

150+ Household Uses for Vinegar

With so many different uses around the house, this super item deserves a reserved space in your cabinet.

from *Extraordinary Uses for Ordinary Things*

Clear dirt off PCs and peripherals

Your computer, printer, fax machine, and other home office gear will work better if you keep them clean and dust-free. Before you start cleaning, make sure that all your equipment is shut off. Now mix equal parts white vinegar and water in a bucket. Dampen a clean cloth in the solution — never use a spray bottle; you don't want to get liquid on the circuits inside — then squeeze it out as hard as you can, and start wiping. Keep a few cotton swabs on hand for getting to the buildups in tight spaces (like around the keys of your keyboard).

Clean your computer mouse

If you have a mouse with a removable tracking ball, use a 50/50 vinegar-water solution to clean it. First, remove the ball from underneath the mouse by twisting off the cover over it. Use a cloth, dampened with the solution and wrung out, to wipe the ball clean and to remove fingerprints and dirt from the mouse itself. Then use a moistened cotton swab to clean out the gunk and debris from inside the ball chamber (let it dry a couple of hours before reinserting the ball).

Clean your window blinds

You can make the job of cleaning mini-blinds or venetians considerably less torturous by giving them “the white glove treatment.” Just put on a white cotton glove — the kind sold for gardening is perfect — and moisten the fingers in a solution made of equal parts white vinegar and hot tap water. Now simply slide your fingers across both sides of each slat and prepare to be amazed. Use a container of clean water to periodically wash off the glove.

Unclog and deodorize drains

The combination of vinegar and baking soda is one of the most effective ways to unclog and deodorize drains. It's also far gentler on your pipes (and your wallet) than commercial drain cleaners.

To clear clogs in sink and tub drains, use a funnel to pour in 1/2 cup baking soda followed by 1 cup vinegar. When the foaming subsides, flush with hot tap water. Wait five minutes, and then flush again with cold water. Besides clearing blockages, this technique also washes away odor-causing bacteria.

To speed up a slow drain, pour in 1/2 cup salt followed by 2 cups boiling vinegar, then flush with hot and cold tap water.

Get rid of smoke odor

If you've recently burned a steak — or if your chain-smoking aunt recently paid you a surprise visit — remove the lingering smoky odor by placing a shallow bowl about three-quarters full of white or cider vinegar in the room where the scent is strongest. Use several bowls if the smell permeates your entire home. The odor should be gone in less than a day. You can also quickly dispense of the smell of fresh cigarette smoke inside a room by moistening a cloth with vinegar and waving it around a bit.

Wipe away mildew

When you want to remove mildew stains, reach for white vinegar first. It can be safely used without additional ventilation and can be applied to almost any surface —bathroom fixtures and tile, clothing, furniture, painted surfaces, plastic curtains, and more. To eliminate heavy mildew accumulations, use it full strength. For light stains, dilute it with an equal amount of water. You can also prevent mildew from forming on the bottoms of rugs and carpeting by misting the backs with full-strength white vinegar from a spray bottle.

Clean chrome and stainless steel

To clean chrome and stainless steel fixtures around your home, apply a light misting of undiluted white vinegar from a recycled spray bottle. Buff with a soft cloth to bring out the brightness.

Shine your silver

Make your silverware — as well as your pure silver bracelets, rings, and other jewelry — shine like new by soaking them in a mixture of 1/2 cup white vinegar and 2 tablespoons baking soda for two to three hours. Rinse them under cold water and dry thoroughly with a soft cloth.

Polish brass and copper items

Put the shimmer back in your brass, bronze, and copper objects by making a paste of equal parts white vinegar and salt, or vinegar and baking soda (wait for the fizzing to stop before using). Use a clean, soft cloth or paper towel to rub the paste into the item until the tarnish is gone. Then rinse with cool water and polish with a soft towel until dry. Erase ballpoint-pen marks

Has the budding young artist in your home just decorated a painted wall in your home with a ballpoint original? Don't lose your cool. Rather, dab some full-strength white vinegar on the "masterpiece" using a cloth or a sponge. Repeat until the marks are gone. Then go out and buy your child a nice big sketch pad.

Unglue stickers, decals, and price tags

To remove a sticker or decal affixed to painted furniture or a painted wall, simply saturate the corners and sides of the sticker with full-strength white vinegar and carefully scrape it off (using an expired credit card or a plastic phone card). Remove any sticky remains by pouring on a bit more vinegar. Let it

sit for a minute or two, and then wipe with a clean cloth. This approach is equally effective for removing price tags and other stickers from glass, plastic, and other glossy surfaces.

Burnish your scissors

When your scissor blades get sticky or grimy, don't use water to wash them off; you're far more likely to rust the fastener that holds the blades together — or the blades themselves — than get them clean. Instead, wipe down the blades with a cloth dipped in full-strength white vinegar, and then dry it off with a rag or dish towel. Get the salt off your shoes

As if a winter's worth of ice, slush, and snow wasn't rough enough on your shoes and boots, the worst thing, by far, is all the rock salt that's used to melt it. In addition to leaving unsightly white stains, salt can actually cause your footwear to crack and even disintegrate if it's left on indefinitely. To remove it and prevent long-term damage, wipe fresh stains with a cloth dipped in undiluted white vinegar.

Clean your piano keys

Here's an easy and efficient way to get those grimy fingerprints and stains off your piano keys. Dip a soft cloth into a solution of 1/2 cup white vinegar mixed in 2 cups water, squeeze it out until there are no drips, then gently wipe off each key. Use a second cloth to dry off the keys as you move along, then leave the keyboard uncovered for 24 hours.

Deodorize lunch boxes, footlockers, and car trunks

Does your old footlocker smell like, well, an old footlocker? Or perhaps your child's lunch box has taken on the bouquet of week-old tuna? What about that musty old car trunk? Quit holding your breath every time you open it. Instead, soak a slice of white bread in white vinegar and leave it in the malodorous space overnight. The smell should be gone by morning.

Freshen a musty closet

Got a closet that doesn't smell as fresh as you'd like? First, remove the contents, then wash down the walls, ceiling, and floor with a cloth dampened in a solution of 1 cup each of vinegar and ammonia and 1/4 cup baking soda in 1 gallon (3.7 liters) water. Keep the closet door open and let the interior dry before replacing your clothes and other stuff. If the smell persists, place a small pan of cat litter inside. Replenish every few days until the odor is gone.

Brighten up brickwork

How's this for an effortless way to clean your brick floors without breaking out the polish? Just go over them with a damp mop dipped in 1 cup white vinegar mixed with 1 gallon (3.7 liters) warm water. Your floors will look so good you'll never think about cleaning them with anything else. You can also use this same solution to brighten up the bricks around your fireplace.

Revitalize wood paneling

Does the wood paneling in your den look dull and dreary? Liven it up with this simple homemade remedy: Mix 1 pint warm water, 4 tablespoons white or apple cider vinegar, and 2 tablespoons olive oil in a container, give it a couple of shakes, and apply with a clean cloth. Let the mixture soak into the wood for several minutes, then polish with a dry cloth.

Restore your rugs

If your rugs or carpets are looking worn and dingy from too much foot traffic or an excess of kids' building blocks, toy trucks, and such, bring them back to life by brushing them with a clean push broom dipped in a solution of 1 cup white vinegar in 1 gallon (3.7 liters) water. Your faded threads will perk up, and you don't even need to rinse off the solution.

