INDEX

Α	psoriasis reliet, 29	cholesterol lowering, 320
• •	scar prevention, 21	conjunctivitis relief, 30
absinthe, 71	skin care, 88, 89, 317	floating candle holders, 338
acetone, 355	sunburn relief, 355	hangover prevention, 341
acid reflux, 16	aluminum foil boxes, 190	mocktail, 341
acne, 100, 109	aluminum foil uses	muscle and joint pain
acupressure, 45, 47	chrome cleaning, 208	relief, 6, 353
adhesive bandages, 206	grill cleaning, 186	muscle strengthening, 324
adhesive removal, 68	in ovens, 261	nutrition drink, 332
adult hot chocolate, 192	painting aid, 201	psoriasis relief, 29
age spots, 85, 91	rust removal, 273	sangria, 340
air fresheners. See also	silver polishing, 279	skin care, 317
deodorizing treatments	window and door repairs,	appliances
dryer sheets as, 141	238	appliance fires, 299
formulas for, 157, 334, 339	aluminum furniture, 273, 350	microwaves, 80, 262
onion as, 166	aluminum siding, 228–230, 346	ovens, 261
spices as, 156	Alzheimer's disease, 56, 57, 58	refrigerators, freezers, 263
alcohol. See denatured	Amazing Aluminum Furniture	replacing, 259
alcohol; rubbing alcohol	Cleaner, 350	small appliances, 266
uses	ammonia uses	stoves (ranges), 259–260
alcoholic beverages	ground light cleaning, 347	washers and dryers,
beer, 27, 88, 135	oven cleaning, 261	264–265
cocktails, 152, 181, 191, 337,	paint removal, 281, 342	Apricot-Balsamic Fizz, 344
340, 344, 352, 357	pest control, 338	aquariums, for stress relief, 50
hot toddy, 348	screen cleaning, 239	aquatic exercise, 32
for parties, 181–182, 185	soot removal, 296	arnica oil, 8
stains from, 135	stain removal, 135	aromatherapy, 36
wine, 14, 38, 93, 135, 340	upholstery cleaning, 331	Aromatic Welcome Mat, An,
algae removal, 73, 238	wall cleaning, 126	339
Alka-Seltzer®, 27, 116	wicker cleaning, 274	arrowroot powder, 109
All-Around Antibacterial	window cleaning, 237	art, as pain relief, 3
Cleaner, 175	anise, anise seed, 11, 57	art creation, 151
allergies, 173, 332	antibiotics, 20	arthritis, 1–6, 333
All-Purpose Headache	anti-fatigue mats, 69, 221	artificial flowers, 176
Reliever, 316	antiperspirant, 28	artificial fragrances, 109, 122
All-Purpose Wall Cleaner, 126	antiques, 267, 280	artificial sweeteners, 33, 103
allspice, 16	ants and anthills, 28, 76, 159	ashtrays, 171
All-Star Body Scrub, 93	anxiety. See stress and	aspirin, 18, 26, 116, 137
almond milk, 44, 48, 332, 349	anxiety	asthma, 17, 19
almond oil, 98, 102, 339	apple cider vinegar. See	athlete's foot, 30
almonds, 50, 86, 95, 320	vinegar uses	At the Ready Anti-Allergy
aloe vera uses	apples, apple juice uses	Juice, 332
hair care, 106	Apple Pie Power Drink, 305	attics, 67, 168–171
hand sanitizer, 83	brain health, 56	avocado, avocado oil, 95, 96,
hemorrhoid relief, 26, 314	cellulite treatment, 329	99, 101

В	skin care, 87, 89, 98, 317	nutrition drink, 336
baby gates, 171	sleep aid, 44	bilberries, 325
baby lotion, 92	stress relief, 47	binder clips, 160, 221
baby oil, 113, 267, 287	weight loss, 36	bird feeding, 192
baby shampoo, 351	barbecue sauce, 188	birds, in gutters, 249
back pain, 6-7, 325	bar soap, 27, 233, 268, 284	blackberries, 93, 110, 317, 336
Back Relief Italiano, 7	baseboards, cleaning, 127	black pepper, 11, 35, 325
Bacteria-Banishing	basements, 166–167, 205	bladder, overactive, 321
Mouthwash, 53	bath powder, 159, 202	bleach
baking powder, 125	bathrooms	algae removal use, 238
baking soda uses	cleaning, 112–117	alternative to, 136
adhesive removal, 68	decluttering, 154–156	for Christmas tree care, 191
aluminum cleaning, 350	guests and, 175	cleaning uses, 228, 229,
bathroom cleaning, 112, 175	safety in, 71, 154	251, 346
brass cleaning, 280	vanity replacements, 210	mold and mildew removal
carpet care, 122, 331	bath toys, 282	use, 115, 116, 167, 205
clogged drain fix, 115, 217	bath treatments	moss removal use, 302
driveway cleaning, 256	pain relieving, 5, 7, 10	stains from, 139
floor cleaning, 119	skin care, 93, 94, 95, 97,	use caution, 272
furniture repair, 267	100, 326	blinds, cleaning and repairing,
hair care, 102, 104	skin irritation relieving,	129, 130, 147, 275–276
laundry aid, 334	30, 323	blisters, 25
mildew removal, 272	stress relieving, 45, 48,	blood pressure, 18
oven cleaning, 261	49, 319, 339	bloodstains, 132
paint removal, 342	bathtubs, cleaning, 114	blood sugar levels, 35
pest control, 322, 354	bay leaf, 7, 331	blueberries, blueberry juice
porch cleaning, 346	Beautiful Blue Wrinkle	uses
silver polishing, 279	Reducer, A, 328	bone health, 62
skin care, 85, 326	Beautifying Body Cleanser,	brain health, 56
stove-top cleaning, 260	326	bruise treatment, 24
upholstery cleaning, 131	bedrooms, 43, 142–146	immunity booster, 357
vinyl cleaning, 133, 272	bedroom slippers, 286	psoriasis relief, 29
wall cleaning, 126	beds and bedding, 40, 104	skin care, 89, 317, 328
wall repairs, 196	beef, 24, 104	sore throat relief, 13
wood shingle aging, 244	beer, 27, 88, 135	stress relief, 50
balance exercises, 66	bee stings, 27	weight loss, 320
balloons, as invitations, 174	beeswax, 286, 319	Blue Blast for Your Skin, A, 89
ballroom dancing, 60	beet juice, 332	body butter, 96
banana uses	beet powder, 109	body splash, 327
disease prevention, 321	berries. See also specific	boils, 25, 315
hair care, 329	berries	Bondo®, 227, 230
hemorrhoid treatment, 26	Berry Good Balance	bone health, 62, 65, 324
muscle strengthening, 324	Blend, A, 62	books, 43, 167, 282
nutrition drinks, 332, 336,	Berry Good Flame	borax uses
356	Fighter, A, 321	blind cleaning, 276
pain relief, 348, 353	Berry Great Hair Mask, A,	flame retardant, 354
psoriasis relief, 29	327	hard water spot removal,
respiratory health, 317	for brain health, 56	347

