

Extension Homemakers

Arkansas County Newsletter

June, 2020



ARKANSAS COUNTY EH COUNCIL OFFICERS

Sandra Webb, President
Barbara Jones, President Elect
Joan McFerrin, Secretary
Charlene Wingfield, Treasurer
Patsy Coose, Reporter

Alta Lockley

Alta Lockley
County Extension Agent –
4-H/FCS
a-lockley@uaex.edu
(870)946-6160

Arkansas County Offices

1009 Liberty Drive
DeWitt, Arkansas 72042
(870)946-3231 or 673-2346
Fax: (870)946-3061

2900 Highway 130 East
Stuttgart, Arkansas 72160
(870)673-2661, Ext. 254
Fax: (870)673-4315

The University of Arkansas
System Division of Agriculture is
an equal opportunity/equal
access/affirmative action
institution. If you require a
reasonable accommodation to
participate or need materials in
another format, please contact
your County Extension office (or
other appropriate office) as
soon as possible. Dial 711 for
Arkansas Relay.

While public health recommendations may limit in-person contact, the Cooperative Extension Service is still on the job and we are always here to help you. You can reach our office by phone at (870)946-3231 or (870)673-2346. All county EH events are still postponed until further notice.

JUNE EH PROGRAM

Do you need some motivation? Sometimes we just need a little push to get us in the mood to really do some cleaning! The EH program for June is *Making Your Own Cleaners*. I have enclosed the program materials for your information along with some word activities for fun.

EHC REPORTS

EH Membership reports are due at the State Extension Homemakers Council on August 1. Dues are \$5 per club and \$4 per member. Information will be mailed to Club Presidents. Thanks for your help with reports.

ONE MILLION MEALS

Many Arkansans are struggling with food insecurity. That's why more than 300 EH clubs across Arkansas have partnered to raise One Million Meals. You can help too! Please take this opportunity to support our state food bank and local food pantries.



AEHC STATE MEETING

Due to COVID-19, the Annual AEHC State Meeting has been rescheduled for August 12-13. The revised program will include a key note speaker, awards recognition, and the business meeting. Concurrent classes are not being planned at this time. Details will be posted on the EHC webpage at www.uaex.edu/ehc when information is available.

Please call me at (870)946-3231, if you have questions. We look forward to seeing you soon.

Visit our website at: <http://www.uaex.edu/counties/arkansas>

Look us up on Facebook at: www.facebook.com/ArkansasCountyEHC

Cleaning House

S	W	E	E	P	I	N	G	N	I	P	P	O	M	M	B	N	W	B	F	N	R	T	E
L	A	I	R	E	T	C	A	B	I	T	N	A	E	L	C	O	T	I	D	Y	T	K	P
A	E	R	E	F	F	I	W	S	U	D	G	O	P	A	O	R	X	G	P	X	D	X	P
C	G	S	G	A	R	B	A	G	E	I	H	S	I	L	O	P	F	N	G	E	R	M	S
I	N	N	N	P	G	N	X	C	C	I	W	C	K	T	R	A	O	I	B	D	F	Y	L
M	O	K	A	Z	N	S	L	E	W	O	T	R	E	P	A	P	Y	R	D	N	U	A	L
E	P	O	R	T	I	U	R	Y	D	B	O	U	M	B	M	Z	I	P	C	I	R	W	I
H	S	E	R	F	T	A	E	N	N	W	P	B	U	L	M	S	I	S	F	W	N	A	F
C	S	A	A	T	S	H	I	N	E	T	U	B	U	L	O	S	E	N	I	P	I	T	E
O	S	U	E	E	U	W	X	S	W	C	B	I	C	T	N	R	E	T	A	W	T	U	R
H	W	R	R	R	D	P	U	P	K	L	Q	N	A	P	I	C	K	I	N	G	U	P	I
M	O	O	R	B	G	O	V	E	E	D	O	G	V	C	A	R	P	E	T	S	R	A	S
Z	F	I	L	T	H	Y	T	S	U	I	A	Q	H	U	F	O	R	O	S	I	E	O	G

- | | | | |
|------------|----------|---------------|--------------|
| dusting | windows | fresh | paper towels |
| sweeping | vacuum | fix | broom |
| mopping | carpets | bubbles | water |
| Swiffer | put away | sponge | garbage |
| rags | laundry | brush | rearrange |
| scrubbing | wax | clean | debris |
| Windex | wipe | spring | neat |
| chemicals | bucket | arrange | tidy |
| ammonia | trash | germs | organization |
| polish | Pine-Sol | antibacterial | apron |
| furniture | filthy | soap | housework |
| picking up | grease | refill | |
| declutter | shine | Magic Eraser | |

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: From 1970 through 1990, Nancy Walker played the role of a waitress who promoted Bounty paper towels. She became famous for the line, "the quicker picker-upper." What was the first name of Nancy's character on these commercials?

