# A

Ache-No-More Foot Formula, 300

Aching Muscle Magic, 214, 300

Acne and blackheads. See Facial blemish treatments

Adhesives and glues

colored, 121

kid-safe, 119

removing, 3, 25, 55, 73, 100, 145, 190, 237,

267, 275, 295

substitutes for, 100, 148, 186

Aftershave, 1, 280, 298, 301, 304

Age spots, 50, 56, 169, 302

Ahhh Aftershave, 1, 301

Air fresheners, 96, 108, 110, 129, 165, 167, 206, 240,

273, 327, 328. See also

Deodorizers

Alcohol (distilled), 169. See

also specific types

Alcohol (rubbing), 1–5, 301,

324, 329, 349

All-Around Disease Defender,

110, 337

All Eyes Are on You, 56, 301

All-Faces Masque, 291, 301

All-Purpose Cleanup Mix, 161, 336

All-Purpose Varmint Repellent, 337

Almond Face Cleanser, 195, 302

Almond oil, 201, 310

Almonds, 195, 196, 198, 300, 302, 305, 309, 317, 319

Alum, 338

Aluminum foil, 6–10, 330

Aluminum siding, 162, 327

Ammonia, 11–14

for cleaning, 306, 325,

328, 336

for disease control, in garden, 18

in fertilizers, 20, 43, 82,

159, 231, 282, 291,

292, 340, 342, 343,

346, 347, 348, 352,

353, 354, 359

for lawn care, 162, 341,

349

for pest control, 213,

337, 357

for seed starting, 355

Annual Pick-Me-Up Tonic, 337

Annuals, 83

Antacids, 15–16, 107

Ant Ambrosia, 77, 338

Ant Annihilator, 338

Ant control

ammonia, 14

borax, 49, 244, 338

chalk, 62

cucumbers, 85

eggshells, 99

flour, 120

lemon, 167

mentholated rub, 117

oranges, 206

spices, 241, 242

table salt, 228

tape, 250

yeast, 77, 182, 244, 338

Anti-Age Lotion, 169, 302

Antibiotics, 237

Ant-Icide, 338

Anti-Mouse Mix, 324

Antiseptic mouthwash. See

Mouthwash

Aphids, 10, 38, 40, 94, 110,

128, 206, 250

Appetite, poor, 239

Apple Astringent, 19, 302

Apple maggots, 21

Apple-Oatmeal Facial, 303

Apples and apple juice, 19-21

for health and beauty,

124, 152, 290, 294,

303, 313, 319, 323

for yard and garden, 231,

346, 348

Applesauce, 311

275, 355

#### INDEX

bubble, 93, 229, 266, Apple trees, 21 Baby wipe containers, 30 Appliances. See specific appli-Baby wipes, 26, 29–30, 333 305, 321 Back-in-Balance Bath, 303 colored water, 121 ances Arthritis, 137, 281, 290 Back scrubbers, 208 electrolyte balancing, 303 Artwork, 139 Baking, tools for, 87 Baking powder, 31–32, 77 Asparagus, 264 energizing, 108, 307 Aspirin, 116, 117 Baking soda, 33–38 milk, 79, 105, 106, 178, Astringent, 19 for cleaning, 7, 226, 240, 321 Athlete's foot, 44, 78, 127, 203, 326, 328, 330, 331 moisturizing, 200, 265, 270 for health and beauty, 277 Avocado oil, 107, 306 27, 238, 303, 306, relaxing, 205, 309 Avocados, 22-23, 39, 152, 181, 318 silky, 152 198, 306, 308, 311, 314, for pest control, 355 Bath salts, 91, 101, 228, 303, 319 for yard and garden, 339 307, 309, 310 Azaleas, 254 Balloons, 131, 135 Bath Salts, Over Easy, 303 Bananas, 38-40, 152, 174, Bathtub Cookies, 267, 332 277, 311, 312, 322 Bathtubs, cleaning, 34, 45 Bandages, adhesive, 25, 115, Battery-powered toys, 8 117, 131, 145 Battery terminals, corroded, Barbecue grills, 6, 60, 67, 73, 71, 172, 218 Baby bottles, 187 100, 258 Bay leaves, 240, 272, 280, 304, 326 Baby equipment, cleaning, 17, Baseball mitts, 146, 217 37 Basic Oil Mixture, 269, 338 Bay Rum Aftershave, 280, 304 Baby oil, 25–26, 333 Bath oils, 25, 228, 267, 316, Baby powder, 27-28, 32, 81, 332 Beard care, 150 306 Bath powder, 27, 78, 108, Bed linens, 28, 32 Baby shampoo 317 Bed wetting, 154 for disease control, in Bathroom Mildew Banisher, Beer, 41-43 324 garden, 350, 354 for compost, 340 in fertilizers, 14, 231, Bathrooms. See also specific in fertilizers, 20, 82, 159, 278, 291, 337, 339, 291, 337, 342, 345, fixtures 341, 342, 345, 348, cleaning, 2, 3, 4, 45, 346, 347, 352, 353, 352, 353, 358 112, 324 354, 357 for lawn care, 162, 341, for lawn care, 14, 349 storage in, 131, 132, 175 349 Baths. See also specific condifor moss growth, 348 for seed starting, 254, tions Bee stings, 103, 114, 153, 168,

beer, 41

233, 351

Beetles, 77, 85, 94, 125, 128, 259
Beets, 49, 235
Berry baskets, 125
Berry Good Facial Masque,
304
Berry stains, 219
Betadine ointment, 244, 321
Bicycles, 4, 146, 149, 258
Birds
deterring, 8, 230, 249
feeding, 77, 88, 99, 347
pet, 26, 237
watering, 136
Birthday candles, 243
Blackheads-Be-Gone Facial
Paste, 304
Black spot, 38
Blanching, in vegetable
garden, 193
Bleach, 44–46, 278, 325, 326,
327, 329, 356
Bleach jugs, 45
Bleeding, 81
Blisters, 78
Blood, fake, 82
Blood stains, 63, 159
Blueberries, 254
Board games, 244, 248
Body care
lotion, 277
moisturizers, 200, 276
scrubs, 198, 199, 208,
317
Boil overs, preventing, 73
Bongo drums, 199
Book covers, 141, 288

