



## Tips for the Bathroom

### Deodorizing Wastebasket

Defeating odors in the bathroom often feel like a waste of time. Keep bathroom wastebaskets fresh-smelling with just a sprinkle of ARM & HAMMER® Baking Soda. Apply regularly as you add to the container or when empty wash the container with a solution of 1 cup of ARM & HAMMER® Baking Soda per 1 gallon of water.

### Deodorizing Drains

What goes down sometimes comes back up. To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour ARM & HAMMER® Baking Soda down the drain (1/2 cup) while running warm tap water. ARM & HAMMER® Baking Soda will neutralize both acid and basic odors for a fresh drain. Here's a tid bit to remember - when replacing your box of ARM & HAMMER® Fridge-n-Freezer® Odor Absorber (every 3 months) pour the contents of the old box down the drain to get a little extra mileage.

### Mouth Cleaning

Clean up your mouth! ARM & HAMMER® Baking Soda is a gentle non-fluoride dentifrice that helps keep teeth clean and white. Dip a damp toothbrush in some ARM & HAMMER® Baking Soda sprinkled into your palm. Brush as usual and rinse. For a smile that's Cleaner, Whiter, Fresher(tm) try [ARM & HAMMER® Oral Care](#) products with the proven cleaning power of ARM & HAMMER® Baking Soda. ARM & HAMMER® Baking Soda does not contain the anti-cavity ingredient fluoride. Use it where water is fluorinated or when a non-fluoride toothpaste is desired for adult use or as directed by your dentist or physician.

### Surface-Safe Cleaning

Glub in the tub? For safe, effective cleaning of bathroom tubs, tile and sinks - even shiny fiberglass and glossy tiles- sprinkle ARM & HAMMER® Baking Soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. Afterwards, take a nice relaxing bath without the worry of harsh chemicals.

### Cleaning Bathroom Floors

Leave it up to ARM & HAMMER® Baking Soda to speed things up in the bathroom. ARM & HAMMER® Baking Soda helps remove the dirt and grime from a bathroom tile or no-wax floor quickly and easily. Mix 1/2 cup ARM & HAMMER® Baking Soda in a bucket of warm water, mop and rinse clean for a sparkling floor.

### Shower Curtains

Clean and deodorize your vinyl shower curtain by sprinkling ARM & HAMMER® Baking Soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

### Septic Care

Regular use of ARM & HAMMER® Baking Soda in your drains can help keep your Septic System flowing freely. We recommend adding 1 cup of ARM & HAMMER® Baking Soda per week to help maintain a [favorable pH](#) in your Septic Tank.

### Deodorant

A quick pit stop. Dust ARM & HAMMER® Baking Soda under arms as needed to feel fresh all day. The magic of ARM & HAMMER® Baking Soda actually absorbs odors instead of just covering them up. For wetness and deodorization protection, try [ARM & HAMMER® ULTRAMAX Deodorant Antiperspirant](#).

### Antacid

Spicy food is yummy until it bothers the tummy. ARM & HAMMER® Baking Soda is a safe and effective antacid to relieve heartburn, sour stomach and/or acid indigestion, when used as directed. Always refer to the ARM & HAMMER® Baking Soda package for instructions. Learn more about how ARM & HAMMER® Baking Soda works as an [antacid](#).

### Oral Appliance Soak

Don't let odors keep you tight-lipped. Soak oral appliances, like retainers, mouthpieces, and dentures in a solution of 2 teaspoons ARM & HAMMER® Baking Soda dissolved in a glass or small bowl of warm water. The ARM & HAMMER® Baking Soda loosens food particles and neutralizes odors to keep appliances fresh! You can also brush appliances clean using ARM & HAMMER® Baking Soda.

### Soothing Foot Soak

A great way to start your home pedicure. Dissolve 3 tablespoons of ARM & HAMMER® Baking Soda in a basin of warm water and soak feet. Gently scrub with a paste of ARM & HAMMER® Baking Soda. The hardest part is deciding which color nail polish you'll use this week!

### Hair Care

For locks that rock, remember to shake it. Sprinkle a small amount (quarter-size) of ARM & HAMMER® Baking Soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly. The ARM & HAMMER® Baking Soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

#### **Mouth Freshening**

Bad breath keeping you tight-lipped? Open up for ARM & HAMMER® Baking Soda. Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized - not just covered up - so get ready to pucker up!

#### **Refreshing Bath Soak**

No cell phones allowed! Wash away more than just tension. Add 1/2 cup of ARM & HAMMER® Baking Soda to your bath to neutralize acids on the skin and help wash away oil and perspiration. Your skin will feel silky smooth!

