

A

acne treatments, 173, 174
acupressure, 127
adhesive bandages, 86
A&D® ointment, 139
age spots, 174, 178, 182
Airbnb, 313
air conditioners, 235, 338
air fresheners, 6, 318
air travel
 anxiety about, 296
 booking flights, 287–289, 290
 canceled flights, 288
 germ prevention, 289, 290, 295
 lost luggage, 294, 296
 seat choice, 289, 290
 wardrobe and packing, 291–294, 295
alcohol. *See* rubbing
 alcohol uses
alcoholic beverages. *See also specific types*
adult hot chocolate, 268
cutting back on, 152, 153–155
entertainment
 strategies, 262–264
hot toddy, 124
allergies, 127, 128, 137
almond oil uses
 body lotion, 179
 bubble bath formula, 177
 facial moisturizer, 175
 hand care, 181
almond uses
 skin care, 168, 170, 179
 sleep aid, 160
aloe vera uses
 acne remedy, 173
 blister prevention
 formula, 139
 body lotion, 179

 facial moisturizer, 175
 hand sanitizer formula, 295
 sunburn remedy, 141
aluminum foil
 for camp cooking, 331
 as cat toy, 278
 kitchen uses, 58, 62
 laundry use, 29
 storing, 49
ammonia, 15, 54, 338
animal pest control
 garden pests, 118–120
 inside home, 90, 237, 238, 239
anise essential oil, 115
annual flowers, 104
antacid tablets, 151
Anti-Aging Toner, 175
Anti-Anxiety Roll-On Blend, 202
anti-inflammatory foods, 164
Anti-Mouse Mix, 90
antiperspirants, 136
ants, 57, 141. *See also* fire ants
anxiety, 165, 202, 296
aphids, 117
apples, 33, 266
aromatherapy, 165, 199
arthritis, 110, 134–135
artificial flowers, 261
asparagus, 34
automobiles. *See* cars and trucks
auto parts, 241
auto-pay, 251
auto-repair shops, 344, 345
avocado oil, 188
avocados, 33, 59

B

baby oil uses
 auto upholstery
 cleaning, 347
 chrome cleaning, 350
 paint removal from skin, 167
 stress-relief tool, 163
baby powder, 191
baby shampoo, 126, 323
baby wipes, 337
Back in Action Bath, 153
back pain, 131–132
bacon, 38, 44
bacon grease, 39, 118
badminton rackets, 99
baking sheets, storing, 50
baking soda storage, 39
baking soda uses
 bathroom-cleaning
 formulas, 6, 9
 carpet freshener, 15
 culinary use, 36
 gardening, 106
 hair care, 183, 184
 pest-control formula, 238
 range-cleaning formula, 61
 rust prevention, 91
 scouring powder formula, 51
 spackling substitute, 81
 stain-remover formula, 28
 upholstery cleaning, 340
 vinyl cleaning, 353
balance exercise, 150
balloons, 260, 276
bananas
 baking with, 34
 as headache remedy, 130
 overripe, 35
 as sleep aid, 160
 for stress relief, 162
bandage tape, 90
bandannas, 292, 353

B&Bs, 312
 bank fees, 250
 bargains, 240, 249
 bar soap, 8, 342
 barter, 242
 basil, basil oil, 179, 188, 225
 baskets, for storage, 22
 basting, basting brushes, 59, 60
 bath pillow, 176
 bathrooms
 cleaning and decluttering, 3–9
 moving and, 285
 bath salts, 6
 baths and showers, as remedy
 allergies, 128
 arthritis, 135
 body care, 176, 177, 179
 flu, 125
 hangovers, 153
 headaches, 131
 muscle spasms, 132
 stress relief, 161
 sunburn, 142
 bathtub appliqués, 216
 bathtubs, 3, 9
 bathtub stopper, 319
 bats, as pest control, 118
 batteries, 76, 217
 beauty products and routines
 body care, 176–182
 face care, 167–175
 hair care, 183–188
 makeup, 190–192
 nail care, 189–190
 beds
 bedmaking, 196
 moving to new home, 285
 preparing for sleep, 159
 storage under, 21
 bedtime routines, 156–157
 beef tenderloin, 45
 beer, 79, 161, 169
 beer drinking, 154
 beet stains, 55

belts, 17, 327
 bench scrapers, 65
 beverages, chilling, 260, 261, 262, 276, 353. *See also* alcoholic beverages
 bicycle or motorcycle
 helmets, 349, 350, 351
 bicycles, 215, 349–352
 binder clips, 210, 315
 birds, as pests, 117, 120
 blackberries, 177
 black pepper, 132, 150
 blanket forts, 274
 blankets, for car travel, 301
 bleach, for cleaning, 3, 4, 7
 bleach spots, on fabric, 24, 25
 blinds, cleaning, 13
 blister packs, opening, 88
 blisters, 137, 138, 139
 blood draws, 126
 blueberries, 138
 blue-light blockers, 159
 boats and boating, 353–358
 body care. *See also* foot care; hand care; nail care
 bath treatments, 176, 177, 179
 body butters, 177, 178
 body splash, 178
 lotions and gels, 179, 180
 scrubs, 177, 178, 179
 switching products, 181
 boilovers, 55
 books, hollowed-out, 269
 boondocking, 330
 borax uses
 bathroom-cleaning formulas, 9
 car wash formula, 347
 pest-control formulas, 34, 83
 stain remover, 28
 weed control, 97
 bottled water, 247
 bottles. *See jars* and bottles; plastic bottles

Bracing Pain-Bashing Brew, 132
 brain activity, and stress relief, 163
 brandy, for digestion, 149
 bread
 artisan breads, 38, 48
 as cleaning aid, 12
 storing, 39
 bread bag tabs, 218, 268
 bread crumbs, homemade, 48
 breathing, for stress relief, 161
 brewer's yeast, 140, 167
 Brighten-Up-with-Beer Facial, 169
 broccoli, 134
 bromelain, 135, 138
 brooms, 10, 11
 brown patch, 94
 brown sugar, 178
 bruises, 138, 139
 bubble bath formula, 177
 buckets, five-gallon, 89, 90, 106
 budgets, 252
 bulletin and message boards, 210
 bumper stickers, 111, 344
 bungee cords, 292, 323
 burns, minor, 141, 142
 butter
 culinary tips, 46, 61
 for hair care, 183
 in hot toddy, 124
 buttermilk substitute, 38
 buttons, storing, 76
 Bye-Bye Brown Patch Potion, 94

