Vinegar In All Its Wonder



"Nothing great is created suddenly, any more than a bunch of grapes or a fig.

If you tell me that you desire a fig.

I answer you that there must be time.

Let it first blossom, then bear fruit, then ripen."

Epictetus

Vinegar is a liquid substance consisting mainly of acetic acid and water. The acetic acid is produced through the fermentation of ethanol by acetic acid bacteria. It is today mainly used in the kitchen, but historically, as the most easily available mild acid, it had a great variety of industrial, medical and domestic uses. Commercial vinegar today, is produced either by fast or slow fermentation processes.



In today's perceived 'time pressed' world, many of its great uses have been forgotten. However, since the 'silent economic depression' seems to be dragging on, vinegar is again being used in place of the newer more expensive products and since vinegar has a almost limitless shelf life, it is a great, inexpensive item for long term emergency storage.





Unopened bottles of vinegar can be stored indefinitely. Producers recommend that opened bottles should be used up within 6 months to enjoy peak flavor; although many (including me) have kept vinegars much longer than that (years!). All bottles should be kept in a cool, dark place - including those gourmet bottles with sprigs of herbs inside. You need to choose if they'll be food or decor, since daily exposure to bright light can alter the flavor over time.

"The trees that are slow to grow bear the best fruit." Molière

Remember long term storage for most things (especially food and medical items) need cool, dry, dark places. The opposite of what is generally needed to grown them.



While most people think of vinegar as something that is made from wine, it can be made from the fermented juices of virtually any plant material, including rice, grain and fruit. Thus, while European vinegar is basically an alcoholic beverage that has gone sour (the word vinegar that we use today is French for sour wine vin is wine and aigre means sour), around the world vinegars are made from a broad variety of bases. aderweep



Basically, any liquid containing sugar and starch can conceivably be made into vinegar once alcohol fermentation has begun. Different cultures make vinegars made from their local produce, fermenting dates, honey, raisins, rose petals, sorghum and sugar cane.



Read on for some facts, history, uses and how-to's on the Wonderful World of Vinegar!



International Vinegar Festival

There is a museum and festival devoted to vinegar, both in Roslyn, South Dakota. (International Vinegar Museum

Museum
http://vinegarman.com/Museum1.shtml;
International Vinegar Festival
http://vinegarman.com/VinegarFestival.shtml



Whatever language one speaks, cultures the world over use vinegar in meals as part of marinades, sauces, salsas, mustards, ketchups, relishes, chutneys, sambals, jellies, jams and preserves - not to mention as a cleaning agent, disinfectant and medical treatment.

"Patience and diligence, like faith, remove mountains." William Penn

Vinegar was an accident centuries ago. The ancients discovered that grape juice when left undisturbed turned to wine. Then when wine is left undisturbed it turned into vinegar. One can speculate from ancient writings that the discovery of vinegar was not initially taken as a good thing. We humans are not all the ignorant and we soon discovered that vinegar worked great at cleaning many things. It also seemed to preserve some foods so that they lasted longer.



How far back does vinegar go? Well, written records were not kept until about 5000BC, however oral and pictorial records indicate that about 10,000 years ago, the Sumerians (a civilization of ancient Babylonia) vinegar as a condiment, cleaning agent and food preservative. Caesar's army used it as a beverage and to dip bread into.





Vinegar residues have been found in urns from ancient Egypt and have been traced to 3000 BC.



1000 BC. In ancient Rome different types of vinegar were made from wine, dates, figs and other fruits and placed in bowls for the dunking of bread.



Neolithic Chinese Storage Urn

The first written history of vinegar in China dates to 1200 BC. The making of rice vinegar in China goes back 3000 years.



The Japanese samurai (794-1185) believed drinking a rice vinegar drink would boost their strength and they drank it regularly.



Around 40 BC legend has it that the Egyptian queen, Cleopatra, demonstrated its solvency powers by dissolving precious pearls in vinegar to win a wager Roman general Mark Anthony, that she could consume a fortune in a single meal.



Helen of Troy apparently bathed in vinegar to relax.



Hannibal, the famous African General, used vinegar to help his army cross the Alps. Vinegar was used by the Carthaginian general Hannibal (famous African General) when he crossed the Alps with elephants to invade Italy in 218 BC. It was poured over hot boulders to crumble them, to allow his troops to march through.

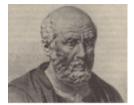


According to the writings of Titus Livius, a historian who lived around the time of Christ, obstructive boulders were heated and drenched in vinegar. This action cracked the boulders into small pieces, allowing them to be easily moved away.

"Patience and fortitude conquer all things" Ralph Waldo Emerson quotes (American Poet, Lecturer and Essayist, 1803-1882)

There is even mention of vinegar in both the Old and New Testaments of the Bible; used as a condiment, a wound cleaning agent and Jesus using it as a beverage before his crucifixion. Vinegar is also mentioned in the Talmud where it is called for to make haroseth in Pesachim.

During biblical times, vinegar was used to flavor foods, drunk as an energizing drink, and used as a medicine. It's mentioned in both the old and new testaments. In the Book of Ruth (Ruth 2:14), after working hard gleaning barley in the fields, Ruth was invited by Boaz to eat bread and dip it in vinegar.



Vinegar became one of our first medicines around 400 BC. Hippocrates, a Greek physician and writer, known as the father of medicine, extolled vinegar's therapeutic qualities. He prescribed drinking vinegar to his patients for many ailments.



During the Middle Ages (apx 1066 - 1485), vinegar, along with an abrasive material such as sand, was used to clean and polish flexible mail armor. Alchemists of the time used would pour it over lead, to make a sweet tasting substance they called "sugar of lead", which was used well into the nineteenth century to smooth and sweeten a harsh cider. Unfortunately lead acetate is also very poisonous and it caused the early death of many a European cider drinker. Hence, Vinegar should never be stored in metallic containers made from lead, copper, or iron nor in crystal glass, which contains a high level of lead.



Louis XIII of France (1601-1643) is reported to have paid 1.3 million francs for the vinegar used to cool the cannons of his army during just one of his many battles. Vinegar, when applied to the hot iron cannons not only cooled them but helped clean the surface metal while inhibiting rust formation.



During the Black Plague (Bubonic) in Europe (apx 1347 - 1771), thieves poured vinegar over their skin to protect themselves from germs before robbing the dead. They called it "**Thieves Vinegar**".



In 1721, when the Bubonic Plague hit many French cities so hard that all the dead could not be decently buried; the French authorities released condemned convicts from prison to help bury the highly infectious corpses. According to legend, while most died, one team of four convicted thieves managed to survive by drinking daily large amounts of vinegar infused with garlic. As a result vinegar steeped in garlic is still sold today as *four thieves vinegar*. When they were finally caught, the police promised to spare their lives if they would tell their secret for avoiding contracting the plague. They supplied the following recipe:

Vinegar of the Four Thieves or Vinaigre des quatre voleurs

VINEGAR OF THE FOUR THIEVES Take lavender, rosemary, sage, wormwood, rue, and mint of each a large handful; put them in a pot of earthen ware, pour on them four quarts of very strong vinegar, cover the pot closely, and put a board on the top; keep it in the hottest sun two weeks, then strain and bottle it, putting in each bottle a clove of garlic. When it has settled in the bottle and become clear, pour it off gently; do this until you get it all free from sediment. The proper time to make it is when the herbs are in full vigour, in June. This vinegar is very refreshing in crowded rooms, in the apartments of the sick; and is peculiarly grateful when sprinkled about the house in damp weather [from *The Virginia Housewife*, 1838]

Or

"Ce vinaigre était composé de 1 gallon de vinaigre de vin rouge, 1½ once de rue, sauge, menthe, romarin, absinthe et 2 onces de fleurs de lavande, ½ once de camphre et ¼ d'once de cannelle, clou de girofle et ail. Utilisée en salade ou en aromate, la rue est abortive et ne doit pas être consommée par les femmes enceintes. Parfois mortelle : la fille de Titus serait morte d'en avoit trop consommé."

Of course, they hung them afterwards anyway — thus sowing the seeds of vinegar's debasement and decline.



Balsamic vinegar production at Villa Gaidello, a working farm organic farm in Italy's Po River Valley between Modena and Bologna.

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"If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent."

Isaac Newton (1642 - 1727)

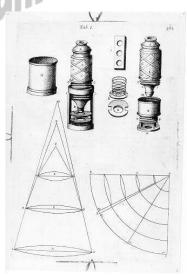
Vinegar first went 'commercial' in 1394, when a group of French vintners developed a continuous method for making vinegar called the **Orleans method**. In this method, oak barrels were used as fermentation vessels and the vinegar was siphoned off through a spigot at the bottom of the barrel. About 15% of the vinegar was left behind which contained the "mother of vinegar" and its concentrated bacteria floating on top. A new batch of cider or wine was carefully added to the barrel and was quick started by the remaining vinegar. The French vintners formed a guild of master vinegar makers, and using this Orleans method, they were better able to supply the lucrative vinegar market.



Producing Black Vinegar at Fukuyama

The vinegar industry in Europe flourished during the renaissance (1400 - early 1600's) and many flavored vinegars were made with various spices, herbs, fruits and even flowers. By the eighteenth century (1701 - 1800 in the Gregorian calendar) there were over one hundred varieties of infused vinegars available.





Kircher's microscope from Ars Magna Lucis

The 17th century German Jesuit scholar who published around 40 works Athanasius Kircher (1601 or 1602 – 1680), in one of the first uses of the microscope, discovered vinegar to be teeming with "worms" - what he was really seeing were fermentation bacteria.



During the seventeenth century (1601 - 1700) in Europe and England vinegar was used as a deodorizer. Citizens held sponges soaked in vinegar to their noses to reduce the smell of raw sewage in the streets. Women conveniently carried vinegar-laden sponges in small silver boxes called vinaigrettes and men stored them in their walking canes.

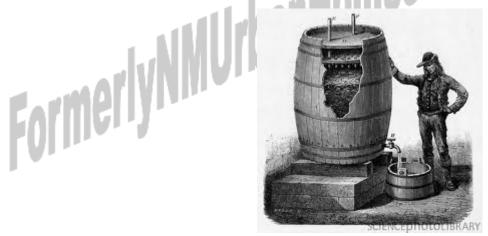
The powerful British Navy used vinegar to preserve food during long sea voyages and to clean the decks of their ships.

"He that can have Patience, can have what he will" Benjamin Franklin

(American Statesman, Scientist, Philosopher, Printer, Writer and Inventor. 1706-1790)

John Adams (1735-1826), the second president of the United States drank apple cider every morning for breakfast to show how the components of apple cider vinegar may support longer life.

Vinegar is credited with saving the lives of thousands of soldiers during the U.S. Civil War (April 12, 1861 – April 9, 1865 [last shot fired June 22, 1865]). It was routinely used as a disinfectant on wounds.



Vinegar production, 19th century cutaway

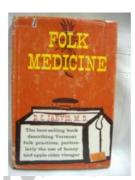
In 1909 Dr Jarvis began studying herbal medicines and folk remedies after he started practicing medicine. He helped to treat people with apple cider vinegar for a variety of ailments.

In 1912 Dr Alexis Carrel began an experiment that successfully kept cells of an embryo chicken heart alive for 30 years, thus showing the importance of apple cider vinegar in health and longevity.

During World War I (1914-1919) vinegar was used to treat wounds on the battlefields and as an insect repellant.



By the 1920s, apple cider vinegar was made and drunk more than any other fruit juice in the US, implying that apple cider vinegar provides vim and vigor.



The book *Folk Medicine: A Vermont Doctor's Guide to Good Health* was published in 1958. The book chronicled the apple cider vinegar remedies studied by Dr Jarvis.



On January 17th, 1968 **The Vinegar Institute** (http://www.versatilevinegar.org/) began to help vinegar producers protect their rights.

This industry association was founded in 1945 by a group of Mid-Western apple cider vinegar manufacturers known as the Apple Cider Vinegar Association. Reorganized in 1955 as the Vinegar Institute, and again in 1967, membership has grown so that today it represents companies that produce the majority of the vinegar manufactured in the United States. The organization also represents international members in numerous countries, such as Argentina, Brazil, Canada, Germany, Panama and Sri Lanka, to name a few.

In 1967, Bill Richter, a vinegar manufacturer, felt the time had come to form an organization that would represent all types of vinegar manufacturers and bottlers from all over the country and not limit interest to apple cider vinegar. Bill's father, Oscar A. Richter, was President of the Apple Cider Vinegar Association. The Institute is now composed of manufacturers and/or bottlers of all kinds of vinegars, as well as suppliers to the industry, such as ingredients, packaging and equipment.

The primary mission of the Institute continues to be coordination of activities among the members with the goal of continuing to ensure the highest quality vinegar to consumers and increases its awareness.

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The Vinegar Institute acts as the voice of, and spokesman for, the vinegar industry.

An integral part of the Institute is the Scientific Committee, which is comprised of technical representatives from the member companies. The Committee is constantly involved in projects that will benefit the industry. One of the most significant contributions of this group was the adoption in November 1974 of specifications for white, cider and wine vinegar. Prior to that time, the only recognized definitions for vinegars were those based on The Food and Drug Administration's guidelines which were originally created in 1906.

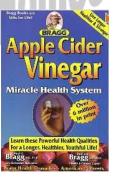
A Promotion Committee was formed in 2002 to explore promotion opportunities with an eye toward increasing vinegar consumption in a manner to benefit all VI members.



Typical Emilian countryside

Balsamic vinegar from the provinces of Modena and Reggio Emilia, Italy was introduced to America in 1973 by Marcella Hazen, a cooking teacher and author.





Self-help books in the 1990s, such as *Apple Cider Vinegar: Miracle Health System*, helped people see additional ways to live healthier lives.



The International Vinegar Museum was opened on June 4th, 1999 in Roslyn, South Dakota to assist in informing people about the benefits of vinegar.

"Patience is the best remedy for every trouble." Titus Maccius Plautus (254 BC - 184 BC), Rudens

Twenty-first century (2001-2100) industry uses vinegar in a range of different ways; vinegar is used to reduce microorganisms in slaughter houses and poultry plants to the cleaning of equipment in the construction industry.



?r.weebly.com Purification and concentration plant for acetic acid in 1884

Vinegar history provides many examples of this liquid's usefulness to everyday soldiers. Diluted vinegar has been used as a strengthening and energizing tonic by the military throughout the ages. Roman soldiers called this refreshing drink "posca" and used it regularly as did the Japanese samurai. The addition of vinegar to drinking water had the additional benefit of killing any infectious agents that might have been present.

Throughout history the antiseptic nature of vinegar has been used to clean and disinfect soldier's wounds and thus speed up wound healing. Apple cider vinegar was used to this effect during the American civil war and as late as world war one.

"Adopt the pace of nature: her secret is patience." Ralph Waldo Emerson



What is vinegar Made From?

It can be made from just about any fruit or vegetable and grains — anything that has enough natural sugar or starch to convert to sugar. As we discussed earlier, these sugars convert to alcohol. So vinegar is essentially made from a variety of diluted alcohol products, the most common being wine, beer and rice. Balsamic vinegar is made from the Trebbiano and Lambrusco grapes of Italy's Emilia-Romagna region. Some distilled vinegars are made from wood products such as beech.

Acetobacters are microscopic bacteria that live on oxygen bubbles. Whereas the fermentation of grapes or hops to make wine or beer occurs in the *absence* of oxygen, the process of making vinegars *relies on oxygen's presence*. In the natural processes, the acetobacters are allowed to grow over time. In the vinegar factory, this process is induced by feeding acetozym nutrients into the tanks of alcohol.

Herbs and fruits are often used to flavor vinegar. Commonly used herbs include tarragon, garlic, and basil. Popular fruits include raspberries, cherries, and lemons.

The Astringency of Vinegar can affect its taste. The "sourness" or acidic astringency of vinegar is determined by the amount of acetic acid produced during the chemical reaction. The amount and intensity of the acid, in turn, depend upon what ingredient was used to make the vinegar. On the tartness scale:

- Distilled white vinegars are always the strongest and most astringent
- Wine vinegars come in second
- Beer and cider vinegars and malt vinegar fall somewhere in the middle
- Rice wine vinegars are milder
- Balsamic vinegars are the most mellow

Which means that the quality of the ingredients, the processing style, the aging and the bottling will affect the ultimate taste of the vinegar; so the tartness ranking is actually relative.





