

Uses

- 1. Treat Insect Bites** - Make a paste out of baking soda and water.
- 2. Clean Brushes & Combs** – Remove Oil buildup on hair products by soaking combs and brushes in a small bowl of warm water with 1 tsp baking soda in it. Rinse and allow to dry.
- 3. Soothe aching feet** – Dissolve 3tablespoons of baking soda in a warm bath. Let feet soak and gently scrub.
- 4. Stop smoking oil spill in the oven** – sprinkle baking soda on the bottom of the over the spill. When cold, scrub and wipe away residue.
- 5. Clean sponges** – soak smelly sponges in 4 tablespoons of baking soda dissolved in 1 quart of warm water.
- 6. Clean batteries** – baking soda can neutralize battery acid corrosion on cars, mowers, etc. because it is a mild alkali. To clean, disconnect the battery terminals. Make a paste of 3 parts baking soda to 1-part water and apply with a damp cloth and scrub corrosion from the battery terminal.
- 7. Freshen your fridge** – place an opened box of baking soda in your refrigerator to neutralize odors.
- 8. Deodorize trash cans** – sprinkle baking soda in the bottom of your trash can to help cut smells and odors.
- 9. Remove marks from walls** – create a paste with 3 parts baking soda to 1-part water and use to scrub walls and remove crayon and other marks.
- 10. Remove grunge from grills** – Sprinkle baking soda on your grill and scrub with a brush. Wipe clean with a damp rag.
- 11. Freshen up rugs** – Sprinkle baking soda on rugs and let it sit for at least 15 minutes. Shake rugs clean or vacuum.
- 12. Get rid of dandruff** – Massage scalp with a handful of baking soda to slough off dry skin.
- 13. Clean toothbrushes** – soak bristle end of toothbrush in a mixture of ¼ cup water and ¼ cup baking soda. Let sit overnight and rinse.
- 14. Make fluffier omelets** – Add ½ teaspoon of baking soda to every 3 eggs.

Uses (cont)

- 15. Relieve itchy skin** – Sprinkle baking soda in a bath filled with warm water **and add ¼ cup of baby oil to help soften and relieve itchy skin.
- 16. Check soil acidity** – Soil needs to be acidic for plants and vegetation to grow properly. To check if your soil is acidic enough, mix ¼ cup of baking soda with 2 cups of water then stir in 1 cup of soil. If the mixture bubbles, then your soil is acidic enough.
- 17. Deodorize drains** – To deodorize sink and tub drains, pour ½ cup of baking soda down the drain while running warm tap water.
- 18. Poison Ivy Relief**** – Mix baking soda with a little water and apply to affected area to soothe skin.
- 19. Unclog Drains** – Pour one cup of baking soda followed by one cup of hot vinegar to unclog a drain.
- 20. Remove odor from hands** – Remove the smell of fish, onion or garlic with a solution of 3 parts baking soda to 1-part water or liquid soap. Rinse off and dry.

Baking Soda



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Published 29th December, 2015.
 Last updated 12th May, 2016.
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Uses Continued

- 21. Remove odor from carpets** – Sprinkle baking soda on the carpet. Let sit overnight and vacuum up in the morning.
- 22. Remove bean bloat** – Sprinkle a teaspoon of baking soda in you water when soaking beans to remove what causes gas and bloat when eating them.
- 23. Whiten teeth** – Dip your toothbrush in baking soda before every brushing and brush teeth as usual to white naturally.
- 24. Freshen closets** – Place an open box of baking soda on a shelf to keep the closet smelling fresh.
- 25. Clean burnt food off pots & pans** – Fill pots and pans with hot water. Sprinkle in a few teaspoons of baking soda and let sit for 10 minutes before washing.
- 26. Repel Bugs** - Sprinkle baking soda along the basement windows and under sinks to repel ants and cockroaches.
- 27. Relieve diaper rash** – Add 2 teaspoons of baking soda to baby's bath water to help relieve diaper rash.
- 28. Freshen up smelly shoes and sneakers** – Sprinkle baking soda into shoes when not in use. Shake out before wearing.
- 29. Longer lasting flowers** – Add a teaspoon of baking soda to the water in your vase with fresh cut flowers to help them live longer.
- 30. Unclog stuffy noses** – Add 1 teaspoon of baking soda to the water in your vaporizer to help clear stuffy sinuses.
- 31. Freshen linens** – Add ½ cup of baking soda to the rinse cycle in your washing machine for fresher sheets and towels.
- 32. Relieve heartburn** – Add 1 teaspoon of baking soda to ½ cup of water and drink to neutralize stomach acids.
- 33. Heal canker sores** – Dissolve 1 teaspoon baking soda in ½ cup warm water and rinse mouth.
- 34. Laundry booster** – Add to white load for a brightening.



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