C

cabs and ride shares, 303
 café (Dutch) curtains, 245
 cakes, 45, 47, 64, 266
 camera, protecting from rain, 319

- camphor, 132
- camping
 - buying gear for, 332
 - campfires, 323, 324
 - clothing for, 322, 326
 - with dogs, 327, 330
 - gear organization, 325, 327
 - lighting for, 322, 332
 - pest control, 326, 331
 - privy location, 326
 - in RVs, 327
 - tents and sleeping pads, 322, 323, 325
- candles
 - birthday, 29, 275
 - drip-proof, 265
 - floating, 266
 - for lighting campfire, 323
 - scented, 165
 - storing, 265
- candy, and weight loss, 148
- car covers, 343
- cardamom, 150
- cardboard boxes, 19, 69, 84
- cardboard tubes, 10, 22
- Carpal Tunnel Relief Blend, 217
- carpal tunnel syndrome, 217–218
- carpet
 - dents in, 26
 - repurposing, 84, 92
- carpet cleaning
 - deodorizing, 15
 - DIY formula, 13
 - pet hair removal, 15
 - stain removal, 7, 14, 15
 - wine spills on, 261
- carrots, 139
- Carrot-Top Mouthwash, 43
- cars and trucks
 - buying, 241
 - cargo in, 345, 347–348
 - cleaning, 337, 338, 340, 343, 344, 346, 347
 - frozen doors on, 344
 - gas mileage, 336, 337
 - mechanical problems, 334, 336
 - mobile office, 346
 - oil changes, 341
 - ownership costs, 253
 - rentals, 301–302, 341
 - repair shops, 344, 345
 - safe driving, 195, 329, 334, 335, 336
 - scratches on, 341, 342
 - seat warmers, 300
 - theft prevention, 338–340
 - truck bed liner, 348
 - waxing, 343
 - windshields and mirrors, 342, 343, 345
- cash discounts, 242
- cash stash, 252
- castile soap, 170, 185
- castor oil, 134
- catnip, 277, 280
- cats, 120, 277–278
- caulk and caulking, 69, 237
- cayenne pepper, 150
- CDs, repurposing, 215, 342, 349
- CD spindles, 323
- cedar shavings, 113
- cedarwood essential oil, 158, 326
- ceiling fans, 13, 236
- ceilings, dusting, 12
- celery, 133, 160
- cell phones. *See* mobile phones
- centerpieces, 266
- centipedes, 5
- cereal, storing, 38
- chain saws, 110
- chalk, 27, 81
- chamomile uses
 - body care, 180
 - stop cravings, 153
 - stress relief, 165
 - upset stomach, 153
- champagne, 176, 184
- charitable donations, 242
- checking accounts, 250
- cheese graters, 18
- cherries, 134
- chewing gum removal, 30
- chicken wire, 118
- children, 274–277, 323, 330
- chili peppers, 32
- chipmunks, 120
- chocolate, melting, 64
- chocolate stains, 28
- chopsticks, 112
- Christmas
 - cookie swaps, 267
 - decorations, 119, 267, 268, 270, 271
 - gifts and shopping, 268, 269
 - stress relief, 268, 269, 271, 272
- chrome, cleaning, 5, 7, 350
- cinnamon uses
 - centerpiece, 266
 - potpourri formulas, 268, 282
 - weight loss, 150
- circulation, in hands, 182
- citric acid, 6
- citronella essential oil, 326
- citrus fruit, 138
- city passes, 303
- classical music, 146, 279
- Classic Scouring Powder, 9
- clay soil, 101
- clipboards, 51, 208
- closets
 - decluttering, 21, 276, 291
 - freshening, 20
- clothes dryers, 27, 28–29, 233
- clothespin uses
 - air freshener, 346
 - miscellaneous uses, 29
 - nail holder, 83
 - sewing aid, 78
 - storage aid, 52
 - towel holder, 9

- clothing
 - camping wardrobe, 322, 326
 - laundering, 24–30
 - packing for travel, 291, 293, 328
 - saving money on, 243, 244
 - travel wardrobe, 291–294, 295, 304
 - work wardrobe, 195
 - wrinkle-release formula, 310
 - clove uses
 - pain-relief formula, 132
 - pest control, 57
 - potpourri formulas, 268, 282
 - club soda uses
 - auto care, 344
 - chrome cleaning, 7, 350
 - nausea remedy, 127
 - preserving newspaper clippings, 77
 - sunburn remedy, 143
 - clutter control. *See* storage and decluttering
 - coat hangers, 94
 - cobweb removal, 12, 15
 - Cockroach Eliminator, 34
 - cocoa butter, 178
 - cocoa powder uses
 - body care, 176
 - pest-control formula, 34
 - skin care, 171, 172
 - coconut milk, 185
 - coconut oil uses
 - body care, 176, 178
 - hair care, 185
 - hand cream formula, 198
 - lotion cube formula, 180
 - nail care, 190
 - coffee
 - as body scrub, 178
 - as pest control, 113
 - preparing, 37
 - for puffy eye relief, 173
 - saving money on, 249
 - coffee filters, 64, 263
 - cola, 3, 97
 - colds and flu, 123–126
 - cold sores, 128
 - color, and weight loss, 145
 - color catchers, for laundry, 24
 - combs, washing, 188
 - comfrey root, 221
 - commuting to work, 195
 - compost, 97, 101, 103
 - compost tea, 107
 - compression bags, 293
 - computers and peripherals
 - carpal tunnel syndrome and, 217–218
 - cleaning, 212–214
 - data backups and security, 217
 - energy use, 230–231
 - keyboard shortcuts, 213
 - keyboard slide prevention, 216
 - location of, 215
 - mouse batteries, 217
 - owner's manual, 214
 - power cords, 218
 - printers and cartridges, 214, 215, 216
 - speakers, 214
 - condiments, serving, 264
 - contact lenses, 295
 - contact paper, removing, 72
 - container plants, 108, 112
 - cookbook holder, 52
 - cookies, 47, 267
 - cooking and food. *See also specific foods*
 - anti-inflammatory foods, 164
 - on a boat, 353, 354
 - camp cooking, 331
 - cooking tips, 40–48
 - for entertaining, 260, 261, 265, 266
 - food storage and use tips, 32–39, 49, 56, 234
 - leftovers, 249
 - lunches, 147, 249
 - stress-relieving foods, 204
- cooking oil, excessive, 45
 - cooking spray, 11, 53
 - cookware
 - improvised lids, 63
 - nonstick, 60
 - storing, 50, 51, 53
 - coolers
 - in boats, 353
 - ice for, 260, 327
 - substitutes for, 261, 262, 276, 318, 320, 354
 - Cool Whip®, 184
 - cordless tools, 88
 - corkboard, 50
 - corkscrews, 59
 - cornstarch uses
 - dry shampoo, 183
 - headlight-cleaning formula, 338
 - modeling clay formulas, 77, 276
 - cosmetic brush, as duster, 207
 - cosmetics. *See* makeup
 - costumes, 272, 277
 - coughs, 125
 - county surplus stores, 245
 - coupons, 246–248
 - cover plates, 70, 86
 - crackers, for seasickness, 309
 - crafts, 75–80
 - cranberries, 268
 - cream, soured, 36
 - cream of tartar, 9, 275
 - credit cards, and travel, 291
 - creeping Charlie, 97
 - croutons, homemade, 38
 - cruises, 305–310
 - cucumbers, 57, 142, 223
 - cupcake liners, 263, 345
 - curling irons, 188
 - curtains, 239, 245

