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"Creative minds have always been known to survive any kind of bad training."

-Anna Freud

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CIPA PRESS, ISBN 1-894872-13-4

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Introduction



Maid Holistic was inspired by a growing demand for **more natural cleaning methods** by consumers to their cleaning personnel. Having been a maid at the Hyatt Hotel in my early 20's, (a great experience I wish all kids could have at least one week of!) I think I am qualified. I cleaned rooms for the pickiest of people. The late Cary Grant and his wife, F. Lee Bailey, Chuck Nolte and the list goes on. That was some 20 years ago. But, I can make a bed and the Hyatt felt I was the best maid for the top floor. The floor of the "elite."

I recently facilitated a cleaning lady when I came home from a hospital trip and in five days I got to know her very well. She was explaining how she gets \$15 an hour and that a few of her upscale clients were starting to ask her to use all natural products. She did not quite know what they meant. I told her fine, but up your prices to \$25 an hour and give them all natural. They may call you less but you will make more money, if that is your goal, and word will spread quickly as to your talents. She asked me to write a book about how that would work, and I agreed. Here is a summary of what I recommended to her:

When you take on the cleaning of a home, you have to **start with the cleaning products**. This would be the **cleaning caddy** first, then **vacuum, mop** and **air vent filters to the home**. That is the start to TRUE cleaning. It should only take fifteen minutes to punch these out depending on how many vents, of course. And impressive to any customer who will not believe you are that helpful!

Keep your used fabric softener sheets in a cute box, for many

reasons! We now keep a small laundry bag near the dryer to collect them.

Once the vacuum is really clean, a few drops of true **Essential Oils** can be dropped into the filter or on the bag, or best in a used fabric softener sheet in the bag. We do all angles. The sheets should be refreshed every cleaning thereafter.

Essential Oils will keep the vacuum fresh and the home smelling nice as it is used. The **air vent filters, an area we all wish would disappear, and we never see--happen to be one of the most important factors in our environment, the very air we breathe.** Beyond cleaning them from microbial build up, a few drops of essential oils can also be dropped on a used fabric softener sheet and placed up in the filter. **Air duct filters** should be changed once a month. The pleasant scent will last about a week in the air vents, only because occupants become desensitized to that scent. Still, guests will notice for weeks later and make comment. As customers or family members move from room to room, they should have a different experience. With the addition of essential oils into your style, recipients will LOVE the changes in aroma they can sense. It is far more immediate gratification than simple cleaning. Simple cleaning is typically visually. Maid Holistic is an experience that brings cleaning to a higher level by incorporating aromatherapy and healthier, more natural techniques.

A **cleaning caddy** is where you should store be your bag of tricks. We like the Casabella Clear Caddy sold at Amazon. It sells for under \$5. A cute box for used fabric softener sheets, essential oils such as **Lemon** (for wood not finished with a high gloss) and diluted with a carrier oil such as fractionated **coconut oil, as well as Orange Oil** straight up to easily remove wax and gum (not the junk the stores sell that claim powered by orange oil) but REAL orange essential oil, as well as a little **wax scraper**. You can find wax scapers at any candle making section of a craft store. These citrus EO's are very economical compared to paying for true commercial junk, and a little EO goes a long way. Local essential oils₄are typically diluted to the max with



fillers, so we do suggest you buy from a reputable web based company. The Mabel White Company as has **EO bottles that come in the beautiful aluminum, with plugs, so they will stay stable in your caddy. Peppermint, Rosemary, Tea Tree and Lavender** should also be in your caddy to offer a variety of scents (and germ-busting ability!) as people move from room to room. Another accessory that should be in your bag of tricks include a few **disposable plastic spray bottles** and **pipettes** to transfer your precious oils. They can be mixed with water as long as you shake well before each use.



*Note essential oils cannot be in plastic sprayers for more than a day, as straight essential oils will warp plastic in a hurry. The Mabel White Company sells these cheap enough to dispose of after a one day use. For the holiday season you may want to dap a little **Cinnamon** oil, **Clove and Orange**, or **Siberian Fir Needle** essential oils in the air vents to get that traditional "holiday feel" and omit the cinnamon broom theory. Or you can spruce up an old cinnamon broom. Just be careful never to get that into your eyes and wear disposable nursing gloves if you like to keep your nails painted. Essential oils are powerful and will strip nail polish.

Essential oils can also be used on non-cleaning areas to heighten the experience. The Ritz, for example, sprays their guest towels with a tad of Peppermint Essential Oil, and that is truly refreshing and different. Linens can be sprayed but that should be done carefully with mostly water and shaken very well. You do not have to use a lot of precious essential oil to offer the ambiance and purpose. Bon Ami is another great natural cleaner that is mainly ground pumice. Bon Ami should be in all cleaning caddies, as well as White Vinegar and Baking soda. Hydrogen peroxide is just the best to get rid of blood type stains. This book will provide a detailed and an easy to understand regimen.

Helpful Hints

1. Cheap paper towels leave less lint on glass and mirrors!
2. For Laminate Floors: To clean, disinfect and sanitize without leaving streaks: Fill bucket half full with hot water. Add 1 Cup of white vinegar and ¼ Cup of **Germ-Buster Rinse**. Soak the mop and wring it until just damp. Mop as usual.
3. Each week, choose one room to do a complete, super-thorough cleaning in. Vacuum the baseboards clean the pictures and knick knacks, clean behind the furniture, etc. Then just do your regularly thorough cleaning in the rest of the house. This way, every 6 months or so, you know that every room gets the white-glove treatment.
4. When cold and flu season starts, use Tea Tree, Eucalyptus (or Rosemary) and Lavender Essential Oils to help stave-off infection. Add a drop of each to the water in vaporizers & Humidifiers. Use these oils in an **Essential Emulsion** spray everywhere.
5. Use lamp rings with a few drops of essential Oils on top of light bulbs to deodorize and germ-proof the room.

Mabel White's Oil Soap

This is our hallmark replacement to Murphy's Oil Soap. Mabel White's Organic Oil Soap™ is a 100% natural, Organic concentrated cleaner which contains Saponified Organic Oils of Coconut, Olive and Jojoba, Natural Citrus Essential Oil Blend with Organic Orange Oil, Organic Aloe Vera and Rosemary Oleoresin Extract. It is safe for all washable fabrics and surfaces.

