


 **CLEANLINESS FACTS**

TIPS AND TRENDS FROM THE SOAP AND DETERGENT ASSOCIATION

1500 K Street NW, Suite 300 Washington, DC 20005

FOOD SAFETY FOR SENIORS

Foodborne Illness Can Be Serious

Although many seniors may feel that a lifetime spent shopping, preparing and eating food has taught them all they need to know about food safety, this may not be true, warns The Soap and Detergent Association. Changes in the way food is produced and distributed, as well as changes in the way it's prepared and eaten, create new concerns. Even more important are the changes in the ability of the older person's body to fight off dangerous foodborne bacteria. In fact, people over 65 can be more susceptible to getting sick from bacteria in food than younger people.

The good news for seniors is that Federal studies indicate that this age group does a better job of safely handling food than any other age group. Nevertheless, there are some significant issues that older people should be particularly aware of. An important one is the fact that our immune systems weaken with age, as does the amount of acid in the stomach. The latter is important because stomach acid helps reduce the number of bacteria in the intestinal tract, which, in turn, reduces the risk of illness. In addition, illnesses, such as diabetes, kidney disease and some cancer treatments, may increase a person's risk of foodborne illness. In recent years, science has also been able to identify foodborne bacteria as contributors to some illnesses, such as certain types of arthritis.

Today's seniors have many eating options beyond home cooking. Many seniors like to take advantage of convenience foods, including complete meals to go, that are increasingly offered in grocery stores and delis. Ordering home delivered meals from restaurants or restaurant-delivery services is also a popular choice; as are programs like Meals on Wheels. Whether hot or cold, these ready-prepared meals are perishable and can

 **TABLE OF CONTENTS**

January/February 2001

FOOD SAFETY FOR SENIORS	
Foodborne Illness Can Be Serious	1
BE A STAIN DETECTIVE	
Identify the Source to Eliminate the Stain	2
BEYOND COUNTING SHEEP	
Putting Insomnia to Rest	3
MISCELLANY	
Grilling Out is In	4
Refrigeration Changes on the Way	4
Microwaves Ride the Wave	4
Wintertime Breeds Respiratory Infections	4
Padded for Comfort	5
Humidifiers	5
Q & A	
SDA Answers Your Questions	5
"KEEP IT CLEAN" BRIEFS	6

cause illness if mishandled. Seniors need to be especially cautious to follow the 2-hour rule and refrigerate or freeze perishables, prepared food and leftovers within 2 hours, including cooked fruits and vegetables.

Extra care must be taken when handling leftovers. If not arriving home within 2 hours of being served, it's safer to leave leftovers at the restaurant. The inside of a car can get very hot, so it's always safer to go directly home after eating and put leftovers directly in the refrigerator. Be sure to keep track of how long leftovers are kept in the refrigerator! Cooked meat, poultry, fish, egg dishes, soups, stews and vegetables should be kept no longer than 3-4 days; gravy and meat broth, only 1-2 days. For more information on food safety visit www.fightbac.org. ■



BE A STAIN DETECTIVE

Identify the Source to Eliminate the Stain

In the middle of sorting the laundry, a formerly unnoticed stain materializes. Or a clean, previously stain-free garment suddenly develops mysterious spots. In order to get rid of a stain, some detective work may be required. Identifying the source of the stain will determine the best way to remove it.

The first step is to examine the color and the staining pattern, advises The Soap and Detergent Association. Yellow, orange, red or rust-colored stains may be caused by rust. If these stains appear mostly on white garments that are washed in hot water, the rust may be coming from a rusty hot water heater or water pipes. Do not use chlorine bleach to remove rust stains. Instead, use a stain remover that is specially formulated for rust.

Blue/grey, blotchy stains with a greasy feel may be caused by a rinse-added fabric softener. The exact color of the stain may vary with the color of the fabric softener. Streaky, translucent, oily stains, generally appearing on colored polyester clothes, may be the result of dryer-added fabric softener sheets. Both types of fabric softener stains can be removed by rubbing the dampened stains with a bar of soap, then re-laundering. To prevent this, use the fabric softener dispenser on the washer and avoid spilling or pouring liquid fabric softener directly onto clothes. Add dryer sheets to the dryer after adding clothes so the fabric softener sheets don't get trapped between the clothes.

