

EnviroInsight.org



Uses For Vinegar

Seventy-two uses for vinegar, body care, cleaning, laundry, foods, garden and pets! White Vinegar is perfect for various household-cleaning tasks. Always use apple cider vinegar for personal care. White vinegar is best for cleaning and is gentle on hands, so there is no need to wear rubber gloves. Vinegar has a slight scent while wet, when dry it leaves no odor.

Body Care

1. Feel good. A teaspoon of apple cider vinegar in a glass of water, with a bit of honey added for flavor, will take the edge off your appetite and give you an overall healthy feeling.
2. Soothe a bee or jellyfish sting. Dot the irritation with vinegar and relieve itching.
3. Relieve sunburn. Lightly rub white vinegar; you may have to reapply.
4. Condition hair. Add a tablespoon of vinegar to dissolve sticky residue left by shampoo.
5. Relieve dry and itchy skin. Add 2 tablespoons to bath water.
6. Relieve itching by using a cotton ball to dab mosquito and other bug bites with vinegar straight from the bottle.
7. Fight dandruff. After shampooing, rinse with vinegar and 2 cups of warm water.
8. Soothe a sore throat. Put a teaspoon of vinegar in a glass of water. Gargle, then swallow.
9. Treat sinus infections and chest colds. Add 1/4 cup or more vinegar to the vaporizer.
10. Sprinkle a little vinegar on prepared food to take the edge off your appetite.
11. Vinegar adds highlights to brunette, hair, restores the acid mantle, and removes soap film and sebum oil.
12. You take 1 tablespoon full and swallow when you have the hiccups. It stops them instantly.
13. Helps with colds. Mix one-quarter cup Apple Cider Vinegar with one-quarter cup honey. Take one tablespoon six to eight times daily.
14. Helps with sinus infections and chest colds. Add 1/4 cup or more vinegar to the vaporizer.
15. Remove warts by applying a lotion of half cider vinegar and half glycerin. Apply daily to warts until they dissolve.
16. Remove corns by making a poultice of one crumbled piece of bread soaked in one-quarter cup Vinegar. Let poultice sit for one-half hour, then apply to the corn and tape in place overnight. If corn does not peel off by morning, reapply the poultice for several consecutive nights.
17. Prevent yeast infections. Douche with one-tablespoon vinegar to one-quart warm water, to adjust the pH balance in the vagina.
18. Cure an upset stomach by drinking two teaspoons Apple Cider Vinegar in one-cup water.
19. Clean dentures by soaking them overnight in vinegar, then brush away tartar with a toothbrush.

20. Relieve cough by mixing one-half cup Apple Cider Vinegar, one-half cup water, one-teaspoon cayenne pepper, and four teaspoons honey. Take one tablespoon when cough acts up. Take another tablespoon at bedtime.

