

CORAC Newsletter

Region 8

July 23, 2021

Sheryl Collmer, ed.



Charlie has always insisted that the most essential “prep” is spiritual, not material. No freeze-dried food, water purification devices or extra batteries can safely shepherd us through the storm we may be facing. God is our all-in-all; we must keep first things first. This newsletter is meant to share practical information, but never at the exclusion of our spiritual duties. Most of us already have a daily prayer routine, and we can always add things like Fr. Mike Schmidt’s Bible in a Year podcast or the US Grace Force 54-day novena. This is a great time to step up Eucharistic devotion, consoling the heart of Jesus in a time of unbelief.

- Sheryl, editor

RC Report

From our regional coordinators, Ed and Michelle



Greetings,

Michelle and I are in between parishes... our story is a bumpy one. The nearest Catholic church is literally a few steps from our back door. This was a no-brainer. We settled in, went to perpetual adoration and life was good. Then a new priest was assigned to the parish. The new pastor’s liberal views soon became obvious. It was difficult to attend Mass without being distracted and we realized that this was not a good place for us to be.

So we went to a parish about 7 miles away. All was better and – you guessed it – the priest rotated out and a new priest came in. Obama was president, and the social divide was really starting to show. The homilies were good, but not very relatable to the changes taking place in everyday life. The pastor was a late vocation and newly ordained. To expect him to be more confrontational was unrealistic so in 2013, I wrote a letter to our bishop, Cardinal DiNardo. Here’s part of what I wrote.

Vice President [and Catholic] Joe Biden said, “I am absolutely comfortable with the fact that men marrying men, women marrying women, and heterosexual men and women marrying another are entitled to the same exact rights, all the civil rights, all the civil liberties.” Congresswoman [and Catholic] Nancy Pelosi said in part “...But the truth is what I said. I’m a devout Catholic and I honor my faith and love it...but they have this conscience thing.” I would urge you to put yourself in the shoes of a typical cafeteria Catholic. He’s had years of picking and choosing what he likes. He goes to Mass on Sunday. But he’s got a friend or relative who is homosexual. Maybe he uses contraception. Maybe he thinks that abortion is wrong for him, but doesn’t think he should judge others. These are uncomfortable subjects to deal with, especially in today’s world. He certainly isn’t looking to confront these issues...

I received no reply. Things continued to deteriorate, and we grew restless. I wrote a letter to our pastor in October of 2020:

[In a few weeks] we will go to the polls for what I see as the most important election in my lifetime. I judge that as a Catholic, the choice could not be clearer. How anyone could support a platform of abortion on demand, sex education [which includes everything but chastity], the whole LBGQT agenda etc. One candidate has indicated he will expand abortion and renew the fight to have the Little Sisters of the Poor pay for birth control. And that candidate is being touted in the media as a practicing Catholic! Why – when I attend Mass - do I not hear about these issues? Now, in these difficult times, I need my Church and my parish more than ever. The media and left paint a distorted and biased picture but it is very effective and generally united in its point of view, far reaching and very persuasive.

I didn’t hear back, nor did we hear anything from the pulpit addressing the issues. We eventually unregistered from that parish so they wouldn’t be assessed by the diocese. Since then, we have been ‘church hopping’. We are now attending another parish and I’m happy to say that the pastor just rotated IN so he’ll be there for a few years. He had a sermon two Sundays ago about prophecy and the need for all of us to be prophets to those around us. I wrote to him in part:

In our present society – we have a “devout Catholic” president and other Catholics who not only tolerate but endorse and promote abortion, same sex marriage and other abominations. These leaders are supported by some bishops and regularly receive the Holy Eucharist. My fear is for Catholics who have not been properly catechized. When they are told to be prophets, they could easily think they are being told to go out and warn others of global warming and over-

population or that the homosexual lifestyle is acceptable. I can say this because I have family members who are Catholic who ardently believe that this president is right, and that orthodox Catholics are intolerant.

I was pleasantly surprised to hear back from him. I had closed my letter with an invite to dinner and he responded positively. I am looking forward to talking with him and we are cautiously optimistic that we may have found a 'home'.

Three letters in 8 years isn't exactly setting the world on fire but I am trying. Now I'd like to hear from you

- Are you happy with your parish?
- Are you being challenged from the pulpit?

In case you haven't noticed – I always try to end my letters with a question to you, hopefully to challenge you but also to know if I'm on the right track (and a special thanks to those of you who do reply.)

God bless us all,
Ed

Sustainable Living

Home skills for self-sufficiency



When Marie Baron gave us a Prep 101 presentation a few weeks ago on our regional Zoom call, one slide listed items that can be used for multiple purposes. That makes great sense, and saves some room in the prep closet, too. Below is the list of the multi-use products she named. See the Appendix at the end of this newsletter for their many uses. All are inexpensive. Except for diatomaceous earth (order online from Earthworks.com) you probably have these on hand and just need to top off.

- Castile soap
- Baking soda
- White vinegar
- Petroleum jelly
- Rubbing alcohol
- Diatomaceous earth
- Coconut oil

SEE APPENDIX FOR DETAILS

Communications

Keeping in touch when channels are unreliable

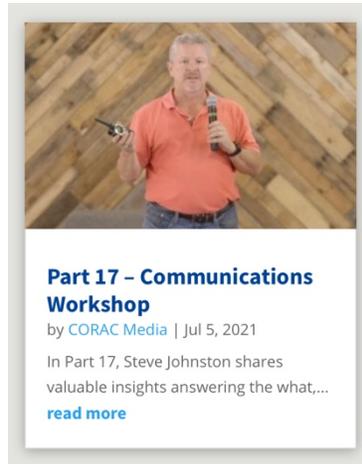


If you haven't been on the CORAC website lately, check it out. It has been re-formatted so it's easier to get to the information you need. There's now a menu tab for NATIONAL TEAMS. This houses Communications, Health & Wellness, Sustainable Living, and Prayer. Under the Communications National Team tab, you will find things like:



Radio Basics & Handheld Radios
by sajohn2 | Jul 21, 2021
Get a basic understanding of radio waves and handheld radio requirements,....
[read more](#)

Radios 101 for beginners: how they work, types of devices, further reading. It's a printable PDF file.



