



# LAUNDRY

## Baby Laundry/Cloth Diapers

- After thoroughly rinsing, allow diapers to soak in a solution of a 1/2 cup of **borax** and 1 gallon of **water** until you are ready to wash them.
- Wash diapers separately from other laundry using the hottest setting possible to help kill germs– the heat from the dryer will also kill germs.
- **Commercial non-toxic products to try:** *Mountain Green Ultra Baby Laundry Liquid* has been specially formulated using nothing but gentle, skin sensitive ingredients with baby's delicate skin in mind. In general, try to avoid any laundry products that contain dyes, sanitizers, petrochemicals, "builders," enzymes, borax and optical brighteners.

## Booster

- Reduce the amount of laundry detergent per load by adding a 1/2 cup of either **baking soda** or **borax** to the wash. *This adds extra cleaning power.*

## Brightener

- Add a 1/2 cup **lemon juice** to the rinse cycle.

## Fabric Softener

- Add a 1/2 cup **baking soda** to the rinse cycle.
- Add 1/4 cup of **vinegar** to the rinse cycle. This eliminates the scratchy feel of laundered cloths by rinsing detergent completely from clothes.
- **Commercial non-toxic products to try:** *Mountain Green Liquid Fabric Softener* is wonderful and is earth and people friendly. If you prefer dryer sheets, mix 1/4 cup of this fabric softener with one cup of water and soak a washcloth in it, immediately throw this into the dryer with your wet clothes.

## General

- Look for detergents that are phosphate-free.
- **Commercial non-toxic products to try:** *Mountain Green Natural Laundry Detergent* is wonderful. Also check out Seventh Generation.

## Iron Cleaner

- Set the iron to its highest setting. When the iron is hot, run it back and forth over a **salted sheet of wax paper** on top of your ironing board. This will not only clean the bottom of your iron, but it will keep your iron gliding smooth.

## Spills and Stains

### *All-purpose*

- Apply **baking soda** and **soda water** to the stain and use a little elbow grease if necessary.

- Make a paste of **water** and **baking soda**. Soak the stain and let it dry prior to washing as usual. Check for colorfastness first.
- Saturate the stain thoroughly with **milk**. Rub until the stain disappears. Launder according to label directions.
- Mix one part **glycerine** to one part **liquid dishwashing soap**, and eight parts **water**. Apply to stain as soon as possible and blot with a cloth. Store in a squeeze bottle.
- Soak fabric with a mixture of ¼ cup of **borax** and 2 cups of **cold water** then wash as usual.

#### *Baby Food*

- Rub the stain with **lemon juice**.

#### *Blood*

- Pour **3% hydrogen peroxide solution** (the mixture usually sold in stores) directly onto stain and rinse with water. Wash as usual.
- Soak in **cold water**. If stain is stubborn, apply a paste made of **water** mixed with either: **corn starch, corn meal, or talcum powder**. Allow to dry and brush away.

#### *Fruit*

- Rub the stain with **lemon juice**.

#### *Grease*

- Pour **boiling water** onto the stain and follow with **baking soda**, the grease should be absorbed into the baking soda. Launder as usual.

#### *Ink*

- Make a paste of **lemon juice** and **cream of tartar** and apply to the stain. Allow to dry, then wash as usual.

#### *Perspiration*

- Add 1 cup of **vinegar** or 1 cup of **baking soda** to the wash load.

#### *Rust*

- Saturate the stain with **lemon juice** and rub with **salt**. Place in direct sunlight. Keep moist and repeat as necessary.

#### *Wine*

- If the wine is still wet, blot the affected area to remove excess liquid. Saturate the stain with **club soda**, rub lightly and blot dry. Repeat if necessary. Launder according to label directions.



### **Whitener**

- Add 1 cup of **borax** to the wash load
- Use **hydrogen peroxide-based bleaches** (Seventh Generation makes one that is available in most grocery stores) instead of regular bleach. Hydrogen peroxide breaks down to water and oxygen in wastewater unlike chlorine bleach.