Cleaning

21. Remove fruit stains from hands. Rub with vinegar.
22. Clean eyeglasses. Wipe each lens with a drop of vinegar
23. Remove decals. Brush with a couple coats of vinegar. Allow to soak in. Wash off.
24. Remove tough stains. Gently rub on fruit, jam, mustard, coffee, tea. Then wash as usual.
25. Freshen up the washing machine. Periodically, pour a cup of vinegar in the machine and let in run through a regular cycle (no clothes added). Will dissolve soap residue.
26. Clean a scorched iron plate. Heat equal parts vinegar and salt in a small pan. Rub solution on the cooled iron surface to remove dark or burned stains.
27. Unclog steam iron. Pour equal amounts of vinegar and water into the iron's water chamber. Turn to steam and leave the iron on for 5 minutes in an upright position. Then unplug and allow to cool. Any loose particles should come out when you empty the water.
28. Get rid of cooking smells. Let simmer a small pot of vinegar and water solution.
29. Dissolve rust from bolts and other metals. Soak in full strength vinegar.
30. Clean the microwave. Boil a solution of 1/4 cup of vinegar and 1 cup of water in the microwave. Will loosen splattered on food and deodorize.
31. Get stains out of pots. Fill pot with a solution of 3 tablespoons of vinegar to a pint of water. Boil until stain loosens and can be washed away.
32. Clean china and fine glassware. Add a cup of vinegar to a sink of warm water. Gently dip the glass or china in the solution and let dry
33. Clean stainless steel. Wipe with a vinegar dampened cloth.
34. Clean the dishwasher. Run a cup of vinegar through the whole cycle once a month to reduce soap build up on the inner mechanisms and on glassware.
35. Clean and deodorize the garbage disposal. Make vinegar ice cubes and feed them down the disposal. After grinding, run cold water through 31 Clean and deodorize jars. Rinse mayonnaise, peanut butter, and mustard jars with vinegar when empty.
36. Unclog a drain. Pour a handful of baking soda down the drain and add 1/2 cup of vinegar. Rinse with hot water.
37. Clean the refrigerator. Wash with a solution of equal parts water and vinegar. The vinegar will kill germs that encourage growth of mold and mildew.
38. Freshen a lunchbox. Soak a piece of bread in vinegar and let it sit in the lunchbox over night.
39. Clean a teapot. Boil a mixture of water and vinegar in the teapot. Wipe away the grime.
40. Cut grease and odor on dishes. Add a tablespoon of vinegar to hot soapy water.
50. Clean and disinfect wood cutting boards. Wipe with full strength vinegar.
51. Deodorize the kitchen drain. Pour a cup down the drain once a week. Let stand 30 minutes and then flush with cold water.
52. Polish car chrome. Apply full strength.
53. Deter ants. Spray vinegar around doors, appliances, and along other areas where ants are known.

Laundry

54. Get smoke smell out of clothes. Add a cup of vinegar to a bath tub of hot water. Hang clothes above the steam.
55. Take grease off suede. Dip a toothbrush in vinegar and gently brush over grease spot.
56. Brighten fabric colors. Add a 1/2 cup vinegar to the rinse cycle.
57. Keep colors from running. Immerse clothes in full strength vinegar before washing.
58. Get rid of lint in clothes. Add 1/2 cup of vinegar to the rinse cycle.

Foods

59. Eliminate onion odor. Rub on your fingers before and after slicing.
60. Boil better eggs. Add 2 tablespoons water before boiling eggs. Keeps them from cracking.
61. Freshen vegetables. Soak wilted vegetables in 2 cups of water and a tablespoon of vinegar.
62. Tenderize meat. Soak in vinegar over night.

Garden

63. Extends life of cut flowers: 2-tablespoons of White Vinegar 2-tablespoons of sugar for each liter (quart) of water.
 64. Kill grass on walks and driveways.
 65. Kill weeds. Spray full strength on growth until plants have starved.
 66. Grow beautiful azaleas: Occasionally water plants with a mixture of two tablespoons vinegar to one quart water. Azaleas love acidic soil.
 67. Increase soil acidity. In hard water areas, add a cup of vinegar to a gallon of tap water for watering acid loving plants like rhododendrums, gardenias, or azaleas. The vinegar will release iron in the soil for the plants to use.
 68. Prolong the life of flowers in a vase. Add two tablespoons of vinegar plus three tablespoons of sugar per quart of warm water.
- Houseplants will grow stronger and healthier by adding one or two tablespoon of peroxide to 1/2 gallon of water, then use mixture to water plants.

Pets

69. Keep chickens from pecking each other. Put a little vinegar in their drinking water.
70. Keep dogs from scratching his ears. Use a clean, soft cloth dipped in diluted vinegar.
71. Keep cats away. Sprinkle vinegar on areas you don't want the cat walking, sleeping, or scratching on.
72. Remove skunk odor from a dog. Rub fur with full strength vinegar; rinse.

Alternative Medicine Forum Posts

<http://www.bellaonline.com/articles/art1485.asp>
131 USES FOR VINEGAR

GARDEN:

Grow beautiful azaleas: Occasionally water plants with a mixture of two tablespoons vinegar to one quart water. Azaleas love acidic soil.

Kill grass on walks and driveways. Pour full strength on unwanted grass.

Kill weeds. Spray full strength on growth until plants have starved.

