

Vinegar Handy Hints

Refill & Save!

Fill your own from Bin Inn's Liquid Barrels

Vinegar - Cleaning

- **GLASS CLEANER** - Clean windows and glass by spraying on undiluted vinegar with a spray bottle. Dry off with newspaper or kitchen towels.
- **CHOPPING BOARDS** - To clean and deodorise wooden chopping boards, sprinkle on baking soda and spray with vinegar. Leave for 5 minutes and then rinse clean several times.
- **SHOWER TILES** - Clean soap scum from shower tiles and glass with a half strength mixture of vinegar and water. Scrub and rinse well.
- **FLOORS** - Add half to one cup of vinegar to soapy water when cleaning floors to cut through stubborn stains.
- **WASHING MACHINE** - To clean hoses and unclog soap scum, pour a cup of vinegar into the machine, run a normal cycle with no clothes in the machine. Do monthly to keep the washing machine clean.
- **STAINLESS STEEL** - Polish stainless steel surfaces with a paste of vinegar mixed with baking soda. Rinse well.
- **MICROWAVE** - Clean the microwave by boiling a solution of a quarter of a cup of vinegar and 1 cup of water in the microwave.
- **BLOCKED DRAIN** - Pour half a cup of baking soda down the drain and follow this with half a cup of vinegar. Leave for 10 minutes then run hot water to clear.

Vinegar - Cooking

- **POACHING EGGS** - Add a teaspoon of white or cider vinegar to the water when poaching eggs. This helps egg whites stay better formed.
- **BOILING EGGS** - Add 2 tablespoons of vinegar to the water before boiling to help prevent eggs from cracking.
- **MERINGUES** - Add quarter of a teaspoon of white vinegar to 3 egg whites for fluffy meringues.
- **TENDER BEEF** - When boiling beef, add a tablespoon of wine, white or cider vinegar to the water to help soften fibres and make it tender.
- **RICE** - Add a teaspoon of vinegar to water when it boils for fluffy rice.
- **TENDERISING MARINADES** - The acid in vinegar helps tenderise meat. Use quarter a cup of vinegar for a 2-3 pound roast, marinate overnight, then cook without draining or rinsing the meat.
- **CUT VEGETABLES** - To stop cut vegetables from browning before cooking, soak them in a half water and half vinegar solution straight after cutting.
- **FRESHEN VEGETABLES** - To help freshen up wilted vegetables, soak in 2 cups of water and a tablespoon of vinegar.
- **COOKING ODOURS** - Simmer water and vinegar in a pot to clear strong smells.

**MALT
WHITE
SPICED
CIDER or
WINE
VINEGAR**

Vinegar - Garden

- **AZALEAS** - Water plants with a mixture of two tablespoons of vinegar per litre of water as Azaleas grow well in acidic soil.
- **KILL GRASS** - Pour full strength vinegar on unwanted grass.
- **CUT FLOWERS** - To prolong the life of cut flowers in a vase, add two tablespoons of vinegar and three tablespoons of sugar per litre of warm water. Stems should be in 3-4 inches of water.
- **KILL WEEDS** - Spray full strength undiluted vinegar over weeds. Re-apply often at the first sign of weed re-growth.
- **INCREASE SOIL ACIDITY** - In hard water areas, add a cup of vinegar to each four litres of tap water for watering acid loving plants like gardenias, rhododendrons or azaleas. The vinegar will release iron in the soil for the plants to use.
- **NEUTRALISE GARDEN LIME** - Rinse your hands liberally with vinegar after working with garden lime to avoid rough and flaking skin.
- **RE-POTTING PLANTS** - To clean pots before re-potting plants, rinse with vinegar to remove excess lime.
- **GARDEN TOOLS** - To clean rust off gardening tools, soak them in undiluted vinegar overnight.
- **ANT DETERRENT** - Spray vinegar around ant trails.

Vinegar - First Aid

- **WASP OR JELLYFISH STINGS** - Rinse the affected area with vinegar.
- **HICCUPS** - Swallow a teaspoon of vinegar to help quickly cure hiccups. Or add one teaspoon of vinegar to a glass of warm water and drink slowly.
- **HEALS BRUISES** - Soak a cotton ball in white vinegar and apply it to the bruise for one hour. The vinegar reduces the blueness of the bruise and helps speed up the healing process.
- **UPSET STOMACH** - Help settle your stomach by drinking a glass of water with a tablespoon of vinegar added, add honey to sweeten.
- **SORE THROAT** - Soothe your throat by adding a teaspoon of vinegar in a glass of water. Gargle and swallow. Or mix quarter of a cup of vinegar with a quarter of a cup of honey and take one tablespoon 6 times a day.
- **COUGHING** - To help relieve coughing, mix half a cup of vinegar with half a cup of water, one teaspoon of cayenne pepper and four teaspoons of honey. To help ease coughing at night, sleep with a handkerchief soaked in vinegar near your pillow.
- **SUNBURN** - Relieve sunburn by lightly rubbing with vinegar. Re-apply.
- **MOSQUITO BITES** - Reduce itching by using a cotton ball to dab mosquito and other bug bites with vinegar. Or make a paste of vinegar and cornflour and apply to the itchy bites.