Mother of vinegar - also called Mycoderma aceti (a New Latin expression, from the Greek μὑκης (fungus) plus δέρμα (skin), and the Latin aceti (of the acid) - is a substance composed of a form of cellulose and acetic acid bacteria that develops on fermenting alcoholic liquids, which turns alcohol into acetic acid with the help of oxygen from the air. It is added to wine, cider, or other alcoholic liquids to produce vinegar.



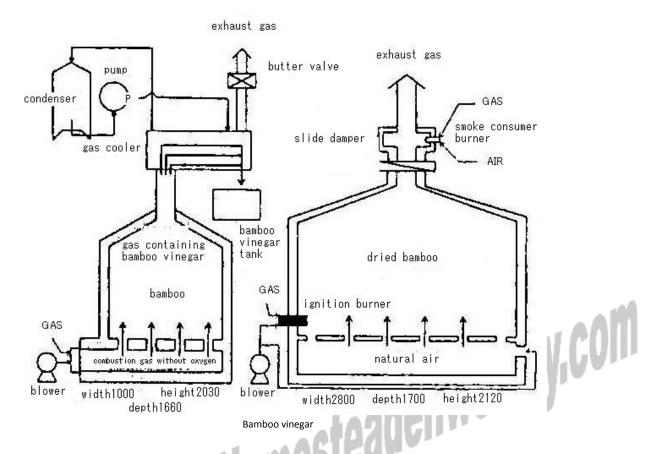
Mother of vinegar is that gooey film that appears on the surface of the alcohol product as it is converted to vinegar. It is a natural carbohydrate called cellulose. This film holds the highest concentration of acetobacters. It is skimmed off the top and added to subsequent batches of alcohol to speed the formation of vinegar. Acetozym nutrients are manmade mother of vinegar in a powdered form.

Mother of vinegar can also form in store-bought vinegar if there is some non-fermented sugar and/or alcohol contained in the vinegar. This is more common in unpasteurized vinegar. While not appetizing in appearance, mother of vinegar is completely harmless and the surrounding vinegar does not have to be discarded because of it. It can be filtered out using a coffee filter, used to start a bottle of vinegar, or simply left in and ignored.

"All things come round to him who will but wait." Henry Wadsworth Longfellow

Vinegar is not really hard to make, it does however take time. By simply letting wine, fresh uncooked apple cider or fruit juice stay uncorked, you will have vinegar in about a week or so.

Vinegar can be produced or generated in a number of different ways. It can take months with a hit-ormiss outcome; so by 2000 B.C.E., much vinegar was produced commercially by vinegar "masters." Even so, success was not guaranteed. It was not until medieval times in Orléans, France, that a method was perfected, still used today for low-volume, high-quality batches.



In general, slow methods are used with traditional vinegars, and fermentation proceeds slowly over the course of weeks or months. The longer fermentation period allows for the accumulation of a nontoxic slime composed of acetic acid bacteria.

Fast methods add mother of vinegar (i.e., bacterial culture) to the source liquid before adding air using a venturi pump system or a turbine to promote oxygenation to obtain the fastest fermentation. In fast production processes, vinegar may be produced in a period ranging from 20 hours to three days.



The Classic Orléans Method

The Orléans Method involves placing a barrel on its side, filled to the three-quarter mark with diluted wine or beer and the all-important vinegar starter, or "mother" (mère de vinaigre) from a previous batch.*

Two large holes on either side of the barrel admit the oxygen required for the chemical reaction. They are covered with screens to keep curious critters away during the initial aging period, during which time the barrel sits inert for two to three months at about 85°F. Then the entire content minus 10% or so (which is used as starter for the next batch) is poured through a spigot inserted into one of the two holes and bottled.

*The "mother" is a film of living bacteria on the surface of the liquid being soured. Mother can also grow in bottles of vinegar at home, especially those that have been sitting for a long time in a warm, dark environment. While unattractive, mother is harmless and believed to be beneficial to digestion. Refrigerating vinegar will slow or stop the formation of the mother. You can decant vinegar into another bottle, clean the bottle with the mother, and pour the vinegar back in.

The Modern Orleans method

- 1. Wooden barrels are laid on their sides. Bungholes are drilled into the top side and plugged with stoppers. Holes are also drilled into the ends of the barrels.
- 2. The alcohol is poured into the barrel via long-necked funnels inserted into the bungholes. Mother of vinegar is added at this point. The barrel is filled to a level just below the holes on the ends. Netting or screens are placed over the holes to prevent insects from getting into the barrels.
- 3. The filled barrels are allowed to sit for several months. The room temperature is kept at approximately 85°F (29°C). Samples are taken periodically by inserting a spigot into the side holes and drawing liquid off. When the alcohol has converted to vinegar, it is drawn off through the spigot. About 15% of the liquid is left in the barrel to blend with the next batch.

"Patience is bitter, but its fruit is sweet. " Jean Jacques Rousseau

The submerged fermentation method

- 1. The submerged fermentation method is commonly used in the production of wine vinegars. Production plants are filled with large stainless steel tanks called acetators. The acetators are fitted with centrifugal pumps in the bottom that pump air bubbles into the tank in much the same way that an aquarium pump does.
- 2. As the pump stirs the alcohol, acetozym nutrients are piped into the tank. The nutrients spur the growth of acetobacters on the oxygen bubbles. A heater in the tank keeps the temperature between 80 and 100°F (26-38°C).
- 3. Within a matter of hours, the alcohol product has been converted into vinegar. The vinegar is piped from the acetators to a plate-and-frame filtering machine. The stainless steel plates press the alcohol through paper filters to remove any sediment, usually about 3% of the total product. The sediment is flushed into a drain while the filtered vinegar moves to the dilution station.

The generator method

- 1. Distilled and industrial vinegars are often produced via the generator method. Tall oak vats are filled with vinegar-moistened beechwood shavings, charcoal, or grape pulp. The alcohol product is poured into the top of the vat and slowly drips down through the fillings.
- 2. Oxygen is allowed into the vats in two ways. One is through bungholes that have been punched into the sides of the vats. The second is through the perforated bottoms of the vats. An air compressor blows air through the holes.

- 3. When the alcohol product reaches the bottom of the vat, usually within in a span of several days to several weeks, it has converted to vinegar. It is poured off from the bottom of the vat into storage tanks. The vinegar produced in this method has a very high acetic acid content, often as high as 14%, and must be diluted with water to bring its acetic acid content to a range of 5-6%.
- 4. To produce distilled vinegar, the diluted liquid is poured into a boiler and brought to its boiling point. A vapor rises from the liquid and is collected in a condenser. It then cools and becomes liquid again. This liquid is then bottled as distilled vinegar.

Bascsamic vinegar

- 1. The production of balsamic vinegar most closely resembles the production of fine wine. In order to bear the name balsamic, the vinegar must be made from the juices of the Trebbiano and Lambrusco grapes. The juice is blended and boiled over a fire. It is then poured into barrels of oak, chestnut, cherry, mulberry, and ash.
- 2. The juice is allowed to age, ferment, and condense for five years. At the beginning of each year, the aging liquid is mixed with younger vinegars and placed in a series of smaller barrels. The finished product absorbs aroma from the oak and color from the chestnut.

"Nature thrives on patience; man on impatience.' Paul Boese

Quality Control

The growing of acetobacters, the bacteria that creates vinegar, requires vigilance. In the Orleans Method, bungholes must be checked routinely to ensure that insects have not penetrated the netting. In the generator method, great care is taken to keep the temperature inside the tanks in the 80-100°F range (26-38°C). Workers routinely check the thermostats on the tanks. Because a loss of electricity could kill the acetobacters within seconds, many vinegar plants have backup systems to produce electrical power in the event of a blackout.

Byproducts/Waste

Vinegar production results in very little by-products or waste. In fact, the alcohol product is often the by-product of other processes such as winemaking and baker's yeast.

Some sediment will result from the submerged fermentation method. This sediment is biodegradable and can be flushed down a drain for disposal.

Modern Vinegar Production

More modern (read: artificially accelerated and cost-effective) techniques for generating vinegar involve replacing the wooden barrel altogether. Mass production employs a giant vat into which a lesser quality wine is sent via a funnel lined with wood chips, called "trickling." This setup allows the wine to pick up wood flavor nuances while exposing the mixture to much more oxygen as it makes its way down. The technique decreases the average production time from months to days.

"Genius is nothing but a great aptitude for patience."

George-Louis de Buffon

Not all aerobic bacteria produce good tasting vinegar. If you want to make great tasting vinegar, purchase a ready made vinegar starter called a "mother" or make one properly.

The Future

By the end of the twentieth century, grocery stores in the United States were posting \$200 million in vinegar sales. White distilled vinegar garners the largest percentage of the market, followed in order by cider, red wine, balsamic, and rice. Balsamic vinegar is the fastest growing type. In addition to its continued popularity as a condiment, vinegar is also widely used as a cleaning agent.

Some Types of Vinegar



Distilled or White Vinegar is made from grains. It is also known as spirit or 'virgin' vinegar, is made from distilled alcohol.

Colorless and strong in scent and astringency (5% to 8%), it should not be used as a table vinegar, but for pickling and canning; , as well as in cooking, baking, meat preservation, and pickling; or as a household cleaner (it's great for cleaning non-porous surfaces such as glass, and for removing calcium deposits from the coffee maker).

Distilled vinegar also can be used as a detergent and a disinfectant. Heloise has many household hints for it, vinegar has even more uses than baking soda. People who use it as an all-purpose vinegar on food either have a iron palate or a strong preference for things sour; Known to be used for medicinal, laboratory and cleaning purposes.

The term 'spirit vinegar' is sometimes reserved for the stronger variety (5% to 20% acetic acid) made from sugar cane or from chemically produced acetic acid.

It is the most common starting material, because of its low cost, is malt vinegar.

Cider Vinegar substitutes malt with apple cider, or more often these days with apple mash*, results in honeycolored cider vinegar. Some discriminating noses can actually taste or sense hints of apple in higher quality cider vinegars. The product, which is often used to pickle fruit, usually is filtered. However, unfiltered vinegar is made from unfiltered organic cider. If you believe that drinking vinegar is good for your health, this is your product. It is a popular choice for dressings for fruit and vegetable salads, marinades, and for making chutneys.

*There are different definitions of mash related to alcohol. Generally, it is a fermentable starchy mixture from which alcohol or spirits can be distilled. In this case, it is the mixture of alcohol that is being fermented into vinegar.



Cider Vinegar



Red Wine Vinegar

Wine Vinegars are mostly made from red and white wine, there are specialty variations like champagne and sherry vinegars. As with wine, red wine vinegar is aged longer (up to 2) years), while white wine can be aged for as briefly as a few weeks. Red wine vinegars tend to have more roundness of flavor, but white wine vinegars are better suited for lighter colored sauces and other dishes where the red color would be intrusive.

It follows that the higher quality wine used, the better the taste of the vinegar; and the producers of better wine vinegars describe their vinegars as "subtle" and "complex." Vanity wine vinegars are those made from specific varietals: Cabernet Sauvignon, Pinot Noir, Merlot, Zinfandel, Chardonnay, et al. Using a varietal wine creates a higher-caliber and more expensive product.

White wine vinegar is a staple of French cuisine, for hollandaise and béarnaise sauces, fish marinades and for deglazing. It can be used to bring out the sweetness fruit (e.g. strawberries and melons) and to



White Wine Vinegar

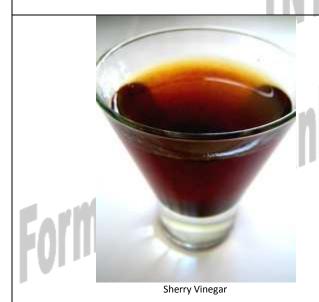
replace cream, butter and salt, adding flavors without calories and sodium.

Rice Wine Vinegar (White, Black and Red) is generally milder than other vinegars. It is made from rice wine (dah). Popular in rice-growing regions, especially China and Japan, these vinegars are made from fermented rice or fermented rice wine. Chinese rice vinegars are usually stronger and darker than those of Japan, which are relatively mild and mellow.

Just as with grapes, rice comes in multiple colors and its color will dictate the vinegar's color. Black rice vinegars are smoky and best for braising meat. Red rice vinegars have tart and sweet qualities, and are used in soups and with seafood. White rice vinegars are mild and soft. Use them in salad dressings, sauces, or as condiments on fish, vegetables and grain dishes.



Red Rice Vinegar



Sherry Vinegar is made like sherry from a blend of different wines, authentic sherry vinegar is made in Spain using the solera style of aging, fermented for years in a series of increasingly smaller oak barrels. This long aging process and artisan technique commands a higher price tag than most other vinegars. A dark, intensely-flavored vinegar with a sweet finish, sherry vinegar is used like fine balsamic to add a gourmet touch to dishes. Like the wine, the vinegar induces a connoisseur's vocabulary: the attributes "fat" and "rich" are often given to vinegars made from sherry, and a fine product's complexity can be considered "mellow." There are many gourmet recipes for sherry vinegar; it should also be used with salads featuring cheese.

Champagne Vinegar is made from the grapes of the Champagne region of France (the grapes are Chardonnay and/or Pinot Noir), Champagne vinegar is considerably more expensive than regular white wine vinegar. It is also is far more refined in taste, and should be used in delicate preparations, such as white sauces, fine salad dressings or mignonette sauce for oysters, where the flavor of the vinegar can shine through.



Vinegar made from beer is produced in the United Kingdom, Germany, Austria, and the Netherlands. Although its flavor depends on the particular type of beer from which it is made, it is often described as having a malty taste. That produced in Bavaria is a light golden color with a very sharp and not-overly-complex flavor.



Malt Vinegar is made from sprouted barley, like an unhopped beer solution and aged before being bottled. A key ingredient used in the brewing of beer, malt can be used as the base of vinegar, which is made in the same manner as mass-produced wine vinegars. The resulting flavor is distinctive and the vinegar can be strong. As such, malt vinegar is used most often for pickling or as condiment. The British and Canadians use it instead of ketchup to complement French fries and other vegetables.

Balsamic Vinegar is different in that it is made from grape juice that has been boiled down and concentrated rather than wine. The tradition of balsamic vinegar-making in Modena, Italy has not changed in 600 years. Trebbiano grapes are boiled down to a near-syrup and go through multiple fermentations and lengthy maturation periods. The finest, which must be judged and given a seal of approval, are called tradizionale. The oldest tradizionale, exquisitely complex, syrup-like and so rare that they are doled out with medicine droppers, can be 80 or 100 years old or older and cost hundreds of dollars for an ounce. A basic tradizionale aged 12 to 20 years is \$125 and higher for 100 milliliters; an extravecchio aged more than 25 years is \$175 and higher. A 40 year old can be \$500. It is so fine, a perfect combination of sweet and sour, that it is drunk like a wine as a digestif. Such vinegar is also used in droplets to complement Parmesan cheese, ice cream, breasts of duck, and other prepared plates. An authentic tradizionale will bear the red seal of the Consorzio Tra Produttori Dell'Aceto Balsamico Tradizionale di Modena.

There is a second level of official balsamics called condimento, or salsa grade. They do not adhere to the same rigorous standards as tradizionale (e.g., a tradizionale must be aged in a series of five casks made of different, specified woods, one of which is now extinct in Italy); but some are as good as tradizionales—you can buy 20- to 100-condimento balsamics. There are also everyday commercial-grade condimento vinegars. A highly-concentrated grape must (mash) is used as the base of balsamic vinegar instead of the red Trebbiano-based wine with which the has been was made for centuries. All authentic balsamics are made in the cities of Modena and Reggio: The caves in the surrounding hills are very conducive to aging.



Balsamic Vinegar-Caveat emptor: the majority of balsamic vinegar sold is imitation, benefiting from the enormous growth in popularity and the price of real balsamic. An estimated two-thirds of the vinegar labeled "balsamic" is just generic red wine vinegar flavored with sugar, caramel, vanilla, and other flavorings and colorings to emulate balsamic. Read the label. If it doesn't state grape must or balsamic, it isn't the real thing. If you've tasted the real deal, even the commercial product, it will be evident. For a full explanation of balsamic vinegar see http://www.thenibble.com/reviews/main/oils/about-balsamic-vinegar.asp



Fruit, Herb & Spice Vinegars are usually made from fruits like raspberry, maple, plum, etc and the herbs tend to be tarragon, herbs de Provence, etc. The spices are often ginger, garlic, vanilla, etc. These speciality flavored vinegars are made by adding these elements to either wine or cider vinegars. The bottled mixture is allowed to stand for some time before it is released in order for the flavors to blend. (Some fruit vinegars are made by the fermentation of fresh fruit juice.) This is a category in which vinegar continues to evolve for foodies, as new flavors—yuzu and ancho chile, e.g.—enter our culinary repertoire and become incorporated into vinegars we can use to flavor everyday foods. These vinegars are popular in vinaigrettes and add special flavor to sauces, soups and marinades.

