

A

- AAA, 244
 AARP alternatives, 6
 accidents, 232
 acne, in pets, 335
 Acne 911 Response, 278
 activated charcoal, 113
 addictions, positive, 67
 adult day care, 316
 aftershave, 351
 Age Spot Removal Remedy, 114
 age spots, 114–115
 aging in place
 bathrooms and, 144, 152
 kitchens and, 122, 123, 136, 137
 outdoor spaces and, 226, 230, 231, 240
 specialists in, 134
 aging process, slowing, 40
 air fresheners, 143, 144, 191. *See also* deodorizing treatments
 air travel, 260, 261, 265
 alarms, for personal safety, 270
 alcohol. *See* rubbing alcohol uses
 alcoholic beverages, 66, 314, 354. *See also specific types*
 Alcoholics Anonymous, 66
 Alka-Seltzer®, 157
 allergies, 25, 26–27, 180
 All-Purpose Cleaner, Tough, Gentle, 142
 All-Purpose Cleaning Scrub, 128
 all-purpose deodorizing cleaner, 123
 All-Purpose Headache Reliever, 2
 All-Purpose Poison-Plant Spray, 46
 allspice, 351
 almonds, almond oil uses
 Berry Nutty Health Blast, A, 94
 skin care, 104, 109, 111, 117
 aloe vera uses
 cold sore treatment, 45
 hair care, 92
 poison plant rash relief, 46
 ringworm relief, 55
 skin care, 104
 sunburn relief, 48
 wound care, 53
 aluminum foil, 239
 Alzheimer's disease, 309
 Amazing Aluminum Furniture Cleaner, 230
 Amazing Anti-Aging Toner, 106
 Amazing Auto Upholstery Cleaner, 242
 American Sailing Association (ASA), 256
 ammonia, 254, 344
 animals. *See* pet care; wildlife watching
 aniseed, 77
 ankle sprains, 13
 anti-fatigue mats, 123
 antioxidants, 25, 105, 115
 ants, 50, 139, 215, 266
 ANTS (automatic negative thoughts), 315
 anxiety, 70, 315. *See also* stress
 aphids, 214, 220
 Aphids-Away Spray, 214
 appetite boosters, 298–299, 301
 Appetite-Boosting Mocktail, 298
 appetite suppressant, 73. *See also* weight control
 apple cider vinegar. *See also specific health, beauty, cleaning, home, family, or pet issue*
 in capsule form, 261
 culinary or medicinal use, 20
 homemade, 21
 hot water and, 76
 laundry use, 189
 lawn and garden uses, 203, 221
 pet care use, 336
 apples, apple juice, 32, 36, 64
 applesauce, 30
 apple seeds, 280
 appliance repair, 132, 182
 See also specific appliances
 arborvitae essential oil, 233
 arm pain, 15
 arrowroot powder, 83
 arthritis, 8, 10, 212
 ASA (American Sailing Association), 256
 aspirin uses, 50, 101, 179
 asthma, 27
 athlete's foot, 55
 At-the-Ready Congestion Fighter, 22
 At-the-Ready Wrinkle Releaser, 188
 attic storage, 199
 automatic negative thoughts (ANTS), 315
 avocado leaves, 29
 avocados, avocado oil uses
 callus removal, 43, 312
 skin care, 117
 vaginal dryness relief, 39
 wound care, 53

B

- baby gates, 285
 baby oil, 148
 baby powder, 281
 baby wipes, 104, 245
 backaches, 12–13

- baking soda
 - as air freshener or deodorizer, 191, 307
 - aluminum cleaning use, 230
 - as baby powder substitute, 281
 - backache relief use, 12
 - bathroom cleaning uses, 142, 146, 147, 149, 150, 152, 155, 156
 - boat cleaning uses, 254, 255
 - brick cleaning use, 237
 - buying, 243
 - car cleaning uses, 243, 246, 249
 - carpet cleaning uses, 165, 328
 - concrete cleaning use, 250
 - as deicer, 237
 - denture care use, 304
 - gardening use, 206
 - grandchild entertainment uses, 280, 286
 - hair care use, 91
 - in homemade toothpaste, 7
 - kitchen cleaning uses, 128, 130, 132, 133, 135, 136
 - laundry uses, 182, 184, 282
 - nail fungus relief use, 99
 - pest control use, 139
 - shingles relief use, 59
 - skin care uses, 9, 109, 116, 117
 - as skunk-odor remedy, 238
 - sports equipment cleaning use, 269
 - toy cleaning uses, 282, 283, 284
 - wood surface cleaning uses, 165, 173, 222, 344
- balloons, 281, 343
- ballroom dancing, 77, 154
- banana uses
 - Berry-Banana Weight-Loss Blast, 64
 - gardening, 214
 - heartburn relief, 32
 - immune boosting, 79
 - poison ivy rash relief, 47
- bark beetles, 217
- baseboards, cleaning, 164
- basements, 183, 197, 199
- basil uses
 - earache relief, 5
 - hair care, 100
 - infused vinegar, 356
 - insect bite or sting relief, 51
 - insect repellent, 216
 - pest control, 217, 355
 - skin care, 120
- bath powder, 167
- bathrooms. *See also specific fixtures*
 - aging in place and, 144, 152
 - cleaning agents, 141–142, 144, 149
 - cleaning tools, 147, 155
 - deodorizing, 143, 144
 - floors, 145, 148
 - mold and mildew, 146, 155
 - pest control, 150–151
 - rust stain prevention, 153
 - safety in, 143, 145, 152, 154, 158–159
 - storage, 156–158
 - tile and grout, 146–148
- bathroom scales, 152
- baths, as remedy
 - mental health, 72
 - skin care, 116, 117, 350, 351
 - skin problem relief, 56, 57
 - sleep aid, 63
- baths, for grandchildren, 279, 293, 295
- Bath-Time Blend for Psoriasis & Eczema, 56
- bathtubs and showers
 - cleaning, 148, 150, 152, 154
 - non-slip decal removal, 145
 - safety in, 145, 158–159
- battery connections, 283
- battery-powered socks and gloves, 9
- bay leaves, 139, 351
- beans, as toy, 285
- Beautiful Balancing Toner, 108
- bedbugs, 176, 177
- bedroom furniture, 165, 169
- bed sheets, 275
- beef, 94
- beer, 95, 171
- bees, attracting, 220. *See also* insect bites or stings
- beeswax, 248
- beet juice, 26
- beetles, 217, 220
- belly fat, 65
- beneficial insects, 215
- bentonite clay uses
 - foot soak, 302
 - plantar wart removal, 42
 - psoriasis and eczema relief, 56
 - skin care, 113
 - sprained ankle relief, 13
- bergamot oil, 72, 160, 272
- berries. *See also specific berries*
 - Berry-Banana Weight-Loss Blast, 64
 - Berry Delicious Digestion Helper, A, 300
 - Berry Fine Mocktail Mixer, 66
 - Berry Nutty Health Blast, A, 94
 - for detoxification, 35
- birds, 215, 336
- bird-watching, 266, 267
- blackberries, 300
- black pepper, black pepper oil, 6, 67, 160, 308
- bladder infections, 40
- bleach, 179, 255
- bleach gel pens, 185
- blood pressure control, 36–37, 40, 304

