

# HEALTHY, WEALTHY & WISE

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## What do Those Codes on Furniture Tags Really Mean?

Look under the cushions of a typical piece of upholstered furniture and you will usually find a fabric care tag. This tag should include an indication of the recommended procedures for maintenance and routine cleaning of that particular piece of furniture. Part of the tag will likely assure you that all new materials were used; this is a reference to the stuffing inside the piece. What you want to know, more, is how to keep this piece of furniture looking its best, so look for another tag.

### The Cleaning Tag

You should find a tag that specifically lists a cleaning code. Before we go into what these codes mean, please note that these tags and codes are merely a guideline to assist you in spot cleaning only. The tag is also an indication to the professional cleaner how to avoid color loss, bleeding, browning or shrinkage during cleaning.

Fabrics are made from a variety of fibers including cotton, polyester, silk, rayon, nylon, polypropylene, acetate, acrylic, wool and blends thereof. They

can be woven in a variety of ways, as well as having an unlimited array of dye methods, colors and patterns. All of these different combinations make avoiding possible cleaning reactions very challenging, but possible - if you know what you're doing!

Improper selection of cleaning agents or methods can lead to permanent damage to fabrics. An example is crushed velvet. If it is treated improperly, it can lose its softness, luster and crimp. This sort of damage is irreversible. Many floral or multicolored patterns are printed on the fabric rather than woven into it. Extra care must be taken when cleaning these as the colors are only on the surface. The wrong chemical can actually remove the printed dyes, or destabilize them to the point that the colors run into each other. Again, this is uncorrectable.

So, effective and safe cleaning of your upholstered furniture means knowing how to clean it. Part of that requires deciphering the code, so here are the cleaning codes and their meanings:



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## Stuffed Jack-O-Lantern Bell Peppers

### Ingredients:

- 6 bell peppers, any color
- 1 pound ground beef or turkey
- 1 egg
- 4 slices whole wheat bread, cubed
- 1 small onion, chopped
- 1 small tomato, diced
- 2 cloves garlic, minced
- 1/2 cup chili sauce
- 1/4 cup prepared yellow mustard
- 3 tablespoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
2. Lightly mix together the ground meat, egg, bread cubes, onion, tomato, garlic, chili sauce, mustard, Worcestershire sauce, salt, and pepper in a bowl.
3. Wash the peppers, and cut jack-o'-lantern faces into the peppers with a sharp paring knife, making triangle eyes and noses, and pointy-teeth smiles. Slice off the tops of the peppers, and scoop out the seeds and cores. Stuff the peppers lightly with the beef stuffing, and place them into the prepared baking dish so they lean against each other.
4. Bake in the preheated oven until the peppers are tender and the stuffing is cooked through and juicy, about 1 hour.

recipe courtesy allrecipes.com

## Furniture Tags (continued from cover)

**W:** This codes tells you to spot clean only with water based shampoo or foam upholstery cleaner. If your tag has a "W" be careful not to over wet the area or use any solvents.

**S:** This codes tells you the opposite of "W" – it says to spot clean only with a water free dry cleaning solvent. But remember to always pretest a small, inconspicuous area before proceeding. Be careful not to oversaturate the material or to use any water.

**WS or SW:** When you see this tag spot clean with upholstery shampoo, foam from a mild detergent, or mild dry cleaning solvent.

**X:** This is a really important one which means to clean only by vacuuming or light brushing with

a non-metallic, stiff bristle brush. Never use any water or solvent-based cleaners on furniture that has this tag.

No matter what tag you see, remember these basic suggestions:

- Always clean spills promptly, and call Veterans Cleaning Solutions if you are in doubt.
- Never rub, but rather blot up liquids to avoid damaging the furniture.
- Always start cleaning from the outside of the stain, working your way in, to avoid spreading the stain.
- Do not remove cushion covers for cleaning as they may shrink or misshape and not go back on properly.

## Milk and Mood

In response to low-carb and low-fat diet fads, many people have sworn off milk products. Others may be sensitive to the effects of milk on their digestive or respiratory systems.

There is a benefit to drinking milk, that those who have given it up are missing. Milk can positively affect your mood. It is high in whey protein, which is a rich source of the amino acid tryptophan. Whey decreases physiological responses to stress, can enhance your mood, and boost memory performance.

A study conducted by Dutch and Yale University researchers found that whey increases tryptophan in the brain, which in turn leads to a higher production of the chemical serotonin. This body chemical boosts your mood and has the potential to enhance your brain's performance during stressful times.

Whey has also been found to aid in weight loss, as it plays an important role in limiting hepatic fatty



acid synthesis. This means that muscle tissue burns more fat when exercising. Whey also can help with mild depression.