porax uses (continued)	atternate uses for, 151, 284	muscle and joint pain
laundry aid, 136	in bathroom, 175	relief, 3, 315, 333
mildew removal, 272	dripless, 176	stress relief, 46
nail polish cleanup, 124	floating, 338	CDs, 67, 151, 240
paint removal, 342	storing, 194	cedarwood essential oil, 335
pest control, 346	cantaloupe, 329	ceiling fans, 126, 216
screen cleaning, 239	carbon monoxide, 214	ceiling repairs, 198, 199
wall and floor cleaning,	cardamom, 35	celery, celery juice, 152, 341
343	cardiovascular disease, 19	cell phones, 289, 290
boric acid, 354	caregiving, 52	cellulite, 98, 329
Bountiful Breakfast	carpal tunnel syndrome, 4, 9	ceramic-tile floors, 119, 204.
Smoothie, 336	carpet	See also grout, cleaning
bourbon, 348	choosing, 68	chair rail, 199
	_	
Bracing Pain-Bashing Brew,	cleaning, 121–122, 331	chalk, 139, 196, 226
325	furniture dents in, 121	chamomile uses
brain health, 15, 53–60	remnant use, 123, 124, 258	indigestion relief, 317
brandy, 37, 314	repairing, 204	insomnia relief, 337
brass, 280	Carpet Beetle Eliminator, 335	pain relief, 1, 9
bread, as sponge, 140	carrots, carrot juice, 152, 324,	stress relief, 49, 318, 337
Break-Time Rejuvenator, 200	332	charcoal, 129, 279
brick care, 124, 229, 231	cars and driving, 67, 72, 123,	Cheery Bedtime Tea, 1
bronchitis, 11	159, 240	Cheery Chocolate Slush, 328
bronze, 351	car wax, 114, 273	cherries, cherry juice, 1, 321
brooms, 7, 120	cash, for emergencies, 290	cherry liqueur, 71
brown sugar. See sugar uses	castile soap uses	chess and checkerboards, 206
bruises, 24	blind cleaning, 276	chewing gum, 196
bubble wrap, 213	hair care, 101, 106	chicken soup, 14
burns (minor), 30, 352, 354	hot tub cleaning, 347	Chillin' Out Spray, 77
Bursitis Bye-Bye Beverage,	laundry aid, 139	chocolate. See also cocoa
333	stain removal, 331	powder uses
butter, 98, 102, 230	castor oil uses	benefits of, 56
buttermilk, 167, 329	eyelash and brow	Cheery Chocolate Slush,
Bye-Bye Boil Paste, 315	treatment, 91	328
	leather care, 285	Chocolate Lover's Lip
	pain relief, 4, 8, 9, 322	Balm, 110
	sleep aid, 42	Chocolate-Peanut Butter
cabbage, 25, 30	cataracts, 91	Blast, 356
cabinets, 206–210	cat litter, 186, 256	Cholesterol-Clobbering
caffeine, 42	catnip, 337	Punch, 320
calcium lactate, 348	cats, and heart health, 18	cholesterol levels, 19, 320
calendula, 317, 354	cat scratching post, 123	chopsticks, 115
Calm-After-the-Storm	cat toys, 165	Christmas trees, 191, 281. See
Cocktail, A, 357	cayenne pepper uses	<i>also</i> holidays
Calm-Down Cocktail, A, 71	bruise treatment, 24	chrome, cleaning, 112, 208
calorie expenditure, 63	carpal tunnel pain relief, 9	chronic inflammation, 16,
camphor, 8	folk remedy, 291	321
candles	heart health. 19	chronic pain. 3

cinnamon uses	insect repellent, 184	collectibles, 142, 150
air freshener, 156, 339	mouthwash formula, 53	color perception, 31, 48
brain health, 57	pest control, 169	comfrey, 354
carpet deodorizing, 122	potpourri, 338	competition, and stress, 50
cholesterol lowering, 321	wound healing, 21	computers, dusting, 129
headache relief, 9	club soda, 112, 135	computer use, 3, 8
inflammation relief, 16	clutter control. See	concrete, mixing, 255
lip care, 110	decluttering and	concrete surfaces, 220, 253-
makeup, 107	organization	256, 355
pain relief, 348	Cockroach-Clobbering	congestion, 11, 12–13, 291
pest control, 288	Cookies, 322	Congestion-Prevention
potpourri, 338	cocktails. See alcoholic	Syrup, 11
stress relief, 45	beverages; mocktails	conjunctivitis, 30
weight loss, 35	cocoa butter, 96	constipation, 16
circadian rhythm, 43	cocoa powder uses	contact paper removal, 206
citrus peels, 17. See also	foot care, 99	cookie jars, 171
specific citrus fruits	makeup, 107	cookie swaps, 190
clary sage essential oil, 318	nutrition drink, 356	cooking fires, 299–300
cleaning formulas, 330–331,	skin care, 86, 90, 94, 328	cooking oil spray, 118
342–343. See also specific	coconut, 95, 352, 353	Cool Aid for Hot Sunburn, 355
formula or task	coconut milk uses	coolers, 176, 189
cleaning process, 128. See	hair care, 102, 106	Cooling Muscle Soother, 322
also specific room or task	skin care, 93, 95, 97	cooling spray, 77
cleaning tools, 126. See also	sleep aid, 44	copper, 280, 302, 351
specific tool or task	smoothie, 352	Corian®, 211
closet organization, 143–145,	coconut oil uses	coriander, 16
157–158	brain health, 59	cork flooring, 69, 119, 204
clothes dryers, 265	foot care, 98, 99, 318	corks, 196
clothes hangers, 143, 145, 170	hair care, 102, 106	cornmeal, 85, 202, 256
clothespins, 47, 137, 164, 285	hemorrhoid relief, 314	corn oil, 98
clothing	skin care, 85, 86, 94, 96	corns and calluses, 26
decluttering and storing,	stress relief, 45	cornstarch uses
143–145	Coconut Vinegar Housework	carpet care, 121, 331
new, 137	Helper, 332	furniture care, 267
stain removal, 136, 138–	coconut water, 200, 345,	ground light cleaning, 347
140, 331	352, 353	hair care, 103
sweater care, 283	coffee	jewelry care, 287
wrinkled, 334	as laundry aid, 137	makeup, 109
zipper repairs, 284	naps and, 42	mold and mildew
clove uses	skin care use, 98	removal, 167
air freshener, 156, 339	as sweeping aid, 253	skin care, 94
back and neck pain relief,	wood repair use, 199	upholstery and fabric
325	coffee filters, 187, 192	cleaning, 131, 132
body splash, 327	cola, 254, 273	wallpaper cleaning, 125
carpet care, 331	colds and flu, 11–14, 15, 17, 348	window cleaning, 128
headache relief, 314	cold sores, 23	wood floor repair, 202
inflammation relief, 16	collages, 165	wood furniture care, 134