Part 17 - Communications Workshop
by CORAC Media | Jul 5, 2021
In Part 17, Steve Johnston shares valuable insights answering the what,....
[read more](#)

Eight-minute video of Steve Johnson, our Communications national team leader, from the conference.



Conference Communications Presentation
by sajohn2 | Jun 28, 2021
What would happen if we lost cell phone and Internet communications? How...
[read more](#)

The slide presentation from the national conference

SUNDAY CORAC RADIO PRACTICE

Every Sunday at 4:30 pm Central Daylight Time, the CORAC national communications team will broadcast an informal program beginning with prayer and Scripture, CORAC news, then opening for anyone who wants to check in. To transmit, you must have a HAM license, but anyone with a shortwave receiver can listen in. This is great practice for newbies, to find the frequency, adjust antennae, get familiar with your radio.

Primary frequency: 14.347 Mhz Secondary: 14.227 Tertiary: 14.319
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Amateur radio frequencies can't be reserved, so there are three possibilities, in case one is already being used at the time of the broadcast. If you are successful at receiving the broadcast, please let us know at: coracregion8@gmail.com.

If you're a licensed HAM, please check in with national Comm leader, Steve Johnston at: stevenjohnston9@hotmail.com. We'd like National Comms to be aware of all the Hams located in each region.

FOR NEW SHORTWAVE RADIO OWNERS

Great introductory material if you are a new owner of a shortwave radio: www.swling.com



I can admit it: I was a Y2K prepper. I was also a 2016 prepper. Now I'm a Storm prepper. I think I just like prepping! One thing I've learned is that it is generally fruitless to buy anything you would never use *except* in an end-of-the-world scenario. Buy non-perishable food that you will really eat, because you will need to rotate it as time goes on. Buy supplies you can use on camping trips. Use your radio on a regular basis because shortwave is just fun. Garden because it's God's hobby ("out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food.")

Gardening is great fun, and you can make it work for your health, too. I've been gradually building a medicinal herb garden. Many herbs are basically weeds, and they grow like weeds, too, so you can be very successful in medicinal gardening, even if you've never gardened before. All my plants are in containers, so they don't require a yard, and I can take them with me if I move.

This is my herbal seed supplier: <https://strictlymedicalseeds.com>

They feature combination packs that include many of the most useful herbs, like yarrow (anti-inflammatory and antiseptic); chamomile (sedative and stomach settler); and dandelion (diuretic). Here are some of their seed collections, with links:



Survival Medicine
Garden Seed Collection
(8 seed packets):
Burdock, Gobo;
Calendula, Orange;
Comfrey, True;
Dandelion; Lettuce,
Wild; Self-Heal;
Valerian and Yarrow,
Organic
\$24.95



Essential Medicinals,
16 full color
medicinal herb seed
packets, organic
\$34.95



Honeybee Lover's
Seed Collection (8
seed packets):
Lemon Bergamot,
True Comfrey,
Hyssop, Greek
Mullein, Pleurisy
Root, Scarlet Sage,
Temperate Tulsi and
Viper's Bugloss*
\$23.95

So garden because it makes you happy. The fact that you might be growing some very useful things for the future is just icing on the cake.

If you don't consider yourself a gardener, give it a try with things like basil and mint that are nearly impossible to kill. Once you are successful at growing something, you'll be hooked!

By this time, most people have pretty strong opinions about the Vaxxx. If you've held out until now, steady as she goes. The pressure is likely to go very high before winter, when we will see if Antibody Dependent Enhancement, which has plagued all former attempts at a coronavirus vaccine, is going to be a factor. My guess is that a very determined attempt will be made to vaxx as many as possible before the next cold season.

If you're being pressured to submit, try reading this:

<https://www.citizensjournal.us/18-reasons-i-wont-be-getting-a-covid-vaccine/>

According to Dr. Mike Yeadon, former chief scientist at Pfizer, the Delta Variant, as well as the other known variants are less than 1% genetically different from COVID-19. A variant has to be 20-25% genetically different to stump the immunity that a person has from the original virus. In other words, if you have natural immunity to COVID, there is no reason to worry about variants.

The early treatment and preventive protocols like Ivermectin are effective against the variants, too. So I am no more worried about the variants than I was about COVID-19.

Five reasons not to fear coronavirus variants

From Pfizer's former VP calling them 'irrelevant propaganda' to evidence that natural immunity slaughters a host of COVID-19 variants, there's good reason to ignore the media's fear-mongering.

<https://www.lifesitenews.com/blogs/five-reasons-not-to-fear-coronavirus-variants>

Other Items Of Interest

Random stuff the editor finds intriguing



Several other countries, including Italy and New Zealand, have recently said that they will go out to find the non-vaxxed, with the implication that there will be coercion to be jabbed. In Australia, people are being warned by the Chief Health Officer of New South Wales not to even have conversations with each other, not even their next-door neighbors. Seriously.

By the numbers, COVID is 99.7% curable, even based on wildly over-reported numbers of deaths. And that 99.7% doesn't consider that there have been effective early treatment and prevention protocols that have not been used or publicized.