cuts, minor, 136
cutting boards, 55, 60
cutworms, 115, 117

D

dahlias, 114
dairy products, 155, 169.
 See also milk uses
dandelions, 98, 136
dandruff, 183
Dandy DIY Air Freshener, 318
Dandy DIY Cabin Cleaner, 357
Dead Sea salt, 179
decluttering. *See* storage and decluttering
deer deterrents, 118, 119
dehydration. *See* hydration
Delightful Desk Polish, 209
denture-cleaning tablets, 111, 346
Desitin® Maximum Strength Original Paste, 182
diarrhea remedy, 303
diatomaceous earth, 117
digestion formula, 149
dining out, 123, 148
disassembly tip, 81
dishcloths, for floor cleaning, 14
dishes, storing, 52
dishwashing liquid uses
 all-purpose cleaning formula, 54
 boat launching aid, 356
 car wash formula, 347
 floor-cleaning formula, 14
 hand cleaner, 84
 scouring powder formula, 51
 stain-remover formula, 28
 toilet-cleaning formula, 6
 unclogging toilet, 7
 wood floor cleaning, 16
distracted driving, 195, 224, 336

DIY Carpet Cleaner, 13
DIY Insecticidal Soap, 116
dogs, 278–280, 327, 330
doors, squeaky, 7
down-filled jackets, 29
drains, clogged, 37
drapes, cleaning, 13
dreams, recording, 156
drills, 91
driving
 in bad weather, 334, 335
 drowsy, 329, 334
 multitasking and, 195, 336
dryer lint, for birds, 30
dryer sheets, homemade, 27
dry goods storage, 38, 39
dry skin treatments, 170, 175, 178
drywall knives, 65
duct tape, 86, 299
dustpans, 13
Dutch (café) curtains, 245
Dynamite Digestion Booster, 149

E

earwigs, 114
Easter eggs, 273
eating habits
 alcohol intake and, 155
 sleep and, 160
 smoking cessation and, 152
 for stress relief, 164, 204
 weight loss and, 145, 146
echinacea, 124
e-cigarettes, 152
efficiency, at work, 195–199
egg cartons, 69
eggs
 in bubble bath formula, 177
 buying and storing, 37
 cooking, 42
 fertilized, 36

 in hot toddy, 124
 separating, 42
 for skin care, 169, 175
 stuck to carton, 35
eggshells, 37, 113, 170
egg slicers, 61
electric bills. *See* energy conservation
electric bug zappers, 118
electric power, in hotels, 321
electric toothbrushes, 92
electrolyte balance, 134
electronic devices. *See also* computers and peripherals on cruises, 309
 energy use, 230–232
 sleep and, 157
e-mail, 199, 227–228
emergency fund, 251
energy conservation
 electronics and appliances, 230–233
 heating and cooling, 81, 234–239
 lighting, 231, 232
entertaining
 alcoholic beverages, 262–264
 chilling beverages, 260, 261, 262
 decorations and favors, 265–266
 food, 260, 261, 265, 266
 holiday hosting calendar, 269
 party invitations, 259, 260
 socializing strategies, 259, 263
entryway upgrades, 282
Epsom salt uses
 body care, 176
 foot care, 138
 muscle pain remedy, 132, 134
 splinter removal, 86

essential oil uses. *See also* specific oils
 air freshener, 6
 body care, 158, 180
 carpet freshener, 15
 closet freshener, 20
 DIY dryer sheets, 27
 hair care, 183, 185, 186
 hand cream formula, 198
 nail-biting remedy, 151
 pest control, 115
 stress relief, 165, 199
 estate sales, 255
 eucalyptus, eucalyptus oil, 5, 199, 277
 European travel, 287, 302
 exercise
 as cold remedy, 126
 motivation for, 351
 music and, 147
 sleep and, 160
 exhaust fans, 4
 expectations, and stress, 162
 eyebrows, 191, 192
 eye makeup, 190–192
 eye masks, 157
 eyes, puffy, 173, 174
 eyestrain
 from computer use, 222
 headaches and, 129
 remedies for, 221, 223

F
 fabric, storing, 22, 79, 80
 fabric softener, for auto care, 346
 Fabulous Face Paint, 272
 Facebook, 226, 227
 face care
 acne treatments, 173, 174
 cleansers and facials, 167–173
 exfoliating scrubs, 172, 173, 321

freckle and sun spot remedy, 169
 moisturizers, 175
 puffy eye remedies, 173, 174
 sleeping position and, 172
 toners, 174, 175
 while camping, 328
 Face Paint, Fabulous, 272
 fans. *See* ceiling fans; exhaust fans
 Feline Flea-Freedom Formula, 277
 felt-tip markers, 75, 205
 fennel, fennel oil uses
 detoxifying bath formula, 153
 flea powder formula, 277
 pest control, 115
 smoking cessation, 151
 fennel seeds, 221
 fertilizers, 106–109
 Festive Floats, 266
 fiberglass, drilling, 354
 fidgeting, and weight loss, 146
 file holders, for storage, 53, 206
 fire ants, 117, 140, 141
 fireplaces, 236, 239
 fire starters, 324
 first-aid kits, for travel, 309
 fish
 cooking, 354
 as remedy, 129, 134
 fish emulsion, 108
 fishing, 129, 354, 358
 fish tank water, 108
 Fishy Foliar Food, 108
 five-gallon buckets, 89, 90, 106
 flashlights, 91, 92
 flatware, 69, 73
 fleas, 277, 280
 flooring. *See also* carpet cleaning
 cleaning tools, 10–11