- bloodstains, 247
 - blueberry uses, 18, 78, 94, 356
 - boats, 254–257
 - body odors, 306–307
 - body washes, 117
 - boils, 44–45
 - Bombastic Backyard Volcano, A, 286
 - bone health, 89, 257
 - books, cleaning, 285
 - borax uses
 - bathroom cleaning, 144, 146, 149, 152
 - carpet cleaning, 168
 - concrete cleaning, 250
 - kitchen cleaning, 133
 - laundry aid, 182, 260
 - nail fungus relief, 99
 - trash can cleaning, 232
 - water mark removal, 225
 - wood surface cleaning, 173
 - boredom, 28, 62
 - boric acid, 324
 - botanical gardens, 214
 - Bouncing Apple Seeds, 280
 - Brain-Boosting Great-Gut Tonic, 76
 - brain health, 23, 76–77
 - bran, 30
 - Branch Basics, 244, 256
 - brass, 175
 - breathing exercises, 35
 - Breath-of-Spring Fruit-Fly Catcher, 138
 - brick surfaces, 225, 237
 - brown fat (adipose tissue), 64–65
 - brown sugar uses, 84, 213, 305
 - Bruise-Banishing Poultice, 18
 - bruises, 18–19
 - bubble baths, 279
 - bubble blowing, 291
 - bumper sticker removal, 241
 - burns, 49, 56
 - bursitis, 16–17
 - butter, 22, 107
 - butterflies, 215, 220
 - buttermilk, 196, 225, 293
 - Bye-Bye Boil Paste, 44
 - Bye-Bye Bursitis Beverage, 16
 - Bye-Bye Sunburn Blend, 48
- C**
- calcium magnesium citrate powder, 7
 - calcium supplements, 71
 - calendula uses, 53, 100, 322
 - calluses, on hands, 43, 312
 - Calming Caregiver Cocktail, A, 314
 - camping trips
 - equipment care, 266–269
 - fire starters, 273
 - pest control, 266, 270–271
 - seasons for, 269
 - Candida albicans*, 38
 - candles
 - as deodorizers, 143
 - dripless, 169
 - drips from, 168
 - as lubricant, 269
 - as tape substitute, 353
 - Canine Tummy-Trouble Tamers, 326
 - can openers, 131
 - CAPS (Certified Aging-in-Place Specialist), 134
 - capsicum. *See* cayenne
 - pepper uses
 - carbuncles, 44
 - cardboard boxes, 196–197
 - careers, post-retirement, 235, 345
 - caregiving issues
 - Alzheimer's disease, 309
 - appetite and digestion, 298–301
 - body odors, 306–307
 - classes in, 316
 - dementia, 311
 - doctor visits, 301
 - fatigue relief, 303
 - hair care, 312, 313
 - magnesium boost, 302
 - medication management, 308
 - memory aids, 309, 312
 - muscle pain or cramps, 308–310
 - oral care, 304–305
 - preparedness, 307, 311
 - skin care, 305, 312
 - storage and organization, 310
 - stress relief, for caregivers, 314–316
 - vinegar and essential oil precautions, 297
 - walker use, 312, 313
 - car insurance, 251
 - carnauba wax, 248
 - carpal tunnel syndrome (CTS), 15
 - carpet
 - choosing, 169
 - cleaning, 165, 166–168, 246–247, 328
 - Carpet Beetle Eliminator, 196
 - carpet beetles, 194, 195, 197
 - carrier oils, 20, 160. *See also specific oils*
 - carrots, carrot juice uses
 - in fortified vinegar, 356
 - as remedy, 26, 71, 79
 - carrot seed oil uses, 98, 110, 120
 - cars
 - bumper sticker removal, 241
 - caregiving supplies in, 311
 - covers for, 253
 - driving skills and safety, 244, 258
 - exterior cleaning, 248–249
 - in garages, 253
 - icy windshields, 251

- cars (*continued*)
 - interior cleaning, 242–247
 - Internet hacks for, 248
 - new car smell, 241
 - pest control, 242
 - rearview mirrors, 249
 - road trips, 261, 268
 - roof racks, 245
 - seat protectors, 275
 - tire types, 246
- car sickness, 244, 245
- castile soap uses
 - bathroom cleaning, 147, 149, 150
 - bubble baths, 279
 - car cleaning, 243
 - laundry aid, 182
 - leather cleaning, 170
 - skin care, 102, 104, 117
- castor oil uses, 43, 82, 103, 305
- caterpillars, 220
- cat litter, 236, 250
- catnip, 62, 330
- cats
 - adopting, 328
 - feeding, 321, 335
 - flea and tick control, 321, 330, 331
 - grooming, 318, 329
 - hairballs prevention, 335
 - as pests, 221
 - pill pockets for, 327
 - toys for, 329
 - urination, 329
 - weight control, 330
- cayenne pepper uses
 - appetite booster, 299
 - asthma relief, 27
 - bursitis relief, 16, 17
 - cough relief, 23
 - shingles relief, 59
- cedarwood oil
 - in dusting spray, 172
 - hair care use, 100
 - pest control uses, 196, 220
 - shelf life of, 160
 - wood floor cleaning use, 162
- celery, 356
- Certified Aging-in-Place Specialist (CAPS), 134
- CFS (chronic fatigue syndrome), 1
- chamomile uses
 - anti-aging agent, 60
 - hair care, 90, 100
 - heartburn relief, 33
 - mental health aid, 70, 72
 - pet care, 323
 - skin care, 120
- Cheery Cherry Gout Chaser, 10
- cherry concentrate, 10
- chewing gum
 - for heartburn, 33
 - removing, 167, 242
- chicken, 79
- childhood remedies, 29
- children. *See* grandchildren
- child safety
 - in driveways, 284
 - garden supply storage, 235
 - remedy use, 5
 - rubbing alcohol use, 290
 - vinegar and essential oil use, 277
- chili sauce, 233
- chives, 356
- chocolate, 11, 44
- cholesterol control, 36–37, 40
- cholesterol medications, 14
- Cholesterol-Subtraction Solution, 36
- Christmas lights, 218
- Christmas trees, 323
- chrome, cleaning, 149, 155
- chronic fatigue syndrome (CFS), 1
- cinnamon, cinnamon oil
 - blood pressure control use, 304
 - in brain-boosting tonic, 76
 - gout relief use, 11
 - in homemade toiletries, 7, 351
 - immune boosting use, 24
 - inflammation reduction use, 75
 - kitchen cleaning use, 140
 - nausea relief use, 28
 - pest control uses, 194, 220
 - ringworm relief use, 54
 - shelf life of, 160
 - skin care uses, 109, 112
- citronella oil, 160, 176, 274
- citrus fruit. *See also specific fruits*
 - for detoxification, 35
 - factoids, 105
 - infused vinegar, 127
 - kitchen cleaning use, 132
 - skin care use, 116
 - weed control use, 209
- citrus oil, 170
- clary sage oil, 70, 100, 160
- cleaning tools
 - alternative, 147, 155, 174
 - cleaning of, 124
- cleaning vinegars, 20, 121
- clove, clove oil
 - bathroom cleaning use, 141
 - denture pain relief use, 305
 - kitchen cleaning use, 140
 - pest control uses, 176, 194, 215
 - shelf life of, 160
 - shingles relief use, 58
 - sore leg relief use, 14
 - weed control uses, 208, 209
- club soda, 246, 315
- clutter control, 193, 252
- cockroaches, 138
- cocktails, 314, 354
- cocoa powder, 275
- coconut milk, 82, 312