Stains that are blue, green, purple, pink, red, etc., are usually indications that dye was transferred from another garment during the wash cycle. The culprit is an unstable dye in the garment. To avoid this, read care labels and follow any instructions that recommend to "wash separately with like-colored garments." Color bleeding may occur when damp items are left lying in the washer after the cycle or in a pile prior to washing. If the item is still damp, prompt treatment with a stain removal product, along with pre-soaking in a solution of water and color-safe bleach may remove the stain. In many cases, however, the stains may be permanent.

Gray/black pinprick stains that look like they were spattered onto the garment can be attributed to mildew. Children's garments, outdoor cushions, camping gear — items that may stay moist for a prolonged time — are particularly susceptible. To remove these stains, pre-treat the stained area with a stain removal product, then launder in the hottest water suitable for the item. If safe for the fabric, use chlorine bleach.

Sometimes it's helpful to establish when the stain occurred in order to determine its source. Stains on the front, neckline, seat, knees, cuffs, etc. are usually acquired while the garment was worn.

If stains appear throughout a finished load of wash, it indicates that the washer or dryer is to blame. This type of staining is rare. Still rare, but somewhat more common, are gray or black pinched stains. This occurs when a garment is caught under the base of the agitator or between the tub and tub cover during laundering. To prevent this, avoid overloading the washing machine. Similar stains may occur at the end of the drying cycle if the dryer is overloaded or the dryer's tumbler is misaligned. If the latter is suspected, the dryer should be checked by a service technician.

Poor laundering techniques, including low water temperature, improper sorting and underuse of detergent, can cause unremoved stains or soil transfer from one garment to another. For optimum results, read and follow the washing machine and detergent manufacturer's recommendations.

Keep in mind that some stains are "invisible." Many fruit juices and clear drinks disappear into the fabric and seem to leave no visible stain. Even so, the sugars are deposited and will appear long after the spill is forgotten. Dry cleaning fluid doesn't dissolve them, and heat from the dryer will cause a brown stain that may not come out. To prevent this, clean garments as soon as possible after spilling on them — even if there is no visible stain or mark.

For additional stain removal information, visit SDA's web site www.cleaning101.com. ■

BEYOND COUNTING SHEEP Putting Insomnia to Rest

The modern world is a stressful place. The unhappy result is that more and more people are getting less and less sleep. And while stress is the major cause of sleep loss, other factors are not far behind. Backache, non-specific insomnia, snoring, jet lag, allergies and asthma are all significant contributors to sleep loss. Other culprits include arthritis, migraine headaches, osteoporosis, sleep apnea, incontinence, menopause and pregnancy.

It is estimated that two-thirds of all Americans experience some form of sleep disorder that undermines the quality of their slumber. One-third of all adults sleep less than six-and-a-half hours per night. The recommended amount is eight hours. Even young adults ages 18 to 29, have problems. Thirty-three percent suffer from significant daytime sleepiness and 55 percent wake up feeling unrefreshed.

The correlation between keeping clean and sleeping well is particularly significant for those who suffer from allergies and asthma. Retailers who recognize this are positioning allergen and anti-dust covers on the same shelves with pillows and pads. Manufacturers are offering fiber, feather and down pillows labeled hypoallergenic or allergy-free. In addition to purchasing bedding with hypoallergenic features, The Soap and Detergent Association reminds consumers to launder sheets and pillowcases weekly, and pillows and comforters monthly in order to keep dust mites under control. Wash pillows two at a time, agitating only one to two minutes on a gentle cycle. Dry them in the dryer. During the drying cycle, periodically take them out and fluff them. This will prevent clumping and promote even drying. If a pillow does not have an allergen-impermeable cover, it is a good idea to replace the pillow every year.

Basic comfort is perceived as an important avenue to a good night's rest. Foam, from latex to visco-elastic is the hottest current category. Offerings range from multi-zoned mattress pads to lumbar- and cervical-support pillows. These items are designed to relieve pressure points, alleviate pain and prevent the tossing and turning that can interrupt nighttime slumber. Polyurethane, feather and down pillows have also jumped on the comfort

bandwagon with a range of shapes designed to provide proper support, based on body size and sleep position. Neck rolls, u-shapes, bones and wedges, along with internal channels and cores, offer support for the neck, shoulders and legs during sleep. At least one foam offering has a "memory," which means it molds to the shape of the head and neck.