Fruit vinegars are made from fruit wines, usually without any additional flavoring. Common flavors of fruit vinegar include apple, blackcurrant, raspberry, quince, and tomato. Typically, the flavors of the original fruits remain in the final product. Some of the more exotic fruit-flavored vinegars include blood orange and pear. There are many other interesting types of vinegar that are made from fruits like raspberries, peaches and even bananas.

Most fruit vinegars are produced in Europe, where there is a growing market for high-price vinegars made solely from specific fruits (as opposed to nonfruit vinegars that are infused with fruits or fruit flavors). Several varieties, however, also are produced in Asia. Persimmon vinegar, called gam sikcho (감식초), is popular in South Korea. Jujube vinegar photo, called zaocu or hongzaocu (simplified Chinese: 枣醋 / 红枣醋; traditional Chinese: 醋紅 / 紅棗醋), and wolfberry vinegar photo, called gouqicu (Chinese: 枸杞醋), are produced in China. Jamun sirka (Hindi: जामुन सिरका), a vinegar produced from the jamun (or rose apple) fruit in India, is considered to be medicinally valuable for stomach, spleen and diabetic ailments.



Tarragon Vinegar



Persimmon vinegar produced in South Korea

Kiwifruit vinegar is a byproduct of commercial kiwifruit growing is a large amount of waste in the form of, first, misshapen or otherwise-rejected fruit that may constitute up to 30 percent of the crop and, second, kiwifruit pomace, which is the presscake residue left after kiwifruit juice manufacture. One of the uses for this waste is the production of kiwifruit vinegar, produced commercially in New Zealand[14] since, at least, the early 1990s, and in China in 2008.



Plum Vinegar

Plum vinegar (umeboshi) is is not a true vinegar, but the brine drawn off from pickled plums that is used as a substitute for vinegar and salt in recipes. It has a tasty sour fruit flavor that is delicious in salad dressings and can be used as "fusion" flavor in marinades and reductions.



Raisin vinegar produced in Turkey

Vinegar made from raisins, called khall 'inab (Arabic: عنب خل "grape vinegar") is used in cuisines of the Middle East, and is produced there. It is cloudy and medium brown in color, with a mild flavor.

Vinegar made from dates is a traditional product of the Middle East.

Palm vinegar, made from the fermented sap from flower clusters of the nipa palm (also called attap palm), is used most often in the Philippines, where it is produced, and where it is called sukang paombong. Its pH is between five and six.



Cantonese red vinegar

Herb vinegars are flavored with herbs, most commonly Mediterranean herbs, such as thyme, tarragon or oregano. Such vinegars can be prepared at home by adding sprigs of fresh or dried herbs to vinegar purchased at a grocery store; generally a light-colored, mild tasting vinegar, such as that made from white wine, is used for this purpose.

Sweetened vinegar is of Cantonese origin, and is made from rice wine, sugar and herbs, including ginger, cloves, and other spices.

Cane Vinegars are unfamiliar to most people, but are becoming more prominent with the growing interest in Pacific Rim foods. Made wherever sugar cane is grown (or available) cane vinegar has a full and slightly sugary flavor. It is often used in pickling, mustard-making and in vinaigrettes. We may see more of it here soon.

Made from sugarcane juice, is most popular in the Philippines, in particular, the Ilocos Region of the northern Philippines (where it is called sukang iloko), although it also is produced in France and the United States. It ranges from dark yellow to golden brown in color, and has a mellow flavor, similar in some respects, to rice vinegar, though with a somewhat

"fresher" taste. Contrary to expectation, containing no residual sugar, it is not sweeter than other vinegars. In the Philippines, it often is labeled as sukang maasim (Tagalog for "sour vinegar").

Cane vinegars from Ilocos also varies in two different types: basi (sweet) and suka (sour). The sweet vinegar is used as a wine in Ilokanos, while the other type of vinegar is used as a seasoning and preservative.

A white variation has become quite popular in Brazil in recent years, where it is the cheapest type of vinegar sold. It is now common for other types of vinegar (made from wine, rice and apple cider) to be sold mixed with cane vinegar to lower the costs.



Coconut vinegar, made from fermented coconut water, is used extensively in Southeast Asian cuisine (particularly in the Philippines and Sri Lanka, major producers, where it is called suka ng niyog or vinakiri), as well as in some cuisines of India. A cloudy white liquid, it has a particularly sharp, acidic taste with a slightly yeasty note. Coconut vinegar is low in acidity, with a musty flavor and a unique aftertaste. It is used in many Thai dishes.

Sinamak vinegar is a variation of cane vinegar from the Philippines (sukang maasim) is called sinamak, which is simply a spiced version that mixes the cane vinegar with siling labuyo, onions, and garlic.

Vinegar made from honey is rare, although commercially available honey vinegars are produced in Italy, France, Romania and Spain.

Chinese black vinegar is an aged product made from rice, wheat, millet, sorghum, or a combination thereof. It has an inky black color and a complex, malty flavor. There is no fixed recipe, so some Chinese black vinegars may contain added sugar, spices, or caramel color. The most popular variety, Zhenjiang vinegar (鎮江香醋), originated in the city of Zhenjiang, in the eastern coastal province of Jiangsu, China and also is produced in Tianjin and Hong Kong.

A somewhat lighter form of black vinegar, made from rice, also is produced in Japan, where it is called kurozu. Since 2004, it has been marketed as a healthful drink; its manufacturers claim it contains high concentrations of amino acids. Recent research on kurozu has revealed its anticancer properties in vivo on rats and in vitro on human cancer cells.

Job's tears from Japan, is an aged vinegar. Job's tears is a tall, grain-bearing, tropical plant. The vinegar is similar in flavor to rice vinegar.

Kombucha vinegar is made from kombucha, a symbiotic culture of yeast and bacteria. The bacteria produce a complex array of nutrients and populate the vinegar with bacteria that some claim promote a healthy digestive tract, although no scientific studies have confirmed this. Kombucha vinegar primarily is used to make a vinaigrette and is flavored by adding strawberries, blackberries, mint, or blueberries at the beginning of fermentation.

"A handful of patience is worth more than a bushel of brains." Cato the Elder

So, is it worth it to make your own vinegar?

It is becoming more and more popular to make your own vinegar or enhance store bought vinegar. Good homemade vinegar, when made properly, generally has a much better taste and more variety of flavors than the store bought. It is also fun just to see the process of nature at work.

Making simple cider or white vinegar can be cheaper than store bought, not always though.

Homemade vinegar does have one drawback – the acidity level will vary greatly, as us home producers do not have all the strategic testing of the acidic level and fancy equipment to guarantee a consistent level. It can be done, however it will be way more of a time consuming thing, than an expense thing.

You can basically make vinegar from anything that has sugar in it.

First the sugars must change to alcohol. Then airborne bacteria turn the alcohol into acetic acid.

You can make vinegar from sugar water or molasses.

The following is some information for making your vinegar and where to get some "Mother of Vinegar":

Home Vinegar Making Information

Distillation for: Vinegar, Aperitif, Beer, Cider & Perry, Liqueurs, Wine	http://www.ssrsi.org/sr1/Cook/brew.htm
Distillation of Alcohol and Vinegar	http://cavemanchemistry.com/oldcave/projects/alcohol/
Distillation of Vinegar	http://www.alchemywebsite.com/distillation_of_vinegar.ht

	<u>ml</u>
Distilling-Refining WOOD VINEGAR (PDF)	http://www.rdi.ku.ac.th/news announce/kurdi/Year 48/15/ Woodvinegar.pdf
Fermentation of Vinegar	http://www.ssrsi.org/Onsite/vinegar.htm
How to Distill Vinegar	http://www.ehow.com/how_8246617_distill-vinegar.html
How to Make Distilled Vinegar	http://www.ehow.com/how 5535912 make-distilled- vinegar.html
How to Make Homemade Cherry Vinegar (PDF)	http://www.scribd.com/doc/32608792/How-to-Make- Homemade-Cherry-Vinegar
How To Make Home-made Vinegar & Herbal Vinegar	http://maryeaudet.hubpages.com/hub/How-To-Make- Vinegar
How to Make Red Wine Vinegar	http://www.marksdailyapple.com/how-to-make-red-wine- vinegar/#axzz1jS88ltX5
How to make Syrah (wine) Vinegar (from Sunset Magazine) (PDF)	http://img4.sunset.com/static/pdf/OneBlock Vinegar.pdf
How to Make Vinegar	http://www.publicbookshelf.com/public html/The Househol d Cyclopedia of General Information/howtomak bjc.html
How to Make Vinegar (from Countryside Magazine) (PDF)	http://www.scribd.com/doc/20523497/how-to-make-vinegar
How to Make Vinegar (PDF)	http://www.scribd.com/doc/37001549/How-to-Make- Vinegar
How to Make Vinegar and the many ways to use it	http://howtomakevinegar.com/
How To Make Vinegar from Honey	http://www.squidoo.com/honeyvinegar
How to Take Mother of Vinegar & Put it in Distilled Vinegar	http://www.ehow.com/how 8188007 mother-vinegar-put-distilled-vinegar.html
Make Your Own Vinegar	http://recipes.howstuffworks.com/how-vinegar-works2.htm
Make Your Own Vinegar	http://www.naturemoms.com/homemade-vinegar.html
Making Cider Vinegar at Home	http://ohioline.osu.edu/hyg-fact/5000/pdf/5346.pdf
Making Flavorful Vinegar 1999 (PDF)	http://www.ssrsi.org/Onsite/PDFbin/Making%20Flavorful%2 <u>OVinegar.pdf</u>
Making Herbal Vinegars (PDF)	http://www.johnnyseeds.com/assets/pdf/HerbalVinegar.pdf
Stills that Aren't Stills	http://homedistiller.org/notstill.htm

Some Fun Stuff with Vinegar

Build a Vinegar & Baking Soda Volcano	http://chemistry.about.com/cs/howtos/ht/buildavolcano.htm and http://www.versatilevinegar.org/usesandtips.html
Berry Ink & Quill Pens	http://www.versatilevinegar.org/usesandtips.html
Coloring Easter Eggs	http://www.versatilevinegar.org/usesandtips.html
Making Naked Eggs	http://www.versatilevinegar.org/usesandtips.html
Turn a chicken bone into Rubber	http://www.angelfire.com/cantina/homemaking/vinegar.html

Vinegar Battery



nttp://www.youtube.com/watch?v=V_P27iln1Qk

Catch fruit flies (Drosophila)



http://www.youtube.com/watch?v=I4BMzkVLpt4

Titration of vinegar



http://www.youtube.com/watch?v=rmfLg1sKLFk

Vinegar Grenade



http://www.youtube.com/watch?v=jxHLWgp8oLk

Home Vinegar Making Supplies

There are many more suppliers out there; these are just a few of the more consistent online ones.



Mother Of Vinegar --- Red Wine - 8 oz Jar

http://www.store.homebrew4less.com/prod info.asp?number=BWRWVC&variation=

\$11.73

\$20.88 with est. tax & shipping store.homebrew4less.com



Mother Of Vinegar --- White Wine - 8 oz Jar

http://www.store.homebrew4less.com/prodinfo.asp?number=BWWWVC&variation=

\$11.73

\$20.88 with est. tax & shipping store.homebrew4less.com



Cider Vinegar Culture

http://www.beerwinemaking.com/product/vinegarstarters/cider-vinegar-culture

\$14.95

Cider vinegar culture-8 oz jar to make 1 quart finished product, which can then be used to make increased volume by building up, much like a sourdough starter. You will need to provide 3 cups of hard (fermented) cider. These mother of vinegar starter cultures were featured in Food & Wine magazine's October 2006 issue. Please note: Picture shows three different cultures, the price is for one only.

http://www.beer-

winemaking.com/catalog/vinegarstarters



RED Wine Mother-of-Vinegar Starter \$9.49

http://www.localharvest.org/red-winemother-of-vinegar-starter-C10988

8 oz. Red Vinegar Starter



o.b.'s Homemade Mother of Vinegar from meads. Mother of Vinegar starter for making Mead Vinegar or for whites wines.

http://www.localharvest.org/o-b-shomemade-mother-of-vinegar-frommeads-C10217



Red Mother of Vinegar Starters -

Mother of Vinegar for making your own red wine vinegar. Deep red color blends well into any grape or fruit type wines.

http://www.localharvest.org/redmother-of-vinegar-starters-C15165



MALT Vinegar Culture ~ Mother-of-Vinegar

Make your own delicious MALT Vinegar the OLD-FASHIONED way! All-natural living culture vinegar is healthful and vital... http://www.localharvest.org/malt-vinegar-culture-mother-of-vinegar-C11100



Red Wine Vinegar Culture

http://www.beerwinemaking.com/product/vinegarstarters/red-wine-vinegar-culture \$14.95

Red Wine Vinegar culture-8 oz jar to make one quart of finished product, which can be used to build up to larger volumes later.

You will provide 2 cups (16 oz.) of red wine of your choice. This is the "mother of vinegar" starter culture featured in Food & Wine magazine's October 2006 issue. Our mother culture has been continuously producing for over 25 years. A large widemouth glass jar can be used or clay vinegar crocks are available at:

www.claycoyote.com http://www.beerwinemaking.com/catalog/vinegar-starters



White Wine Vinegar Culture

http://www.beerwinemaking.com/product/vinegarstarters/white-wine-vinegar-culture

\$16.95

White Wine Vinegar Culture-8 oz jar to make 1 quart, which can be built up later to a higher volume. You will provide 2 cups (16 oz.) of white wine of your choice. This is the "mother of vinegar" starter culture featured in Food & Wine magazine's October 2006 issue. It is made from California vinifera wine grapes. A large widemouth glass jar can be used, or clay vinegar crocks are available at: www.claycoyote.com. Three jars are pictured, but you will receive the white wine culture pictured in the middle. Thanks!

http://www.beerwinemaking.com/catalog/vinegarstarters



- Natural Mother of Vinegar Culture for Wine Base - Red or White Wine -

Bulk Purchase

http://www.localharvest.org/naturalmother-of-vinegar-bulk-purchase-C20678

> Box of 12 \$80.00 Box of 6 \$50.00



Red Wine Vinegar Starter Kit

http://www.beerwinemaking.com/product/vinegarstarters/red-wine-vinegar-starter-kit \$59.95

Vinegar starter kit for making 2 quarts of red wine vinegar, to be built up to larger volume as conversion takes place. Comes with one gallon widemouth glass jar with lid, muslin covering, (2) 8 ounce red wine vinegar cultures, "Making Vinegar at Home" book, small bottle, label and cap for use at table, acid test kit and instructions. You will first make 1/2 gallon of vinegar, which takes a few months. Then you can remove some for storage in the bottle, and replace with red wine, which will keep converting to vinegar every time you add more in small amounts. You provide the red wine, either homemade or commercial. http://www.beer-

winemaking.com/catalog/vinegar-starters



White Wine Vinegar Starter Kit

http://www.beerwinemaking.com/product/vinegarstarters/white-wine-vinegar-starterkit

\$59.95

Vinegar starter kit for making one-half gallon (64 ounces) of white wine vinegar, to be built up to larger volume as conversion takes place. Comes with one gallon widemouth glass jar with lid, muslin covering, (2) 8 ounce white wine vinegar cultures, "Making Vinegar at Home" book, small bottle, label and cap for use at table, acid test kit and instructions. You will first make two quarts of vinegar, which takes a few months. Then you can remove some for storage in the bottle, and replace with white wine, which will convert to vinegar as you add in small amounts over time. You provide the white wine, either homemade or commercial. http://www.beerwinemaking.com/catalog/vinegar-

starters



Neutralizer .5N Replacement-4 oz. jar

http://www.beerwinemaking.com/product/vinegarstarters/neutralizer-5n-replacement-4-oz-jar

\$5.99

Replacement 4 ounce container of .5N strength neutralizer solution for vinegar acid test kit. This is the part of the test kit that will get used up the quickest.

http://www.beerwinemaking.com/catalog/vinegar-starters



Vinegar Acid Test Kit

http://www.beerwinemaking.com/product/vinegarstarters/vinegar-acid-test-kit \$14.99

Many people wish to know the acid content of their vinegar and this kit will give you that information. It is very similar to a wine acid test kit, but comes with a stronger sodium hydroxide neutralizer solution and different instructions, as well as indicator solution, plastic beaker, and measuring plunger tool. It uses the titration method for determining acidity.

http://www.beer-

Instructional Books, jars and other vinegar, beer & wine making supplies

http://www.beerwinemaking.com/catalog http://www.beerwinemaking.com/catalog/vinegarstarters

winemaking.com/catalog/vinegar-starters

Uses of Vinegar

Vinegar has uses from culinary, food preservation, agricultural and as a herbicide; to an industrial solvent, medicinal and cleaning.