shoe marks on, 11, 14
 wood floors, 14, 16
 as workbench surface, 87
 flour
 in modeling clay formulas, 77, 275
 in pest-control formulas, 34, 90, 238
 storing, 38
 flour sifters, 99
 flu and colds, 123–126
 Flu-Bashing Bath Blend, 125
 foliar fertilizers, 108, 109
 food. *See* cooking and food; *specific foods*
 food coloring, 272
 food wrap boxes, 267
 food wraps, storing, 49
 foot care
 achy feet, 180
 hiking and, 332
 softening treatments, 181, 182
 sweaty feet, 138
 Fourth of July, 273
 frankincense essential oil, 170, 174, 175
 freckles, 169
 freezers and freezing
 freezing techniques, 40, 56
 as laundry aid, 30
 front door, 282
 frost protection, for plants, 106
 fruit, 45, 155
 fruit juice, for skin care, 171
 fun, for stress relief, 165
 furnace filters, 235
 furniture. *See also* upholstery cleaning
 buying, 74
 cleaning used, 79
 expanding space and, 74
 moving to new home, 283

office furniture, 245
 protecting walls from,
 72, 92
 wood polish formula for,
 209

G

game tokens, 275
 garages, 342
 garage sales, 253, 254–255
 garden hose uses
 bucket handle, 89
 soaker hose, 107
 tool blade protection, 88,
 109
 gardens
 animal pest control, 118–
 120
 disease control, 120
 fertilizing, 106–109
 frost protection, 106
 insect pest control, 113–
 117
 planting, 100–105
 plant markers, 215
 watering, 108–109
 weed control, 103, 104
 garden tools, 109–112
 gargle, for cold prevention,
 124
 garlic uses
 acne remedy, 173
 back pain remedy, 131
 pest control, 117
 wart remedy, 137
 Gatorade®, 3
 gelatin, 103, 171, 184
 geranium essential oil, 186
 germ prevention
 on airplanes, 289, 290
 at gas pump, 337
 hand cleaner for, 128,
 295
 at home, 123
 in hotel rooms, 319, 321
 in restaurants, 123
 Gibson (cocktail), 262
 gift tins, reusing, 268
 gin, for sunburn relief, 143
 ginger, ginger oil
 in carpal tunnel relief
 formula, 217
 for motion sickness, 331
 in pain-relief formula, 132
 sleep and, 160
 storing, 32, 33
 gingerbread mix, 46
 glass cleaner, 7
 glass items, stuck together,
 61
 glitter, spilled, 274
 glitter nail polish, 189
 glue
 in modeling clay formula,
 77
 as spackling substitute,
 81
 for splinter removal, 86
 storing, 76
 gluing clamp, 29
 glycerin, 180
 golf bags, 111
 golf scorecard holder, 29
 gout, 133, 135
 grapefruit, 143
 grape juice, 116
 grapes, 123
 grapeseed oil, 172
 grass seed, 94–95
 graters, 18, 55
 gratitude journals, 158
 grease stains, 27
 Greek yogurt, 38
 green leafy vegetables, 138
 greens, wilted, 34
 green tea, 143
 grilled-cheese sandwiches,
 48
 grills and grilling, 43, 44
 grocery shopping, 246–248
 ground ivy, 97
 grout, 3, 69
 Grown-Up Pacifier, 163
 gutters, 88

H

hairbrushes, washing, 188
 hair care, 183–188
 hair-care products
 hair conditioner uses, 181,
 310
 hair spray uses, 16, 192,
 323
 saving money on, 250
 shampoo formula, 185
 hair coloring, 186, 272
 hairdressers, 183, 186
 hair dryers, 6, 45
 hair loss, 187
 hair ties, storing, 17
 Halloween costumes, 272
 hammers, as lawn tool, 99
 hand care
 chapped hands, 181
 hand cream formula, 198
 nail care, 189–190
 softening treatments, 181,
 182
 hand sanitizer formula, 295
 hand washing
 cleaning agents for, 84,
 111
 as germ prevention, 123
 while camping, 325
 hangovers, 153
 hardware. *See also* screws
 for kitchen cabinets, 73
 rust prevention for, 85, 91
 hardware cloth, 112
 headache remedies, 129–
 131, 225, 228
 health and wellness. *See*
also specific maladies
 alcohol intake reduction,
 152, 153–155
 sleep aids, 156–160
 smoking cessation,
 151–152, 154
 stress relief, 161–165
 weight loss, 145–150
 heat and cold treatments,
 129, 131

heating and cooling
 cost control, 81, 234–239
 vacation settings, 297
heating pads, 64
Heavy-Hitter Car Wash
 Formula, 347
heavy items, moving, 89, 112
herbs and spices. *See also specific herbs and spices*
 storing, 32, 51
 for weight loss, 150
hibiscus tea, 175
hiking, 332
hobbies, 75–80
hole punchers, storing, 75
holidays. *See travel; specific holidays*
home improvement and decor
 buying products for, 85
 expanding space, 23, 74
 lighting, 74
 painting, 67–69
 saving money on, 245
 before selling house, 281–282
 wallpaper, 70–71
home mortgages, 251
home repairs and maintenance, 81–86
home security, and travel, 297–298
honey
 in bubble bath formula, 177
 buying, 35, 36
 for hair care, 185
 to prevent produce browning, 40
 for skin care, 167, 168
 in sunburn-relief formula, 142
hops flowers, 130
hornworms, 114
horsetail, 190
horticultural oil, 94

hot dogs, 263
hotels and motels
 booking, 312–316
 comfort and fixes, 319–321
 fees and upgrades, 316–317
 personal security in, 318–320
 power in, 321
 rewards programs, 318
hot pepper, 139
hot toddy, 124
houseboats, 328, 329
housecleaning, 10–16
house-sitting, 314
house swapping, 314
humidifiers, non-electric, 82, 128, 321
hydration
 blood draws and, 126
 as headache remedy, 130
 weight loss and, 150
 while mowing, 96
 work performance and, 198
hydrogen peroxide, 9, 28, 61