There is no reasonable scientific basis for any of this. How can it be explained, except by malevolence?

In the US, "community volunteers" have already been deployed in large, blue cities to canvas elderly and low-income housing developments. The script is meant to allay fears about the safety of the vaxxx, without informing them that the vaxxx is not FDA-approved, that disabling injuries and deaths are being reported and that the vaxxx potentially threatens fertility. This whole project seems devious to me, taking advantage both of the intended victims, who clearly don't want the vaxxx if they haven't received it by now, as well as the volunteers, who probably believe they're doing a good service.



In Illinois, there are county medical personnel on call to get to a home quickly to vaccinate if a volunteer scores a win. It's getting more and more like a bad sci-fi movie every day. I don't think they can get volunteers rash enough to go out in Texas, Louisiana, Oklahoma or Arkansas, but I will nevertheless not be opening my door to anyone.



The Babylon Bee recommended posting this sign, in all seriousness. Once a person has been warned to vacate your property, either verbally or by a sign, they are committing a criminal act of trespass if they persist. At that point, you could call the police.

The same law that is so inconvenient when you're trying to get information about a friend in the hospital (HIPAA) now protects you. You have the right to keep your medical information private, which includes your inoculation status.

If anyone knocks on your door for this purpose, you can do what I saw a woman do in a video... state your rights, both under HIPAA and state criminal code (the trespass article in the Texas Penal Code is §30.05) and request that they leave your property. I think some firmness is appropriate when someone is standing on your porch violating Federal and state law.

A video debate between Dr. Janet Smith and Fr. Gregory Pine, hosted by Matt Fradd, on the subject of lying: what constitutes a lie, is a lie ever justified, etc. This came up at the National Conference and led to a very interesting discussion. The Smith/Pine debate is highly Thomistic. It's nearly two hours long, so queue it up when you have a project to do and need some mental exercise.

<https://youtu.be/QQmmLqSuavA>



Prayer

Staying right with God



EUCCHARISTIC REVIVAL

The USCCB has announced the beginning of a multi-year Eucharistic Revival. Its first event would occur next summer. This initiative is in response to the distressing news that fewer than 1/3 of Catholics know and believe in the Real Presence of Jesus in the Eucharist, the situation of many Catholics not returning to in-person Mass after a year of virtual Masses, and the problem of high-profile, abortion-drunk politicians presenting themselves for Holy Communion.

Personally, I can't think of a better response to *any* problem than the Eucharist! If you don't already have a regular hour of adoration, take one. If you don't already attend daily Mass, go once or twice a week. Whatever we are facing in the future, the Eucharist will be our strength and our food.

We in CORAC have some intuition about where the world is headed, and so it's incumbent on us to pray. Our responsibility is greater because God has given us insight. Let's begin our CORAC Eucharistic Revival immediately!

Read more about the planned Revival here: <https://www.ncregister.com/cna/us-eucharistic-revival-to-begin-in-2022-we-want-to-start-a-fire-of-devotion-says-bishop>

Or here: <https://www.romancatholicman.com/breaking-our-prayers-have-been-heard-the-holy-spirit-is-bringing-a-eucharistic-revival/>



NATIONAL CONFERENCE VIDEOS AVAILABLE

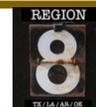
National Conference videos are available for \$25 here: <https://corps-of-renewal-and-charity.myshopify.com/products/conference-2021-video-series>

The videos are professionally produced and of high quality.

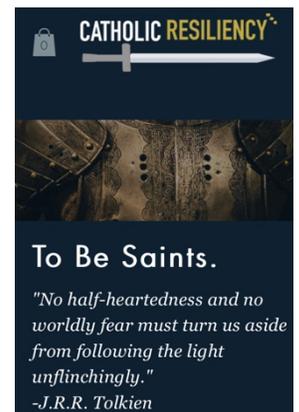


Region 8

What's going on in the "South Coast" region of CORAC



Our next regional Zoom will occur on Tuesday, July 27 at 7:00 pm. The topic will be self protection, with information about firearms. Scott Goley, the director of Catholic Resiliency, an apostolate focused on forming Catholic men in the masculine virtues will present to us. Watch your email for the Zoom link.



(Appendices begin on the next page)

APPENDICES

USES OF CASTILE SOAP

FACE WASH: 2-3 drops on wet hands, applied to wet face.

BODY WASH: One small squirt on a wet washcloth, applied to a wet body.

HAIR: 1/2 Tbsp. in your hand, worked into wet hair

BATH: roughly 2 Tbsp. soap in an average sized tub. (Doesn't bubble, but still cleans)

SHAVING: Face – 10 drops; Underarms – 3 drops; Legs – 1/2 tsp; Work to a lather in wet hands

TEETH: 1 drop on a toothbrush. (Yes, it tastes like soap.)

FOOT BATH: 1 1/2 tsp. in a small tub of hot water.

CLEARING CONGESTION: 1 Tbsp. in a bowl of steamy hot water. Breathe the mist **HOUSEHOLD USES:**

DISHES (HANDWASHING): Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

LAUNDRY: 1/3 - 1/2 c. of soap for a large load in a normal washer. Add 1/2 c. vinegar to the rinse cycle.

MOPPING: 1/2 c. of soap in 3 gallons of hot water

ALL-PURPOSE CLEANING: 1/4 c. soap in a quart of water in a spray bottle.

FRUIT & VEGGIE RINSE: 1 dash (approx.. 1/4 tsp.) in a bowl of water. Dunk produce and rinse in clear water.

PLANT SPRAY FOR BUGS: 1 Tbsp. in a quart of water. Add 1/2 tsp. cayenne pepper or cinnamon, if desired.

