

www.easyhomeremedy.com

1. Sore throat treatment with cinnamon

Cinnamon is regarded as an effective remedy for a sore throat resulting from a cold. One tsp of powdered cinnamon, boiled in a glass of water mixed with a pinch of pepper powder and 2 tsps of honey can be taken as a medicine in the treatment for this condition.

2. Arthritis treatment with cod liver oil

Put 2 tsps of cod liver oil in a glass of warm milk and drink twice daily. This will reduce inflammation of the joint tissue, thus reducing pain.

3. Lime for Dandruff

The use of a tsp of fresh lime juice, for the last rinse while washing the hair, is a useful remedy in the treatment of dandruff. This not only leaves the hair glowing, but also removes stickiness thus preventing dandruff.

4. Garlic for toothache

Garlic is one of the most effective home remedies for toothache. A clove of garlic with a little rock salt should be placed on the affected tooth. It will relieve pain and sometimes even cure it.

5. Hair loss treatment

A vigorous rubbing of the scalp with fingers after the washing hair with cold water proves effective in the prevention and treatment of loss of hair. The scalp should be rubbed vigorously till it starts to tingle with the heat. It will activate the sebaceous glands and energize the circulation of blood in the affected area, making the hair grow healthy.

6. Remedy for a cold

Vitamin c rich lemon juice increases body resistance, decreases toxicity and reduces the duration of the illness. One lemon should be diluted in a glass of warm water and 1 tsp of honey should be added to it. This should be taken once or twice daily.

7. Cough remedy

Grapes tone up the lungs and act as an expectorant (loosens phlegm from the lungs), relieving a simple cold or cough in a couple of days. A cup of grape juice mixed with a tsp of honey is advised for cough relief.

8. Headache treatment

Cinnamon is useful in the treatment of headaches caused by exposure to cold air. A fine paste of this spice should be prepared by mixing it with water and it should be applied over the temples and forehead to obtain relief.

www.allabouthome.com

9. Ring around the collar

Dirty neck rings around shirt or blouse collars can be removed by putting shampoo on them. Rub the shampoo in like you were washing your hair. Shampoo is specifically made to remove body oils. A cheap bottle of shampoo kept by the washing machine is handy for all kinds of stains in clothing. Don't forget this trick when you are traveling.

10. Removing Gum

Gum can be removed using ice to harden and a dull knife to remove.

11. Removing Smoke Odour

Place a bowl of vinegar out to absorb smoke odour.

12. Window Painting Tip

Newspaper strips when wetted can be used around windows when painting, in place of masking tape. Remove strips before they dry out.

13. Bathtub Rings

If a ring does form, wipe it off with undiluted ammonia (wear rubber gloves) or a wet sponge generously sprinkled with baking soda. Rinse clean and wipe dry. For a more stubborn stain, scour with automatic dishwashing detergent or rub with a cloth dipped in vinegar.

14. Cleaning Toilet Bowl

To avoid clogging and odors in the toilet bowl, pour one cup baking soda down the bowl weekly

15. Air Freshener

For immediate air freshener in the bath, add a dab of fragrance on the light bulb. When the light is on, the heat releases the aroma.

16. Freshen Drain

To freshen drain, pour 1/4 to 1/2 box of baking soda down the drain, add 1/2 cup of white vinegar. Cover drain tightly for a few minutes and flush with cold water.

17. Cleaning Shower Curtains

To remove mildew from shower curtains, wash in hot soapy water, rub with lemon juice and let the shower curtain dry in the sun.

18. Sparkling Sink

Wipe a stainless steel sink with vinegar on a cloth to make the sink sparkle.

19. Coffee Stains

To remove a coffee stain from fabric or a rug, try this - Dip a white cloth into a beaten egg yolk and rub the yolk into the stain. Then rinse with clear water.

20. Glassware

If eggs have dried on your patterned glass tableware, rub off the residue with a slice of lemon.

21. Refrigerator Odours

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odours.

22. Stuck on Food

For stuck on food on a casserole dish, try adding 2 tablespoons of baking soda and boiling water to cover the stuck on food. Let sit for a while. The dish will be much easier to clean.

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23. Refresh your carpet

Baking soda works great as a carpet deodoriser, just sprinkle onto carpet before going to bed and Hoover in the morning.

24. Garlic breath

Chew cardamom seeds in their husks until soft, swallow the seeds and throw away husks.

OR No cardamom seeds to hand - brace yourself - cut a lemon in half and chew (pith, rind and all), then swallow!

25. HAIR CONDITIONERS

- **Normal Hair** - Beat an egg with water and massage into newly washed hair. Leave for 5-10 minutes and rinse off with cool water. **DON'T USE HOT WATER UNLESS YOU WANT SCRAMBLED EGG FOR SUPPER!**
- **Dry, Lifeless Hair** - Put a couple of spoonfuls of coconut oil on the hair, massage well in and wrap hot towel round head for about half an hour. Shampoo as usual.

26. Smelly hands

To remove smells from hands use either lemon juice, vinegar or salt, rub well into hands and rinse off. Always use cold water to wash hands to prevent "setting" the odour.

However, to remove the smell of onions rub dry mustard well into the hands then rinse off.

27. Nail strengthener

Dip them into a salt solution (2 teaspoons of salt to a glass of water) for 2/3 minutes.

28. Face mask for oily skin

Take the white of an egg and mix with 4/5 drops of lemon juice. Apply to skin with brush. Leave for ten minutes and then remove with hot water.

29. Face mask for dry skin

Mix an egg yolk with one spoon of honey. Spread on face and leave for ten minutes. Rinse off with warm water.

http://www.seasonsindia.com/Beauty/darkcircles_sea.htm

30. Dark circles under the eyes

Lie down and place either, a rinsed teabag, a slice of cucumber or potato on each eyelid for about 15 minutes.