

## May is...

- World Asthma Day (May 3) is an annual event designed to improve asthma awareness and care around the world. For information about asthma, visit SDA's Web site at: [www.cleaning101.com/health/allergies/Welcome.html](http://www.cleaning101.com/health/allergies/Welcome.html) and the Global Initiative for Asthma (GINA) Web site at: [www.ginasthma.com](http://www.ginasthma.com)

## Meet SDA at...

- The American Association of Family and Consumer Sciences Annual Convention & Exposition, June 23 - 26, in Minneapolis, MN
- The National Association of School Nurses Annual Conference, June 30 - July 3 in Washington, D.C.
- Family, Career and Community Leaders of America, July 3 - 5 in San Diego, CA

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## Cleaning Has Come a Long Way, Baby!

*A peek at this household task through the eyes of TV moms*

What would June Cleaver, the ultimate 1950s sit-com mom, think if she were transported into the post-millennium TV home of Bree Van De Kamp ("Desperate Housewives")? She would be astonished by the innovative changes in household appliances and the cleaning products that accompany them! The Soap and Detergent Association takes a peek at these products through the years...

### Timeline

#### 1940s - Detergents Take Off

Prior to World War II - detergents were chiefly used for hand dishwashing and fine fabric laundering. After the war, things took off. The Beaver's mom was a member of the first generation to enjoy the benefits of:

- **All-purpose detergents**
- **Automatic dishwasher powders**

- **Rinse-cycle-added fabric softeners**
- **Detergents with oxygen bleach**

#### **1960s - Movin' On Up**

Moms like Carol Brady kept their Bunch in clean clothes with less effort, thanks to the advent of:

- **Prewash soil and stain removers**
- **Laundry powders with enzymes**
- **Enzyme presoaks**

#### **1970s - Multi-Tasking**

By the time Shirley Partridge made TV history as a widowed mom with a family of five:

- **Liquid hand soaps** were crowding out bar soaps at sink-side.
- **Fabric softeners** came in dryer sheet and wash-cycle added versions.
- **Multifunctional products**, like detergents with fabric softeners, were on the horizon.

#### **1980s -Time Becomes Prime**

Clair Huxtable was a cool '80s mom: successful and smart with high standards, but no time to fuss. New developments like these suited her busy lifestyle:

- **Automatic dishwashing liquids**
- **Detergents for cooler water washing**
- **Concentrated laundry powders**

#### **1990s - Ultra Offerings**

Popular TV moms like Roseanne and Murphy Brown represented a wide range of parenting and housekeeping styles. And, cleaning products diversified to accommodate their needs and tastes:

- **Ultra (superconcentrated) detergents and fabric softeners** joined the existing families of products.
- **Automatic dishwasher gels** took their place beside liquids and powders.
- **Laundry and cleaning product refills**, as well as **recyclable packaging**, reflected the growing concern for the environment.

#### **2000 and Beyond - Easy as...A, B, Clean**

Today, as moms juggle career, family, and a clean house, we've got products June Cleaver could never have imagined:

- **Fabric refreshers**
- **HE laundry detergents**
- **Disposable dish wipes**
- **Premeasured dishwasher tablets**
- **Multi-surface wipes**
- **Easy-to-use, all-in-one cleaning systems**

These are just a few of the innovations that make life easier - and a whole lot cleaner!



## **The Great Outdoors with Dad**

*Celebrating Father's Day - safe and clean*

Uncover the grill, bring outdoor furniture out of hibernation, and invite friends and family! It's Father's Day, the perfect time to inaugurate the outdoor grilling season. To help make it a truly celebratory event, The Soap and Detergent Association offers these tips - hot off the grill!

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**Refresh the Furniture**

Even furniture that's carefully stored over the winter months manages to collect its fair share of dirt and grime. To refresh the furniture, follow the manufacturer's cleaning instructions. If the instructions aren't available, use these tips:

- **Aluminum.** Clean with a mild, non-abrasive cleaner.
- **Molded resin.** Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches, and silicone cleaners.
- **Wood.** Follow the manufacturer's recommended cleaning procedures. If the wood has been exposed to moisture and dirt, spotting and mildew may occur. To restore it, sand with a fine-grade sandpaper, clean with a wood cleaner, and then re-oil the surface.
- **Upholstery.** Acrylic, polyester, and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air dry.

### Perk Up Plastic

Available in a stunning array of celebratory colors, dishwasher-safe plasticware is both popular and practical for outdoor entertaining. To be sure it's at its sparkling best, use a plastic cleaning booster in your dishwasher, along with your regular detergent.

### Grill-etiquette

Because foodborne illnesses are unwelcome guests at any party, here's how to zap bacteria at the grill.