A Case for Clorox

Clorox is not an all natural cleaner, however it is the only exception we make to all natural in this book. **We simply the limit use as much as possible.** This is because contrary to popular opinion, so-called "natural" cleaners like ammonia, lemon juice, baking soda, and vinegar don't kill 99.9% of bacteria or viruses. We know it takes care of mold, pronto. Mold can be a real killer. But it does break cotton down, so be careful on any use for cotton products. Clean the highest germ area's as you are almost done with your cleaning in general. Highest germ areas are discussed below.

Items You Will Need to Clean Holistically

- A Cleaning Caddy
- Used or New Fabric Softener Sheets
- A Scrub Brush and Tooth Brush
- 2 Large Sponges
- Disposable Nursing Gloves or Gloves
- Bonami or Ground Pumice
- Baking Soda
- Borax
- Soft Polishing Cloths
- Salt
- Mabel White's Oil Soap or Vegetable Based Castile Soap
- Citric Acid Crystals (Vitamin C)
- Clorox (our one exception)
- White Vinegar
- Wax Scraper
- Citrus Peels for the Garbage Disposal
- Bucket
- Window Squeegee
- Clorox
- Disposable Plastic Sprayers
- Essential Oils and Pipettes to transfer them
- Hydrogen Peroxide (**Removes fresh blood stains**)
- Citrus Peels when possible to freshen garbage disposal

Start by Cleaning the Very Equipment You Use

The cleaning **Caddy** should be cleaned and reorganized after every day of use. The **vacuum cleaner** should be inspected and cleaned outside, putting a few drops of essential oils on the filter or on dryer sheets to go near the filter. Recommended oils for this are **Lavender** and **Tea Tree**. Mops and sponges should also be disinfected first with a product such as Clorox. Sponges are the leading cause of germ and bacterial spreading, so we tend to dispose of them faster than a week of use. The sink should be well Cloroxed down before and after you finish cleaning.

Room by Room	Recommended Oils
Pre-Powder Carpet	Lavender, Lemon Sage
Put Citric Acid in all Toilets for 1 Hour	Lemon
The Central Air System	Peppermint, Tea Tree
The Dishwasher	Lemon or Lime
The Oven	None
Highest Germ Area's	Tea Tree, Rosemary
The Kitchen	Lemon, Sage, Ginger
Holiday Kitchen	Orange, Clove, Cinnamon
The Living Room	Sandalwood
The Bathroom	Peppermint, Tangerine
The Bedroom	Lavender, Rose Geranium
Closets and Drawers	Cedar and Lavender
The Home Office	Rosemary
The Laundry Room	Lavender, Peppermint
Replenish Cleaning Caddy	Any
Windows	Key Lime
Scrubbing the Floors	Lime
Wooden Floors	Lemon
In the Garden	Soy Oil, Neem
Vehicles	See Vehicles

Learning to Caulk

This has to be the most impressive thing my recent cleaning lady took upon herself. I was truly amazed when she caulked any cracks where bugs could gain entry and scraped and replaced the caulk in my bathroom. This surely was not expected of her, but did make sense. I asked her where she learned that and she replied a "Home Depot Class." That alone was worth \$25 an hour and it took her half that time to do it.

Pre-Powder Carpeting

Beyond incorporating essential oils into the vacuum as described above, the carpet should also be treated. Vacuuming should be the last thing you do, however, it is better to make your recipe early to allow it to set and do its job while you work. The following is a tried and true recipe we love to use:

Carpet Deodorizer Recipe

10 drops Tea Tree Essential Oil

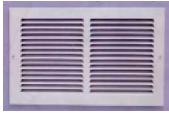
20 drops Lavender Essential Oil

10 drops Lemon Essential Oil

1 16-ounce box of Baking Soda

Pour the baking soda into large bowl and then add the essential oils. Be sure to mix the oils into the baking soda well. Since lemon essential oil is normally yellow, it is essential that it is mixed well into the baking soda so that no undiluted lemon oil stains your carpet. This blend may be adapted to use your favorite essential oils, but strive to add essential oils that offer antibacterial and disinfectant properties to give the deodorizer an added benefit (the oils in this blend work to accomplish that). After you have blended the oils into the baking soda, the deodorizer can be stored in a glass jar or airtight container. Sprinkle the deodorizer onto your carpet (use of a discarded but clean large spice container that has holes for "shaking" out the spice works well for this). Allow the deodorizer to work its magic for 10-20 minutes and then vacuum. **Dendritic salt** would keep this from clumping. A 9teaspoon mixed well will do.

The Central Air System



The **air vent filters**, an area we all wish would disappear, and we never see--happen to be one of the most important factors in our environment, the very air we breathe. Beyond cleaning them from microbial build up, a few drops of essential oils can also be dropped on a used fabric softener sheet and placed up in the filter. **Air duct filters** should be changed once a month. The pleasant scent will last about a week in the air vents, only because occupants become desensitized to that scent. Still, guests will notice for weeks later and make comment. As customers or family members move from room to room, they should have a different experience. With the addition of essential oils into your style, recipients will LOVE the changes in aroma they can sense. It is far more immediate gratification than simple cleaning. Simple cleaning is typically visually.

Setting the Oven to Clean

If you are lucky enough to have a self cleaning oven, you may want to get that started as you begin cleaning. It typically takes three hours. We use only stainless steel for our cookware, and when we just cannot get a mess we burned in a pot or pan off—we stick them in with the self cleaning operation. It makes all burned food dust, although it will tarnish your steel.

Washing Dishes with Dishwashing Soap

Stop eating detergent residue! Saturate sponge with **Mabel White's Organic Oil Soap™** and clean. Rinse and dry as usual.

The Dishwasher: Fill the detergent cup with **Mabel White's Organic Oil Soap™**, and fill the rinse compartment with white vinegar. Run dishwasher as usual. If you notice any Lime deposits left from your water afterwards, spray the inside of the dishwasher with **Germ-Buster Rinse** and wipe to remove.

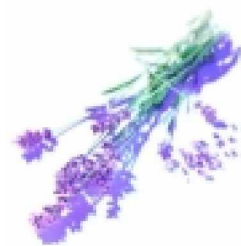
Dishwasher Bombs: Cleaning the Dishwasher & Making Glass Sparkle



When there is soap build up inside a dishwasher, a cup of borax with a cup of citric acid can break down the build up and make it shiny and new. **We made “dishwasher bombs” which is basically ½ cup of citric acid to ½ cup of baking soda and a table spoon of borax. We mix this up with just enough Lemongrass Essential oil to make the mixture clumpy.** We then mold into tiny balls and keep in a big mason jar so humidity does not set them off. We tend to use them **every other** cycle. They make glass SPARKLE! The scent is wonderful and clean. We get about 8 little balls from each recipe. We also drop these in the toilet bowls to sit for three hours as we start to clean.

