

PURELY VERSATILE



ARM & HAMMER® Baking Soda
A Clean House in Every Box

About Baking Soda

Our History

Over 150 years ago our founders, Dr. Austin Church and John Dwight, formed a business to produce and distribute Baking Soda.



The ARM & HAMMER® trademark symbolizes the strength of Baking Soda. It shows the arm of Vulcan, Roman God of Fire, bringing down his hammer on an anvil. The COW BRAND® trademark symbolizes the traditional use of Baking Soda with milk in baking. It is represented by a pedigreed prizewinning Jersey Cow named 'Lady Maud'.



What is Baking Soda?

ARM & HAMMER® Baking Soda is derived from a natural occurring mineral called trona. It is 100% pure, safe and natural! Due to its chemical and physical properties, Baking Soda has unique capabilities including gentle cleaning, effective deodorizing and of course, as a leavening agent in baking.

Baking Soda (also known as sodium bicarbonate) is a substance that is also found naturally in all living things. Its purpose is to maintain pH balance in the bloodstream which is necessary to sustain life!

The Miracle of Baking Soda

Is there another single product that can do so much? It's pure and simple, yet so versatile. Baking Soda offers easy and effective solutions to everyday household needs. Some of the benefits of using Baking Soda are:

Food Safe

Since Baking Soda is a food product, it is very safe for cleaning around the kitchen.

Surface Safe

It is a "mild" alkali with a "soft" crystalline structure which makes it an effective cleaner that doesn't scratch.

Pet Safe

It's 100% pure and natural with non-toxic properties.

Sensible Around Baby

Safely keeps your baby's world fresh & clean!

Environmentally Sensible*

It's the #1 environmentally-sensible product, recognized by leading environmental groups!

Economical

It is an inexpensive alternative to many commercially formulated products.

Baking

Baking with Baking Soda

Baking Soda promotes the leavening action to make doughs and batters rise higher. Baked goods are lighter and fluffier, have a heartier texture and a moist tender crumb.

To ensure best baking results, store Baking Soda in a dry cupboard and away from a heat source such as above a stove.

Don't mix up Baking Soda and Baking Powder! Both products are leavening agents, but work differently depending on the type of baked goods. Substituting one for the other could result in a baking flop!

Is your Baking Soda fresh? Pour a small amount of vinegar or lemon juice into a cup and add a spoonful of Baking Soda. If a fizzing action occurs, the Baking Soda is still 'active' and good for baking.

Classic Baking Soda Biscuits

| | | |
|---------|--------------------------|--------|
| 2 cups | sifted all-purpose flour | 500 mL |
| 1/2 tsp | Baking Soda | 2 mL |
| 1/2 tsp | salt | 2 mL |
| 1/4 cup | vegetable shortening | 50 mL |
| 3/4 cup | buttermilk* | 175 mL |



* May substitute buttermilk with mock buttermilk by placing 3/4 tablespoon (3 ml) lemon juice or white vinegar (vinegar makes a whiter product) in a standard measuring cup and fill to the 3/4 cup (175 mL) mark with milk.

Directions

Sift together flour, Baking Soda and salt into a large bowl. Cut in shortening until mixture resembles coarse meal. Make a well in centre of flour mixture; add all the buttermilk at one time. Stir to make a soft dough. Turn onto lightly floured board and knead about 30 seconds. Pat or roll to 1/2 inch (1.5 cm) thickness. Cut with floured biscuit cutter. Place on ungreased baking sheet. Bake in 450°F (220°C) oven for 12 minutes or until lightly browned. Yield – 12 biscuits.

Fresh Tip

When baking, never use the Baking Soda that has been sitting in your fridge! That box has been busy absorbing fridge odours that would transfer bad taste to your fresh baked goods.



* Based on baking soda life cycle analysis. Data on file.



Kitchen Cleaning

Cleaning with ARM & HAMMER®

Cleaning with Baking Soda is a snap! Simply sprinkle Baking Soda directly onto surface, scrub with a damp sponge or cloth and rinse well. It cleans away dirt, stains and greasy residue without scratching delicate surfaces and it deodorizes as it cleans!



Surface Safe Cleaning

Baking Soda works wonders on: ceramic, porcelain enamel, chrome, glass, wood, plastic, vinyl, formica or arborite, stainless steel, fibreglass, acrylic, and painted surfaces. Use on:

- sinks
- counters
- cutting boards
- plastic food containers
- lunchboxes
- insulated bottles
- coffee/tea mugs and pots
- pots/pans
- cookware/ovenware/bakeware
- stovetop
- microwave interiors & other appliances
- range hood and fan
- scuff marks on no-wax floors

Food Containers

Coolers & plastic containers can absorb the smell of stored food. Clean with Baking Soda sprinkled on a damp sponge. For lingering odours, soak in a solution of 4 tablespoons (60 mL) Baking Soda and 1 quart (1L) of warm water.