For more uses, see: <http://www.lisabronner.com/wp-content/uploads/2012/09/Dilutions-Cheat-Sheet.pdf>

USES OF BAKING SODA

What is Baking Soda? Baking Soda, sodium bicarbonate, is a naturally occurring substance that is present in all living things--it helps living things maintain the pH balance necessary for life.

Cleaning: Baking Soda is a mild alkali and can cause dirt and grease to dissolve easily in water for effective removal. When it is not fully dissolved, like when it is sprinkled on a damp sponge, Baking Soda is mildly abrasive and can lift dirt for easy removal as a gentle scouring powder. Because Baking Soda is a pure, natural product that is also a food, it is non-toxic, unlike many other household cleaners.

Deodorizing: Baking Soda's deodorization power is a result of its ability to neutralize odors, rather than just covering up odors with perfumes. Most unpleasant odors come from either strong acids (like sour milk) or strong bases (spoiled fish). Industrially, Baking Soda is used for odor control of sewage disposal plants and around barn and feedlots.

Buffering: Baking Soda can be used as an antacid in the human digestive system, neutralizing acids from acid indigestion and heartburn and relieving the associated discomfort.

Cleaning Coffee and Tea Pots: Remove those coffee and tea stains and eliminate bitter off-tastes by washing coffee maker parts, and coffee and tea pots in a solution of 1/4 cup Baking Soda in 1 quart of warm water.

Deodorizing Dishwashers: Sprinkle a handful of Baking Soda on the dishes or in the bottom of the dishwasher to absorb odors, so you can wait until the washer is full! The Baking Soda will do double-duty: deodorizing before you run the dishwasher and then cleaning in the first wash cycle.

Sweeten Drains and Garbage Disposals: To deodorize your drains and disposal, pour Baking Soda down the drain while running warm tap water. The Baking Soda will neutralize both acid and basic odors for a fresh drain. When you are replacing a box from the Fridge or Freezer, pour the contents of the old box down the drain.

Fruit and Vegetable Scrub: Baking Soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle on a damp sponge and scrub and rinse.

Deodorize Garbage Can: Keep those garbage smells to a minimum by sprinkling Baking Soda in the garbage between layers of garbage as they accumulate. Periodically wash out and deodorize garbage cans with a solution of 1 cup of Baking Soda per 1 gallon of water.

Food Safe/Surface Safe Cleaning: Baking Soda is the ideal all-purpose cleaner for the kitchen. Try it on counters, sinks, cutting boards, microwaves, plastic containers, back splashes, oven tops, range hoods and more!

Microwave Cleaning: Use Baking Soda to clean and deodorize your microwave, without scratching. Use a solution of 4 tablespoons of Baking Soda to 1 quart of water. Wipe down microwave and rinse with clear water.

Freshen Sponges: Soak stale-smelling sponges in a strong Baking Soda solution to keep them fresh.

Handwashing Dishes: Boost the performance of your hand dishwashing liquid detergent. Add 2 heaping tablespoons of Baking Soda to the dish water to help cut grease and food on dishes, pots and pans.

For small cooking fires (frypans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of Baking Soda at the base of the flame to help put the fire out--and call the Fire Department just to be safe! (Don't use Baking Soda in deep fat fryers; it may splatter.)

For small electrical fires (small appliances, heaters, outlets), unplug appliances if you can safely do so. Stand back and toss handfuls of Baking Soda at the base of the flames to help put the fire out -- and call the Fire Department to be sure the fire's out! (Remember - don't use water on electrical fires, as shock or electrocution could result!)

Relief for Acid Indigestion: Baking Soda is safe and effective as an antacid to alleviate heartburn, sour stomach and/or acid indigestion, when used as directed. Refer to the Baking Soda package for instructions.

Refreshing Bath Additive: Just add 1/2 cup of Baking Soda to your bathtub of water to make your bath even fresher. Relax!...while the Baking Soda washes away oil and perspiration and makes your skin feel silky smooth.

Denture/Oral Appliance Soak: Dentures and other oral appliances, like retainers and mouthpieces may be soaked in a Baking Soda solution made of 2 teaspoons Baking Soda dissolved in a small bowl of warm water.

Deodorant: Dust Baking Soda underarms as needed to feel fresh all day.

Facial Scrub: Apply a paste of 3 parts Baking Soda to 1 part water in a gentle circular motion after washing face with soap and water. Rinse clean for a fresh-scrubbed face!

Soothing Foot Soak: Soak your tired feet in a solution of 3 tablespoons of Baking Soda in a basin of warm water.

Hair Care: For squeaky clean hair, use a teaspoon of Baking Soda mixed in your palm with your favorite shampoo. The Baking Soda helps remove the build-up from conditioners, mousses and sprays to give you naturally clean hair.

Hand Cleanser: Scour away ground-in dirt and neutralize odors on hands using a paste of 3 parts Baking Soda to 1 part water, or 3 parts Baking Soda to 1 part liquid hand soap. Scrub and rinse clean.

Insect Bite Care: Relieve the itching and pain of an insect bite with a Baking Soda paste by combining 3 parts Baking Soda to 1 part water. Apply it to the affected area and let it dry. Wash it off and repeat if needed.

Refreshing Mouthwash: One teaspoon of Baking Soda in half a glass of water is the recipe for a fresh mouth and fresh breath. Swish the solution through your teeth and rinse.

Soothing Irritated Skin: Baking Soda can soothe the sting of sunburn, windburn and other minor burns. Just saturate a washcloth in a Baking Soda solution (4 tablespoons in 1 quart of water) and apply to the affected area. Or make a Baking Soda paste with 3 parts Baking Soda and 1 part water and apply to the area.