Bookmarks, 288
Borax, 36, 47–49, 75, 244, 328
334, 336, 338, 350
Boric acid, 244, 334
Bottle openers, 131
Bottles, cleaning, 225
Bouillon, 134, 335
Braces, uncomfortable, 223
Bran, 311
Brass, 119, 148, 170, 190
Brass and Copper Polish, 324
Bring On the Bubbles!, 229,
304
Brooms, 224
Brown sugar, softening, 20
Brussels Sprouts Elixir, 264,
338
Bubble baths, 93, 229, 266,
304, 321
Building blocks, 30, 179
Bulb Bath, 231, 339
Bulb-Cleaning Tonic, 339
Bulbs, 10, 28, 159, 210
Bumper stickers, removing,
55, 190, 274
Bunion pads, 115, 116
Buoys, 45
Burns
skin, 84, 107, 203, 220,
270
wood surface, 189
Bursitis, 200
Butter, 174
Buttermilk, 50–52, 120, 351,
357
Bye Bye Black Spot Spray, 38,
339
)))



Cabbage, 49, 196, 261, 262, 264 Cabbageworms, 52, 110, 120, 156 Caffeine, 65, 67, 70 Cake decorating, 212, 243 Calluses, 107, 163, 306 Cancer prevention, 137, 251 Candles, 55, 134, 199, 243, 287 Candle wax, removing, 211, 212, 216 Canisters, 175 Canker sores, 115, 235 Cardboard tubes, 10, 213 Carpets and rugs candle wax on, 212 coffee stains on, 99 deodorizing, 36, 75, 241 fleas in, 48, 228 pet stains or odors on, 48, 64, 93, 224 spills on, 29, 31, 75, 79, 119 static electricity in, 113 vacuuming, 80, 240, 326 vomit on, 35 Carrots, 261, 264 Cars cleaning, 13, 30, 37, 64, 69, 71, 90, 113, 170, 176, 203, 274, 336 (See also Chrome) deodorizing, 37, 274

fog-proofing windows,	Chicken pox, 34	343, 346, 357, 359
234	Chickens, pet, 26	Cold cream, 174, 265, 313
frozen doors on, 268	Child safety, 188	Colds and flu, 115, 127, 155,
scratches on, 188, 256	Chili powder, 156, 242, 341	163, 239, 251, 280, 290,
trunk storage in, 135	China. See Dishes	309, 313, 318
windshields, 141, 188,	Chocolate Lip Balm, 277, 305	Colorado potato beetles, 77,
258, 274	Chocolate stains, 47	259
Car wax, 54–55	Christmas cactus, 58	Comb-and-Brush Cleaner,
Castor oil, 56–58, 301, 322,	Christmas tree ornaments, 8,	306
341, 345	116, 249	Compost, 42, 69, 71, 93, 100,
Caterpillars, 206	Christmas trees, 149, 182, 209,	139, 141, 180, 183, 194, 358
Cat litter, 59-60, 141, 192	278	Compost Booster Tonic, 340
Cat litter boxes, 36	Christmas Tree Tonic, 325	Compost tea, 210
Cats	Chrome, cleaning, 5, 9, 26,	Computers, cleaning, 3, 13,
ear mites in, 267	64, 71, 90, 118, 170	112, 208
fleas in, 36	Cinnamon, 206, 240, 242,	Concrete, cleaning, 37, 161,
on furniture, 7	279, 280, 305, 328	179, 336
grooming, 32, 36, 76, 81,	Citrus fruit. See specific types	Constipation, 19, 201, 311
176	Citrus-Spicy Mouthwash, 305	Container plants, fertilizing,
hair balls in, 267	Clean-and-Soft Scrub, 305	130, 167, 199, 292
houseplants and, 109	Clematis, 42, 354	Container Plant Starter, 340
nutrition for, 109, 138,	Closet rods, 287	Container Plant Tonic, 130,
237	Clothespin Cleaner, 325	340
toys for, 7, 166, 209	Clothespin holders, 45	Cooking oil spray, 73–74
in yards and gardens, 14,	Clothing, 48, 113, 121, 226,	Cookware
110, 128, 345	273, 334. See also Laundry	cleaning, 6, 16, 20, 44,
Cat urine, 64, 224	Cloves, 206, 238, 240, 241,	71, 96, 170, 211, 225,
Cellulite, 65, 124, 320	279, 305, 326, 328	226, 234, 253, 329
Chalk, 61-62, 208, 248. See	Club soda, 63–64	storing, 68, 211
also Dressmaker's chalk	Clutter control, 257	Coolers, damaged, 285
Chamomile tea, 164, 205, 298	Cocoa butter, 300	Copper polish, 119, 170, 324
Chapped skin, 131, 144, 151,	Coffee, 65–67, 357	Corn, for dogs, 263
215	Coffee cans, 67	Cornmeal, 75–77, 107, 236,
Charcoal, 153, 208	Coffee filters, 68–69, 211	306, 338, 347
Chest congestion, 57	Coffee pots, cleaning, 89	Corn oil, 320. See also
Chewing gum, in hair, 175,	Coffee stains, 44, 99	Vegetable oil
218	Cola, 9, 20, 70–72, 340, 342,	Corns, 101