Culinary uses



Vinegar is commonly used in food preparation, in particular in pickling processes, vinaigrettes and other salad dressings. It is an ingredient in sauces such as mustard, ketchup, and mayonnaise. Vinegar is sometimes used while making chutneys. It is often used as a condiment. Marinades often contain vinegar.

- Condiment for beetroot cold, cooked beetroot is commonly eaten with vinegar
- Condiment for fish and chips in the Britain and Ireland, salt and malt vinegar (or non-brewed condiment) is sprinkled on chips.
- Flavoring for potato chips many American, Canadian and British manufacturers of packaged potato chips and crisps feature a variety flavored with vinegar and salt.
- Vinegar pie a North American variant on the dessert called chess pie. It is flavored with a small amount of cider vinegar and some versions also contain raisins, spices and sour cream.[19]
- Pickling any vinegar can be used to pickle foods.
- Cider vinegar and sauces cider vinegar usually is not suitable for use in delicate sauces.
- Apple cider vinegar Usually placed on the table in small bowls or cups so that people can dip their crab meat into it. Also mixed with water and used to steam crabs.[20]
- Substitute for fresh lemon juice cider vinegar can usually be substituted for fresh lemon juice in recipes and obtain a pleasing effect although it lacks the vitamin C.
- Saucing roast lamb pouring cider vinegar over the meat when roasting lamb, especially when combined with honey or when sliced onions have been added to the roasting pan, produces a sauce.
- Sweetened vinegar is used in the dish of pork knuckles and ginger stew, which is made among Chinese people of Cantonese backgrounds to celebrate the arrival of a new child.[21]
- Sushi rice Japanese use rice vinegar as an essential ingredient for sushi rice.
- Red vinegar Sometimes used in Chinese soups
- Flavoring used in the Southern U.S. to flavor collard greens, green beans, black-eyed peas, or cabbage to taste.

- Commonly put into mint sauce, for general palate preference.
- Vinegar especially the coconut, cane, or palm variety is one of the principal ingredients of Philippine cuisine.
- White vinegar can be used as flavoring in ham and beans

Medical Uses



Sleeping aid: Cider Vinegar tepid water with honey

Many remedies and treatments have been ascribed to vinegar over millennia and in many different cultures; however, few have been verifiable using controlled medical trials and many that are effective to some degree have significant side-effects and carry the possibility of serious health risks.

Soothing for sunburns

White vinegar applied as a spray to tissue draped over a sunburn helps restore the lost acidic level to the skin, and gives a cooling effect.

Possible cholesterol and triacylglycerol effects

A 2006 study concluded that a test group of rats fed with <u>acetic acid</u> (the main component of vinegar) had "significantly lower values for serum total <u>cholesterol</u> and <u>triacylglycerol</u>" and other health benefits. Rats fed vinegar or acetic acid have lower blood pressure than controls, although the effect has not been tested in humans. Reduced risk of fatal <u>ischemic heart disease</u> was observed among participants in a trial who ate vinegar and oil salad dressings frequently.

Blood glucose control and diabetic management

Prior to hypoglycemic agents, diabetics used vinegar teas to control their symptoms. Small amounts of vinegar (approximately 25 g of domestic vinegar) added to food, or taken along with a meal, have been shown by a number of medical trials to reduce the <u>glycemic index</u> of carbohydrate food for people with and without diabetes. This also has been expressed as lower glycemic index ratings in the region of 30%.

Diet control

Multiple trials indicate that taking vinegar with food increases satiety (the feeling of fullness) and, so, reduces the amount of food consumed. Daily intake of 15 ml of vinegar (750 mg AcOH) might be useful in the prevention of metabolic syndrome by reducing obesity.

Antimicrobial use

Vinegar has been used to fight infections since <u>Hippocrates</u>, who lived between 460 and 377 BC, and prescribed it for curing persistent coughs. As a result, vinegar is popularly believed to be effective against infections.

Researchers at the Food Biotechnology Department, Instituto de la Grasa (CSIC) in Seville, Spain conducted research on the antimicrobial activity of several food products, among them olive oil and vinegar. The following microorganisms were used in the study: *S. aureus*, *L. monocytogenes*, *S. Enteritidis*, *E.coli* 0157:H7, *S. sonnei*, and *Yersinia* sp. Of the products tested, vinegar (5% acetic acid) and olive oil showed the strongest bactericidal activity against all strains tested, which was attributed to their high acetic acid content and high phenolic compounds content, respectively.

This antimicrobial use is one of the reasons it has been used for centuries as a cleaning ingredient.

Contrary to myth, vinegar cannot be used as a detoxification agent to circumvent urinalysis testing for cannabis.

Cervical cancer screening tool

Diluted vinegar 3% to 5%, has also been tested as an effective screening tool for cervical cancer. Vinegar changes the color of affected tissue to white, making diagnosis by inspection possible, reducing in 35% the mortality for early detection against control group.

Vinegar in Islamic medicine

The Islamic prophet <u>Muhammad</u> is reported to have said, "The best of condiments or condiment is vinegar." <u>Avicenna</u>, in his famous book <u>The Canon of Medicine</u>, mentions several beneficial medicinal uses for vinegar: It is a powerful clotting agent, it heals burns and skin inflammations, and it relieves headaches caused by heat. He also considers vinegar a good digestive supplement. <u>Ibn Qayyim Al-Jawziyya</u> also mentions the merits of vinegar in his book, Al Tibb al Nabawi (The Prophetic Medicine). In this book, he mentions that wine vinegar helps against gastric inflammation and bile, and prevents the effects of toxic medications and poisonous mushrooms. He also notes that vinegar quenches thirst, acts as an appetite stimulant, and prevents tumors from occurring. It helps the digestion process.

Other medicinal uses

Applying vinegar to common <u>iellyfish</u> stings deactivates the <u>nematocysts</u>; however, placing the affected areas in hot water is a more effective treatment because the venom is deactivated by heat. The latter requires immersion in 45 °C (113 °F) water for at least four minutes for the pain to be reduced to less than what would be accomplished using vinegar. But vinegar should **not** be applied to <u>Portuguese man o' war</u> stings, however, since they are not actually jellyfish and vinegar can cause their <u>nematocysts</u> to discharge venom, making the pain worse. Vinegar is often used as a natural deodorant, mainly because of its antibacterial effect. Diluted vinegar can also be used as a hair conditioner and detangler by pouring over wet hair and rinsing. No vinegar smell remains after hair has been rinsed and dried.

Vinegar has been shown ineffective for use against lice but (combined with 60% Salicylic acid) significantly more effective than placebo for the treatment of warts.

Potential hazards

<u>Esophageal</u> injury by apple cider vinegar tablets has been reported, and, because vinegar products sold for medicinal purposes are neither regulated nor standardized, they vary widely in content, <u>pH</u>, and other respects. Long-term heavy vinegar ingestion may also cause <u>hypokalemia</u>, <u>hyperreninemia</u>, and <u>osteoporosis</u>.

Cleaning uses



White vinegar is often used as a household cleaning agent. Because it is acidic, it can dissolve mineral deposits from glass, <u>coffee makers</u>, and other smooth surfaces. For most uses, dilution with water is recommended for safety and to avoid damaging the surfaces being cleaned.

Vinegar is an excellent solvent for cleaning <u>epoxy resin</u> and hardener, even after the epoxy has begun to harden. Malt vinegar sprinkled onto crumpled newspaper is a traditional, and still-popular, method of cleaning grease-smeared windows and mirrors in the <u>UK</u>. Vinegar can be used for polishing brass or bronze. Vinegar is widely known as an effective cleaner of stainless steel and glass.

Vinegar, throughout history, has been reputed to have strong antibacterial properties. One test by Good Housekeeping's microbiologist found that 5% vinegar is 90% effective against mold and 99.9% effective against bacteria, while another study linked with Clorox and Lysol showed vinegar to be too weak or inconsistent for it to be used effectively as a disinfectant.

Agricultural and horticultural Herbicide uses



Vinegar can be used as an <u>herbicide</u>. Acetic acid is not absorbed into root systems; the vinegar will kill top growth, but perennial plants will reshoot.

Vinegar has been marketed as an environmentally-friendly solution for many household cleaning problems. For example, vinegar has been cited recently as an eco-friendly urine cleaner for pets and as a weed killer.

Most commercial vinegar solutions available to consumers for household use do not exceed 5%. Stronger solutions are available from some retailers, but it should be noted that solutions of 10% and above require careful handling, because they are corrosive and damaging to the skin.



Miscellaneous

When a bottle of vinegar is opened, <u>mother of vinegar</u> may develop. It is considered harmless and can be removed by filtering.

<u>Vinegar eels</u> (*Turbatrix aceti*), a form of <u>nematode</u> that has cells that are air-borne, may occur in some forms of vinegar unless the vinegar is kept covered. These feed on the mother of vinegar and can occur in naturally fermenting vinegar.

Some countries prohibit the selling of vinegar over a certain percentage acidity. As an example, the government of Canada limits the acetic acid of vinegars to between 4.1% and 12.3%.

According to legend, in <u>France</u> during the <u>Black Plague</u>, four thieves were able to rob houses of plague victims without being infected themselves. When finally caught, the Judge offered to grant the men their freedom, on the condition that they revealed how they managed to stay healthy. They claimed that a medicine woman sold them a potion made of garlic soaked in soured red wine (vinegar). Variants of the recipe, called <u>Four Thieves Vinegar</u>, have been passed down for hundreds of years and are a staple of <u>New Orleans hoodoo</u> practices.



Even if there wasn't a human on earth, you'd still find vinegar wherever there was a puddle beneath a pear tree, a small pond in an apple orchard or a be-fruited bog. Sugar and water, with the help of wild yeasts (what medieval open vat brewers used to call "God is Good"), ferment and produce ethanol. Wild, aerobic, ethanol eating, acetic acid bacteria turn it into vinegar. Put a cheese cloth over some cider and leave it out for a couple of weeks and you can witness the whole process.

Vinegar is a totally natural food. In a bottle of vinegar there are no harmful chemicals or preservatives, indeed vinegar is a preservative itself. There are so many ways that you can utilize its virtues. It is not just for vinaigrette dressing. There are many healing functions you can use it for. It cleans and sanitizes almost as well or better than anything on the market, it deodorizes and is a natural way to get rid of ants, other insects, and unwanted weeds. Vinegar through history has also been a good way to preserve foods. It is of course used in pickling but also when you marinate meat it kills unwanted bacteria such as ecoli.



The many uses of vinegar have been passed down through the centuries from medical, food preservation and condiment ingredient, to cleaning. White vinegar is especially popular for the treatment of rashes, bites and other minor ailments when camping.

Vinegar actually makes itself when aerobic bacteria (Acetobacter aceti or often called Mother of Vinegar) comes in contact with alcohol, while exposed to oxygen. The bacteria turn the alcohol to acetic acid and water; the acid that is found in all vinegars. Acetic acid is what gives vinegar its unique sharp sour taste. While acetic acid provides the vinegar with its primary taste component, it is the nature of the actual alcohol itself that gives the vinegar its specific character.

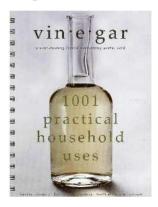




These 3 sites will give you about 1,000+ different uses for vinegar that are not cooking.

http://www.angelfire.com/cantina/homemaking/vinegar.html http://www.versatilevinegar.org/usesandtips.html http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11

And here are some books on the varied uses of vinegar around the home and garden.

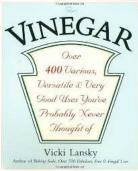


Vinegar: 1001 Practical Household Uses by L&k Designs

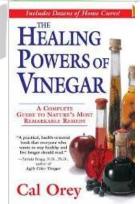
• Publisher: P R BOOKS (September 25, 2007)

Language: EnglishISBN-10: 1843978067ISBN-13: 978-1843978060









Vinegar: 1001 Practical Uses by Margaret Briggs

• Publisher: Metro Books (2005)

ISBN-10: 0760791473ISBN-13: 978-0760791479

Vinegar: Over 400 Various, Versatile, and Very Good Uses You've Probably Never Thought Of by Vicki Lansky

• Publisher: Book Peddlers, The; First Printing edition (November 25, 2003)

Language: English
ISBN-10: 0916773531
ISBN-13: 978-0916773533

Great uses for vinegar

From TipKing

Online @ http://www.tipking.co.uk/ Or can purchase from this site @

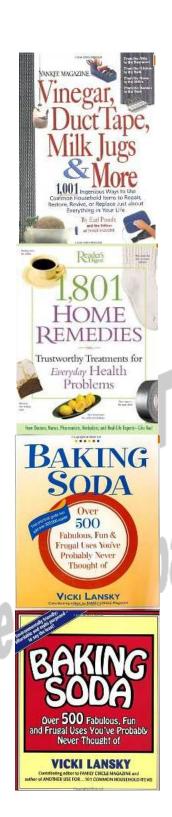
http://www.vinegarbook.net/introduction.shtml

The Healing Powers of Vinegar: A Complete Guide to Nature's Most Remarkable Remedy by Cal Orey

• Publisher: Kensington Publishing Corporation; Rev Upd edition (January 1, 2009)

Language: EnglishISBN-10: 0758238045ISBN-13: 978-0758238047

These are some additional money saving tips (and for you greenies, environmental) to use instead of purchasing all those expensive man-made chemical cleaners and over the counter medications.



Yankee Magazine Vinegar, Duct Tape, Milk Jugs & More: 1,001 Ingenious Ways to Use Common Household Items to Repair, Restore, Revive, or Replace Just ... in Your Life

by Earl Proulx and The Editors of Yankee Magazine
Publisher: Rodale Books (February 21, 2004)

Language: EnglishISBN-10: 089909385XISBN-13: 978-0899093857

1801 Home Remedies by the Editors of Reader's Digest

• Publisher: Readers Digest; 1 edition (April 12, 2004)

Language: EnglishISBN-10: 0762106026ISBN-13: 978-0762106028

Baking Soda: Over 500 Fabulous, Fun, and Frugal Uses You've Probably Never Thought Of by Vicki Lansky

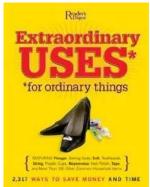
• Publisher: Book Peddlers; **2nd edition** (November 25, 2003)

ISBN-10: 0916773418ISBN-13: 978-0916773410

Baking Soda: Over 500 Fabulous, Fun, and Frugal Uses You've Probably Never Thought Of by Vicki Lansky

• Publisher: Book Peddlers; 1st edition (June 2003)

Language: EnglishISBN-10: 0916773426ISBN-13: 978-0916773427









Extraordinary Uses For Ordinary Things by Marilyn Bader and Reader's Digest

• Publisher: Readers Digest; 1st edition (December 2004)

Language: EnglishISBN-10: 0762107057ISBN-13: 978-0762107056

Extraordinary Uses for Ordinary Things: 2,317 Ways to Save Money and Time by the Editors of Reader's Digest

• Publisher: Readers Digest (March 22, 2007)

Language: EnglishISBN-10: 0762106492ISBN-13: 978-0762106493

More Extraordinary Uses for Ordinary Things: 1,715 All-New Uses for Everyday Things by the Editors of Reader's Digest

Publisher: Readers Digest (April 16, 2009)

Language: EnglishISBN-10: 1606520210ISBN-13: 978-1606520215

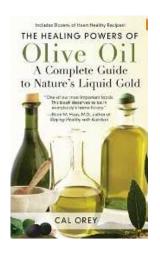
Homemade: How-to Make Hundreds of Everyday

Products Fast, Fresh, and More Naturally by the Editors of

Reader's Digest

• Publisher: Readers Digest (February 14, 2008)

Language: EnglishISBN-10: 0762109041ISBN-13: 978-0762109043



The Healing Powers of Olive Oil: A Complete Guide to Nature's Liquid Gold by Cal Orey

Publisher: Kensington Publishing Corporation (January 1, 2009)

Language: EnglishISBN-10: 0758238053ISBN-13: 978-0758238054

For vinegar recipes check out your cookbooks and culinary magazines or just do a search on the phrase 'vinegar recipes' in your web search engine; tons and tons will come up ;-}

So there you have it – all the history, mysteries and wonders of vinegar, in all its variants and uses.