Increase soil acidity. In hard water areas, add a cup of vinegar to a gallon of tap water for watering acid loving plants like rhododendrums, gardenias, or azaleas. The vinegar will release iron in the soil for the plants to use.

Freshen cut flowers. Add 2 tablespoons vinegar and 1 teaspoon sugar for each quart of water.

Prolong the life of flowers in a vase. Add two tablespoons of vinegar plus three tablespoons of sugar per quart of warm water. Stems should be in three to four inches of water.

Neutralize garden lime. Rinse your hands liberally with vinegar after working with garden lime to avoid rough and flaking skin.

Clean pots before repotting, rinse with vinegar to remove excess lime.

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BUGS AND ANIMALS:

Fish bowl cleaner Eliminate that ugly deposit in the gold fish tank by rubbing it with a cloth dipped in vinegar and rinsing well.

Eliminate animal urine stains from carpet. Blot up urine with a soft cloth, flush several times with lukewarm water, then apply a mixture of equal parts vinegar and cool water. Blot up, rinse and let dry.

Deter ants. Spray vinegar around door and window frames, under appliances, and along other known ant trails.

Remove skunk odor from a dog. Rub fur with full strength vinegar; rinse.

Keep cats away. Sprinkle vinegar on an area to discourage cats from walking, sleeping, or scratching on it.

Keep dogs from scratching ears. Clean the inside of the ears with a soft cloth dipped in diluted vinegar.

Keep away fleas and mange. Add a little vinegar to your pet's drinking water.

Keep chickens from pecking each other. Add cider vinegar to their drinking water.

Clean milking equipment. Rinse with vinegar to leave system clean, odorless, and bacteria free

without harmful chemical residue.

CARS & TOOLS:

Polish car chrome. Apply full strength.

Clean rust from tools, bolts, and spigots. Soak the rusted tool, bolt, or spigot in undiluted vinegar overnight.

Keep car windows frost free. Coat the windows the night before with a solution of three parts vinegar to one part water.

HEALTH & BEAUTY:

Dampen your appetite. Sprinkle a little vinegar on prepared food to take the edge off your appetite.

Soothe a bee or jellyfish sting. Dot or douce the irritated area with vinegar and relieve itching.

Relieve itching by using a cotton ball to dab mosquito and other bug bites with Vinegar straight from the bottle.

Relieve sunburn by lightly rubbing it with vinegar. You may have to reapply.

Take 1 cup of vinegar and warm water into a large glass and use to rinse your hair after you shampoo. Vinegar adds highlights to brunette hair, restores the acid mantel, and removes soap film and sebum oil.

You take 1 tablespoon full and swallow when you have the hiccups. It stops them instantly.

Relieve dry and itchy skin. Add 2 tablespoons to bath water.

Fight dandruff, by rinsing with vinegar and 2 cups of warm water, after shampooing.

Soothe a sore throat. Put a teaspoon of vinegar in a glass of water. Gargle, then swallow.

Cure for colds. Mix one-quarter cup Apple Cider Vinegar with one-quarter cup honey. Take one tablespoon six to eight times daily.

Treat sinus infections and chest colds. Add 1/4 cup or more vinegar to the vaporizer.

Feel good recipe. A teaspoon of apple cider vinegar in a glass of water, with a bit of honey added for flavor, will take the edge off your appetite and give you an overall healthy feeling.

Remove fruit stains from hands. Rub with vinegar.

Remove warts by applying a lotion of half cider vinegar and half glycerin.
Apply daily to warts until they dissolve.

Relieve arthritis. Before each meal, drink a glass of water containing two teaspoons
Apple Cider Vinegar. Give it at least three weeks to start working.

Remove corns by making a poultice of one crumbled piece of bread soaked in one-quarter cup
Vinegar. Let poultice sit for one-half hour, then apply to the corn and tape in place overnight. If
corn does not peel off by morning, reapply the poultice for several consecutive nights.

Cure an upset stomach by drinking two teaspoons Apple Cider Vinegar in one cup water.

Prevent yeast infections. Douche with one tablespoon vinegar to one quart warm water,
to adjust the pH balance in the vagina.