Cornstarch, 78–81, 238, 240, Cutworms, 10, 67, 99, 179, soap, 233 321, 326, 334, 336 180, 213 soap wrappers, 232 Corn syrup, 82-83 vinegar, 272, 274 for Christmas trees, 278 Diaper-changing mats, 257 in fertilizers, 43, 130, Diarrhea, 19, 168, 169, 319 337, 340, 342, 347, Digestion, 239 353 Digging, in hard soil, 286 for lawn care, 349 Damping-off, 242 Dill, 239 for moss growth, 351 Dandruff, 17, 41 Dirt stains, 158, 170, 220 for pest control, 330 Daylily Transplant Tonic, 159, Disease control, in garden, 18, substitute for, 182 340 106, 110, 128, 159, 180, Corrosion, 64, 71, 172, 218, 183, 231, 242, 337, 358. See Decals, removing, 190 268 Decks, cleaning, 45, 162, 326 also specific diseases Coughs, 154, 201, 238, 294, Deep-Cleaning Facial For-Dishes, 46, 47, 68, 89, 273 317, 320 mula, 306 Dishwasher detergent, 47 Deer, 28, 100, 213 Dishwashers, 34, 46, 125 Countertops, cleaning, 287 Crayon marks and stains, 29, Dehydration, 223 Dishwashing liquid, 91–94 37, 175, 255 Dental floss, 87–88 for cleaning, 12, 306, 325 Cream, 177–180, 277, 315 Denture cleaners, 33, 89–90 for disease control, in Cream Deodorant, 27, 306 Dentures, uncomfortable, 223 garden, 18, 38, 358 Cream of tartar, 35, 226, 240, Deodorant, 17, 27, 31, 238, in fertilizers, 20, 43, 130, 280, 296, 298, 306, 316 159, 254, 291, 292, 241, 242, 331 Credit cards, as scrapers, 73 Deodorizers 340, 342, 346, 353, 355, 357, 359 Cry-No-More Milk Cleaner, baking soda, 32, 33, 35, 325 for health and beauty, 36, 37 309 Cucumber beetles, 85 bleach, 46 Cucumbers, 84–85, 152, 210, borax, 47, 48 for pest control, 351 235, 296, 314 cat litter, 59 substitutes for, 229 coffee, 65, 66 Cut flowers, 49, 72, 77, 83, for weed control, 282, 338 117, 122, 149, 275, 282 cornmeal, 75 Cuts and scrapes, 17, 29, 154, denture cleaners, 90 Disinfectants, 1, 2, 17–18, 290 244, 294 dryer sheets, 95, 96 Dismantling techniques, 249 Cutting boards, 35, 45, 166, extracts, 108 Diuretics, 39, 65, 85 fabric softener, 112 266, 326 Dog-Be-Gone Tonic, 156, 341 Cutting-Edge Cutting Board newspaper, 191 Dog food, as fertilizer, 199, Cleaner, 326 onions, 204 340, 343. See also Dogs, Cuttings (plant), 221, 278 potatoes, 220 nutrition for

Dogs  bee stings in, 103 fleas in, 36, 48 on furniture, 7 grooming, 26, 36, 76, 81, 176, 217, 268 nutrition for, 109, 138, 237, 263 protecting paws of, 146 skin problems in, 138	Dye egg, 204, 206, 262, 295 fabric, 66, 121, 196, 252, 253 hair, 122	Epsom salts, 101–104 for health and beauty, 200, 230, 303, 307, 310 for yard and garden, 162, 254, 278, 291, 345, 349, 352, 355 Evaporated milk, 304, 323 Extracts and oils, 101, 107–110, 129, 307, 316,
strained muscles in, 103 treats for, 134, 263, 335 in yards and gardens, 14, 110, 128, 156, 345	Earaches, 200 Earwigs, 194 Easter baskets, 125 Easter eggs, 122, 204, 206,	327 Eyebrow hairs, 171 Eyeglasses, screws in, 185 Eyelashes, 215
Doll-house furnishings, 116, 249  Doors and windows cleaning, 2, 6, 63, 79, 271  draft sealers for, 60	212, 262, 295 Easy, Fancy Bath Salts, 307 Easy Callus Remover, 107, 306 Easy Energizing Bath, 108, 307	Eyes black, 297 circles under, 84, 123, 219 swollen or irritated, 177, 251
lubricating, 54, 145, 172, 216, 233, 266, 284 Down-Home Deck Cleaner, 326	Easy Herbal Vinegar, 271, 307 Echinacea root, 280, 309 Eczema, 84, 106, 198, 219 Egg cartons, 100, 287 Eggs, 98–100. See also	F
Drains, clogged, 15, 35, 70, 89, 240, 330 Drawer pulls, 188 Drawer runners, 54, 172, 233 Dressmaker's chalk, 233 Dried beans, 134 Dry Carpet Cleaner, 240, 326 Dry cleaning, 92 Dryer lint, 287 Dryer sheets, 95–96, 113, 327 Dumbbells, 45 Dust cloths, 95, 96, 133, 208	Easter eggs broken, 132 for health and beauty, 201, 265, 291, 301, 304, 312, 313, 322 for pest control, 351 Eggshells, 99, 347 Electrical outlet covers, 248 Electrolytes, balancing, 303 Endorphins, 155 Energizing Elixir, 182, 308 Envelopes, sealing, 134, 284	Fabric antiquing, 253 dyeing, 66, 121, 196, 252, 253 painting, 288 Fabric deodorizers, 112, 281 Fabric softener, 96, 112–113, 327 Fabulous Freckle Fader, 308 Fabulous Furniture Polish, 202, 326 Face Food, 22, 308

Facial blemish treatments, 98, 127, 152, 169, 203, 243, 255, 262, 293, 304 Facial cleansers citrus, 164 for dry or sensitive skin, 105, 323 granular, 102, 195, 198, 199, 235, 243, 305 herbal, 271 milk-based, 177 for oily skin, 50, 75 soothing and revitalizing, 152 Facial hair, bleaching, 11 Facial masques for all skin types, 291, 301 cleansing, 181, 232, 306, exfoliating, 19, 23, 294, 323 moisturizing, 22, 23, 39, 105, 114, 123, 124, 152, 153, 164, 181, 235, 276, 304, 314 peel-off, 129 refining, 19, 50, 195, 223, 261, 294 rejuvenating, 205, 276, 315, 319 soothing, 84, 98 Facial moisturizers, 98, 107, 178, 232, 277, 315, 322 Facial Power Masque, 309 Facial toners, 19, 137, 271, 294, 296, 298