#### **Skin Care**

Face it! Using ARM & HAMMER® Baking Soda as an invigorating, yet gentle, facial scrub will leave your skin silky smooth. Great for teen skin and getting ready for self-tanners. Sprinkle a little ARM & HAMMER® Baking Soda into your palm and mix into a paste (3 parts Baking Soda to 1 part water). Apply in a gentle circular motion then rinse clean.

#### **Hand Cleanser**

Give yourself a hand with ARM & HAMMER® Baking Soda. Forget the harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts ARM & HAMMER® Baking Soda to 1 part water, or sprinkle ARM & HAMMER® Baking Soda to your liquid hand soap. Then rinse clean. Your skin will feel softer too!

#### **Cleaning Brushes and Combs**

For lustrous hair with shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of ARM & HAMMER® Baking Soda in a small basin of warm water. Rinse and allow to dry.



## Tips for the Laundry Room

### Liquid Laundry Detergent Booster

Give your laundry a boost - then give yourself a hand! Add ½ cup of ARM & HAMMER® Baking Soda to your laundry to make liquid detergent work harder for you and your family. A better [balance of pH](#) in the wash gets clothes cleaner, fresher, brighter! Our new 12 lb. Resealable Pouch with enclosed scoop makes it an easy additive for every wash load.

### Deodorize Your Wash

A hard day's work or intense workout make for tough laundry needs. Just a ½ cup of ARM & HAMMER® Baking Soda in the rinse cycle neutralizes and eliminates harsh odors. No perfumey cover-up, just clothes that smell naturally fresh and clean.

### Chlorine Bleach Booster

For thumbs up whites with less harsh chemicals that tend to damage clothes add ½ cup of ARM & HAMMER® Baking Soda with a ½ cup of bleach (instead of the usual 1 cup of bleach). Do you smell a cover up? We do! Adding ½ cup of ARM & HAMMER® Baking Soda instead of using a full cup of bleach will reduce smelly chemical odors too!

### Freshen Towels and Sheets

Get towels and linens clothesline fresh...right from the wash! Add 1/2 cup of ARM & HAMMER® Baking Soda to the rinse cycle and get ready for the great outdoors. For softness and freshness without fragrance, use ARM & HAMMER® Fresh 'n' Soft® Fabric Softener Sheets and Liquid Fabric Softener in the dryer. Enjoy extra freshness and control static cling with all three scents (Classic Fresh®, Wildflowers(tm), and Clean Mountain®). Learn more about the power and freshness of [ARM & HAMMER Laundry Detergents and Fresh 'n' Soft® Fabric Softener](#)

### Cat Litter Deodorizer

Cat got your nose? ARM & HAMMER® Baking Soda freshens your cat's litter box for oh so 'pawfect' freshness. Cover the bottom of the pan, then fill as usual with litter. To freshen between changes, sprinkle ARM & HAMMER® Baking Soda on top of the litter after a thorough cleaning. For even stronger litter box deodorization, try [ARM & HAMMER® Cat Litter Deodorizer](#) specially formulated to effectively destroy cat litter box odors with the power of genuine ARM & HAMMER® Baking Soda. Keeps any litter smelling fresher, longer.

### Deodorize Pet Bedding

Even your pet deserves "5 star" accommodations. Eliminate odors from your pets bedding by sprinkling liberally with ARM & HAMMER® Baking Soda, wait 15 minutes (or longer for stronger odors), then vacuum up. ARM & HAMMER® Baking Soda is safe to use around pets! For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers!](#)

### Gently Clean & Freshen Baby's Laundry

ARM & HAMMER® Baking Soda is gentle enough for even the tiniest baby clothes, yet effective enough for big baby odors. For tough stains add 1/2 cup of ARM & HAMMER® Baking Soda with your liquid laundry detergent, or a 1/2 cup in the rinse cycle for deodorization! For cloth diapers, dissolve ½ cup of ARM & HAMMER® Baking Soda in 2 quarts of water and soak diapers thoroughly.

## Tips for the Garage

### Deodorize Car Ashtrays

Put tobacco odors in neutral(ize) when driving in your car. Sprinkle ARM & HAMMER® Baking Soda in the car's ashtray to eliminate stale tobacco odors and aid in extinguishing cigarettes and cigars. Empty ashtrays and replace the ARM & HAMMER® Baking Soda regularly.

### Remove Oil and Grease Stains

Use ARM & HAMMER® Baking Soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle ARM & HAMMER® Baking Soda on the spot and scrub with a wet brush. For heavy duty or stubborn stains, try using [ARM & HAMMER Super Washing Soda](#) in the same fashion.