Silverware

Stubborn tea stains? Make a Baking Soda paste (3 parts Baking Soda to 1 part water), rub onto the silverware, rinse thoroughly and dry. Silverware will shine!

Quick Silver Cleaning

Use a paste made with 3 parts 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-plated serving pieces.

Burnt-On Foods

Dampen area, sprinkle Baking Soda, scrub and rinse clean. For stubborn spots on pots and pans, soak overnight and scrub clean.

A Kitchen Fire?

For small grease and electrical fires throw Baking Soda at the base of the flames. (Do not use Baking Soda in deep fat fryers). Baking Soda plus heat yields carbon dioxide which smothers the flames. Use Baking Soda as an initial step in controlling fires. Do not attempt to move the item until thoroughly cooled. Call the Fire Department just to be safe.

Fresh Tip

Fruit & Vegetable Scrub

Clean away dirt, residue and wax with a sprinkle of Baking Soda. Scrub and rinse well.



Kitchen Deodorizing

Fridge & Freezer

Use Baking Soda in the fridge & freezer to keep food fresh! An open box of Baking Soda will absorb odours and prevent taste transfer between foods. Fish and onions will keep their smells to themselves and ice cubes and ice cream will be protected from stale freezer odours. Look for our spill-proof Fridge/Freezer Pack too!



Is It Time?

Can't remember when to change your box of Baking Soda? We recommend a fresh box every 3 months or when the seasons change.



Don't Throw That Old Box Away!

Sweeten your drains or garbage disposal, pour in your "old" Baking Soda and flush with hot water.

Freshen Sponges & Cloths

To remove stale-smelling odours, soak in a solution of 4 tablespoons (60 mL) Baking Soda and 1 quart (1L) water.

Deodorize Kitchen Garbage

Sprinkle a handful of ARM & HAMMER Baking Soda in the kitchen garbage from time to time to minimize odours.

Fresh Tip

Dishwasher Odours?

Toss a handful of Baking Soda in the dishwasher between loads, to reduce odour from soiled dishes.



Baby Care

Baking Soda...Mother's little helper.

Clean up with a sprinkle of Baking Soda on the surface, wipe with a damp sponge or cloth, rinse well and dry.

Use on:

- high chair
- bathinette
- change table

For difficult to clean items, wipe surface down using a cloth or sponge, dampened in a solution of 4 tablespoons (60mL) Baking Soda to 1 quart (1L) water.

Use on:

- crib & plastic bumpers
- mattress & pads
- car seat
- stroller
- playpen
- diaper bag & toys

Sour Milk Odour is Gone!

Soak baby bottles, nipples and bottle brushes overnight in 1 quart (1L) warm water and 4 tablespoons (60mL) Baking Soda. Wash and sterilize as usual.

Stinky Diapers?

To control odours, sprinkle Baking Soda liberally in disposable diaper pail.



For cloth diapers, try ARM & HAMMER® Washing Soda as a presoak to reduce stains and remove odours. Put 1/4 cup (50mL) in a pail and dissolve with some hot water, then fill with cold water, add diapers and let soak for several hours before laundering.

Fresh Tip

Ooops! Get rid of those "sour" smells from spills and spit-ups on carpets and upholstery. Clean area according to manufacturer's directions and allow to dry well. Now sprinkle Baking Soda, wait 15 minutes and vacuum.



Cleaning & Deodorizing

Keep another box of Baking Soda handy for cleaning and freshening in the bathroom.

Sprinkle on surface, scrub with a damp sponge or cloth, rinse well and dry.

Use on:

- sinks
- wall tiles
- chrome fixtures
- tubs
- shower stalls

Tile Floors

Mix 1/2 cup (125mL) Baking Soda in a bucket of warm water. Mop and rinse thoroughly.

For Tougher Cleaning

Try ARM & HAMMER® Washing Soda. A product based on sodium carbonate, has natural alkalinity and water softening properties. It provides effective grease-cutting, scratchless cleaning and deodorizing.



Note: Do not use washing soda on aluminum, as it can cause discolouration.

Personal Care



Toothpaste

Baking Soda is one of the least abrasive substances you can use to clean delicate tooth enamel! ARM & HAMMER® Dental Care® offers all the fluoride protection dentists recommend along with gentle, effective cleaning. It will leave your mouth feeling uniquely clean and fresh.



Deodorant

The deodorizing properties of Baking Soda make it a natural ingredient for a personal deodorant. ARM & HAMMER® Deodorant Anti-perspirant combines effective wetness protection with the natural odour eliminating power of Baking Soda. Also available in a wide stick format for men.