Your Wholefoods
& Specialty Grocer

Cleaning Handy Hints

Fill your own from Bin Inn's Liquid Barrels

Epsom Salts

- **CITRUS TREES** - Sprinkle epsom salts around the roots of citrus trees before watering to help promote fruit growth and development.
- **FERNS** - Toss a light sprinkling of epsom salts around ferns after watering to maintain a lush growth. To help stop flowers from falling off their stems, water well and sprinkle epsom salts around the roots.
- **LAUNDRY CARE** - To get the stiffness out of new towels, soak them in cold water with a handful of epsom salts. This helps make towels soft and absorbent, then wash as per usual before using. To help prevent colours from running in new clothes and linen, rinse in cold water with some epsom salts and then wash as per usual with laundry powder.
- **STORAGE CARE** - To help keep moths away from books, clothes and linen, sprinkle some epsom salts in the corners of cupboards, wardrobes or storage areas.
- **SHOE ODOUR** - To help remove odours from shoes, mix two tablespoons of epsom salts and baking soda and sprinkle in each shoe.
- **TILE GROUT CLEANING** - To help clean tile grout, add a little epsom salts to an old wet toothbrush and scrub grout to remove dirt and stains. For white grout, add a little bleach to the water.

Washing Soda

- **FABRIC SOFTENER** - Try adding a handful of washing soda to your normal wash. Washing soda acts as a natural fabric softener by softening hard water and working with laundry detergents to remove heavy soiling and dirt from clothes, while leaving them soft and fresh.
- **STAIN REMOVER** - To help remove blood stains from clothing, dissolve a handful of washing soda in some hot water, then once dissolved add cold water. Once the solution becomes cold, soak clothing. Always wait for the water to be cold or else hot water may set the blood stains.
- **CONCRETE CLEANER** - Dissolve a handful of washing soda with warm water and some detergent to clean concrete paths and driveways.
- **SILVERWARE CLEANING** - Add one part washing soda to 20 parts hot water in an aluminium pan or dish. Dip the silverware into the pan, then rinse with hot water and dry thoroughly with a soft dry cloth. Do not use on any jewellery.
- **GENERAL CLEANING** - Washing soda is a good heavy duty cleaner for floors, walls and hard surfaces. Dissolve washing soda in water.
- **AUTOMATIC DISHWASH POWDER** - If you have run out of automatic dishwasher powder, try using washing soda instead. Pour into automatic dishwasher dispenser.

**ROCK SALT,
EPSOM SALTS,
BAKING SODA
& WASHING
SODA**

Baking Soda

- **CARPET DEODORISER** - Mix baking soda with a small amount of talcum powder and sprinkle over your carpet before vacuuming.
- **FRIDGE ODOURS** - Pour some baking soda into a small container and place in the fridge. Baking soda will absorb the food smells. Change the container of baking soda regularly for it to act as a fridge deodoriser.
- **BURNT POTS** - Add some baking soda and water to a burnt pot, then boil for a few minutes, this makes the burnt pot easier to clean.
- **BARBECUE CLEANER** - Sprinkle baking soda onto the cold cooking plate, scrub and then rinse clean. This doesn't effect the taste of foods.
- **CLEANING SILVERWARE & BRASS** - Line a basin with aluminium foil and fill with boiling water. Add 2-3 heaped tablespoons of baking soda to the water and place silverware or brass into the basin. Take out the silverware when clean and rinse with warm water and dry thoroughly.
- **SURFACE STAINS** - Make a paste of baking soda and water. With a damp cloth, gently rub the stained surface. Rinse off with a clean damp cloth. For stubborn stains, leave on the area slightly longer.
- **BLOCKED DRAINS** - Pour a handful of baking soda down the blocked drain and follow this with a cup of vinegar. Leave for a few minutes then flush thoroughly with water.

Rock Salt

- **FISH BAIT** - Rock salt acts as a preservative to help fish bait stay fresh and reduce odour. Rock salt is great for camping and boating where fish bait can not be refrigerated. For each two kilos of fish bait, cover with one kilo of rock salt.
- **BARBECUE CLEANING** - Sprinkle rock salt over barbecue hot plate with the heat on low. Using a fish slice, stir every 5 minutes for 30 minutes. Rinse with cold water after cleaning.
- **WINE STAINS** - A fine white wine is hard to appreciate when it stains your nicest shirt. Immediately pour enough salt directly on the stain to soak up the white wine. Soak the shirt for half an hour in cold water then wash as per usual with laundry powder.
- **SCOURING POWDER** - Use rock salt on a damp sponge for a mild but effective scouring powder for cleaning general household surfaces.
- **KITCHEN CLEANING** - To help clean kitchen cupboards, make a paste of rock salt, baking soda and lemon juice. Use a sponge to apply and then rinse off. This helps remove stains and odours.
- **COFFEE POT STAINS** - To help clean coffee stains off the inside of a glass coffee pot, mix four teaspoons of rock salt, a cup of crushed ice and a tablespoon of water. Gently swirl inside a cold coffee pot until clean, then rinse several times before using.



Refill & Save!



**Your Wholefoods
& Specialty Grocer**