Clean dentures by soaking them overnight in vinegar, then brush away tartar with a toothbrush.

Relieve cough by mixing one-half cup Apple Cider Vinegar, one-half cup water, one teaspoon
cayenne pepper, and four teaspoons honey. Take one tablespoon when cough acts up. Take
another tablespoon at bedtime.

LAUNDRY & OTHER CLOTHES CARE:

Use in laundry to cut soap.

Get rid of lint in clothes. Add 1/2 cup of vinegar to the rinse cycle.

Prevent lint from clinging to clothes: Add one cup vinegar to each wash load.

Keep bright colors from running. Immerse clothes in full strength vinegar for 10 minutes before
washing.

Freshen up the washing machine. Clean the hoses and unclog soap scum. Once a month pour one
cup of vinegar into the washing machine and run the machine through a
normal cycle, without clothes.

Brighten fabric colors. Add a 1/2 cup vinegar to the rinse cycle.

Take grease off suede. Dip a toothbrush in vinegar and gently brush over grease spot.

Remove tough stains. Gently rub on fruit, jam, mustard, coffee, tea. Then wash as usual.

Get smoke smell out of clothes by adding a cup of vinegar to a bath tub of hot water.

Hang clothes above the steam.

Remove perspiration stains from clothes by applying one part vinegar to four parts water, then rinse.

Deodorant and anti-perspirants stains may be removed from clothing by lightly rubbing with distilled vinegar and laundering as usual.

Cotton and wool blankets become soft, fluffy and free of soap odor if 2 cups of distilled vinegar are added to the rinse cycle of the wash.

Clothes will rinse better if a cup of vinegar is added to the last rinse water. The acid in vinegar is too mild to harm fabrics but strong enough to dissolve the alkalies in soaps and detergents.

When dyeing fabric, add a cup full of distilled vinegar to the last rinse to set the color.

Nylon hose will look better and last longer if 1 tablespoon of vinegar is added to the rinse water when washing.

To obtain a sharper crease in your knit fabrics, dampen them with a cloth wrung out from a solution of 1/3 distilled vinegar and 2/3 water. Place a brown paper bag over the crease and iron.

Excess laundry suds that develop during hand laundry may be eliminated by splashing a little vinegar into the second rinse. Follow this with another rinse in plain water.

Deodorize a wool sweater: Wash sweater, then rinse in equal parts vinegar and water to remove odor.

After a hem or seam is removed, there are often unsightly holes left in the fabric. These holes can be removed by placing a cloth, moistened with distilled vinegar, under the fabric and ironing.

Unclog steam iron by pouring equal amounts of vinegar and water into the iron's water chamber. Turn to steam and leave the iron on for 5 minutes in an upright position. Then unplug and allow to cool. Any loose particles should come out when you empty the water.

Clean a scorched iron plate by heating equal parts vinegar and salt in a small pan. Then rub the solution on the cooled iron surface to remove dark or burned stains.

IN THE KITCHEN:

A mixture of salt and vinegar will clean coffee and tea stains from chinaware.

Freshen vegetables. Soak wilted vegetables in 2 cups of water and a tablespoon of vinegar.

Boil better eggs by adding 2 tablespoons water before boiling. Keeps them from cracking.

Marinating meat in vinegar kills bacteria and tenderizes the meat. Use one-quarter cup vinegar for a two to three pound roast, marinate overnight, then cook without draining or rinsing the meat.
Add herbs to the vinegar when marinating as desired.

Put vinegar on a cloth and let sit on the back of your kitchen faucet and it removes hard water stains.

Vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers. Fill the reservoir with vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished. (Be sure sure to check the owners manual for specific instructions).

Brass, copper and pewter will shine if cleaned with the following mixture. Dissolve 1 teaspoon of salt in 1 cup of distilled vinegar.

Clean the dishwasher by running a cup of vinegar through the whole cycle once a month to reduce soap build up on the inner mechanisms and on glassware.

Deodorize the kitchen drain. Pour a cup down the drain once a week. Let stand 30 minutes and then flush with cold water.

Unclog a drain. Pour a handful of baking soda down the drain and add 1/2 cup of vinegar. Rinse with hot water.