### Cleaning Cars

Hit the road with ARM & HAMMER® Baking Soda! Use ARM & HAMMER® Baking Soda to safely clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a ARM & HAMMER® Baking Soda solution of 1/4 cup Baking Soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs, and tar. For stubborn stains use ARM & HAMMER® Baking Soda sprinkled on a damp sponge or soft brush.

### Deodorizing Camper Water Tanks

Freshen your RV water tank periodically by flushing with 1 cup ARM & HAMMER® Baking Soda dissolved in 1 gallon warm water. Drain and flush the tank before refilling (do not use Baking Soda in your drinking water). The ARM & HAMMER® Baking Soda will eliminate stale odors and help remove mineral build-up that makes water taste off.

### Deodorizing Cars

Leave car odors in the dust! Odors settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odors by sprinkling ARM & HAMMER® Baking Soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the odors with the ARM & HAMMER® Baking Soda. Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Cleaning Batteries

Here's an idea with spark! ARM & HAMMER® Baking Soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because its a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts Baking Soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery - they contain a strong acid.

### Hand Cleanser

Scour away ground-in dirt and grease while neutralizing odors on hands using a paste of 3 parts ARM & HAMMER® Baking Soda to 1 part water. Scrub and rinse clean.

### Camping Necessity

And you thought the tent was essential. ARM & HAMMER® Baking Soda is a must-have for your next camping trip! One yellow box (or our new 12 lb. Resealable Pouch with enclosed scoop) does so much. Its a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, [fire extinguisher](#) and tons of other uses.

### Clean and Freshen Sports Gear

Be a good sport. Use an ARM & HAMMER® Baking Soda solution (4 tablespoons ARM & HAMMER® Baking Soda in 1 quart warm water) to clean and deodorize smelly sports equipment like fishing and camping gear. Sprinkle ARM & HAMMER® Baking Soda into golf bags and gym bags to deodorize and abbra caddabra the odors are gone! Clean golf irons (without scratching them!) with an ARM & HAMMER® Baking Soda paste (3 parts ARM & HAMMER® Baking Soda to 1 part water) and a brush. Rinse thoroughly.

## Tips for the Family Room

### Freshen Ashtrays

Cover up bad habits by sprinkling ARM & HAMMER® Baking Soda in the bottom of ashtrays to eliminate stale tobacco odors. Replace the Baking Soda when you empty the ashtray. As an added bonus, the Baking Soda helps extinguish cigarettes and cigars!

### Freshen and Deodorize Upholstery

Something neat for your seat! Keep comfy upholstered sofas and chairs smelling fresh and clean with ARM & HAMMER® Baking Soda. Sprinkle Baking Soda on upholstery, wait 15 minutes or longer for tough odors, and vacuum up. For extra freshening power, try specially formulated [ARM & HAMMER® Carpet & Room Deodorizer](#). It destroys tough odors, leaving a fresh, clean fragrance.

### Upholstery Spills

Pet accidents, kid accidents, even adult accidents. Clean spills or accidents on upholstery by soaking up as much of the liquid as possible. Clean the stain according to the manufacturers directions and allow to dry. Then to deodorize, when the area is completely dry, sprinkle with ARM & HAMMER® Baking Soda and let sit for 15 minutes before vacuuming it up. Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Freshen and Deodorize Carpets

Odors stink...especially pet odors that tend to linger! A sprinkle a day keeps the odors away. Sprinkle ARM & HAMMER® Baking Soda to freshen carpet areas. Let it sit for 15 minutes before vacuuming. Be sure to check for [color fastness](#) first. For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers!](#)

### Carpet Spills

Uh-oh! Did you drop that treat right by your feet? Clean and deodorize spills or accidents on carpets by soaking up as much of the spill as possible. Clean the stain according to the manufacturers directions and allow to dry. When the area is completely dry, sprinkle liberally with ARM & HAMMER® Baking Soda and let sit for 15 minutes before vacuuming it up. Great for pet and kid messes too! Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Clean Pet Toys

Don't play catch with chemicals. Clean plastic and rubber toys by washing in a solution of ARM & HAMMER® Baking Soda (4 tablespoons dissolved in 1 quart of warm water). Give furry toys a dry shower by sprinkling ARM & HAMMER® Baking Soda on, and brushing off after 15 minutes.

