

HEALTHY YOU @ RSU



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For those who feel energized after accomplishing your spring cleaning, here are a few tips to make a tough job easier! Happy Spring Break!

Spring Cleaning Tips & Tricks

Great Cleaning tips

- When you dust, start at the top and work down.
- Take all your cleaning tools, avoid unnecessary trips back and forth.
- Clean as you go! It takes a lot less time to remove new dirt than old.
- Leave baking soda on carpeting over night will absorb musty odors
- Make a checklist of chores to get organized first.
- Wash walls from the bottom up, to avoid streaking.
- Use old socks as mitts for cleaning difficult wood work.
- Wash small knickknacks instead of dusting.
- To removing heel marks , take pencil eraser and rub them off.
- Don't mix cleaning products. Ammonia and bleach are toxic.
- Remember common cleaners such as windex and comet meet this don't do rule.
- Allowing cleaners to set for several minutes will ease the cleaning job.

Interior Walls

- Wall cleaner, mix 1/2 c. ammonia, 1/4 c. white vinegar, and 1/4 c. baking soda to 1 gal. warm water.
- For cleaning textured walls use nylon socks instead of a sponge or cloth to avoid leaving material chunks behind.
- To dust wall paper, tie a dustcloth over your broom and work from the top down.
- To remove pencil marks & other non-greasy spots from non-washable papers, use an art-gum eraser .
- To remove greasy spots or crayon, apply a paste of cleaning fluid and fuller's earth and cornstarch. Let the wall dry and brush off residue. Repeat the treatment until the spot is gone.

Exterior Walls

- Use a water hose to spray the outside of your house. This will remove siding cobwebs and dirt.
- Textured siding ? Attach a car-washing brush to the hose to remove dirt.

Windows

- Make your own spray cleaner. Fill a spray bottle with 3 tablespoons ammonia, 1 tablespoon vinegar & the remainder with water.
- Dust blinds by wrapping a cloth around a ruler. Spray cloth with a dusting spray and run the flat end across each blind.
- Shine windows using old newspaper.
- Clean windows on an average temperature, preferably overcast day to avoid streaks.
- Dry windows outside in one direction then inside in the other direction. If you see a streak, you will know which side is the offender.
- To clean window sills, pour diluted rubbing alcohol on a cloth and rub the entire surface. Then dust off the sill with a clean cloth.

Bathroom

- Rubbing alcohol can remove the dull haze from mirrors.
- Use rubbing alcohol to remove spots from bathroom fixtures.
- Glass shower doors will sparkle if cleaned with white vinegar.
- To clean the shower, use a solution of 1/2 cup vinegar, 1 cup ammonia, and 1/4 cup baking soda added to one gallon of warm water.
- Lemon furniture oil will remove water spots on metal frames.
- Rusty tile marks can be removed with kerosene.
- Running the shower on hot for five minutes will steam the dirt loose.
- Grout need cleaning? Wash with 2 tablespoons chlorine bleach in one quart of water. Dry thoroughly, then apply several coats of lemon oil. Let dry one hour between coats.
- Dull walls will shine when washed with vinegar and water and polished with a dry cloth.
- Lighter fluid will remove most stains from porcelain sinks and bathtubs.

Kitchen See Kitchen 101

- Pour club soda on counter and clean with a soft cloth, rinse with water then wipe dry.
- Baking soda or club soda will clean and shine stainless steel sinks easily.
- Remove stubborn water spots from a stainless sink with a cloth dampened with rubbing alcohol.
- Spots on stainless steel also can be removed with vinegar.
- Rub stainless steel sinks with lighter fluid if rusty.
- For a sparkling white porcelain sink, place paper towels across the bottom of your sink and saturate with household bleach. Let sit for 8 hours & rinse. Never use bleach in colored sinks.

Refrigerator

- An open box of baking soda will absorb odors for a month or so.
- A few drops vanilla extract on a piece of cotton placed in the refrigerator will eliminate odors.
- Wipe refrigerator with vinegar to prevent mildew.
- Use your vacuum on the front of the coils and motor to remove dust and dirt.