corn syrup, 191	D	shoes and boots, 141
coughs, 11, 314	D	depression, 20
countertops, 211	dairy products, and	diarrhea, 14, 16
crafting spaces, 161–163	congestion, 13. See also	diet and eating habits
craft projects, 165	specific dairy products	arthritis and, 4, 5
cranberries, cranberry juice	dandruff, 103	brain health and, 56
uses	Dandy Deck Cleaner, 251	immunity and, 20
bird food, 192	Dandy Double-Punch	for lip care, 110
cholesterol lowering, 320	Degreaser, 262	nutrition drinks, 332,
cut treatment, 30	Dandy Dry Carpet Cleaner,	356
hemorrhoid treatment, 26	331	for stress relief, 51
potpourri, 338	Dead Sea salt, 29, 97	weight loss and, 32–38
urinary tract infection	decks and porches, 251–252,	wound healing and, 22
relief, 15	254, 346	diet food, 33
cranberry shrub, 357	Declutterer's Cocktail, A, 152	diet soda, 33
crayons, 198, 206, 211	decluttering and organization	Digestion Booster, 37
cream of tartar, 115, 217, 350	attics, 168–171	digestive aid formulas, 291,
Cream of the Crop Immunity	basements, 166–167	317, 325, 336
Booster, 357	bathrooms, 154–156	dill, 44
Creamy Muscle-Powering	bedrooms, 142–146	dinnerware, and weight loss,
Treat, A, 324	closets, 143–145, 157–158	31
crow's-feet, 88, 91	crafting spaces, 161–163	dips, 183
Cry-No-More Milk Cleanup	downsizing strategies, 52,	Disease-Dodging Smoothie,
Formula, 331	153, 194	321
cucumber uses	entryways, 152	disease prevention, 17, 321
allergy relief, 332	flammable substances,	dish brushes, 113
appetizers, 180	295	dishwasher detergent, 186,
Cucumber Cocktail, 181	general strategies, 142, 148	237
energy drink, 200	home offices, 160, 161	dishwasher rinse aid, 237
hair care, 101	home values and, 149	dishwashers, 62, 219
hangover prevention, 341	living areas, 148–151	dishwashing liquid uses
skin care, 326	dehumidifiers, 129, 167, 288	carpet cleaning, 122
stress relief, 48	dehydration, 14, 55, 345, 349	clogged toilet fix, 116
sunburn relief, 30	deicer, 73	desk cleaning, 251
cumin, 15, 16, 341	Delicious Digestion Helper,	floor cleaning, 323
curcumin. See turmeric uses	A, 336	hand cleaning, 355
cursive writing, 54	Delightful Desk Polish, 161	hardware cleaning, 208
curtain rods, 80	dementia, 55, 57, 58	jewelry cleaning, 287
curtains and drapes, 130, 149,	denatured alcohol, 118	oven rack cleaning, 261
277	dental health, 9, 53	pest control, 338
cut flowers, 159	deodorizing treatments	screen cleaning, 239
cuticle care, 105	bathrooms, 175	soot removal, 296
cuts and scrapes, 21–22, 30,	carpets, 122	stain removal, 135
354 Cut the Grease Floor Cleaner,	feet, 99	upholstery cleaning, 131,
•	kitchens, 323 laundry, 136	331, 351
323	3.	wall cleaning, 125
	luggage and trunks, 141, 168	doctor visits, 18

documents, and	egg uses	eye bags, 90
emergencies, 293	eye care, 90	eye care, 90, 91, 324, 325
doorknobs, 78	hair care, 327	eye drops, for skin care, 109
doors	leather cleaning, 133	eyeglasses, 291
air leaks, 233, 241	skin care, 88, 92	eyelashes and brows, 91, 111
deadbolts, 235	electric blankets, 297	eye makeup, 107–108, 111
garage doors, 240	electric outlets, 215, 297	eye makeup removal, 100
sticking or dragging,	electric panels and wiring,	
233–234	214–215, 289	E
storm doors, 238, 239	Electrolyte Replacement	Γ
wind protection, 303, 304	Potion, 356	fabric
door screens, 239	embroidery hoops, 140	flame-retardant spray
door stops, 212	emergency preparedness,	for, 354
doorway safety, 74, 78	289–294. See also	mildewed, 167, 282
Double-Duty Lemongrass	fire safety; floods; wind	storing, 162
Lemonade, 349	protection	using scraps, 165
Double-Duty Sleep Salve, 318	energy drink potions, 200,	fabric softener, 103, 136
Double Punch Nettle Tea,	253, 305, 324, 349, 356	Fabulous Fat-Burning
333	entertaining	Smoothie, 320
downsizing strategies, 52,	beverages for, 176, 181–	face cream jars, 220
153, 194	182, 185, 340-341	facial care
drains, clogged, 115, 116, 217,	food for, 173, 178–180, 183	acne, 100, 109
218	holiday parties, 190–195	age spots, 85, 91
drawer glides, 268	ice breaker games for, 177	anti-aging agents, 92
drawer organizers, 80, 212	outdoors, 172, 184–189	cleansers, 85–86, 326
drinking straws, 47	party favors, 174, 192	eye bags, 90
driveways, 67, 256, 355	party planning, 172–176	toners, 89
driving safety, 72. See also	entryways, 152	wrinkles, 85, 87–88, 91,
cars and driving	Epsom salts uses	100, 328
dryer sheets, 127, 141, 265	foot care, 99	fall prevention
dust cloths, 330	hair care, 104	grab bars for, 71, 74
dusting techniques. See	laundry aid, 130	on outdoor surfaces,
specific item	SAD relief, 319	73–74
dustpans, 131	skin care, 94	physical activity for, 61
dyed hair, 101, 102, 104	wound healing, 22	rugs and, 68
	erasers, as cleaning tools,	stairway safety, 70, 73
F	125, 160	Fast-Aging Shingle Formula,
L	essential oils, 99, 334. See	244
earaches, 9	also specific oils	fat, beef or mutton, 286
earthquakes, 308	eucalyptus essential oil, 335	fats, dietary, 33
Easy-Does-It Scouring	Excellent Vision Enhancer,	faucets, leaky or noisy, 217,
Powder, 112	325	307
Easy-Does-It Wrinkle	exercise. See physical activity	Fels-Naptha® soap, 25, 27,
Releaser, 334	exhaust fans, 117	140
eczema, 29	expanding foam sealant, 233,	felt-tip markers. See
Eggnog Martini, 191	242	permanent markers
eggshells, 136, 220	extension cords, 257, 297	feminine hygiene pads, 120