"Until you value yourself, you won't value your time.
Until you value your time, you will not do anything with
it."

-M Scott Peck



Highest Germ Area's

By taking aim at the host spots with a disinfectant, you help break the cycle of transmission.

Make sure you're using a disinfectant that works, like **Ultra Clorox® Regular Bleach**. Because, contrary to popular opinion, so-called "natural" cleaners like ammonia, lemon juice, baking soda, and vinegar don't kill 99.9% of bacteria or viruses.

Germs are passed around when infected objects come in contact with a surface. If the surface is not disinfected, the next time it is touched, germs can be transmitted around the house.

Just because a surface looks clean, doesn't mean that germs are gone. In fact, a University of Arizona study found that "anti-bacterial" household cleaning products like certain dish detergents and hand soaps cannot actually disinfect surfaces. And the numbers they found were staggering:

- 300 germs per square centimeter on kitchen countertops.
- 10,000 per square centimeter on bathroom faucets.
- And a whopping 100 million per square centimeter on sponges and dishcloths!

But don't let the numbers scare you. Winning the fight is as simple as knowing what products to use. So consider the following germ-killing table to help in your landslide victory. Most contacted germ area's:

Daily: Sponges, any sinks and drains, handles to anything including phones.

Weekly: Toilets, Counter Tops, Floors.

How Clean is Your Kitchen?

Some homemakers may put out the welcome mat for germs without even knowing that their cleaning habits can invite germs in. How clean should your kitchen be? You don't want bacteria to feel right at home. The following cleaning tips to send bacteria packing:

- After a meal, clean everything right away. Waiting to clean gives bacteria time to multiply, which will make it harder to get rid of them. To kill bacteria while cleaning, use hot water and a dish washing liquid. This combination can be used to effectively clean counter tops, cabinet handles, can opens, appliance surfaces and dishes. Also don't forget to clean off telephone surfaces.
- Clean the sink by sprinkling a cleanser, such as Pumice or Bon Ami Cleanser, on the wet surface and rubbing with a wet sponge or cloth. Bon Ami quickly removes stains, cuts grease and rinses clean. To clean the garbage disposal, plug the drain, fill the sink halfway with hot soapy water, then unplug the drain and flood the running **disposal. To further eliminate odors, occasionally grind up citrus peel or coffee grounds.**
- Cutting boards should be cleaned with a powder cleanser, such as Ground Pumice or Bon Ami, to remove any food from the cut marks. It is also important to disinfect these surfaces. Wooden cutting boards can be disinfected by soaking for two minutes in a solution of three tablespoons of bleach per gallon of warm water. Plastic boards can be washed in the dishwasher. Discard cutting boards, cooking utensils, and cookware when it becomes chipped, cracked or heavily grooved.
- The refrigerator can also be a source of bacteria. Occasionally removed everything and wash the interior with a solution of baking soda and hot water. Stubborn stains and spills can be removed by using Bon Ami that has been

sprinkled on a wet sponge. the door gasket can be a source of odor, so clean it often. **A new box of opened baking soda should be installed each time the refrigerator is cleaned.**

- Bacteria grows in damp places, so it's important to dry everything carefully with a terry cloth or paper towel.

More on Cleaning the Kitchen

- **Wash:** Fill the sink with hot water and ¼ cup of **Mabel White's Organic Oil Soap™**. Wash down all hard surfaces including canisters, countertops, appliances, walls, doors, etc.
- **Rinse:** Spray and wipe with **Germ-Buster Rinse** to disinfect and sanitize all hard surfaces. Dry any wooden surfaces.
- **Feed the Wood!** The Kitchen cabinets, tables, chairs, China cabinets—all finished, non-lacquered wooden surfaces.
- **The Microwave:** Spray the inside with white vinegar. Place a microwave-safe container of water inside and nuke for a minute or two to loosen stuck-on splatters. Wipe clean and then rinse with **Germ-Buster Rinse**.
- **Remove stubborn gunk** with **Soft Cleaning Paste** and then rinse well. Finish with a spray of **Germ-Buster Rinse** to sanitize and disinfect.
- **The sinks:** Scrub the sinks and polish the fixtures with **Soft Cleaning Paste**. Rinse well. If you have stubborn stains, make a paste of Baking soda & Hydrogen Peroxide and scour with a scrubber. If the sink is stainless steel, you can add a bit of salt to boost the scrubbing power. If this doesn't remove the stains, only then should you resort to spraying the sink with a little bleach, scrub and rinse well.

- **Down the drains:** Pour ½ cup of baking soda into each drain. Microwave 1 cup of White Vinegar per drain until steaming. Pour 1 cup of the hot vinegar into the drain and let it work for at least 15 minutes. Doing this once a week will help prevent buildup that causes sluggish drains and clogs, and reduces the need for chemical clog removers.
- **The Floors:** Vacuum up all loose debris. Fill a bucket with a gallon of hot water and add ¼ cup of **Mabel White's Organic Oil Soap™** Mop the floors.
- Empty the bucket and re-fill it with one gallon of hot water and 1 cup of **Germ Buster Rinse**. This will rinse and sanitize the floors. Allow to air dry.
- **The Garbage Disposal:** Run cold water and then turn on the garbage disposal. Drop in ½ of a lemon and allow it to grind. Repeat with the other half of lemon. You may substitute with 1 cup of lemon juice. Keeps the disposal from stinking up the place!
- **Glass and shiny surfaces:** Clean & polish glass and other surfaces, including laminated cabinet doors and the outside of appliances—wherever you would use glass cleaner—with straight white vinegar and cheap paper towels.
- **Finishing Touches:** Remember to add a few drops of appropriate Essential Oils to used dryer sheets and place them in the register vents. Spritz tablecloths, placemats, curtains, dishtowels—**all water-safe** fabrics with your favorite **Essential Emulsion**.

"Effort only fully releases its reward after a person refuses to quit."