Appliances

- Stop yellowing of white appliances. Mix 1/2 cup bleach, 1/4 cup baking soda and 4 cups of warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.
- Wax large appliances with car wax to make them shine and to remove small scratches.

Wood Floors

- Floor cleaner is a solution of 1/2 cup of white vinegar in 1 gallon of warm water. Damp mop with a mop squeezed nearly dry. It is safer to mist the mop with the cleaner than to apply to floor. Do a section at a time and throw an old towel on the floor and scoot back and forth with foot to dry and prevent streaks. Standing liquid from mopping, spills, and pet accidents can damage floors.
- The greatest damage done to wood floors is from grit. Mats at doors are necessary to collect grit and it's important to keep these clean. Frequent dust mopping in high traffic areas to collect grit is the best prevention. This should be done based on the amount of traffic, which may require dust mopping several times a day in an active household. The brush attachment of a vacuum can be used (no beater bars). Felt and furniture protectors should be installed on furniture. Never scoot furniture on wood.
- Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.
- Use a paper bag over spilled candle wax then lightly iron

Removing Stains

- Water Stains: Rub the spot with No. 2 steel wool and re-wax. For more serious water stains, lightly sand with fine sandpaper, clean the spot with No. 1 or 00 steel wool and mineral spirits or floor cleaner then refinish and wax.
- Cigarette Burns: If not severe, the burn can be removed by rubbing with steel wool moistened with soap and water.
- Heel and Caster Marks: Rub vigorously with fine steel wool and floor cleaner. Wipe dry and polish.
- Ink Stains and Other Dark Spots: Use No. 2 steel wool and floor cleaner to clean the spot and surrounding area. Thoroughly wash the affected area. If the spot remains, sand with fine sandpaper, re-wax and polish. Stubborn stains may require that you replace the affected area.
- Chewing Gum and Wax Deposits: Ice until the deposit is brittle and crumbles off. Pour floor cleaner around the stain so the fluid soaks under and loosens it.
- Alcohol Spots: Rub the spot with liquid or paste wax

Vinyl Floors

- Sweep then damp mop using a gallon of water and a dash of dishwashing detergent.
- No-wax floors eventually need waxing, this will help to prevent further deterioration.

Cleaning Carpets

- To clean dry spots, loosen soil and vacuum away prior to moistening it.
- When taking out stains, always use a white cloth.
- Wax dropped on carpet or upholstery? Set a clean, absorbent cloth over the wax stain and hold a hot iron on it. Then remove the cloth.
- Coat mildly greasy stains with aerosol shaving cream, use a hair dryer to speed dry. Then vacuum.
- Sprinkle a greasy stain with baking soda, cornstarch or talcum powder. Leave on at least 8 hours, then vacuum.

Did you know that Bounce, the stuff you use in the dryer has many cleaning uses?

- Eliminates static electricity from your television screen. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling.
- Dissolves soap scum from shower doors. Clean with a used sheet of Bounce.
- Freshens the air in your home. Place an individual sheet of Bounce in a drawer or hang one in the closet.
- Prevents thread from tangling. Run a threaded needle through a sheet of Bounce to eliminate the static cling on the thread before sewing.
- Eliminates static cling from pantyhose. Rub a damp, used sheet of Bounce over the hose.
- Prevents musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.
- Freshens the air in your car. Place a sheet of Bounce under the front seat.

- Cleans baked-on food from a cooking pan. Put a sheet in the pan, fill with water, let sit overnight, and sponge clean. The anti-static agents apparently weaken the bond between the food and the pan while the fabric softening agents soften the baked-on food.
- Eliminates odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.
- Collects cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
- Eliminates static electricity from venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resetting.
- Deodorizes shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight so they'll smell great in the morning.
- Cleaning Marble "MARBLE IS TRICKY, USE AT YOUR OWN RISK"
- For heavier stains on marble, take three or four cakes of Ivory soap, cut them up and dissolve in hot water until you have a "slurry." Paint this on the marble and let it sit for five days or so. If the gunk starts to dry during that time, wet it down. At the end of the period, wash it all off.
- To remove lighter stains, sprinkle salt on a fresh cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

More Handy Hints @ http://www.debra4homes.com/f/spring_cleaning_tips.htm