



Tips

Defy drips on your paint can by stretching a large rubber band across the opening of the can, and wipe the brush on the band rather than the rim.

Quick Ice

When you need to chill wine or sprits quickly, pack a bucket halfway with ice cubes, toss in a handful of coarse salt and fill it two-thirds of the way with cold water. The salt lowers the water temperature! Add your bottles and they should be ready in about 10 minutes.

Quick Beach Trick

Throw a small container of baby powder in your beach bag. Sprinkle on any sand sticking to your legs and with a quick brush of the hand, the sand slides right off. The powder also masks that seaweed smell.

Quick Carry

Use the six pack cardboard container from your drinks to transport condiments, cutlery and napkins from kitchen to outdoors.

Combat Mildew

Hot humid weather breeds mold and mildew. To help eliminate mildew in your bathrooms, turn on a fan or open a window to circulate air. Mildew doesn't grow in well lit areas, so leave the lights on an extra 15 minutes before and after showering to prevent mildew growth.

Happiness

One way to make yourself happier and healthier at home is to ditch synthetic, toxic chemicals and replace them with environmentally friendly options. From shower cleaners to toilet bowl cleaners and even our paint, we are living in a sea of harmful chemicals.

We are led to believe that the products we buy have been tested for safety and carefully monitored by the EPA. This is not the case. The average home contains over 1500 hazardous compounds, and over 150 have been linked to allergies, asthma, hormonal disruptions, birth defects, cancer and psychological issues.

According to an EPA study of human fatty tissues, every American man, woman, and child carry at least 700 pollutants in his or her body! The decision to stop using these chemicals is one of the best you can make for the health and safety of your home and family. Also, know that everything we do leaves a footprint on the earth, and it needs all the help we can give it!

"To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labor tends".

Samuel Johnson

What else can we do?

- Houseplants act as indoor air filters and remove pollutants.
- Keep the windows open as much as possible to let in fresh air.
- Never use air fresheners or room deodorizers.
- If a label includes the notice "poison", "danger", or "warning", avoid it all together.

We appreciate your support of our company's use of non-toxic cleaning products. It is so much better for you, your pets, indoor air quality and the health of our employees.

Bottle your own Salad Dressing

Rather than tossing out that last bit of Dijon mustard in the jar, turn it into a tangy vinaigrette. Throw in a crushed garlic clove and/or a minced shallot, plus chopped fresh herbs like tarragon. Add a splash of balsamic or sherry vinegar season with salt and pepper. Screw on the lid and toss to combine. Top with olive oil (about 4 parts to 1 part vinegar), shake again, and drizzle.

Marth Stewart Living January/February

My Favorite Summertime Recipe

- 6 - 8 vine ripened tomatoes, chopped
- 1 clove garlic
- 2 Tbsp finely chopped onion
- 2 Tbsp olive oil
- Handful of fresh basil leaves
- Angel hair pasta
- Parmesan cheese

Saute the garlic clove and onion in the olive oil for a minute or two. Toss out the garlic clove and remove the pan from heat. Toss in the chopped tomatoes and fresh basil and coat with the oil just to warm up the tomatoes and wilt the basil a bit. Cook the pasta, drain, and toss it all together with the tomatoes and pasta. Add sea salt and parmesan cheese.

PLEASE, PLEASE do respond to our email surveys that we send you after each cleaning!

It is critical for us to know how we are doing and how we can improve.

THANK YOU!!

THANK YOU FOR BEING PART OF OUR **SPONGE & SPARKLE** FAMILY!!

If you are happy with your service, post a review on Angie's List, Google, or Facebook and in our appreciation we will happily take \$15 off your next service! Use the links below to get started:

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Facebook:

<https://www.facebook.com/spongeandsparkle/reviews/>

Thank You, Thank You, Thank You, for Supporting this Small Business !!!!!

