



ARM & HAMMER™

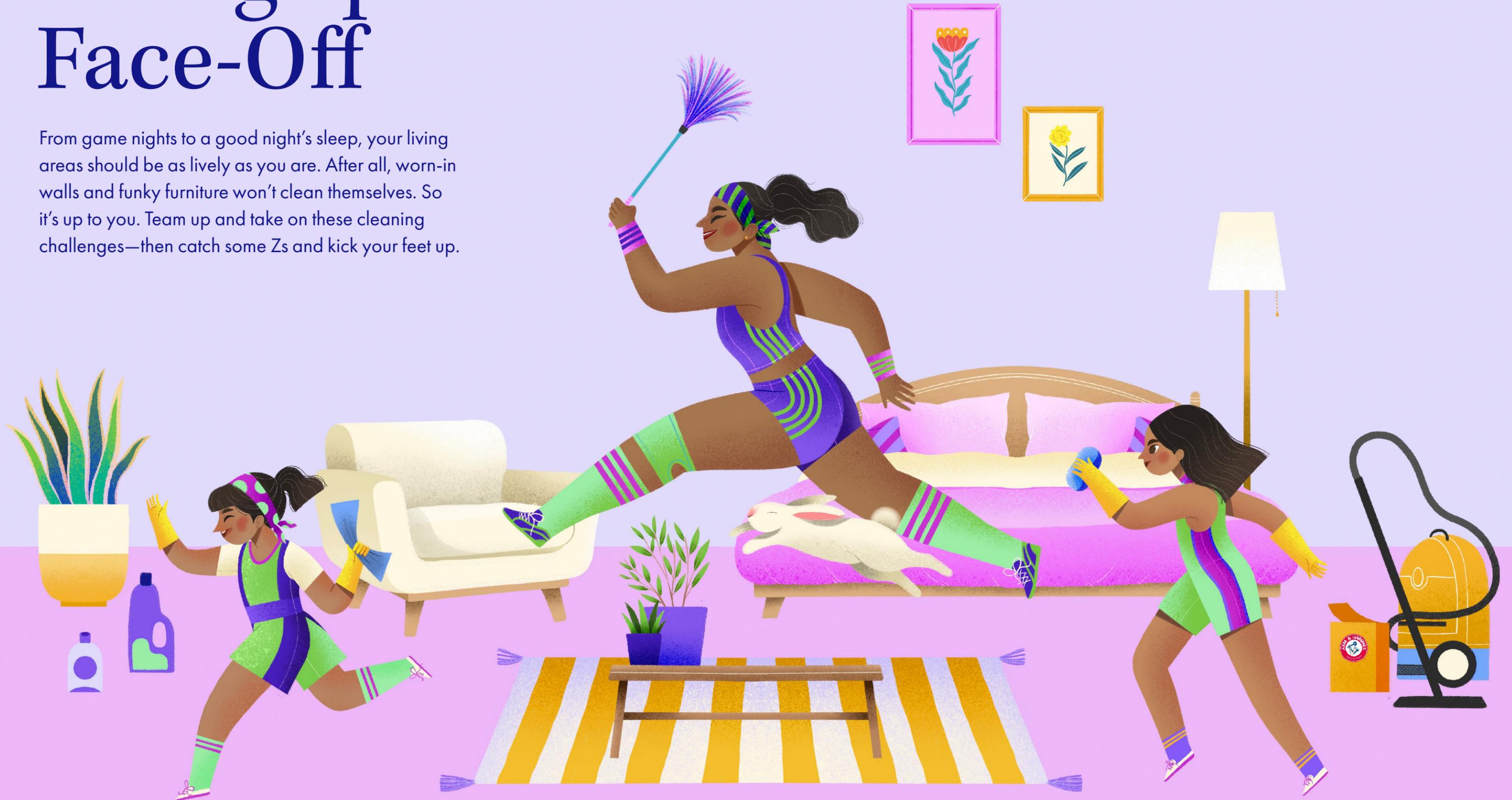
BAKING SODA SHOWDOWN

———— Bedroom & Living Room ————



Living Space Face-Off

From game nights to a good night's sleep, your living areas should be as lively as you are. After all, worn-in walls and funky furniture won't clean themselves. So it's up to you. Team up and take on these cleaning challenges—then catch some Zs and kick your feet up.



DIRTY LAUNDRY STRIP AND SOAK

Leave those stains and smells behind.



TRY A TEST RUN
CAUTIOUS ABOUT YOUR CLOTHES? USE TOWELS OR BED SHEETS AND LET THE RESULTS DECIDE.

VS

MAGIC WALL MARK ERASER

For the scrapes, scratches and scuffs plaguing your walls.



