

## Relaxing Bath Salts

Use metal utensils & metal or glass bowls

2 cups Epsom Salts

1 cup sea salt, rock salt, or coarse salt

Soap coloring @ Hobby Lobby (or food coloring)

4 to 5 drops Bath Salt oil @ Hobby Lobby or Essential oil—any flavor

¼ tsp. glycerin

In bowl, combine salts and mix well. Add soap or food coloring to desired shade (usually 4-5 drops) and stir until well blended. Add glycerin and oil and mix well. Place bath salts in cute glass jars with tight lids or cellophane bags tied tightly. For gift bags, use ½ cup of salts for a bath. Enjoy yourself or Pay It Forward!



## Salt Solutions!

- Cut your finger with a knife or get a paper cut?  
Immediately pour salt on the wound—it will never be sore & helps stop the bleeding.
- 3 times a day—gargle 1 tsp. salt mixed in 8 oz. hot water (as hot as you can stand it) to combat a sore throat
- Mix = part salt & baking soda; make paste w/water & press on bee sting or bug bite to relieve pain or itch

## Cleanliness is Next to Godliness

- Sprinkle salt on sugary oven spills until it becomes “crisp”. After oven is cool, simply lift off with spatula.
- Sprinkle = amounts of salt & baking soda on your rag or sponge, and wipe down all refrigerator surfaces.
- Hate cleaning roasting pans? Sprinkle the excess grease with salt—then wipe grease from pan with paper towels, old newspapers, or damp sponge. Wash as usual.
- Yucked up iron? Turn on low, and iron over piece of paper sprinkled heavily with salt.
- Keep colored fabrics from running by adding ½ cup salt to wash cycle.
- Throw a handful of salt into your wood-burning fireplace to help loosen soot in your chimney.
- Don't have any silver polish on hand? Rub gently in a circular motion any tarnished areas with salt & a soft cloth. For stubborn areas, make paste mixture of salt & vinegar and gently rub. Rinse thoroughly and dry with another soft cloth.
- Clean kitchen drain by pouring in 1 cup salt & 2 cups hot water. Grease is loosened and odor is gone!
- Clean garbage disposal by pouring in (1/4 cup each) salt, baking soda, and dishwashing detergent. Turn on hot water and run disposal 5 or 6 seconds.
- Clogged drain? Use = amounts of salt, vinegar & baking soda. Pour solution down drain & let sit for 1 hour. Then pour boiling hot water into drain. Repeat if necessary.

## Tips From Morton Salt



### Chill Wine & Champagne

To quickly chill a bottle of wine or champagne, place the bottle in an ice bucket or other tall plastic container. Add a layer of ice on the bottom and sprinkle it with a few tablespoons of Morton® Salt. Continue to layer salt and ice until it reaches the neck of the bottle. Then add water to ice level. After 10-12 minutes, open and serve. Rinse ice bucket thoroughly after use.

### Patch Up Walls

To patch small nail holes and fine cracks in plaster or wallboard, mix 2 tablespoons Morton® Salt, 2 tablespoons cornstarch and about 4 to 5 teaspoons water to make a thick, pliable paste. Fill hole and let dry. Sand if necessary, then paint.

### Perk Up Coffee Flavor

Add a pinch of Morton® Salt to the coffee in the basket of your coffeemaker. This will improve the coffee's flavor by helping to remove some of the acid taste.

### Eliminate Fish Odors

Removing fish odor from your hands is simple with Morton® Salt. Just rub your hands with a lemon wedge dipped in salt, then rinse with water.

### Freshen Air

Clear the air with this homemade air freshener. Just cut an orange in half, remove pulp, and fill the peel with Morton® Salt. It will provide a pleasant, aromatic scent anywhere in your home.

# SALT FUN FACTS

Answer these questions to test your knowledge -- from Morton Salt.

## 1) WHICH WORD COMES FROM SALT?

- A. Salad
- B. Salary
- C. Salvation
- D. Salute

## 2) WHICH OF THE FOLLOWING WAS COLUMBUS TRYING TO FIND?

- A. Diamonds
- B. Rubies
- C. Salt
- D. Ohio

## 3) WHEN TOSSED, WHICH OF THE FOLLOWING WILL BRING YOU LUCK?

- A. A coin
- B. Salt
- C. Salad
- D. A Frisbee

## 4) WHICH OF THE FOLLOWING WAS STOLEN FROM GEORGE WASHINGTON?

- A. His teeth
- B. His ammo
- C. His wig
- D. His salt

## 5) WHAT DID CAESAR CHERISH MOST?

- A. Friends
- B. Romans
- C. Countrymen
- D. Salt

## 6) WHAT SHAPE CHANGED THE HISTORY OF SALT?

- A. The pyramid
- B. The diamond
- C. The cylinder
- D. The pentagon

## 7) WHAT DEFEATED NAPOLEON?

- A. The pistol
- B. The bayonet
- C. The salt shaker
- D. The cannon

## 8) WHICH OF THE FOLLOWING MADE VENICE RICH?

- A. Gold
- B. Art
- C. Tourism
- D. Salt

## 9) WHICH OF THESE CAN'T YOU LIVE WITHOUT?

- A. Money
- B. Love
- C. Salt
- D. Chocolate



### **Salted Oatmeal Chocolate Chip Cookies**

Salted Cookies?? You better believe it! These sweet and salty cookies will have you reaching in the cookie jar time after time. Makes 24 cookies.

- 1 Cup (2 sticks) Unsalted Butter, softened
- 1 Cup Packed light brown sugar
- 1/2 Cup White sugar
- 2 large Eggs
- 2 teaspoons Vanilla extract
- 1 ¼ Cup All Purpose flour
- 1/2 teaspoon Baking soda
- 1 teaspoon (1/2 for dough, and 1/2 to sprinkle on top) Morton® All-Purpose Natural Sea Salt
- 3 Cups Instant Oats
- 1 Cup Semi sweet chocolate chips

1. Preheat oven to 325 degrees F.
2. Cream butter, brown sugar and white sugar in mixer on

medium speed until smooth, about 3 minutes. Beat in one egg at a time until combined. Add vanilla.

3. In a separate mixing bowl, whisk flour, baking soda and ½ tsp of salt and then add to butter and egg mixture and mix until combined.

4. Fold in oats and chocolate chips into entire mix with a wooden spoon until combined.

5. Drop dough by rounded tablespoons onto parchment-lined baking sheet two inches apart. Use the last ½ tsp of salt to sprinkle a pinch of salt onto the top of each cookie. Bake for about 12 -15 minutes. Allow to cool for 5 minutes before transferring to a cooling rack.



## SALT CONVERSION CHART\*

\*WWW.MORTONSALT.COM

TABLE SALT	COARSE KOSHER SALT	FINE SEA SALT	COARSE SEA SALT	CANNING & PICKLING SALT
¼ TSP	¼ TSP	¼ TSP	¼ TSP	¼ TSP
1 TSP	1 ¼ TSP	1 TSP	1 TSP	1 TSP
1 TB	1 TB + ¾ TSP	1 TB + ¼ TSP	1 TB	1 TB
¼ CUP	¼ CUP + 1 TB	¼ CUP + 1 TSP	¼ CUP	¼ CUP
½ CUP	½ CUP + 2 TB	½ CUP + 2 TSP	½ CUP	½ CUP
¾ CUP	¾ CUP + 3 TB	¾ CUP + 1 TB	¾ CUP	¾ CUP
1 CUP	1 ¼ CUP	1 CUP + 4 TSP	1 CUP	1 CUP