- coconut oil uses
 - backache relief, 13
 - constipation relief, 30
 - hair care, 84, 92, 312
 - insect bite or sting relief, 51
 - nail fungus relief, 97
 - pet care, 335
 - psoriasis and eczema relief, 56
 - ringworm relief, 55
 - skin care, 106, 108, 111, 117, 305
 - teething pain, 278
 - yeast infection relief, 38
 - coconut vinegar, 74, 75
 - coffee filters, 186, 187, 191
 - coffee uses
 - fireplace cleaning, 175
 - homemade soap, 353
 - pest control, 138
 - skin care, 111, 113
 - vomit cleanup, 327
 - wood paneling repair, 163
 - coffemakers, cleaning, 134, 135
 - coins, cleaning, 273
 - colds and coughs, 22–25
 - cold sores, 45
 - collectibles, 280
 - companionship, 79
 - complaining, chronic, 70
 - compost, compost tea, 204, 205
 - computer use, 3, 15
 - concrete, cleaning, 250–251
 - congestion, 22, 24–25, 150
 - constipation, 30–31
 - container plants, 229
 - containers
 - cleanliness of, 223, 322
 - glass versus plastic, 80
 - for storing tomato sauce, 131
 - contrast therapy, 15, 17
 - cookie cutters, 349
 - cooking classes, 124, 300
 - cooking spray, 99, 155
 - cookware and tableware, 127, 133, 136–137
 - Cool Whip®, 342
 - copper, cleaning, 136–137, 273
 - cornmeal uses, 43, 250, 312, 318
 - cornstarch uses
 - baby care, 281, 293
 - baseboard cleaning, 164
 - bathroom cleaning, 154
 - cleaning gel, 124
 - glass cleaning, 161
 - hair care, 83, 275
 - homemade glue, 288
 - laundry aid, 185
 - paint and play makeup, 289
 - pet care, 329
 - shingles relief, 59
 - corn syrup uses, 28, 288, 289, 332
 - cotton balls, 273, 325
 - coughs, 22–23
 - crabgrass, 209
 - Crackerjack Car Carpet Cleaner, 246
 - Crackerjack Carpet Cleaner, 166
 - Cracks & Crevices Weed Killer, 224
 - cradle cap, 278
 - crafts and gifts
 - craft classes, 350
 - culinary products, 354–355
 - Easter eggs and baskets, 342–343
 - furniture upcycling, 344–346
 - modeling clay, 339, 345
 - painting, 340–341, 348, 349
 - skin-care products, 350–351 (see also skin care)
 - soap making, 341
 - supplies for, 338–339, 340, 347, 349, 353
 - vinegars, 356
 - cranberries, cranberry juice uses, 34, 53, 314, 352
 - crayon marks, removing, 171, 341
 - cream of tartar, 149, 152, 230
 - Cream of the Crop Immunity Booster, 78
 - Creeping Charlie, 209
 - CTS (carpal tunnel syndrome), 15
 - cucumber, cucumber juice uses, 26, 57, 177, 356
 - cut flowers, 179
 - cuts. See wound care
 - cutting boards, 125
- ## D
- dancing, 77, 154
 - dandelions, 43, 211
 - Dandruff-Defeating Rinse, 86
 - Dandy DIY Car Wax, 248
 - Dandy DIY Dryer Sheets, 186
 - Dandy Dog Ear Cleaner, 324
 - Darn Good Dashboard Cleaner, 244
 - Darn Good Wood-Dusting Spray, 172
 - Dead Sea salt, 302
 - decks and porches, 222–223, 234
 - decluttering, 193, 252
 - Deep Sleep Tincture, 62
 - dehumidifiers, 197
 - dehydration. See hydration benefits
 - deicers, 236, 237, 249
 - dementia sufferers, 311
 - dental insurance, 6
 - denture-cleaning tablets, 179
 - denture cleanser, homemade, 304
 - denture pain, 305

deodorant
 commercial products, 306
 containers from, 260, 288
 for poison ivy protection, 47
 substitute for, 268

deodorizing treatments
 bathrooms, 143, 144
 cars, 243, 245
 nurseries, 279
 old-people smells, 307
 shoes, 270
 trash cans, 232
 trunks or dressers, 195
 urine odors, 306

depression, mild, 72–73

detoxification, 34–35

diabetes precautions, 55

diapers and diaper rash, 293

diarrhea, 31, 264, 265

digestion aids, 40, 76, 300–301

dill, 322, 356

dishwashers, 130–131

dishwashing liquid uses
 bathroom cleaning, 154
 bubble blowing, 291
 carpet cleaning, 246, 328
 gardening, 202
 grill cleaning, 239
 homemade paint, 348
 kitchen cleaning, 123, 133
 laundry aid, 260, 292
 outdoor surface cleaning, 227, 234
 pest control, 138
 pet care, 318
 poison ivy rash relief, 46
 skunk-odor remedy, 238
 trash can cleaning, 232
 upholstery cleaning, 171
 wood surface cleaning, 173

Disinfecting Wound Wash, 52

DIY Decorative Paint, 348

doctor visits, 301

dogs
 bee stings in, 325
 cleaning up after, 328
 deterrents for, 323
 feeding, 319, 321, 335
 flea and tick control, 321, 322, 331
 grooming, 318, 324–325, 329
 muscle aches in, 319
 pill pockets for, 327
 skin care for, 320–322, 323
 skunk-odor remedy for, 319
 stomach upset in, 326
 weight control for, 319

Doll Duds Laundry Detergent, 282

dollhouses, 339

dolls and doll clothes, 282

doorknobs, 240

Double-Duty Trash Deodorizer, 232

Double-Play Garden Spray, 206

Double-Play Outdoor Armor, 274

douches, 38

Douse the Flames Tonic, 74

Down-Deep Oil-Stain Remover, 250

downsizing, 190, 314

drains, clogged, 130, 135, 159

drawing, for grandchildren, 291

Dr. Bronner's peppermint soap, 147, 331

Dr. Bronner's Sal Suds, 183, 244, 256

driveways and patios, 225, 235, 250, 284

driving skills and safety, 244, 258

dryer lint, 177, 339

dryer sheets, homemade,

186, 187

dry shampoo, 83, 275

dusting, 169, 172, 173

Dynamite Dacron Sail Cleaner, 256

dysentery, 264

E

earaches, 4–5

Ease Your Achin' Back Soak, 12

Easter eggs and baskets, 342–343

Easy as Pie Rejuvenating Mask, 112

Easygoing Baseboard Cleaner, 164

eating habits
 age spots and, 115
 air travel and, 261
 for hair and nail care, 94
 heartburn and, 32, 33
 psoriasis and, 57

eczema, 56–57, 59

eggs
 dyeing, 342–343
 for hair care, 85, 93
 for muscle pain, 308

elbows, rough and dark, 119

elderberries, 24, 26

elderflowers, 120

elders. *See* caregiving issues

electric shavers, cleaning, 153

electric socks and gloves, 9

electrolyte replacement, 31

embroidery thread, 339

energy levels, 68

entertainment, of
 grandchildren, 280–281, 286–291, 296

entryways, 228, 229

Epsom salts uses
 cholesterol and blood pressure control, 37

crystal growing, 281
 gardening, 217
 gout relief, 10
 magnesium booster, 19, 302
 pet care, 325
 use precaution, 302
 essential oils. *See also specific oils*
 as air fresheners or deodorizers, 143, 245, 306
 buying, 20
 car cleaning uses, 243
 cleaning properties of, 140
 containers for, 80
 in furniture polish, 192
 for gardening use, 220
 for hair care, 100
 laundry uses, 186, 187, 188
 oil-diffusing necklaces for, 67
 pest control uses, 138, 151
 shelf life of, 142, 160
 for skin care, 120
 storing, 160
 use precautions, 4, 277, 297, 317
 eucalyptus, eucalyptus oil
 hair care use, 92
 immune boosting use, 150
 insect bite or sting relief use, 50
 insect repellent use, 274
 kitchen cleaning use, 140
 leather cleaning use, 190
 pest control use, 196
 shelf life of, 160
 evaporated milk, 104, 105
 Exceptional Elderberry Elixir, 24
 exercise, as remedy
 backache relief, 13

brain health, 77
 inflammation reduction, 75
 injury prevention, 213
 stress management, 69
 Extra-Gentle Face Wash, 102
 Extra-Strength Soap Scum Remover, 154
 eye makeup, 103
 eye skin care, 111, 114