So, what is the best way to get milk in your diet without any negative side effects? Try adding low-fat or fat-free milk sources such as yogurt, cottage cheese, and cultured dairy beverages like kefir. You can also add whey powder to a daily smoothie. Or simply drink some milk.

Most negative effects come from drinking too much milk. An 8-ounce glass, one cup, of fat-free organic milk every few hours will boost your mood and give you a steady stream of energy for the entire day.



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## Eye Health as We Age

According to a survey by the Ocular Nutrition Society, four in five baby boomers ranked their vision as the most important sense. In fact, those same people said that they worry about vision loss almost as much as contracting cancer or heart disease. But only fifty percent said they visit an eye doctor at least once a year.

What is the best way to protect your vision as you age? First, you should get an eye exam every year. Your doctor can help you know if you are at risk for eye diseases such as macular degeneration. Be sure to know and discuss your family history of eye disease.

You should also protect your eyes by not smoking and always wearing sunglasses with UV protection. Regular exercise is not only good for



your body, but also contributes to eye health as well.

Finally, be aware of the role nutrition plays in eye health. Vital nutrients such as lutein, zeaxanthin, and omega 3 protect your vision and keep your eyes healthy. To increase these nutrients in your diet, eat greens such as spinach, kale, and broccoli, along with salmon, halibut, and tuna. If you think you have shortfalls in your diet, you can take a vitamin supplement specifically formulated for eye health.

The temperature in the room should be kept at a comfortable level. Do not allow your baby to get too warm.

Establish a smoke-free zone around your baby. Research indicates that cigarette smoke in your baby's environment increases the risk of SIDS.

Breastfeed your baby, even if for only a short period of time. Breast milk contributes to your baby's overall health and can decrease the risk of SIDS.



## Healthy Babies

Sudden Infant Death (SIDS) is the sudden, unexpected, and unexplained death of a child under one year of age and is sometimes referred to as "crib death."

Although no one knows what causes SIDS, there are some things you can do to make your baby safer.

Place your baby on his or her back to sleep. Although for many years, this was not considered good advice, studies have now shown that this contributes greatly towards reducing the chance of an occurrence of SIDS. Not all babies should sleep on their backs however. Discuss this with your doctor if your baby has any medical, eating, or congenital problems.

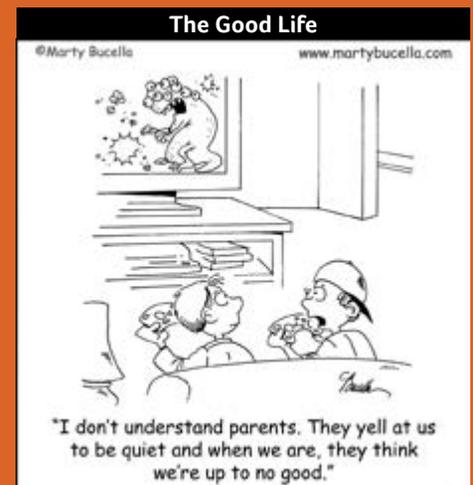
Babies should never be placed in a crib or bed with large, loose, or fluffy blankets, pillows, or comforters. There should not be any gaps between the mattress and the crib frame.

## Good Clean Funnies

A mom and a son come home from the grocery store. The boy immediately empties out a box of animal crackers and the mom asks him why. The boy says, "You should not eat it if the seal is broken, so I'm looking for the seal."

A man dining at a restaurant flagged down his waiter and said, "Excuse me. I have a bee in my soup." The waiter replied, "Yes sir. Didn't you order the alphabet soup?"

A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."



## Quick Tips

### The Easiest Way to Clean a Lampshade

Sometimes, cleaning jobs are all about having the right tools. And it turns out the best tool for cleaning a lampshade is a fabric softener sheet! They pull away dust and prevent static cling, which means less dust in the future. Used dryer sheets work just as well as new ones.

### Insulate Your Outlets

Did you know that you could be losing warm (or cold) air through your electrical outlets? Apply fireproofing foam insulation into the gaps around electrical boxes. This foam is available at most hardware and home improvement stores.



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House Washing  
Concrete Cleaning  
Pressure Washing  
Fence and Deck Softwashing  
Window Cleaning

## Win a \$25 Panera Bread Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

**When looking at the instructions for cleaning your furniture, the tag with the letter 'S' means you should have it cleaned ....**

- a. Spot cleaning only with solvent cleaner
- b. using Steam cleaning
- c. while eating a Sandwich
- d. with SuperClean

Once you've found the correct answer, email it to [admin@missioncleanandhealthy.com](mailto:admin@missioncleanandhealthy.com). The winner will be determined from a drawing of all correct answers.

*Contest Expires 10/31/2017.*



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