-Napoleon Hill

The Living Room

The living room is one of the easiest of all tasks requiring perhaps **dusting**, checking of light bulbs, vacuuming after pre-prep powder has set and misting a pleasant scent into the air. Fresh cut flowers may have to be addressed and will add life into the room. Recommended flowers are carnations as they tend to last at least ten days and are rather inexpensive. For a "Shabby Sheek" we let them hang over in large mason jars. This appears very "French Country." For scent you could spritz a little carnation fragrance oil onto them, or even rose, as most florists do with fresh cut roses. Candles should also be pleasantly and safely arranged for use with matches or a lighting element near by.

The Bathroom

Putting 1/8 of a cup of citric acid in each toilet bowl and allowing to set for one hour will remove stains. For a lemon scent you may just want to use the **dishwasher bombs** we discuss under cleaning the dish washer.

A new shower liner of the finest quality is \$4-\$10 and you may find it is cheaper to just replace the liner every six months than to continue trying to clean it.

"Perfect love is rare indeed - for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain."

-Leo Buscaglia

Spritzing towels with a peppermint oil mixture will delight your clients/guests or just your own family.

1. **Wash:** Fill the sink with hot water and ¼ cup of **Mabel White's Organic Oil Soap™**. Wash down all hard surfaces including the tub, shower, sink, countertops, toilet, walls, doors, etc.
2. **Rinse:** Spray and wipe with **Germ-Buster Rinse** to disinfect and sanitize all hard surfaces. Dry any wooden surfaces. Don't forget the door knobs and toilet handle!
3. **Feed the Wood!** Bathroom cabinets—all finished, non-lacquered wooden surfaces.
4. **Remove stubborn gunk** with **Soft Cleaning Paste** and then rinse well. Finish with a spray of **Germ-Buster Rinse** to sanitize and disinfect.
5. **The Shower Doors:** After cleaning and rinsing, as above, wipe dry the insides and outsides of shower doors and the shower walls. Use **Feed the Wood!** Applied to a soft, dry cloth and rub down these surfaces. This will help keep the shower walls and doors cleaner longer by sheeting off the water and keeping away soap and Lime buildup. **Just don't do the floors! (Slick!)**
6. **The sinks:** Scrub the sinks and polish the fixtures with **Soft Cleaning Paste**. Rinse well. If you have stubborn stains, make a paste of Baking soda & Hydrogen Peroxide and scour with a scrubber. If the sink is stainless steel, you can add a bit of salt to boost the scrubbing power. If this doesn't remove the stains, only then should you resort to spraying the sink with a little bleach, scrub and rinse well

7. **Down the drains:** Pour ½ cup of baking soda into each drain. Microwave 1 cup of White Vinegar per drain until steaming. Pour 1 cup of the hot vinegar into the drain and let it work for at least 15 minutes. Doing this once a week will help prevent buildup that causes sluggish drains and clogs, and reduces the need for chemical clog removers.
8. **The Floors:** Vacuum up all loose debris. Fill a bucket with a gallon of hot water and add ¼ cup of **Mabel White's Organic Oil Soap™**
9. Mop the floors. Empty the bucket and re-fill it with one gallon of hot water and 1 cup of **Germ Buster Rinse**. This will rinse and sanitize the floors. Allow to air dry.
10. **Glass, mirrors and other shiny surfaces:** Clean & polish glass and other surfaces, including laminated cabinet doors and the outside of appliances—wherever you would use glass cleaner—with straight white vinegar and cheap paper towels.
11. **Finishing Touches:** Remember to add a few drops of appropriate Essential Oils to used dryer sheets and place them in the register vents. Spritz towels, shower curtains, rugs—**all water-safe** fabrics with your favorite **Essential Emulsion**.

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

-Mark Twain

The Bedrooms

Since it is reported that 1/3 of our life is spent sleeping, we draw much focus on the comfort of our bedrooms. We like to use those bumpy pads you can get for \$10 at most general stores as they are so comfortable. We also like to spray them with essential oils mixtures such as lavender and rose geranium, without affecting the actual mattress. The bedroom is not much different than the ease if the living room. Primarily making sure it is well dusted and any glass is cleaned. Lighting is also important in this room and we prefer three selection light bulbs near the beds for soft, medium and strong selections.

Again, candles should be safely arranged as well as fresh cut flowers as suggested in the Living Room section. As far as soft sheets, I apologize, but all cotton sheets these days, including the “Egyptian” tend to create little burrs not long after they are used and we much prefer a ½ cotton percale blend. They last for years and truly stay soft.

Closets and Drawers: Cedar and Lavender Sachets

These are areas deserving of attention and can be handled rather quickly. It is true moths dislike the smell of cedar and lavender. You can quickly prepare sachets filled with dried lavender buds and spray with a cedar/lavender mixture. It is advisable to keep these sachets away from the actual clothes, such as hang them on their own hanger in the closet. Muslin sachets with drawstrings can be purchased at most natural food stores. They usually sell them in lots of 10. Lavender buds are cheaper on the net as well as the Mabel White Cedar/Lavender blend that is a much higher quality essential oil blend than found in most natural health food stores.



Windows

Washing the outside of windows can make the inside of your home seem brighter. Mix one cup white vinegar with one gallon of warm water and apply with a large sponge. Rinse with the garden hose and dry with a squeegee. Use a cloth or paper towels to get into tight corners and to remove excess.

The Home Office

As you may know many computer related items cannot be touched by anything but a can of pure air spray, such as keyboards, that does not leave behind any residue, and monitors in general need to be wiped with a simple chamois, and also cannot have any kind of chemical contact. These two items are pretty much a must and can be purchased at the local office supply store. **The only area essential oils should be used in this case is carefully on fabric chairs, carpets and perhaps a candle that is positioned safely.** We do use a lemon grass oil mixture to wipe down the garbage pail so that offers the office a refreshing experience and scent.

Results

The top five most germ-contaminated spots were (in order):

1. Phone
2. Desktop
3. Water fountain handle
4. Microwave door handle
5. Keyboard

Throughout the day, levels of bacteria among non-wipes users increased by as much as 31 percent. **Among wipes users, illness-causing microorganisms were reduced 99 percent or more, even in the most contaminated areas.**

The Laundry Room: Borax Bombs

People in most households spend an estimated time of five to seven hours a week in their laundry rooms, yet these spaces are often drab, dull, and uninviting. Make yours part of the home by taking tips from three successful setups. You may find yourself a little less hesitant to do the laundry. This is where most of your cleaning efforts and cleaning rags will end up.