F

fabric scraps, 339
 fabric softener, 181, 189, 266
 Fabulous Foliar Fertilizer, 204
 facial products. *See skin care*
 fall prevention
 in bathrooms, 154
 rugs and, 162–163
 on stairways, 169, 192–193, 222–223, 240
 fatigue, 40, 303
 Federal Long Term Care Insurance Program (FLTCIP), 310
 Feline Flea & Tick Repellent, 330
 Fels-Naptha® soap, 260, 261
 fences, vinyl, 227
 fennel seed, fennel oil, 28, 38, 73
 fever blisters, 45
 fiberglass surfaces, 254
 fiber intake, 31, 78
 fingernail care, 94, 96–99
 finger paint, 287
 fire ants, 50
 fireplaces, 175
 fire starters, 273
 first-aid classes, 52
 first-aid kits, 232
 fish, 39, 268
 fish emulsion, 204
 flaxseed, 39, 71

flea control, 321, 330, 331
 Flee, Flies! Spray, 334
 flies, 138, 239, 332, 334
 floors
 bathroom, 145
 kitchen, 122–123, 127
 laundry room, 185
 living areas, 162–163, 165
 flour uses
 boat cleaning, 257
 brass cleaning, 175
 copper cleaning, 136
 homemade glue, 338
 homemade modeling clay, 345
 flower essence therapy, 72
 flowerpots, 207
 FLTCIP (Federal Long Term Care Insurance Program), 310
 Food-Safe Kitchen Cleaner, 126
 food storage, 129, 131, 139
 Foolproof Food-Safe Glue, 288
 foot care
 achy feet, 42
 athlete's foot, 55
 nail fungus, 96–97, 99
 plantar warts, 42
 softening treatments, 118–119
 fortified vinegar, 337, 356
 Found-Furniture Grime Remover, 344
 Fountain of Youth Bath Blend, 116
 frankincense oil
 gout relief use, 11
 plantar wart removal use, 42
 psoriasis and eczema relief use, 56
 shelf life of, 160
 skin care uses, 114, 116, 120

freckles, 115
 Fresh as a Daisy Drain
 De-Clogger, 130
 Fresh as a Daisy Floor
 Cleaner, 148
 frozen vegetables, 167
 fruit, for pest control, 178,
 212
 fruit flies, 138
 fruit juice, for plants, 205
 fungal diseases, in plants,
 213
 fungal infections, 54–55,
 96–99
 Fungus-Fighting Toenail
 Soak, 96
 furniture
 arrangement of, 18, 165
 cleaning precaution, 170
 excess, 173
 leather, 170
 outdoor, 230–231, 233
 upcycling, 344, 345
 upholstered, 168, 171
 wood, 172–173, 192

G

garages, 245, 250–253
 Garbage-Disposal Cleaning
 Cubes, 132
 Gardener's Suit of Armor, A,
 216
 garden gloves, 218
 garden kneeling bench, 219
 gardens
 attracting beneficials,
 pollinators, 215, 220
 buying plants, 203, 206,
 207
 chemical product use,
 212
 feeding and watering,
 204–205, 216
 flowerpot care, 207
 harvest from, 218
 labor-intensive tasks, 219
 pest and disease control,
 206, 212–219
 planting, 202–203, 207,
 211
 raised beds, 206
 root cuttings, 203
 soil testing, 219
 vinegar precaution, 229
 vinegar types for, 203
 weed control, 208–211
 garden tools, 203, 208
 garlic presses, 349
 garlic uses
 anti-aging agent, 60
 backache relief, 13
 blood pressure control, 37
 bursitis relief, 17
 earache relief, 4
 infused vinegar, 356
 pest control, 220
 gelatin, 287, 288, 338
 gentian, 72
 Gentle Denture Cleanser,
 304
 Gently Scented Glass
 Cleaner, 174
 geranium oil, 72, 92, 120,
 160
 gifts. *See* crafts and gifts
 gin, 210, 225
 ginger, ginger oil
 anti-aging use, 60
 as appetite stimulant,
 298, 301
 athlete's foot relief use, 55
 as digestion aid, 301
 Ginger-Peachy Stress
 Buster, A, 68
 gout relief use, 11
 immune boosting uses,
 24, 79
 shelf life of, 160
 skin care use, 112
 glass cleaners, 126, 158,
 161, 174
 glassware, cleaning, 137,
 175
 gloves
 for bathing babies, 293
 for gardening, 218
 as homemade ice pack,
 17
 for joint pain relief, 8, 9
 as sleep aid, 313
 glue
 homemade, 288, 338
 removing from hands,
 348
 glue syringes, 344
 glycerin uses
 furniture polish, 192
 homemade glue, 338
 pet care, 318
 skin care, 111, 116
 gnats, 178
 Good Killer for "Bad"
 Plants, A, 208
 gout, 10–11
 grab bars, 158, 159, 229
 grandchildren
 bathing, 279, 293, 295
 child safety, 5, 235, 277,
 284, 290
 entertaining, 280–281,
 286–291, 296
 health care, 278, 279,
 294–295
 kitchen help from,
 292
 laundry for, 292, 293,
 294
 toys, 282–285
 grandparent refresher
 classes, 289
 granite countertops, 126
 grapefruit juice, 8
 grapefruit oil, 174
 grapes, grape juice, 9,
 36, 110
 grass strains, 185
 grease stains, 243

green tea uses, 34, 106, 110, 320
 grills, cleaning, 239
 grocery shopping, 128
 group tours, 263
 grout, cleaning, 146–147
 grumpiness, in
 grandchildren, 279

H

hairbrushes, 95
 hair care
 coloring, 92
 conditioning, 92–93
 dandruff remedies, 86
 diet and, 94
 dull or damaged hair, 87
 for elderly, 312, 313
 gentle approach to, 82
 for grandchildren, 279
 graying hair, 90–91
 Hair's to Healthier Hair Blend, 312
 Hair's to More Hair Rinse, 88
 herbs and oils for, 100
 overall hair health, 89
 scalp treatments, 84–85
 shampooing, 82–83, 275
 hair conditioner, 92, 119, 262, 333
 haircuts and styles, 89, 91, 93
 hair loss, 88
 hair salon discounts, 84
 hair spray, 83, 150, 338
 Halloween, 289
 hand care, 43, 116, 119
 Hands-Off Intensive Copper Cleaner, 136
 hanging baskets, 187, 216
 hangover cure, 1

Happy Camper Fabric Refresher, 266
 Happy Holidays Cranberry Shrub, 352
 happy thoughts jar, 315
 hard hats, 199
 Hard-Hitting Sink & Tub Scrub, 150
 hardiness zones, 203
 hard water, 153, 179, 204
 headaches, 2–3
 health care. *See specific ailment or health issue*
 Healthy-Scalp Shampoo, 84
 hearing aids, 5
 hearing improvement, 315
 heartburn, 32–33
 heart health, 32, 37, 70
 heatstroke, 48
 Heavy-Duty Outdoor Window Cleaner, 228
 helichrysum oil, 17, 160
 herbs and spices. *See also specific herbs and spices*
 as anti-aging agents, 60
 buying, 20
 for hair care, 100
 herbal tinctures, 41
 for kitchen cleaning, 140
 for skin care, 120
 use precaution, 60