Remove carpet stains

You can lift out many stains from your carpet with vinegar:

Rub light carpet stains with a mixture of 2 tablespoons salt dissolved in 1/2 cup white vinegar. Let the solution dry, then vacuum.

For larger or darker stains, add 2 tablespoons borax to the mixture and use in the same way.

For tough, ground-in dirt and other stains, make a paste of 1 tablespoon vinegar with 1 tablespoon cornstarch, and rub it into the stain using a dry cloth. Let it set for two days, then vacuum.

To make spray-on spot and stain remover, fill a spray bottle with 5 parts water and 1 part vinegar. Fill a second spray bottle with 1 part nonsudsy ammonia and 5 parts water. Saturate a stain with the vinegar solution. Let it settle for a few minutes, then blot thoroughly with a clean, dry cloth. Then spray and blot using the ammonia solution. Repeat until the stain is gone.

Remove candle wax

Candles are great for creating a romantic mood, but the mood can quickly sour if you wind up getting melted candle wax on your fine wood furniture. To remove it, first soften the wax using a blow-dryer on its hottest setting and blot up as much as you can with paper towels. Then remove what's left by rubbing with a cloth soaked in a solution made of equal parts white vinegar and water. Wipe clean with a soft, absorbent cloth.

Give grease stains the slip

Eliminate grease stains from your kitchen table or counter by wiping them down with a cloth dampened in a solution of equal parts white vinegar and water. In addition to removing the grease, the vinegar will neutralize any odors on the surface (once its own aroma evaporates, that is).

Conceal scratches in wood furniture

Got a scratch on a wooden tabletop that grabs your attention every time you look at it? To make it much less noticeable, mix some distilled or cider vinegar and iodine in a small jar and paint over the scratch with a small artist's brush. Use more iodine for darker woods; more vinegar for lighter shades.

Get rid of water rings on furniture

To remove white rings left by wet glasses on wood furniture, mix equal parts vinegar and olive oil and apply it with a soft cloth while moving with the wood grain. Use another clean, soft cloth to shine it up. To get white water rings off leather furniture, dab them with a sponge soaked in full-strength white vinegar.

Wipe off wax or polish buildup

When furniture polish or wax builds up on wood furniture or leather tabletops, get rid of it with diluted white vinegar. To get built-up polish off a piece of wood furniture, dip a cloth in equal parts vinegar and water and squeeze it out well. Then, moving with the grain, clean away the polish. Wipe dry with a soft towel or cloth. Most leather tabletops will come clean simply by wiping them down with a soft cloth dipped in 1/4 cup vinegar and 1/2 cup water. Use a clean towel to dry off any remaining liquid.

Revitalize leather furniture

Has your leather sofa or easy chair lost its luster? To restore it to its former glory, mix equal parts white vinegar and boiled linseed oil in a recycled spray bottle, shake it up well, and spray it on. Spread it evenly over your furniture using a soft cloth, give it a couple of minutes to settle in, then rub it off with a clean cloth.

Remove bumper stickers

If those tattered old bumper stickers on your car make you feel more nauseated than nostalgic, it's time to break out the vinegar. Saturate the top and sides of the sticker with undiluted distilled vinegar and wait 10-15 minutes for the vinegar to soak through. Then use an expired credit card (or one of those promotional plastic cards that come in the mail) to scrape it off. Use more full-strength vinegar to get rid of any remaining gluey residue. Use the same technique to detach those cute decals your kids used to decorate the back windshield.

Clean windshield wiper blades

When your windshield actually gets blurrier after you turn on your wipers during a rainstorm, it usually means that your wiper blades are dirty. To make them as good as new, dampen a cloth or rag with some full-strength white vinegar and run it down the full length of each blade once or twice.

Keep car windows frost-free

If you park your car outdoors during the cold winter months, a smart and simple way to keep frost from forming on your windows is by wiping (or, better yet, spraying) the outsides of the windows with a

solution of 3 parts white vinegar to 1 part water. Each coating may last up to several weeks — although, unfortunately, it won't do much in the way of warding off a heavy snowfall.

Care for your car's carpets

A good vacuuming will get up the sand and other loose debris from your car's carpeting, but it won't do diddly for stains or ground-in dirt. For that, mix up a solution of equal parts water and white vinegar and sponge it into the carpet. Give the mixture a couple of minutes to settle in; then blot it up with a cloth or paper towel. This technique will also eliminate salt residues left on car carpets during the winter months.

Refresh your refrigerator

Did you know that vinegar might be an even more effective safe cleanser for your refrigerator than baking soda? Use equal parts white vinegar and water to wash both the interior and exterior of your fridge, including the door gasket and the fronts of the vegetable and fruit bins. To prevent mildew growth, wash the inside walls and bin interiors with some full-strength vinegar on a cloth. Also use undiluted vinegar to wipe off accumulated dust and grime on top of your refrigerator. Of course, you'll still want to put that box of baking soda inside your refrigerator to keep it smelling clean when you're done.

Steam-clean your microwave

To clean your microwave, place a glass bowl filled with a solution of 1/4 cup vinegar in 1 cup water inside, and zap the mixture for five minutes on the highest setting. Once the bowl cools, dip a cloth or sponge into the liquid and use it to wipe away stains and splatters on the interior.

Disinfect cutting boards

To disinfect and clean your wood cutting boards or butcher block countertop, wipe them with full-strength white vinegar after each use. The acetic acid in the vinegar is a good disinfectant, effective against such harmful bugs as E. coli, Salmonella, and Staphylococcus. Never use water and dishwashing detergent, because it can weaken surface wood fibers. When your wooden cutting surface needs deodorizing as well as disinfecting, spread some baking soda over it and then spray on undiluted white vinegar. Let it foam and bubble for five to ten minutes, then rinse with a cloth dipped in clean cold water.

Deodorize your garbage disposal

Here's an incredibly easy way to keep your garbage disposal unit sanitized and smelling clean: Mix equal parts water and vinegar in a bowl, pour the solution into an ice cube tray, and freeze it. Then simply drop a couple of "vinegar cubes" down your disposal every week or so, followed by a cold-water rinse.

Wash out your dishwasher

To keep your dishwasher operating at peak performance and remove built-up soap film, pour 1 cup undiluted white vinegar into the bottom of the unit — or in a bowl on the top rack. Then run the machine through a full cycle without any dishes or detergent. Do this once a month, especially if you have hard water. Note: If there's no mention of vinegar in your dishwasher owner's manual, check with the manufacturer first.

Clean china, crystal, and glassware

Put the sparkle back in your glassware by adding vinegar to your rinse water or dishwasher.

To keep your everyday glassware gleaming, add 1/4 cup vinegar to your dishwasher's rinse cycle.

To rid drinking glasses of cloudiness or spots caused by hard water, heat up a pot of equal parts white vinegar and water (use full-strength vinegar if your glasses are very cloudy), and let them soak in it for 15-30 minutes. Give them a good scrubbing with a bottle brush, then rinse clean.

Add 2 tablespoons vinegar to your dishwasher when cleaning your good crystal glasses. Then rinse them in a solution of 3 parts warm water to 1 part vinegar and allow them to air-dry. You can also wash delicate crystal and fine china by adding 1 cup vinegar to a basin of warm water. Gently dunk the glasses in the solution and let dry.