Soothing Poison Ivy and Rashes: Soothe the itchy skin of poison ivy, oak or sumac or prickly heat in a comforting Baking Soda bath. Add 1/2 cup of Baking Soda to a bath of water or make a paste(3 parts Baking Soda to 1 part water) for more localized rashes and irritations.

Toothpaste: Baking Soda is a gentle dentifrice that helps keep teeth clean and white. Dip a damp toothbrush in some Baking Soda sprinkled into your palm. Brush as usual and rinse.

Septic Care: Regular use of Baking Soda in your drains can help keep your Septic System flowing freely. We recommend adding 1 cup of Baking Soda per week to help maintain a favorable pH in your Septic Tank.

Freshen and Deodorize Carpets: Sprinkle Baking Soda on carpets and rugs to eliminate the day-to-day odors that settle in carpets. Wait 15 minutes, or longer for tough odors, and vacuum up.

Chlorine Bleach Booster: Use Baking Soda to help your liquid chlorine bleach work harder. Add 1/2 cup of Baking Soda (1/4 cup for front-loading machines) with your usual amount of liquid bleach. Your whites will be whiter.

Cleaning Batteries: Baking Soda can be used to neutralize battery acid corrosion on cars, mowers, etc. , because it is 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.

Remove Oil and Grease Stains: Use Baking Soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle Baking Soda on the spot and scrub with a wet brush.

For more uses, see: <https://oconto.extension.wisc.edu/files/2011/02/Baking-Soda.pdf>

USES OF WHITE VINEGAR

1. Food Preparation
 - Marinate Meat
 - Boiling Eggs
 - Make the Most of Condiments
 - Make a Fruit and Vegetable Wash
 - Keep Your Cheese Fresh Longer
2. Health Benefits
 - Use Vinegar for a Sore Throat
 - Whiten your Teeth
 - Soften Your Skin
 - Eliminate Dandruff
 - Fight to Foot and Toenail Fungus
 - Rinse Your Hair
 - Treat Insect Bites and Stings
3. In the Garden
 - Repel Spiders from Patio or Certain Outdoor Areas
 - Perk Up Droopy Flowers
4. Cleaning
 - Oven Cleaning with Vinegar
 - Clean and Disinfect the Refrigerator
 - Remove Tea and Coffee Stains
 - Eliminate Odors and Stains
 - Clean the Bathroom
 - Clean the Toilet
 - Remove Antiperspirant Stains
 - Spot Clean the Carpet – Vinegar the Perfect Carpet Cleaner
 - Vinegar The Invisible Laundry Helper – Say Goodbye to Static Cling
 - Use Vinegar to Unshrink Wool and Cashmere
 - Get Stains and Odors Out of Gym and Baby Clothes
 - Keep Your Car Windows Frost-Free
 - Easy Method for a Clean Microwave
 - Remove Gum
 - White Vinegar Uses: Removing Stickers, Price Tags, and Glue
 - Remove Candle Wax
 - Erase Crayon from Walls and Floor
 - Neutralize Odors on Fabrics, Carpets, and Furniture
 - Clean a Mattress or Upholstery
 - Clear Clogged Drains
 - Clean your Steam Iron
 - Clean your Computer
 - Remove Ink Marks
 - Best Window Cleaner Ever
 - Leather Cleaner
 - Get Rid of Smoke and Food Odors
 - Clean Stainless Steel Appliances
 - All-Purpose Kitchen Degreaser
 - Deodorize Lunch Boxes and Plastic Containers
 - Clean a Thermos or Water Bottle
 - Disinfect your Cutting Boards

For more uses, see: <https://www.tipsbulletin.com/vinegar/>

USES OF PETROLEUM JELLY

#1. Accelerant

Petroleum jelly is great to help start a fire. Many survivalists and campers will dip cotton balls in petroleum jelly and keep them in a zipper bag. In the military, gauze pads are often rubbed with petroleum jelly so they can double as a fire starter and as a treatment for wounds. In reality, [Vaseline](#) can be added to any fluffy tinder to create a fire-starter. Some people like to add it to dryer lint, and stuff it into a toilet paper roll.

#2. DIY Vaseline Candles

You can also make a candle out of Vaseline. Simply spoon a big glob of jelly into a small dish or ash tray. Take a cotton ball and twist it into a wick. Rub a little jelly on it and stick the end in the dish. Light the tip of the wick and it should stay lit until all the petroleum jelly has all burned away.

#3. Skin Protection

Use it to protect against frostbite. Smear a moderate layer over exposed skin. It works for chapped lips in place of Chapstick.

#4. Lubricant for Machinery

This is the advertised purpose for petroleum jelly. Vaseline works great to silence squeaky hinges on a door. It works to lubricate a bicycle chain if you have no grease. You can lubricate any wheels that have ball bearings, and can grease keyholes so that keys continue to work smoothly. Vaseline can be applied to light bulb sockets or to appliance racks in refrigerators or ovens to prevent sticking. It helps shower curtains and closet doors slide more easily. Petroleum jelly keeps windows sliding smoothly. It prevents zippers on clothing from jamming up. It also prevents corrosion on batteries.

#5. First Aid

Petroleum jelly holds moisture into the skin while also protecting from the harsh elements that can dry out the skin. It also helps stitched wounds heal faster. If dealing with chapped or dry hands, apply Vaseline to the affected area and then put on gloves for 20 minutes. It protects minor scrapes, burns, and cuts, but do not use it on severe burns as it can cause infection. It can be applied to any dry skin including dry, cracked heels. Petroleum jelly is also great for skin irritation. It can be used to treat and prevent diaper rash for babies. It works well to prevent chaffing on long hikes, and can help prevent blisters on your feet.