Here's to Your Health Detergent, 182
 Heroic Heartburn Helper, 32
 herpes simplex virus, 45
 hibiscus, 100
 high blood pressure, 36–37, 40, 304
 high chairs, 292
 high cholesterol, 36–37, 40
 Himalayan salt, 7, 31, 116
 Hip-Hip-Hooray Allergy Tonic, 26
 holy basil (*Ocimum tenuiflorum*), 5

Homegrown Harvest Bath Blend, 218
 home improvements or modifications, 144, 152, 224
 honey
 allergy relief uses, 26, 27
 as appetite stimulant, 298
 for brain health, 76
 bursitis relief use, 16
 buying, 20
 in electrolyte replacement, 31
 hair care use, 82
 headache relief use, 2
 hot water precaution, 76
 ringworm relief use, 54
 skin care uses, 102, 105, 109, 295, 305
 wound care use, 53

honeydew, 356
 hormone replacement therapy, 2
 horseflies, 332
 horseradish, 115
 horses, 332–334
 horsetail (*Equisetum arvense*), 89, 100
 horticultural vinegars, 201
 hose-end sprayers, 224
 Hot-Diggity Dyed Pasta, 290
 hotels, choosing, 276
 hot flashes, 71
 hot peppers. *See cayenne pepper uses*
 hot-pepper sauce, 15
 hot-pepper vinegar, 61
 hot tubs, 228, 229
 houseplants, 178–180
 human papillomavirus (HPV), 42
 hummingbird feeders, 215

hydration benefits
 allergy and asthma relief, 27
 hair health, 83
 headache relief, 3
 hot flash relief, 71
 overview of, 40
 pain relief, 19
 for senior care, 303
 hydrocortisone cream, 118
 hydrogen peroxide
 use precaution, 52
 uses for, 125, 149, 152
 hypothermia, 237

I

ice chests, 267
 ice cream, 273
 ice cubes, 51, 242
 ice packs, homemade, 17
 ice scrapers, 344
 icy surfaces, 236, 237
 immune boosters, 24, 74, 75, 78–79, 150
 indigestion, 300
 inflammation, chronic, 74–75
 infused vinegars. *See also specific types*
 herbs for, 60, 100, 356
 pet care use, 321
 recipe for, 81
 skin care use, 106
 weight control use, 65
 ink marks, removing, 171
 insect bites or stings
 clothing and, 272
 in dogs, 325
 treatments for, 50–51, 56, 57, 273, 274
 insecticidal soap, 206
 insect repellents, 216, 268, 270, 272, 274
 insurance claims, 199
 Intensive Vinyl Vitalizer, 234
 Internal Muscle-Misery Chaser, 310

invisible ink, 291
 iron supplements, 94

J

jewelry, 347
 jewelweed, 274
 joint pain, 8–9, 40
 jojoba oil, 110, 192
 Jumpin' Joint Juice, 8

K

Key limes, 66
 kidney infections, 40
 kitchens
 aging in place and, 122, 123, 136, 137
 appliances, 130–131, 134, 135, 137
 cabinet doors, 126
 cookware and tableware, 127, 133, 136–137
 countertops, 126, 127, 137
 cutting boards, 125
 floors, 122–123, 127
 food storage, 129, 131, 139
 garbage disposals, 132
 pest control, 138–139
 sinks and drains, 123, 130, 135
 kitchen utensils, for crafts, 349

L

label removal, 128
Lactobacillus acidophilus, 39
 ladders, for child safety, 284
 ladybugs, 176
 landscape contractors, 226, 230
 landscape design careers, 235
 laughter, 73, 296
 laundry and clothes care
 diaper care, 293

products and techniques, 181–189
 stain removal, 184–185, 189, 260, 292
 storage and pest control, 194, 196, 197
 while traveling, 260, 262
 laundry bluing, 91, 334
 laundry detergent, 182, 282, 294
 laundry equipment, 182, 200
 laundry hampers, 185
 laundry rooms, 183, 185, 187, 200
 laundry starch, 247
 lavender, lavender oil
 as anti-aging agent, 60
 bathroom cleaning uses, 144, 148
 blood pressure control use, 37
 carpet cleaning use, 166
 as deodorizer, 307
 earache relief use, 4
 hair care uses, 92, 100
 headache relief use, 3
 hot-weather relief use, 303
 insect bite or sting relief uses, 50, 51
 insect repellent uses, 216, 272
 kitchen cleaning uses, 126, 140
 laundry use, 181
 Lemony Lavender
 Fingernail Formula, 98
 pest control uses, 151, 220
 pet care uses, 321, 322, 330
 poison plant rash relief use, 46
 shelf life of, 160
 shingles relief use, 58
 skin care uses, 102, 117, 120
 as sleep aid, 63

small-quarters cleaning use, 264
 stress relief use, 70
 sunburn relief use, 48
 for wound care, 52
 lawn care, 204, 207, 208–209, 219
 laxatives, 31
 lazy Susans, 157, 169
 lead crystal, 129
 leafy green vegetables, 35
 leather cleaning, 170, 190, 243, 345
 leg cramps, 14–15
 leg pain, 14
 lemon balm, 72
 lemon eucalyptus oil, 272
 lemongrass oil, 150, 160, 270
 lemon oil uses
 bathroom cleaning, 142
 car upholstery cleaning, 242, 243
 deodorizer, 307
 drain de-clogger, 130
 dusting spray, 172
 glass cleaner, 174
 kitchen cleaning, 140
 Lemony Lavender Fingernail Formula, 98
 pest control, 214, 220
 skunk-odor remedy, 238
 Vinegar-Lemon Cleaning Gel, 124
 wood surface cleaning, 162, 222, 233
 lemons, lemon juice uses
 age spot removal, 114, 115
 appetite stimulant, 298
 bathroom cleaning, 149
 dusting cloths, 173
 electrolyte replacement, 31
 glassware cleaning, 175
 hair care, 84, 85
 headache relief, 2

homemade hair spray, 83
 immune boosting, 24
 joint pain relief, 8
 kitchen cleaning, 130, 134
 pet care, 321
 ringworm relief, 54
 silver polishing, 174
 skin care, 119
 weed control, 210
 licorice root uses, 100
 Lifelong Learning with No Tuition, 76
 Life of the Party Bug Repellent, 272
 Lighten-Up Bath-Time Recipe, 72
 lighting, 143, 195, 240
 limes, lime essential oil, 66, 272, 314
 linden flowers, 108
 linseed oil uses, 170, 175, 248, 345
 lip balm, 269
 Liven-Up-Your-Liver Libation, 34
 living areas
 fireplaces, 175
 flooring and carpet, 162–169
 furniture and accessories, 165, 169, 170–175
 houseplants, 178–180
 pest control, 176–177
 safety in, 162, 163, 169
 lobelia, 27
 long-term care insurance, 310
 lotion, homemade, 116
 Lovely Leather Cleaner, 190
 Lovely Leather Furniture Cleaner, 170
 luggage
 buying, 271
 for storage, 190, 345
 tags on, 263