Borax will be one of your best friends in the laundry room. It is a true all natural detergent booster among its other deodorizing attributes. Creating a cute box or system **to save used fabric softener sheets** will come in handy for spritzing with essential oils and using in air ducts as mentioned in our Central Air System section. These sheets can also be used under the seats of cars and used as car fresheners. A truly thoughtful cleaning person would also use a few there.

Borax is an alkaline substance that is good for removing odors in laundry, especially those caused by urine. It has mild bleaching properties and to a small extent sanitizes.

Borax is also a water softer, but acts by making the water cloudy and can cause the minerals it binds to end up on one's laundry or parts of the washing machine. Since borax is alkaline, one would not use it in large amounts, if at all on wool, silk or any delicate washables. Because it does soften water, it will help keep colors bright by removing hard water minerals that cause a dulling film.

If you do choose to use borax, try adding a small amount of white vinegar or citric acid to the final rinse. This brings the pH level of your wash down to a skin comfortable level, and helps remove any residue from your laundry.

Finally adding borax to pure oxygen bleach will increase the effectiveness of the bleach. As a side note sodium perborate oxygen bleach is made from borax and has many of the same properties as borax, besides being an effective

color safe bleach.

You can also make “bombs” designed for laundry. For this, we would mix 1 cup of borax with one ½ cup of citric acid and ½ cup of baking soda. Use just enough drops of an essential oil for a pleasant scent and to help keep the bomb together. Do not use too much as to not stain clothes and make your bombs the size of a golf ball. This is great for softening, deodorizing, boosting, and ph balancing.

Use of Mabel White’s Oil Soap in the Laundry

Laundry: Use about 1/3 cup of Mabel White’s oil soap per load - a little more for hard water. It may be neutralized by detergent residues in the machine, so use enough to get the barest start of foam on top. You may have to use a little extra the first time. Always mix into warm water before adding the clothes. Softens clothes with natural aloe! Also has a mild whitening effect. Great for silks and fine fabrics, wool and suede (may darken).

Hint: Add White Vinegar and 2 drops of Lavender, Lemon or Tea Tree Essential Oil to the rinse compartment of the washing machine. Softens clothes and leaves them smelling fresh! (They won’t smell like vinegar!)

Stain Removal: Safe and effective. Wet surface and apply full strength. Work into the material from several directions and let sit a moment. Rinse and dry.

Scrubbing the Floors

This is one of the last things you will want to do after any vacuuming and just before you take a flat out break. The best way is the old fashioned way, hands and knees and scrub. I keep a towel under my knees and another towel to dry the area as I back up. That way, the floor is fairly dry anyway when I am finished and headed to the laundry room.

Wooden Flooring

You can add some fragrant herbal antibacterial tea such as peppermint or lavender, as well as a few other ingredients I like for wood, such as vinegar or lemon juice because it pulls dirt out of wood so beautifully. Here is my favorite floor cleaning formula:

Ingredients

1/8 cup Mabel White's Oil Soap or **vegetable-oil soap** (detergent)

1/4 to 1/2 cup vinegar or lemon juice

1/2 cup fragrant herb tea

2 gallons warm water

Heat up the soap with the tea in the microwave. Combine ingredients in a pail or bucket. Swirl the water around until it is sudsy. Proceed as normal.

Another Recipe for Wood Work, Floors and Walls

Woodwork, Floors and Walls: Dilute 1/4 cup per 1 gallon of hot water. Clean and then rinse with **Germ Buster Rinse** and then let dry.

Clean and Feed Your Wood at the Same Time

All finished, non-lacquered wood surfaces not only need to be cleaned, they need to be fed! Even finished wood dries out over time, causing it to crack and become brittle. Commercial waxes and polishes contain harsh, unnatural chemicals such as Mineral Oil (Never!) and preservatives, and do little to care for wood as Mother Nature intended. Wood needs good oil!

The Case for Fractionated Coconut Oil and Wood:

Just about any natural oil will feed wood. The problem is that most oils have a shelf life, after which they become rancid. Even by adding Rosemary Oleoresin Extract and Vitamin E as antioxidants, most oils will eventually go bad. The last thing you want is to walk into your house and have an awful, rancid odor permeating your home. This is why we recommend **Fractionated Coconut Oil**. It is stable and, as with skin, has quick soak-in ability.

Castor oil is stable, but it's thick and doesn't soak into wood very quickly, causing you to have to keep going back over and over to remove the excess.

Jojoba is also stable—it's actually a **plant wax**—and is great, but expensive. If you truly need to wax your wood, (rarely ever needed more than once a year), Jojoba would be the best oil to use.

Wash down kitchen cabinets every week with **Organic Liquid Concentrated Cleaner** and wipe dry. Once a month, or more often if needed, polish and feed your cabinets with the following recipe. Use throughout the entire house on all finished, non-lacquered wooden surfaces.

Feed the Wood!

1 Ounce (28 ml) Fractionated Coconut Oil

10 Drops Orange Essential Oil

1 One Ounce Aluminum Bottle

Soft, cotton polishing cloth

Add the Essential Oil to the Fractionated Coconut Oil and mix well. Apply the oil to the cloth and polish away! Let it set for a minute or two, and go back over the surface to remove any unabsorbed oil, if necessary.

In the Garden



Various oils have been used for centuries to control insect and mite pests. Oils remain an important tool to manage certain pest problems (e.g., scales, aphids, mites) on fruit trees, shade trees and woody ornamental plants. Several recently developed oils extend this usefulness to flowers, vegetables and other herbaceous plants. Oils also can control some plant diseases, such as powdery mildew. Oils used to protect plants have been called by many names, but perhaps horticultural oils best describes them.

Oils have different effects on pest insects. The most important is that they block the air holes (spiracles) through which insects breathe, causing them to die from asphyxiation. In some cases, oils also may act as poisons, interacting with the fatty acids of the insect and interfering with normal metabolism. Oils also may disrupt how an insect feeds, a feature that is particularly important in the transmission of some plant viruses by aphids.

Oils pose few risks to people or to most desirable species, including beneficial natural enemies of insect pests. This allows oils to integrate well with biological controls. Toxicity is minimal, at least compared to alternative pesticides, and oils quickly dissipate through evaporation, leaving little residue. Oils also are easy to apply with existing spray equipment and can be mixed with many other pesticides to extend their performance.