To get coffee stains and other discolorations off china dishes and teacups, try scrubbing them with equal parts vinegar and salt, followed by rinsing them under warm water.

Clean a coffeemaker

If your coffee consistently comes out weak or bitter, odds are, your coffeemaker needs cleaning. Fill the decanter with 2 cups white vinegar and 1 cup water. Place a filter in the machine, and pour the solution into the coffeemaker's water chamber. Turn on the coffeemaker and let it run through a full brew cycle. Remove the filter and replace it with a fresh one. Then run clean water through the machine for two full cycles, replacing the filter again for the second brew. If you have soft water, clean your coffeemaker after 80 brew cycles — after 40 cycles if you have hard water.

Clean a teakettle

To eliminate lime and mineral deposits in a teakettle, bring 3 cups full-strength white vinegar to a full boil for five minutes and leave the vinegar in the kettle overnight. Rinse out with cold water the next day.

Cut the grease

Every professional cook knows that distilled vinegar is one of the best grease cutters around. It even works on seriously greasy surfaces such as the fry vats used in many food outlets. But you don't need to have a deep fryer to find plenty of ways to put vinegar to good use:

When you're finished frying, clean up grease splatters from your stovetop, walls, range hood, and surrounding countertop by washing them with a sponge dipped in undiluted white vinegar. Use another sponge soaked in cold tap water to rinse, then wipe dry with a soft cloth.

Pour 3-4 tablespoons white vinegar into your favorite brand (especially bargain brands) of liquid dishwashing detergent and give it a few shakes. The added vinegar will not only increase the detergent's grease-fighting capabilities, but also provide you with more dishwashing liquid for the money, because you'll need less soap to clean your dishes.

Boiling 2 cups vinegar in your frying pan for 10 minutes will help keep food from sticking to it for several months at a time.

Remove burned-on grease and food stains from your stainless steel cookware by mixing 1 cup distilled vinegar in enough water to cover the stains (if they're near the top of a large pot, you may need to increase the vinegar). Let it boil for five minutes. The stains should come off with some mild scrubbing when you wash the utensil.

Get that blackened, cooked-on grease off your broiler pan by softening it up with a solution of 1 cup apple cider vinegar and 2 tablespoons sugar. Apply the mixture while the pan is still hot, and let it sit for an hour or so. Then watch in amazement as the grime slides off with a light scrubbing.

Got a hot plate that looks more like a grease pan? Whip it back into shape by washing it with a sponge dipped in full-strength white vinegar.

Fight grease buildups in your oven by wiping down the inside with a rag or sponge soaked in full-strength white vinegar once a week. The same treatment gets grease off the grates on gas stoves.

Brush-clean can opener blades

Does that dirty wheel blade of your electric can opener look like it's seen at least one can too many? To clean and sanitize it, dip an old toothbrush in white vinegar, and then position the bristles of the brush around the side and edge of the wheel. Turn on the appliance, and let the blade scrub itself clean.

Remove stains from pots, pans, and ovenware

Nothing will do a better job than vinegar when it comes to removing stubborn stains on your cookware. Here's how to put the power of vinegar to use:

Give those dark stains on your aluminum cookware (caused by cooking acidic foods) the heave-ho by mixing in 1 teaspoon white vinegar for every cup of water needed to cover the stains. Let it boil for a couple of minutes, then rinse with cold water.

To remove stains from your stainless steel pots and pans, soak them in 2 cups white vinegar for 30 minutes, then rinse them with hot, soapy water followed by a cold-water rinse.

To get cooked-on food stains off your glass ovenware, fill them with 1 part vinegar and 4 parts water, heat the mixture to a slow boil, and let it boil at a low level for five minutes. The stains should come off with some mild scrubbing once the mixture cools.

They call it nonstick, but no cookware is stainproof. For mineral stains on your nonstick cookware, rub the utensil with a cloth dipped in undiluted distilled vinegar. To loosen up stubborn stains, mix 2 tablespoons baking soda, 1/2 cup vinegar, and 1 cup water and let it boil for 10 minutes.

Clear the air in your kitchen

If the smell of yesterday's cooked cabbage or fish stew is hanging around your kitchen longer than you'd like, mix a pot of 1/2 cup white vinegar in 1 cup water. Let it boil until the liquid is almost gone. You'll be breathing easier in no time.

Refresh your ice trays

If your plastic ice trays are covered with hard-water stains — or if it's been a while since you've cleaned them — a few cups of white vinegar can help you in either case. To remove the spots or disinfect your trays, let them soak in undiluted vinegar for four to five hours, then rinse well under cold water and let dry.

Make all-purpose cleaners

For fast cleanups around the kitchen, keep two recycled spray bottles filled with these vinegar-based solutions:

For glass, stainless steel, and plastic laminate surfaces, fill your spray bottle with 2 parts water, 1 part distilled white vinegar, and a couple of drops of dishwashing liquid.

For cleaning walls and other painted surfaces, mix up 1/2 cup white vinegar, 1 cup ammonia, and 1/4 cup baking soda in 1 gallon (3.7 liters) water and pour some into a spray bottle. Spritz it on spots and stains whenever needed and wipe off with a clean towel.

Make an all-purpose scrub for pots and pans

How would you like an effective scouring mix that costs a few pennies, and can be safely used on all of your metal cookware — including expensive copper pots and pans? Want even better news? You probably already have this "miracle mix" in your kitchen. Simply combine equal parts salt and flour and add just enough vinegar to make a paste. Work the paste around the cooking surface and the outside of the utensil, then rinse off with warm water and dry thoroughly with a soft dish towel.

Sanitize jars, containers, and vases

Do you cringe at the thought of cleaning out a mayonnaise, peanut butter, or mustard jar to reuse it? Or worse, getting the residue out of a slimy vase, decanter, or container? There is an easy way to handle these jobs. Fill the item with equal parts vinegar and warm, soapy water and let it stand for 10-15

minutes. If you're cleaning a bottle or jar, close it up and give it a few good shakes; otherwise use a bottle brush to scrape off the remains before thoroughly rinsing.

Clean a dirty thermos

To get a thermos bottle clean, fill it with warm water and 1/4 cup white vinegar. If you see any residue, add some uncooked rice, which will act as an abrasive to scrape it off. Close and shake well. Then rinse and let it air-dry.

Purge bugs from your pantry

Do you have moths or other insects in your cupboard or pantry? Fill a small bowl with 1 1/2 cups apple cider vinegar and add a couple of drops of liquid dish detergent. Leave it in there for a week; it will attract the bugs, which will fall into the bowl and drown. Then empty the shelves, and give the interior a thorough washing with dishwashing detergent or 2 cups baking soda in 1 quart (1 liter) water. Discard all wheat products (breads, pasta, flour, and such), and clean off canned goods before putting them back.

Trap fruit flies

Did you bring home fruit flies from the market? You can make traps for them that can be used anywhere around your house by filling an old jar about halfway with apple cider. Punch a few holes in the lid, screw it back on, and you're good to go.

Tenderize and purify meats and seafood

Soaking a lean or inexpensive cut of red meat in a couple of cups of vinegar breaks down tough fibers to make it more tender—and in addition, kills off any potentially harmful bacteria. You can also use vinegar to tenderize seafood steaks. Let the meat or fish soak in full — strength vinegar overnight. Experiment with different vinegar varieties for added flavor, or simply use apple cider or distilled vinegar if you intend to rinse it off before cooking.

