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Happy Spring!

We are so grateful that you are a part of our Sparkle family, and hope you enjoy our newsletter!

Battle of the Cleaning Standards - Men vs. Women

A study done in the United Kingdom found that the average British woman spends 3 hours a week redoing her partner's housework!

Cleaning the kitchen and fluffing pillows were the primary tasks that men failed to execute to their wives' satisfaction, and among the top 10 complaints, 3 were about making the bed!

One can only imagine that the women might feel some resentment, because really, if a person is going to do something, then why not do it right?

Couples also found themselves fighting about the division of labor, as women feel they do a disproportionate amount of housework, compared to men.

These issues can't be good for relationships and is just one more reason to hire a professional cleaning service! Using "Sponge & Sparkle" can make for more harmony in the home, giving couples one less thing to argue about, and more time to have fun together.

Hiring a cleaning service puts the whole cleaning dilemma in neutral territory and both partners can be united, and able to enjoy the home that they have created together!

Dust Bunnies

***** A study recently that found that the average home accumulates 40 lbs. of dust in one year***** with an average of 4 million germs in one lb. of dust!! So, a clean home is not just clean, more importantly it is a healthy home!



Spotless Sleep

Did you know that you should clean your pillows every three months to get rid of dead skin cells and sweat? For pillows labeled washable, try this:

- Liquid laundry detergent
- ½ cup washing soda *
- 5 – 8 drops lavender oil *
- 2 smelly pillows



Add enough detergent for a full load and set temperature to warm or hot. Add the washing soda as the machine fills, and then add the essential oil. Put the two pillows in the machine, placed evenly to keep the drum balanced and run on a gentle cycle. Put in dryer on low heat, or dry in the sunshine. *

"To sit in the shade, on a fine day and look upon verdure is the most perfect refreshment."

Jane Austin



Parisian Picnik Shrimp

This is a great picnic food! Just add some french bread, grapes, etc.

- 3 lbs. cooked medium shrimp peeled/deveined
- 2 medium sweet onions, sliced into rings
- 2 medium tomatoes chopped or 1-pint halved grape or cherry tomatoes
- 2 lemons, sliced thin
- ½ cup olive oil
- 1/8 cup white vinegar
- 1 small garlic clove, minced
- ½ teasp. of Worcestershire sauce
- 1 teaspoon salt and dash pepper
- 1 ½ jars of capers (4 oz jars) undrained

In a glass baking dish layer the shrimp, onions, tomatoes and lemons. In a separate bowl combine all the other ingredients, mix well and pour over the shrimp. Cover and refrigerate for about 8 hours, stirring occasionally to make sure the shrimp is well marinated in the liquid. Before serving, pour off some of the liquid. Elegant and delicious



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Fresh Air

According to a 2-year NASA study, ordinary houseplants can be very effective at absorbing toxic indoor chemicals in the air. Of course, the best all-time air freshener is fresh air. Often the easiest and most economical way to get clean air in your home is to open the windows & cross ventilate!



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 – 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.



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

