

INTRODUCTION

If the title of this book sounds like an exaggeration, consider this fact: Since the dawn of recorded history, folks throughout the world have been using vinegar to cure or prevent just about every kind of health, beauty, household, and other problem under the sun. Think about it: What other single product can vanquish flu viruses, soften your skin, shine your hair, clean just about every surface in your home—and turn a ho-hum meal into a five-star fine dining experience? The answer is: NONE! Vinegar is one of a kind, the King of All Cures! In these pages, you'll find thousands of terrific tips, tricks, and tonics to put the potent power of vinegar at your beck and call. For example, you'll learn how to use this majestic marvel to:

- Relieve aches and pains from the top of your head to the tips of your toes—with none of the potential side effects of prescription or OTC painkillers (Chapter 1)
- Shave years off your appearance—at a fraction of the cost of commercial beauty products (Chapter 2)
- Avert culinary catastrophes, ranging from too-greasy French fries to messy, mushy meringue (Chapter 3)
- Whip up remarkable recipes that'll delight even the pickiest people in your household (Chapter 4)
- Demolish the most stubborn grease, grime, mold, and mildew—both indoors and out (chapters 5, 6, 9, and 10)
- Keep your pets flea-free all summer long—without resorting to toxic shampoos and sprays (Chapter 7)
- Banish pesky pests, dastardly diseases, and wicked weeds from your lawn and garden (Chapter 8)

And the royal remedies don't stop there!

In every chapter, you'll find fabulous features like: **Word to the Wise**, which

contains ultra-simple secrets for curing all kinds of problems.

For instance, simply adding more vinegar to your diet helps fend off osteoporosis (page 44), and a quick and easy DIY trap keeps bugs from buggin' you when you're working outdoors (page 301).



You'll also discover how Grandma Putt and her cohorts rose to the occasion in **Old-Time Vim and Vinegar**. These time-tested tricks work just as well today as they did in days of yore. Sneak preview: By spraying one common item with white vinegar, you can use it to deodorize and humidify a baby's room and make it safer at the same time (page 228). And here's another classic gem: an all-natural facial treatment that's a skin cleanser, toner, and astringent all in one (page 50).

That's Historical is heaps of fun. But many of its fascinating facts and tantalizing tidbits go one step further, giving you practical know-how you can use today. For instance, we'll



share a truly ancient curse that can lower your stress level in highway traffic (page 308). And you'll discover General Sam Houston's secret for staying healthy and chipper well into old age (page 6).

Quick & Quirky offers up exactly what the name implies: tips for putting vinegar to work in all kinds of fast, offbeat ways. Just a couple of examples: When cotton pants come out of the dryer sporting some wrinkles, don't iron them—just spray them with a vinegar-water solution, and hang 'em up to air-dry (page 216). And before you head outside to work (or play!) on a cold winter day, wash your hands with vinegar. It'll make your fingers stay limber longer (page 288).

QUICK & QUIRKY

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Fantastic Formulas are foolproof mixtures that'll solve or prevent household dilemmas of all kinds. Two cases in point: The food-safe ingredients in Wicked Wonder Salsa will kill every kind of bad bug under the sun—including black widow spiders (page 268). And DIY Do-It-All Cleaner works every bit as well as those expensive “miracle” sprays to clean floors, greasy countertops, kitchen and bathroom fixtures, and appliances—no rinsing needed (page 161).

Finally, we've included plenty of **Excellent Elixirs** (health and beauty fixers) that can't be beat. Some, like Rosy Vinegar Splash, are straight out of Grandma Putt's treasure trove. She used this mild facial astringent every day to keep her skin firm and supple (page 52). Others are up-to-the-minute concoctions from 21st-century cosmetic and natural health gurus. The Toxin-Tossin' Bath Blend (page 9) will help remove toxins from your system with none of the dangerous side effects produced by many commercial detox remedies. As a bonus, it will boost your magnesium levels, soothe irritated skin, and relax you all over. Ahhhhh...



REMARKABLE RECIPE

I See a Very Red Spread

It's hard to believe that anything this delicious—and this simple—could actually help save your eyesight, but it's true! The secret lies in the powerful antioxidants found in the peppers, garlic, and red-wine vinegar.

- 1 cup of ricotta cheese**
- 1 jar (7 oz.) of roasted red peppers, drained and chopped**
- 1 tbsp. of chopped garlic (fresh or from a jar)**
- 1 tbsp. of red-wine vinegar**
- ½ tsp. of dried oregano**
- ½ tsp. of ground red pepper**
- ½ tsp. of paprika**

Mix all of the ingredients together in a blender until smooth. Use the spread on sandwiches, or serve it with your favorite crackers or chips.

Yield: About 1½ cups