TNT

Vinegar In All Its Wonder

Common Vinegar Uses

Topic	How-To	Source
Animals, Pets & Livestock	Cats hate the smell of vinegar. If you have a cat that is marking its territory around your house, spray the area with white distilled vinegar then rinse with a hose.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Clean up pet accidents by first blotting up the area and then adding a white distilled vinegar-and-water solution. Blot until it is almost dry. Then sprinkle baking soda over the area and let it dry. Vacuum up the residue the next day.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Animals, Pets & Livestock	Discourage a cat from sitting on a certain windowsill or other surface, or from scratching upholstery, by spraying white distilled vinegar on the item. Test first on an unnoticeable area to be sure there won't be a discoloration.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Discourage cats from getting into the kids' sandbox with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Cleaning - Floors	Eliminate animal urine stains from carpet. Blot up urine with a soft cloth, flush several times with lukewarm water, then apply a mixture of equal parts vinegar and cool water. Blot up, rinse, and let dry.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Fish bowl cleaner Eliminate that ugly deposit in the gold fish tank by rubbing it with a cloth dipped in vinegar and rinsing well.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Get Rid of Odor on a Smelly Dog Wet the dog down with fresh water. Use a mixture of 1 cup white distilled vinegar and 2 gallons water. Saturate the dog's coat with this solution. Dry the dog off without rinsing the solution. The smell will be gone!	http://www.versatilevinegar.org/usesandtips.html
Animals, Pets & Livestock	Get rid of the deposits and water lines that form in aquariums and fish bowls by wiping them down with white distilled vinegar and following with a good rinse. For stubborn deposits, soak for several hours or overnight.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Give your dog a gleaming coat by spraying or rubbing with a solution of 1 cup white distilled vinegar to 1 quart water. As a bonus, you save the cost of an expensive shine product used on show animals. (Works even on a horse!)	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11

Topic	How-To	Source
Animals, Pets & Livestock	Keep a cat out of a Garden area by placing paper, a cloth, or sponge there that has been soaked in white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11
Animals, Pets & Livestock	Keep a dog from scratching its ears by wiping them out regularly with a soft cloth dipped in undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Keep away fleas and mange. Add a little vinegar to your pet's drinking water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Keep cats away . Sprinkle vinegar on an area to discourage cats from walking, sleeping, or scratching on it.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Keep chickens from pecking each other. Add cider vinegar to their drinking water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Keep dogs from scratching ears . Clean the inside of the ears with a soft cloth dipped in diluted vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Keep flies away from horses or other outdoor pets by spraying a mixture of water and white distilled vinegar around the area where the animals are.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Keep the birdbath clean by scrubbing it often with undiluted white distilled vinegar. Rinse well.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11
Animals, Pets & Livestock	Kill fleas by adding a little white distilled vinegar to your dog or cat's drinking water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Pest fighter : A teaspoon of white distilled vinegar for each quart bowl of drinking water helps keep your pet free of fleas and ticks. The ratio of one teaspoon to one quart is for a forty-pound animal.	http://www.versatilevinegar.org/usesandtips.html
Animals, Pets & Livestock	Pet accident : Test the color fastness of the carpet with white distilled vinegar in an inconspicuous place. Then sprinkle distilled vinegar over the fresh pet accident. Wait a few minutes and sponge from the center outward. Blot up with a dry cloth. This procedure may need to be repeated for stubborn stains.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Animals, Pets & Livestock	Prevent cats from eating your plants by spraying the leaves with a solution of white distilled vinegar and water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11
Animals, Pets & Livestock	Remove cat litter odor by pouring ½ inch of white distilled vinegar in the empty litter box. Let it stand for 20 minutes, swish it around, then rinse with cold water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Remove pet odors . After cleaning, cover the area with baking soda. Let it stand overnight. The next day vacuum up the baking soda and wash the area with white distilled vinegar. Rinse and let dry.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Remove skunk odor from a dog. Rub fur with full strength vinegar; rinse.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Animals, Pets & Livestock	Remove skunk odors by wiping down the animal with a 50-50 solution of white distilled vinegar and water, followed by a plain-water rinse. Repeat if necessary.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Animals, Pets & Livestock	Stop a dog from barking with a spray bottle filled with equal amounts of water and white distilled vinegar. When the dog barks, spray the vinegar water in its direction but not in the face.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=11
Animals, Pets & Livestock	Stop cats from fighting with each other with a spritz of a white distilled vinegar and water solution.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=11
Automotive & Tools	Clean rust from tools, bolts, and spigots. Soak the rusted tool, bolt, or spigot in undiluted vinegar overnight.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Windows & Walls	Create an all-purpose window cleaner with a few ounces of white distilled vinegar in a quart of water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Get rid of hard water stains on your car with a rinse made from 3 parts soft water to one part white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Give leather upholstery an extra shine by cleaning it with hot white distilled vinegar and rinsing with soapy water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10

Topic	How-To	Source
Automotive & Tools	Keep car windows frost free. Coat the windows the night before with a solution of three parts vinegar to one part water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Automotive & Tools	Keep car windows frost-free overnight in winter by coating them with a solution of 3 parts white distilled vinegar to 1 part water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Loosen chewing gum stuck to carpeting or upholstery by soaking it in white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=10
Automotive & Tools	Make your car extra shiny by adding a few drops of white distilled vinegar to your bucket of water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Polish car chrome with full-strength white distilled vinegar on a soft cloth.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Polish car chrome. Apply full strength.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Automotive & Tools	Remove dirt and stains from car carpeting with a mixture of half white distilled vinegar and half water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Remove the hazy film that builds up on inside windows by spraying with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=10
Automotive & Tools	Remove the leftover odor after a rider has been carsick by leaving a bowl of white distilled vinegar overnight on the floor.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Remove unwanted decals and bumper stickers by covering them with a cloth soaked in white distilled vinegar, or by repeatedly spraying them with full-strength white distilled vinegar. They should peel off in a couple of hours.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=10
Automotive & Tools	Remove winter road salt residue on car carpeting by spraying with a mixture of equal parts white distilled vinegar and water, then blot with a soft towel.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Automotive & Tools	Rid the windshield wipers of road grime by wiping them with a white distilled vinegar-soaked cloth.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=10

Topic	How-To	Source
Automotive & Tools	When doing car maintenance, soak rusty bolts and screws with white distilled vinegar to make them easier to remove.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=10
Automotive & Tools	Wipe vinyl upholstery with a mixture of equal parts white distilled vinegar and water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=10
Bugs	Ant deterrent : Ant invasions can sometimes be deterred by washing counter tops, cabinets and floors with white distilled vinegar.	http://www.versatilevinegar.org/usesandtips.html
Bugs	Bug Spray Combine equal amounts of water, white distilled vinegar and liquid dish soap in a spray bottle. Use on skin, as needed.	http://www.versatilevinegar.org/usesandtips.html
Bugs	Deter ants. Spray vinegar around door and window frames, under appliances, and along other known ant trails.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Bugs	Discourage ants by spraying undiluted white distilled vinegar outside doorways and windowsills, around appliances and wherever you find the pests coming in.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Bugs	Eliminate anthills by pouring in white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Bugs	Get rid of fruit flies by setting out a small dish of undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Bugs	Getting Rid of Fruit Flies/Gnats in Your Kitchen Place a bowl filled with ½ quart water, 2 Tbsp. sugar, 2 Tbsp. apple cider vinegar and a couple of drops of dish soap to attract the fruit flies. Always eliminate the source of attraction, i.e., ripened produce.	http://www.versatilevinegar.org/usesandtips.html
Bugs	Kill slugs by spraying them with a mixture of 1 part water and 1 part white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Bugs	Stop ants from congregating by pouring white distilled vinegar on the area.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6

Topic	How-To	Source
Bugs	To catch moths use a mixture of 2 parts white distilled vinegar and 1 part molasses. Place mixture in tin can and hang in a tree.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Cleaning	Never use white distilled vinegar on marble. The acid can damage the surface.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Bath tub film can be removed by wiping with vinegar and then with soda.Rinse clean with water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Bathtub film : Bathtub film can be removed by wiping with white distilled vinegar and then with soda. Rinse clean with water.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Bathroom	Clean and deodorize urine on a mattress with a white distilled vinegar and water solution. Then sprinkle the area with baking soda and let dry. Brush or vacuum the residue after it is dry to the touch.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Clean shower door tracks by filling them with white distilled vinegar and letting it sit for a few hours. Pour hot water into the tracks and wash and scrub away the scum with a toothbrush.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Clean soap scum, mildew, and grime from bathtub, tile, and shower curtains. Simply wipe the surface with Vinegar and rinse with water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Corrosion may be removed from showerheads or faucets by soaking them in diluted distilled vinegar overnight. This may be easily accomplished by saturating a terry cloth towel in vinegar and wrapping it around the showerhead or faucet.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Deodorize the toilet bowl by allowing 3 cups white distilled vinegar to sit in it for about a half hour before flushing.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Bathroom	Freshen air in the bathroom by spraying into the air a solution of 1 teaspoon baking soda, 1 tablespoon white distilled vinegar, and 1 cup water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Get rid of stubborn bathtub film by wiping it with white distilled vinegar and then scouring with baking soda.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7

Topic	How-To	Source
Cleaning - Bathroom	Kill germs all around the bathroom with a spray of full-strength white distilled vinegar. Wipe clean with a damp cloth.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Kill germs on bathroom fixtures by using one part vinegar to one part water in a spray bottle. Spray the bathroom fixtures and floor, then wipe clean.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Shower doors: Rub down shower doors with a sponge soaked in white distilled vinegar to remove soap residue.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Bathroom	Soap and stain build up can be removed from chrome and plastic fixtures if they are cleaned with a mixture of 1 teaspoon of salt and 2 tablespoons of distilled vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Spray shower doors with full-strength white distilled vinegar after you've squeegeed the glass, or before you step in and turn on the water. It will help release the hard water deposits so they don't remain on the glass.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Stubborn stains can be removed from the toilet by spraying them with vinegar and brushing vigorously. The bowl may be deodorized by adding 3 cups of distilled vinegar. Allow it to remain for a half hour, then flush.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	To clean a scummy showerhead, pour 1/2 cup baking soda and 1 cup white distilled vinegar into a sandwich bag and tie it around the showerhead. Let this set for an hour after the bubbling has stopped. Remove the bag and then turn on the water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	To make the toilet bowl sparkle, pour in a cup or more of diluted white distilled vinegar and let it sit several hours or overnight. Scrub well with the toilet brush and flush.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	To remove grime, mildew, and scum from the tub, tile, shower curtain or door, wipe with undiluted white distilled vinegar. Rinse with water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Bathroom	Toilet bowl cleaner: Stubborn stains can be removed from the toilet by spraying	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	them with white distilled vinegar and brushing vigorously. The bowl may be deodorized by adding 3 cups of white distilled vinegar. Allow it to remain for a half hour, then flush.	
Cleaning - Bathroom	Unclog a shower head by unscrewing it, remove the rubber washer, place the head in a pot filled with equal parts Vinegar and water, bring to a boil, then simmer for five minutes.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Bathroom	Unclog the showerhead : Corrosion may be removed from showerheads or faucets by soaking them in white distilled vinegar overnight. This may be easily accomplished by saturating a terry cloth towel in vinegar and wrapping it around the showerhead or faucet.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Floors	Bring out the color in carpet by brushing it with a solution of 1 cup white distilled vinegar for every gallon of water. (Always test on an out-of-sight part of the carpet beforehand).	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Floors	Carpet stain removal: A mixture of 1 teaspoon of liquid detergent and 1 teaspoon of white distilled vinegar in a pint of lukewarm water will remove non-oily stains from carpets. Apply it to the stain with a soft brush or towel and rub gently. Rinse with a towel moistened with clean water and blot dry. Repeat this procedure until the stain is gone. Then dry quickly, using a fan or hair dryer. This should be done as soon as the stain is discovered.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Floors	For an economical and environmentally friendly floor cleaner, mix a solution of 3 drops dishwashing liquid to 1/3 part white distilled vinegar, 1/3 part alcohol, and 1/3 part water. Spray sparingly and mop for a fast clean-up.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Floors	Get a shining finish on a no-wax vinyl or linoleum floor by cleaning it with a solution of one cup white distilled vinegar for every gallon of water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Floors	No-wax floors : To wash no-wax floors, add ½ cup of white distilled vinegar to a half-gallon of warm water.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Cleaning - Floors	No-wax linoleum will shine better if wiped with a solution of 1/2 cup of white vinegar in 1/2 gallon of water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Floors	Some carpet stains can be removed with a paste of 2 tablespoons white distilled vinegar and 1/4 cup salt or baking soda. Rub into the carpet stain and let dry. Vacuum up the residue the next day. (Always test on an out-of-sight part of the carpet first).	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Floors	Stains: A mixture of one teaspoon of liquid detergent and 1 teaspoon of distilled vinegar in a pint of lukewarm water will remove non-oily stains from carpets. Apply it to the stain with a soft brush or towel and rub gently. Rinse with a towel moistened with clean water and blot dry. Repeat this procedure until the stain is gone. Then dry quickly, using a fan or hair dryer. This should be done as soon as the stain is discovered.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Floors	The colors in carpets and rugs will often look like they have taken a new lease on life if they are brushed with a mixture of 1 cup of vinegar in a gallon of water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Floors	Wash indoor/outdoor carpet with a solution of 1 cup white distilled vinegar in 1 bucket of warm water. Scrub using a brush or a broom and then hose off.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Kitchen	A mixture of salt and vinegar will clean coffee and tea stains from chinaware.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	After cleaning the bread box, keep it smelling sweet by wiping it down with a cloth moistened in distilled vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Apply full-strength white distilled vinegar directly to tough linoleum stains. Leave it on for 10 to 15 minutes before wiping it up. If that doesn't work, apply white distilled vinegar again and then sprinkle some baking soda over the white distilled vinegar. Scrub the area with a brush or sponge. Rinse clean with water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Kitchen	Avoid the bad smell when you heat up a newly cleaned oven by using a sponge soaked in diluted white distilled vinegar for the final rinse.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7

Topic	How-To	Source
Cleaning - Kitchen	Brass, copper and pewter will shine if cleaned with the following mixture. Dissolve 1 teaspoon of salt in 1 cup of distilled vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean a teapot by boiling a mixture of water and vinegar in it. Wipe away the grime.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean and deodorize a drain by pouring in 1 cup baking soda, then one cup hot white distilled vinegar. Let this sit for 5 minutes or so, then run hot water down the drain.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Clean and deodorize jars. Rinse mayonnaise, peanut butter, and mustard jars with vinegar when empty.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean and deodorize the garbage disposal by making vinegar ice cubes and feed them down the disposal. After grinding, run cold water through.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean and disinfect wood cutting boards by wiping with full strength vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean and disinfect wood cutting boards: Wipe with full strength white distilled vinegar.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Clean china and fine glassware by adding a cup of vinegar to a sink of warm water. Gently dip the glass or china in the solution and let dry.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean counter tops and make them smell sweet again with a cloth soaked in undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Clean food-stained pots and pans by filling the pots and pans with vinegar and let stand for thirty minutes. Then rinse in hot, soapy water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean stainless steel by wiping with a vinegar dampened cloth.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean the dishwasher by running a cup of vinegar through the whole cycle once a month to reduce soap build up on the inner mechanisms and on glassware.	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
Cleaning - Kitchen	Clean the microwave by boiling a solution of 1/4 cup of vinegar and 1 cup of water in the microwave. Will loosen splattered on food and deodorize.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean the microwave by mixing 1/2 cup white distilled vinegar and 1/2 cup water in a microwave-safe bowl. Bring it to a rolling boil inside the microwave. Baked-on food will be loosened, and odors will disappear. Wipe clean.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Clean the microwave : Boil a solution of 1/4 cup of white distilled vinegar and 1 cup of water in the microwave. Will loosen splattered on food and deodorize.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Clean the refrigerator by washing with a solution of equal parts water and vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Clean the refrigerator : Wash with a solution of equal parts water and white distilled vinegar.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Clean the shelves and walls of the refrigerator with a half-and-half solution of water and white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Clean the wheel of a can opener using white distilled vinegar and an old toothbrush.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Kitchen	Cleaner Dishes and Glasses Pour 1 ½ cup to 2 cups white distilled vinegar in the bottom of dishwasher, along with regular dishwasher soap. Wash full cycle.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Cleaning Stainless Steel Appliances Apply vinegar with a soft cloth to remove streaks from stainless steel appliances. Try in an inconspicuous place first.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Coffee maker cleaner (automatic): White distilled vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers from hard water. Fill the reservoir with white distilled vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished. (Be sure to check the owner's manual for specific instructions.)	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Cut grease and odor on dishes by adding a tablespoon of vinegar to hot soapy	http://www.angelfire.com/cantina/homemaking/vi