Faintness, 203 Fairy Ring Fighter Tonic, 341 Faucets, 145, 188, 216 Fences, cleaning, 162 Fennel, 239 Ferns, 58, 180, 341 Fertilizers, 40, 67, 70, 72, 99, 183, 275. See also specific plants or types of plants Figs, 123 Finger paints, 81, 82, 122, 334 Fireplaces, cleaning, 92 Fire starters, 139, 216, 287 Firewood, fake, 191 First-aid supplies, 114–117 Fish emulsion, 43, 159, 292, 340, 342, 346, 347, 349, 354, 358 Fish tanks, cleaning, 227 Flame-retardant formula, 48, 334 Flasseed oil, 109 Flea control, 36, 48, 227, 228 Flee, Fleas Lemon Rinse, 167, 332 Flee, Flu Formula, 309 Flies, 83, 183, 330 Floors, cleaning, 2, 209. See also specific flooring material Floppy discs, storing, 50, 125 Flour, 118–120, 324, 335, 351, 357 Flourishing Fern Tonic, 341 Flower arrangements, 203 Flower Feeder Tonic, 43, 342

Flower Garden Nightcap, 342

Flowering Houseplant Tonic, 343 Flowering Plant Food, 343 Flowerpots, 43, 55, 69, 74, 348 Flowers, 21, 23, 38, 199. See also Cut flowers; specific types Flower-Saver Solution, 72, 343 Foaming Bath Crystals, 309 Food coloring, 121–122, 334 Food storage containers, 73 Foot and Leg Refresher, 297, 310 Foot care. See also specific condition achy, 34, 124, 168, 198, 224, 265, 300, 311 dry or rough, 40, 101, 144, 200, 224, 236, 322 sweaty or smelly, 31, 252 Foot Soother and Smoother, 201, 310 Fragrant Bath Crystals, 101, 310 Freckles, 164, 243, 291, 308 Freezers, 179, 287 Frozen Bird Treats, 237, 332 Fruit and fruit juice, 34, 123–125, 141, 159, 179. See also specific types Fruit trees, 351 Fruity Fix-Up, 311 Fruity Foot Reviver, 311 Fun & Fancy Soap, 121, 333 Fungus-Fighter Soil Drench, 343

Fungus-Fighter Tonic, 183, 344

Funnels, disposable, 9, 45, 289

Furniture. See also Upholstery;

Wood surfaces
cleaning, 38, 64, 161, 226, 271
keeping pets off, 7
protecting outdoor, 54, 258

Furniture polish, 80, 109, 165, 175, 202, 253, 267, 272, 326, 329



Garbage cans, 47, 59, 141, 191, 213 Garbage disposals, deodorizing, 46, 272 Garden cleanup, 72, 142, 342, 359 Garden trellises, 88 Gargles, 223 Garlic, 127–128 for health and beauty, 223, 312, 320 storing, 209 for vard and garden, 156, 204, 242, 337, 341, 343, 344, 345, 350 Garlic and Onion Juice, 204, 344 Garlic Oil, 128, 344 Gasoline spills, 245

Gauze pads or strips, 116, 117 Gel Air Freshener, 129, 327 Gelatin, 43, 129-130, 278, 292, 327, 340, 342 Geraniums, 38, 42, 345 Get-a-Move-On Mix, 311 Gift boxes, 199 Gift wrap, 141, 148, 191, 192, 285 Gin, 279-282, 359 Ginger, 241 Gingivitis, 157 Glass tabletops, cleaning, 12, 112 Glue. See Adhesives and glues Go, Geraniums! Tonic, 345 Go Home, Pets! Tonic, 345 Gopher-Go Tonic, 58, 345 Gophers, 14, 58, 100, 345 Grapefruit juice, 124, 320 Grass clippings, 280, 316 Grasshoppers, 183 Grass seed, 104 Grass Seed Starter Tonic, 346 Grass stains, 3, 158, 182, 256 Grease stains, 61, 63, 70, 76, 80, 176, 189 Green tea, 137–138, 296 Greeting cards, 117 Griddles, cleaning, 66 Grocery bags, 139–142 Ground cloths, 258 Groundcovers, 21 Groundhogs, 14 Grubs, 179

Gypsum, 104, 352



Hair, as fertilizer, 199, 340, 343 Hairbrushes, 33, 91, 95, 161, 230, 306 Hair care bangs, trimming, 247 chlorine in, 63, 144, 293 coloring, 122, 171 conditioning, 22, 98, 99, 102, 150, 153, 174, 214, 236, 265, 312, 322 dandruff, 17, 41 frizzy or fly-away, 22, 39, 56, 95, 108, 118, 205, 311 gum in, 175, 218 highlighting, 65, 123, 164, 169, 219, 293, 316 irritated scalp, 270 oil control, 261 paint in, 147 rinses, 41, 70 sculpting gels, 129 setting lotions, 41, 150, 214 shampooing, 27, 33, 75, 118, 217, 232, 279 split ends, 99 Hair conditioner, 144–147. See also Hair care, conditioning

Hair loss, 201

Hair spray, 148–149, 164, 279, 315 Hair's-to-Bananas Hair Cream, 312 Hair-Taming Treatment, 312 Halitosis, 19, 168, 239 Halitosis Helper, 157, 312 Halloween costumes, 82, 140, 192 Hand & body lotion, 150–151, 277 Hand and nail care. See also specific conditions cleaning, 75, 147, 161, 163, 228, 231 deodorizing, 33, 168, 239 hangnails, 215 moisturizing, 27, 56, 98, 144, 171, 177, 265 nail strengthening, 57, 181, 322 Hanging baskets, 132 Hangovers, 51, 154 Happy Herb Tonic, 346 Hardware, storing, 250 Hard-water deposits, 49, 211, 336, 350 Headaches, 114, 168, 281 Healthy Houseplant Tonic, 20, 346 Heart health, 41, 137, 155, 196 Heat rash, 106 Heirloom Flu Stopper, 313 Hemorrhoids, 29, 79, 261, 297 Herb Booster Tonic, 82, 347 Herbs, 159, 271, 272, 291, 307, 346