Foot Soak

To soothe your aching feet, try 3 tablespoons (45mL) Baking Soda to a basin of warm water. AHHH!

Bath

Make your skin silky smooth, just add 1/2 cup (125mL) Baking Soda to a full tub of warm water. Enjoy!



Fresh Tip

Bad Hair Day?

Remove build-up from shampoo, gel and spray use. Mix 1 tablespoon (15mL) of Baking Soda with your favourite shampoo in your palm. Rub mixture into your hair and rinse well. Condition as usual.

Fresh Tip

Shower Curtains

Clean and freshen your shower curtain by sprinkling Baking Soda directly on a damp sponge or brush. Scrub the curtain and rinse clean. Hang it up to dry.



Laundry Cleaning

Home Care



In The Laundry Room

ARM & HAMMER® Laundry Detergent contains Baking Soda and is specially formulated to power out stains and odours, leaving your whole wash clean and fresh! It's also an environmentally sensitive, phosphate free formula with biodegradable surfactants.

To Remove Stubborn Smells

Just add 1/2 cup (125mL) Baking Soda to the rinse cycle. It neutralizes odour, leaving clothes smelling fresh and clean, not perfumey! Works especially well on sour smells and perspiration odours.

If Using Bleach

Add 1/2 cup (125mL) Baking Soda with your usual amount of liquid chlorine bleach to get a fresher, cleaner wash.

Does Your Laundry Need a Boost?

ARM & HAMMER Washing Soda is a bleach alternative, that softens water naturally, to help your detergent work better! Just add 1/3 cup (75mL) with regular laundry detergent to the wash water before loading clothes.



Fresh Tip

To get rid of stale smoke or greasy odours, sprinkle Baking Soda in the pile of clothes before laundering.



Home Care

If your home is starting to show a little wear and tear, try these quick clean fixes.

Clean dirt, dust, grease, scuff marks. Wipe surface with a sponge or cloth dampened in a solution of 1/4 cup (50mL) Washing Soda and 1 gallon (4L) warm water. Rinse well.

Use on:

- walls
- painted woodwork
- linoleum and tile floors

Crayon Art

To remove tough crayon marks from walls and painted furniture, sprinkle Baking Soda on a damp sponge or cloth and scrub gently. Wipe dry.



Freshen Rooms Naturally

ARM & HAMMER® Carpet & Room Deodorizer contains the natural deodorizing power of Baking Soda. It safely and effectively eliminates everyday odours including pet, smoke and cooking odours that get trapped in your carpets. Plus, it leaves behind a long-lasting, fresh, clean scent.



Fresh Tip

Lingering Odours?

Small confined spaces like closets, sports bags, lockers, and even sneakers can be quickly deodorized with a sprinkle of Baking Soda.



All About Pets

Love your pet, but not their odours? ARM & HAMMER® can help!

Take the Pet out of Carpet!

Even the cutest pets can be little stinkers!

PetFresh® Carpet & Room Deodorizer Plus Pet Hair Release makes vacuuming hair easier while destroying tough pet odours. ARM & HAMMER PetFresh Plus Pet Hair Release works two ways. First, it breaks the static charge that bonds pet hair to carpets, rugs and upholstery, making it easier to vacuum. Second, it penetrates deep into your carpet to destroy tough pet odours on contact using the Natural Deodorizing Power of Baking Soda.



ARM & HAMMER Carpet Deodorizer works to eliminate odours trapped in your carpet. Try PetFresh, it's specially formulated to destroy tough pet odours.

Eliminate Cat Litter Box Odours!

Sprinkle ARM & HAMMER® Cat Litter Deodorizer in the bottom of the litter pan. It is specially formulated to keep the litter box first-day fresh. It contains a moisture-activated fragrance that leaves behind a fresh, clean scent.

Pet Accidents

For carpets or upholstery, clean affected area according to manufacturer's directions and allow area to dry well. Now sprinkle Baking Soda, wait 15 minutes and vacuum to deodorize.

Fresh Tip

Bathtime!

Give your pet a "dry" bath to keep them fresh-smelling. Rub dry Baking Soda into their fur, then comb or brush it through and out. Keep away from facial area and any open sores. For a "wet" bath, toss a handful of Baking Soda into the tub to get rid of that "doggy" smell.



Car & In The Garage

Clean car parts easily. Sprinkle Baking Soda on a damp sponge, rub, rinse well and dry.

Use on:

- chrome & trim
- windshield (to remove bugs, tar, etc.)
- lights



Concrete Floors

Remove oil and grease from garage floors & other concrete surfaces. Scatter Washing Soda, then sprinkle with water to make a paste. Scrub with a stiff brush and rinse off.

