



## Bi-Carb Soda - White Magic!

Refined from a natural substance, Sodium Bicarbonate, or baking soda, is a helper that no home should be without. Environmentally friendly, cheap, incredibly versatile and even edible, this amazing white powder is an anti-bacterial agent that can clean, deodorise, remove stains and make cakes and scones rise. Here are some uses we've tried that worked for us:

To remove burnt-on food from steel pans, pour in cold water to cover the deposit, add 1-2 tablespoons of Bi-Carb (depending on the pan size) and boil for 5 minutes. Allow to cool, then agitate to lift the burnt layer - it just floats off, and you won't even need a scourer!

Neutralise car battery-acid, corrosion around the terminals and surrounding areas. Park the car on a surface that can be hosed off afterwards - not on the lawn, unless you want to kill it! Boil a full jug of water and tip it immediately into a plastic bucket. Carefully add half a cup of Bi-Carb, stir, then pour gently over the affected parts (making sure it doesn't end up on your shoes!). It will instantly react with the acid and bubble it away. Hose off all surfaces well.

Wipe the inside of the fridge and freezer using a damp cloth sprinkled with Bi-Carb. Leave on for a few minutes, then wipe off using clean water. This will remove stains, kill bacteria and deodorise the cabinets.

The Australian manufacturer M<sup>c</sup>Kenzie's Foods couldn't legally approve the above usage which was based on our personal experience; however, they kindly granted us permission to use their name and publish this direct quote from the side of a M<sup>c</sup>Kenzie's Bi-Carb Soda packet:

### For your home

Deodorise the whole house! Sprinkle carpets with M<sup>c</sup>Kenzie's Bi-Carb Soda, leave a few minutes and then vacuum. For everyday freshness, fill a small container and leave in the fridge to absorb food odours. Restore life to stained tea/coffee cups - apply to a damp cloth and rub away. Freshen sinks by slowly pouring half a cup down the drain together with warm tap water.

### For your family

Smelly shoes? Pour in a little and leave for 2-3 days to absorb odours. To clean oily stains from concrete driveways, sprinkle over and scrub with a wet brush. Add half a cup to the laundry rinse cycle to give towels and linens a breezy freshness.

### For your body

For a refreshing bath soak, dissolve half a cup of M<sup>c</sup>Kenzie's Bi-Carb Soda in your bath. Your skin will be left feeling silky smooth.



For more information, go to:  
[www.mckenziefoods.com.au](http://www.mckenziefoods.com.au)

**Exclusive to Australian Facebook members Only.** In celebration of their 160<sup>th</sup> birthday, M<sup>c</sup>Kenzie's Foods are offering a **FREE booklet**, "160 Bi-Carb Soda tips and uses". To get your copy, go to [http://www.facebook.com/McKenziesFoods/app\\_356909061055884](http://www.facebook.com/McKenziesFoods/app_356909061055884), and **Like It**. Then simply fill in the form to receive the booklet by snail mail.