- Always wash hands thoroughly *before* and *after* handling food. Warm water and soap is the preferred method. If you're at a remote location and soap and water aren't available, bring along portable hand sanitizers to clean your hands. These can be used without water.
- Have two cutting boards on hand: Use one for raw meat, poultry, and seafood; the other for fresh produce.
- Thoroughly wash cutting boards, dishes, and utensils with soap and hot water after they come in contact with raw meat, poultry, and seafood.
- Use clean plates for serving cooked food.

Enjoy the grilling season!

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## Be My Guest

Say "*welcome*" with a clean, fresh room

Whether you've got a room set aside exclusively for guests or one that serves multiple functions, chances are good that it needs some sprucing up before company arrives this summer. With time-saving products and easy tips from The Soap and Detergent Association, you'll get the job done, with plenty of time and energy leftover to enjoy your guests!

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### Rest Easy

- **Strip down.** Under regular circumstances, pillows should be laundered weekly; blankets, monthly. But even unused bedding can get dusty and musty. So, strip that bed and head for the washing machine.
- **Freshen up.** Vacuum the mattress, then give it spa treatment with a spray fabric refresher. To eliminate odor-causing bacteria, choose an antimicrobial version. Let throw rugs and window treatments in on the action by laundering the washables or vacuuming and spraying non-washables.

### Dust Up

- **Bust dust.** Pre-moistened furniture wipes clean and shine without leaving waxy residue.
- **Aim high.** Disposable, electrostatic dusters with extendable handles and pivoting heads capture dust in hard-to-reach places.
- **Make scents.** Wipes, cloths, dust mitts, and dusters come in scented and unscented versions.

## Window Watch

- **Dry smart.** Newspapers make great cleaning towels. Using rubber gloves as you wipe will keep the ink off your hands.
- **Avoid smears.** Ignore the little drips of water that remain at the edge of the window. Wiping them will cause smears. Let them dry on their own!
- **Touch up.** Smudges can be banished on the spot thanks to pre-moistened wipes designed for use on glass and mirrors.

## Add Comfort

Consider these thoughtful touches to make guests feel pampered and welcomed: fresh flowers, bottled water, a good reading lamp with a supply of magazines and paperbacks, a terry cloth bathrobe and slippers, an empty drawer and space in the closet. Just for fun, leave a nighttime mint on the pillow!

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## Highlights

### Ralston's W.A.S.H. is a Win!

*Healthy Schools, Healthy People - It's a SNAP Award*

Eighth-grade students at Ralston Middle School in Belmont, CA, believe that Water and Soap Help! Their W.A.S.H. (Water and Soap Help) Program received top recognition in the *Healthy Schools, Healthy People - It's a SNAP!* National Recognition Program. With their new program, students are heightening awareness about the importance of handwashing by teaming with a professional television studio and student-led district assemblies to create an infomercial. Students are also researching and writing papers detailing the importance and benefits of handwashing, proper handwashing techniques, and the possible ramifications of excluding handwashing from a regular routine, which includes the spread of disease.

Additionally, the students are promoting the distribution of the ever-growing popularity of silicone awareness bands, branded with a proper handwashing message. Students are furthering the project's success by continuing to visit lower-grade classrooms to educate students about handwashing.

As the Top Award recipient, Ralston receives an all-expenses paid trip to Washington, D.C. and a celebration for the winning classes. Students will also be honored at a reception in Washington, D.C.

#### First Runners-Up:

- Maplewood Local Schools  
Cortland, OH

#### Second Runners-Up:

- Central Elementary School  
Tahlequah, OK

Congratulations to all the award recipients!

The School Network for Absenteeism Prevention (SNAP) challenges middle schools to develop programs that make hand hygiene a priority for the entire school community. It's a joint project of the Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (HHS), and The Soap and Detergent Association (SDA). For more information about the SNAP program, visit [www.itsasnap.org](http://www.itsasnap.org).

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## The Grass Is Always Greener

*Simple tips for one of summer's toughest stains*

"It's not easy being green," laments our kid-friendly Kermit the Frog. That also goes for grass stains, which tend to be kid-friendly, too! But, with a little know-how, grass-stained clothing can go from rough and tough to clean and ready, says The Soap and Detergent Association. Here's how...

### Grass Roots Information

Grass stains are a mixture of green chlorophyll, plus protein and other organic matter. It's the chlorophyll that tends to set into the fabric immediately. This makes grass stains challenging to remove. To make it even tougher, grass and dirt often go hand-in-hand, leaving you with layers of concentrated soil to deal with.

### Mow Down Those Stains

If there's mud involved, the first step is to let it dry, then brush off as much as possible. Next, pretreat with a prewash laundry product. Follow the product recommendations for the maximum amount of "setting" time, then launder using the hottest water that's safe for the fabric. If that doesn't do the trick, launder again with detergent and chlorine bleach (if safe for the fabric) or oxygen bleach.