Battery Clean-Up

Baking Soda can be used to neutralize battery acid corrosion in 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 off. After cleaning, re-connect the terminals and wipe them with petroleum jelly to prevent future corrosion.



Fresh Tip

Help These Hands!

Dirty, greasy or smelly hands are no challenge for the magic cleaning power of Baking Soda. After a day in the garden, working in the garage or sport fishing, sprinkle Baking Soda onto wet hands and rub. Rinse well and dry.



Outdoors

Baking Soda and Washing Soda are big helpers outside the home too!

Clean outdoor furniture, children's plastic pools, swing sets and toys with a solution of 1/4 cup (50mL) Washing Soda and 1 gallon (4L) hot water. Hose off and let dry.

BBQ Grills and Garden Tools

Apply dry Washing Soda with a moist, stiff-bristled brush. Rinse and dry.

Campers, Lighten Your Load!

Baking Soda can be your best friend because of its extreme versatility. Use it as a dish washer, pot scrubber, hand cleanser, dentifrice, deodorant, fire extinguisher and first-aid treatment (insect bites, sunburns and poison ivy). All this in one box!

Maintain the Proper Alkalinity in a Swimming Pool

Add 1.5 pounds of Baking Soda for every 10,000 gallons of water in the pool to raise total alkalinity by 10ppm (parts per million parts of pool water). This will help keep the total alkalinity of the pool within the range of 80 to 150 ppm of alkalinity. Maintaining a proper level of total alkalinity minimizes change in pH when acidic or basic pool chemicals or contaminants enter the water. It also reduces chloramine formation and reduces the corrosivity of water, consequently reducing eye irritation and unpleasant odours while improving bactericidal effectiveness.

(Please write to us for a complete guide on pool care using Baking Soda.)

Fresh Tip

Bicycle chrome and golf clubs will shine. Sprinkle Baking Soda on a damp sponge and clean. Rinse well and dry.



Cottage Life

Clean and deodorize as you would at home. Baking Soda will not disrupt the natural balance of plants and fish in our waterways.

Opening The Cottage

Remove stale fridge odours by cleaning the interior with a solution of 1/4 cup (50mL) Baking Soda in 1 quart (1L) water. Then, place an open box of Baking Soda in the fridge and freezer to control odours all summer long. Do the same when closing the cottage too!



Boat Hulls

Clean boat hulls with Baking Soda or Washing Soda. Sprinkle dry on a damp sponge, scrub and rinse clean. Both are ideal cleaners that won't scratch delicate fiberglass. Use on other parts of the boat too, such as plastic, chrome and varnished wood trim.

Soothe The Sting

- For sunburn, windburn and other minor burns, saturate a washcloth in a Baking Soda solution, 4 tablespoons (60mL) in 1 quart (1L) water, and apply to affected area.
- Relieve the itch of insect bites with a Baking Soda paste (3 parts Baking Soda to 1 part water). Apply to affected area and let it dry. Wash off and repeat if needed.
- To soothe itchy skin from poison ivy, oak, sumac or prickly heat, add 1/2 cup (125mL) Baking Soda to bath water. For localized rashes or irritations, make a Baking Soda paste.

Fresh Tip

Septic Tank Care

Keep the septic working smoothly! Baking Soda creates a favourable pH environment for optimal bacterial action. Pour 1 cup (250mL) Baking Soda down any toilet or drain once a week.



Environmental Commitment

Since our founding in 1846, Church & Dwight has acted with concern about the environment. As early as 1888, we supported wildlife conservation by distributing trading cards of birds, animals and wildflowers in every box of ARM & HAMMER® Baking Soda. In 1907, we began using boxes made from recycled paper.

Our research scientists have developed new technologies using proprietary blends of sodium bicarbonate to successfully restore life to lakes that had been devastated by acid rain. We have also pioneered techniques to help significantly reduce lead levels in municipal drinking water and acid gas from smokestack emissions. ARMEX®, a proprietary Baking Soda process, is a non-toxic, water-soluble and worker-safe cleaning method. It is used for graffiti removal, paint stripping, building and monument restoration. ARMEX was used in the restoration of the Statue of Liberty.

Environmentally sensible products are an important part of our heritage. ARM & HAMMER Baking Soda is the #1 environmentally sensible alternative for cleaning and deodorizing. Our Washing Soda and Laundry Detergent are formulated without bleach, phosphates or NTA and all of our products are packaged using recycled materials.

CHURCH & DWIGHT CANADA CORP.

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Hey! Visit our website!

Take a tour of the ARM & HAMMER house and learn more interesting information about ARM & HAMMER Baking Soda!



www.armhammer.com

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