable oil into your hands and your skin won't absorb the spicy chili oil.
- 
- ♥ If you aren't sure how fresh your eggs are, place them in about four inches of water. Eggs that stay on the bottom are fresh. If only one end tips up, the egg is less fresh and should be used soon. If it floats, it's past the fresh stage.
 - ♥ Before making popcorn on the stove or in an air popper, soak the kernels in water for 10 minutes. Drain the water, then pop as normal. The additional moisture helps the popcorn pop up quicker and fluffier with fewer whole kernels left over.
 - ♥ To keep potatoes from budding in the bag, put an apple in with them.
 - ♥ When defrosting meat from the freezer, pour some vinegar over it. Not only does it tenderize the meat; it will also bring down the freezing temperature of the meat and cause it to thaw quicker.
 - ♥ If your salt is clumping up, put a few grains of rice in with it to absorb excess moisture.
 - ♥ Keep iceberg lettuce fresh in the fridge by wrapping it in a clean, dry paper towel and storing lettuce and paper towel in a sealed baggie in the fridge.

- ♥ If your loaf of bread is starting to go stale, just put a piece of fresh celery in the bag and close it back up. For some reason, this restores a fresh taste and texture to the bread.
- ♥ When making a soup, sauce, or casserole that ends up too fatty or greasy, drop in an ice cube. The ice will attract the fat, which you can then scoop out.
- ♥ If your milk always goes bad before you can finish it, try adding a pinch of salt to the carton when you first open it. It will stay fresh days longer.
- ♥ Run a knife around the edges of a cheesecake when it comes out of the oven to prevent cracks from forming.
- ♥ Liquefy onions in a blender before adding to your tomato sauce so kids won't see the onion and will eat them. You can use a blender, a food processor, or any chopper you prefer.
- ♥ Soak fish in milk half an hour before cooking to remove iodine taste and fishy smell. To remove the flavour or taste out of the shrimp or fish you bought, soak it in milk for about a half hour before cooking.
- ♥ Stick a wooden spoon handle into hot oil. If it bubbles around the handle, it is ready.
- ♥ Spray measuring spoons or cups with non-stick vegetable spray before measuring sticky ingredients like honey, molasses and peanut butter so they'll slide right off.
- ♥ Slice a mushroom easily, evenly and cleanly with an egg slicer.



Handy Home Hints for the Laundry



- ♥ To clean and unclog the washing machine hoses pour a cup of vinegar into the machine and run cycle without clothing. Do monthly to keep your washing machine clean.

- ♥ Smelly shoes? Mix 2 Tsp of Epsom salts and 2 Tsp of baking soda and sprinkle in each shoe. Tip! So you don't feel the Epsom salt crystals run through a blender until finely ground.



- ♥ Washing soda is a natural fabric softener! Try adding $\frac{1}{4}$ Cup to your normal wash cycle or use $\frac{1}{2}$ Cup of white vinegar to your

final rinse. It will remove any residual soap and will soften towels and woollens.

- ♥ Laundry Detergent

1 Tsp lux flakes

2 Tsp washing soda crystals

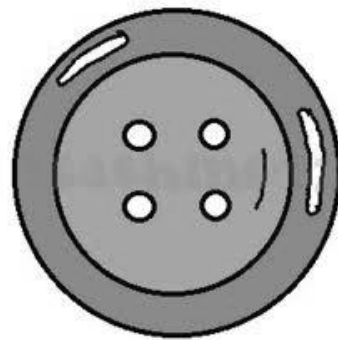
2 L boiling water

3-4 drops of your favourite essential oil for sent

Mix together thoughly. Use in front and top loaders, shake well before use. Add more water if mixture is too thick. Use about 1 Cup per load.

- ♥ Next time the cloth diapers start to smell add $\frac{1}{2}$ Cup of vinegar in your last cycle.
- ♥ The end to odd socks! Pin them together in pairs before putting them in the wash.

