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Foodways A 4-H Folkpatterns Project – Cleaning with Food/Kitchen Cosmetics
Michigan State University Cooperative Extension Service
4-H Club Bulletin

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When Food Doesn't
Make a Meal

Cleaning with Food

- PURPOSE:** To discover ways in which food ingredients have been used as cleaning agents
- YOU'LL NEED:** Pen or pencil
- TIME:** 10-15 minutes
- HOW TO DO IT:** Draw a line matching the food with its cleaning use. (**Note:** Keep in mind that many of these cleaning agents are based on folklore and may not work effectively. Be sure to check with your leader or another adult before you try any of them.)

Food	Cleaning Use
1. Vinegar (and water)	a. Rubs out scratches in wood
2. Sour milk	b. Scouring pad for marble
3. Salt (and boiling water)	c. Copper or brass polish
4. Lemon slice with salt on it	d. Unclogs drains
5. Baking soda and corn meal	e. Stain remover
6. Cream of tartar (with water)	f. Carpet cleaner
7. Sugar and water	g. Stain remover for aluminum pots and pans
8. Raw onion	h. Removes moisture marks from wood
9. Mayonnaise	i. Removes rust stains from knives
10. Whole meat from walnut or pecan	j. Removes oil stains
11. Lemon and baking soda	k. Stain remover

NOW WHAT?

1. Interview people you know about their cleaning hints. Collect as many as possible. Gather all the ideas together and have your group put together a "helpful hints" book.
2. Collect household hints from old cookbooks or newspaper columns. With help from your leader or teacher, try one or more of these "helpful hints."
3. Try comparing ingredients of commercially available cleaning solutions with the ingredients in traditional or home-prepared solutions.

Kitchen Cosmetics



When Food Doesn't
Make a Meal

- PURPOSE:** To learn more about traditional uses of food in beauty treatments (cosmetic as opposed to health)
- YOU'LL NEED:** Pen or pencil
- TIME:** 5-10 minutes
- HOW TO DO IT:** Draw a line between the food and a traditional cosmetic use for that food. (**Note:** Keep in mind that many of these beauty treatments are based on folklore and may not work effectively. Be sure to check with your leader or another adult before you try any of them.)

Food	Cosmetic Use
1. Oatmeal	a. Bath ingredient
2. Milk	b. Facial mask
3. Cucumbers	c. Facial mask
4. Raw potato	d. Facial mask or bath ingredient
5. Egg whites	e. Placed over eyes
6. Buttermilk	f. Bath for flaky skin
7. Vinegar	g. Lightener for freckles
8. Almonds	h. Moisturizer
9. Vegetable shortening	i. Placed over eyes
10. Lemon juice	j. Hair lightener

NOW WHAT? Interview people you know, both old and young, to discover their kitchen beauty secrets. Make a collection of their recipes. Do some research to see if these beauty treatments are fact-based.