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**LAUNDRY SOAP POTION FOR YOU**

**Dr. Peterson Wishes  
You a Happy Halloween!**



By popular demand, here is the famous laundry soap recipe many of you have heard Dr. Peterson talking about at your appointments! She has a high efficiency (HE) washer and has not had any problems with it, but, as always, consult your washing machine user manual before using this recipe.

## Dr. Peterson's Laundry Soap

### Ingredients:

- Fels Naptha soap (1 bar)
- Borax (1 box)
- Arm and Hammer Washing Soda (1 box)
- 2 gallons of water

Grate one third bar Fels Naptha soap in 6 cups of water. Heat on low/medium until thoroughly melted, make sure it is all melted before proceeding to next step but take care not to stir too vigorously as you will get sudsing. Make sure you do not boil the mixture. Add 1/2 cup Borax and 1/2 cup Washing Soda and heat until dissolved. Again take care not to boil the mixture and allow to thoroughly dissolve before moving on to the next step. Mixture will begin to thicken. Add hot mixture to a bucket with 4 cups hot water in it. Stir. Add another gallon and 6 cups of water to the mixture and put it in bottles. Let sit 24 hours before you use it.

Overall it costs less than a dollar per gallon. You can buy all the ingredients at most grocery stores.

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