### Deodorize Pet Bedding

Even your pet deserves "5 star" accommodations. Eliminate odors from your pet's bedding by sprinkling liberally with ARM & HAMMER® Baking Soda, wait 15 minutes (or longer for stronger odors), then vacuum up. ARM & HAMMER® Baking Soda is safe to use around pets! For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers!](#)

## Tips for the Bedroom

### Freshen Closets

Just like the refrigerator, your closets can collect stale smells. So the ARM & HAMMER® Fridge-n-Freezer® Odor Absorber does double duty here too! Place a box on the shelf to keep the closet smelling fresh. Remember to replace the box every three months!

### Deodorize Sneakers

Are you running into smelly odors every time you wear your sneakers? Sneakers can get pretty smelly. Keep odors from spreading by shaking a little ARM & HAMMER® Baking Soda into sneakers when not in use. Shake out before wearing. Have fun with the kids making Sneaker Peakers. This fun craft does double duty. Kids will have a blast decorating these zany creatures - and then the ARM & HAMMER® Baking Soda will go to work [deodorizing those smelly sneakers!](#)

### Clean Furniture

Being sent to your room never looked so good. Clean and remove marks (even crayon!) from walls and painted furniture by applying ARM & HAMMER® Baking Soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth. Your private oasis will be clean and fresh-smelling.

### Deodorize Gym Bags

Put an ARM & HAMMER® Fridge-n-Freezer® Odor Absorber box in your gym locker - and another in your gym bag! The removable front and back flaps let air flow through the box without messy spills!

### Freshen and Deodorize Carpets

Odors stink...especially pet odors that tend to linger! A sprinkle a day keeps the odors away. Sprinkle ARM & HAMMER® Baking Soda to freshen carpet areas. Let it sit for 15 minutes before vacuuming. Be sure to check for [color fastness](#) first. For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers!](#)

### Carpet Spills

Uh-oh! Did you drop that treat right by your feet? Clean and deodorize spills or accidents on carpets by soaking up as much of the spill as possible. Clean the stain according to the manufacturers directions and allow to dry. When the area is completely dry, sprinkle liberally with ARM & HAMMER® Baking Soda and let sit for 15 minutes before vacuuming it up. Great for pet and kid messes too! Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Deodorize Pet Bedding

Even your pet deserves "5 star" accommodations. Eliminate odors from your pets bedding by sprinkling liberally with ARM & HAMMER® Baking Soda, wait 15 minutes (or longer for stronger odors), then vacuum up. ARM & HAMMER® Baking Soda is non-toxic and safe to use around pets! For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers!](#)

### Liquid Laundry Detergent Booster

Give your laundry a boost - then give yourself a hand! Add ½ cup of ARM & HAMMER® Baking Soda to your laundry to make liquid detergent work harder for you and your family. A better [balance of pH](#) in the wash gets clothes cleaner, fresher, brighter! Our new 12 lb. Resealable Pouch with enclosed scoop makes it an easy additive for every wash load.

### Freshen Sheets

Get towels and linens clothesline fresh...right from the wash! Add 1/2 cup of ARM & HAMMER® Baking Soda to the rinse cycle and get ready for the great outdoors. And for the dryer, use ARM & HAMMER® Fresh 'n' Soft® Fabric Softener Sheets and Liquid Fabric Softener in the dryer. Enjoy extra freshness and control static cling with all three scents (Classic Fresh®, Wildflowers(tm), and Clean Mountain®). All are dermatologist tested and dye-free. Learn more about the power and freshness of [ARM & HAMMER Laundry Detergents and Fresh 'n' Soft Fabric Softener.](#)

## Tips for the Nursery

### Deodorize Baby Bottles

Do you know what goes in your baby's mouth? For safe cleaning and deodorizing, fill bottles with warm water and add 1 teaspoon of ARM & HAMMER® Baking Soda. Shake, rinse and thoroughly clean as usual. For extra cleaning and deodorizing, you can also soak bottles and nipples overnight in a solution of 4 tablespoons of ARM & HAMMER® Baking Soda to 1 quart of warm water. Then rinse and clean as usual.

### Baby Spills on Carpet

Even little ones can make big messes! Clean and deodorize baby spills or accidents on carpets by soaking up as much of the spill as possible. Clean the stain according to the manufacturers directions and allow to dry. Then to deodorize, when the area is completely dry, sprinkle liberally with ARM & HAMMER® Baking Soda and let sit for 15 minutes before vacuuming it up. Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Deodorize Diaper Pails

Whoa! A smell this powerful needs to be neutralized. Sprinkle ARM & HAMMER® Baking Soda liberally over dirty disposable diapers in the diaper pail. If you are using cloth diapers, soak dirty diapers in a solution of 2 quarts of warm water and ½ cup of ARM & HAMMER® Baking Soda.