Keep corned beef from shrinking

Ever notice how the corned beef that comes out of the pot is always smaller than the one that went in? Stop your meat from shrinking by adding a couple of tablespoons of apple cider vinegar to the water when boiling your beef.

Make better boiled or poached eggs

Vinegar does marvelous things for eggs. Here are the two most useful “egg-samples”:

When you are making hard-boiled eggs, adding 2 tablespoons distilled vinegar for every quart (liter) of water will keep the eggs from cracking and make them easier to shell.

When you are poaching eggs, adding a couple of tablespoons of vinegar to the water will keep your eggs in tight shape by preventing the egg whites from spreading.

Wash store-bought produce

You can't be too careful these days when it comes to handling the foods you eat. Before serving your fruits and vegetables, a great way to eliminate the hidden dirt, pesticides, and even insects, is to rinse them in 4 tablespoons apple cider vinegar dissolved in 1 gallon (3.7 liters) cold water.

Remove odors from your hands

It's often difficult to get strong onion, garlic, or fish odors off your hands after preparing a meal. But you'll find these scents are a lot easier to wash off if you rub some distilled vinegar on your hands before and after you slice your vegetables or clean your fish.

Get rid of berry stains

You can use undiluted white vinegar on your hands to remove stains from berries and other fruits.

Control your dandruff

To give your dandruff the brush-off, follow up each shampoo with a rinse of 2 cups apple cider vinegar mixed with 2 cups cold water. You can also fight dandruff by applying 3 tablespoons vinegar onto your hair and massaging into your scalp before you shampoo. Wait a few minutes, then rinse it out and wash as usual.

Condition your hair

Want to put the life back into your limp or damaged hair? You can whip up a terrific hair conditioner by combining 1 teaspoon apple cider vinegar with 2 tablespoons olive oil and 3 egg whites. Rub the mixture into your hair, then keep it covered for 30 minutes using plastic wrap or a shower cap. When time's up, shampoo and rinse as usual.

Protect blond hair from chlorine

Keep your golden locks from turning green in a chlorinated pool by rubbing 1/4 cup cider vinegar into your hair and letting it set for 15 minutes before diving in.

Soak away aching muscles

Got a sore back, a strained tendon in your shoulder or calf, or maybe you're just feeling generally rundown? Adding 2 cups apple cider vinegar to your bathwater is a great way to soothe away your aches and pains, or to simply to take the edge off a stressful day. Adding a few drops of peppermint oil to your bath can lend an able assist as well.

Freshen your breath

After you consume a fair portion of garlic or onions, a quick and easy way to sweeten your breath is to rinse your mouth with a solution made by dissolving 2 tablespoons apple cider vinegar and 1 teaspoon salt in a glass of warm water.

Ease sunburn and itching

You can cool a bad sunburn by gently dabbing the area with a cotton ball or soft cloth saturated with white or cider vinegar. (This treatment is especially effective if it's applied before the burn starts to sting.) The same technique works to instantly stop the itch of mosquito and other insect bites, as well as the rashes caused by exposure to poison ivy or poison oak.

Banish bruises

If you or someone you care about has a nasty fall, you can speed healing and prevent black-and-blue marks by soaking a piece of cotton gauze in white or apple cider vinegar and leaving it on the injured area for one hour.

Soothe a sore throat

Here are three ways that you can make a sore throat feel better:

If your throat is left raw by a bad cough, or even a speaking or singing engagement, you'll find fast relief by gargling with 1 tablespoon apple cider vinegar and 1 teaspoon salt dissolved in a glass of warm water; use several times a day if needed.

For sore throats associated with a cold or flu, combine 1/4 cup cider vinegar and 1/4 cup honey and take 1 tablespoon every four hours.

To soothe both a cough and a sore throat, mix 1/2 cup vinegar, 1/2 cup water, 4 teaspoons honey, and 1 teaspoon hot sauce. Swallow 1 tablespoon four or five times daily, including one before bedtime. Warning: Children under one year old should never be given honey.

Breathe easier

Adding 1/4 cup white vinegar to the water in your hot-steam vaporizer can help ease congestion caused by a chest cold or sinus infection. It can also be good for your vaporizer: The vinegar will clear away any mineral deposits in the water tubes resulting from the use of hard water. Note: Check with the manufacturer before adding vinegar to a cool-mist vaporizer.

Treat an active cold sore

The only thing worse than a bad cold is a bad cold sore. Fortunately, you can usually dry up a cold sore in short order by dabbing it with a cotton ball saturated in white vinegar three times a day. The vinegar will quickly soothe the pain and swelling.

Make a poultice for corns and calluses

Here's an old-fashioned, time-proven method to treat corns and calluses: Saturate a piece of white or stale bread with 1/4 cup white vinegar. Let the bread soak in the vinegar for 30 minutes, then break off a piece big enough to completely cover the corn. Keep the poultice in place with gauze or adhesive tape,

and leave it on overnight. The next morning, the hard, callused skin will be dissolved, and the corn should be easy to remove. Older, thicker calluses may require several treatments.

Get the jump on athlete's foot

A bad case of athlete's foot can drive you hopping mad. But you can often quell the infection, and quickly ease the itching, by rinsing your feet three or four times a day for a few days with undiluted apple cider vinegar. As an added precaution, soak your socks or stockings in a mixture of 1 part vinegar and 4 parts water for 30 minutes before laundering them.

Pamper your skin

Using vinegar as a skin toner dates back to the time of Helen of Troy. And it's just as effective today. After you wash your face, mix 1 tablespoon apple cider vinegar with 2 cups water as a finishing rinse to cleanse and tighten your skin. You can also make your own facial treatment by mixing 1/4 cup cider vinegar with 1/4 cup water. Gently apply the solution to your face and let it dry.

Say good-bye to age or sun spots

Before you take any drastic measures to remove or cover up those brown spots on your skin caused by overexposure to the sun or hormonal changes, give vinegar a try. Simply pour some full-strength apple cider vinegar onto a cotton ball and apply it to the spots for 10 minutes at least twice a day. The spots should fade or disappear within a few weeks.

Soften your cuticles

You can soften the cuticles on your fingers and toes before manicuring them by soaking your digits in a bowl of undiluted white vinegar for five minutes.

Make nail polish last longer

Your nail polish will have a longer life expectancy if you first dampen your nails with some vinegar on a cotton ball and let it dry before applying your favorite polish.

Clean your eyeglasses

When it's more difficult to see with your glasses on than it is with them off, it's a clear indication that they're in need of a good cleaning. Applying a few drops of white vinegar to your glass lenses and wiping them with a soft cloth will easily remove dirt, sweat, and fingerprints, and leave them spotless. Don't use vinegar on plastic lenses, however.

Treat a jellyfish or bee sting

A jellyfish can pack a nasty sting. If you have an encounter with one, pouring some undiluted vinegar on the sting will take away the pain in no time, and let you scrape out the stinger with a plastic credit card. The same treatment can also be used to treat bee stings. But using vinegar on stings inflicted by the jellyfish's cousin the Portuguese man-of-war is now discouraged because vinegar may actually increase

the amount of toxin released under the skin. Warning: If you have difficulty breathing or the sting area becomes inflamed and swollen, get medical attention at once; you could be having an allergic reaction.