Hiccups, 163 High blood pressure, 40 High-Powered Siding Cleaner, 327 Holiday Houseplant Tonic, 347 Homemade Baby Wipes, 26, 333 Homemade Bird Treats, 347 Homemade Cold Cream, 174, 265, 313 Homemade Dryer Sheets, 96, 327 Homemade Finger Paints, 334 Homemade Scouring Powder, 36, 328 Homemade Shampoo, 313 Honey, 152–154, 228, 304, 314, 317, 319, 335 Honey & Cucumber Cleanser, 152, 314 Honey of a Facial, 314 Horses, grooming, 146, 147 Hot peppers and hot sauce, 155–156, 177, 223, 320, 337, 341, 345, 350 Houseplant Colorizer, 348 Houseplant Foliage Tonic, 348 Houseplants avocados, 23 fertilizing, 20, 42, 58, 117, 130, 278, 282, 292, 346, 347, 348 light for, 9 pest control for, 5 pets and, 109

washing, 42, 124, 176,

231

watering, 136, 167, 194, 259 House-Sale Helper, 328 How-Sweet-It-Is Moisture Masque, 314 Humidifiers, 48 Humidity, 61, 62 Hurry-Up-the-Harvest Tonic, 348 Hydration, 223 Hydrogen peroxide, 157–159 for cleaning, 226, 331 for disease control, in garden, 339, 350 in fertilizers, 43, 93, 278, 282, 291, 292, 340, 342, 343, 346, 348, 352, 353, 358 for health and beauty, 11, 312



Ice cube trays, 131, 133, 134, 135, 136
Ice packs, reusable, 1
Indigestion, 33
In-from-the-Outdoors Refreshing Facial, 315
Ink, making, 196, 263
Ink stains, 2, 148, 165, 179, 189, 256, 262
Insect bites, 11, 15, 17, 33, 34, 131, 232, 255, 271, 297. See also Bee stings

Insect repellents, 95, 110, 114 Instant Antique Tonic, 348 Instant Insecticide, 349 Ironing techniques, 6, 28, 133, 139, 288 Irons, 6, 132, 225, 287

Kneeling pads, 289

Knives, 87, 204, 226

Knots, loosening, 26, 28, 80

Knitting, 236

Jeans, 113, 226, 273 Jellyfish stings, 201 Jewelry cleaning, 16, 64, 89, 202, 256 inserting pierced earrings, 215, 266 making, 88 protecting skin from, 186 removing tight, 91, 144, 150, 171 storing, 100, 132, 133 tangled, 26, 28 Juice, fruit. See Fruit and fruit iuice

Juice stains, on face, 255

Kelp extract, 354 Keys, problems with, 62, 135 Kiddie pools, 36 Kitchen tools and equipment, 57, 132, 134

Laminate surfaces, cleaning, 54, 64 Laugh lines, 56, 98, 144 Laundromat equipment, cleaning, 17 Laundry antique fabrics, 51 black items, 253 hand washables, 47, 91, 92, 230 jeans, 113, 226 mildewed, 51 soured, 12, 34, 273 stains, 28, 90, 233 (See also specific type of stain) whitening, 51, 116, 158, 241 wool, 229 Laundry soap and detergent, 161–162, 229, 273, 324, 325, 326, 327, 336, 341, 349 Lavender, 1, 297, 301 Lawn-bowling pins, 64 Lawn Food Mix, 349 Lawn Fresh-Up Tonic, 14, 349

Lawns fairy ring on, 162, 341 fertilizing, 18, 21, 104, 162 gasoline spills on, 245 new, 83, 104, 230, 346 preventing thatch in, 72 Lawn Starter Tonic, 349 Leafhoppers, 110 Leather, 4, 118, 146, 167, 178, 216, 217, 218, 266 Leftovers, storing, 175 Lemon extract, 108, 307 Lemon Face Cream, 178, 315 Lemon-Fresh Hair Spray, 164, 315 Lemons and lemon juice, 163–167 in baths, 108, 307 for cleaning, 202, 226, 267, 271, 272, 326 for colds and flu, 290 in deodorant, 296 for hair care, 279, 316 for skin care, 169, 277, 291, 294, 302, 308 for yard and garden, 332 Lemon-shaped bottles, 166 Lethal Leaf-Eater Spray, 350 Let's-Give-a-Show Makeup, 334 Lettuce, 262, 264 Lice, 109 Light bulbs, 20, 217, 220 Lighten-Up Hair Formula, 316 Lighting, 9, 10 Lime-Be-Gone Solution, 49,

336, 350

269, 338, 347, 357

Muscle aches and pains, 102,

155, 181, 214, 239, 300, 319

#### INDEX

Lime (mineral), 104, 352 Makeup remover, 25, 29, 56, Mini-blinds, cleaning, 208 Limes and lime juice, 108, 105, 144, 174, 177, 265, Mint, 272. See also Pepper-168–170, 302, 307, 316, 301 mint 319, 320 Man-of-war stings, 201 Mirrors, cleaning, 281 Linoleum, cleaning, 179, 189 Manure tea, 210 Mite-Free Fruit Tree Formula, Linseed oil, 272, 329 351 Marble, cleaning, 61 Modeling clay, 119, 335 Lip balms and glosses, 25, 65, Marjoram, 272 171–172, 214, 277, 305, Matches, waterproof, 285 Molasses, 181–183, 308, 344, 316 351 Mattresses, waterproofing, 257 Liquid Chlorophyll, 316 Mayonnaise, 174–176, 277, Mold and mildew, 3, 4, 18, 46, Lubricants 312, 322 51, 59, 80, 212, 226, 324, alcohol, 4 350 Mayonnaise jars, 175 car wax, 54 Mealybugs, 5 Moles, 58, 60, 183, 204 castor oil, 57 Measuring cups, 73, 187 Mosquito bites. See Insect hair conditioner, 145, Medicine bottles, 131, 185 bites; Insect repellents 146 Melons, 67, 210 Mosquito control, 67, 110, hair spray, 149 Mentholated rub, 114, 115, 269. See also Insect bites lip balm, 171–172 117 Moss petroleum jelly, 216, 218 Metal, cleaning and preencouraging, 43, 52, 348 soap, 233 serving, 61, 186, 202 removing, 5, 38 vegetable oil, 266 Mice, 9, 85, 120, 221, 324 Moss-Grow Tonic, 351 wax, 284-286 Moth balls, 210 Microwaves, cleaning, 253 Lunch bags, 141 Microwave techniques, 68 Moths, 10, 227 Luscious Lip Gloss, 316 Mildew. See Mold and Mouthwash Luxurious Bath Oil, 228, 316 mildew; Powdery mildew antiseptic, 17–18, 162, 231, 339, 341, 348, Mildew Relief Tonic, 350 Milk 354, 357, 358 evaporated, 105–106, 323 homemade, 157, 279, 305, 312 fresh, 177–180, 228, 316, 323 Muffin tins, 131 powdered, 79, 180, 321, Maggots, 254 Mulch, aluminum, 10 358 Make-Mine-Minty Bath Multivitamin tablets, 278, 282, Powder, 317 stains from, 12, 325 292, 325, 343, 348 Murphy's Oil Soap®, 14, 82,

