

Eco Friendly Cleaning

Recipes and ideas to make your home
green and clean.

Plus.....

Washable cloth wipe pattern,
How to use Vinegar, Soda Crystals,
Citric Acid and Bicarb

Plus....

A surprising use
for conkers!

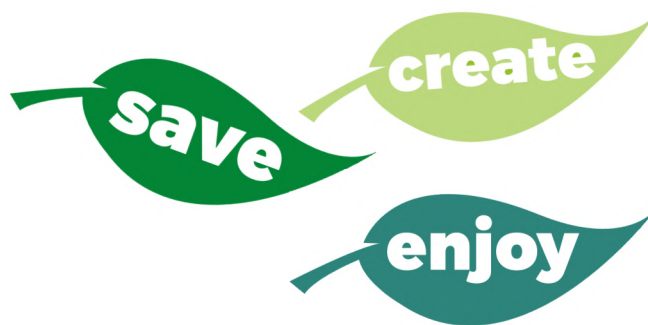


www.less-stuff.co.uk

www.thefrugalfamily.co.uk

Cloth instead of tissues

By replacing our single use philosophy with a re-use one we can find lots of alternatives to paper towels, wet wipes, facial wipes, cleaning wipes, tissues, cotton wool etc.



This all usually arrives in plastic wrappers and are all use once items that get thrown away and are not generally biodegradable.

Here are a few ideas for alternatives, many of which you can make yourself.

- Use cotton napkins at the table for small spills and messes (how posh will you be?) These can be picked up very cheaply in charity shops, or you can cut up an old sheet.
- Use flannels instead of wet wipes and facial wipes, they can be put into the normal wash and last a very long time.
- Use crochet pads instead of cotton wool - they can be washed and reused and are soft and kinder to your skin.
- Have hand towels and bar soap for washing hands instead of using wipes, pop a damp flannel into a small bag for when you are out and about.
- Use old fashioned cotton handkerchiefs (with your initials on if you wish!) instead of paper towels, they are kinder to your nose and can be washed instead of thrown away.
- Use a yellow duster, Mrs Overall style, instead of furniture wipes, or a damp rag.



Reusable kitchen towel pattern

- Print this out onto A4 Paper.
- Cut out one rectangle in towelling and another in shirt weight cotton.
- Pin right sides together and sew along the dotted line leaving a hole big enough for your hand to go through. There is a 1.5 seam allowance on 3 sides and a 2cm allowance on the open edge.
- Trim triangles off the corners and turn through to the right side.
- Push out the corners so they are neat then sew 1cm all the way round to hold everything in place.
- Sew diagonally across both ways to quilt.



Stop sewing
here



Start sewing
here



Sewing machine instructions:

When you start to sew go forwards then backwards a few stitches.

Do the same at the end.

To sew the corners makes sure your needle is in the fabric. Lift up the machine foot, turn the material and put the foot back down.

Repeat for all 4 corners

If you are sewing by hand use a back stitch and doubled up thread.

For a full tutorial see www.less-stuff.co.uk/washable-kitchen-roll

less
stuff

www.less-stuff.co.uk



www.thefrugalfamily.co.uk

Design a better kitchen towel

Following a pattern is great but it is easy to design your own washable solutions that could work even better for you.

Stage 1—Empathy

If you are designing a present, talk to the people who will use it. If you want to make something for yourself, talk to friends to share some ideas.

Stage 2—Define

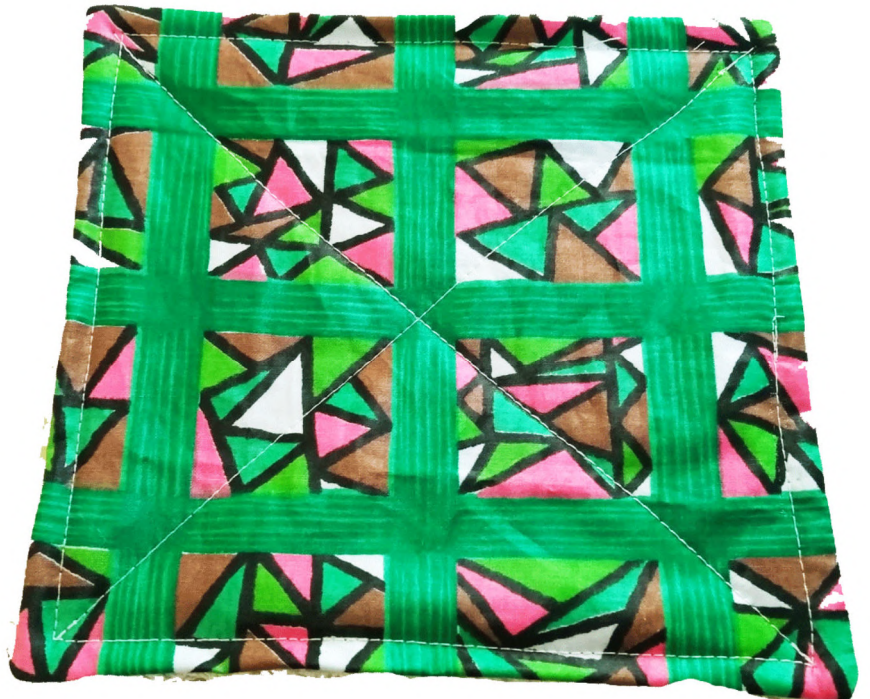
Instead of taking a huge problem like 'replace paper towels with something washable', define a smaller problem that will be easier to solve. If you only really use kitchen towels to mop up spills you might need something bigger than the pattern here. If you only use them to wad up to stop something dripping, you might need to make something padded instead.