Topic	How-To	Source
	water.	negar.html
Cleaning - Kitchen	Cut the grime on the top of the refrigerator with a paper towel or cloth and full-strength white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Deodorize and clean the garbage disposal with white distilled vinegar ice cubes. Make them by freezing full-strength white distilled vinegar in an ice cube tray. Run several cubes down the disposal while flushing with cold water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Deodorize the garbage disposal by pouring in 1/2 cup baking soda and 1/2 cup hot white distilled vinegar. Let sit for 5 minutes then run hot water down the disposal.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Deodorize the kitchen drain. Pour a cup down the drain once a week. Let stand 30 minutes and then flush with cold water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Deodorize the kitchen drain : Pour a cup of white distilled vinegar down the drain once a week. Let stand 30 minutes and then flush with cold water.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Eliminate onion odor by rubbing vinegar on your fingers before and after slicing.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	For cloudy glassware, soak paper towels or a cloth in full-strength white distilled vinegar and wrap around the inside and outside of the glass. Let sit awhile before rinsing clean.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	For stained and smelly plastic food containers, wipe them with a cloth dampened with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Formica tops and counters will shine if cleaned with a cloth soaked in distilled vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Garbage disposal cleaner : Garbage disposals may be kept clean and odor free with vinegar cubes. Vinegar cubes are made by filling an ice tray with a mixture of 1 cup	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
-	of vinegar and enough water to fill the ice tray and then freezing it. Run the mixture	
	through the disposal, and then flush it with cold water for a minute or so.	
Cleaning - Kitchen	Get rid of cooking smells by letting a small pot of vinegar and water simmer on the stove.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Get rid of cooking smells: Let simmer a small pot of vinegar and water solution.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Get rid of lime deposits in a tea kettle by adding 1/2 cup white distilled vinegar to the water and letting it sit overnight. If more drastic action is needed, boil full-strength white distilled vinegar in the kettle a few minutes, let cool and rinse with plain water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Get stains out of pots by filling the pots with a solution of 3 tablespoons of vinegar to a pint of water. Boil until stain loosens and can be washed away.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Grease buildup in an oven can be prevented by wiping with a cleaning rag that has been moistened in distilled vinegar and water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Prevent soapy film on glassware by placing a cup of vinegar on the bottom rack of your dishwasher, run for five minutes, then run though the full cycle.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Put vinegar on a cloth and let sit on the back of your kitchen faucet and it removes hard water stains.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Remove dark stains on an aluminum pot by boiling a mixture of 1 cup white distilled vinegar and 1 cup hot water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Remove kitchen odors that come from burnt pots or when cooking certain foods by boiling a small amount of water with 1/4 cup white distilled vinegar so that the steam circulates throughout the room.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cleaning - Kitchen	Remove mineral deposits from coffee makers with white distilled vinegar. Fill the	http://www.vinegartips.com/Scripts/pageViewSec.a

Topic	How-To	Source
	water reservoir with 1 cup or more of white distilled vinegar and run it through a whole cycle. Run it once or twice more with plain water to rinse clean. (Check the owners' manual first.)	sp?id=7
Cleaning - Kitchen	Remove Refrigerator Smells Place 1 cup apple cider vinegar in a glass and set in refrigerator. Within 2 days, any smell is gone!	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Kitchen	Remove soap buildup and odors from the dishwasher by pouring a cup of white distilled vinegar inside the empty machine and running it through a whole cycle. Do monthly.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Remove stains from coffee and teacups by scrubbing them gently with equal parts of salt (or baking soda) and white distilled vinegar. Rinse clean.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Remove the smell of spoiled food from a refrigerator by first rinsing the area with soap and water. Spray surfaces with full-strength white distilled vinegar and wipe them down with a damp cloth or sponge. Fill some containers with baking soda and place inside. Close the door and leave for a few days.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Remove ugly film in narrow-necked glass jars, flower vases, and bottles by letting undiluted white distilled vinegar sit in them for a few hours. Add a little rice or sand and shake vigorously to loosen stubborn stains. Repeat if necessary.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Renew sponges and dishrags by placing them in just enough water to cover them. Then add 1/4 cup white distilled vinegar. Let them soak overnight.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	Stains on hard-to-clean glass, aluminum, or porcelain utensils may be loosened by boiling in a solution of one part vinegar to eight parts water. The utensils should then be washed in hot soapy water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	The minerals found in foods and water will often leave a dark stain on aluminum utensils. This stain can be easily removed by boiling a solution of 1 tablespoon of distilled vinegar per cup of water in the utensil.	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
	Utensils may also be boiled in the solution.	
Cleaning - Kitchen	To clean a grease splattered oven door window , saturate it with full-strength white distilled vinegar. Keep the door open for 10 to 15 minutes before wiping with a sponge	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	To prevent good glassware from getting etched by minerals, wash then spray with full-strength white distilled vinegar. Give the glasses a hot water rinse before letting them dry or drying them with a towel.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Kitchen	To remove film in glass baby bottles , fill with equal parts hot water and white distilled vinegar. Let sit for at least an hour. Scrub with a bottle brush.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Kitchen	Unclog a drain. Pour a handful of baking soda down the drain and add 1/2 cup of vinegar. Rinse with hot water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Unsightly film in small-necked bottles and other containers can be cleaned by pouring vinegar into the bottle and shaking. For tougher stains, add a few tablespoons of rice or sand and shake vigorously. Rinse thoroughly and repeat until clean or determined hopeless.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers . Fill the reservoir with vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished. (Be sure sure to check the owners manual for specific instructions).	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Kitchen	Wipe grease off exhaust fan grids, the inside of your oven, or anywhere grease gathers with a sponge soaked in white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Before painting old concrete , clean with full-strength white distilled vinegar. Let it air dry.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Brass polish: Brass, copper and pewter will shine if cleaned with the following	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	mixture. Dissolve 1 teaspoon of salt in 1 cup of white distilled vinegar and stir in flour until it becomes a paste. Apply paste to the metals and let it stand for about 15 minutes. Rinse with clean warm water and polish until dry.	
Cleaning - Miscellaneous	Clean fireplace glass doors with a solution of 1 part white distilled vinegar to 2 parts water. Spray or wipe on, then wipe clean with a dry cloth.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Clean grout by letting full-strength white distilled vinegar sit on it for a few minutes and scrubbing it with an old toothbrush.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Clean hardened paint brushes by simmering them in a pot with white distilled vinegar. Soak them first for an hour before bringing the white distilled vinegar to a simmer. Drain and rinse clean.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Clean milking equipment. Rinse with vinegar to leave system clean, odorless, and bacteria free without harmful chemical residue.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Miscellaneous	Clean scissors that have become sticky (after cutting tape, for instance) with a cloth dipped in undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Clean vinyl baby books or board books by wiping with white distilled vinegar. Wipe clean with a damp sponge or cloth.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Clean your grill by spritzing white distilled vinegar over wadded up aluminum foil and scrubbing the grill vigorously with it.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Fresh lunch box : It is easy to take out the heavy stale smell often found in lunch boxes. Dampen a piece of fresh bread with white distilled vinegar and leave it in the lunch box overnight.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Miscellaneous	Freshen a lunchbox by soaking a piece of bread in vinegar and let it sit in the lunchbox over night.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Miscellaneous	Fruit stains : Remove fruit or berry stains from your hands by cleaning them with vinegar.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Cleaning - Miscellaneous	Get decals off walls or doors by letting undiluted white distilled vinegar soak into them for several minutes before trying to peel them off. Repeat if necessary.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Get rid of calcium deposits on faucets by soaking a cloth or paper towel in white distilled vinegar and wrapping the area tightly. Let this sit for a couple of hours or overnight.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Get rid of mildew, dust, and stale odors by wiping down walls with undiluted white distilled vinegar on a cloth or a sponge mop.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Make a metal cleanser by adding enough white distilled vinegar to 2 tablespoons of cream of tartar to make a paste. Rub it on and let it dry on the surface. Wash it off and dry with a soft cloth.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Make your own scouring cleanser by combining 1/4 cup baking soda with 1 tablespoon liquid detergent. Add just enough white distilled vinegar to give it a thick but creamy texture.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Mix up an inexpensive tile cleaner by adding 1/2 cup baking soda, 1 cup white distilled vinegar, and 1 cup ammonia to a gallon of warm water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Polish brass and copper with a mixture of 2 tablespoons of ketchup and 1 tablespoon white distilled vinegar. Rub it on with a clean cloth until dry and shiny.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Remove crusty rim deposits on house planters or attached saucers by soaking them for several hours in an inch of full-strength white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Cleaning - Miscellaneous	Remove fireplace soot and grime with undiluted white distilled vinegar. Use a brush to scrub and a towel to blot up the wetness and dirt.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Remove mud and stains from plastic, fiberglass, or aluminum sports equipment by applying a paste of 1 part white distilled vinegar to 3 parts baking soda. Wipe off with soapy water and rinse with clear water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7

Topic	How-To	Source
Cleaning - Miscellaneous	Remove odors from a lunch box by placing inside a slice of bread that has been soaked in white distilled vinegar. Leave overnight.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Remove soap buildup from faucets by scrubbing them with a solution of 1 part salt to 4 parts white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Remove the smell of a dead mouse or other rodent (after removing all animal remnants) by wiping down the area with either white distilled vinegar or bleach. Then place a fabric softener sheet in the area to remove any lingering odors.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Remove white water rings from wood with a solution of equal parts white distilled vinegar and vegetable oil. Rub with the grain.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Rid a faucet of lime deposits by tying a plastic bag containing 1/2 to 1/3 cup of white distilled vinegar around it and leaving it there for two or three hours. If mineral deposits don't wipe off, scrubbing with an old toothbrush should complete the job.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Rinse away soapy film on countertops with a solution of white distilled vinegar and water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	Shine colored porcelain sinks by scouring them with undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Shine pennies by soaking them for a couple of hours or overnight in a glass or bowl of undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	Soak a sponge or loofah overnight in a strong white distilled vinegar and water solution to remove dirt and slime. Rinse several times with cold water and let air dry (in the sun if possible).	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	To clean and disinfect baby toys add a good-sized splash of white distilled vinegar to soapy water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	To clean tarnished brass, copper, and pewter, use a paste with equal amounts of	http://www.vinegartips.com/Scripts/pageViewSec.a

Topic	How-To	Source
	white distilled vinegar and table salt.	<u>sp?id=7</u>
Cleaning - Miscellaneous	To eliminate fruit stains from your hands, rub your hands with a little distilled vinegar and wipe them with a cloth.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Miscellaneous	To kill germs , spray full-strength white distilled vinegar on doorknobs and then wipe them dry.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	To make cleaning the grill easier, spray a solution of half water and half white distilled vinegar on the cooking surface.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Miscellaneous	To reduce soap bubbles in a steam cleaner add about 1/4 cup white distilled vinegar. Use the same amount in the rinse water to remove detergent residue and make carpets stay fresh longer.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	To remove a label, decal, or price tag, cover with a cloth soaked in white distilled vinegar. Leave the cloth on overnight and the label should slide off.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Miscellaneous	To shine chrome sink fixtures that have a lime buildup, use a paste made of 2 tablespoons salt and 1 teaspoon white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Windows & Walls	Clean wood paneling with a solution of 1/4 cup olive oil, 1/2 cup white distilled vinegar, and 2 cups warm water. Wipe on with a soft cloth.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Windows & Walls	Clean woodwork and walls with a mixture of 1 cup white distilled vinegar, 1 cup baking soda, 1/2 cup ammonia and 1 gallon warm water. Wipe on with a sponge or damp—not wet—towel.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Windows & Walls	Cleaning windows by using undiluted Vinegar in a spray bottle. Dry offwith newspaper.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cleaning - Windows & Walls	Create your own window cleaning solution by combining 1/2 cup non-sudsy ammonia, 1 cup white distilled vinegar, and 2 tablespoons cornstarch in a gallon of	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7

Topic	How-To	Source
	water.	
Cleaning - Windows & Walls	Easily clean your mini blinds by wearing pair of white cotton gloves. Dip gloved fingers into a solution of equal parts white vinegar and warm tap water, and run your fingers across both sides of each blind.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Windows & Walls	Remove the wax residue left by commercial window cleaners with a solution of 2 cups water, 1 cup white distilled vinegar and 1 teaspoon of liquid soap or detergent.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=7
Cleaning - Windows & Walls	Remove wallpaper easily by using a paint roller to wet the surface very thoroughly with a solution of equal parts white distilled vinegar and hot water. Or spray on until saturated.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Windows & Walls	Streakless windows : Simply wash with a mixture of equal parts of white distilled vinegar and warm water. Dry with a soft cloth. This solution will make your windows gleam and will not leave the usual film or streaks on the glass.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Windows & Walls	To remove paint from windows try using undiluted, hot white distilled vinegar. Give the solution time to soften the paint before removing with a razor edge tool.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Windows & Walls	To remove paint splatters from windows apply full-strength white distilled vinegar with a clean paintbrush.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=7
Cleaning - Windows & Walls	Washing woodwork: You can ease the job of washing painted walls, woodwork and Venetian blinds by using a mixture of 1 cup ammonia, ½ cup white distilled or cider vinegar and ¼ cup baking soda with 1 gallon of warm water. Wipe this solution over walls or blinds with a sponge or cloth and rinse with clear water. Dirt and grime comes off easily and the solution will not dull the painted finish or leave streaks.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Windows & Walls	Water or alcohol marks on wood: Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of white distilled vinegar and olive oil. Rub with the grain and polish for the best results.	http://www.versatilevinegar.org/usesandtips.html
Cleaning - Windows &	Wood paneling may be cleaned with a mixture of 1 ounce of olive oil and 2 ounces	http://www.angelfire.com/cantina/homemaking/vi

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Walls	of distilled vinegar in 1 quart of warm water. Moisten a soft cloth with the solution and wipe the paneling. The yellowing is then removed by wiping with a soft, dry cloth.	negar.html
Cooking	Add moistness and taste to any chocolate cake—homemade or from a box—with a spoonful of white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Boil better eggs by adding 2 tablespoons water before boiling. Keeps them from cracking.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Boiling eggs : When boiling an egg and it's cracked, a little vinegar in the water will keep the white from running out.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Cake icing : Cake icing can be prevented from becoming sugary if a little vinegar is added to the ingredients before cooking. The same is true when making homemade candy.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Cooking fish : Try soaking fish in vinegar and water before cooking it. It will be sweeter, more tender and hold its shape better. When boiling or poaching fish, a tablespoon of vinegar added to the water will keep it from crumbling so easily.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Debug fresh vegetables by washing them in water with vinegar and salt. Bugs float off.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Eliminate the greasy taste in food cooked in a deep fryer by adding a dash of white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Firm up gelatin by adding a teaspoon of vinegar for every box of gelatin used. To keep those molded desserts from sagging in the summer heat.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Flavor booster: Perk up a can of soup, gravy or sauce with a teaspoon of your favorite specialty vinegar. It adds flavor and taster fresher.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Fluffier Rice For fluffier and great tasting rice, add a teaspoon of white distilled	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	vinegar to the boiling water before adding rice. Rice will be easier to spoon and less sticky	
Cooking	Fluffy Egg Whites Soak a paper towel with 1-2 Tablespoons of white distilled vinegar. Wipe mixing bowl and beaters or whisk with the vinegar-soaked paper towel, then dry with a cloth or paper towel prior to whipping egg whites.	http://www.versatilevinegar.org/usesandtips.html
Cooking	For extra tenderness with boiling ribs or stew meat add a tablespoon of white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Freshen vegetables . Soak wilted vegetables in 2 cups of water and a tablespoon of vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Freshen vegetables : Freshen up slightly wilted vegetables by soaking them in cold water and vinegar.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Freshen wilted vegetables by soaking them in cold water containing a spoonful or two of white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Fruit and vegetable wash: Add 2 tablespoons white distilled vinegar to 1 pint water and use to wash fresh fruits and vegetables, then rinse thoroughly. Research has shown that vinegar helps kill bacteria on fruits and vegetables.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Frying doughnuts: Before frying doughnuts, add ½ teaspoon of vinegar to hot oil to prevent doughnuts soaking up extra grease. Use caution when adding the vinegar to the hot oil.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Getting the last drops: When you can't get the last bit of mayonnaise or salad dressing out of the jar, try dribbling a little of your favorite vinegar into it, put the cap on tightly and shake well. You'll be amazed at how much you've been wasting.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Give some extra zest to your white sauce by adding 1/2 teaspoon of white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	If you've added too much salt to a recipe, add a spoonful of white distilled vinegar	http://www.vinegartips.com/Scripts/pageViewSec.a