fennel, II, 31/	fountains, 49	Genuinely Natural Shampoo,
ferns, and skin health, 99	frankincense essential oil,	101
Festive Floating Candles, 338	326	GFCI outlets, 215
fiberglass tubs, 114	freckles, 91	gift giving, 193, 194
fiber intake, 26, 33	freezers, 263	gift wrap, 165
financial fears, 52	French tarragon, 37	gin cocktail, 181
finger food, 178–180, 183	frozen pipe prevention,	ginger uses
fire ant bites, 28, 76	309-310	back and neck pain relief,
Fire Cider, 291	Fruit Salad Smoothie, 352	325
fire extinguishers, 221, 299	fruit versus fruit juice, 35. See	cellulite treatment, 329
fireplaces and chimneys,	also specific fruits	energy drinks, 253, 349
296, 302	furniture	folk remedy, 291
fire safety, 295–300	antique, 267	Ginger-Peachy Stress
first-aid classes, 289	arrangement of, 148–149	Buster, A, 337
first-aid kits, 75, 154, 221	bedroom, 144	hangover prevention, 341
First-Stop Clog Clearer, 217	leather, 133, 270	inflammation relief, 16
Flame-Retardant Fabric	moving, 147	mocktail, 341
Spray, 354	outdoor, 271–274, 350	muscle and joint pain
flashlights, 220	upholstered, 120, 121, 131,	relief, 2, 3, 348
flaxseed, flaxseed oil, 5, 48,	132, 135, 351	respiratory health, 317
50, 320	wood, 133–134, 161, 267–	skin care, 93, 98
Flexibility Improvement	269, 350	stress relief, 48
Potion, 324	work-space, 160, 162	ginkgo, 325
floods, 307–312	furniture casters, 268	gloves, 221, 285
floors	furniture polish, 161, 267, 330	glue, 196
cleaning, 118–120, 129, 323	101111tore potisii, 101, 201, 330	glycerin, 139, 315
mold and mildew on, 205	_	gold, 287
repairing, 202–204	G	gold, 207 golf bags, 171, 256
safety and, 69	G	Goop® Hand Cleaner, 114
floor wax, 202	games and puzzles, 60, 65,	gout, 333
flour, 280	177	grab bars, 71, 74
foam insulation, 258	garages, garage doors, 67,	Grapefruit Crush, 340
fondue, 180	240, 257, 304	grapefruit juice, 98, 316
food	garbage disposals, 218	
emergency supplies, 292	garden hoses, 220, 223	grapes, grape juice uses cholesterol lowering, 320
for entertaining, 173,	gardening and yardwork,	_
_	64–65, 75–77, 227	hydration, 345
178–180, 183	garlic uses	inflammation relief, 6 muscle and joint pain
stains from, 132, 136, 140	folk remedy, 291	• •
foot care, 4, 24, 98–99, 318, 322	hair care, 106	relief, 353
	nail care, 105	nutrition drink, 332
foot massage, for insomnia, 40	tooth or gum pain, 9	skin care, 328
forgetfulness. See brain	weight loss, 318	weight loss, 38
health	gas and bloating, 317	wound healing, 22
Fountain of Youth Bath	gelatin, 103, 105, 277, 329	grass stains, 136
Blend, 326	generators, 305	gratitude, 39
Foundation 107 109	Gentle Extra-Strength Hand	gray hair, 103, 104, 327
Foundation, 107, 108	Cleaner, 355	Great Gray Cover-Up, A, 327

jerrybaker.com

Great Gut Healer, 317 Green and Fruity Smoothie,	Hangover-Prevention Potion, 341	doors and windows, 233– 242
344	hangovers, 15, 341	floors, 202–204
green tea uses	Hanukkah, 193	kitchen cabinets, 206–210
energy drink, 253	Hard as Nails Tonic, 105, 329	mold and mildew removal,
inflammation relief, 321	hard hats, 169	115, 116, 117, 167, 205, 229,
pain relief, 348	hardware, on cabinets, 207,	308
skin care, 328	208, 209, 342	outdoor areas, 251–257
stress relief, 50	hardware cloth, 258	roofs and gutters, 243–250
weight loss, 320		_
grills and grilling, 186, 188	Hard-Water Splotch Remover, 347	walls and ceilings, 196– 201, 227–232
	hawthorn berries, 325	
grout, cleaning, 113, 115, 116,		home safety, 67–71, 154.
205	headaches, 9–10, 314, 316,	See also emergency
gum disease, 53	333	preparedness; safety tips
gum pain, 9	health concerns, 52. See also	home security, 75
gutters, 247–249, 301, 304	specific conditions	home values, 149
	Healthy Siding Solution, 228	honey uses
Н	heart attack, 17, 18	body care, 21, 93, 94, 95
	heart health, 15, 19, 58, 324	congestion prevention, 11 cough remedy, 314
hail storms, 304	heating and cooling, 213–214,	
hair care, 101–104, 327, 329	216, 304	electrolyte drink, 356
hair conditioner	hemorrhoids, 26–27, 30, 314	energy drinks, 253, 305, 349
as cleaning agent, 112, 230	herbs, for pest control, 165,	facial care, 86, 87, 88, 91, 92
for clothing care, 334	184. See also specific herbs Heroic Hardware Paint	flu fatigue remedy, 14
fabric softener as, 103		foot care, 98
homemade, 102	Remover, 342	headache relief, 316
as laundry aid, 136	Heroic Headache Healer, 314	Honey of a Hot Toddy, A,
as lubricant, 159, 217, 263	Heroic Homemade Stain	348
hair dryer uses	Remover, 331	inflammation relief, 16
adhesive removal, 206	Heroic Hot-Pepper Liniment, 3	insect repellent, 184
air leak detection, 241	hinges, squeaky, 206	muscle pain relief, 316
cosmetic use, 107	holidays	skin care, 326, 327
frozen pipe fix, 310	contingency plans, 195	sleep aid, 44 sore throat relief, 13
jewelry cleaning, 287	decorations, 165, 190–	
wicker cleaning, 274	192, 194, 281, 339	weight loss, 34, 35, 318 wound healing, 21
hair loss, 106	gift giving, 193–194 travel, 190	hors d'oeuvres, 178–180, 183
hair spray, 159, 277, 281		
hair ties and scrunchies, 125,	holiday-treat gift tins, 171	horseradish, 3, 12, 291
155	home furnishings, 130–135	hot chocolate, adult, 192
hammers, 222, 223	Homemade Paint Remover,	hot dogs, 187
hand care, 98, 99	342	hotel room safety, 84
hand cleaning, 159, 226, 257,	Homemade Stain Remover,	hot sauce, 14, 34
355	139	hot toddy, 348
hand lotion, 101, 134	home offices, 160	hot tubs, 347
hand pain, 3, 4	homeowner's insurance, 294	Hot Weather Digestion
hand sanitizer 83 120	home repairs and	Booster, 325