### Clean Baby Combs

Harsh chemicals are a hair-raising thought. Keep baby combs and brushes clean by soaking them in gentle solution of 1 teaspoon of ARM & HAMMER® Baking Soda in a small basin of warm water. Rinse and allow to dry.

### Gently Clean & Freshen Baby's Laundry

ARM & HAMMER® Baking Soda is gentle enough for even the tiniest baby clothes, yet effective enough for big baby odors. For tough stains add 1/2 cup of ARM & HAMMER® Baking Soda with your liquid laundry detergent, or a 1/2 cup in the rinse cycle for deodorization! For cloth diapers, dissolve ½ cup of ARM & HAMMER® Baking Soda in 2 quarts of water and soak diapers thoroughly.

### Cleaning Baby Equipment

Little hands mean lots of exploring. Safely clean your baby's area (play pen, changing table, crib, stroller, car seat and high chair) with ARM & HAMMER® Baking Soda. Just sprinkle ARM & HAMMER® Baking Soda directly on a clean damp sponge and rub the item clean. Rinse thoroughly and allow to dry. Sparkling clean and no harsh cleaners to worry about!

### Cleaning Baby Toys

Don't toy around with harsh cleaners. Clean and deodorize baby toys safely and effectively using 4 tablespoons of ARM & HAMMER® Baking Soda dissolved in 1 quart of warm water. Wash toys with a clean damp sponge or cloth, rinse and dry.

### Freshen Stuffed Animals

Even Mr. Bear needs a bath. Keep favorite cuddly toys fresh with a dry shower of ARM & HAMMER® Baking Soda. Just sprinkle ARM & HAMMER® Baking Soda on and let it sit for 15 minutes before brushing off. It's gentle enough for use around your baby and Teddy will appreciate it too!

### Clean Furniture

Clean and remove marks (even crayon!) from walls and painted furniture by applying ARM & HAMMER® Baking Soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

## Tips for the Outside

### Pool Care

Come on in, the water's fine. Improve your pool's clarity with ARM & HAMMER® Baking Soda! It's all about the pH. Dive right into our new 12 lb. waterproof Resealable Pouch with convenient scoop to help keep your pool sparkling! To learn more about using ARM & HAMMER® Baking Soda in your pool, read the directions on our 4 lb. box or our new 12 lb. Resealable Pouch, or [click here](#) to learn more.

### Cleaning Lawn Furniture

Get ready for your outdoor oasis! Before you pull out your outdoor patio and pool furniture for the season, give it a thorough cleaning with ARM & HAMMER® Baking Soda. And don't forget to keep outdoor furniture fresh in the off-season too...just sprinkle underneath cushions or inside the storage bag. Learn more tips and ideas for outside your home.

### Clean Pool Toys

Nothing but good clean fun! ARM & HAMMER® Baking Soda cleans plastic and vinyl pool toys and even removes mildewy odors. Use a solution of 1/4 cup ARM & HAMMER® Baking Soda in 1 quart of warm water. Wipe down and rinse. Smaller items may be soaked in the solution and then rinsed clean. For really dirty toys, sprinkle ARM & HAMMER® Baking Soda on a clean dampened sponge, scrub and then rinse clean.

### Deodorizing Musty Towels

Fun in the sun can make towels smell a lot like chlorine. Get pool towels clothesline fresh...right from the wash! Add 1/2 cup ARM & HAMMER® Baking Soda to the rinse cycle and get ready again for the great outdoors.

### Dry Baths for Dogs

Fido smelling kinda funky? Help dogs stay fresh-smelling by giving them periodic dry baths. Sprinkle ARM & HAMMER® Baking Soda into their fur and rub, then comb or brush it through and out. The ARM & HAMMER® Baking Soda is safe for your pets and a quick way to a fresh dog!

### Deodorize Pet Bedding

Even your pet deserves "5 star" accommodations. Eliminate odors from your pet's bedding by sprinkling liberally with ARM & HAMMER® Baking Soda, wait 15 minutes (or longer for stronger odors), then vacuum up. ARM & HAMMER® Baking Soda is non-toxic and safe to use around pets! For extra freshening with a clean fragrance, try [ARM & HAMMER® Carpet & Room Deodorizers](#)!

### Cleaning Grills

Lets get grilling! Grill grime is no picnic...so get ready for your next barbecue by sprinkling dry baking soda on a damp brush, scrub and rinse clean. For tough, greasy stains, scrub with a wire brush and a Baking Soda paste (3 parts Baking Soda to 1 part warm water).