Wash mildew from shower curtains

Clean those ugly mildew stains off your plastic shower curtain by putting it and a couple of soiled towels in your washing machine. Add 1/2 cup laundry detergent and 1/2 cup baking soda to the load, and wash it in warm water on your machine's regular cycle. Add 1 cup white vinegar to the first rinse. Before the machine goes into the spin cycle, remove the curtain and let it hang-dry.

Shine ceramic tiles

If soap scum or water spots have dulled the ceramic tiles around your sink or bath, bring back the brightness by scrubbing them with 1/2 cup white vinegar, 1/2 cup ammonia, and 1/4 cup borax mixed in 1 gallon (3.7 liters) warm water. Rinse well with cool water and let air-dry.

Whiten your grout

Has the grout between the tiles of your shower or bathtub enclosure become stained or discolored? Restore it to its original shade of white by using a toothbrush dipped in undiluted white vinegar to scrub away the dinginess.

Clean sinks and bathtubs

Put the shine back in your porcelain sinks and bathtubs by giving them a good scrubbing with full-strength white vinegar, followed by a rinse of clean cold water. To remove hard-water stains from your tub, pour in 3 cups white vinegar under running hot tap water. Let the tub fill up over the stains and allow it to soak for four hours. When the water drains out, you should be able to easily scrub off the stains.

Shine up your shower doors

To leave your glass shower doors sparkling clean — and to remove all of those annoying water spots — wipe them down with a cloth dipped in a solution of 1/2 cup white vinegar, 1 cup ammonia, and 1/4 cup baking soda mixed in 1 gallon (3.7 liters) warm water.

Disinfect shower door tracks

Use vinegar to remove accumulated dirt and grime from the tracks of your shower doors. Fill the tracks with about 2 cups full-strength white vinegar and let it sit for three to five hours. (If the tracks are really dirty, heat the vinegar in a glass container for 30 seconds in your microwave first.) Then pour some hot water over the track to flush away the gunk. You may need to use a small scrub brush, or even a recycled toothbrush, to get up tough stains.

Remove mineral deposits from showerheads

Wash away blockages and mineral deposits from removable showerheads by placing them in 1 quart (1 liter) boiling water with 1/2 cup distilled vinegar for 10 minutes (use hot, not boiling, liquid for plastic showerheads). When you remove it from the solution, the obstructions should be gone. If you have a nonremovable showerhead, fill a small plastic bag half full with vinegar and tape it over the fixture. Let it sit for about 1 hour, then remove the bag and wipe off any remaining vinegar from the showerhead.

Wipe down bathroom fixtures

Don't stop at the shower when you're cleaning with vinegar! Pour a bit of undiluted white vinegar onto a soft cloth and use it to wipe your chrome faucets, towel racks, bathroom mirrors, doorknobs, and such. It'll leave them gleaming.

Fight mold and mildew

To remove and inhibit bathroom mold and mildew, pour a solution of 3 tablespoons white vinegar, 1 teaspoon borax, and 2 cups hot water into a clean, recycled spray bottle and give it a few good shakes. Then spray the mixture on painted surfaces, tiles, windows, or wherever you see mold or mildew spots. Use a soft scrub brush to work the solution into the stains or just let it soak in.

Disinfect toilet bowls

Want an easy way to keep your toilet looking and smelling clean? Pour 2 cups white vinegar into the bowl and let the solution soak overnight before flushing. Including this vinegar soak in your weekly cleaning regimen will also help keep away those ugly water rings that typically appear just above the water level.

Clean your toothbrush holder

Get the grime, bacteria, and caked-on toothpaste drippings out of the grooves of your bathroom toothbrush holder by cleaning the openings with cotton swabs moistened with white vinegar.

Wash out your rinse cup

If several people in your home use the same rinse cup after brushing their teeth, give it a weekly cleaning by filling it with equal parts water and white vinegar, or just full-strength vinegar, and let it sit overnight. Rinse thoroughly with cold water before using.

Soften fabrics, kill bacteria, eliminate static, and more

There are so many benefits to be reaped by adding 1 cup white vinegar to your washer's rinse cycle that it's surprising that you don't find it prominently mentioned inside the owner's manual of every washing machine sold. Here are the main ones:

A single cup of vinegar will **kill off any bacteria** that may be present in your wash load, especially if it includes cloth diapers and the like.

A cup of vinegar will keep your clothes coming out of the wash **soft and smelling fresh** — so you can kiss your fabric-softening liquids and sheets good-bye (unless, of course, you happen to like your clothes smelling of heavy perfumes).

A cup of vinegar will **brighten small loads** of white clothes.

Added to the last rinse, a cup of vinegar will keep your **clothes lint- and static-free**.

Adding a cupful of vinegar to the last rinse will **set the color** of your newly dyed fabrics.

Clean your washing machine

An easy way to periodically clean out soap scum and disinfect your clothes washer is to pour in 2 cups vinegar, then run the machine through a full cycle without any clothes or detergent. If your washer is particularly dirty, fill it with very hot water, add 2 gallons (7.5 liters) vinegar, and let the agitator run for 8-10 minutes. Turn off the washer and let the solution stand overnight. In the morning, empty the basin and run your washer through a complete cycle.

Stop reds from running

Unless you have a fondness for pink-tinted clothing, take one simple precaution to prevent red — or other brightly dyed — washable clothes from ruining your wash loads. Soak your new garments in a few cups of undiluted white vinegar for 10-15 minutes before their first washing. You'll never have to worry about running colors again!

Brighten your loads

Why waste money on that costly all-color bleach when you can get the same results using vinegar? Just add 1/2 cup white vinegar to your machine's wash cycle to brighten up the colors in each load.

Make new clothes ready to wear

Get the chemicals, dust, odor, and whatever else out of your brand-new or secondhand clothes by pouring 1 cup white vinegar into the wash cycle the first time you wash them.

Whiten your dingy crew socks

If it's getting increasingly difficult to identify the white socks in your sock drawer, here's a simple way to make them so bright you can't miss them. Start by adding 1 cup vinegar to 1 1/2 quarts (1.5 liters) tap water in a large pot. Bring the solution to a boil, then pour it into a bucket and drop in your dingy socks. Let them soak overnight. The next day, wash them as you normally would.

Get the yellow out of clothing

To restore yellowed clothing, let the garments soak overnight in a solution of 12 parts warm water to 1 part vinegar. Wash them the following morning.

Soften up your blankets

Add 2 cups white vinegar to your washer's rinse water (or a washtub filled with water) to remove soap residue from both cotton and wool blankets before drying. This will also leave them feeling fresh and soft as new.

Spray away wrinkles

In a perfect world, laundry would emerge from the dryer freshly pressed. Until that day, you can often get the wrinkles out of clothes after drying by misting them with a solution of 1 part vinegar to 3 parts water. Once you're sure you didn't miss a spot, hang it up and let it air-dry. You may find this approach works better for some clothes than ironing; it's certainly a lot gentler on the material.

Flush your iron's interior

To eliminate mineral deposits and prevent corrosion on your steam iron, give it an occasional cleaning by filling the reservoir with undiluted white vinegar. Place the iron in an upright position, switch on the steam setting, and let the vinegar steam through it for 5-10 minutes. Then refill the chamber with clean water and repeat. Finally, give the water chamber a good rinsing with cold, clean water.