maintenance

handyman, hiring, 229

houseplants, 99, 117, 123

jerrybaker.com

eve care, 90

furniture polish, 161

housework, as exercise, iigsaw puzzles, 60 laundry detergent joint pain relief for bathroom cleaning, 114 61-63. See also specific potions for, 316, 333, 345, excessive use of, 264 tasks humidifiers, 268 for masonry cleaning, 254 353 hurricanes, 301 strategies for, 1–6 for siding cleaning, 228, 346 hydration, 14, 55, 345, 349 iojoba oil, 96, 101, 102 for upholstery cleaning, 331 hydrogen peroxide uses Juice at the End of the for wicker cleaning, 133 bathroom cleaning, 113 Rainbow, 353 lavender. lavender oil uses floor cleaning, 119 asthma relief, 17 Jumpin' Joint Juice, 316 laundry aid, 139, 334 juniper essential oil, 319 cooling spray formula, 77 stain removal, 331 hair care. 102 headache relief. 314 hemorrhoid relief. 314 insomnia relief. 318 kale, 341 Lavender Lemonade, 320 keratosis pilaris (KP), 97 ice, ice cubes, 86, 122, 182, pest control, 165, 184, 288 189 ketchup, 122, 280 sleep aid, 42 ice alternative, 178 kevs. 152, 256 stress relief, 45, 51, 318, ice breaker games, 177 kitchens cabinets, 206-210 320.349 ice cream, serving, 187 sunburn relief. 355 ice packs, 2, 10, 26, 147 cleaning formulas, 262, lawn mowing, 65, 76–77 immune system, 12, 20, 317, 342 lazy Susans, 191 357 cooking fires in, 299-300 leaf raking, 64 Incredible Comfort Cream, countertops, 211 learning, for brain health, 53, 319 Kitchen Deodorizing indigestion, 15, 317 54 Spray, 323 leather care in RVs, 79-80 inflammation, 16, 321 furniture, 133, 270 ink spots and stains, 136, 139, small appliance fixes, 266 gloves, 285 285 kiwifruit. 348. 352 Leather Cleaning & insect bites or stings, 27–28, knee pads, 123, 212 Conditioning Spray, 270 76 knitting and crocheting, 164 Leather Water-Proofing knives, as tools, 127, 226 insect repellents, 184-185 Compound, 286 insomnia relief, 39-44, 318, kombu, 49 purses, 285 337, 348 KP (keratosis pilaris), 97 suitcases, 335 Intensive Blind Cleaner, 276 leg cramps, 8 Intensive Care Lip Balm, 23 legumes, 38 irons, as tool, 121, 203, 267, lemongrass, 349 269 lacquer thinner, 355 lemon oil. 161 ladder use, 226, 258 lemons, lemon juice uses laminate countertops, 211 air freshener, 157 lamps. See lighting bathroom cleaning, 113 iade, 287 lampshades, 131 blind cleaning, 276 jars, opening, 160 landscaping, 75, 227 brass polishing, 280 jaw muscles, and headaches, latkes, 193 constipation relief, 16 9,10 laughter, as remedy, 17, 20, electrolyte drink, 356 Jell-O®. 110

laundry, 61, 136-140, 331

laundry appliances, 264-265

Jetted Hot Tub Cleaner, 347

jewelry, 146, 147, 287, 351

hair care, 101	home and garden uses, 159	side effects of, 36, 40
headache relief, 316	as lubricant, 284	storing, 18, 154
hot toddy, 348	for mosquito bite relief, 27	memorization, 59
insect repellent, 184	for paper cut relief, 21	memory and mental
joint pain relief, 316	lip care, 85, 100, 110	function, 15, 53-60, 330
kitchen cleaning, 262, 300	lip stain, 110	mental focus, 46, 47, 50
laundry aid, 136	lipstick, 111	mentholated rub, 11
lemonade potions, 185,	liquid soap, 133	message boards, 163, 206
320, 349	living areas, 148–151	metabolism boosters, 36, 38
motion sickness relief,	Lovely Leather Cleaner, 335	mice and rats, 295, 335, 354
357	luggage, 141, 170, 335	microwaves, 80, 262
multipurpose cleaner,	lumber, cleaning, 343	Mighty Safe Mouse
330		Repellers, 335
oven cleaning, 261	М	mildew. See mold and
paint removal, 230	1 1	mildew
skin care, 28, 89, 98, 315,	Magical Muscle Reliever, 316	milk, spilled, 132, 331
326	magnesium citrate, 316, 348	milk crates, 225
sore throat relief, 13	makeup, 107–111, 140, 156	milk uses
wall cleaning, 127	mango uses	bladder health, 321
wood furniture care, 134	bladder health, 321	boil treatment, 315
lettuce, 89	energy drink, 324	eczema relief, 29
lighting	Orange-Mango Agua	eye care, 90
fluorescent bulbs, 216	Fresca, 324	hangover prevention, 15
lamps, 149, 216	pain relief, 353	ink spot removal, 139, 285
night-lights, 39, 67	sangria, 340	masonry cleaning, 254
outdoor, 78, 347	skin care, 94, 95	nail care, 105, 329
work lights, 212, 226	smoothies, 344	nutrition drink, 356
limes, lime juice uses	mantras, as sleep aid, 41	silver polishing, 279
air freshener, 157	maps, paper, 290	skin care, 21, 86, 94, 95,
cocktails, 337, 340, 357	marinades and sauces, 188	97, 98, 108
hangover remedy, 15, 341	marjoram, 314, 337	sleep aid, 41, 44
headache relief, 10	marshmallows, 187	stress relief, 319
insect repellent, 184	martini shaker, 182	mint uses. See also
Lime-Coconut Refresher,	Marvelous Moth-Away Mix,	peppermint, peppermint
345	169	oil uses
mocktail, 345	Marvelous Multi-Nutrient	cocktail, 337
nutrition drink, 332	Smoothie, 332	foot care, 99
sangria, 340	massage, 40, 87	headache relief, 314
skin care, 28, 88, 97	mayonnaise, 105, 134	insomnia relief, 337
wall cleaning, 127	meadowfoam oil, 326	mocktail, 345
linen storage, 155, 157–158.	meat-based stains, 132	nutrition drink, 332
See also table linens	meat tenderizer, 28, 132	pain relief, 10
linoleum flooring, 119, 203,	medications	mirrors, 37, 112, 113
204	brain health and, 55, 57	mobile homes. See RVs and
linseed oil, 267, 274, 330, 350	driving safety and, 72	travel trailers
lip balm	emergency supplies of, 291	mocktails, 16, 341, 345
formulas for, 23, 110	managing, 18	molasses, 105, 281, 329, 349

mold and mildew	nail polish remover, 113, 280	onion uses
in bathrooms, 115, 116, 117	napkin rings, 171	air freshener, 166
on floors and walls, 205,	naps, 42	cold remedy, 11
229	natural gas, 214, 289	cough remedy, 314
on home furnishings, 167,	Nature's Miracle®, 217	diarrhea relief, 16
282	neck pain, 8, 325	earache relief, 9
on leather purses, 285	nectarines, 336	flu fatigue remedy, 14
on outdoor furniture, 272,	net hammocks, 171	folk remedy, 291
274	nettles, 333	sleep aid, 42
pool toy storage and, 272	nicotine stains, on walls, 124	On-the-Go Hand Sanitizer,
removal formula, 308	nightshade vegetables, 4	83
mosquito bites, repellents,	night-lights, 39, 67	open house parties, 173
27, 349	No-Fuss Furniture Polish, 330	oranges, orange juice uses
Mosquito Lemon Aid, 338	Nourishing Facial Scrub for	air freshener, 156, 339
moss removal, 250, 255, 302	Mature Skin, 326	burn treatment, 352
moth control, 121, 165, 169,	nutmeg, 15, 107	cold and flu relief, 15
288	nutrition drinks, 332, 336,	energy drink, 324
Motion Sickness Settler, 357	356	hangover remedy, 15, 341
Motivational Mojito, 337	nuts, 56, 134	heart and brain health,
motorhomes, 79–83		15
mouthwash, 53, 159, 200,	\circ	immunity booster, 357
285	O	joint pain relief, 6, 316
multitasking, during meals, 35	oatmeal uses	Orange-Mango Agua
Multitasking Super Soak, 323	bath treatments, 30, 323	Fresca, 324
multivitamins, 191	skin care, 85, 92, 95, 326	paint removal, 230
Murphy® Original Oil Soap, 269	obesity, 2. See also weight	potpourri, 338
muscle flexing, 41, 51	loss	sangria, 340
muscle pain relief	oil spills, 256	skin care, 86, 87, 93
formulas for, 3, 291, 315, 322	Old-Time Board Cleaner, 343	stress relief, 48, 49
Muscle Misery Chaser, 348	olive oil uses	oregano, 7
potions for, 316, 345, 348,	foot care, 24, 99, 318, 322	organization. See
353	furniture polish, 161	decluttering and
strategies for, 1–6	hair care, 102	organization
muscle strength, 1, 58, 324	hot tub cleaning, 347	Organizer's Delight, 336
music, as remedy, 12, 49, 54	leather care, 133, 270	outdoor areas
mustard, 7, 10, 13	nail care, 105	Outdoor Window
	skin care, 85, 96, 100	Cleaner, 237
N	wood furniture care, 134	repairs and maintenance
IN	olives, stuffed, 180	in, 251–257
nail care, 100, 105, 329	omega fatty acids, 56, 97	safety in, 73–78
nail polish	One for the Road, 341	outdoor entertaining, 172,
furniture repair use, 267	One Hair-oic Smoothie,	184–189
as marker, 159	329	outdoor furniture, 271–274,
spills of, 121, 124	One Heck of a Hemorrhoid	350
vinyl floor repair use, 203	Cream, 314	ovens, 261
window and screen repair	One Smooth Skin Soother,	overeating remedy, 15
use, 237, 239	317	