### Clean Pet Toys

Don't play catch with chemicals. Clean plastic and rubber toys safely by washing in a solution of ARM & HAMMER® Baking Soda (4 tablespoons dissolved in 1 quart of warm water). Give furry toys a dry shower by sprinkling ARM & HAMMER® Baking Soda on, and brushing off after 15 minutes.

### Cat Litter Deodorizer

Cat got your nose? ARM & HAMMER® Baking Soda freshens your cat's litter box for oh so 'pawfect' freshness. Cover the bottom of the pan, then fill as usual with litter. To freshen between changes, sprinkle ARM & HAMMER® Baking Soda on top of the litter after a thorough cleaning. For even stronger litter box deodorization, try [ARM & HAMMER® Cat Litter Deodorizer](#) specially formulated to effectively destroy cat litter box odors with the power of genuine ARM & HAMMER® Baking Soda. Keeps any litter smelling fresher, longer.

## Tips for the Play Room

### Cleaning Baby Equipment

Little hands mean lots of exploring. Safely clean your baby's area (play pen, changing table, crib, stroller, car seat and high chair) with ARM & HAMMER® Baking Soda. Just sprinkle ARM & HAMMER® Baking Soda directly on a clean damp sponge and rub the item clean. Rinse thoroughly and allow to dry. Sparkling clean and no harsh cleaners to worry about!

### Cleaning Baby Toys

Don't toy around with harsh cleaners. Clean and deodorize baby toys safely and effectively using 4 tablespoons of ARM & HAMMER® Baking Soda dissolved in 1 quart of warm water. Wash toys with a clean damp sponge or cloth, rinse and dry.

### Freshen Stuffed Animals

Even Mr. Bear needs a bath. Keep favorite cuddly toys fresh with a dry shower of ARM & HAMMER® Baking Soda. Just sprinkle ARM & HAMMER® Baking Soda on and let it sit for 15 minutes before brushing off. It's gentle enough for use around your baby and Teddy will appreciate it too!

### Baby spills on carpet

Even little ones can make big messes! Clean and deodorize baby spills on carpets by soaking up as much of the liquid as possible. Clean the stain according to the manufacturers directions and allow to dry. Then to deodorize, when the area is completely dry, sprinkle liberally with ARM & HAMMER® Baking Soda and let sit for 15 minutes before vacuuming it up. Check for [color-fastness](#) first before applying ARM & HAMMER® Baking Soda.

### Clean Walls

Clean and remove marks (even crayon!) from walls and painted furniture by applying ARM & HAMMER® Baking Soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

### Just For Kids

ARM & HAMMER® Baking Soda invites you to open a box and begin an adventure! Children learn best by doing. As they explore with their hands, they push the boundaries of imagination. We have recipes, activities and experiments to satisfy the most curious and creative youngsters. Ready, Set, Fun, [Go!](#) And don't forget the importance of adult supervision, especially with young children.

## Tips for the Kitchen

### Cleaning Baby Equipment

Little hands mean lots of exploring. Safely clean your baby's area (play pen, changing table, crib, stroller, car seat and high chair) with ARM & HAMMER® Baking Soda. Just sprinkle ARM & HAMMER® Baking Soda directly on a clean damp sponge and rub the item clean. Rinse thoroughly and allow to dry. Sparkling clean and no harsh cleaners to worry about!

### Extinguishing Fires

Did you know that ARM & HAMMER® Baking Soda can help in the initial handling of minor grease or electrical kitchen fires? That's because when ARM & HAMMER® Baking Soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of ARM & HAMMER® Baking Soda at the base of the flame to help put out the fire -- and call the Fire Department just to be safe! Learn more about [Fire Safety](#).

### Deodorizing Recyclables

Keep those recyclables smelling fresh until collection day. Sprinkle Baking Soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling Baking Soda on a damp sponge. Wipe clean and rinse.

### Microwave Cleaning

Who wants popcorn that tastes like a science experiment? ARM & HAMMER® Baking Soda on a clean damp sponge cleans gently inside and outside the microwave and never leaves a harsh chemical smell. Rinse well with water. For freshening between uses, place a box of ARM & HAMMER® Fridge-n-Freezer® Odor Absorber in your microwave (don't forget to remove the box of Fridge-n-Freezer® while using the microwave and be sure to replace it every three months!).

### Deodorize and Clean Dishwashers

Relax. There's no need to run the dishwasher just yet! Sprinkle a handful of ARM & HAMMER® Baking Soda on the dishes or in the bottom of the dishwasher to absorb food odors just lingering in the dishwasher. Double duty! Use ARM & HAMMER® Baking Soda to deodorize before you run the dishwasher and then as a gentle cleanser in the wash cycle.