Milk baths, 79, 105, 106, 178,

Milk of magnesia, 114, 115

321

Milk cartons, 179

Makeup

cosmetic, 25, 31, 78, 214, 215

stage, 81, 218, 334

Mustaches, 171 for yard and garden, 340, Mustard, 2, 239, 241, 318 343 Musty odors, 32, 59, 65 Oatmeal boxes, 199 Oatmeal Scrub, 198, 317 Pain relievers, 70 Oil lamp, 266 Paint Oil spills, 31, 60, 75, 79, for children, 81, 82, 122, 119 263, 334 Old-Time Cough Stopper, in hair, 147 Nail polish, 150, 185–188, 317 pouring, 249 Old-Time Mustard Plaster, 247, 270 on skin, 268 Nail polish bottles, 187, 215 239, 318 storing, 8, 135 Old-Time Tummy Tamer, Paintbrushes, 8, 113, 133, 274 Nail polish remover, 189–190, 208 205, 318 Painting techniques Nails (hardware), 172, 188, 234 Olive oil, 56, 200–202, applying, 136, 170, 192 Needles, 1, 135, 148, 187 201, 236, 301, 310, 311, drop cloths, 258 326 Nematodes (pests), 183, 245, masking, 9, 147, 218, 264 234, 286 One-Shot Cleaner, 3, 329 Newspaper, 191–194 Onions, 156, 203–204, 209, paint odors, 204 254, 263, 341, 344, 350 No-Flame Formula, 334 sponge-painting, 289 Oral hygiene, 19, 137, 157, No-More-Flies Formula, 351 Paint palettes, 8, 100 No-Rinse, All-Purpose 165, 168. See also Tooth-Paint thinner, reusing, 69 Cleaner, 11, 328 paste Pantyhose, 61, 112, 148, 186, No-Stick, No-Stain Formula, Oranges and orange juice, 208–210, 226, 272, 284 329 205-206 Papayas, 123 Nutmeg, 241 for air freshener, 240, Paper, preserving, 149, 187 Nuts, 195-196 328 Paper cups, 213 Nuts and bolts, 147 for health and beauty, Paper towels, 26, 68, 211–212, 124, 195, 279, 333 302, 305, 306, Paprika, 242 318, 323 Paraffin, 284–286 Oregano, 272 Parsley, 272 Organizers, for storage, 30, 74, Patent leather, 100, 189, 202, Oatmeal, 198-199 100, 125, 131, 134, 136, 216, 273 175, 199 Peaches, 178 for health and beauty, Peach-leaf curl, 210 195, 198, 235, 294, Oven mitts, 135 300, 302, 303, 304, Ovens, cleaning, 11, 165, 225, Peanut oil, 107. See also 309, 317, 323 253 Vegetable Oil

Pears, 124, 323 Pecans, 196 **Peppermint** for health and beauty, 33, 214, 297, 300, 310, 317, 318, 319 for yard and garden, 110, 242, 337 Peppermint Soap Spray, 351 Perennials, 199, 292 Perfect Peppermint Toothpaste, 33, 318 Perfect Polish for Wood, 272, 329 Perfumes, 95, 107, 215 Perspiration stains, 227 Pest control. See also specific pests or specific plants alcohol, 5, 349 ammonia, 337 animal identification, 120 caffeine, 67 corn syrup, 83 garlic, 128, 204, 242, 337, 344 hot peppers, 156, 337, 350 onion, 204 traps, 166, 175 vegetable oil, 354 Pesticides, on fruits and vegetables, 34, 159 Pet carriers, 135 Petroleum jelly, 27, 214–218, 277, 300, 305, 306, 316 Petroleum Jelly Muscle Reliever, 319

Pets. See specific animals Pewter, polishing, 13, 262 Photo albums, 133 Piano keys, cleaning, 167, 237, 256 Picture wire, 87 Pincushions, 233, 285 Pineapple juice, 124, 320 Pine sap, removing, 5, 176, 269 Placemats, 288 Plant labels, 286 Plant saucers, draining, 136 Plant ties, 210 Plaster of Paris, 324 Plastic bottles, reusing, 64, 83, 91, 112 Plastic mesh bags, 2, 203 Plastic surfaces, scratched, 189, 255 Plastic tubs, 190 Playful Dough, 335 Playground equipment, 55 Playing cards, 55, 80 Plywood, 55 Poison ivy, 2, 44, 78, 163, 177, 297 Pollution Solution Tonic, 104, 352 Pooper scoopers, 140 Porches, cleaning, 162 Potassium crystals, 303 Potatoes, 20, 219–221 Powdery mildew, 159, 231, 242, 350 Pregnancy, 181

