

newsworthy trends

Survey: Making Short Work Of Housework

(NAPSA)—Want the real dirt on American women's housekeeping habits? A recent survey shows that most of us spend around 12 hours each week cleaning and doing the laundry. What we need, according to Tara Aronson, author of *Simplify Your Household* (*Reader's Digest*, 1998) are some



HOUSEHOLD Help!



Home-Keeping 101:
Simple Solutions to
Looking and Living
Your Best



What also comes out in the wash is that most of us spend 12 hours each week doing housework.

simple ways to keep up our homes without wasting the weekend to do it, starting with the basics.

Ms. Aronson contributed her expertise in a new booklet called *Household, Help! Simple Solutions to Looking and Living Your Best*, which is available free. Ms. Aronson's advice includes:

- To cut down on lint, don't machine-dry towels and clothing together.
- Save shelf space by storing sheet sets inside a pillowcase.
- Save a trip to the cleaners by reading care labels. Garments marked "dry clean" (not "dry clean only") may be washable in a mild detergent like WOOLITE® Fabric Wash.

For a free copy of *Household, Help! Simple Solutions to Looking and Living Your Best*, write to Woolite Household, Help! Booklet, P.O. Box 1137, Grand Rapids, MN 55745-1137.