P	peppermint, peppermint oil uses cooling spray formula, 77	sleep and, 40, 43 for stress relief, 49, 51
padlocks, 256	diarrhea relief, 16	for weight loss, 32
pain, chronic, 3. See also	indigestion relief, 317	pickle juice, 27
specific pain types	motion sickness relief,	pill bottles, 226
Pain-Prevention Smoothie,	357	pimples, 109
353	mouthwash formula, 53	pineapple, pineapple juice uses
Pain-Pulverizing Smoothie,	muscle pain relief, 315	bone health, 62
348	pest control, 335	bruise treatment, 24
painting techniques	weight loss, 36	cocktail, 352
exterior, 231–232, 237,	permanent markers	immunity booster, 357
253	as laundry aid, 139	pain relief, 6, 348, 353
interior, 198, 200–201,	marks on upholstery, 120	skin care, 90
207	marks on walls or floors,	sleep aid, 44
paint removal, 230, 281, 342	120, 127	smoothie, 344
paint rollers, 125	for scratched leather, 270	pine sap removal, 271
panty hose, 112, 129, 239, 351	storing, 163	pipe insulation, 255, 258
paper cuts, 21	Perspiration Stain Remover,	pipes, frozen, 309–310
paper towel tubes, 220	334	plantain, 53
parabens, 109	pest control	plant stands, 171
Parkinson's disease, 56	carpet beetles, 335	plumb bobs, 256
parsley, 6, 90, 323	cockroaches, 322	plumbing problems, 115, 116,
party favors, 174, 192	mice and rats, 295, 335,	217–219, 220, 264, 309–311
party planning, 172–176. See	354	plums, 345
<i>also</i> entertaining	mosquitoes, 338, 349	poison ivy relief, 28
patios, 253–255, 355	moths, 121, 165, 169, 288	pomegranate juice, 15, 26,
peach nectar, 352	at outdoor parties, 184–	336
peach shrub, 71	185	Pomegranate Margaritas,
peach uses	termites, 346	340
Ginger-Peachy Stress	toiletries for, 159	pool noodles, 80, 212
Buster, A, 337 hydration, 345	pet hair removal, 141	pool toys, storing, 272
Peach-Mango Smoothie,	pet odors, in carpet, 122 petroleum, in cosmetics, 109	popcorn, for birds, 192 porches and decks, 251–252,
344	petroleum jelly uses	254, 346
Peachy Keen Mocktail,	hand and foot care, 99	positive mental focus, 46
345	lip balm formulas, 23, 110	potassium, 319
sangria, 340	lubricant, 217, 281	potato chips, 5
peanut butter, 9, 192, 356	skin care, 92	potatoes, 15, 23, 326
peanut oil, 105	phthalates, 109	potato peelers, 223
Pear-fectly Pleasing Cellulite	physical activity	potato skins, 296
Alleviator, 329	amount needed, 61	potlucks, 173, 180, 193
Pearl-Pampering Bath, 351	asthma and, 19	potpourri kits, 338
pearls, 287, 351	avoiding pain from, 1, 6	potpourri use, 339
pears, pear juice, 329, 336,	balance exercises, 66	power cords, 156, 225, 249,
341	chores as, 61–65, 75	266
peepholes, 84, 234	driving safety and, 72	Powerful Painted-Porch
pegboard, 224, 225	immunity and, 20	Cleaner, 346

jerrybaker.com

Powerful Painted Wall & rice, 86, 93, 279 safety tips. See also Floor Cleaner, 343 rice bran powder, 107 emergency preparedness power washing, 229, 230, 251 rodent control, 295, 335, 354 driving, 72 present focus, 47 rolling pins, 40 fire prevention, 295-300 propane, in RVs, 82 roof repairs and home, 67-71, 154, 235 protein, 22 maintenance, 243-247, hotel, 84 psoriasis, 29, 317 outdoor areas, 73–78 250, 301–302, 304 Psoriasis-Soothing rose hips, rose hip oil, 94, 325 RVs and travel trailers. Smoothie, 29 rosemary uses 79-83 pulse taking, 19 air freshener, 157 sage uses pumice powder, 296 blister treatment. 25 hair care, 103, 106, 327 puncture wounds, 22 hair care, 103, 327 headache relief, 333 purses, 6, 145, 285 headache relief, 314, 333 pain relief. 7 puzzles and games, 60, 65. memory stimulation, 330 skin care, 323, 327 mouthwash, 53 Saintly Salve, 354 177 pain relief. 7 salt uses pest control, 169, 288 bathroom cleaning, 112, Rosemary-Coconut 113 **Quick & Easy Closet** Cooler, 353 brass, bronze, copper Freshener, 334 skin care. 323 cleaning, 280, 351 Ouick Muscle Relief Rub, 315 stress relief, 45 clogged drain fix, 115, 217 rose petal bath, 5 electrolyte drink, 356 auilts, 165 Quit Your Coughin' Syrup, 314 rose water, 91, 315 foot care, 322 rubber bands, 160, 234, 244 laundry aid, 137 rubber chair leg caps, 226 pain relief, 5, 7, 10 rubber tile flooring, 69, 81, 119 rehydration, 14 radishes, 12 rubbing alcohol uses SAD relief, 319 rain barrels, 248 blind cleaning, 276 silver polishing, 279 ranges (stoves), 259-260 deck and porch cleaning, skin care, 92, 98, 99, 323, raspberries, 62, 110, 321, 336 254 326 raspberry blossoms, 29 floor cleaning, 83 sore throat relief, 13 rats and mice, 295, 335, 354 hand sanitizer, 83 stain removal, 135 recovery drinks, 345, 352, 353 moss removal, 255 sandalwood essential oil. red clover, 25 326 sap removal, 271 sandalwood powder, 91 refrigerators, 263 window cleaning, 128, 237 Rejuvenating Rhubarbade, rugs, 63, 68, 165, 252 sanding techniques, 207, 221, 356 226 rum, 37, 53, 337, 352 Rekindle Your Fire Bath, 319 running, 1 sandpaper, storing, 223 Relaxing Lavender Almond rust removal, 208, 265, 266, sand uses, 258, 343 Milk, 349 sandwiches, wrapping, 187