The main limitation of spray oils is their small but real potential to cause plant injury (phytotoxicity) in some situations. Oils also can stain some surfaces, particularly dark-colored house paints. Some of the newer spray oils can largely eliminate these problems if they are properly applied.

Extracts from seeds of the neem tree (*Azadirachta indica*) have recently attracted attention as a source of pest management products. Several neem-derived insecticides have been developed. A number of compounds found in neem seeds, notably azadirachtin, have proven useful as insecticides. However, the oil fraction of neem seed extracts, which is mostly free of azadirachtin and related terpenoid compounds, also has demonstrated effects as a fungicide and insecticide.

It is formulated with an emulsifier and mixed with water at a concentration of 2% neem. We use this once a month and **Insecticide Soap** (below) once a week.

Gardener's Choice Bug Control Formula

2 Cups of Water

1 Cup of Soybean Oil

½ Cup of Polysorbate 20

½ Ounce of Neem Oil

1/4 ounce hot pepper oil or powder

Slowly add the hot oils into the hot water. We just do our in a blender and make sure both oils are at 100 degrees or thereabouts. Recommended use is after the sun has gone down and every month unless infection is being seen. You will need a heavy duty spray mister.



Soap-Detergent Sprays

Soaps and detergents act strictly as contact insecticides, with no residual effect. To be effective, sprays must be applied directly to and thoroughly cover the insect.

Several insecticidal soaps are distributed for control of insects and mites. Available under a variety of trade names, the active ingredient of all is potassium salt of fatty acids. Soaps are chemically similar to liquid hand soaps. However, there are many features of commercial insecticidal soap products that distinguish them from the dishwashing liquids or soaps that are sometimes substituted. Insecticidal soaps sold for control of insects:

- are selected to control insects;
- are selected to minimize potential plant injury; and
- are of consistent manufacture.

Regardless of what product is used, soap-detergent sprays are always applied diluted with water, typically at a concentration of around 2 to 3 percent.

Most research with insecticidal soaps and detergents has involved control of plant pests. In general, these sprays are effective against most small, soft-bodied arthropods, such as aphids, young scales, whiteflies, psyllids, mealybugs, and spider mites. Larger insects, such as caterpillars, sawflies and beetle larvae, generally are immune to soap sprays. However, a few large insects, including boxelder bugs and Japanese beetles, are susceptible.

Insecticidal soaps are considered selective insecticides because of their minimal adverse effects on other organisms. Lady beetles, green lacewings, pollinating bees and most other beneficial insects are not very susceptible to soap sprays. Predatory mites, often important in control of spider mites, are an exception: a

beneficial group of organisms easily killed by soaps.

However, because of the short residual action, repeat applications may be needed at relatively short intervals **(four to seven days) to control certain pests, such as spider mites** and scale crawlers. Also, application must be thorough and completely wet the pest. This usually means spraying undersides of leaves and other protected sites. Insects that cannot be completely wetted, such as aphids within curled leaves, will not be controlled.

Gardener's Plant Insecticide Soap

To one gallon of hot water add 2 Ounces (56 g/ml) of Mabel White's Oil Soap™, and ensure the two are well incorporated. A touch of warmed neem oil would not hurt either.

Vehicles

Saturate sponge with **Mabel White's Organic Oil Soap™**. Work over vehicle in sections, wetting first, applying and then rinsing. Always wash vehicles out of direct sunlight.

Dog Wash

Wet down the beastie and apply **Mabel White's Organic Oil Soap™**. Lather and rinse well.

"Imagination is the only weapon in the war against reality."

-Jules de Gautier

Miscellaneous Recipes

Carpet Deodorizing Powder

1 Cup Baking soda

10 drops of your favorite Essential Oil

***Please note** that colored Essential Oils, such as Orange, Tangerine, Lemon, etc., may stain carpets and fabrics. We use colorless Essential Oils such as Lavender, Tea Tree, Spanish Sage, Rosemary, etc.

Add the Essential Oil(s) to the baking soda and mix well. Sprinkle onto rugs and carpets and allow to set a few minutes before vacuuming. Freshens the carpets, the room, and the vacuum all at once!

Essential Spray Cleaning Emulsion

Used as a room, hard surface and water-safe fabric spray to freshen the air and kill germs. Any combination of Essential Oils is fine. Use in a fine spray mister.

8 Ounces (226 ml/g) of Distilled Water or any Hydrosol

2 ¼ Teaspoons of Essential Oil(s)

2 ¼ Teaspoons of Polysorbate 20 Emulsifier

10 Drops of Germaben II E Preservative

Mix the Essential Oils with the Polysorbate 20. Add to the Distilled water or hydrosol and shake well to emulsify. Drop in the Germaben II E and shake to mix well.

In Between Wipes

- 1 roll of paper towels cut in half.
- 1 Container large enough to hold the paper towels
- 2 Tablespoons of Mabel White's Organic Oil Soap™
- 1 Cup Hot Water
- 1 Teaspoon of Tea Tree Essential Oil
- 6 Drops Germaben II E

Place the paper towels in the container. Mix the Essential Oil and **Mabel White's Organic Oil Soap™ into the hot water.** Stir in the **Germaben II E.** Pour over the paper towels, just enough to moisten them. Use as disinfecting wipes on surfaces in between cleanings.

Furniture Polish Build Up Remover

- 1/2 c Vinegar
- 1/2 c Water

Mix vinegar and water. Rub with a soft cloth that has been moistened with the mixture, wring out first. Wipe immediately with another cloth to dry.

General Cleaning: Add ¼ cup of **Mabel White's Organic Oil Soap™** to a gallon of hot water and wash. **Rinse with Germ-Buster Rinse.**

"I saw the angel in the marble and carved until I set him
free."

-Michelangelo

Germ-Buster Rinse

8 Ounces (226 ml/g) of Distilled Water or any Hydrosol

$\frac{3}{4}$ Teaspoon of Tea Tree Essential Oil

$\frac{3}{4}$ Teaspoon of Lemon Essential Oil

$\frac{3}{4}$ Teaspoon of Spanish Sage, Pine, Rosemary or Eucalyptus Essential Oil

2 $\frac{1}{4}$ Teaspoons of Polysorbate 20 Emulsifier

10 Drops of Germaben II E Preservative

Mix the Essential Oils with the Polysorbate 20. Add to the Distilled water or hydrosol and shake well to emulsify. Drop in the Germaben II E and shake to mix well. Use in a spray bottle.