Answer: _____

MAKING YOUR OWN CLEANERS *Arkansas County Extension Homemakers* **Alta Lockley, CEA-4-H/FCS** **June, 2020**

Housework is something you do that nobody notices until you don't do it.
– Author Unknown

Do you need some cleaning motivation?

Sometimes we just need a little push to get us in the mood to really do some cleaning.

Here are a few tips:

- Put on some music
- Light a candle.
- Make some new cleaning products.



According to the EPA, indoor air can be 10-100 times more polluted than outdoor air. A big culprit is common household cleaners that emit toxic fumes. The cost of commercial, chemical-based products can be high. These products also concern people with skin sensitivities, allergies, asthma, bronchitis, etc.

Making your own cleaning supplies is one alternative. Are they effective? Yes...they are effective, though you may need to put in a little bit more elbow grease or wait a little longer for cleaning. Making your own cleaners is safer for kids, animals, and anyone with various sensitivities. It's more economical. Homemade cleaners are biodegradable and therefore gentler for the earth. Many of these supplies can be found in the cabinet. If not, they are easily available, and can be mixed up in a jiffy.

COMMON HOUSEHOLD CLEANERS AND BENEFITS:

BAKING SODA: Cleans, deodorizes, scours, softens water.

BORAX: It contains no phosphates or chlorine. All natural and is safe for washers, plumbing, and septic systems. Great for use in kitchen, bath, and laundry. Cleans, deodorizes, disinfects, softens water. No fumes or scratching so is great for porcelain and fiberglass.

HYDROGEN PEROXIDE: Cleans mold and mildew, antibacterial, antifungal.

Keep in a dark area because it breaks down quickly into oxygen and water when exposed to light. That's why it is sold in dark bottles. Safe for earth and people.

Removes blood stains from clothes. Brightens laundry- it is a bleach- add ½ C. - 1 C. to a load of laundry. Use to clean- (spray on, allow to sit several minutes, wipe off):

Countertops, doorknobs, mirrors, appliances, sinks, tubs, toilets, showers, walls, cutting boards, etc. Disinfect: toothbrushes, nailbrushes, dentures, retainers, thermometers, loofahs, sponges, etc.

LEMON: A strong food acid that is effective against most household bacteria, deodorizes.



RUBBING ALCOHOL: Disinfects. Great for doorknobs, switch plates, faucets, tubs, toilets, mirrors, tile, vinyl and laminate floors, keyboards, etc. Evaporates quickly. Remember: *Flammable- Do not use on stoves or toaster ovens.*

WASHING SODA: (sodium carbonate decahydrate – a mineral) Stronger than baking soda which is sodium bicarbonate. Cuts grease, removes stains, softens water, cleans walls, tile, sinks, and tubs.

WHITE VINEGAR: Cuts grease, removes mildew, odors, some stains, and wax buildup, deodorizes, softens laundry, disinfects. If you also add salt or hydrogen peroxide (but not together), the disinfecting power increases. Vinegar will clean up most bacteria. Adding tea tree oil to the vinegar will also boost its disinfecting power. You will need to leave the vinegar on the surface about 10 minutes to do a complete job of disinfecting. By adding 1 C. of vinegar to your last rinse cycle of laundry, you will dissolve soap residue, prevent yellowing, reduce static cling, soften clothes, and attack mold and mildew. It also is good for baby clothes because it breaks down uric acid.

Note of Caution: *Never add anything to bleach, including vinegar or lemon juice. It will release a chemical called chlorine. One part per thousand is a large enough dose to be lethal.*

ESSENTIAL OILS

These are often added to cleaning products as they have many therapeutic and disinfectant properties. Essential oils are concentrated oils which contain aromatic compounds from a plant. They are often made from the flowers and leaves, but sometimes from the seeds, roots, or bark of the plant. The oils evaporate easily into the air, thus are known as volatile oils.

Use caution when using essential oils. *Do not ingest and do not apply undiluted directly to the skin. Know your supplier! Use organic products. Some oils are of inferior quality or synthetic. These are sometimes composed of several oils to achieve a desired smell.*

SOME ESSENTIAL OIL PROPERTIES and oils that provide these benefits:

(This is not an exclusive list.)

