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## Happy Summer! Happy Laundry?

This issue of our newsletter is a lot about laundry! I found out some interesting new things about this subject to share with you. One thing about laundry is that there always will be a lot of it, and it will always need folding, so here are some ideas to make the process less tedious and more inspiring.

In the book **“Laundry Love: Finding Joy in a Common Chore”**, author Patric Richardson says that changing our mindset from simply cleaning clothes to caring for others is the key to changing our attitudes about laundry from that of drudgery to love! When your loved one’s clothes are clean, smell wonderful and look great, they will feel as if they can take on the world. That is true for you and your clothes as well, and don’t you deserve that? And, the ease with which we can so effortlessly wash our clothes is something to consider and to be grateful for. We have plentiful running hot water, and industrial machines that we just program to do the heavy lifting. No more scrubbing our laundry with rocks by the river, or walking miles to the nearest water source, as many people in the world still must do. It’s a bit of magic really!

So here, from the book, are a few of the main ideas:

### NEW RULE #1 \_\_\_\_\_

**WASH EVERYTHING IN WARM WATER** – Everything, yes your darks, even your delicates. But you ask, what if I use a detergent designed for cold water? It doesn’t matter – warm, warm, warm.

The thing is, cold water detergents are designed to work in water that is 58 to 62 degrees (manufacturers define this as cold) but the water in our homes is likely just 53 or so degrees, which means our cold-water setting isn’t warm enough to dissolve our detergents, which means they are not activating, and our clothes aren’t getting clean. If you want proof, find an item recently washed in cold water and throw it into truly warm water, and it will suds right up. That is because the soap is still in your clothing! And that means all the dirt and sweat still is too.

Don’t worry – warm water will not fade or shrink your clothes. Only the wash cycle uses warm water,

meaning that your clothes will be in warm water for only eight minutes or so – just long enough to get them clean but never so long as to do them harm.

### NEW RULE #2 \_\_\_\_\_

**WASH EVERYTHING ON THE EXPRESS CYCLE** – Running for a total of about 38 minutes, depending on your machine, the express cycle (sometimes called the fast, quick, or speed cycle) takes your clothes through an eight-minute wash and rinse which is plenty of time to get your clothes clean.

This short cycle is much kinder to your clothes than a full cycle, helping them to last longer. And saves time and water.

### NEW RULE #3 \_\_\_\_\_

**SKIP THE BLEACH** – Chlorine bleach causes your whites to yellow! When you buy amazingly white textiles, it is because they’ve been treated with optic white dye. So, when you wash them with bleach, you are bleaching away that dye, turning the cotton back to its original ecru color.

So how to keep whites, white? Wash them with a gentle soap and a tablespoon of chlorine free oxygen bleach.

*\*One caveat: don’t use for washing silks or woolsens.*

### NEW RULE #4 \_\_\_\_\_

**SKIP THE FABRIC SOFTENERS** – The first time you use fabric softener on a load of clothes you are coating them with silicone and cutting their absorbency by up to 80 %. That means for example, that your towels will no longer do what they were made to do – soak up water.

### NEW RULE #5 \_\_\_\_\_

**PLAY BALL** – Instead of fabric softener, toss in at least 3 wool dryer balls, which also reduce drying time by up to 40%. If you are feeling fancy, add a

## The Rules (continued)

few drops of your favorite essential oil to the balls to scent your laundry. If drying towels, also toss in tennis balls to fluff up the terry cloth.

Finally, place a tightly rolled ball of aluminum foil (about the size of a baseball) in every dryer load to discharge static! It should last about 60 loads, getting smaller with each load. Once it shrinks to golf ball size, toss it in the recycling bin and start over with a new ball of foil.

### NEW RULE #6

**DO LESS LAUNDRY** – The truth is we launder our clothes too much, often after a single wear with not even the smallest dot of dirt on them. Instead, when your clothes smell like smoke or French fries, or something else a bit off, simply pour some cheap vodka into a spray bottle and spritz on the article in question. The vodka kills any bacteria and removes all scents; it also works on carpet for pet smells! Or hang clothes on hangers and then hang outside for an airing out.

### NEW RULE #7

**WASH EVERYTHING IN ONE DAY** – When all your garments are clean and ready to wear, having access to all your clothing allows you to own fewer things and to keep better track of the items you have, and perhaps helps you to resist the urge to buy things you don't really need.

### NEW RULE #8

**LINE DRY SOMETIMES!** – Just because it's fun, and your sheets and towels will smell like a sunny summer day.

*(From the book "LAUNDRY LOVE" by Patric Richardson with Karen B. Miller)*



*Thank You for Your Business – We Very Much Appreciate You!!!!!!*

## School is Out – YAY!!!



Remember that spending time outdoors is a mood lifter and is also good for our brains. German researchers found that people who spent more time outside had a larger volume of gray matter in the right prefrontal cortex, and less of this is linked to depression.

### SUMMER IS AN EXCELLENT TIME TO GET THOSE WINDOWS CLEAN AND SPARKLY!

We always recommend **A-1 WINDOW CLEANING AND PRESSURE WASHING** for our clients.

They do an awesome job, are reasonable, and have exceptional customer service. They can do outside and inside, or just the exterior.

**TELL DELANO I REFERRED YOU!**

**404-671-2703**

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*Thank you for your Business and Being Part of our Sparkle Family. We wish you Happiness and Fun Adventures this Summer!!!*

## Cleaning for a Reason

We do free cleanings for people undergoing treatment for cancer. If you know of anyone who could benefit from this, please let us know or they can contact [www.cleaningforareason.org](http://www.cleaningforareason.org) – they will put us in contact with them, or if they are outside our service area, they will find a participating company who does serve their location.