While some of these pillows are designed to accommodate specific parts of the body, others contain air and water bladders so that the pillow can be adjusted to the body's need. Others are designed to keep air passages open to prevent snoring. Aromatherapy pillows include a pocket for essential oils, based on the premise that these fragrances relieve stress and promote a restful sleep. At least one manufacturer offers a pillow with a gel tube in its core. The core can be heated in the microwave to alleviate headaches or frozen to keep the pillow cool at night, thus easing upper neck and shoulder pain — or even hot flashes. Another offers "hot flash" pillow covers that help to wick perspiration and keep the sleeper's head cool. And then there are buckwheat hull pillows that are said to allow air to circulate and cool the head. In the development stages are pillows and pads that contain temperature-regulating material.

Comfortable, waterproof mattress pads are growing in popularity. Demand is driven by an aging population, as well as by changing lifestyles. More children are sleeping in full-size beds. More families are spending more time together in bed with children and pets. Nonwoven materials or a polyurethane layer permanently laminated to the inside of the pad have replaced the noisy and crinkly vinyls of the previous generation of mattress pads.

To keep travelers comfortable, pillows-to-go are being offered in down, foam and buckwheat and millet hulls. Eye pillow/shades and wrist pillows designed to alleviate carpal tunnel syndrome promote comfort everywhere. ■





MISCELLANY

Grilling Out Is In

Outdoor grilling has gone from a summer pastime to a year 'round activity, reports The Soap and Detergent Association. Gas grills in particular stay fired up even when the weather gets cold. This trend holds true for all parts of the country, not just those areas that stay warmer in the winter.

Although 78 percent of unit sales of grills occur from March to August, the other 22 percent comes during the so-called off-season. Families with children and those with a household income of \$70,000 or more tend to grill outdoors more often.

Convenience is the major reason cited for this growth. As a result, grills with side burners are becoming more popular because side dishes and sauces can be prepared at the grill, eliminating the need to run back and forth to the kitchen.

Indoor grills also are becoming more popular, with particular appeal to the empty nester market.

Refrigeration Changes on the Way

Increased energy efficiency is in the cards for the new crop of refrigerators appearing later this year, observes The Soap and Detergent Association. The Department of Energy is incorporating new energy efficiency standards in its rulemaking for 2001 as a result of an agreement among the Association of Home Appliance Manufacturers, several of its members, conservation groups, government bodies and utilities. Beginning July 1st, manufacturers will build residential refrigerators and freezers that are about 30 percent more energy efficient than present models. Certain aspects of these standards anticipate the fact that hydrochloroflourocarbons, which affect ozone, will be outlawed at the beginning of 2003. This ruling by the DOE encompasses all types of residential refrigeration units, including compacts, top-mounts with automatic defrosting and side-by-sides.

Microwaves Ride the Wave

Microwave ovens are changing their look and their place in the world. While many people have come to take microwaves for granted as a warming tool, there is a whole generation that has no concept of their potential use. Members of Generation X want to cook but don't know how, which presents exciting opportunities for microwave manufacturers and educators. There is an increased demand for automated programs and technology, which will allow microwaves to interact with Internet links and scanners.

Programs will be able to choose a recipe or read the instructions embedded in the Universal Product Code of food packaging and cook the food automatically. Ultimately, microwave ovens will be plugged into keyboards on refrigerator doors and other whole-house computer systems. For now, says The Soap and Detergent Association, microwaves are going beyond standard black and white and showing up in compact sizes, iMac colors, and silver and platinum finishes.

Wintertime Breeds Respiratory Infections

In the winter months, when everyone tends to stay indoors, this togetherness becomes a breeding ground for respiratory infections. For people with asthma, this poses a special hazard because respiratory infections are a common trigger for asthma attacks.

To avoid or reduce the incidence of respiratory infections, The Soap and Detergent Association offers the following suggestions. Begin by minimizing direct contact with people who have a cold, the flu or other infectious illnesses. Wash hands frequently, especially after touching someone who has respiratory illness or after sneezing, coughing or nose blowing. Dry hands using disposable paper towels. Clean and disinfect frequently touched surfaces, including doorknobs, keyboards and the computer mouse. Launder clothes and bedding of sick family members separately. Use the highest temperature and the longest, most vigorous wash cycle to help remove bacteria. Finally, eat a nutritious diet and get plenty of rest.

