

**Family Living  
Focus**

by  
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**Household Maintenance  
Tips To Make The Job Easier**  
Cleaning needs around the home can be helped by having a routine.

Kitchen soils are often related to grease and food, so these surfaces need to be sanitized to reduce the spread of food-related bacteria. Wash surfaces with hot, soapy water first. To sanitize hard, nonporous surfaces like porcelain sinks or countertops, mix one tablespoon liquid bleach in one gallon of water and repeat the process for walls and floors, the cleaning

lon of water. Wipe on the surface, keeping the surface wet for at least two minutes. Allow to air dry with no rinsing. For porous surfaces like wooden cutting boards, mix three tablespoons liquid bleach with one gallon of water. Again, keep the surface wet for at least two minutes. Rinse and wipe dry or let air dry.

For a disinfecting solution, mix 1/2 cup liquid bleach with one gallon of water and repeat the process from these! For countertops, a

solution needs to be mixed in a pail for efficiency. To prevent streak marks on large vertical areas, start from the bottom and work up, overlapping areas as you clean in a circular motion.

Use a small foam paint brush to clean those tight spaces between cabinets or under appliances. Keep the brush for this purpose only! If the countertop is textured, try a soft vegetable brush for cleaning.

Clean microwave and oven spills when they happen so they don't get baked on and harden. Make sure the surface is cool before cleaning the top of the range.

Sinks really get a workout and need daily attention. Use a non-abrasive, all purpose cleaner. Porcelain surfaces and stainless steel should be disinfected.

Bathrooms are where the cleaning challenges have many surfaces: chrome, brass, glass, porcelain, and fiberglass.

Keep shower doors and curtains open after use to air dry and pre-

vent a build-up of mildew. To remove mildew, use liquid bleach solution to remove stains (1/2 cup bleach to one gallon of water). Wear gloves to protect hands while using this solution. Warning — never mix bleach with other cleaning products!

To clean the sink, faucets, tub, or shower, wash with soapy cloth or sponge. Use baking soda and non-scratch pad for stubborn marks. Rinse with clear water.

For toilet bowls, use an all purpose commercial cleaner or mix three tablespoons washing soda per quart of warm water. Washing soda is available in the laundry section of the grocery store near the dry bleach. Use a long-handle brush to clean the bowl, rim, and as far into the trap as possible. Do not mix different types of toilet bowl cleaners together! Remove the toilet before using another type of cleaner in the bowl.

Ceramic tile is easily scratched. Use a nonabrasive, all-purpose cleaner for surface care.

Other surfaces around the home require your attention as well. For glass surfaces, use a soft cloth. Spray cleaner directly on the

cloth, then clean the surface. For windows, use a soft toothbrush to clean corners.

Although painted surfaces (walls and woodwork) are usually washable, test the cleaning solution in an area where it will not be seen first, especially if the surface is recently painted. Use a nonabrasive, all purpose cleaner or wood cleaner.

Here are a few hints to help you be less hassled as you go about your chores at home:

- Keep equipment in good working order.

- Store supplies in convenient locations. If you have to search, you probably won't use it.

- Carry a basket of supplies with you when you clean. Load it with soft cloths, sponges, foam brush, vegetable brush, and assortment of cleaning products.

- Sort out your cleaning supplies regularly.

To clean at a safe working height, have a stable stepladder or stool which will safely help you get to hard to reach areas.

The wear and tear from soil will be reduced by a carefully planned routing.



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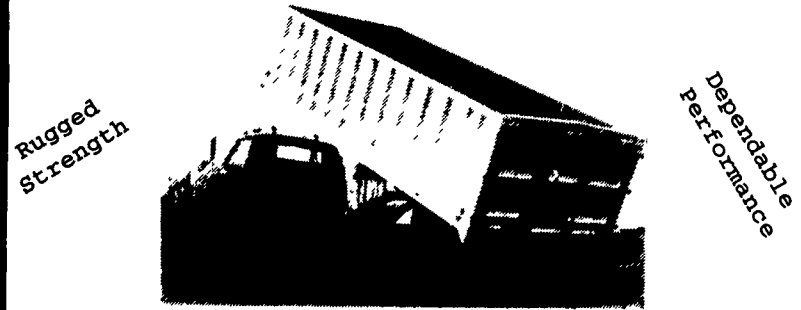
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