S

SAD (seasonal affective disorder), 48, 319 safety goggles, 221

RVs and travel trailers. 79-83

sangria, 340

sawhorses, 222

scars, 21, 23, 100

scarves, 143, 171

scavenger hunts, 193

sauces and marinades, 188

sawdust, 256, 258, 355

remote controls, 151

retirement stress, 52

ribbon, storing, 161 ribbon boards, 163

resveratrol, 6

rhubarb, 356

Respiratory Rev-Up Tea, 317

Scented Christmas Tree	Simple Brass & Copper	Marvelous Multi-Nutrient
Ornaments, 339	Polish, 280	Smoothie, 332
sciatica, 8	sinks, undermounted, 209	One Hair-oic Smoothie,
scissors, sharpening, 220	skin care	329
scrapbooking, 162, 164	body care, 21, 93–97, 326,	Pain-Prevention
screws and screwdrivers,	327	Smoothie, 353
222, 223, 224, 233, 256	eye bags, dark circles, 90	Pain-Pulverizing
sea salt. See salt uses	facial care, 85–92, 326	Smoothie, 348
seasonal affective disorder (SAD), 48, 319	hand and foot care, 24, 98–99	Peach-Mango Smoothie, 344
seaweed, 49	olive oil treatments, 100	Psoriasis-Soothing
See-the-Light Solution, 347	potions for, 328	Smoothie, 29
serving trays, 206	scars, 21, 23	Super Stress-Busting
sewing tips, 141, 163–164	Skin-Livening Libation,	Smoothie, 50
shampoo	328	Snooze-Fest Punch, 41
homemade, 101, 106	skin irritations, 28–29, 30,	snow and ice, 73, 243
uses for, 114, 137, 159	317, 323, 354	soap flakes, 350
shaving cream uses	sleep	social networks
carpet and upholstery	bedroom clutter and, 142	anxiety and, 50
cleaning, 121, 132	chronic pain and, 8	brain health and, 58, 60
grout cleaning, 115	driving safety and, 72	immune system and, 20
hand cleaning, 159, 226	excessive, 40	weight loss and, 34
mirror cleaning, 113	immunity and, 20	socks, 80, 147, 221, 226
sunburn relief, 28	insomnia relief, 39–44,	soft drink stains, 135
shaving tips, 96, 100	318, 337	Solid-Traction Floor Polish,
shea butter, 314	skin health and, 87	118
shellac, orange, 118	weight loss and, 34	Soothe-Your-Achin'-Head
Shellac Shape-Up Formula,	sleeping positions, 8, 55, 90	Tea, 333
350	Sleepy-Time Bladder	Soot-Removal Formula, 296
shingles rash, 29	Beverage, 321	sore throat, 12–13
shoelaces, 220, 286	Sleepy-Time Sunburn	space heaters, 297
shoe polish, 206	Remedy, 315	Sparkling White Sangria,
shoes and boots	small appliances, 266	340
back pain and, 7	smoke alarms, 199, 295	Spicy Gingery Fizz, 16
bags and shapers for, 147	smoking, 20, 57	Spiked Balsamic Lemonade,
cleaning, 256	smoothies	185
as cleaning tool, 118	Beautiful Blue Wrinkle	spinach, 332, 344, 353
deodorizing, 141	Reducer, 328	Splash That Refreshes, The,
repairing, 286	Bountiful Breakfast	327
waterproofing, 286	Smoothie, 336	splinters, 23
wet, 152	Disease-Dodging	sponges, 114
showers	Smoothie, 321	sports, for brain health, 60
cleaning, 112, 113–114	Fabulous Fat-Burning	Spritz and Be Calm Blend,
in emergencies, 293	Smoothie, 320	318
as remedy, 12	Fruit Salad Smoothie, 352	squatting technique, 62
roll-in, 71	Green and Fruity	squeegees, 128
silverware, 209, 279	Smoothie, 344	stainless steel, 211

stain removal	stress and anxiety	sweaters, 283
clothing, 136, 138–140	cholesterol levels and, 19	Sweet Dreams Tea, 337
formulas for, 331	formulas for relieving, 45,	Sweet Softening Scrub, A, 86
Stain-Banishing Poultice,	318, 319, 339	Sweet Treat for Tired Feet,
355	immunity and, 20	A, 322
upholstered furniture,	potions for relieving, 50,	swimming, 49, 102
120, 121, 132, 135	71, 336, 337, 349, 356, 357	Swiss chard, 353
		switchel, 349
stairways	relief strategies, 45–51	
painting, 253	senior-specific, 52	switch plates, 199
safety on, 70, 73, 78, 81	Stress-Busting Bath	
Stale Closet Refresher, 157	Blend, 45	Т
static cling, 141	stroke, 17, 56, 58	ı
steel wool uses	Strong Mold & Mildew	table linens, 132, 158, 176, 278,
floor repairs, 202, 203	Remover, 308	282
furniture repairs, 134	stuffed animals, 282	talk radio, 49
wall repairs, 196	sugar uses	tape, for splinter removal, 23
window and door repairs,	boil treatment, 25	tarragon, 34, 37
236, 238	burn treatment, 30	tea carts, 155
sterling silver, 279	hand and foot care, 98,	teak furniture, 271
St. John's wort, 8, 354	99, 355	tea tree oil, 175, 308, 314
storage areas	musty smell prevention,	tea uses. See also green tea
attics, 168–171	279	USes
basements, 166–167	rehydration, 14	floor cleaning, 118
bathrooms, 155–158	-	_
	skin care, 85, 86, 93, 94, 96	laundry aid, 137
bedrooms, 144	sulfates, 109	respiratory health, 317
under furniture, 146, 150	Summer Switchel, 349	sunburn pain, 28
lighting in, 67	sunburn, 28, 30, 315, 355	Tea-Totaling Cleanser,
in RVs and travel trailers,	sunflower seeds, 10, 55, 192	342
79–80	sunglasses, 91	vaccination pain relief, 14
squatting to reach, 62	sunlight exposure, 51, 57	television antennas, 247, 302
workshops, 220, 224–225	sunscreen, 120, 127	televisions, dusting, 129
storm doors and windows,	Super-Duper Dust Cloths,	television watching, 19, 37, 42
238, 239, 303	330	temperature, ambient, 36, 59
stoves (ranges), 259–260	Super-Duper Energy Drink,	temperature alarm app, 309
Stove-Top Potpourri Kits, 338	253	tennis balls, 4, 10
strawberry uses	Super Hardware Soak, 208	tequila, 340
energy drink, 200	Superpowered Siding	Termite Terminating Mix, 346
foot care, 322	Solution, 346	Thanks-for-the-Memory
hair care, 327	Super-Safe Snow & Ice	Spray, 330
immunity booster, 357	Melter, 73	theft prevention, 75, 83, 84
lip stain, 110	Super-Strength Screen	three-part stress relief trick,
sangria, 340	Cleaner, 239	50
skin care, 86, 95, 98, 326	Super Stress-Busting	thyme uses
smoothie, 352	Smoothie, 50	blister treatment, 25
Strawberry-Orange Fizz,	Sure Cure for Bronze Disease,	pest control, 169, 288
352	A, 351	skin care, 89, 98, 327
weight loss, 36	suspenders, 176	toilet bowl cleaner, 113, 122