- ♥ Get rid of under arm marks left by perspiration and deodorant can be removed by soaking them with vinegar until saturated before laundering in the usual way.
- ♥ Get the stale smell of smoke out of clothes by adding 275 ml of vinegar to a bath of hot water. Hang the clothes above the steam. Leave in bathroom overnight with a window open if possible.
- ♥ Before storing clothes that have been dry cleaned, remove them from the plastic bag, as the bag may cause clothes to yellow.
- ♥ Sew brightly coloured buttons on the inside of each piece of your child's uniform. I will help them identify it without fuss.
- ♥ When washing curtains take them out of the dryer or off the line while they're still damp and hang them immediately. Wrinkles in most curtail material will straighten out under the weight of the curtain.
- ♥ To remove most coffee stains from fabric, mix egg yolk with warm water and apply until the stain is gone



Handy House Hold Hints for Health and Beauty

- ♥ To relieve the sting from bug bites and stings rinse the affected area with vinegar.
- ♥ Cure hiccups quickly by swallowing 1-2 Tsp. of vinegar.
- ♥ Reduce the blueness of bruises and speed up the healing process by soaking a cotton ball or pad with white vinegar and apply to the bruise for 1 hour.
- ♥ Soothe tummy aches by drinking a glass of water with 1-2 Tsp vinegar mixed in. add honey or a small amount of fruit juice concentrate for taste.
- ♥ Soothe a sore throat by mixing a ¼ Cup of vinegar with a ¼ Cup of honey and take 1 Tsp 6 times a day or as needed.
- ♥ To relieve coughing, mix a ½ Cup of vinegar, ½ Cup of water, 1 tsp of cayenne pepper and 4 tsp of honey. Then drink.
- ♥ To relieve the sting of sunburn by lightly rubbing with vinegar. Re-apply when needed.
- ♥ A vinegar rinse after shampooing your hair leaves a nice shine.
- ♥ To remove the smell of onion or garlic on your hands rub them with a stainless steel spoon under running water.



♥ Liquid hand cleaner

1 bar of sunlight soap

2L boiling water

Grate soap in a larger heat proof container, add boiling water until soap dissolves. When cooled pour into 3L container and shake add more boiling water if too thick. Then pour into hand pump containers.

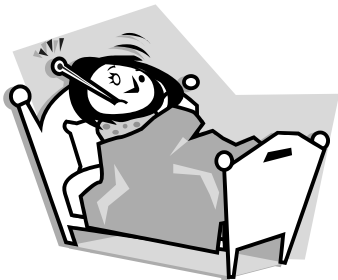
♥ For a cheap lice killer mix 1L of water and ½ Cup of white vinegar.

Use as a final rinse, wrap hair in towel and leave for 15 minutes.

Comb out the lice and eggs. Put vinegar solution in a spray bottle and spray on hair and hair ties every morning.

♥ Bad breath? Chew on a little parsley.

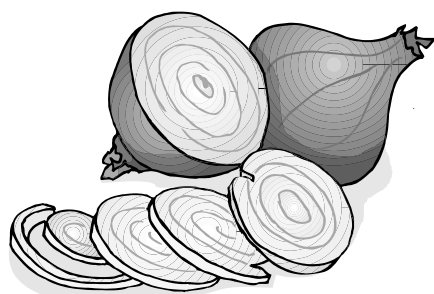
♥ If you have a cold or lost your voice? Inhale steam vapour it will help relieve inflammation and blocked noses.



♥ Have painful blisters and sores; soak for an hour in a tub with a cup of oatmeal. It will draw out the infection and leave skin soft and soothed. (May have to repeat soakings for a few nights)

♥ If you get a splinter down your nail just pour a little kerosene into an egg cup and soak the tip of your finger for a few minutes. The kerosene swells the wood and the splinter will pop out with a gentle squeeze, saving that painful pricking and prodding.

♥ To
ice
water
and



make a cheap and easy pack. Soak a sponge in pop it in a zip lock bag freeze.

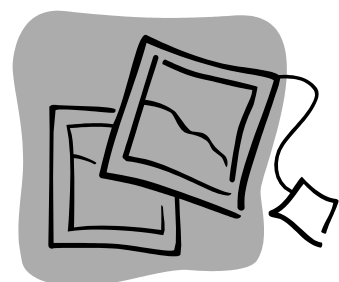
- ♥ To stop yourself from crying when chopping onions, chew gum.
- ♥ Pour a cup of milk powder under running bath water, the Lactic Acid in the milk will remove dry dead skin and leave you baby soft.
- ♥ To erase blackheads try this quick deep cleansing mask: mix 2Tbs of fine rolled oats, 4Tbs of plain yogurt, 1Tb lemon juice and 1Tb of olive oil into a paste and gently apply to your skin. Leave for 5 minutes and rinse with cold water. Then simply let your skin air dry.
- ♥ Banish blemishes on your back and chest. Mix $\frac{1}{2}$ cup of honey with $\frac{1}{2}$ cup of orange juice, apply to the affected areas. Let sit for 5 minutes



then rinse. Honey heals and banishes blemishes and orange juice will dry up excess oils.

dirt and oils.