Padded for Comfort

Solution-based design is the newest trend in mattress pads. Solution-based pads fall into very specialized groups explains The Soap and Detergent Association. One category is designed to regulate body temperature and may generate increased interest if oil prices remain high.

Manufacturers of temperature-regulating pads claim they are an efficient alternative to blankets because heat rises. Zoned heat pads, with more coils at the foot of the bed and none at the top, offer localized warmth. They wick moisture away from the body, which provides more comfortable sleep and protection for the mattress. Other zone versions offer ergonomic support in various locations throughout the pad, from light support at the head and feet to long channels that permit air to circulate under torso and legs, plus an extra cushion under the hips to relieve pressure. Anti-allergen pads include those made from an allergy barrier fabric and those made from anti-dust mite fabric. Be sure to check the care labels for cleaning instructions.

Humidifiers

In the wintertime, consumers often turn to humidifiers to counteract the drying effects of indoor heat, reports The Soap and Detergent Association. These appliances introduce moisture into the air via evaporation or wicking, ultrasonic vibrations, a cool mist created by centrifugal force, vaporized steam or a warm mist courtesy of an electrical heating element. The extra moisture helps restore dry throats and nasal passages. In addition, dry skin becomes softer, furniture is protected from drying out and static electricity, which is harmful to computers, is reduced. The result is a more comfortable home environment.

On the downside, humidifiers can be a breeding ground for mold and bacteria unless they are cleaned regularly. Because care and cleaning procedures vary according to the type of humidifier, The Soap and Detergent Association reminds consumers to follow the manufacturer's instructions and clean humidifiers regularly. ■

Q & A

SDA Answers Your Questions

Q: What is the best way for me to care for my coat during the winter season?

A: How to care for your winter coat will vary, depending on the coat's fiber content. Check the care label for specific instructions from the manufacturer. For the most part, The Soap and Detergent Association recommends you follow these general tips to keep your coat looking great during the winter months:

- Wear scarves to avoid soiling the collar, especially for leather and suede. Oily stains from hair and skin can permanently stain fabric.
- When storing the coat, use a padded hanger and store it in a well-ventilated closet.
- Avoid hanging the coat by its neck on a coat rack.
- Treat stains immediately to keep them from setting.
- Try to clean the coat at least once during the season and again before storing at the end of the season.

Q: I received an electric blanket for Christmas. Can I wash and dry it the same way I do my other blankets?

A: No, electric blankets require special care. The Soap and Detergent Association advises that you read and follow the care label on the blanket. Most electric blankets can be machine washed. If so, use a gentle cycle and a short agitation time (about two to three minutes). Don't put the blanket in the dryer unless the care label recommends it. Instead, hang it over two lines, or lay it flat to dry. Electric blankets usually shouldn't be dry-cleaned because the chemicals may ruin the wiring. ■





“KEEP IT CLEAN” BRIEFS

Since reds and blacks transfer dyes most easily in the wash load, sort garments by color and accumulate until there is a large enough load of each color to wash.

To reduce the attraction of lint and “fuzz balls” on all kinds of knits, turn articles inside out before washing and use a fabric softener in the rinse water or dryer.

Because it’s lightweight and water repellent, polar fleece is a popular choice these days for hats, mittens, scarves and vests, and as lining in jackets and coats. Dry cleaning is usually not recommended, but check the care label on the garment. To minimize pilling, The Soap and Detergent Association recommends washing fleece items in a net bag on a gentle cycle. Use a soft brush to smooth the nap after cleaning.

When washing heavier items such as pillows or jeans, throw in some towels to balance the load. This will help prevent an unbalanced load from shutting the washer off before it’s done.

Comforters, sleeping bags, coats and other cold weather garments are often made with down or fiberfill. Both down — a natural product — and fiberfill — a synthetic one — are effective in keeping out the cold. Cleaning these items is usually not a problem, but garments with poor construction and insufficient quilting can cause the down or fiberfill to shift, lose shape and become matted. For cleaning instructions, follow the care label.

Bulky items, such as comforters and sleeping bags, are often too large for home washing machines. For best results, wash them at a commercial laundromat, using a large washer. To keep a down or fiberfill item looking its best, clean the item at least once during the winter season and again before it’s stored. Don’t store in a plastic bag, advises The Soap and Detergent Association. ■

This newsletter is not copyrighted. The content may be used at will, with or without credit to The Soap and Detergent Association. Mention of product names or manufacturers does not constitute an endorsement or a guarantee of performance or safety of such products by the Association and/or its member companies. This paper is made from recycled fibers that include post-consumer waste.