Stage 3—List ideas

Don't hold back on ideas, don't judge them. Really silly ideas can lead to other more useful ones.

Stage 4—Prototyping

When you prototype, do the bare minimum that will allow you to test your idea. If you are thinking of changing the shape of your kitchen towel, try it first with a bit of scrap paper.



Stage 5—Testing

How does it feel in your hand? Would it be easy to manage? Would it do the job well or do you need to alter it. Failing is fine, don't worry if you don't get something perfect the first time.

Some more ideas

- Use hessian to make a scratchy side
- Add a loop between the layers when you sew around so it can be hung up
- Pad with something absorbent like an old sponge (if you use a plastic sponge this won't be recyclable)
- Zig Zag over string on one side to make it more abrasive
- Change the shape so it fits in your hand better
- Try padding with leftover fabric to make an oven cloth.

Glass Cleaning Recipes

It helps to have a spray bottle for cleaning glass. You can pick one up cheaply from hardware or gardening shops. You will also need a rag made from cotton, linen or microfibre - one that doesn't have loose fibres is best..

Vinegar-based glass cleaner

- Half a pint of water
- 2 tablespoons white vinegar
- A few drops of essential oil
I like citrus smells but
lavender works well too

Use a spray bottle and mix by shaking before each use.

Vinegar and cornflour glass cleaner

- Half a pint of warm water
- 2 tablespoons of white vinegar
- 1 tablespoon of cornflour

This works because the cornflour absorbs any grease on the glass.

Newspaper

If your newspaper leaves your fingers stained when you hold it for a minute it is not the right type to clean windows.

If your fingers are stain-free it means the paper is printed with soya based ink and it will clean glass very well.

You need 2 sheets of paper - wet one and scrunch it into a ball.

Use this to scrub the glass clean.

Scrunch up the second sheet of paper and use to dry the glass.



Excerpt from Spring into Action by
www.less-stuff.co.uk and
www.thefrugalfamily.co.uk



Natural Cleaning Ingredients

	Vinegar	Soda Crystals	Citric Acid	Bicarbonate of Soda	Borax Substitute
Limescale	Use on taps and in kettles and irons	Prevents limescale buildup in washing machines	Put a tablespoon into a full kettle then boil and rinse out.		
Surfaces	Drainingboards and worktops	Gets rid of grease on worktops		Use cream bicarb for surfaces that might scratch.	Mix with water to make an abrasive cleaning paste
Laundry	Makes towels fluffy if used in final rinse	Add to normal detergent, removes stains and softens water			Softens water and boosts detergent. Removes stains.
Deodorise	Use to get rid of pet stains			Put a box in the fridge to deodorise. Use for cleaning afterwards.	
Dishwashing	Use in final rinse	Removes burnt on food		Make into a paste with water and apply to burnt on food.	
Bathroom	Makes mirrors sparkle		Mix in hot water and pour into toilet after pushing most of the water out of the pan	Put in a bowl and use to take away smells.	

Excerpt from Spring into Action by
www.less-stuff.co.uk and
www.thefrugalfamily.co.uk



Conker Washing Soap

Yes, really. The native Horse Chestnut seed, or conker, can be used to make an effective laundry soap. It is much better for the environment than using soap nuts which will have travelled many hundreds of miles by air.

You can collect conkers for free on a walk, and then turn them into laundry soap - it's all in the SAPONINS!

You will need to collect a good load of Horse Chestnuts, a large container for them and hot water. The liquid will keep in the fridge for about a week, so don't make too much up at once.

Start Small:

- ½ cup peeled conkers, bashed up with a hammer or rolling pin
- 1 cup hot water over them

Top tips:

- To stop the conkers from flying everywhere when you break them up, wrap them in a tea towel first.
- You need to leave them to steep in the water for up to an hour or more, to release the saponins.
- The water will look like milk.
- From this you need roughly ⅓ cup for each load of laundry.



Conkers have fewer spines than the edible version

- This is not a stain remover, so only works with 'normal' washing.
- The excess soap will keep in the fridge for around a week or so.
- As you make and use it you will get a feel for the quantities you need.
- If you would like to add a few drops of essential oils to make your laundry smell nice then just go for it!



Excerpt from Eco-Friendly Autumn by www.less-stuff.co.uk and www.thefrugalfamily.co.uk

Bicarb cleaner



Why?

Our cleaners all come in plastic containers, and we've been made to feel that there has to be a different cleaner for every job - however the most effective cleaners are usually quite simple and can be used for a wide variety of jobs.

Instead of buying more plastic bottles of cleaners as they run out, move towards this one cleaner to cover most of the house. As well as reducing your plastic and saving money, you will also know what ingredients you are using in your home and adding to our waterways.

For a general cleaner, for bathroom and kitchen (taken from Friends of the Earth).

You Will Need:

- 1/2 cup vinegar
- 1/4 cup bicarbonate of soda
- 2 litres water

Mix together all ingredients in a bucket of water. Decant into a spray bottle. Store and keep.

You can also use other old fashioned ideas, like cleaning windows with vinegar and newspaper - it really does work!