Directions

1. Separate your laundry into similar colors and items.
2. Fill your bathtub with enough hot water to completely submerge your clothing.
3. Add ¼ cup Borax, ¼ cup ARM & HAMMER™ Baking Soda, and ½ cup laundry detergent to the hot water.
4. Stir the water with a large spoon until the mixture has fully dissolved.

5. Place your laundry in the tub and let it soak, stirring occasionally, for about four hours. Dirt and grime should release.
6. Drain the water and wring out excess liquid. Be sure to wash your hands afterward as well.
7. Give everything a final rinse in the washing machine on a water-only cycle.

Ingredients

- ¼ cup ARM & HAMMER™ Baking Soda
- ¼ cup Borax
- ½ cup laundry detergent
- Large spoon (for stirring)

Consider These Criteria



WATCH YOUR WATER
COMPARE HOW CLOUDY EACH SOLUTION GETS AS YOU CLEAN.



PICTURES LAST LONGER
SNAP SOME BEFORE AND AFTER PHOTOS TO SHOW YOUR PROGRESS.

Directions

1. In a shallow bowl, mix 1 teaspoon ARM & HAMMER™ Baking Soda and ¼ cup hot water until dissolved and the solution is cloudy.
2. Soak the sponge in the solution until it puffs up and absorbs some of the liquid.
3. Start scrubbing away! Be careful not to apply too much pressure to avoid leaving any residue behind.

4. To prevent stains: Simply reduce the amount of ARM & HAMMER™ Baking Soda in your mixture, using trial and error to find the right mixture for the color of your walls.

Ingredients

- 1 teaspoon ARM & HAMMER™ Baking Soda
- Water
- Reusable sponge

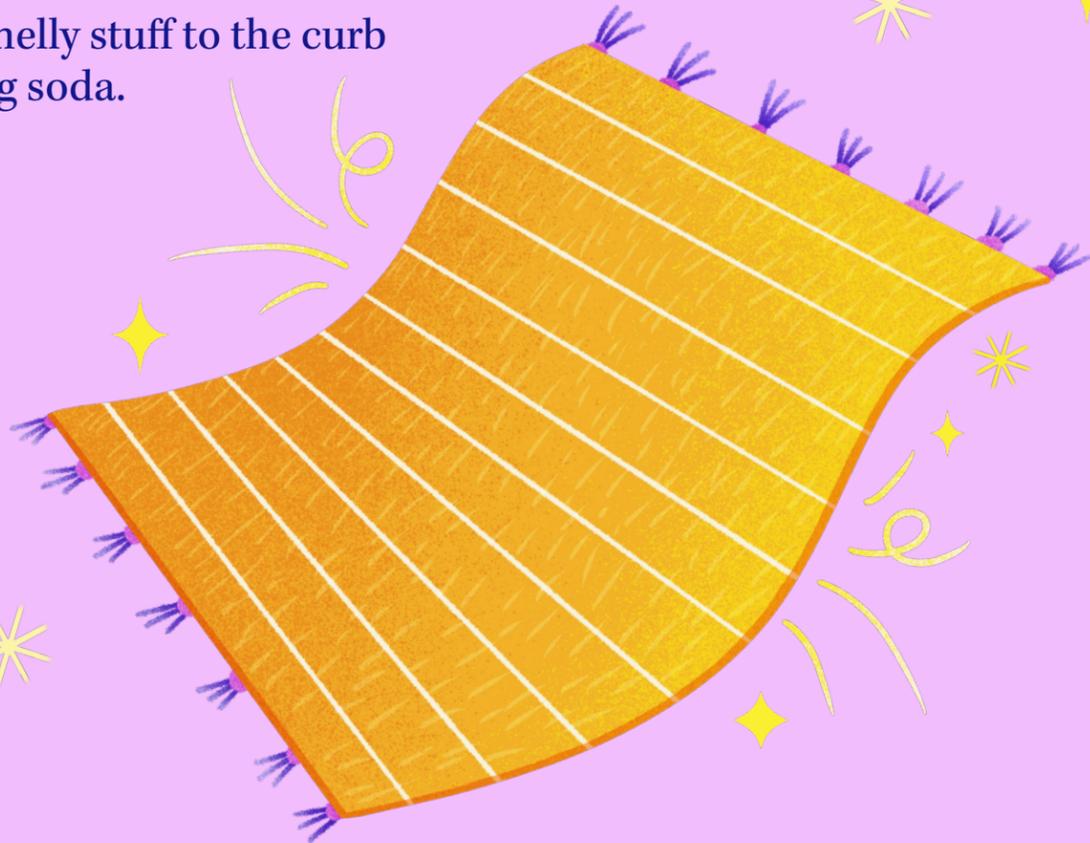
The champion of this matchup is...