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## No Sweat Stain Removal

*Send underarm stains undercover*

Once daylight saving time hits, everyone seems to get more active. Whether you're lobbing tennis balls or lifting weights, jogging in the park or walking the treadmill, underarm stains can pack a mean punch. Here's how to "knock out" these stains, courtesy of The Soap and Detergent Association.

### Identify the "Perps"

The perpetrators of underarm stains are two-fold. Those caused by perspiration tend to be yellow, brown, or green in color. New stains caused by build-up from antiperspirants or deodorants can be white or clear, chalky or greasy. As they age, these stains may turn a darker, grayer color.

### Send Stains Packing

- Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains; white vinegar to old ones. Then, rinse.
- The next step (or the first step, if there's been no color change) is to use a prewash stain remover or rub with a bar of soap. Launder using the hottest water that's safe for the fabric. Stubborn stains may also respond to oxygen bleach in the hottest water that's safe for the fabric.

### Keep Stains Under Control

**To keep perspiration stains at bay**, apply deodorant in the morning and again before bed for extra protection against wetness.

**To avoid deodorant/antiperspirant stains**, follow the manufacturer's instructions. Apply a thin, even layer under your arms. More isn't always better! Let the deodorant dry before putting on your clothes.

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## Cleaning Questions? Ask Nancy!

### Q: My daughter is going on a camping trip this summer, what's the proper way to clean her sleeping bag?

**A:** First, follow the care label directions on the sleeping bag. If the sleeping bag is washable, read the product label for recommended amount of detergent. Do not use bleach. Use a cool or cold water setting, and a delicate or gentle cycle. For best results, run the bag through one or two extra rinse cycles without detergent.

Carefully remove sleeping bag from washer. Dry in dryer at low heat or air setting (must be less than 125° F). Excessive heat could damage the fabric and insulation. Remove promptly and lay flat until cool. The sleeping bag may also be line dried after being sufficiently spin-dried to remove most of the water.

### Q: I stored leftover spaghetti in my refrigerator overnight. How can I remove red stains on my

## plasticware?

**A:** Use a plastic cleaning booster in your dishwasher, along with your regular dishwasher detergent. It is designed to remove red sauce stains and strong smells, such as onion and garlic from plastics. It can also clean and freshen the inside of your dishwasher at the same time!

## Q: My son's sneakers always get so dirty in summer. Can I launder them in the washing machine?

**A:** Most shoe manufacturers discourage machine washing sneakers. Some detergents and the machine's agitation may damage many leathers and adhesives. But, some shoes can be cleaned in your washing machine. Your best bet is to read and follow the care instructions inside the sneaker. If there are no instructions, here are some basic instructions for cleaning most canvas and nylon sneakers by hand:

- Remove the laces and inserts. Place them in a laundry bag and throw them in with your regular laundry or wash them separately by hand with detergent.
- Rinse sneakers with clean water.
- Use a gentle laundry detergent and a soft brush to scrub your shoes and remove scuff marks. *Do not* use bleach, solvents, harsh chemicals, or abrasives.
- Rinse entire shoe well with clean water.
- Let sneakers dry naturally. Don't place them in direct sunlight or use the dryer.
- Stuff sneakers with white paper towels to keep the shape. Don't use newspaper as it will transfer to most fabrics.
- Wait until sneakers are completely dry before placing liners back in and before wearing them.

– Nancy Bock is Vice President of Education for The Soap and Detergent Association



## Take Stock

*Survey your cleaning closet*

### Is your cleaning closet well-stocked with these items?

Here's a handy checklist to make sure you have the supplies you need at your fingertips.

#### A Checklist

- **Hand Dishwashing liquid** - Make sure you have extras on hand for on-the-spot cleaning.
- **Dishwasher detergent** - Pick your favorite form - tablets, gels, liquids, or powders!
- **All-purpose cleaner** - Wipe down counters, appliances, smudges on walls, and more!
- **Disinfectant cleaner** - A fast and effective way to clean surfaces and kill germs.
- **Wipes** - Use wipes for quick cleanups and disinfecting/sanitizing surfaces.
- **Glass cleaner** - Make mirrors, windows, faucets, and door handles shine!
- **Fabric refreshers** - Make every room smell fresh.
- **Dusting supplies** - Trap dust and dirt with dusting cloths, mitts, dusters, and furniture wipes.
- **Paper towels** - Use clean paper towels to clean surfaces and help prevent the spread of germs. Then, throw the germs away with the towels!

**Note:** Before using household cleaning products, always read and follow the product label directions. Store household cleaning products in a location away from children, pets, or food. Install child-resistant locks on cabinets and doors.

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