Topic	How-To	Source
	and sugar to try correcting the taste.	sp?id=5
Cooking	Keep molded gelatin desserts and salads from sagging or melting in the summer heat by adding a teaspoon of white distilled vinegar for each box of gelatin used.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Keeping potatoes white : A teaspoon of white distilled or cider vinegar added to the water in which you boil potatoes will keep them nice and white. You can keep peeled potatoes from turning dark by covering them with water and adding 2 teaspoons of vinegar.	http://www.versatilevinegar.org/usesandtips.html
Cooking	Make buttermilk. Add a tablespoon of vinegar to a cup of milk and let it stand 5 minutes to thicken.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Make creamy vinaigrette by adding some plain or whipped cream to a mixture of 1 part white distilled vinegar to 3 parts oil.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Make onion odors disappear from your hands by rubbing with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Make pasta less sticky and reduce some of its starch. Add just a dash of white distilled vinegar to the water as it cooks.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Cooking	Make perfect, fluffy meringue by adding a teaspoon of white distilled vinegar for every 3 to 4 egg whites used.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Make wine vinegar by mixing 2 tablespoons of vinegar with 1 teaspoon of dry red wine.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Marinating meat in vinegar kills bacteria and tenderizes the meat. Use one-quarter cup vinegar for a two to three pound roast, marinate overnight, then cook without draining or rinsing the meat. Add herbs to the vinegar when marinating as desired.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Meat tenderizer : As a tenderizer for tough meat or game, make a marinade in the proportion of half a cup of your favorite vinegar to a cup of heated liquid, such as bouillon; or for steak, you may prefer to a mix of vinegar and oil, rubbed in well and allowed to stand for two hours.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Cooking	Olives or pimentos covered with white distilled vinegar can be kept almost indefinitely if refrigerated.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Cooking	Perk up any can of soup or sauce with a teaspoon of red or white wine vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Prepare fluffier rice by adding a teaspoon of vinegar to the water when it boils.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Replace a lemon by substituting 1/4 teaspoon of vinegar for 1 teaspoon of lemon juice.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Scale fish more easily by rubbing with vinegar 5 minutes before scaling.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Cooking	Tenderize meat with white distilled vinegar. Use it in marinades or when slow cooking any tough, inexpensive cuts of meat.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Cooking	To add a zesty new taste to fresh fruits such as pears, cantaloupe, honeydew, or others, add a splash of rice or balsamic vinegar. Serve immediately to prevent the fruit from becoming mushy.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	To keep eggs from cracking when boiling add a tablespoon or two of white distilled vinegar to water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	To keep frosting from sugaring add a drop of white distilled vinegar. It will also help keep white frosting white and shiny.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	To make basic vinaigrette salad dressing use 1 part white distilled vinegar to 4 parts oil.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	To make the perfect picnic potato salad dressing combine 1 cup mayonnaise, 3 tablespoons white distilled vinegar, 1 tablespoon sugar, and 1/2 teaspoon salt.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	Try cider or malt white distilled vinegar instead of ketchup with french fries—that's	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5

Topic	How-To	Source
	how the British like to eat them. Either one is also great on fish or any fried or broiled meat.	
Cooking	Turn out great rice by adding a teaspoon of white distilled vinegar to the boiling water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=5
Cooking	When boiling or steaming cauliflower, beets or other vegetables, add a teaspoon or two of white distilled vinegar to the water to help them keep their color. This will also improve their taste, and reduce gassy elements. This also works when cooking beans and bean dishes.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Cooking	When making tuna salad add a dash of any herb-flavored white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Cooking	When poaching eggs, add a little white distilled vinegar to the water. The whites stay better formed.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=5
Fun Stuff - Berry Ink & Quill Pens	Berry ink ingredients: ½ C. Ripe berries (blueberries, cherries, blackberries, strawberries, elderberries, raspberries, etc.) ½ Tsp. Vinegar ½ Tsp. Salt Fill a strainer with the berries and hold it over a bowl. Using the rounded back of a wooden spoon, crush the berries against the strainer so that the berry juice strains into the bowl. Keep adding berries until most of their juice has been strained out and only pulp remains. Add the salt and vinegar to the berry juice. The vinegar helps the ink retain its color and the salt keeps it from getting too moldy. If the berry ink is too thick, add a tablespoon of water. Store in a baby food jar. Only make a small amount of berry ink at a time and, when not in use, keep it tightly covered.	http://www.versatilevinegar.org/usesandtips.html
Fun Stuff - Berry Ink & Quill Pens	Quill pen ingredients: A large feather (find your own or purchase one from a craft store) Craft knife Paper	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	Berry ink Paper towels Use a craft knife to cut the tip of the feather at an angle. Carefully, cut a slit in the tip. Dip the feather into the berry ink. Dab the end on a paper towel. Repeat as needed. Now, write your masterpiece just like the pioneers did!	
Fun Stuff - Kids	Coloring Easter eggs: Mix 1 teaspoon of vinegar with each ½ cup of hot water, then add food coloring. (Check egg-coloring booklets or food dye box for specific directions.) Vinegar keeps the food dyes bright and prevents streaky, uneven colors.	http://www.versatilevinegar.org/usesandtips.html
Fun Stuff - Kids	How to build a volcano: First, make the "cone" of the volcano. Mix 6 cups flour, 2 cups salt, 4 tablespoons cooking oil and 2 cups of water. The resulting mixture should be smooth and firm (more water may be added if needed). Stand a soda bottle in a baking pan and mold the dough around it into a volcano shape. Do not cover the hole or drop dough into it. Fill the bottle most of the way full with warm water and a bit of red food color (can be done before sculpting if you do not take so long that the water gets cold). Add 6 drops of detergent to the bottle contents. Add 2 tablespoons baking soda to the liquid. Slowly pour vinegar into the bottle. Watch out – eruption time!	http://www.versatilevinegar.org/usesandtips.html
Fun Stuff - Kids	Making naked eggs: Place eggs in a container so the eggs are not touching. Add enough vinegar to cover the eggs. Cover the container, put in the refrigerator and let the eggs sit in the vinegar for 24 hours. Use a large spoon to scoop the eggs out of the container. Be careful since the eggshell has been dissolving, the egg membrane may be the only thing holding the egg together. Carefully dump out the vinegar. Put the eggs back in the container and cover them with fresh vinegar. Leave the eggs in the refrigerator for another 24 hours. Scoop the eggs out again and rinse them carefully. If any of the membranes have broken, throw those eggs away. When you're done, you'll have an egg without a shell.	http://www.versatilevinegar.org/usesandtips.html
Fun Stuff - Kids	Turn a chicken bone into rubber by soaking it in a glass of vinegar for three days. It will bend like rubber.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Avoid skin problems after working in the Garden & Yard by rinsing your hands in	http://www.vinegartips.com/Scripts/pageViewSec.a

Topic	How-To	Source
	white distilled vinegar.	<u>sp?id=6</u>
Garden & Yard	Clean a birdbath by scrubbing it often with undiluted white distilled vinegar. Rinse well.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Clean a hummingbird feeder with white distilled vinegar—soap or detergent can leave behind harmful residue.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Clean out stains and white mineral crusts in clay, glazed and plastic pots by soaking them for an hour or longer in a sink filled with a solution of half water and half white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Clean plastic patio furniture with a solution of 1 tablespoon white distilled vinegar to 1 gallon of water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Cure a cement pond before adding fish and plants by adding one gallon of white distilled vinegar to every 200 gallons of water. Let sit three days. Empty and rinse thoroughly.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Freshen cut flowers. Add 2 tablespoons vinegar and 1 teaspoon sugar for each quart of water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Get rid of rust on spigots, tools, screws or bolts by soaking the items overnight or for several days in undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Get rid of the water line in a flower vase by filling it with a solution of half water and half white distilled vinegar, or by soaking a paper towel in white distilled vinegar and stuffing it into the vase so that it is in contact with the water line.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Give acid-loving plants like azaleas, rhododendrons, hydrangeas and Garden & Yardias a little help by watering them with a white distilled vinegar solution now and again. A cup of white distilled vinegar to a gallon of tap water is a good mixture.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Grow beautiful azaleas: Occasionally water plants with a mixture of two tablespoons vinegar to one quart water. Azaleas love acidic soil.	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
Garden & Yard	Increase soil acidity. In hard water areas, add a cup of vinegar to a gallon of tap water for watering acid loving plants like rhododendrums, Garden & Yardias, or azaleas. The vinegar will release iron in the soil for the plants to use.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Increase soil acidity: In hard water areas, add a cup of vinegar to a gallon of tap water for watering acid loving plants like rhododendrons, Garden & Yardias or azaleas. The vinegar will release iron in the soil for the plants to use.	http://www.versatilevinegar.org/usesandtips.html
Garden & Yard	Increase the acidity of soil by adding white distilled vinegar to your watering can.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Keep Flowers Longer Keep flowers fresh longer. Add 2 tablespoons sugar and 2 tablespoons white vinegar in a 1-quart vase of water. Trim stems and change water every five days.	http://www.versatilevinegar.org/usesandtips.html
Garden & Yard	Keep rabbits from eating your plants . Put cotton balls soaked in white distilled vinegar in a 35mm film container. Poke a hole in the top and place in the Garden & Yard.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Kill grass on walks and driveways. Pour full strength on unwanted grass.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Kill grass : To kill grass on sidewalks and driveways, pour full strength white distilled vinegar on it.	http://www.versatilevinegar.org/usesandtips.html
Garden & Yard	Kill weeds and grass growing in unwanted places by pouring full-strength white distilled vinegar on them. This works especially well in crevices and cracks of walkways and driveways.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Kill weeds. Spray full strength on growth until plants have starved.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Kill weeds : Spray white distilled vinegar full strength on tops of weeds. Reapply on any new growth until plants have starved.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Garden & Yard	Neutralize yard lime by adding white distilled vinegar to the area.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Neutralize Yard lime. Rinse your hands liberally with vinegar after working with Garden lime to avoid rough and flaking skin. Clean pots before repotting, rinse with vinegar to remove excess lime.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Neutralize Yard lime : Rinse your hands liberally with white distilled vinegar after working with Garden & Yard lime to avoid rough and flaking skin. Clean pots before repotting, rinse with vinegar to remove excess lime.	http://www.versatilevinegar.org/usesandtips.html
Garden & Yard	Plant Nutrients Mix vinegar and water in a ratio of 1:8. Mix a separate solution of sugar and water in a mixture of 1:8. Combine the vinegar and sugar mixtures. Add to plant as long as needed.	http://www.versatilevinegar.org/usesandtips.html
Garden & Yard	Preserve cut flowers and liven droopy ones by adding 2 tablespoons white distilled vinegar and 1 teaspoon sugar to a quart of water in a vase.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Prolong the life of flowers in a vase. Add two tablespoons of vinegar plus three tablespoons of sugar per quart of warm water. Stems should be in three to four inches of water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Garden & Yard	Remove berry stains on your hands by rubbing them with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	Sanitize outdoor furniture and picnic tables with a cloth soaked in white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=6
Garden & Yard	Wash fresh vegetables with a mixture of 1 tablespoon of white distilled vinegar in 1 ½ quarts of water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6
Garden & Yard	When cleaning an outdoor fountain, soak the pump in white distilled vinegar to remove any mineral deposits	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=6

Topic	How-To	Source
Health & Beauty	Arthritis Relief Mix a teaspoon of half apple cider vinegar, half honey in a glass of water with a teaspoon of orange flavored Knox gelatin.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Chest congestion : To clear up respiratory congestion, inhale a vapor mist from steaming pot containing water and several spoonfuls of vinegar.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Clean a hairbrush by soaking in a white distilled vinegar solution.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Clean dentures by soaking them overnight in vinegar, then brush away tartar with a toothbrush.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Cleaning Heavily Soiled Hands Moisten cornmeal with apple cider vinegar. Scrub hands, rinse in cold water and pat dry.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Continuous Positive Airway Pressure (CPAP) Machine for Sleep Apnea: To clean the calcium deposit of the humidifier reservoir, heat 450 ml (1 ¾ cups) of vinegar in the microwave for 2 minutes. Pour vinegar into reservoir and replace cap. Let sit for 1 hour. Remove vinegar. Reservoir should be clean and calcium free. Contact manufacturer before cleaning with this method or review manufacturerÂ's directions.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Cure an upset stomach by drinking two teaspoons Apple Cider Vinegar in one cup water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Cure for colds. Mix one-quarter cup Apple Cider Vinegar with one-quarter cup honey. Take one tablespoon six to eight times daily.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Dampen your appetite. Sprinkle a little vinegar on prepared food to take the edge off your appetite.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Eliminate bad breath and whiten your teeth by brushing them once or twice a week with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Feel good recipe. A teaspoon of apple cider vinegar in a glass of water, with a bit of	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
	honey added for flavor, will take the edge off your appetite and give you an overall Health & Beauty & Beauty feeling.	
Health & Beauty	Fight dandruff, by rinsing with vinegar and 2 cups of warm water, after shampooing.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Fight dandruff: After shampooing, rinse with a solution of ½ cup vinegar and 2 cups of warm water.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	For cuts and scrapes, use white distilled vinegar as an antiseptic.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Get rid of foot odor by washing feet well with antiseptic soap daily, then soaking them in undiluted cider vinegar for 10 minutes or so. Remember that cotton socks aid odor control more effectively than wool ones.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=9
Health & Beauty	If commercial aftershaves cause rashes and itching, try using undiluted white distilled vinegar as an aftershave lotion.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Lessen Morning Sickness Drink some apple cider vinegar in water, with honey added. This concoction can help calm a queasy stomach.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Lighten body freckles (not facial freckles) by rubbing on full-strength white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Make nail polish last longer. Wipe fingernails with cotton balls dipped in white distilled vinegar before putting on nail polish.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=9
Health & Beauty	Prevent yeast infections. Douche with one tablespoon vinegar to one quart warm water, to adjust the pH balance in the vagina.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Relief from Heartburn For relief of heartburn or acid indigestion, take one or two tablespoons of balsamic vinegar.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Relieve arthritis. Before each meal, drink a glass of water containing two teaspoons	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
	Apple Cider Vinegar. Give it at least three weeks to start working.	
Health & Beauty	Relieve cough by mixing one-half cup Apple Cider Vinegar, one-half cup water, one teaspoon cayenne pepper, and four teaspoons honey. Take one tablespoon when cough acts up. Take another tablespoon at bedtime.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Relieve dry and itchy skin. Add 2 tablespoons to bath water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Relieve dry and itchy skin: Add 2 tablespoons of vinegar to your bath water.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Relieve itching by using a cotton ball to dab mosquito and other bug bites with Vinegar straight from the bottle.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Relieve sunburn by lightly rubbing it with vinegar. You may have to reapply.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Relieve sunburn : Lightly rub white distilled or cider vinegar on skin. Reapply as needed.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Remove corns by making a poultice of one crumbled piece of bread soaked in one-quarter cup Vinegar. Let poultice sit for one-half hour, then apply to the corn and tape in place overnight. If corn does not peel off by morning, reapply the poultice for several consecutive nights.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Remove fruit stains from hands. Rub with vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Remove warts by applying a lotion of half cider vinegar and half glycerin. Apply daily to warts until they dissolve.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Skin burns: Apply ice-cold vinegar right away for fast relief. Will prevent burn blisters.	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
Health & Beauty	Soft Feet Combine 1 cup white distilled vinegar to 2 gallons warm water. Soak feet for 45 minutes then use a pumice stone or file to remove dead skin from heels and callused areas of feet.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Soothe a bee or jellyfish sting. Dot or douse the irritated area with vinegar and relieve itching.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Soothe a bee or jellyfish sting: Douse with vinegar. It will soothe irritation and relieve itching.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Soothe a sore throat. Put a teaspoon of vinegar in a glass of water. Gargle, then swallow.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Soothe a sore throat : Put a teaspoon of vinegar in a glass of water. Gargle, then swallow. For another great gargle: 1 cup hot water, 2 tablespoons honey, 1 teaspoon vinegar, gargle then drink.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Soothe sunburn with a spray of white distilled vinegar, repeating as often as you like. Ice-cold white distilled vinegar will feel even better, and may prevent blistering and peeling.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Stave off high blood sugar and other Alzheimer's risk factors with a daily dose of vinegar. According to researchers, there is evidence that vinegar sinks risk factors that may lead to memory decline and dementia namely, high blood sugar, insulin resistance, diabetes and prediabetes, and weight gain. While vinegar does not confront Alzheimer's directly, studies at Arizona State University have found that vinegar can curb appetite and food intake, helping prevent weight gain and obesity. Swedish investigators agree. In one study, downing two or three tablespoons of vinegar with white bread cut expected rises in insulin and blood sugar by about 25 percent. Pour on the vinegar add it to salad dressings, eat it by the spoonful, even mix it into a glass of drinking water. Any type of vinegar works because it's the acidity that counts. Source: AOL Health & Beauty & Beauty and "100 SIMPLE THINGS YOU CAN DO TO PREVENT ALZHEIMER'S AND AGE-RELATED MEMORY LOSS" by Jean Carper. Copyright	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9