An ounce of prevention is worth a pound of cure."

-Henry de Bracton, De Legibus, 1240

Grease, Gum and Wax Solvent

2 tbsp of Orange Essential Oil

It is that simple. Real orange oil will break down any grease, gum or wax. It is caustic, so do be careful.



Lemon-Oil Furniture Polish

1 cup of coconut oil

1 tsp. Lemon oil

1 tsp of melted beeswax or Candelilla wax (optional)

This polish is every bit as effective as the purchased product, and it should be used sparingly to best effect. Too much polish, wax, or oil on your furniture will only trap more dust, so work harder to buff this solution off than to pour it on. Pour into the clean container of your choice. Close tightly, label and keep out of the reach of children. Do not use on gloss counters. *If you plan to make the preparation with any waxes, you should microwave them with the coconut oil until just melted and then mix in the lemon oil after you take it out of the microwave.

Once a Year Wood Wax™

1 Ounce (28 ml) Jojoba Oil

10 drops Orange Essential Oil

1 One Ounce Aluminum Bottle

2 Soft, cotton polishing cloths

Apply the wax to the cloth and rub it into the wood in a circular motion. Allow to soak in for several minutes and then wipe with the second cloth, following the grain of the wood.

"Prudence and compromise are necessary means, but every man should have an impudent end which he will not compromise."

-Charles Horton Cooley

Soft Cleaning Paste

1 Cup Baking Soda

4 Drops of Lemon Essential Oil

4 Drops of Tea Tree Essential Oil

Distilled water or any Hydrosol to make a paste

Use as you would use a product such as Soft Scrub®, only better! For tough stains on stainless steel, add a little salt to the mix.

Veggie Wash!

Add enough **Mabel White's Organic Oil Soap™** to a sink of warm water to just make a little suds. Soak fruits & veggies for a few minutes, using a brush to clean potatoes, carrots, etc. Rinse well and let dry before storing.

"Speak softly and carry a big stick; you will go far."

-Theodore Roosevelt, 1901

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Baking Soda

Baking soda has many uses in cleaning. As a powder, it acts as a mild abrasive to help scratch off hardened dirt without scratching whatever it is you're trying to clean. Baking soda also dissolves in water without leaving a gritty film like other scouring powders do.

Because it dissolves in water, baking soda gives you other benefits: as a disinfectant, as it kills some bacteria and fungus. While it is not as strong as some cleaners, it's a lot safer. A baking soda solution will also help cut grease, so it works well in cleaning recipes that involve other basic ingredients. A thicker baking soda paste (made from 3 parts baking soda to 1 part water) can be used on more persistent stains. Apply paste, let sit, and then scrub clean.

Sodium bicarbonate (NaHCO_3), better known to us as baking soda can be used in many ways. Your grandmother might have mixed it with water, called it a "bicarb," and drank it to cure heart burn. That should tell you something about how safe it is. Or there might be a box of baking soda in your refrigerator to reduce odor and food spoilage.

Bonami or Ground Pumice

BonAmi is just fine **ground pumice** and is used in a pre-polish step to bring optical glass to a high polish, as just one example of many. **Pumice** is finely **ground** lava, an abrasive cleaner. I think that Bon Ami cleanser is essentially **pumice** if not pure **pumice**.

Borax

Borax is best known as a laundry booster; “The Mule Team Stuff,” is rather inexpensive for a big box, and it helps soften hard water to leave your clothes cleaner and brighter. Your mother or grandmother probably kept a box of Borax in their laundry room. Well, it's time to rediscover the many safe, non-toxic household uses of Borax. From **disinfecting** and **deodorizing** to **preserving cut flowers**, Borax is a product you will want to keep on hand at all times. Borax, or sodium borate, is a naturally occurring alkaline mineral first discovered over 4000 years ago. It is found in large quantities in the Western United States as well as in the Tibet area of China. **Borax may also be used to kill roaches, ants, and fleas.** But should not be anywhere near food or ingested by humans.

Oil Soap

Mabel White's Organic Oil Soap™ is a 100% natural, Organic concentrated cleaner which contains Saponified Organic Oils of Coconut, Olive and Jojoba, Natural Citrus Essential Oil Blend with Organic Orange Oil, Organic Aloe Vera and Rosemary Oleoresin Extract. It is safe for all washable fabrics and surfaces.

Soap

Most people confuse soap and detergent. Actually, soap is a simple detergent made from natural products like vegetable oils and animal fats. Detergent is a synthetic detergent that has been manufactured from a variety of mineral products like coal tar and petroleum. Soap is gentle, and wonderful for cleaning under the right conditions. The Mabel White Company sells simple and natural castile soap.

Synthetic detergents were originally developed as an alternative to soap when the water is hard (contains magnesium or calcium) or acid is present. The water in most of the Puget Sound region is soft, so soap works just fine. You will note that none of the green cleaning recipes call for mixing soap and vinegar. Mabel White's Oil Soap is available at www.mabelwhite.com. Castile soap is available at most stores. Consult your local store for availability and endorse these safer alternatives with your retailer. If more people request and buy these kinds of products, they will be more readily available for everyone.

Vinegar

Vinegar is a mild acid has been used as a cleaner and sanitizer for years--ask your great-grandmother. It is effective in removing inorganic soils and mineral deposits such as hard water films. As a **sanitizer**, it destroys or reduces many bacteria, yeast and molds. Chemists might call vinegar a dilute solution of acetic acid (CH₃COOH). When table wine turns "bad," it chemically changes into vinegar. You probably won't drink it as a beverage, but you might mix it with a little olive oil to put on your salad.

"This above all; to thine own self be true."

-William Shakespeare

Cleaning Check List

- q **The Cleaning Materials**
- q **The Work Sink**
- q **Setting the Oven to Clean if Necessary**
- q **Spreading Carpet Deodorizer to Set**
- q **Dropping Citric Bombs in Dishwasher and Toilets**
- q **Placing Sachets in Drawers and Closets**
- q **Clean and Refresh Air Filter's and Vent's**
- q **Dust all Items that Need Dusting**
- q **Clean all Glass that Needs Cleaning**
- q **Refresh any Flowers and or Candles**
- q **Putting a few drops of carrier oil on rails of glass sliders if needed**

As you are finishing up:

- q **Check Dishwasher**
- q **Grind Citrus Rinds in Garbage Disposal**
- q **Wipe Oven Down**
- q **Spritz all linens with Appropriate Oils**
- q **Flush Toilets**
- q **Vacuum and Mop Your Way Out Last**

Essential Oil Attributes and Properties

BASIL - Stimulating, Uplifting.