toilets, 116, 311	Ultra-Simple Stress Soother,	clothing care, 334
tomato juice, 103	319	cocktail, 344
tongue movements, 10, 12,	umbrella stands, 152	deodorizing, 323
41	Unforgettable Remedy, An,	dishwasher cleaning, 219
tonic water, 8	57	dog deterrent, 192
Too-Late-for-Prevention	upholstery cleaning	floor cleaning, 119, 323
Potion, 341	cleaning agents for, 131,	folk remedy, 291
tools	132	furniture care, 271–273,
for cleaning, 126 (see also	formulas for, 331, 351	330, 350
specific tools or tasks)	stain removal, 120, 121,	grill cleaning, 186
must-have, 221, 226	135	hair care, 106
potential trash as, 220	urinary tract infections	hardware cleaning, 208
storing, 166, 221, 223–	(UTIs), 15	hard water spot removal, 347
225, 257		headache relief, 316
tips for using, 159, 222-	1/	immune booster, 357
223, 258	V	insect repellent, 184
toothaches, 9	vaccination pain, 14	kitchen cleaning, 262,
toothbrushes, 13, 115	vacuum cleaners	300
toothpaste, 116, 127, 287	accessories for, 126, 129	laundry aid, 136, 334
Tooty Fruity Water, 345	asthma and, 17	leather care, 133, 270,
topical pain creams, 3	for bathroom cleaning,	285, 335
tornadoes, 303, 306	112	mold and mildew
toxin exposure, 20	cleaning parts of, 131	removal, 205, 308
travel, 41, 84, 190	emptying bags, 128	multipurpose cleaner, 330
tripping hazards, 68, 154	using for exercise, 62	muscle and joint pain
Tropical Island Oasis, 352	vacuum storage bags, 157	relief, 1, 316, 333, 348
Tropical Treat for Your Skin,	vanilla uses	oven rack cleaning, 261
A, 95	air freshener, 157	pest control, 335
turmeric uses	digestive aid, 37	porch cleaning, 346
boil treatment, 315	insect repellent, 27	respiratory health, 317
brain health, 56	kitchen deodorizing, 323	skin care, 89, 92, 109, 317,
flexibility improvement,	stress relief, 45, 319, 339	326, 327, 328
324	weight loss, 38	stain removal, 135
hemorrhoid relief, 314	vegetable shortening, 105	sunburn relief, 355
pain relief, 1, 348	vent covers, cleaning, 127	wall cleaning, 124, 126, 343
skin care, 88	Very Vanilla Foaming Bath	weight loss, 34, 318, 320
turpentine, 118, 274, 350	Blend, 339	vinyl surfaces
turquoise, 287	vinegar uses	exterior siding, 228–231,
typewriter correction	algae removal, 73	346
fluid, 226	bathroom cleaning, 175	floors, 119, 203, 204
	beverage potions, 185,	furniture, 133, 272
	253, 305, 349	tablecloths, 282
Liltimata I kabalatawa	boil treatment, 315	walls, 125
Ultimate Upholstery	brass, bronze, copper	vision and eye care, 90, 91,
Shampoo, 351	cleaning, 280, 351	324, 325
Ultra-Safe Mouse and Rat	carpet cleaning, 122	visual perception, and weight
Bait, 354	cholesterol lowering, 320	loss, 31, 32

jerrybaker.com

vitamin C, 22, 93, 104, 319	stress relief and, 49	stains from, 135
vitamin D, 57	water alarms, 310	weight loss and, 38
vitamin E cream, 92	water heaters, 308	Wine Away, 135
vitamin E oil uses	watermelon, 89, 92	witch hazel, 77, 175, 314, 322
cold sore relief, 23	Watermelon Weight-Loss	Wonder-Working Wood-
hair care, 102	Wonder Drink, 34	Scratch Remover, 350
lip balm, 23, 110	water shutoff valves, 289,	wood ashes, 73, 134, 220
nail care, 105	307	wood surfaces
skin care, 23, 87, 96, 98,	wax, on carpet, 121	exterior walls, 227–228
319	WD-40 [®] , 140, 206	floors, 68, 69, 118, 119, 202
sunburn relief, 355	weather events	furniture, 133–134, 161,
Vivacious Vinyl Shiner, 133	floods, 312	267–269, 350
vodka uses	preparedness, 289–294	kitchen cabinets, 206
cocktails, 71, 181, 185, 191,	watches and warnings,	mildewed, 167, 282
340, 344, 357	289	paneling, 198–199
facial toner, 92	winds, 301–306	roof shingles, 244
mouthwash formula, 53	weather stripping, 241, 258	Wood-Paneled Wall Cleaner,
stain removal, 136	weed control, 123	343
vomiting, 14	weight gain, 36	wood veneer, 269
vorriting, 14	weight loss, 2, 31–38, 63, 320	work gloves, 221, 286
	Weight-Loss Wonder Worker,	workshops and tools, 220–
\X/	318	226
wading pools, 171	WetJet™ cleaner pads, 120	wreaths, 191, 194, 281
wading pools, 171 waffle irons, 266	wheat bran, 95	wrenches, 223
warne nons, 200 wagons, 170, 224	wheat germ oil, 319	wrinkles, 85, 87–88, 91, 100,
wagons, 170, 224 walking, 1, 7	wheelchairs, and RVs, 81	328
wallpaper	whiskey, 330	320
cleaning, 125, 126, 127	whole grains, 56	
hanging and repairing,	wicker furniture, 133, 271, 274	Y
197, 200	wildfires, 298	yardwork and gardening,
walls, exterior, 226, 227–	Windex®, 121	64–65, 75–77, 227
232	windows	yogurt uses
walls, interior	air leaks, 241	athlete's foot relief, 30
cleaning, 124–125, 127, 343	broken, 235	bone health, 62
mold and mildew on, 205	cleaning, 63, 128, 237, 238	immunity booster, 357
protecting, 127, 199, 226	cracks or holes in, 235,	nutrition drinks, 332, 336,
repairing, 196–199	237	356
walnuts, 56, 134, 321	painting, 237	skin care, 87, 90, 91, 92,
washing machines, 176, 264,	protective films for, 119, 304	97, 319, 326
311	sticking, 236	stress relief, 50
washing soda, 112, 124, 125,	storm windows, 238	weight loss, 320
276, 323	window screens, 239	Weigitt 1055, 320
water	wind protection, 301–305	-
brain health and, 55	wine wine	7
emergency supply of, 292	for flu fatigue, 14	zinc, 22, 58
floods, 307–312	sangria, 340	zipper repairs, 284
110003, 301-312	saligila, sto	21ppc1 1cpa113, 204

skin care use, 93

fruit-infused, 345