Topic	How-To	Source
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Health & Beauty	Stop insect stings and bites from itching by dabbing them with a cotton ball saturated with undiluted white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=9
Health & Beauty	Stop Itching Apply a paste made from vinegar and cornstarch. Keep on until itch disappears.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Take 1 cup of vinegar and warm water into a large glass and use to rinse your hair after you shampoo. Vinegar adds highlights to brunette hair, restores the acid mantel, and removes soap film and sebum oil.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Toenail fungus : Soak toes in a solution of vinegar and water, using 1 part vinegar to 2 parts water, 15 minutes per day.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Tone facial skin with a solution of equal parts white distilled vinegar and water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=9
Health & Beauty	Treat sinus infections and chest colds. Add 1/4 cup or more vinegar to the vaporizer.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Health & Beauty	Treat sinus infections and chest colds : Add 1/4 cup or more vinegar to the vaporizer. (Be sure to check vaporizer instructions for additional water measurement.)	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	Wart Remover Mix lukewarm/warm water with a cup of white distilled vinegar. Immerse area with wart and soak 20 minutes everyday until wart disappears.	http://www.versatilevinegar.org/usesandtips.html
Health & Beauty	You take 1 tablespoon full and swallow when you have the hiccups. It stops them instantly.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	After a hem or seam is removed, there are often unsightly holes left in the fabric. These holes can be removed by placing a cloth, moistened withdistilled vinegar, under the fabric and ironing.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Attack spaghetti, barbecue, or ketchup stains with a white distilled vinegar and water solution.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8

Topic	How-To	Source
Laundry & Clothes	Before washing a mustard stain, dab with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Blanket renewal : Cotton and wool blankets become soft, fluffy and free of soap odor if 2 cups of white distilled vinegar are added to the rinse cycle of the wash.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Brighten fabric colors. Add a 1/2 cup vinegar to the rinse cycle.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Bring out bright colors by adding 1/2 cup white distilled vinegar to the rinse cycle.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Clean a scorched iron plate by heating equal parts vinegar and salt in a small pan. Then rub the solution on the cooled iron surface to remove dark or burned stains.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Clean a scorched iron plate: Heat equal parts white distilled vinegar and salt in a small pan. Rub solution on the cooled iron surface to remove dark or burned stains.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Cleaning Vintage Lace Soak the lace in cold water, rinsing it several times. Next, hand-wash the lace gently with a wool detergent, such as Woolite. If rust spots are a problem, try removing them with a mixture of white vinegar and hot water.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Clothes washing magic: Clothes will rinse better if 1 cup of white distilled vinegar is added to the last rinse water. The acid in vinegar is too mild to harm fabrics, but strong enough to dissolve the alkalies in soaps and detergents.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Clothes will rinse better if a cup of vinegar is added to the last rinse water. The acid in vinegar is too mild to harm fabrics but strong enough to dissolve the alkalies in soaps and detergents.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Cotton and wool blankets become soft, fluffy and free of soap odor if 2 cups of distilled vinegar are added to the rinse cycle of the wash.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Deodorant and anti-perspirants stains may be removed from clothing by lightly	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
	rubbing with distilled vinegar and laundering as usual.	
Laundry & Clothes	Deodorant stains : Deodorant and antiperspirant stains may be removed from clothing by lightly rubbing with white distilled vinegar and laundering as usual.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Deodorize a wool sweater: Wash sweater, then rinse in equal parts vinegar and water to remove odor.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Eliminate manufacturing chemicals from new clothes by adding 1/2 cup white distilled vinegar to the water.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Excess laundry suds that develop during hand laundry may be eliminated by splashing a little vinegar into the second rinse. Follow this with another rinse in plain water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Fluff up wool or acrylic sweaters (hand- or machine-washed) and rid them of soap smell with 1/2 cup white distilled vinegar in the last rinse water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Forgot that you left wet laundry in the machine and it now smells moldy? Pour a few cups of white distilled vinegar in the machine and wash the clothes in hot water. Then run a normal cycle with detergent.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Freshen baby clothes : The addition of 1 cup of white distilled vinegar to each load of baby clothes during the rinse cycle will naturally break down uric acid and soapy residue leaving the clothes soft and fresh.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Freshen up the washing machine. Clean the hoses and unclog soap scum. Once a month pour one cup of vinegar into the washing machine and run the machine through a normal cycle, without clothes.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Get cleaner laundry! Add about 1/4 cup white distilled vinegar to the last rinse. The acid in white distilled vinegar is too mild to harm fabrics, yet strong enough to dissolve the alkalies in soaps and detergents. Besides removing soap, white distilled vinegar prevents yellowing, acts as a fabric softener and static cling reducer, and attacks mold and mildew.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8

Topic	How-To	Source
Laundry & Clothes	Get rid of lint in clothes. Add 1/2 cup of vinegar to the rinse cycle.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Get rid of the tiny holes left along the hemline when you take out the hem of any garment by moistening a cloth with white distilled vinegar, placing it under the fabric and ironing.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Get smoke smell out of clothes by adding a cup of vinegar to a bath tub of hot water. Hang clothes above the steam.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Get stained white socks and dingy dishcloths white again . Add 1 cup white distilled vinegar to a large pot of water, bring it to a rolling boil and drop in the articles. Let soak overnight.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Get water and salt stains off shoes and boots by wiping them down with a solution of equal parts white distilled vinegar and water.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Give patent leather shoes and bags a better shine by wiping them down with white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Hole removal : After a hem or seam is removed, there are often unsightly holes left in the fabric. These holes can be removed by placing a cloth, moistened with white distilled vinegar, under the fabric and ironing.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Keep bright colors from running. Immerse clothes in full strength vinegar for 10 minutes before washing.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Keep the steam iron clean and in good working order by getting rid of mineral deposits in steam vents and spray nozzles. Fill the water chamber with a solution of equal parts white distilled vinegar and distilled water. Set it in an upright position and let it steam for about 5 minutes. When the iron is cool, rinse the tank with water, refill and shake water through the vents onto an old cloth. Test before using.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Keeping colors fast: To hold colors in fabrics, which tend to run, soak them for a few	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	minutes in white distilled vinegar before washing.	
Laundry & Clothes	Leather cleaning : Leather articles can be cleaned with a mixture of white distilled vinegar and linseed oil. Rub the mixture into the leather and then polish with a soft cloth.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Nylon hose will look better and last longer if 1 tablespoon of vinegar is added to the rinse water when washing.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Prevent lint from clinging to clothes by adding 1/2 cup white distilled vinegar to the wash cycle.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Prevent lint from clinging to clothes: Add one cup vinegar to each wash load.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Remove musky smells from cotton clothes by sprinkling them lightly with white distilled vinegar and then pressing them.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Remove perspiration odor and stains on clothing, as well as those left by deodorants, by spraying full-strength white distilled vinegar on underarm and collar areas before tossing them into the washing machine.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Remove perspiration stains from clothes by applying one part vinegar to four parts water, then rinse.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Remove scorch marks from an iron by rubbing it with a warmed-up solution of equal parts white distilled vinegar and salt. If that doesn't work, use a cloth dampened with full-strength white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Remove smoky odors from clothes by filling the bathtub with very hot water and 1 cup white distilled vinegar. Hang the garments above the steaming water and shut the door so the steam can penetrate the fibers.	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8
Laundry & Clothes	Remove soap scum and clean the hoses of your washing machine with white distilled vinegar. Periodically run the machine with only a cup of white distilled	http://www.vinegartips.com/Scripts/pageViewSec.asp?id=8

Topic	How-To	Source
	vinegar in it—nothing else added to the wash cycle.	
Laundry & Clothes	Remove tough stains. Gently rub on fruit, jam, mustard, coffee, tea. Then wash as usual.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Scorch marks: Lightly rub white distilled vinegar on fabric that has been slightly scorched. Wipe with a clean cloth.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Setting colors : When you are color dyeing, add about a cupful of white distilled vinegar to the last rinse water to help set the color.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Shower curtains: Add 1 cup of white distilled vinegar to the rinse water when you launder your shower curtain. Do not spin dry or wash out. Just hang immediately to dry.	http://www.versatilevinegar.org/usesandtips.html
Laundry & Clothes	Some stains on clothing and linens can be soaked out using equal parts milk and white distilled vinegar.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Take grease off suede. Dip a toothbrush in vinegar and gently brush over grease spot.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	To obtain a sharper crease in your knit fabrics, dampen them with a cloth wrung out from a solution of 1/3 distilled vinegar and 2/3 water. Place a brown paper bag over the crease and iron.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	To remove soap residue that makes black clothes look dull use white distilled vinegar in your final rinse.	http://www.vinegartips.com/Scripts/pageViewSec.a sp?id=8
Laundry & Clothes	Unclog steam iron by pouring equal amounts of vinegar and water into the iron's water chamber. Turn to steam and leave the iron on for 5 minutes in an upright position. Then unplug and allow to cool. Any loose particles should come out when you empty the water.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Unclog steam iron: Pour equal amounts of white distilled vinegar and water into the	http://www.versatilevinegar.org/usesandtips.html

Topic	How-To	Source
	iron's water chamber. Turn to steam and leave the iron on for 5 minutes in an upright position. Then unplug and allow to cool. Any loose particles should come out when you empty the water.	
Laundry & Clothes	Use in laundry to cut soap.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	When dyeing fabric, add a cup full of distilled vinegar to the last rinse to set the color.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Laundry & Clothes	Wine stains: Spots caused by wine can be removed from 100 percent cotton, cotton polyester and permanent press fabrics if done so within 24 hours. To do it, sponge white distilled vinegar directly onto the stain and rub away the spots. Then clean according to the directions on the manufacturer's care tag.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Bumper stickers: Remove bumper stickers by repeatedly wiping the sticker with white distilled vinegar until it is soaked. In a few minutes, it should peel off easily. Test on a small invisible area of the car to ensure there will be no damage to the paint.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Clean eyeglasses by wiping each lens with a drop of vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Cleaner for Gold Jewelry Use one cup apple cider vinegar. Submerge solid gold jewelry item in vinegar for 15 minutes. Remove and dry with cloth. (Winner of June 2007 Vinegar Online Use Contest)	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Cleaning Leather Shoes Make a solution of one part water to one part white vinegar, and use it sparingly on the shoes. Dip a cloth into the solution, and dab it over the salt-streaked parts of your shoes.	http://www.versatilevinegar.org/usesandtips.html
	May have to repeat the cleaning a few times before all the salt is removed. Salt actually can damage leather, so it's best to clean shoes as quickly as possible. Don't let the salt stains build up.	

Topic	How-To	Source
Miscellaneous	Cleaning the Radiator Vent Turn down the thermostat. Unscrew the air vent, soak it in vinegar to clean it, then turn the thermostat all the way up. After a few minutes, you'll hear a hissing sound followed by a little bit of water spurting out. Finally, steam will start exiting that hole. Turn off the radiator valve and replace the vent. It should be straight up and hand tight. You should not need or use a wrench.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Deodorize a room filled with cigarette smoke or paint fumes. Place a small bowl of vinegar in the room.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Deodorize the air. Vinegar is a natural air freshener when sprayed in a room.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Dirt and grime can be easily removed from woodwork with a solution of 1 cup of ammonia, 1/2 cup of distilled vinegar, and 1/4 cup of baking soda in a cup of warm water. This solution will not dull the finish or leave streaks.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Fireplaces Wash fireplaces with a 50/50 ratio of water and vinegar to remove the blackened soot on glass front doors. If the doors have a spring-loaded clip, remove it, then take out the doors. Lay them flat on newspapers, spray with the vinegar/water solution and soak. Wipe it off with newspaper.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Frosted windows: For those rare winter mornings when there is frost on the car, wipe the windows the night before with a solution of one part water to three parts white distilled vinegar. They won't frost over.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Furniture Mix olive oil and vinegar in a one-to-one ratio and polish with a soft cloth. Try in an inconspicuous place first.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Leather articles can be cleaned with a mixture of distilled vinegar and linseed oil. Rub the mixture into the leather and then polish with a soft cloth.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Mix vinegar with lindseed oil and use it to clean your wood.	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
Miscellaneous	Paintbrush softener: Soak the paintbrush in hot white distilled vinegar, and then wash out with warm, sudsy water.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Patent leather will shine better if wiped with a soft cloth which has been moisten with distilled vinegar.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Plastic can be cleaned and made anti-static by wiping down with a solution of 1 tablespoon of distilled vinegar to 1 gallon of water. This will cut down on the plastics' tendency to attract dust.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Prevent patching plaster from drying by adding one tablespoon vinegar to the water when mixing to slow the drying time.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Remove decals or bumper stickers by soaking a cloth in Vinegar and cover the decal or bumper sticker for several minutes until the vinegar soaks in. The decals and bumper stickers should peel off easily.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Remove Lime Stains from Car Pour a small amount of white vinegar on a clean cloth. Gently rub the area of lime staining with the cloth until the stain is gone. Test a small are first to ensure no discoloration.	http://www.versatilevinegar.org/usesandtips.html
Miscellaneous	Soak a paint brush in hot vinegar, then wash out with warm, sudsy water to soften it up.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Soak new propane latern wicks in vinegar for several hours. Let dry before using. Will burn longer and brighter.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Sponging away grease and dirt with a sponge dipped in distilled vinegar will keep exhaust fan grills, air-conditioner blades and grills dust free.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Spots caused by cola-based soft drinks can be removed from 100 percent cotton, cotton polyester and permanent press fabrics if done so with in 24 hours. To do it, sponge distilled vinegar directly onto the stain and rub away the spots. Then clean according to the directions on the manufacturer's care tag.	http://www.angelfire.com/cantina/homemaking/vinegar.html

Topic	How-To	Source
Miscellaneous	Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of distilled vinegar and olive oil. Rub with the grain and polish for the best results.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	To add a pleasant scent to a room while at the same time removing an unpleasant odor, add cardamom or other fragrant spice to a bowl of distilled vinegar and place in the warmest corner of the room.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	To loosen old glue around rungs and joints of tables and chairs under repair, apply distilled vinegar with a small oil can.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Use vinegar in the steam cleaner to reduce soap bubbles.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Varnished wood often takes on a cloudy appearance. If the cloudiness hasn't gone through to the wood, the cloudiness can be removed by rubbing the wood with a soft lintless cloth wrung out from a solution of 1 tablespoon of distilled vinegar in a quart of luke-warm water. Complete the job by wiping the surface with a soft dry cloth.	http://www.angelfire.com/cantina/homemaking/vinegar.html
Miscellaneous	Worn DVDs: If you have a worn DVD that has begun to stick or suffers from the occasional freeze-frame, wipe it down with white distilled vinegar applied to a soft cloth. Ensure the DVD is completely dry before re-inserting in the DVD player. (Note: This only works on DVDs that are scratched of dirty through normal wear.)	http://www.versatilevinegar.org/usesandtips.html