BERGAMOT - Uplifting, Calming, Antiseptic. AVOID in Sunlight.

CEDAR - Meditative, Calming, Respiratory Aid.

CHAMOMILE - Sedative, Anti-Inflammatory, Soothes. Relaxes.

CLARY SAGE - Euphoric, Helps FMS, Menopause, Helps Concentration.

CLOVE BUD - Antiseptic, Energizing, Mental Stimulant.

CYPRESS - Stimulant, helps Sore Muscles. Good For Cellulite, Revitalizes.

EUCALYPTUS - Decongestant. Stops Infections Increases Circulation, Helps Arthritis.

FENNEL - Detoxifying, Suppresses Appetite, Tones Muscle, Restores Moisture.

FRANKINCENSE - Warming, Helps Dry, Mature and Sensitive Skin, Centering, Calming.

GERANIUM -Astringent, Celt Rejuvenator, Anti-Depressant, Balancing.

GRAPEFRUIT - Purifying, Refreshing, Skin/hair Rejuvenator.

JASMINE - Relieves Muscle Spasm/Pain Regulates Skin Oil. Excellent to lift spirits.

JUNIPER - Relieves Muscle Spasm/Pain. Effective for Cellulite.

LAVENDER - Most Versatile Oil, Calming, Healing, Cool Burns, Safe For Kids, Sleep Aid

LEMON - Antiseptic, Purifying, Softens Skin. AVOID Sun

LIME - Purifying, Refreshing, Stimulating

MARJORAM - Analgesic, Warming, Calming, Headaches.

MYRRH - Meditative, Cooling,
Fortifies

NEROLI - Aphrodisiac, Calming,
Skin Rejuvenator, Purifying

ORANGE & TANGERINE -
Refreshing, Purifying, Restores Skin
Balance

PATCHOULI - Warming,
Aphrodisiac, Curbs Appetite

PEPPERMINT - Stimulating. Eases
Motion Illness Energizes, Fever
Reducer.

PETIGRAIN - Refreshing, Mind
Stimulant Aids Memory

PINE - Disinfectant, Clears
congestion, Aids Circulation

ROSE - Soothes, Reduces
Depression, Helps Skin

ROSEMARY- Stimulates, Aids
Joint/Muscle Pain. Increases blood
pressure. Helps stay alert.

SAGE: Deodorizing

SANDALWOOD - Meditative,, Aid to
Dry Skin, Soothing

SPEARMINT - Energizing, Purifying,
Mental Stimulant

* **TEA TREE** - Anti-Fungal, Stops
Infections, Insect Repellent

VETIVER - Calming, Reduces
Anxiety, Natural Deodorant

YLANG YLANG - Aphrodisiac,
Relaxes, Exotic Creativity (+)

Other Mabel White Products

The Self Apothecary Packed full of formulas and recipes to make everything from **baby powder, lotion bars, balms, crèmes and “lotion in a blender”** to a **rare Fragrance Oil Blending** chart that shows you have to make over 200 fragrances with 30 basic fragrances. **The Self Apothecary** also includes a **Flavor Oil Blending Chart. (67 Pages.)** Recently updated with metric conversions. *Registered National Library of Canada, Ottawa, ISBN 0-9689837-82.* *Please also look for our TV/DVD 1 Hour DVD Video that shows you first hand how to make tons of toiletry products. The two books here compliment that series.

The Bathroom Chemist A great base book for beginners, with a natural coloration chart, the difference between antioxidants and preservatives, as well as where to buy ingredients cheaply and locally when possible. Complete with recipes and formula's for the whole toiletry range. **The Bathroom Chemist** has a strong focus on glamorous and simple product packaging on a shoe string, as well as an important carrier oil property chart in the back of the book. The Chemist is full of recipes and formula's that cover the entire range of toiletries, starting from easiest to most difficult. **(93 Pages.)** Recently updated with metric conversions. *Registered National Library of Canada, Ottawa, ISBN 1-894872-01-0.*

Maid Holistic Maid Holistic was inspired by a growing demand for more natural cleaning methods by consumers to their cleaning ladies. When you take on the cleaning of a home, you have to start with the cleaning products. This would be the cleaning caddy first, then vacuum, mop and air vent filters to the home. That is the start to TRUE cleaning. **Essential Oils** are known for the natural germ busting abilities. Get ready to spoil yourself! *(40 Pages.) Registered National Library of Canada, Ottawa, ISBN 1-894872-13-4.*

Floral Design Deep inside the heart of every twentieth century homemaker is the desire to learn how to take every day flowers and arrange them the way the way a professional florist would. Floral Design by Mabel White teaches just that!

Learn everything you need to know to design flowers in vases and/or containers. Create your own floral design using flowers from YOUR OWN garden. Design flowers like the pro's and save money! If you have your own garden, even better!

Beyond simple floral care and preparation, Floral Design is loaded with beautiful full color photographs of sample arrangements and instructions of what it takes to achieve breathtaking results! Please check for a TV/DVD Video's that compliments this book. (34 Pages.) Registered National Library of Canada, Ottawa, **ISBN 0-9689837-4-X**.

London Apothecary Mabel White's Newest and greatest book. Learn Early American and UK Apothecary formulas and recipes that stood the test of time. Easy to make, this book uses modern technology to speed things up. (87 Pages.) Registered National Library of Canada, Ottawa, **ISBN 0-9689836-6-9**.

The Natural Soap Maker Loaded with recipes and formula's to make soap the old fashioned way, coupled with modern technology for faster preparation and easier clean up. This spiral bound book has been updated to add "How to Cure Your Soap in the Oven in 2 Hours" among other great recipes and techniques. **Not one of the Mabel White books deal with messy double broiler methods—or long stirring times.** We opt for the nuker, blenders and hand help whipper instead. Mabel makes clean up so easy—you will always want to be making your own all natural concoctions at home. This is one of many examples that former recipes are just **Recently updated with metric conversions.** (66 Pages.) Registered National Library of Canada, Ottawa, **ISBN 1-894872-08-8**.