- ♥ Cleansing scrub mix 4Tbs of plain yogurt with 2Tbs grated orange peel, massage into skin for 3 minutes. Rinse with warm water. The yogurt works as an exfoliant and the orange peel will extract
- ♥ A great nourishing conditioner for dry and damaged hair which can be used for all hair types. Separate the yolk and white of one egg. Whip the whites to a peak. Blend 1Tb of water into the yolk blend until creamy. Mix the whites and yolk together. Wet your hair with water and towel dry and apply the egg mixture to you scalp with your fingertips. Massage gently until froth is worked into your scalp then rinse with warm water. Keep applying until you have used up all the mixture then rinse until all the mixture has been rinsed out. If you have long hair you may need to double recipe.



- ♥ Puffy eyes? Soak 2 teabags and place in freezer for a few minutes. Place on eyes and lay back and relax.
- ♥ Nicotine stains if you haven't been able to kick the habit of smoking and you want to get rid of those nasty yellow nicotine stains from your fingers, try rubbing your hands in lemon juice and gently work the stains off using a pumice stone.
- ♥ Can't use regular deodorants? Use baking soda for a natural deodorant simply pat dry powder under arms.

- ♥ Add a tablespoon of apple cider vinegar to a quart of drinking water to help you cope with heat stress it also helps to repel mosquitoes so they don't make you their lunch.

- ♥ Remove the smell of perfume you don't like by applying vinegar to the skin that has been sprayed by the undesired perfume.



- ♥ Nail polish will go on smoother and stay on longer, if you clean your nails with white vinegar before applying the polish.
- ♥ After brushing with toothpaste, apply a little baking soda to your toothbrush and re-brush your teeth. This will help whiten them.

- ♥ Mix 1 part lemon juice with 2 parts honey to make an effective and natural cough syrup.
- ♥ To cure dandruff rinse your hair with 1Tbs of lemon juice mixed with 2cups water apply after shampooing.

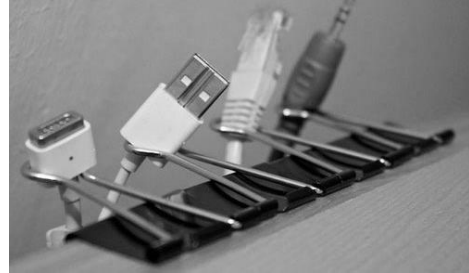


- ♥ To brighten those fading highlights, rinse your hair with a cup of lemon juice mixed with $\frac{3}{4}$ cup of water.
- ♥ Alleviate discomfort when plucking your eyebrows by smoothing baby teething gel over the area to numb the pain.
- ♥ Remove Band-Aids easily soak a cotton ball in baby oil and rub it over the tape.
- ♥ To avoid brittle nails, massage cod liver oil, which is rich in vitamin A, into cuticles and nails. After 3 months, nails will be stronger and cuticles smoother.
- ♥ Remove the green tinge from your hair (the result of swimming in chlorinated water) by washing your hair in 5 aspirin tablets dissolved in $\frac{1}{3}$ cup of shampoo. Alternatively, put 3 tablespoons of vinegar in your shampoo.
- ♥ Lower back pain? To relieve, sleep with a pillow under your knees to take the pressure off your lower back and have a good night's sleep.
- ♥ Give yourself a foot massage. Roll your foot over a tennis ball.
- ♥ Prevent hair colouring from dyeing your skin. Run lip balm along the hairline before colouring your hair.
- ♥ Keep little pieces of leftover soap or small travel bars of soap. Melt them down in a double boiler and add fresh herbs or oatmeal etc. Let cool for a bit and when you can handle the soap mixture in your hand shape them into little bars again or press into moulds. With the oatmeal, these are great for washing your face.
- ♥ A favourite tip of thousands of grandmas: when you nick your finger while cutting veggies, wait until the bleeding stops and paint on a layer of clear nail polish. It will keep juices out of the wound and won't fall off into the spaghetti sauce like a bandage.