NAME: _____

RUG & CARPET ODOR KNOCK OUT

Kick the smelly stuff to the curb with baking soda.



VS

FURNITURE FRESHEN UP

Baking soda can help out, wherever you sleep or sit.



SPREAD IS ESSENTIAL
MAKING SURE THE BAKING SODA IS EVENLY DISTRIBUTED IS THE KEY TO STENCH REMOVAL.

Directions

1. Sprinkle ARM & HAMMER™ Baking Soda on affected areas of your rug or carpet.
2. Let it sit for up to 30 minutes, then vacuum it up.
3. Bonus spill solution: Baking soda works wonders on spills. Simply soak up as much liquid as possible with a rag or towel, then clean the stain how you always do. Once

the area is completely dry, sprinkle ARM & HAMMER™ Baking Soda to cover it, let sit for 15 minutes, then vacuum.

Ingredients

- 1 pound ARM & HAMMER™ Baking Soda
- Vacuum cleaner

Consider These Criteria



SEARCH FOR STAINS
SEE IF STAINS ARE SET IN THEIR WAYS—OR IF THEY DISAPPEARED.



BREATHE DEEP!
ARE COUCH CUSHIONS AND CARPETS STINK FREE?

Directions

1. Open your box of ARM & HAMMER™ Baking Soda and add 10-20 drops of lemon essential oil.
2. Close the box and shake well!
3. Sprinkle the baking soda over the bed, couch, chairs and anything else that might need a little love.
4. Now lightly rub the baking soda

mixture into the fabric and let it sit for at least an hour.

5. After an hour, vacuum the surfaces, working slowly to ensure all the baking soda has been removed.

6. Put everything back together and you're ready for company!

Who cleaned it best? You decide.



NAME: _____

STINKY SHOE SACHET

Give those smelly soles a little TLC.



DEODORIZE ANYWHERE
THE SACHETS WORK GREAT
IN CLOSETS, PANTRIES,
DRAWERS AND ANYWHERE
IN BETWEEN!



VS

FRESH AIR SODA

Who doesn't love the crisp scent of baking soda?



Directions

1. Place ½ cup of ARM & HAMMER™ Baking Soda into the center of each dish towel or wash cloth.
2. Add a few drops of essential oil.
3. Secure the satchel with a rubber band and tie a bow around if desired.
4. Place sachets in your shoes when you're done wearing them.
5. Suck up those stinky smells!

Ingredients

- ARM & HAMMER™ Baking Soda
- Dish towel or wash cloth
- Ribbon, string and rubber bands
- Optional: Essential oil of your choice

Consider These Criteria



SHOE STORAGE SHAKEUP
CAN YOU KEEP YOUR SHOES OUT IN THE OPEN?



FIND THE FRAGRANCE
SMELL TO SEE IF IT'S COMING THROUGH, OR IF OLD ODORS STILL LINGER.

Directions

1. Combine 1 tablespoon of ARM & HAMMER™ Baking Soda with 5-6 drops of your favorite essential oil.
2. Mix well with a spoon—ensure the baking soda and essential oils are fully combined because the oils and water won't mix easily.
3. Pour the baking soda mixture into a spray bottle.
4. Add enough water to fill the rest of the spray bottle and shake well.
5. Keep it handy and spray where needed.
6. Enjoy the fresh, scented air!

Ingredients

- 1 tablespoon ARM & HAMMER™ Baking Soda
- Essential oil of your choice
- Water
- Small bowl
- Spray bottle

The champion of this matchup is...



NAME: _____



Success In The Living Space!

Done and dusted! It isn't often that we deep clean our living spaces, but hopefully you got into every nook and cranny around the living room and bedroom so now you can sit back and relax. But whose cleaning skills are worthy of the win? That's for you to decide!

This Week's Winners

Matchup #1 Dirty Laundry Strip and Soak vs. Magic Wall Mark Eraser: _____

Matchup #2 Rug & Carpet Odor Knock-Out vs. Furniture Freshen Up: _____

Matchup #3 Stinky Shoe Sachet vs. Fresh Air Soda: _____

Continue The Competition!

Head to the [ARM & HAMMER™ Baking Soda Showdown](#) homepage to download the entire schedule of cleaning tasks. And if you're looking for more cleaning hacks, visit [ARMANDHAMMER.COM](#) to get tips for all your household to-dos.

#TeamUpandCleanUp

We want to see how your cleaning team uses ARM & HAMMER™ Baking Soda to tidy up! Show off your skills on social by tagging @armandhammer #TeamUpandCleanUp!