I

ice
 as cooking aid, 41, 45
 for coolers, 260
 as laundry aid, 28
 for punch bowls, 261
 for teething puppies, 280
ice cream, serving, 260, 261
ice packs, homemade, 130, 319
identity theft prevention, 217, 225
ink stains, 16
insect bites or stings, 136, 140–141

insect pest control
 garden pests, 113–117
 inside home, 5, 26, 34, 57
 termites, 83
 while camping, 326, 331
instant-read thermometers, 63
insulation, 237
interior decorating. *See home improvement and decor*
Internet and Wi-Fi, 232, 233, 310
ironing boards, 54
irons and ironing, 26, 27, 30
itch relief, 136, 139

J

jam, 113
Japanese beetles, 115, 116, 117
jars and bottles
 cleaning, 37, 60
 opening, 65, 189
 as storage aid, 206, 207
jasmine, jasmine oil, 199
jaws, clenched, 164
jazz music, 126
jewelry, 17, 18
job search, 200–204
jojoba oil, 185

K

kaolin clay, 172
kayaks and kayaking, 353, 354, 355
keychain bottles, 323
keys
 broken in lock, 338
 hiding, 21
 organizing, 23
kitchens. *See also cooking and food; specific foods*
 cleaning and organizing, 49–58

energy use in, 230
expanding space in, 54, 55
gadgets and tools, 23, 58–65
KP duty and weight loss, 147
moving and, 285
remodeling, 281
kitchen twine, 64
kiwifruit, 130
knee pads, 92
knife blocks, 62
knitting and crocheting, 78, 79
knives
dull, 58, 59, 65
packing for picnics, 301
storing, 54, 62
kosher salt, 134

L

ladders, 20, 86
ladybugs, 116
laughter, for stress relief, 164
laundry, 24–30, 128, 231
laundry detergent, 4, 347
lavender, lavender oil uses
air freshener formula, 318
anti-anxiety formula, 202
detoxifying bath formula, 153
DIY facial cleanser, 170
flu remedy formula, 125
hair care, 186
sleep aid formula, 158
stress relief, 165, 199
lawn care, 94–99, 298
lawn mowers, 95–97
lawn replacement, 99
leather cleaning, 7, 16
leftovers, 249
leg pain, 133–134

lemon essential oil uses
air freshener formula, 318
body butter formula, 178
detoxifying bath formula, 153
furniture polish formula, 209
pest-control formula, 116
lemons, lemon juice uses
acne remedy, 173
chrome cleaning, 5
diarrhea remedy, 303
furniture polish formula, 209
leg pain remedy, 134
nail care, 190
pest-control formula, 113
produce browning prevention, 40
puffy eye relief, 174
rust removal, 59, 349
seasickness relief, 309
skin care, 169
skin rash remedy, 139
letter sorters, 210
lettuce, for skin care, 171
lighting
for camping, 322, 332
energy use, 231, 232
in home decor, 74
LEDs, 231
natural daylight, 195, 197
as pest control, 119
pull-cord lights, 215
sleep and, 159, 320
lightning bugs, 114
limestone, 73
lime (fruit) uses
body care, 178
chrome cleaning, 350
facial formula, 169
insect sting remedy, 141
smoking or drinking cessation, 154
linens, stained, 25
linseed oil, 16, 243

lip balm, for auto care, 346
liquid soap uses
board-cleaning formula, 73
boat cleaning, 356, 357
bubble bath formula, 177
pest-control formula, 116
vinyl cleaning, 353
Listerine®, 181
lodging. *See* Airbnb; B&Bs; hotels and motels
Lovely Lotion Cubes, 180
luggage
empty bags, 290
lost, 294, 296
packing, 291, 293
lunches, 147, 249
lycopene, 143
Lysol®, 13

M

magazine holders, 206, 329
magnetic paper clip holder, 210
magnets, as storage aid, 19, 51, 57, 308
mail holds, 298
makeup
applying, 190–192
buying, 192
removing, 167, 168
makeup sponges, 67
mandoline safety, 58
manure, 103, 108
marjoram essential oil, 125
martini shaker substitute, 262
mascara application, 190, 191
masking tape, softening, 90
massage, 124, 187
mayonnaise, 189, 343, 344

measuring cups and spoons, 57, 58
 meat loaf, 43
 melon ballers, 64
 metal allergies, 137
 mice, 90, 237, 238, 239
 microfiber upholstery, 16
 mildew. *See* mold and mildew
 milk crates, for storage, 87
 milk of magnesia, 77
 milk uses
 eyestrain remedy, 223
 hot toddy, 124
 muscle pain remedy, 133
 skin care, 168, 170, 175
 sunburn remedy, 143
 mint, 57
 mirrors
 cleaning, 6, 342, 343
 in home decor, 23
 weight loss and, 149
 mobile phones
 buying, 220, 223
 chargers and charging, 219, 222, 320
 international calling, 290
 prop for, 317
 radiation emissions, 222, 223
 saving wet phone, 222, 223
 use tips, 219–221
 modeling clay, homemade, 77, 275, 276
 molasses, 108, 184
 mold and mildew, 4, 29
 Mold & Mildew Prevention Potion, 4
 moles, 119
 money management
 energy conservation and, 230–239
 moneymaking strategies, 253–256

 money-saving strategies, 249–252
 shopping smarts, 240–248
 travel and, 291
 mops, 11
 mosquito control, repellents, 118, 140, 326
 moth larvae, 26
 motion sickness
 airline seat and, 290
 on cruises, 306, 310
 remedies for, 309, 331
 motorcycle or bicycle helmets, 349, 350, 351
 motorcycles, 350, 351, 352
 mouthwash, 43, 181
 moving households, 281–285
 mugs
 as martini shaker, 262
 as storage, 207, 300
 storing, 52
 mulch, 106
 multitasking, 195, 336
 Murphy® Oil Soap, 16, 280
 muscle pain and spasms, 132–134
 music
 immunity and, 126
 for pets, 279
 for stress relief, 163
 weight loss and, 146, 147
 mustard, 169, 228

N
 nail-biting habit, 151
 nail care, 189–190
 nailing techniques, 69, 83
 nail polish
 for auto care, 342, 343
 glitter polish, 189
 as remedy, 136, 137
 for rust prevention, 85

nail polish remover, 11
 names, remembering, 259
 nasal congestion, 124, 125, 128
 nausea, 127
 neck pain, 132
 networking, 201, 202
 newspapers
 for pest control, 116
 preserving clippings, 77
 vacation holds, 297
 No-Bake Modeling Clay, 77
 No-Fail Bug Barrier, 331
 nutcrackers, 65