Clean your iron's soleplate

To remove scorch marks from the soleplate of your iron, scrub it with a paste made by heating up equal parts vinegar and salt in a small pan. Use a rag dipped in clean water to wipe away the remaining residue.

Sharpen your creases

You'll find the creases in your freshly ironed clothes coming out a lot neater if you lightly spray them with equal parts water and vinegar before ironing them. For truly sharp creases in slacks and dress shirts, first dampen the garment using a cloth moistened in a solution of 1 part white vinegar and 2 parts water. Then place a brown paper bag over the crease and start ironing.

Make old hemlines disappear

Want to make those needle marks from an old hemline disappear for good? Just moisten the area with a cloth dipped in equal parts vinegar and water, then place it under the garment before you start ironing.

Erase scorch marks

Did your iron get too hot under the collar — or perhaps on a sleeve or pant leg? You can often eliminate slight scorch marks by rubbing the spot with a cloth dampened with white vinegar, then blotting it with a clean towel. Repeat if necessary.

Dull the shine in your seat

Want to get rid of that shiny seat on your dark pants or skirt? Just brush the area lightly with a soft recycled toothbrush dipped in equal parts white vinegar and water, then pat dry with a soft towel.

Remove cigarette smell from suits

If you find yourself in a situation where you wind up heading home with the lingering smell of cigarette smoke on your good suit or dress, you can remove the odor without having to take your clothes to the dry cleaner. Just add 1 cup vinegar to a bathtub filled with the hottest water your tap can muster. Close the door and hang your garments above the steam. The smell should be gone after several hours.

Reshape your woolens

Shrunken woolen sweaters and other items can usually be stretched back to their former size or shape after boiling them in a solution of 1 part vinegar to 2 parts water for 25 minutes. Let the garment air-dry after you've finished stretching it.

Brush off suede stains

To eliminate a fresh grease spot on a suede jacket or skirt, gently brush it with a soft toothbrush dipped in white vinegar. Let the spot air-dry, then brush with a suede brush. Repeat if necessary. You can also generally tone up suede items by lightly wiping them with a sponge dipped in vinegar.

Pat away water-soluble stains

You can lift out many water-soluble stains — including beer, orange and other fruit juices, black coffee or tea, and vomit — from your cotton-blend clothing by patting the spot with a cloth or towel moistened with undiluted white vinegar just before placing it in the wash. For large stains, you may want to soak the garment overnight in a solution of 3 parts vinegar to 1 part cold water before washing.

Unset old stains

Older, set-in stains will often come out in the wash after being pretreated with a solution of 3 tablespoons white vinegar and 2 tablespoons liquid detergent in 1 quart (1 liter) warm water. Rub the solution into the stain, then blot it dry before washing.

Sponge out serious stains

Cola, hair dye, ketchup, and wine stains on washable cotton blends should be treated as soon as possible (that is, within 24 hours). Sponge the area with undiluted vinegar and launder immediately afterward. For severe stains, add 1-2 cups vinegar to the wash cycle as well.

Get the rust out

To remove a rust stain from your cotton work clothes, moisten the spot with some full-strength vinegar and then rub in a bit of salt. If it's warm outdoors, let it dry in the sunlight (otherwise a sunny window will do), then toss it in the wash.

Clear away crayon stains

Somehow or other, kids often manage to get crayon marks on their clothing. You can easily get these stains off by rubbing them with a recycled toothbrush soaked in undiluted vinegar before washing them.

Remove rings from collars and cuffs

Are you tired of seeing those old sweat rings around your shirt collars? What about the annoying discoloration along the edges of your cuffs? Give them the boot by scrubbing the material with a paste made from 2 parts white vinegar to 3 parts baking soda. Let the paste set for half an hour before washing. This approach also works to remove light mildew stains from clothing.

Pretreat perspiration stains

Want to see those sweat marks disappear from shirts and other garments? Just pour a bit of vinegar directly onto the stain, and rub it into the fabric before placing the item in the wash. You can also remove deodorant stains from your washable shirts and blouses by gently rubbing the spot with undiluted vinegar before laundering.

Make pen ink disappear

Did someone in your house come home with a leaky pen in his pocket? Treat the stain by first wetting it with some white vinegar, then rub in a paste of 2 parts vinegar to 3 parts cornstarch. Let the paste thoroughly dry before washing the item.

Soak out bloodstains

Whether you nick yourself while shaving, or receive an unexpected scratch, it's important to treat the stains on your clothing as soon as possible; bloodstains are relatively easy to remove before they set but can be nearly impossible to wash out after 24 hours. If you can get to the stain before it sets, treat it by pouring full-strength white vinegar on the spot. Let it soak in for 5-10 minutes, then blot well with a cloth or towel. Repeat if necessary, then wash immediately.

Test soil acidity or alkalinity

To do a quick test for excess alkalinity in the soil in your yard, place a handful of earth in a container and then pour in 1/2 cup white vinegar. If the soil fizzes or bubbles, it's definitely alkaline. Similarly, to see if your soil has a high acidity, mix the earth with 1/2 cup water and 1/2 cup baking soda. This time, fizzing would indicate acid in the soil. To find the exact pH level of your soil, have it tested or pick up a simple, do-it-yourself kit or meter.

Clean a hummingbird feeder

Hummingbirds are innately discriminating creatures, so don't expect to see them flocking around a dirty, sticky, or crusted-over sugar-water feeder. Regularly clean your feeders by thoroughly washing them in

equal parts apple cider vinegar and hot water. Rinse well with cold water after washing, and air-dry them outdoors in full sunlight before refilling them with food.

Speed germination of flower seed

You can get woody seeds, such as moonflower, passionflower, morning glory, and gourds, off to a healthier start by scarifying them—that is, lightly rubbing them between a couple of sheets of fine sandpaper—and soaking them overnight in a solution of 1/2 cup apple cider vinegar and 1 pint (half liter) warm water. Next morning, remove the seeds from the solution, rinse them off, and plant them. You can also use the solution (minus the sandpaper treatment) to start many herb and vegetable seeds.

Keep cut flowers fresh

Everyone likes to keep cut flowers around as long as possible, and there are several good methods. One way is to mix 2 tablespoons apple cider vinegar and 2 tablespoons sugar with the vase water before adding the flowers. Be sure to change the water (with more vinegar and sugar, of course) every few days to enhance your flowers' longevity.

Wipe away mealybugs

They're among the most insidious and common pests on both houseplants and in the garden. But you can nip a mealybug invasion in the bud by dabbing the insects with a cotton swab dipped in full-strength white vinegar. You may need to use a handful of swabs, but the vinegar will kill the fluffy monsters and any eggs left behind. Be vigilant for missed targets, and break out more vinegar-soaked swabs if you spot bugs.

Eliminate insects around the garden

If the bugs are feasting on the fruits and vegetables in your garden, give them the boot with this simple, nonpoisonous trap. Fill a 2-liter soda bottle with 1 cup apple cider vinegar and 1 cup sugar. Next, slice up a banana peel into small pieces, put them in the bottle, add 1 cup cold water, and shake it up. Tie a piece of string around the neck of the bottle and hang it from a low tree branch, or place it on the ground, to trap and kill the six-legged freeloaders. Replace used traps with new ones as needed.