The Soap and Detergent Association
1500 K Street NW, Suite 300
Washington, DC 20005

FIRST CLASS U.S. POSTAGE PAID Permit No. 664 S. Hackensack, N.J.

ADDRESS SERVICE REQUESTED



CLEANLINESS FACTS INDEX - 2000

Only full-length topics, "Miscellany" and "Q&A" items are listed. Titles may appear in more than one category.
Misc. = Miscellany

SUBJECT	ISSUE	PAGE	SUBJECT	ISSUE	PAGE
APPLIANCES – MAJOR			HEALTH AND SAFETY		
Water Filtration Is No Mere Flirtation (Misc.)	Mar/Apr	5	HOME SAFE HOME Childproofing Kitchens and Baths	Jan/Feb	2
Getting the "Dish" on Dishwashers (Misc.)	May/Jun	5	SPRING CLEANING BONUS Controlling Allergies and Asthma	Mar/Apr	1
Clean Laundry Appliances (Misc.)	Sep/Oct	4	Water Filtration Is No Mere Flirtation (Misc.)	Mar/Apr	5
Today's Futuristic White Goods (Misc.)	Sep/Oct	5	Window Safety for Children (Misc.)	Mar/Apr	5
Refreshing the Refrigerator (Misc.)	Nov/Dec	4	FOODBORNE ILLNESSES Summer Is Peak Time	May/Jun	1
APPLIANCES – PORTABLE			SAFEGUARDS FROM THE SUN		
Fryer Sales Heat Up (Misc.)	Jan/Feb	4	Trends in Sun Protective Apparel	May/Jun	2
Fry, Baby! (Misc.)	Jan/Feb	4	Fan Fair (Misc.)	Jul/Aug	4
ON THE HORIZON FOR HOUSEWARES			Safe Summer Food (Misc.)		
Computer Technology Leads the Way	Jul/Aug	3	SAFE AND SCRUMPTIOUS Tips for Packing a Safe School Lunch	Sep/Oct	1
Fan Fair (Misc.)	Jul/Aug	4	TURKEY TALK Safe Practices Prevent Problems	Nov/Dec	3
Irons Are a Hot Category (Misc.)	Jul/Aug	4	Refreshing the Refrigerator (Misc.)	Nov/Dec	4
A High Priority on Vacuuming (Misc.)	Sep/Oct	3	Giving Colds the Cold Shoulder (Misc.)	Nov/Dec	5
Pampering with Personal Care Appliances (Misc.)	Sep/Oct	3	HOUSEKEEPING/FURNISHING/HOUSEWARES		
What's Hot in Hair Care (Misc.)	Sep/Oct	4	KITCHEN AND BATH FITTINGS Good Design Is Only Part of the Story	Jan/Feb	3
Come Clean for Great Coffee (Misc.)	Nov/Dec	4	Caring for Non-stick Cookware (Misc.)	Jan/Feb	4
BABIES/CHILDREN/TEENS			The Best Dressed Bed (Misc.)		
HOME SAFE HOME Childproofing Kitchens and Baths	Jan/Feb	2	Color, Convenience Spark Oven-to-Tableware (Misc.)	Jan/Feb	5
Window Safety for Children (Misc.)	Mar/Apr	5	SPRING CLEANING BONUS Controlling Allergies and Asthma	Mar/Apr	1
Animal Prints Are Big for Kids (Misc.)	Jul/Aug	3	HOME TRENDS 2000 Cooking and Decorating Still Popular	Mar/Apr	4
SAFE AND SCRUMPTIOUS Tips for Packing a Safe School Lunch	Sep/Oct	1	Getting a Charge Out of Dusters (Misc.)	Mar/Apr	5
The Baby Grooming Boom (Misc.)	Sep/Oct	4	TRENDS, TRENDS, TRENDS Where Today's Tastes Are Headed	May/Jun	3
DOMESTICATING THE DORM ROOM Hip Roomware Makes Great Gifts	Nov/Dec	3	Storage Still Going Strong (Misc.)	May/Jun	3
GROOMING			Pillows and Throws Go Masculine (Misc.)		
Pampering with Personal Care Appliances (Misc.)	Sep/Oct	3	Home Offices Get Promoted (Misc.)	May/Jun	4
What's Hot in Hair Care (Misc.)	Sep/Oct	4	How to File (Misc.)	May/Jun	4
The Baby Grooming Boom (Misc.)	Sep/Oct	4	Durability Drives Doormat Sales (Misc.)	May/Jun	4