O
 oat flour, 172
 oatmeal uses
 shingles pain remedy, 137, 138
 skin care, 170, 179
 sleep aid, 160
 office furniture, 245
 office supplies, 199, 205–210, 346
 oil spills, on lawn, 97
 oily-skin cleansers, 167
 Old-Time All-Purpose Cleaner, 54
 Old-Time Board Cleaner, 73
 Old-Time Help for High-Tech Headaches, 225
 olive oil uses
 furniture polish formula, 209
 hair care, 184, 185
 nail care, 190
 olives, 35, 309
 omega-3 fatty acids, 129, 134
 One Lovely Lubricant, 139
 onions
 for cocktails, 262
 as grilling aid, 43

- for hair care, 187
- pickled, 41
- online selling, 254, 256
- On-the-Go Germ Fighter, 295
- open house, 260
- optimism, 162
- oral hygiene, 43
- oranges, orange juice uses
 - nail care, 190
 - potpourri formulas, 268, 282
- for skin care, 170
- organic matter, for gardens, 100, 101
- organization. *See* storage and decluttering
- outdoor activities, 159
- outdoor entertaining, 264
- outlet stores, 244
- oven cleaner, as boat cleaner, 355
- oven mitts, for auto care, 346
- ovens, 54, 55

P

- packing material, 208, 283
- pain relief. *See specific type of pain*
- paint, removing from skin, 167
- paintbrushes, 67, 68, 69
- painting techniques, 67–69, 84
- paint stripper, 68, 69
- pancakes, 63
- panty hose, 344
- parchment paper, 47, 59, 64
- parsley, 160
- party favors, 266
- party invitations, 259, 260
- passwords, 227, 228
- pasta dishes, serving, 45

- peas, growing, 117
- pegboard, 209
- pencils, 82
- pennies, 140, 275
- peppermint, peppermint oil uses
 - carpal tunnel relief formula, 217
 - hair care, 186
 - headache remedy, 228
- pest control, 5, 331
- seasickness relief, 309
- stress relief, 165
- perennial flowers, 103, 104
- perfectionism, 197
- Performance-Enhancing Hand Cream, 198
- perfume bottles, 180
- perfume storage, 191
- personal security
 - data protection, 217, 225–227
 - in hotels and motels, 318–320
 - while traveling, 300, 304
- pest control. *See* animal pest control; insect pest control
- pet hair removal, 15
- pets
 - cats, 120, 277–278
 - dogs, 278–280
 - moving to new home, 285
- pet sitting, 314
- petunias, 114
- pheromone traps, 115
- photograph uses
 - hairdressing, 183
 - luggage identification, 296
 - storage aid, 19
 - weight-loss aid, 149

- pickle juice, 41
- pickup trucks, 339, 340, 347–348
- picture hanging, 72, 73
- pies, 47
- pill bugs, 114
- pillows, freshening, 27
- pineapple, 135, 138
- pine needles, 113
- Ping-Pong balls, 277
- pinkeye, 126
- pipe insulation, 110, 346
- pizza, reheating, 44
- place mats, storing, 51
- planning and preparation
 - as sleep aid, 159
 - for stress relief, 163
 - for work efficiency, 195, 199
- plantain, 142
- plantar warts, 136
- plants and planting. *See* gardens
- plaster of Paris, 90
- plastic bags, storing, 91
- plastic bottles, 109, 261, 350
- plastic milk jugs, 94, 102
- plastic straws, for stress relief, 161
- Playful Dough, 275
- pliers, for kitchen use, 65
- PMR (progressive muscle relaxation), 165
- poinsettias, 271
- poison ivy or oak
 - itch relief for, 139
 - killing plants, 120
- pool noodle uses
 - computer wrist rest, 218
 - garage bumper, 342
 - ladder padding, 86
 - tent line cover, 325
- pool rafts, as sleeping mats, 323

pop-up hampers, 328
 positive attitude, 162
 postcards, 300
 posture, and stress, 164
 potassium, 134
 potassium bicarbonate, 94
 potatoes
 for auto care, 342
 culinary tips, 40, 41
 as mouse poison, 239
 as sunburn remedy, 143
 potpourri formulas, 268, 282
 potting soil formula, 103
 power cords, identifying, 218
 power tools, 87
 prescription medications, 148
 printers and cartridges, 214, 215, 216
 produce. *See also specific foods*
 browning prevention, 40, 41
 storing, 35
 productivity, at work, 195–199
 progressive muscle relaxation (PMR), 165
 pry bar, as planting tool, 103
 public transportation, 304
 Pure & Simple DIY Shampoo, 185
 purines, 135
 putting green, artificial, 98
 PVC pipe
 cutting, 85, 90
 as sanding tool, 83
 as tool extender, 110

Q

Quick & Easy Closet Freshener, 20

R

rabbit manure, 108
 rabbits, 118
 raccoons, 119, 120
 rain gauge, homemade, 109
 raised garden beds, 101
 range hood vent filters, 60
 ranges, cleaning, 55, 61
 raspberries, 160
 ravintsara essential oil, 125, 127, 128
 razor care, 188
 reading, 158, 274
 recreational vehicles, 327–330
 refrigerators
 gaskets on, 233
 in hotel rooms, 316, 318
 storing food in, 56, 234
 Remedy for the Runs, 303
 rental cars, 301–302, 341
 resort fees, 317
 resumes, 200, 201
 rheumatoid arthritis, 135
 rhubarb, 135
 ribbon, storing, 77
 rice, 168
 ride shares and cabs, 303
 Road Scholar®, 299
 road trips, 299, 301, 314
 roasting racks, 58
 rolling pins, 63
 root maggots, 113
 root vegetables, 32
 rose essential oil, 115, 165, 202
 rose hip seed oil, 170
 rosemary, rosemary oil uses
 blister remedy, 138

flea powder formula, 277
 hair care, 186, 188
 muscle pain remedy, 133
 stress relief, 199
 rose water, 178, 180
 rubber band uses
 gift wrap, 210
 headache remedy, 131
 hold small parts, 85
 keep tools from rolling, 83
 painting aid, 68
 stripped screw removal, 82
 rubber gloves, 52, 112
 rubbing alcohol uses
 all-purpose cleaning formula, 54
 bathroom cleaning, 6
 bathroom-cleaning formula, 4
 carpet-cleaning formula, 13
 chrome cleaning, 350
 de-icing car windows, 345
 floor care, 11
 hand sanitizer formula, 295
 in homemade ice pack, 130
 pest control, 113, 115
 rugs, 12, 73
 rum, for digestion, 149
 rust, rust stains, 9, 59, 349
 rust prevention, 85, 91