M

Magical Mold & Mildew Remover, 226
 Magical Muscle-Relief Rub, 308
 Magical Mystery-Stain Remover, 168
 magnesium. *See* Epsom salts uses
 magnesium citrate powder, 8
 Magnificent Magnesium Foot Soak, 302
 makeup
 play makeup, 289
 storing, 153
 using and removing, 103–104, 107, 111, 112
 makeup brushes, 112–113
 mallow, 120
 malt vinegar, 192
 marble countertops, 126
 marble racing, 281
 marjoram, 60, 140
 marshmallow root, 100
 maxi pads, for cleaning, 174
 mayonnaise uses, 87, 93, 107
 mealybugs, 215
 medications
 caregiver management of, 308
 hair health and, 91
 herb use and, 60
 muscle pain and, 14
 pain relievers, 309
 side effects of, 29, 31, 313
 travel and, 276
 melatonin, 63
 Melissa oil, 220
 memory aids, 309
 memory improvement, 77, 180, 267
 menopause symptoms, 2, 71

mental health
 mild depression, 72–73
 stress management, 68–70, 180, 314–316
 wildlife watching and, 266
 mice and rats, 139, 177, 198, 242
 Mighty Microwave Cleaner, 134
 Mighty Safe Mouse Repellents, 198
 mildew. *See* mold and mildew removal
 milk of magnesia uses, 47
 milk uses
 baby baths, 293
 insect bite or sting relief, 51
 silver polishing, 174
 skin care, 104, 105, 113
 milky oats, 70
 mineral oil, 148
 mint uses. *See also specific types*
 fortified vinegar, 356
 hair care, 86
 insect repellent, 216
 kitchen cleaning, 140
 in mocktails, 66, 74
 pet care, 321
 skin care, 120
 yeast infection relief, 38
 mirrors, cleaning, 161
 mocktails, 66, 74, 298
 modeling clay, 339, 345
 mold and mildew removal
 bathrooms, 146, 155
 boats, 255
 clothing, 196
 garages, 252
 outdoor furniture, 231
 outdoor surfaces, 226, 227
 mosquitoes, 51, 271, 285
 moss, 211, 225

Moth-Away Cleaning Spray, 194
 mothball smell, 195
 moths
 in closets, 194, 195, 197
 in garden, 212, 220
 motion sickness, 244, 245, 265
 mouthwash
 homemade, 7
 uses for, 57, 239
 moving, 190, 313, 314
 Muddy Paw Print Remover, 328
 Multitasking Tea Rinse for Dogs, 320
 muscle pain or cramps, 9, 12–15, 308–310
 mustard, 12, 14

N

nail care, 94, 96–99
 nail polish uses, 43, 153, 291
 National Association of Productivity & Organizing Professionals, 314
 National Association of Senior Move Managers, 190
 nausea, 28–29
 Nausea-Nixing Tea, 28
 nectarines, 356
 needles, threading, 338
 neem leaves, 330
 neem oil, 217
 neroli oil, 120
 nettles, 11, 26, 100
 night-lights, 143
 night sweats, 71
 non-chemical cleaner
 concentrate, 244, 256
 Not-Just-for-Baby Wipes, 104
 Nourishing Conditioner, 92
 nutmeg, 112

O

oatmeal uses, 57, 109, 117, 305
 oil stains, on concrete, 250
 Oil-Your-Inner-Plumbing Chews, 30
 olive oil uses
 car cleaning, 244
 dusting cloths, 173
 hair care, 85, 93
 kitchen cleaning, 130
 leather cleaning, 170
 pre-shave treatment, 305
 skin care, 104, 108
 wood paneling care, 162
 One Fine Fiberglass Boat Cleaner, 254
 onion uses
 blood pressure control, 37
 carpet cleaning, 167
 diarrhea prevention, 265
 digestion and, 299
 fortified vinegar, 356
 On-the-Go Stain-Remover Stick, 260
 optimism, 78, 79
 oral care, 7, 278, 279, 304–305
 orange oil uses
 aluminum cleaning, 230
 baseboard cleaning, 164
 insect repellent, 274
 pest control, 151
 poison ivy protection, 274
 SAD relief, 72, 73
 skin care, 112
 oranges, orange juice uses
 age spot removal, 114
 bathroom cleaning, 141
 homemade toiletries, 83, 351

immune boosting, 78
 infused vinegar, 356
 joint pain relief, 8
 kitchen cleaning, 130
 nausea relief, 28
 skin care, 109
 oregano, oregano oil
 as anti-aging agent, 60
 for immune boosting, 79
 plantar wart removal use,
 42
 shelf life of, 160
 skin tag removal use, 114
 osteoarthritis, 11
 outdoor furniture, 230–231,
 233
 outdoor spaces, age-
 proofing, 226, 230, 231,
 240. *See also specific
 structures*
 ovens, 134, 135, 137

P

packing peanuts, 345
 Pack-Off Plantar Paste, 42
 paint and painting
 craft projects, 340–341,
 348, 349
 for grandchildren, 287,
 288–289, 291
 outdoor projects, 222, 227
 removing from windows,
 349
 paintbrush uses, 209, 247
 papaya, 74, 75
 papers, important, 310
 paper shopping bags, 251,
 341
 parsley, 19, 60
 passionflower, 62
 pasta, for arts and crafts, 290
 patchouli oil, 160, 220
 patios and driveways, 225,
 235, 250, 284
 patio umbrellas, 231
 peaches, 68, 356
 peanut butter, 177, 249, 327
 pears, 300, 356
 pectin, 9
 pennies, 273
 pennyroyal oil, 274
 peppercorns, 354, 356. *See
 also black pepper, black
 pepper oil*
 peppermint, peppermint oil
 as anti-aging agent, 60
 bathroom cleaning use, 152
 as deodorizer, 232
 hair care uses, 84, 88, 100
 headache relief use, 2
 hot-weather relief use, 303
 kitchen cleaning use, 140
 laundry uses, 181
 as mental health aid, 72
 muscle pain relief use, 13
 nausea relief use, 29
 pest control uses, 196,
 198, 220, 242
 poison plant rash relief
 use, 46
 shelf life of, 160
 shingles relief use, 58
 skin care use, 102
 sore leg relief use, 14
 peppermint leaves, 299, 330
 peppermint soap, 147, 331
 peppermint tea, 122, 245
 pepper vinegar, 354
 Pepto Bismol®, 47
 personal safety, 262, 263,
 270
 pessimism, 78
 pest control
 bathrooms, 150–151
 cars, 242
 essential oils for, 220
 gardens, 206, 212–219
 kitchens, 138–139
 living areas, 176–177
 outdoors, 238–239, 266,
 270–271
 in pets, 321, 322
 storage areas, 194–198
 pet care. *See also* cats; dogs;
 horses
 discounts on, 320
 safety precautions, 317,
 321, 322, 326, 327, 336
 vinegar types for, 334
 pet food, 321
 petroleum jelly, 273
 pet urine, 328–329
 phone chargers, 275
 photographs, for insurance
 claims, 199
 picnics, 267, 275
 pineapple, 75, 78
 pine cones, 143, 178
 pine oil
 bathroom cleaning use,
 150
 kitchen cleaning uses,
 128, 140
 pest control use, 220
 shelf life of, 160
 pine tar soap, 59, 331
 plantain, 50, 209
 plantar warts, 42
 plastic, versus glass, 80
 plastic bottles
 roller-ball bottles, 288,
 349
 soda bottles, 210, 271,
 281
 squeeze bottles, 348
 plastic furniture, 233
 plastic mesh bags, as
 scrubber, 155
 plastic toys, 284
 playing card holder, 311
 play jewelry, 347
 play makeup, 289
 plums, 356
 poison ivy, 46–47, 57, 274

pollinators, 215, 220
 pool noodle uses
 in cars, 245, 250
 clothes care, 187, 188
 handle padding, 209
 marble races, 281
 Pop-Up Camper Cleaner, 268
 Porcelain Perk-Up Potion,
 152
 porches and decks, 222–223,
 234
 postherpetic neuralgia, 58
 posture, and stress, 69
 potatoes
 for cut flower freshness,
 179
 as remedy, 2, 45, 303
 Potent Peppery Pleaser, A,
 354
 Powerful Painted-Porch
 Cleaner, 222
 practical cotton, 325
 propane lanterns, 267
 prunes, 30
 psoriasis, 56–57, 59
 pumpkin uses, 112, 327, 335
 puzzles, for elders, 311
 PVC pipe, 207