SUBJECT	ISSUE	PAGE	SUBJECT	ISSUE	PAGE
Pockets Come Home (Misc.)	May/Jun	5	Starch or Sizing?	Sep/Oct	5
THE FASHIONABLE HOME From Tabletops to Desktops	Jul/Aug	2	Stain Removal	Nov/Dec	5
ON THE HORIZON FOR HOUSEWARES Computer Technology Leads the Way	Jul/Aug	3	Cleaning Copper and Brass	Nov/Dec	5
Flowers Forever (Misc.)	Jul/Aug	4	TEXTILES/FASHION		
VELVET VS. CHENILLE A Tale of Two Fabrics	Sep/Oct	2	LOOKING GREAT IS GOOD BUSINESS Wardrobe Care for Casual Wear	Jan/Feb	1
A SENSE OF PLACE Home Is Undergoing a Transformation	Sep/Oct	2	HEAT TRANSFER PRINTING A '70s Technique Emerges in the '90s	Jan/Feb	3
A High Priority on Vacuuming (Misc.)	Sep/Oct	3	The Best Dressed Bed (Misc.)	Jan/Feb	5
Four Ways to Fortify Furniture (Misc.)	Sep/Oct	3	COMFORT IS KING Changing Consumer Attitudes	Mar/Apr	3
Tips for Storing Summer Clothes (Misc.)	Sep/Oct	3	The Twenty-four Hour Suit (Misc.)	Mar/Apr	5
Less Frame, More Fabric (Misc.)	Sep/Oct	4	SAFEGUARDS FROM THE SUN Trends in Sun Protective Apparel	May/Jun	2
Less Cleaning Time, Better Products (Misc.)	Sep/Oct	5	Pillows and Throws Go Masculine (Misc.)	May/Jun	3
SPLENDIFEROUS SILVER Regular Use Helps Prevent Tarnish	Nov/Dec	1	WOMEN'S FASHIONS The Lush Life Lives	Jul/Aug	2
LIGHTING UP THE HOME Candles Are Hot	Nov/Dec	2	Keeping Swimwear Swimmable	Jul/Aug	3
DOMESTICATING THE DORM ROOM Hip Roomware Makes Great Gifts	Nov/Dec	3	Animal Prints Are Big for Kids (Misc.)	Jul/Aug	3
Give a Themed Gift Basket (Misc.)	Nov/Dec	4	Dress Casual Is Tops for Men (Misc.)	Jul/Aug	4
Storing Precious Linens and Lace (Misc.)	Nov/Dec	4	VELVET VS. CHENILLE A Tale of Two Fabrics	Sep/Oct	2
Calming Attractions (Misc.)	Nov/Dec	5	Tips for Storing Summer Clothes (Misc.)	Sep/Oct	3
LAUNDERING			Less Frame, More Fabric (Misc.)	Sep/Oct	4
Rust Be Gone (Misc.)	Jan/Feb	4	SDA INDUSTRY NEWS/LITERATURE		
Keeping Swimwear Swimmable (Misc.)	Jul/Aug	3	SDA ORDER FORM		
Tips for Storing Summer Clothes (Misc.)	Sep/Oct	3	New Asthma Booklet	Mar/Apr	2
Clean Laundry Appliances (Misc.)	Sep/Oct	4	SDA ORDER FORM Food Safety FightBAC! Calendar	Mar/Apr	3
Q&A					
SDA Answers Your Questions					
Drying Time	Jan/Feb	5			
Spots on Glassware	Jan/Feb	5			
Egg Safety	Mar/Apr	4			
Cleaning Down Comforters	May/Jun	5			
Dryer Stains	May/Jun	5			
Ironing Stains	May/Jun	5			
Dryer Settings	Jul/Aug	5			
Sunscreen Stains	Jul/Aug	5			
Remove Stains with Club Soda?	Sep/Oct	5			



The Soap and Detergent Association
1500 K Street NW, Suite 300
Washington, DC 20005
www.cleaning101.com