

FOAMING HAND SOAP



I started making my own foaming hand soap pretty early in my switch to a more natural lifestyle. With concerns over antibacterial ingredients in many hand soaps and potty-training little ones who found the need to wash their hands/arms/the counter with soap a thousand times a day, I needed a healthy and frugal option.



- DON'T SMOKE
- DON'T DRINK
- YOU'RE NOT EATING RIGHT
- GET A HAIRCUT
- CLEAN YOUR ROOM
- TURN THE MUSIC DOWN
- GET A JOB
- BE HOME BY MIDNIGHT
- BRUSH YOUR TEETH
- TAKE THE DOG OUT
- MOW THE LAWN
- DON'T TALK BACK
- STOP SLOUCHING
- TURN OFF THE TV

The recipe itself is literally so simple that I now have my six year old refill the bottles and it takes just seconds to make. Thankfully, there is a natural, homemade and incredibly simple option that works just as well and doesn't cost \$3.59 a bottle like the foaming versions at the store.

I keep the few simple ingredients on hand and we never have to buy hand soap or worry about running out. Surprisingly, this foaming version also makes a decent shaving cream in the shower.

Before you begin, you'll need a foaming hand soap container. I originally ordered this pretty but pricey foam dispenser online before I realized that there was a much more frugal and inexpensive option: Household Traditions sells an organic foaming hand soap (in a dispenser) for much less than the fancy version and the container can be re-used after the soap is used up. You'll get a bottle of soap to begin with and a free container at the end. Once you've procured a foaming dispenser of some kind, here is the recipe:

DIY (do it yourself) Foaming Hand Soap

Incredibly simple, natural and frugal homemade foaming hand soap that cleans without chemicals or antibacterial agents.

Prep time: 1 min

Total time: 1 min

Author: Wellness Mama

Recipe type: Household

Ingredients

- Water (distilled or boiled is best but not needed if it will be used within a few weeks)
- Liquid organic soap
- ½ tsp liquid oil like olive or almond
- Essential oils of choice for scent (optional)

Instructions

1. Fill the soap dispenser to about 1 inch of the top (leaving room for the bulky foaming pump and the soap to be added).
2. Add at least 2 tablespoons of liquid organic soap to the water mixture (NOTE: do not add the soap first or it will create bubbles when the water is added).
3. Add the oil (optional but it helps preserve the life of the dispenser) and any essential oils if you are using them.
4. Close and lightly swish to mix.

Use as you would any regular foaming soap.

THE IMPERATIVE FORM

We often need to use the command mode when we want to quickly warn someone in everyday life, to give orders, or to communicate in informal language.

The imperative mode is much easier than the other modes in English, because when you need to use imperative, we don't have to add any verbs. In this way, the imperative mode has a very simple structure.

- ⇒ The imperative is formed with the verb without a subject.
- ⇒ The negative imperative is formed with Do not / Don't and the verb.



Make the following instructions negative.

1. Write a letter _____
2. Sit down _____
3. Clean the room _____
4. Make dinner _____
5. Call your mother _____
6. Put on your shoes _____
7. Use the computer _____
8. Open the fridge _____
9. Close the window _____
10. Practice English _____

Complete the imperative sentences with the verbs in brackets.

1. Jean, please (not talk) _____ when you are eating.
2. Just (hold) _____ on for a second, I'll help you later.
3. (not tell) _____ me what to do, I know what I'm doing.
4. (look) _____ me in the eye and (tell) _____ the truth. (not try) _____ to change the subject.
5. We will be home soon. (be) _____ good!
6. (be) _____ quiet! (not make) _____ any noise.

From the previous reading, match the following words with their definitions

Foaming	a combination of two or more chemicals
Mixture.	used for cleaning
Soap	to put into
Dispenser	a device used to contain
To fill	to supply, to furnish
To provide	made by oneself
Homemade	a mass of bubbles of air or gas in a matrix of liquid film

1. What does the text deals with?

2. Who is the author talking to?

3. Is this recipe a natural recipe? Justify your answer.

Read again and write down all the different tenses of the text.

4. How many did you find?

5. What tense is used in the instructions?