R

raspberry uses
 digestion aid, 300
 hair care, 94
 heartburn relief, 32
 infused vinegar, 356
 mocktails, 66
 real estate agents, 172. *See*
 also selling your home
 red wine vinegar, 37
 refrigerators, 131
 restaurant-supply stores, 133
 retirement
 benefits of, 69, 276
 boredom in, 28, 62
 ribbon, storing, 339

rice, 103, 291
 Ring-Off Ringworm Tonic, 54
 ringworm, 54–55
 Road Scholar, 272
 road trips, 261, 268
 Roll Away Earache Blend, 4
 roller-ball bottles, 4, 288, 349
 Roots-of-the-Matter Plant
 Helper, 178
 rose hips, rose hip oil uses
 allergy relief, 26
 hair care, 87
 rose vinegar, 353
 shingles relief, 59
 skin care, 120
 rosemary, rosemary oil
 age spot removal use, 115
 as anti-aging agent, 60,
 302
 bathroom cleaning uses,
 144, 148
 for brain health, 23
 congestion relief use, 22
 hair care uses, 82, 88, 100
 headache relief use, 3
 kitchen cleaning uses,
 132, 140
 pest control uses, 194, 214
 pet care use, 321
 shelf life of, 160
 skin care use, 120, 351
 yeast infection relief use, 38
 rose oil, 120
 roses, rose petals
 growing, 214
 as remedy, 8, 322
 for skin care, 350
 rose vinegar, 49, 304, 353
 rose water, 106, 107, 111
 rowing, 257
 rubber tile flooring, 122, 145,
 200, 328
 rubbing alcohol uses
 bathroom cleaning, 155
 car upholstery cleaning,
 242

child safety and, 290
 glass cleaning, 126, 161
 homemade ice pack, 17
 kitchen cleaning, 123
 pest control, 151
 as sanitizer, 96
 stain removal, 294
 swimmer's ear, 295
 use precaution, 52
 rugs
 indoor, 162–163, 167, 328
 outdoor, 226
 rum, 115, 351
 rust stains, 153, 225, 235

S

SAD (seasonal affective
 disorder), 73
 Safety Direct America, 145
 safety precautions. *See* aging
 in place; *specific topics*
 sage, sage oil uses
 anti-aging agent, 60
 bathroom cleaning, 90
 brain health, 23
 bruise treatment, 18
 congestion relief, 22
 insect repellent, 271
 kitchen cleaning, 140
 Sage Solution for Graying
 Hair, A, 90
 salad dressing, 355
 salt uses
 backache relief, 12
 bathroom cleaning, 149,
 156
 brass darkening, 175
 carpet cleaning, 168
 electrolyte replacement, 31
 hair care, 82
 homemade modeling
 clay, 345
 insect repellent, 271
 kitchen cleaning, 132,
 133, 136, 137

- oral care, 7
- pest control, 151, 218
- ringworm relief, 54, 55
- skin care, 116, 119
- toothache relief, 6, 7
- weed control, 211, 224
- sandalwood oil
 - pest control use, 220
 - shelf life of, 160
 - skin care uses, 106, 110, 116, 120
- sandwiches, 275
- sanitary napkins, for cleaning, 174
- Sanity-Saving Bug-Off Spray, 176
- sauerkraut, 33
- sawdust, 250
- Say It with Roses Bath Vinegar, 350
- scorch marks, 167, 225
- scouring rush (horsetail), 89, 100
- sculling, 257
- seashells, 280
- seasonal affective disorder (SAD), 73
- seaweed, liquid, 204
- seed sprouting, with grandchildren, 287. *See also* gardens
- self-defense classes, 262
- selling your home, 172, 193, 224
- senior care. *See* caregiving issues
- Senior Farmers' Market Nutrition Program (SFMNP), 36
- Senior-Safe Toilet Bowl Cleaner, 156
- Seniors Real Estate Specialist® (SRES), 172
- sewing supplies, 339, 347
- sexual activity, 39
- SFMNP (Senior Farmers' Market Nutrition Program), 36
- shampoo, 82, 84, 275, 318
- shavegrass (horsetail), 89, 100
- shaving aid, 305
- shaving cream, 287, 342
- shingles, 57, 58–59
- shoes
 - deodorizing, 270
 - toenail fungus and, 97
 - for travel, 263
 - winter wear, 237
- shoulder pain, 15
- shower doors and curtains, 147, 154–155, 158
- showers. *See* bathtubs and showers
- shrubs (drinking vinegars), 66, 352, 353, 354–355, 356
- shrubs (plant), 207, 217
- silica, 89
- silicon, 95
- silver, 174
- silverfish, 151
- SilverSneakers®, 12
- sinks
 - bathroom, 150, 152
 - kitchen, 123, 130
- skin care. *See also* foot care; *specific conditions*
 - age spots, 114–115
 - antioxidants for, 115
 - cleansers, 102, 105
 - commercial products, 109, 116
 - essential oils for, 120
 - exfoliating treatments, 108–109, 110, 305
 - fragile skin, 118
 - gifts to make, 350–351
 - herbs for, 120
 - makeup use and removal, 103–104, 107, 111, 112
 - masks, 112, 113
 - moisturizers, 106, 111, 116
 - multi-purpose treatments, 107
 - toners, 101, 106, 108
 - wrinkles, 110, 112
- Skin-Livening Libation, 110
- skin tags, 114, 115
- skullcap, 62
- skunk odor, 238, 319
- Skunk-Odor Eliminator, 238
- sleep aids, 62–63, 180, 313
- sleeping habits, 32, 77
- slippery elm, 30
- Small-Quarters Cleaning Infusion, 264
- smoking, smoking cessation, 67, 83
- snails and slugs, 213, 220
- soap
 - homemade, 295, 341, 353
 - as insect bite or sting relief, 51
- soap flakes, 230, 268
- socks, 9, 313
- soda pop, 44, 179
- soda pop bottles, 210, 271, 281
- Softening, Fizzy Foot Soak, 118
- soil tests, 219
- solar-powered phone chargers, 275
- Solubol dispersant, 107, 186
- Soothing Winter Skin Rinse (for dogs), 322
- spas (hot tubs), 228, 229
- spa treatments, for seniors, 104
- spearmint oil, 142, 160, 220
- spices. *See* herbs and spices; *specific spices*
- spiders, 151, 271
- splash pools, 285, 293
- sports equipment, 269
- sprains and strains, 13