### Deodorize Drains and Garbage Disposals

What goes down sometimes comes back up. To deodorize your drains and disposal, and keep lingering odors from resurfacing, pour ARM & HAMMER® Baking Soda down the drain while running warm tap water. Baking Soda will neutralize both acid and basic odors for a fresh drain. Here's a tidbit to remember - when replacing your box of Fridge-n-Freezer® Odor Absorber (every 3 months!) pour the contents of the old box down the drain to get a little extra mileage.

### Clean & Deodorize Plastic Containers

Keep foods and beverages stored in plastic containers from tasting like a science experiment. Wash them with ARM & HAMMER® Baking Soda sprinkled on a clean damp sponge. For even tougher odors, just soak items in a solution of 4 tablespoons ARM & HAMMER® Baking Soda solution in 1 quart warm water.

### Clean & Deodorize Lunch Boxes

Keep today's egg salad from tasting like yesterday's tuna. Between uses, place a spill-proof box of ARM & HAMMER® Fridge-n-Freezer® Odor Absorber in everyone's lunch box to absorb lingering odors.

### Deodorize Garbage Can

A couple of shakes is all it takes! Keep unpleasant smells to a minimum by sprinkling ARM & HAMMER® Baking Soda in the garbage between layers as they accumulate. Periodically wash out and deodorize garbage cans with a solution of 1 cup of ARM & HAMMER® Baking Soda per 1 gallon of water.

### Hand washing Dishes and Pots & Pans

Give yourself a hand! Add 2 heaping tablespoons ARM & HAMMER® Baking Soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the ARM & HAMMER® Baking Soda/detergent water first, then use dry ARM & HAMMER® Baking Soda on a clean damp sponge or cloth as a scratchless scouring powder!

### Freshen Sponges

Here's something to soak in! Soak stale-smelling sponges in a strong ARM & HAMMER® Baking Soda solution to get rid of

the mess and bring in the fresh (4 tablespoons of ARM & HAMMER® Baking Soda dissolved in 1 quart of warm water).

### **Polish Silver Flatware**

What a bright idea! ARM & HAMMER® Baking Soda can shine all your silver in no time at all! Use a Baking Soda paste made with 3 parts ARM & HAMMER® Baking Soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces. You'll be polished and ready to go for your next dinner party!

### **Fruit and Vegetable Scrub**

An apple a day - cleaned the safe way! ARM & HAMMER® Baking Soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse. Keep an ARM & HAMMER® Baking Soda Shaker on your sink for everyday use!

### **Food Safe Surface Cleaning**

Don't season with chemicals. Clean your food prep area with natural, food safe ARM & HAMMER® Baking Soda instead of harsh cleaners. Sprinkle ARM & HAMMER® Baking Soda onto a clean damp sponge or cloth and wipe clean, rinse thoroughly, then dry. Great for counters, stainless steel sinks, cutting boards, microwaves, plastic containers, lunch boxes, back splashes, oven tops, range hoods and more!

### **Cleaning Floors**

With all the pitter-patter of little feet in the kitchen, your floor is bound to get dirty. Remove dirt and grime (without unwanted scratch marks!) from no wax and tile floors using 1/2 cup ARM & HAMMER® Baking Soda in a bucket of warm water - mop and rinse clean for a sparkling floor. For unsightly scuff marks, use ARM & HAMMER® Baking Soda on a clean damp sponge, then rinse. Great for high-traffic areas and after dinner parties too!

### **Deodorizing Fridges and Freezers**

Fresh is best! To help keep foods tasting like they should, replace your ARM & HAMMER Fridge-n-Freezer® Odor Absorber every 3 months. The unique flo-thru vents expose twice the amount of baking soda that absorbs the odors that can make other foods (even ice cubes!) taste funky. And while you're at it, change your [Whirlpool®](#) water filter too!

### **Cleaning Coffee and Tea Pots**

Here's a quick pick-me-up! Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup ARM & HAMMER® Baking Soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the ARM & HAMMER® Baking Soda solution and detergent or scrubbing with ARM & HAMMER® Baking Soda on a clean damp sponge.

### **Recipes**

Make sure your baked goods "rise" to the occasion! ARM & HAMMER® Baking Soda is widely used as an agent to promote leavening. As ARM & HAMMER® Baking Soda is heated, it releases carbon dioxide, which, in turn, causes dough or batter to rise, becoming light and porous. For more than 155 years good cooks have trusted ARM & HAMMER® Baking Soda because it is made with the highest standards. Try our time-tested [Recipes](#) and taste the quality for yourself!