Encourage blooms on azaleas and gardenias

A little bit of acid goes a long way toward bringing out the blooms on your azalea and gardenia bushes — especially if you have hard water. Both bushes do best in acidic soils (with pH levels between 4 and 5.5). To keep them healthy and to produce more flowers, water them every week or so with 3 tablespoons white vinegar mixed in 1 gallon (3.7 liters) water. Don't apply the solution while the bush is in bloom, however; it may shorten the life of the flowers or harm the plant.

Stop yellow leaves on plants

The sudden appearance of yellow leaves on plants accustomed to acidic soils—such as azaleas, hydrangeas, and gardenias—could signal a drop in the plant's iron intake or a shift in the ground's pH

above a comfortable 5.0 level. Either problem can be resolved by watering the soil around the afflicted plants once a week for three weeks with 1 cup of a solution made by mixing 2 tablespoons apple cider vinegar in 1 quart (1 liter) water.

Treat rust and other plant diseases

You can use vinegar to treat a host of plant diseases, including rust, black spot, and powdery mildew. Mix 2 tablespoons apple cider vinegar in 2 quarts (2 liters) water, and pour some into a recycled spray bottle. Spray the solution on your affected plants in the morning or early evening (when temperatures are relatively cool and there's no direct light on the plant) until the condition is cured.

Clean your lawn mower blades

Grass, especially when it's damp, has a tendency to accumulate on your lawn mower blades after you cut the lawn — sometimes with grubs or other insects hiding inside. Before you park your mower back in the garage or tool shed, wipe down the blades with a cloth dampened with undiluted white vinegar. It will clean off leftover grass on the blades, as well as any pests that may have been planning to hang out awhile.

Keep out four-legged creatures

Some animals — including cats, deer, dogs, rabbits, and raccoons — can't stand the scent of vinegar even after it has dried. You can keep these unauthorized visitors out of your garden by soaking several recycled rags in white vinegar, and placing them on stakes around your veggies. Resoak the rags about every 7-10 days.

Exterminate dandelions and unwanted grass

Are dandelions sprouting up in the cracks of your driveway or along the fringes of your patio? Make them disappear for good by spraying them with full-strength white or apple cider vinegar. Early in the season, give each plant a single spritz of vinegar in its midsection, or in the middle of the flower before the plants go to seed. Aim another shot near the stem at ground level so the vinegar can soak down to the roots. Keep an eye on the weather, though; if it rains the next day, you'll need to give the weeds another spraying.

Keep the kitties away

If you want to keep Snowball and Fluffy out of the kids' playroom, or discourage them from using your favorite easy chair as a scratching post, sprinkle some full-strength distilled white vinegar around the area or onto the object itself. Cats don't like the smell of vinegar and will avoid it.

Unmark your pet's spots

When housebreaking a puppy or kitten, it'll often wet previously soiled spots. After cleaning up the mess, it's essential to remove the scent from your floor, carpeting, or sofa. And nothing does that better than vinegar:

On a floor, blot up as much of the stain as possible. Then mop with equal parts white vinegar and warm water. (On a wood or vinyl floor, test a few drops of vinegar in an inconspicuous area to make sure it won't harm the finish.) Dry with a cloth or paper towel.

For carpets, rugs, and upholstery, thoroughly blot the area with a towel or some rags. Then pour a bit of undiluted vinegar over the spot. Blot it up with a towel, then reapply the vinegar-let it air-dry. Once the vinegar dries, the spot should be completely deodorized.

Directly protect against fleas and ticks

To give your dog effective flea and tick protection, fill a spray bottle with equal parts water and vinegar and apply it directly to the dog's coat and rub it in well. You may have more trouble doing this with cats, because they really hate the smell of the stuff.

Clean outdoor furniture and decks

If you live in a hot, humid climate, you're probably no stranger to seeing mildew on your wooden decks and patio furniture. But before you reach for the bleach, try these milder vinegar-based solutions:

Keep some full-strength white vinegar in a recycled spray bottle and use it wherever you see any mildew growth. The stain will wipe right off most surfaces, and the vinegar will keep it from coming back for a while.

Remove mildew from wood decks and wood patio furniture by sponging them off with a solution of 1 cup ammonia, 1/2 cup white vinegar, and 1/4 cup baking soda mixed in 1 gallon (3.7 liters) water. Keep an old toothbrush on hand to work the solution into corners and other tight spaces.

To deodorize and inhibit mildew growth on outdoor plastic mesh furniture and patio umbrellas, mix 2 cups white vinegar and 2 tablespoons liquid dish soap in a bucket of hot water. Use a soft brush to work it into the grooves of the plastic as well as for scrubbing seat pads and umbrella fabric. Rinse with cold water; then dry in the sun.

Make a trap to lure flying insects

Who wants to play host to a bunch of gnats, flies mosquitoes, or other six-legged pests when you're trying to have a cookout in your yard? Keep the flying gate-crashers at bay by giving them their own VIP section. Place a bowl filled with apple cider vinegar near some food, but away from you and guests. By the evening's end, most of your uninvited guests will be floating inside the bowl.

Give ants the boot

Serve the ants on your premises with an eviction notice. Pour equal parts water and white vinegar into a spray bottle. Then spray it on anthills and around areas where you see the insects. Ants hate the smell of vinegar. It won't take long for them to move on to better-smelling quarters. Also keep the spray bottle handy for outdoor trips or to keep ants away from picnic or children's play areas. If you have lots of anthills around your property, try pouring full-strength vinegar over them to hasten the bugs' departure.

Clean off bird droppings

Have the birds been using your patio or driveway for target practice again? Make those messy droppings disappear in no time by spraying them with full-strength apple cider vinegar. Or pour the vinegar onto a rag and wipe them off.

Clean your pet's ears

If you've noticed that Rover has been scratching around his ears a lot more than usual lately, a bit of vinegar could bring him some big relief. Swabbing your pet's ears with a cotton ball or soft cloth dabbed in solution of 2 parts vinegar and 1 part water will keep them clean and help deter ear mites and bacteria. It also soothes minor itches from mosquito bites and such. Warning: Do not apply vinegar to open lacerations. If you see a cut in your pet's ears, seek veterinary treatment.

Remove skunk odor

If Fido has an unpleasant encounter with an ornery skunk, here are some ways to help him get rid of the smell:

Bathe your pet in a mixture of 1/2 cup white vinegar, 1/4 cup baking soda, and 1 teaspoon liquid soap in 1 quart (1 liter) 3% hydrogen peroxide. Work the solution deep into his coat, give it a few minutes to soak in, then rinse him thoroughly with clean water.

Bathe your pet in equal parts water and vinegar (preferably outdoors in a large washtub). Then repeat the procedure using 1 part vinegar to 2 parts water, followed by a good rinsing.

If you happen to have an unscheduled meeting with skunk, use undiluted vinegar to get the smell out your own clothes. Let the affected clothing soak in the vinegar overnight.

Wash concrete off your skin

Even though you wear rubber gloves when working with concrete, some of the stuff inevitably splashes on your skin. Prolonged contact with wet concrete can cause your skin to crack, and may even lead to eczema. Use undiluted white vinegar to wash dried concrete or mortar off your skin, then wash with warm, soapy water.

Remove paint fumes

Place a couple of shallow dishes filled with undiluted white vinegar around a freshly painted room to quickly get rid of the strong paint smell.

Degrease grates, fans, and air-conditioner grilles

Even in the cleanest of homes, air-conditioner grilles, heating grates, and fan blades eventually develop a layer of dust and grease. To clean them, wipe them with full-strength white vinegar. Use an old toothbrush to work the vinegar into the tight spaces on air-conditioner grilles and exhaust fans.