Eliminate onion odor by rubbing vinegar on your fingers before and after slicing.

Clean and disinfect wood cutting boards by wiping with full strength vinegar.

Cut grease and odor on dishes by adding a tablespoon of vinegar to hot soapy water.

Clean a teapot by boiling a mixture of water and vinegar in it. Wipe away the grime.

Clean and deodorize the garbage disposal by making vinegar ice cubes and feed them down the disposal. After grinding, run cold water through.

Clean and deodorize jars. Rinse mayonnaise, peanut butter, and mustard jars with vinegar when empty.

Get rid of cooking smells by letting a small pot of vinegar and water simmer on the stove.

Freshen a lunchbox by soaking a piece of bread in vinegar and let it sit in the lunchbox over night.

Clean the refrigerator by washing with a solution of equal parts water and vinegar.

Clean stainless steel by wiping with a vinegar dampened cloth.

Clean china and fine glassware by adding a cup of vinegar to a sink of warm water. Gently dip the glass or china in the solution and let dry.

Get stains out of pots by filling the pots with a solution of 3 tablespoons of vinegar to a pint of water. Boil until stain loosens and can be washed away.

Clean food-stained pots and pans by filling the pots and pans with vinegar and let stand for thirty minutes. Then rinse in hot, soapy water.

Clean the microwave by boiling a solution of 1/4 cup of vinegar and 1 cup of water in the microwave. Will loosen splattered on food and deodorize.

Make buttermilk. Add a tablespoon of vinegar to a cup of milk and let it stand 5 minutes to thicken.

Replace a lemon by substituting 1/4 teaspoon of vinegar for 1 teaspoon of lemon juice.

Firm up gelatin by adding a teaspoon of vinegar for every box of gelatin used. To keep those molded desserts from sagging in the summer heat.

Prepare fluffier rice by adding a teaspoon of vinegar to the water when it boils.

Make wine vinegar by mixing 2 tablespoons of vinegar with 1 teaspoon of dry red wine.

Debug fresh vegetables by washing them in water with vinegar and salt. Bugs float off.

Scale fish more easily by rubbing with vinegar 5 minutes before scaling.

Prevent soapy film on glassware by placing a cup of vinegar on the bottom rack of your dishwasher, run for five minutes, then run through the full cycle.

The minerals found in foods and water will often leave a dark stain on aluminum utensils. This stain can be easily removed by boiling a solution of 1 tablespoon of distilled vinegar per cup of water in the utensil. Utensils may also be boiled in the solution.

Unsightly film in small-necked bottles and other containers can be cleaned by pouring vinegar into the bottle and shaking. For tougher stains, add a few tablespoons of rice or sand and shake vigorously. Rinse thoroughly and repeat until clean or determined hopeless.

After cleaning the bread box, keep it smelling sweet by wiping it down with a cloth moistened in distilled vinegar.

To eliminate fruit stains from your hands, rub your hands with a little distilled vinegar and wipe them with a cloth.

Grease buildup in an oven can be prevented by wiping with a cleaning rag that has been moistened in distilled vinegar and water.

Formica tops and counters will shine if cleaned with a cloth soaked in distilled vinegar.

No-wax linoleum will shine better if wiped with a solution of 1/2 cup of white vinegar in 1/2 gallon of water.

Stains on hard-to-clean glass, aluminum, or porcelain utensils may be loosened by boiling in a solution of one part vinegar to eight parts water. The utensils should then be washed in hot soapy water.

IN THE BATHROOM:

Kill germs on bathroom fixtures by using one part vinegar to one part water in a spray bottle. Spray the bathroom fixtures and floor, then wipe clean.

Soap and stain build up can be removed from chrome and plastic fixtures if they are cleaned with a mixture of 1 teaspoon of salt and 2 tablespoons of distilled vinegar.

Clean soap scum, mildew, and grime from bathtub, tile, and shower curtains. Simply wipe the surface with Vinegar and rinse with water.

Stubborn stains can be removed from the toilet by spraying them with vinegar and brushing vigorously. The bowl may be deodorized by adding 3 cups of distilled vinegar. Allow it to remain for a half hour, then flush.