#6. Insect Control

On hard surfaces, Vaseline can keep crawling insects like ants away. This is ideal to avoid insects in your pet food or food storage. You can also apply petroleum jelly to a piece of paper for makeshift fly paper. As flies land on the paper, they will get stuck and die.

#7. Lubricate Candle Holders

As candle wax melts and runs down the sides of the candle, it cokes around the candle holder. This makes it tough to remove the candle without breaking it and making a mess. If you first apply Vaseline to the candle holder, it will easily slide out when it is time to swap out for a new one.

#8. Restore Leather

There are plenty of leather protection products and conditioners that can be used, but they really are not needed. Just a dab of petroleum jelly will restore cracking, rough leather to a soft sheen.

For more uses, see: <https://www.survivalsullivan.com/petroleum-jelly-survival/>

USES FOR RUBBING ALCOHOL

What Is Rubbing Alcohol?

Rubbing alcohol consists of isopropyl alcohol or isopropanol in water. It contains denatured alcohol, water, and agents that make it taste awful. That's because ingesting rubbing alcohol can cause blindness in tiny doses and even death in slightly large amounts. In fact, the body metabolizes isopropyl alcohol into acetone. This substance causes headaches, dizziness, nausea, vomiting, central nervous system depression, organ damage and, potentially, coma or death. Hence, it goes without saying that isopropyl alcohol should never be swallowed and should never come into contact with your eyes. Rubbing alcohol is flammable, so it should always be stored safely.

Why You Should Always Have Alcohol At Home

Rubbing alcohol is first and foremost a disinfecting agent. It's most often found in first aid kits to treat minor wounds and prevent infection. Actually, it's a great first resort when a mild infection starts to set in. But alcohol should be taken out of the first aid kit once in a while since it has countless other uses.

Make sure to purchase 70% isopropyl alcohol to make all of the remedies below.

1. Bed Bugs

Bedbugs can be killed by regularly cleaning your sheets, mattress, headboard, and the area around your bed. In extreme cases, a full-scale extermination may be necessary. To wipe them out naturally:

1. Mix rubbing alcohol and water in a 1-1 ratio into a spray bottle.
2. Spray a light mist on your mattress and pillows, allow to dry, and vacuum. Wash your bedding in hot water and dry on high heat for at least 30 minutes.
3. Use the mixture to wipe down your bed frame, headboard, baseboards, and surrounding furniture.
4. Open your window to air out the room before going to sleep.

2. Skin Cleanser

Rubbing alcohol fights inflammation and bacteria to prevent acne. It also soothes and heals infected pimples. Do not use regularly, or it will dry out your skin.

To use:

1. Soak a cotton swab in rubbing alcohol.
2. Dab it on the affected area gently and leave for 10 minutes.
3. Rinse the affected area with lukewarm water.
4. Do this twice daily for a couple of days only.

3. Cold Sores Treatment

Cold sores are caused by the herpes simplex virus. While the virus doesn't fully go away, different things can trigger a cold sore. In fact, can take up to two weeks for a sore to fully heal. Speed along the process by applying rubbing alcohol to the sore using a q-tip or cotton ball up to twice a day until it heals.

4. Deodorant Replacement

To kill the bacteria that cause body odor, dab a bit of rubbing alcohol under your armpits using a cotton ball.

Be careful not to use this trick too often to avoid skin irritation.

5. Cold Pack

Make your own flexible ice pack by mixing water and alcohol in 2:1 ratio. Pour the mixture into a freezer ziplock bag, seal, and place in the freezer for at least an hour.

6. Clean Your Ears

Q-tip may be branded as a great tool for cleaning your ears, but they actually push wax deeper into the ear canal. Instead, use equal parts rubbing alcohol and white vinegar and place a few drops into your right ear as you lay down on your left. Let it soften your wax for up to two minutes before covering your right ear with a tissue and laying down on that side to let the wax slide out. Repeat on the other side. Do not repeat more than once a week to avoid drying out your ear canal.

7. Destroy Lice

While there are many over-the-counter lice solutions, they contain harsh chemicals that can harm your child's tender scalp. Alcohol, on the other hand, is a safe and cheap alternative that dries out the protective layer of the lice and their eggs.

How to use:

1. Do not wash your hair in the days before your treatment.
2. Place your head over the bathtub and pour rubbing alcohol over your head, making sure to keep it away from your eyes, mouth, and nose.
3. Using your fingers, spread the rubbing alcohol around your scalp and throughout your hair.

4. Leave it on for 5 to 10 minutes.
5. Use a nit comb to brush out all the lice.
6. Finish by shampooing your hair.
7. Use this treatment once a week for a couple of months.

8. Hand Sanitizer

Make your own hand sanitizer by mixing 1/2 tablespoon of isopropyl alcohol, several drops of tea tree oil, and 1/2 cup of Aloe Vera gel.

9. Kill Ticks

To remove ticks from your family pet, saturate a cotton ball with alcohol and dab the tick using the ball. Wait a few minutes for it to loosen its grip. Grab the tick close to your pet's skin and pull it right out. Apply a bit of alcohol to the wound to prevent infection. Repeat for all visible ticks. Follow up by washing your pet to make sure he doesn't accidentally ingest the alcohol.

10. Fight Fruit Flies

If you see fruit flies flying around your home, spray them while they're flying with an alcohol and water mixture. They'll fall to the floor, where you can sweep them right up.

11. Bathroom Cleaner

You can use alcohol to wipe clean chrome fixtures and let them dry: no need to rinse it off!

12. Clean Ink Stains

Alcohol works like a charm to remove ink stain, especially on white carpets and linens.

