

BI-CARB IT!

THE BACK TO SCHOOL LAUNDRY LIST

LAUNDRY DETERGENT

add 1/2 cup of Bi-Carb with washing detergent to improve performance.

WHITES

add 2 tablespoons of Bi-Carb to regular laundry detergent to refresh whites and reduce yellowing.

HEAVILY SOILED CLOTHES

soak clothes in a tub of Bi-Carb and water overnight before washing.

SPOT/STAIN CLEAN

for minor stains, dip a wet cloth into Bi-Carb and dab. For heavy stains, make a paste (3 teaspoons Bi-Carb and 1 teaspoon water), rub into stain and leave for half an hour before washing. For greasy stains, soak in detergent after applying Bi-Carb paste, and before washing.

SHOES

sprinkle a small amount of dry Bi-Carb into shoes to absorb smells. Leave overnight and shake out well before wearing in the morning.

SPORTING EQUIPMENT/HAIRBRUSHES

mix 3 tablespoons of Bi-Carb with 1 litre of water to create a solution. Wipe over sporting equipment with a cloth to clean. Soak and clean hairbrushes in the solution.

BAGS

sprinkle Bi-Carb into smelly gym/sport/school bags to deodorize. Shake out before use.

MATTRESS

sprinkle with Bi-Carb and allow to air in the sun, then vacuum. Repeat several times if the mattress is wet.

SHEETS

add 1/2 cup of Bi-Carb to the laundry rinse cycle.

WET TOWELS

after visiting the pool or beach, add 1/2 cup Bi-Carb to rinse cycle.