Unclog a shower head by unscrewing it, remove the rubber washer, place the head in a pot filled with equal parts Vinegar and water, bring to a boil, then simmer for five minutes.

Corrosion may be removed from showerheads or faucets by soaking them in diluted distilled vinegar overnight. This may be easily accomplished by saturating a terry cloth towel in vinegar and wrapping it around the showerhead or faucet.

Bath tub film can be removed by wiping with vinegar and then with soda. Rinse clean with water.

MISCELLANEOUS:

Use vinegar in the steam cleaner to reduce soap bubbles.

Mix vinegar with linseed oil and use it to clean your wood.

Clean eyeglasses by wiping each lens with a drop of vinegar.

Soak new propane lantern wicks in vinegar for several hours. Let dry before using. Will burn longer and brighter.

Deodorize the air. Vinegar is a natural air freshener when sprayed in a room.

Turn a chicken bone into rubber by soaking it in a glass of vinegar for three days. It will bend like rubber.

Deodorize a room filled with cigarette smoke or paint fumes. Place a small bowl of vinegar in the room.

Remove decals or bumper stickers by soaking a cloth in Vinegar and cover the decal or bumper sticker for several minutes until the vinegar soaks in. The decals and bumper stickers should peel off easily.

Cleaning windows by using undiluted Vinegar in a spray bottle. Dry off with newspaper.

Prevent patching plaster from drying by adding one tablespoon vinegar to the water when mixing to slow the drying time.

Plastic can be cleaned and made anti-static by wiping down with a solution of 1 tablespoon of distilled vinegar to 1 gallon of water. This will cut down on the plastics' tendency to attract dust.

The colors in carpets and rugs will often look like they have taken a new lease on life if they are brushed with a mixture of 1 cup of vinegar in a gallon of water.

A mixture of one teaspoon of liquid detergent and 1 teaspoon of distilled vinegar in a pint of lukewarm water will remove non-oily stains from carpets. Apply it to the stain with a soft brush or towel and rub gently. Rinse with a towel moistened with clean water and blot dry. Repeat this procedure until the stain is gone. Then dry quickly, using a fan or hair dryer. This should be done as soon as the stain is discovered.

Spots caused by cola-based soft drinks can be removed from 100 percent cotton, cotton polyester and permanent press fabrics if done so with in 24 hours. To do it, sponge distilled vinegar directly onto the stain and rub away the spots. Then clean according to the directions on the manufacturer's care tag.

Sponging away grease and dirt with a sponge dipped in distilled vinegar will keep exhaust fan grills, air-conditioner blades and grills dust free.

Leather articles can be cleaned with a mixture of distilled vinegar and linseed oil. Rub the mixture into the leather and then polish with a soft cloth.

To loosen old glue around rungs and joints of tables and chairs under repair, apply distilled vinegar with a small oil can.

Soak a paint brush in hot vinegar, then wash out with warm, sudsy water to soften it up.

Patent leather will shine better if wiped with a soft cloth which has been moistened with distilled vinegar.

To add a pleasant scent to a room while at the same time removing an unpleasant odor, add cardamom or other fragrant spice to a bowl of distilled vinegar and place in the warmest corner of the room.

Varnished wood often takes on a cloudy appearance. If the cloudiness hasn't gone through to the wood, the cloudiness can be removed by rubbing the wood with a soft lintless cloth wrung out from a solution of 1 tablespoon of distilled vinegar in a quart of luke-warm water. Complete the job by wiping the surface with a soft dry cloth.

Dirt and grime can be easily removed from woodwork with a solution of 1 cup of ammonia, 1/2 cup of distilled vinegar, and 1/4 cup of baking soda in a cup of warm water. This solution will not dull the finish or leave streaks.

Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of distilled vinegar and olive oil. Rub with the grain and polish for the best results.

Wood paneling may be cleaned with a mixture of 1 ounce of olive oil and 2 ounces of distilled vinegar in 1 quart of warm water. Moisten a soft cloth with the solution and wipe the paneling. The yellowing is then removed by wiping with a soft, dry cloth.