- Spritz and Be Calm Blend, 70
 - squeeze bottles, 348
 - squirrels, 233
 - SRES (Seniors Real Estate Specialist®), 172
 - stainless steel, cleaning, 130, 137
 - stain removal
 - car interior, 243, 246, 247
 - carpets, 166, 168, 294
 - clothing, 184–185, 189, 260, 292, 294
 - concrete surfaces, 250
 - upholstered furniture, 171, 294
 - walls, 171
 - stairway safety
 - indoors, 163, 192–193
 - outdoors, 222–223, 240
 - State-of-the-Art Easter Eggs, 342
 - static electricity, 269
 - steel wool, 287, 346
 - stickers, homemade, 288
 - St. John's wort, 60
 - storage areas
 - accessibility, 190–191
 - air fresheners for, 191
 - bathrooms, 156–158
 - food storage, 129, 131, 139
 - laundry rooms, 187
 - pest control, 194–198
 - safety in, 195, 310
 - storage lockers, 193
 - storage sheds, 234–235
 - strawberry uses
 - cocktail, 354
 - constipation relief, 30
 - foot care, 118
 - fortified vinegar, 337
 - hair care, 93
 - immune boosting, 78
 - salad dressing, 355
 - skin care, 111
 - weight control, 64
 - Streak-Fighting Window Cleaner, 158
 - stress
 - effects of, 88, 90, 116
 - management of, 68–70, 180, 314–316
 - stuffed animals, 283
 - sugar uses
 - congestion relief, 22
 - cookware cleaning, 127
 - dandruff and, 86
 - grass strain removal, 185
 - pest control, 139, 212, 271, 332
 - skin care, 108
 - suitcases. *See* luggage
 - sunburn, 48–49, 57, 295
 - sun exposure
 - to age furniture, 347
 - as remedy, 73, 87
 - Super-Safe Craft Glue, 338
 - Super-Safe Dog Shampoo, 318
 - Super-Safe Snow & Ice Melter, 236
 - Super-Simple Grout Cleaner, 146
 - sweet potatoes, 39
 - Sweet Treat for the Not-So-Sweet, A, 212
 - Swift Relief for Sore Legs, 14
 - swimmer's ear, 5, 294, 295
 - swimming, 12
 - swimming pools, 229
 - swing sets, 283
- T**
- tangerine oil, 144
 - tarragon, 38
 - tea, 53, 163, 175. *See also*
 - green tea uses
 - tea bags, 279
 - teakettles, 136
 - tea tree oil
 - bathroom cleaning uses, 144, 147, 150, 156
 - earache relief use, 4
 - hair care use, 100
 - insect repellent use, 272
 - kitchen cleaning uses, 128, 140
 - laundry use, 184
 - makeup brush cleaning use, 113
 - mold and mildew removal uses, 226, 252
 - nail care use, 96
 - poison plant rash relief use, 46
 - shelf life of, 160
 - for wound care, 52
 - teething pain, 278
 - tendinitis, 17
 - tents, 269
 - thread spools, 347
 - thresholds, 240
 - thyme, thyme oil
 - as anti-aging agent, 60
 - as cleaning agent, 126, 140, 264
 - insect repellent use, 216
 - pest control uses, 194, 220
 - shelf life of, 160
 - skin care use, 120
 - ticks, 270, 322, 330–331
 - Tile-Floor Cleaner Concentrate, 122
 - Time-Tested Toothache Tosser, 6
 - tinctures, homemade, 41
 - Tissue Paper Paint, 340
 - toenail fungus, 96–97, 99
 - toilet paper, storing, 157
 - toilets
 - cleaning, 156, 157
 - leaky, 149
 - tomatoes, growing, 217, 355
 - tomato sauce, storing, 131
 - tonic water, 15, 309

Toodle-oo, Ticks Tonic, 270
 toolboxes, for craft supplies, 340
 tools
 for cleaning, 124, 147, 155, 174
 gardening, 203, 208
 storing in garage, 253
 toothaches, 6–7
 toothbrushes, as cleaning tool, 147, 247, 341
 tooth loss, in grandchildren, 279
 toothpaste
 as cleaning agent, 155, 328
 homemade, 7
 topical remedy precautions, 15, 52, 259
 Tough, Gentle All-Purpose Cleaner, 142
 toys, cleaning, 282–285
 trash cans, cleaning, 232
 travel
 air travel, 260, 261, 265
 clothing and shoes for, 260, 262, 263
 general tips, 276
 with grandchildren, 275, 282
 group tours, 263
 health issues, 264–265
 Road Scholar trips, 272
 road trips, 261, 268
 safety precautions, 262, 263
 valuables and, 261
 travel agents, 274
 Travelin' Wrinkle-Release Spray, 262
 trees and shrubs, 207, 217
 Triple-Threat Shingles Relief Blend, 58
 True Grit Multi-Surface Cleaner, 144
 turmeric uses, 12, 44, 90

U

Ultra-Nourishing Shampoo, 82
 Ultra-Strength Toy Cleaner, 284
 Ultra-Strong, All-Over Stain Remover, 184
 Ultra-Strong Mold & Mildew Remover, 252
 Ultra-Strong Weed Killer, 210
 upholstery cleaning, 168, 171, 242–243
 Urine-Odor Eliminator, 306
 ursolic acid, 64, 65

V

vaginal dryness, 39
 vaginal yeast infections, 38–39
 valerian root, 62
 vanilla extract, 295, 307
 varicose veins, 18, 19
 vases, 175, 179
 vegetable oil, 295, 318
 vegetable shortening, 119
 veterinary schools, 335
 Village to Village Network®, 164
 vinegar. *See also specific health, beauty, cleaning, home, family, or pet issue*
 buying, 20, 121
 containers for, 80
 infused (see infused vinegars)
 stains from, 189
 use precautions, 277, 297, 336
 Vinegar-Lemon Cleaning Gel, 124
 vinyl cleaning, 227, 234, 243
 violets, 105
 vitamin C, 8, 59, 105
 vitamin D, 87

vitamin E uses
 hair care, 82, 84
 nail care, 98
 skin care, 109, 111, 112
 sunburn relief, 48
 VOCs (volatile organic compounds), 241
 vodka uses
 air freshener, 143
 cocktail, 314
 homemade aftershave, 351
 weed control, 210
 window cleaning, 228
 volatile organic compounds (VOCs), 241
 vomit, on floors, 327
 Vomit-Stain Vanishing Spray, 294

W

wading pools, 285, 293
 walker use, 312, 313
 walking. *See exercise, as remedy*
 walls, cleaning, 171
 warts, 42–43
 washing soda uses, 144, 182, 183, 260
 wasps, 271
 wastebasket project, 341
 water. *See also hydration benefits*
 bottled versus tap, 19
 hard water, 153, 179, 204
 temperature precautions, 10, 57, 76
 wax paper, 155
 wax-resist painting, 341
 Weathered-Wood Stain, 346
 weather-related issues, 268, 303
 weed control, 208–211, 224–225
 weevils, 217, 220

- weight control
 - brown fat and, 64–65
 - housecleaning for, 148
 - as hydration benefit, 40
 - SAD and, 73
 - sleep effects on, 63
 - white vinegar. *See also specific health, beauty, cleaning, home, family, or pet issue*
 - culinary and medicinal use, 20
 - laundry use, 189
 - lawn and garden use, 203, 221
 - wildlife watching, 266
 - wild orange oil, 140
 - windburn, 57
 - windows
 - cleaning, 228, 247
 - opening, 178
 - wintergreen oil, 14
 - witch hazel uses
 - bathroom cleaning, 142
 - hot-weather relief, 303
 - pet care, 324
 - skin care, 104, 111
 - Wonderful Wood-Floor Wash, 162
 - Wonderful Wood Furniture Polish, 192
 - wood ashes, 236
 - wooden matches, 267
 - wooden toys, 284
 - wood surfaces
 - floors and steps, 162, 165, 222
 - furniture, 172–173, 192, 344
 - outdoor furniture, 231, 233
 - paneling, 162, 163
 - porches, 222
 - Weathered-Wood Stain, 346
 - Woody-Seed Success Solution, 202
 - wound care, 52–53, 56
 - wrinkles
 - clothing, 188, 262
 - skin, 110, 112
- ## Y
- Y'All Come Horsefly Traps, 332
 - yarrow, 120, 322, 351
 - yeast infections, 38–39
 - Yeast Relief Bath, 38
 - Yellow Jacket Relief Compress, 50
 - Yellow-Stain Remover, 292
 - ylang ylang oil, 100
 - yoga, 68
 - yogurt uses
 - hair care, 94
 - immune boosting, 78, 79
 - sunburn relief, 49
 - yeast infection relief, 39
- ## Z
- zippers, 269