S

Safe Mouse Control, 238
 safety pins, 292
 Sales Appeal Booster, 282
 salt. *See Epsom salt uses; sea salt; table salt uses*
 salt storage, 39

- sand, 32, 73, 113
- sanding techniques, 82, 83
- sandpaper, 70, 92
- sandwiches, 48
- sassafras root, 134
- sauces, freezing, 40
- saw blade protection, 88, 109, 110
- sawhorses, 92
- scale insects, 115
- scalp massage, 187
- scarves, storing, 17
- scouring powders, homemade, 9, 51
- Scram, Skeeters! Spray, 326
- scrapbooking supplies, 75, 80
- Screen-Strain Eye-Relief Remedy, 221
- screwdrivers, as lawn tool, 99
- screws
 - painting, 84
 - Phillips-head, 86
 - rust prevention on, 85
 - stripped, 82
- sea salt, 134, 179
- seasickness, 306, 309, 310
- seaweed, liquid, 108
- seedlings, 104, 120
- seed-starting, 101-103
- seed tape, 102
- See-the-Light Solution, 338
- senior discounts, 242, 303, 314
- sesame oil, 175
- Set-In Stain Remover, 28
- sewing techniques, 78
- shampoos, 183, 185
- shaving cream
 - for car care, 342
 - as cleaner, 3, 7
 - for foot care, 181
 - substitute for, 178
- shea butter, 180, 198
- shingles pain, 137
- shoe bags, for storage, 308, 325
- shoe boxes, 19
- shoes, 112, 357
- shopping smarts
 - barter and trade, 242-243
 - camping gear, 332
 - Christmas gifts, 269
 - clothing, 244
 - general strategies, 240-242
 - groceries, 246-248
 - home furnishings, 245
 - home security and, 297
 - makeup, 192
 - motorcycles, 352
 - outlet stores, 244
 - thrift stores, 243, 244
- shore excursions, 307
- shower caps, 319
- shower curtains, 3
- shower-door tracks, cleaning, 9
- showers. *See* baths and showers, as remedy
- shredders, 208, 209
- shutters, as storage aid, 210
- side hustles, 256
- sinks, cleaning, 7, 9
- sinus pain, 127, 128, 129
- skateboards, 276
- skin care. *See* body care; face care; foot care; hand care; *specific skin problems*
- Skin-Pleasing Bubble Bath, 177
- skin rashes, 139
- sleep
 - amount needed, 156
 - hair care and, 187
 - skin care and, 172
 - weight loss and, 150
- sleep aids, 128, 156-160
- Slow the Browning, 40
- slugs, in garden, 113
- smoking cessation, 151-152, 154
- snoring, 159
- snow saucers, 94, 276
- soaker hoses, 107
- social media, 224-228, 298
- socks
 - as cat toys, 278
 - for cold remedy, 125
 - floor cleaning with, 14
 - as padding in RVs, 328, 329
 - solo-sock prevention, 25
 - as tool handle padding, 111
- sod, 94
- soil improvement, 100, 101
- Soothing Sunburn Bath, 142
- soup garnish, 40
- spa services, on cruises, 309
- spatulas, plastic, 61
- spice racks, 76
- spiders, 5
- splinter removal, 86
- spoons, 223
- spray cleaners, storing, 49
- stain removal
 - beet stains, 55
 - carpet stains, 7, 14, 15
 - chocolate stains, 28
 - grease stains, 27
 - ink stains, 16
 - rust stains, 9, 59
 - set-in stains, 28
- staple removers, 279
- steamer baskets, 62
- stepping-stones, 111
- stock, 40, 43

storage and decluttering
bathrooms, 3, 4, 8
closets, 21, 276
craft and hobby supplies,
75–80
holiday decorations, 267,
268, 271
jewelry and accessories,
17–18
office space, 199, 205–
210
saving money and, 253
before selling house, 282,
283
shopping strategies and,
240
storage containers,
devices, 19–23
storage ottomans, 22
Stove-Top Potpourri Kits,
268
stress relief
aromatherapy for, 165,
199
foods for, 203
holiday stress, 268, 269,
271, 272
strategies for, 161–165
string or twine, 64, 85
sugar
as burn treatment, 142
in diarrhea remedy, 303
as hand cleaner, 84
in pest-control formulas,
83, 113, 238
for skin care, 173, 321
superfine, 39
sugar cubes, 275
Sugar Shack Slug Bait,
113
sump pumps, 297
sunburn remedies, 141–143,
180
sun exposure
benefits of, 187, 190, 196,
197
protection from, 356

sunflower seeds, 228
sunglasses, 356, 358
sunscreen, 356, 358
sun spots, on face, 169
Sweet Dreams Foot Cream,
158
Swiffer® sweeper mops, 14
swimming, 165
Swiss chard, 107
switch plates, 70, 86

T
tablecloths, 22, 264
table salt uses
bathroom-cleaning
formula, 9
body care, 179
bottle-cleaning aid, 60
diarrhea remedy, 303
hand care, 181
headache remedy, 228
kitchen-cleaning aid, 55
modeling clay formula,
276
muscle pain remedy, 134
party hosting uses, 261
pest control, 57
produce browning
prevention, 40
range-cleaning formula,
61
rust removal, 59, 349
upholstery cleaning, 340
table settings, 265, 274
tableware, storing, 52
tag sales, 255
talcum powder, 141
tardiness, at work, 203
tarragon, 149
tea bag strings, 64
Tea-Totaling Cleanser, 51
tea tree oil uses
acne remedy, 173
boat-cleaning formula,
357
hand sanitizer formula,
295