ANTIFUNGAL: To prevent the growth of fungus.

Cinnamon essential oil, Eucalyptus oil, Lemon-Eucalyptus oil, Tea-Tree oil, Thyme oil

ANTI-INFECTIOUS: To prevent infection.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon-Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil

ANTISEPTIC: To kill and prevent micro-organisms.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon oil, Lemon- Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil, Thyme oil

ANTI-VIRAL: To prevent viruses from growing and spreading.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon- Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil, Thyme oil

TEA-TREE OIL: One of the strongest natural antiseptics. It kills bacteria, fungi, mold, mildew stains, and odors.

MIX: 2 tsp. Tea-Tree oil with 2 C. water

Put into a spray bottle and use. Great for the bathroom. **LABEL BOTTLE!**

Some top reputable companies for essential oils:

www.nativeamericannutritionals.com, www.rockymountainoils.com,
www.heritageessentialoils.com, www.mountainroseherbs.com

HOMEMADE CLEANER RECIPES

DAILY SHOWER CLEANER

½ C. peroxide

½ C. rubbing alcohol

6 drops DAWN

2 tsp. liquid JET DRY

24 oz. water

Mix well. Spray in shower and on liner daily to keep area cleaner longer.

CITRUS SCRUBBER

½ C. borax plus ½ C. baking soda

½ tsp. each of essential oil of lemon, orange, and tangerine

Pour the cleansers into a glass bowl. Add the oils and mix well.

Smells good; use like Comet or Ajax

SWEET CINNAMON SINK SCRUB

1 C. baking soda

1 T. ground cinnamon

5 drops sweet orange essential oil

Mix all ingredients and place in an airtight container. Sprinkle the mixture on a wet sink and use a cloth to scrub the sink. Rinse well.

ALL PURPOSE CLEANER AND DISINFECTANT

2 C. hot distilled water

¼ C. white vinegar

1 tsp. washing soda

15 drops Tea-Tree oil

15 drops Lavender oil

In a clean spray bottle, add washing soda and oils, then hot water and vinegar. Shake well. Good to use on most everything but glass/mirrors.



DISINFECTANT AIR FRESHENER

4 drops Thyme oil
6 drops Tea-Tree oil
8 drops Clove-Bud oil
2 tsp. rubbing alcohol
Distilled water

In a glass measuring cup, stir the oils into the alcohol. If the oils do not dissolve completely, add another teaspoon of alcohol. Then add water to the ½ C. line. Pour the solution into a bottle with a spray nozzle. To use, spray into the air.



POWDERED LAUNDRY DETERGENT

1 C. grated Fels Naptha Laundry Bar Soap
½ C. Super Washing Soda
½ C. 20 Mule Team Borax

Mix and store in airtight container. For light loads, use 2 Tablespoons. For heavy loads, use 3 Tablespoons.

LIQUID LAUNDRY DETERGENT

(Makes 1 gallon)

3 T. borax
3 T. Washing Soda

Put these ingredients in a 1 gallon container.

Add 2 Cups of very hot water.

Put lid on container and shake well until powders have dissolved.

Fill container with cold water.

Add 3 T. of ORIGINAL BLUE DAWN dish soap.

By adding it at the end you help prevent lots of foaming. Stir or shake well.

Use 1-2 cups per load based of dirtiness of clothes. This detergent is not real thick and doesn't produce lots of bubbles. Can be used in High Efficiency washers, but use anywhere from 2T. – ½ Cup.

HOMEMADE DISINFECTING WIPES

1 Cup water
2 Tablespoons white distilled vinegar
2 Tablespoons castile soap
20 drops of any of the following essential oils (mix and match)
Thyme, tea tree, lemon, lavender, or rosemary

Mix together and put in an airtight container with cotton wipes. (Old cotton t-shirts work well.) Store in a cool, dark area. Shake well before using.

Information adapted from: <http://www.iahce.org/lessons.html> and
https://www.uaex.edu/life-skills-wellness/extension-homemakers/clean_green.pdf

From the 1960s to the 1990s, veteran character actress [Nancy Walker](#) appeared in a long-running series of popular commercials in the US, in which Walker played Rosie, a waitress in a diner, who used Bounty to clean up spills made by the diner's patrons and demonstrating its better absorption, compared to other brands. The original tag-line, "the quick picker-upper," was soon changed to "the quicker picker-upper", which became a common catchphrase, (with variations) long after Walker ceased appearing in Bounty ads.