Prunes, 311

Pruning shears, 269 Pump bottles, 149 Pup-Sicles, 134, 335



Rabbits, 9, 52, 100 Raccoons, 213 Radishes, 254 Rain slickers, 258 Raisins, 281 Rashes, 262 Recycling, 139 Reflectors, road-side, 67 Refrigerators, 34, 59, 66, 145, 220 Remedy for the Runs, 319 Rhododendrons, 254 Rhubarb, 245, 293 Ring-around-the-collar, 61, 76, 79, 229 Ring-toss, 249 Roaches, 80, 295 Rock salt, 309 Roller skates, 218 Root-Pruning Tonic, 352 Root rot, 18, 354 Rosemary, 272 Rose-Rousing Tonic, 352 Rose-Rousing Tonic II, 353 Roses, 23, 38, 43, 82, 128, 159, 278 Rose Start-Up Tonic, 93, 254, 353 Rose Transplant Tonic, 353

Rot-Prevention Tonic, 354
Royal Clematis Cocktail, 354
Rubber bands, storing, 249
Rubber gloves, 31, 78, 151
Rugs. See Carpets and rugs
Rum, 280, 290–293, 304, 308
Rust

preventing, 62, 147, 172,
176, 185, 218, 268
removing, 9, 71, 74, 166,
204, 226, 274
Rust (fungal disease), 269
Rust Fungus Fighter Tonic,
354



Safe & Sound Drain Cleaner, 35, 330 Safe-and-Sound Pesticide, 354 Salt. See Epsom salts; Rock salt; Sea salt; Table salt Sand, on skin, 27 Sandpaper, 249 Sassafras root, 290 Sawdust, 287 Sawing techniques, 249 Saws, 234, 250 Say "Ahhh" Mask, 319 Scalded throat, 201, 243 Scale insects, 269, 339 Scarecrows, 142 Scars, 200, 277 Science projects, 103, 129 Scoops, 45

Scouring powders, 36, 158, 328 Scrapers, 73 Screws, 74, 172, 188, 286 Scrubbers, 2, 6, 203, 209 Sea salt, 101, 267, 303, 310, 311, 332 Seed and Soil Energizing Tonic, 355 Seeds, storing, 180, 242 Seed Send-Off, 275, 355 Seed-Starter Tonic, 355 Seed starting pots for, 10, 14, 46, 99, 100, 136, 179, 193 preparing seeds for, 69, 130, 254, 275, 346 tape for, 213 watering solution for, 130, 291 See-the-Light Solution, 336 Sesame oil, 107 Sewing notions, 87, 88, 100, 233, 285 Sewing techniques, 96, 148, 186, 187, 211 Shampoo, 229–231, 304, 313, 321, 348. See also Baby shampoo; Hair care, shampooing Shaving tips, 27, 144, 150, 171, 201, 215 Shoe bags, 136, 141 Shoe laces, frayed, 185, 284 Shoes

canvas, 148

deodorizing, 27, 59

dyeing, 186 leather, 178 patent leather, 100, 189, 202, 216, 273 polishing, 68, 151, 171, 287 scuffed, 220 squeaky, 146 suede, 61, 66, 118, 133 wet, 57, 191 Shots, 138 Shovels, 55, 74, 286 Shower caddies, 125 Shower curtains, 145, 272 Showerheads, clogged, 271 Shrubs, 14, 20, 21, 28, 58, 104, 291, 292, 352, 356 Silk flowers, cleaning, 76 Silver, 7, 61, 80, 145, 166, 179, 202, 256, 330 Sink mats, cleaning, 45 Sinks, cleaning, 16, 34, 45, 146 Skateboards, 218 Skin care. See Facial blemish treatments; Facial cleansers; Facial masques; Facial moisturizers; Facial toners; Hand and nail care; specific conditions Skunk Odor-Out Tonic, 46, 356 Skunks, 14 Sled runners, 55 Sleep aids, 39, 154 Sleepy Time Cough Medicine, 320

Slides (playground), 55 Slugs and snails, 14, 23, 62, 67, 77, 99, 165, 221, 264, 275, 357 Slugweiser, 245, 356 Smocks, for cleaning chores, 257 Smoking cessation, 15, 169, 238 Snow and ice, 60, 121, 193 Snow shovels, 55, 74 Soap. See also Dishwashing liquid; Laundry soap and detergent bar, 121, 232-234, 333 castile, 313 flakes, 229, 304 liquid, 154, 335 Soap dispensers and holders, 166, 203 Soap scum, removing, 4, 25, 112, 273 Soap wrappers, 232 Soda pop. See Club soda; Cola So-Long Cellulite Wrap, 320 Soothing Sunburn Bath, 154, 335 Sore Throat Gargle, 223, 320 Sore throats, 153, 155, 168 Sore Throat Sipper, 320 Sour cream, 235–237 Spic and Span<sup>®</sup>, 161, 336 Spice jars, 118, 242 Spices, 238–242 Spider mites, 38, 52, 120, 357 Spiders, 3 Splinters, 1, 115, 220, 247

Sponges, cleaning, 44 Spray can lids, 74 Spring Shrub Tonic, 356 Spring Soil Energizer Tonic, 356 Squash, 210 Squirrels, 13, 14, 28, 100, 156 Stain, wood, 121, 122, 196 Stained glass, 54 Stainless steel, cleaning, 35, 64, 146, 170, 202 Stain removal, 28, 90, 233. See also specific type of stain Stamps, on hands, 187 Starch, laundry, 79 Static electricity, eliminating, 95, 96, 112, 113, 151 Steel-wool pads, 6 Stereo speakers, 186 Stick 'Em to It Flypaper, 330 Stickers, 130 Storage boxes, 192. See also Organizers Stovetops, cleaning, 34, 165, 226, 331 Strainers, 68, 69, 117, 210 Strawberries, 43, 124, 254, 276, 304, 311, 314, 323 Strawberry Shortcut Tonic, 357 Streamers, 140 Stucco, cleaning, 161, 336 Stuffing, for toys, 140, 209, 258 Suede, 61, 66, 118, 133 Sugar, 20, 243–245, 321, 330,