- ♥ Drinking cranberry juice and eating blueberries regularly will help stave off urinary tract infections.

Handy Home Hints for everyday living

- ♥ Use Paperclips to organise your cables
- ♥ Don't burn yourself trying to light hard to reach candles and wicks, light a stick of spaghetti and light your candle with that.



- ♥ Tie a small bell to any door leading out of the house: You'll be able to hear a small child making his or her escape!
- ♥ To keep your children from rolling out of the bed, use a pool noodle on either side of the bed under their fitted sheet.
- ♥ To clean your glasses, place a drop of vinegar on the lens then rub with a cotton cloth.
- ♥ If your child has a hard time holding a glass, slip several rubber bands around the glass every few centimetres. The glass will be a lot easier to grip.
- ♥ When giving distasteful medicine to young children, first, run an ice cube over the child's tongue to temporarily freeze the taste buds.

- ♥ Have a box full of tangled cords? Use toilet paper rolls.



- ♥ When traveling with a baby take some baking soda with you in a small ziplock bag. Should your baby be sick, simply sprinkle clothes

with the soda. Brush off when dry, and the odor will have disappeared.

- ♥ If your new shoes are too tight put the nozzle of your blow dryer into shoe and turn on low. When shoe gets warm, stuff with paper or socks to stretch it.



- ♥ Use a plastic shower curtain liner to cover the mattress on kids beds to prevent soiling in case of an accident.
- ♥ If you're ringing an airline, power company government department, etc., and you can't find the option to talk to a human being, try repeatedly pressing the wrong number. Some systems will eventually give up and put you through to a real person.
- ♥ If two drinking glasses become stuck together after stacking, it's not impossible to unstick them. Just put ice in the inner glass and dunk the outer glass in warm water. The warm glass will expand and the cold glass will contract, making the glasses separate easily.
- ♥ Did grandpa ever give you a drink of cola for an upset tummy? It turns out that this is actually a pretty effective remedy. The sugar and carbonation can soothe many tummy problems - but it can also exacerbate others.





Handy Household Tips for the Garden

- ♥ To kill unwanted grass and weeds pour undiluted vinegar and re-apply often at the first sign of regrowth.
- ♥ To get a longer life out of your cut flowers in a vase add 2 Tsp of vinegar and add 3 Tsp of sugar for every litre of warm water.
- ♥ Try and keep ants away by spraying undiluted vinegar around ant trails.
- ♥ If you plant garlic and sage in your garden it will deter destructive insects.



- ♥ To clean rust off gardening tools soak overnight in undiluted vinegar.
- ♥ Tree Stump Removal - Get rid of tree stumps by drilling holes in the stump and filling them with 100% Epsom salt. Follow with water, and wait. Live stumps may take as long as a month to decay, and start to decompose all by

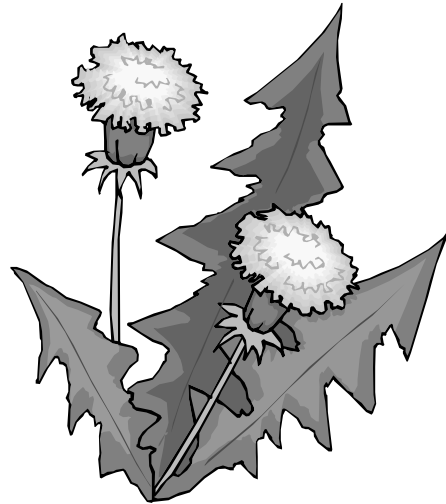
themselves.

- ♥ Melt snow and ice on garden paths using baking soda. Unlike salt it will not harm any plants that it comes in contact with.

♥ Aphid Spray

Dissolve 1 Tbs of baking soda in hot water and then add 1 Tbs each of dishwashing liquid, oil and liquid plant food. Add this mixture to 5 litres of water and spray.

- ♥ If you have weeds growing in the cracks of your patio, deck, or driveway. Kill them by spraying them with a solution of 1/4 cup of salt added to 1 gallon of water. To keep weeds from returning to the cracks of your patio, deck, or driveway keep salt in the cracks.



- ♥ When you clean your fish tank, use the old water to water your plants. It's excellent fertilizer.
- ♥ Save the water in which you have cooked or steamed vegetables. Feed it to the houseplant or a tree or shrub outdoors.