### **Cleaning Pots & Pans**

Eliminate the heavy burden of scrubbing pots and pans! ARM & HAMMER® Baking Soda penetrates and helps lift off baked-on, dried-on foods. Shake on a generous amount of ARM & HAMMER® Baking Soda, add hot water, and dish detergent, let sit for 15 minutes and wash as usual. Keep a Shaker by the sink for convenience!

## MY BODY USAGES & TIPS

### Facial Scrub and Body Exfoliant

Are you a fan of the self-tan? Before applying products that give you a 'glow', give yourself an invigorating, yet gentle, facial and body scrub with ARM & HAMMER® Baking Soda. Removing dead skin cells will leave your skin soft and smooth, perfect before application. Make a paste of 3 parts ARM & HAMMER® Baking Soda to 1 part water. Rub in a gentle circular motion to exfoliate the skin. Rinse clean. Gentle enough for daily use!

### Hair Care

For locks that rock, remember to shake it. Sprinkle a small amount (quarter-size) of ARM & HAMMER® Baking Soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly. The ARM & HAMMER® Baking Soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

### Refreshing Bath Soak

Taking a bath is so last year...until now! Add 1/2 cup of ARM & HAMMER® Baking Soda to your bath to neutralize acids on the skin and help wash away oil and perspiration. Your skin will feel silky smooth, and it's a great way to get away from it all.

### Soothing Foot Soak

Here's a great way to start your home pedicure. Dissolve 3 tablespoons of ARM & HAMMER® Baking Soda in a basin of warm water and soak feet. Gently scrub with a paste of ARM & HAMMER® Baking Soda. The hardest part is deciding which color nail polish you'll use this week!

### Mouth Cleaning

Clean up your mouth! \* Use ARM & HAMMER® Baking Soda to help keep teeth clean and white! Sprinkle some ARM & HAMMER® Baking Soda into your palm, dip in your damp brush, and clean those pearly whites. For a smile that's Cleaner, Whiter, Fresher™ try [ARM & HAMMER® Oral Care](#) products with the proven cleaning power of ARM & HAMMER® Baking Soda.

\*ARM & HAMMER® Baking Soda does not contain the anti-cavity ingredient fluoride. Use it where water is fluorinated or when a non-fluoride toothpaste is desired for adult use or as directed by your dentist or physician.

### Mouth Freshening

Bad breath keeping you tight-lipped? Open up for ARM & HAMMER® Baking Soda. Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized – not just covered up- so get ready to pucker up!

### Deodorize Retainers

Minimize the "oh gross" factor by cleaning and freshening retainers and mouth-guards with ARM & HAMMER® Baking Soda. Soak after every use in a solution of 2 teaspoons ARM & HAMMER® Baking Soda and warm water. Every so often, brush them clean with a paste of ARM & HAMMER® Baking Soda. That'll keep everyone smiling!

### Antacid

Spicy food is yummy until it bothers the tummy. ARM & HAMMER® Baking Soda is a safe and effective antacid to relieve heartburn, sour stomach and/or acid indigestion, when used as directed. Always refer to the ARM & HAMMER® Baking Soda package for instructions. Learn more about how ARM & HAMMER® Baking Soda works as an [antacid](#).



### Your Daily Solution:

ARM & HAMMER® Baking Soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because it's a mild alkali.

[Learn More >](#)

### **Hand Cleanser**

Give yourself a hand with ARM & HAMMER® Baking Soda. Forget the harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts ARM & HAMMER® Baking Soda to 1 part water, or 3 parts ARM & HAMMER® Baking Soda to your liquid hand soap. Then rinse clean. Your skin will feel softer too!

### **Clean Brushes and Combs**

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of ARM & HAMMER® Baking Soda in a small basin of warm water. Rinse and allow to dry.

### **Deodorant**

A quick pit stop. Dust ARM & HAMMER® Baking Soda under arms as needed to feel fresh all day. The magic of ARM & HAMMER® Baking Soda actually absorbs odors instead of just covering them up. For wetness and deodorization protection, try [ARM & HAMMER® ULTRAMAX](#) Deodorant Antiperspirant.

[Back to My Body](#)

[Tell-A-Friend](#) | [Contact Us](#) | [Home](#)

Please visit our [User Agreement](#). Your continued use of this site will automatically constitute your agreement to be bound by all the terms and conditions of the User Agreement. We also have a [Privacy Policy](#) for your protection. © 2003 [Church & Dwight Co., Inc.](#)  
All Rights Reserved.