348, 356

Sunburn remedies baking soda, 34 club soda, 63 cornstarch, 78 cucumbers, 84 gin, 280 honey, 154, 335 lettuce, 262 lotions, 131 milk, 106, 177 salt, 223 tea, 137, 251 vinegar, 270 wine, 294 witch hazel, 296 yogurt, 236 Sun catchers, 288 Sunscreen, 150 Super Silver Cleaning Formula, 7, 330 Super-Simple Bubble Bath, 321 Super Slug Spray, 357 Super-Soothing Bath Milk, 79, 321 Super Spider-Mite Mix, 120, 357 Sweet Salve, 244, 321 Swimmer's ear, 1 Swiss chard, 49

## T

Table salt, 36, 223–228, 240, 303, 316, 324, 326, 328, 331

Take-out containers, 90 Tape, 192, 247–250, 285 Tape reels, 249 Tar, removing, 175, 176 Tea, 251-254 for cleaning, 331 for disease control, in garden, 231, 350 in fertilizers, 14, 43, 93, 130, 159, 282, 291, 292, 339, 340, 342, 343, 345, 346, 348, 349, 352, 353, 356, 357, 358 for health and beauty, 277 for seed starting, 355 Telephones, cleaning, 3 Terrific Tootsie Treat, 40, 322 Thatch prevention, 72 Thermos® bottles, cleaning, 16, 89, 241 Thickening Conditioner, 98, 322 Thorny plants, 250 Thrips, 10, 94 Thyme, 272, 320 Ticks, 1, 114 Tile, 7, 54, 158, 204, 247, 287 Time-for-Tea Cleanser, 331 Timely Tomato Tonic, 180, 358 Toaster ovens, cleaning, 12 Toenail fungus, 114 Toilet paper, 213 Toilets, cleaning, 15, 45, 47, 70,89

Tomatoes growing, 38, 104, 180, 194, 244, 358 for skin care, 261 as stain remover, 262 stains from, 73 Tools, cleaning and maintaining, 30, 62, 74, 147, 172, 176, 190, 193, 199, 268, 274. See also specific types Toothaches, 155, 238 Toothbrushes, 157 Toothpaste, 33, 124, 131, 153, 157, 224, 255–256, 318 Tough-As-Nails Treatment, 322 Toys. See also specific types bathtub, 166 for cats, 7, 166, 209 cleaning, 37, 76 kitchen items as, 132, 134 miniature, 135 names on, 188 repairing, 8 staining, 121 stuffing for, 140, 209, 258 Transplanting, 43, 74, 82, 99, 159, 278, 340, 353 Transplant Tonic, 292, 358 Trash bags, 257-259 Tree guards, 9 Trees, 21, 28, 58, 117, 142,

221, 292

Tree Wound Sterilizer Tonic, 18, 358 Triple-Duty Face Cream, 322 TSP, 327 Turkey basters, 132, 134, 136 Turnips, 49 Tutti-Frutti Facial, 124, 323 TVs, cleaning, 13, 208

### U

Ultimate Range Cleaner, 226, 331
Upholstery care, 12, 35, 60, 75, 148, 178, 212, 247, 325
Upset stomach, 50, 63, 205, 318
Urine, as pest control, 58, 345
Urine odors, 48, 64

## V

Vacuum cleaners, 96, 139, 209
Vanilla extract, 108
Varicose veins, 181
Vases, 15, 99, 115, 199, 203
Vegetable Garden Bedtime
Tonic, 359
Vegetable gardens, 21, 72,
94, 104, 193, 210, 231,
348, 358. See also specific
vegetables

Vegetable oil, 128, 154,
265–269, 313, 321, 332,
335, 338, 349, 355. See also
specific types
Vegetables, 34, 134, 159, 212,
261–264, 335. See also
specific vegetables
Vine borers, 210
Vinegar, 270–275
for cleaning, 11, 15,
46, 49, 211, 328,
329
for health and beauty,
298
herbal, 271, 272, 307
for yard and garden,
336, 350, 355, 356,
359
Vinyl, cleaning, 92, 218
Vinyl siding, 162, 327
Vinyl siding, 162, 327 Violet Cleansing Milk, 105,
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352,
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305,
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309 in deodorant, 298
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309 in deodorant, 298 for hair care, 164, 315,
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309 in deodorant, 298 for hair care, 164, 315, 316, 343
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309 in deodorant, 298 for hair care, 164, 315, 316, 343 in mouthwash, 305
Vinyl siding, 162, 327 Violet Cleansing Milk, 105, 323 Vitamin B <sub>1</sub> , 93, 278, 347, 352, 353 Vitamin E, 22, 276–277, 305, 308, 315 Vodka, 279–282 in aftershave, 304 for colds and flu, 309 in deodorant, 298 for hair care, 164, 315, 316, 343

### W

Wallpaper, 18, 31, 113, 121 Walls cleaning, 28, 29, 54, 158 repairing, 62, 256 Walnuts, 196 Warts, 40, 56, 203, 252 Washing machines, 273 Watering cans, 28, 162 Water rings, on wood furniture, 54, 175 Water shoes, 151 Wax, 284-286 Wax paper, 287–289 Weed control, 5, 38, 49, 142, 228, 264, 282, 359 Weevils, 94 Wheat germ, 201, 310 Whiskey, 290–293 in fertilizers, 43, 93, 130, 278, 340, 342, 346, 348, 352, 353, 356, 358 for health and beauty, 313 for seed starting, 254, 355 Whiteflies, 38, 94, 120, 180, 204, 206, 231 Wild Weed Wipeout, 359 Windburn, 171 Windows. See Doors and windows Windshield-wiper blades, 13, 37

Wine, 63, 68, 179, 227, 293-295, 320, 323 Wine & Apple Masque, 294, 323 Wireworms, 221, 264 Witch hazel, 296-297, 310 Wood clamps, 289 Wood surfaces burns on, 189 cleaning, 12, 54, 73, 175, 202, 217, 252 preventing scratches in, 115, 116 scratches or gouges in, 66, 145, 165, 196, 217, 253, 284 Wool, washing, 229 Wreathes, 46, 149

# Y

Yeast, baker's, 77, 182, 244, 245, 338, 356
Yeast infections, 236
Yogurt, 134, 235–237, 333, 335

# Z

Zippers, 55, 133, 146, 172, 284