

Hydrogen Peroxide is a solution that is safe to use (it is simply water with an extra oxygen molecule so the chemical composition is H<sub>2</sub>O<sub>2</sub> rather than H<sub>2</sub>O). In concentrated forms above 25% or so it isn't totally safe, so the safest form of usage is 3% peroxide mixed diluted with a ton of water (these are sold in drugstores all over the country). Mothers have often thought of it as a fail safe for cuts and bruises, something to clean out playground injuries to prevent infection. But as Julie Edelman, author of *The Ultimate Accidental Housewife* is here to explain to us, there are plenty of other uses.

Here are some manicure-and enviro-friendly uses for 3% hydrogen peroxide solution (1 part hydrogen peroxide to 3 parts water). Simply pour your solution into a spray bottle or wet a sponge and there are a number of things you can do....

1-Rid the fungus among us-a spray of hydrogen solution can kill mold, which can cause allergies (and we're nearing that season!). Bathrooms are a huge source of molds and bacteria, and spraying your mixture on a tiles, bathtubs, faucets and sinks can help kill it all.

2-Kill bacteria-Kitchens are a huge source of bacteria in the home and a use a mixture of salt, chilled water and hydrogen peroxide to washing meat and veggies can kill them on your raw foods. You can also use the hydrogen solution in your kitchen to kill the bacteria that grows in wooden cutting boards, counter tops and sinks.

4-Get out stains-with spring in the air, kiddies are romping outdoors and dirt, blood and concentrated stains are a daily way of life. HP makes a great pre treatment, simply spray on and leave, and the stain will abate. If you buy bleach pens or stain sticks, this will save you quite a bit of money.

5-Adopt an enviro-friendly way to whiten whites in laundry-the solution breaks down into hydrogen and oxygen. You can soak before hand or just add it to your wash.

7-Naturally highlight hair-simply combine your HP store bought solution with water (about half and half). Hair will naturally lighten over time.

8-And right now, scientists are developing ways to use it to propels subs, rockets, and cars.