tick repellent, 326
tea uses
cleaning formula, 51
eyestrain remedy, 223
fabric stain, 25
mulch, 106
stress relief, 204
sunburn remedy and
protection, 143
television remotes, 21, 319
television viewing
alcohol intake and, 154
energy use, 232
as home security, 298
saving money on, 231
sleep and, 157
weight loss and, 145
temperature, and sleep,
160
tennis ball uses
cleaning aid, 14, 15
laundry aid, 29
parking stop, 342
workshop use, 82
Termite Terminating Mix,
83
texting while driving, 224
Thanksgiving, 273
theft prevention
of bicycles, 352
of cars and trucks, 338–
340
in hotels and motels,
318–320
while traveling, 300, 304
thermostats
camouflaging, 72
energy use and, 81, 234
vacation settings, 297
thiamine, 140
thrift stores, 243, 244
thyme, 138, 174
ticks, 326
tile floors, cleaning, 14
toads, as pest control, 117
tobacco stains, on hands,
182

to-do lists, 196
 toilet brushes, cleaning, 4
 toilet paper, 4, 102, 325
 toiletries
 for air travel, 292, 293, 294
 for camping, 323
 moving and, 285
 toilets
 cleaning, 3, 5, 6
 clogged, 7
 tomatoes
 growing, 106
 for nail care, 189
 for puffy eye relief, 174
 for skin care, 143, 167
 tomato hornworms, 114
 tomato paste, storing, 36
 tongue position for sleeping, 156
 tools
 culinary uses for, 65
 garden tools, 109–112
 grips for, 90
 lawn-care tools, 99
 moving to new home, 285
 power tools, 87, 88
 rust prevention for, 91
 storing, 87, 88
 toothbrushes, 92, 123, 321
 toothpaste, 343
 topiary frames, 105
 tortilla chips, 324
 towel rods, as storage aid, 51, 53, 207
 towels
 in bathroom, 8, 9
 for blocking light, 320
 as humidifier, 128, 321
 trash cans, kitchen, 50
 travel
 air travel, 287–296
 with bicycles, 351
 cabs and ride shares, 303
 car rentals, 301–302
 city passes, 303

cruises, 305–310
 diarrhea remedy, 303
 emergency contact info, 304
 in Europe, 287, 302
 frequent-flier programs, 302
 home security and, 297–298
 hotels and motels, 312–321
 public transportation, 304
 in recreational vehicles, 327–330
 road trips, 299, 301, 314
 tours and packages, 299, 300
 valuables security, 300, 304
 travel agents, 289, 310, 316
 travel insurance, 305
 trees, and energy use, 236
 tree stumps, 104
 trellises, 105
 TSA regulations, 292, 294
 T-shirts, storing, 20
 tube pan, 62
 Tupperware®, 45
 turmeric, 133
 turnips, 125
 turpentine, 243

U

Ultimate Range Cleaner, 61
 umbrellas, 105
 unhealthy habits, 151–155
 upcycling, 256
 upholstery cleaning
 auto upholstery, 340, 347
 ink stains, 16
 leather, 7, 16
 microfiber, 16
 pet hair removal, 15
 vinyl, 7, 353

V

vacations. *See* travel
 vacuum cleaners, 10
 Valentine's Day, 273
 vanilla, 142, 149
 vaping, 152
 varicose veins, 178
 Vaseline®, 139
 vases, 4, 37
 vegetable oils, 134, 142
 vegetable peelers, 62, 86
 vegetables. *See also specific vegetables*
 alcohol intake and, 155
 as bruise remedy, 138
 cooking, 41
 for stress relief, 204
 vehicles. *See* cars and trucks; recreational vehicles
 vetiver essential oil, 202
 Vetrap™ bandage tape, 90
 vinegar uses
 auto care, 342
 body care, 179
 carpet-cleaning formula, 13
 DIY dryer sheets, 27
 floor-cleaning formula, 14
 leather cleaning, 16
 produce browning prevention, 40
 sponge mop cleaning, 11
 toilet cleaning, 5
 wrinkle-release formula, 310
 vinyl, cleaning, 7, 353
 violets, 170
 vitamin C, 123, 175
 vitamin D deficiency, 133
 vitamin E cream, 139
 vitamin E oil, 178, 198
 Vivacious Vinyl Shine, 353
 volunteering, 203

W

wading pools, 276
wagons, 89, 276
walkways, 215
wallpaper
 buying and installing,
 70–71
 cleaning, 26
 dry-erase, 208
walls
 dusting, 12
 hanging items on, 71
 protecting from furniture,
 72, 92
 repairing, 81
Walmart, 327
walnuts, 160
warts, 136–137
wasabi, 127
washing machines, 24, 241,
 262
washing soda, 24
wasp sting, 140
water. *See* bottled water;
 hydration
water bottles, 293, 327,
 352
water heaters, 232
watering gardens, 108–109
watermelon, 143, 171
Water-Retentive Potting
 Soil, 103
wax paper, 47–49
wax removal, from fabric,
 30
WD-40® uses
 auto care, 347
 chewing gum removal,
 30
 floor care, 11
 rust prevention, 91
weed control
 for lawns, 97–99
 plant ID and, 103, 104
weight loss, 145–150, 299
welcome mats, 281
WetJet® solution, 14
wheat bran, 179
wheelbarrow, as cooler,
 261
whiskey, in joint remedy,
 134
whiteboards, 206, 208
whole grains, 155, 204
wicker furniture, 243
Wiffle® balls, 342
Windex®, 174
window coverings
 cleaning, 13
 cornices, 238
 curtains, 239, 245
 expanding space and,
 23
 as work surface, 79
windows
 cleaning, 11
 energy-efficient, 236
 leaky, 237, 238
window screens, 120
window tracks, cleaning, 12
wine
 for body care, 177
 chilling, 261
 for coloring Easter eggs,
 273
 cutting back on, 154
 in facial formula, 172
 opening, 89
 spilled on carpet, 261
 as sunburn remedy, 143
wine bottles, 108
wine corks, 102, 278
wineglasses, 52, 154, 263
wine racks, 18
witch hazel, 175, 225, 328
Wonderful Wicker
 Preservative, 243
wood, dented, 26
wood ashes, 113
wood boards, cleaning, 73
wooden pallets, 89
wood floors, cleaning, 14,
 16
wood furniture polish, 209
Worcestershire sauce, 140

work
 efficiency and
 productivity, 195–199
 job search, 200–204
 office organization, 199,
 205–210
workbenches, 87, 88
work breaks, 197
workshops, 87–92
wreaths, for holidays, 273
wrinkle reducers, 171, 172,
 178
Wrinkle-Release Spray,
 310
writing, as sleep aid, 156,
 158

y

yardsticks, 77

z

zinc, 136, 182