Disinfect air-conditioner and humidifier filters

An air-conditioner or humidifier filter can quickly become inundated with dust, soot, pet dander, and even potentially harmful bacteria. Every 10 days or so, clean your filter in equal parts white vinegar and warm water. Let the filter soak in the solution for an hour, then simply squeeze it dry before using. If your filters are particularly dirty, let them soak overnight.

Keep the paint on your cement floors

Painted cement floors have a tendency to peel after a while. But you can keep the paint stuck to the cement longer by giving the floor an initial coat of white vinegar before you paint it. Wait until the vinegar has dried, then begin painting. This same technique will also help keep paint affixed to galvanized metal.

Get rid of rust

If you want to clean up those rusted old tools you recently unearthed in your basement or picked up at a tag sale, soak them in full-strength white vinegar for several days. The same treatment is equally effective at removing the rust from corroded nuts and bolts. And you can pour vinegar on rusted hinges and screws to loosen them up for removal.

Peel off wallpaper

Removing old wallpaper can be messy, but you can make it peel off easily by soaking it with a vinegar solution. Spray equal parts white vinegar and water on the wallpaper until it is saturated and wait a few minutes. Then zip the stuff off the wall with a wallpaper scraper. If it is stubborn, try carefully scoring the wallpaper with the scraper before you spritz.

Slow hardening of plaster

Want to keep your plaster pliable a bit longer to get it all smoothed out? Just add a couple of tablespoons of white vinegar to your plaster mix. It will slow down the hardening process to give you the extra time you need.

Revive your paintbrushes

To remove dried-on paint from a synthetic-bristle paintbrush, soak it in full-strength white vinegar until the paint dissolves and the bristles are soft and pliable, then wash in hot, soapy water. Does a paintbrush seem beyond hope? Before you toss it, try boiling it in 1-2 cups vinegar for 10 minutes, followed by a thorough washing in soapy water.

Read more: <http://www.rd.com/home/150-household-uses-for-vinegar/#ixzz2a3zT2X9k>

Please continue reading to see detailed information from additional sources about uses for vinegar

Apple Cider Vinegar - Web MD

Diabetes. The effect of vinegar on blood sugar levels is perhaps the best researched and the most promising of apple cider vinegar's possible health benefits. Several studies have found that vinegar may help lower glucose levels. For instance, a 2007 study of 11 people with type 2 diabetes found that taking two tablespoons of apple cider vinegar before bed lowered glucose levels in the morning by 4%-6%.

High cholesterol . A 2006 study showed evidence that vinegar could lower cholesterol. However, the study was done in rats, so it's too early to know how it might work in people.

Blood pressure and heart health. Another study in rats found that vinegar could lower high blood pressure. A large observational study also found that people who ate oil and vinegar dressing on salads five to six times a week had lower rates of heart disease than people who didn't. However, it's far from clear that the vinegar was the reason.

Cancer . A few laboratory studies have found that vinegar may be able to kill cancer cells or slow their growth. Observational studies of people have been confusing. One found that eating vinegar was associated with a decreased risk of esophageal cancer. Another associated it with an increased risk of bladder cancer.

Weight Loss . For thousands of years, vinegar has been used for weight loss. White vinegar (and perhaps other types) might help people feel full. A 2005 study of 12 people found that those who ate a piece of bread along with small amounts of white vinegar felt fuller and more satisfied than those who just ate the bread.

Source: <http://www.webmd.com/diet/apple-cider-vinegar>

The Benefits of Apple Cider Vinegar

Published on August 4, 2008, Last Updated on June 13, 2013 by Dr Group with Global Healing Center

Raw Organic Apple Cider Vinegar (ACV) is made from nutritious, organically grown apples and retains many beneficial components because raw apple cider vinegar is not pasteurized. ACV undergoes two fermentation processes where it produces enzymes and life giving nutrients that make apple cider vinegar the powerhouse it is.

Benefits of Raw Apple Cider Vinegar

1 tablespoon of Raw Apple Cider Vinegar mixed in 4 ounces of purified water after a meal has been used as a natural remedy for heartburn and as a replacement for toxic heartburn medications.

Raw Apple Cider Vinegar may help improve bowel irregularity, thereby removing toxins from the body at a faster rate.

Helps clear up skin conditions and blemishes giving a more smooth texture and appearance.

Raw Apple Cider vinegar may also help with joint pain and stiffness.

Apple Cider Vinegar helps to break down fats so that your body can use them rather than store them. For this reason, many diets include ACV in the regimen.

On a small scale, ACV was studied by researchers at Arizona State University. The preliminary study was published in Diabetes Care and reported that ACV helps reduce glucose levels [1].

Raw organic apple cider vinegar is even good for pets. It has been used to help control fleas and even promotes a healthy, shiny coat.

What Can Raw Apple Cider Vinegar Do for Me?

Beneficial ingredients in raw apple cider vinegar give it its power to make us feel better, look better, and feel energized. Just look at some of the beneficial ingredients in raw apple cider vinegar:

Potassium – helps to prevent brittle teeth, hair loss and runny noses.

Pectin – helps to regulate blood pressure and reduce bad cholesterol.

Malic Acid – gives ACV the properties of being resistant to viruses, bacteria, and fungus.

Calcium – supports strong bones and teeth.

Ash – gives ACV its alkaline property which aids your body in maintaining proper pH levels for a healthy alkaline state.

Acetic Acid – It appears that this acid slows the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals.

Differences Between Clear Vinegar and Raw Apple Cider Vinegar

Clear vinegar has none of the benefits of raw organic apple cider vinegar. Through its processing and distilling, it's been stripped of everything beneficial and can be detrimental to your health since it is dead instead of alive.

Only raw organic apple cider vinegar has the “mother of vinegar” that makes the vinegar so beneficial. The “mother” is made up of living nutrients and bacteria. You can actually see it settled in the bottom of the bottle.

How Do I Take Raw Apple Cider Vinegar?

Mixed with another powerhouse of beneficial goodness, organic honey, apple cider vinegar can be a tasty treat with healthy benefits. This is a great drink for fast energy. Remember, the mother of vinegar will settle at the bottom of the bottle between uses and you want the healthy ingredients it contains. Be sure to shake the bottle well before pouring. In a large pitcher, add together:

2 tablespoons of Raw Organic Apple Cider Vinegar

1 gallon of purified water

Raw locally harvested honey or agave nectar to suit your taste

Raw honey or organic agave nectar is a great addition that tastes great, can help improve your energy, strengthen your immune system, and much more.

You can also find apple cider vinegar in tablet or capsule form. However, I do not recommend those sources because they are dried and not alive like the liquid.

Raw Apple Cider Vinegar is very strong so I recommend always diluting it with water. A good ratio is 1 tablespoon per 32 ounces of water for general use.

My Personal Recommendation

I personally use Bragg's Organic raw apple cider vinegar on a daily basis and recommend this brand of apple cider vinegar over any other brand currently on the market.

-Dr. Edward F. Group III, DC, ND, DACBN, DABFM

References:

Carol S. Johnston PHD, Cindy M. Kim MS, Amanda J. Buller MS. Vinegar Improves Insulin Sensitivity. American Diabetes Association Diabetes Care. 2004 January vol. 27 no. 1 281-282.