1. First, blot the wet ink with a paper towel.
2. Then, apply rubbing alcohol on the stain.
3. Repeatedly dab a clean rag over it until the stain comes out. You can keep changing the rag when it starts to pick up the ink to avoid re-staining on your clothing.
4. Finally, rinse the clothing with cold water to remove the rubbing alcohol before putting it in the laundry.
5. For a carpet stain, use a mixture of 2 parts liquid dish soap and 1 part rubbing alcohol.

13. Prevent Sweat Stains

To prevent sweat stains, wipe some rubbing alcohol on your armpits and neck before dressing. You can also apply alcohol to stained clothing using the same technique as the ink treatment above.

14. Dissolve Windshield Frost

To prevent frost:

1. Wash your windows with a solution of 1/2 cup rubbing alcohol to 1 quart (1 liter) water to prevent the frost.
2. Polish the windows with newspaper after you wash them to make them shine.

To remove frost:

1. Fill a spray bottle with rubbing alcohol and spritz the car glass.
2. Wipe the frost right off and start the car.

15. Kill Nail Fungus

Since rubbing alcohol kills fungus too, it's a safe way to treat an infection before it develops into athlete's foot.

1. Mix equal amounts of rubbing alcohol and white vinegar.
2. Soak a thick pad of cotton in the solution and place it over the infected toenail.
3. Wrap it with a small bandage or tape to keep the cotton pad in place.
4. Allow it to sit for about 30 to 45 minutes.
5. Finish by gently scrubbing the toenail with a soft-bristled toothbrush, then rinse the area.
6. Use this remedy once daily for several days.

16. Soothe Mosquito Bites

To relieve the itching and swelling of mosquito bites, look no further than your first aid kit! Being a natural antiseptic agent, rubbing alcohol also reduces the chance of developing an infection.

1. Apply some rubbing alcohol directly onto the affected site.
2. Massage the area gently for 1 minute.
3. Wait 10 minutes, then rinse off the area with cool water.
4. Finish by applying some fresh aloe vera gel.
5. Repeat as needed

17. Fight Foot Odor

To fight stinky feet, spray the soles of your shoes with rubbing alcohol mixed with a few drops of lavender essential oil.

18. DIY Air Freshener

Swap out the toxic Febreze with your own mix of 1 cup rubbing alcohol with 10-15 drops of essential oil. Spray in a well-ventilated area.

19. Treat Poison Ivy

Poison ivy, poison oak, and poison sumac are plants that can cause a non-contagious itchy rash upon contact (9). Isopropyl alcohol will provide instant relief thanks to its soothing and cooling properties.

1. Saturate a paper towel with rubbing alcohol.
2. Use it to gently wipe the affected area.
3. When the area is completely dry, wash it with soap and warm water.
4. Do this several times a day for 2 to 3 days.

27. Soothe Muscle Aches

Rubbing alcohol soothes sore muscles and joints. While it isn't a long-term solution, it's great for short-term relief.

1. Apply some rubbing alcohol on your aching muscles.
2. Massage gently in circular motions for 10 minutes.
3. Wrap the area with a warm cloth for at least 30 minutes.
4. Repeat 2 or 3 times a day.

For more uses, see: <https://dailyhealthpost.com/rubbing-alcohol/2/>

USES FOR DIATOMACEOUS EARTH

Metal Cleaner:

Make a paste with Diatomaceous Earth and water to make a metal polish. Diatomaceous Earth also makes a very inexpensive soft scrub for the shower, sink and faucets.

Face Mask and Cleanser:

Mix Diatomaceous Earth and water together until you have made a paste. Apply to the face with circular scrubbing motion until face is fully covered. Leave on face for approx. 2 min. and then wash off with warm water. Your face will be fully exfoliated and toned for pennies!!

Teeth Cleaner:

Sprinkle a small amount on your favorite brand of toothpaste and brush as you normally would. You will notice that your teeth look and feel "Just went to the dentist" clean.

Garage/Driveway Oil Stains:

To remove oil stains from garage floor or driveway: Make sure area is dry and completely cover the stain with diatomaceous earth. Let the powder soak up the oil for 24 hours. Remove the excess with a metal spatula or paint scraper and dispose.

Refrigerator/Freezer Odors:

Diatomaceous Earth can be used in the same way as baking soda to banish odors. Leave an open box or jar of DE in the refrigerator and freezer. Replace with fresh DE every week or so.

Foot Odor:

For fresh smelling footwear, place some DE into the ends of two knee high nylon stockings and tie a knot the top. Place the stockings inside shoes or boots. Leave until used again.

Carpet Stains:

To remove stains from carpets, cover the stain with DE and lightly work into the stain. Let set for at least 2 hours and vacuum up.

Garbage Can Odor:

To deodorize a garbage can with DE, sprinkle a cup or so of diatomaceous earth in the bottom of the garbage can. Will deodorize and absorb moisture.

Insecticide:

Diatomaceous earth can be used as an insecticide on a wide variety of insects including:

- Aphids
- Ants
- Mites
- Earwigs
- Bedbugs
- Cockroaches
- Snails
- Slugs
- It's best to always wear a dust mask when applying diatomaceous earth. When applying to a plant, make sure to cover the top and underside of all the foliage with the dust. A good time to apply is following a light rain or early in the morning when the dew is present.

Food Preservative:

Helps preserve items such as grains, flour, legumes, rice, corn, and other dry foods. Not only does DE deter unwanted insects, but it also absorbs moisture, which helps keep food dry and mold-free. Another perk of using DE is that it is completely natural, so it helps eliminate the need for artificial preservatives.

Here's what you will need:

- A bag of 100% food grade diatomaceous earth
- A kitchen sieve or sifting scoop

We recommend applying about 1 teaspoon of diatomaceous earth for every pound of food

Step 1: Using your applicator, dust a thin layer of DE over the bottom of your storage container.

Step 2: Pour 3 or 4 inches of food into your container on top of the DE.

Step 3: Apply another thin layer of DE on top of the food.

Step 4: Continue layering 3 or 4 inches of dry food between layers of DE until the container is full.

Step 5: Cover the container and give it a good shake. If the container is large and heavy, simply tip it back and forth at different angles a few times. This will allow your layers of DE to settle throughout the container. The idea is to get all the food more or less equally coated with DE.

Step 6: Open the container and apply a final layer of DE on top of the food. Don't mix in this layer.

Step 7: Seal the container and place it into storage.

Step 8: When you are ready to use the food you have stored, you can place it in a strainer and rinse the DE off with water. This isn't a requirement though. DE won't really change the way your food tastes, and it contains beneficial trace minerals. Though it may sound obvious, you won't be able to rinse DE out of flour. That's really all there is to it! Just remember to only use a high-quality food grade diatomaceous earth, and remember that this only works for dry food storage. Also, if you have a food storage item that is already infested with insects, throw it away so it won't contaminate good food.

For more uses, see: https://www.earthworkshealth.com/Doc/INFO_Pack.pdf

USES OF COCONUT OIL

Protect Your Skin From UV Rays

When applied to your skin, coconut oil may protect it from the sun's ultraviolet (UV) rays. However, keep in mind that it doesn't provide the same protection as conventional sunscreen, which blocks about 90% of UV rays.

Increase Your Metabolism

Coconut oil contains medium-chain triglycerides (MCTs). These are fatty acids that are quickly absorbed and can increase the number of calories you burn. One study found that 15–30 grams of MCTs increased the number of calories burned by an average of 120 over a 24-hour period.

Cook Safely at High Temperatures

Coconut oil has a very high saturated fat content. This makes it one of the best fats for high-heat cooking, including frying. Saturated fats retain their structure when heated to high temperatures, unlike the polyunsaturated fatty acids found in vegetable oils. Oils such as corn and safflower are converted into toxic compounds when heated. These may have harmful effects on health.

Improve Your Dental Health

Coconut oil can be a powerful weapon against bacteria, including *Streptococcus mutans*, the bacteria in your mouth that causes dental plaque, tooth decay, and gum disease. In one study, swishing with coconut oil for 10 minutes reduced these bacteria as effectively as rinsing with an antiseptic mouthwash.

Relieve Skin Irritation and Eczema

Research shows that coconut oil improves dermatitis and other skin disorders.

Improve Brain Function

The MCTs in coconut oil are broken down by your liver and turned into ketones, which can act as an alternative energy source for your brain. Several studies have found MCTs to have impressive benefits for brain disorders, including epilepsy and Alzheimer's.

Moisturize Your Skin

Coconut oil makes a wonderful moisturizer for your legs, arms, and elbows. It can also help repair cracked heels. Simply apply a thin coat to your heels at bedtime, put on socks, and continue on a nightly basis until your heels are smooth.

May Help Fight Infections

Virgin coconut oil has antibacterial properties that can help treat infections. One study found that it stopped the growth of the intestinal bacteria *Clostridium difficile*, commonly known as C. diff, which causes severe diarrhea. It also appears to fight yeasts.

Increase Your 'Good' HDL Cholesterol

Coconut oil has been shown to raise cholesterol levels in some people.

Make Sugar-Free Dark Chocolate

Homemade dark chocolate is a delicious way to get coconut oil's health benefits. It's easy to find a recipe online and get started. To keep things healthy, look for sugar-free ideas.

May Reduce Belly Fat

Coconut oil may help reduce belly fat — also known as visceral fat — which is linked to increased health risks, such as heart disease and type 2 diabetes.

Decrease Hunger and Food Intake

The medium-chain triglycerides (MCTs) in coconut oil may help reduce hunger, leading to a spontaneous decrease in calorie intake.

Improve Wound Healing

One study found that rats whose wounds were treated with coconut oil had a reduction in inflammatory markers and increased production of collagen, a major component of skin. As a result, their wounds healed much faster. To speed healing of minor cuts or scrapes, apply a little bit of coconut oil directly to the wound and cover it with a bandage.

Boost Bone Health

Animal research suggests that the antioxidants in virgin coconut oil may protect bone health by neutralizing free radicals, which can damage bone cells.

Make a Nontoxic Insect Repellent

Some essential oils may be a natural way to keep bugs away and avoid bites and stings. However, rather than applying these oils directly to your skin, they need to be combined with a carrier oil.

Reduce Inflammation

Several animal studies show that eating coconut oil provides strong anti-inflammatory effects. Human studies suggest that eating coconut oil may reduce markers of oxidative stress and inflammation.

Quick Energy Source

Coconut oil contains medium-chain triglyceride fatty acids, which are digested differently than the long-chain triglycerides found in most foods. These fats go directly from your gut to your liver, where they can be used as a quick source of energy that won't raise blood sugar levels.

Relieve Symptoms of Arthritis

Arthritis is characterized by pain and immobility of the joints due to inflammation. Animal research suggests that antioxidants called polyphenols found in coconut oil may be able to relieve some symptoms of arthritis.

Improve Liver Health

Animal research has found that the saturated fats in coconut oil can help protect your liver from damage due to alcohol or toxin exposure.

Soothe Chapped Lips

Coconut oil makes an ideal natural lip balm. It glides on smoothly, leaves your lips moist for hours, and even provides some protection from the sun.

For more uses, see: <https://www.healthline.com/nutrition/coconut-oil-uses>