

SPRING CLEANING, MRS. MEYERS' WAY

Spring has sprung, the birds are back, the grass is fighting it's way through the underbrush and the weather is warmer. But there is one part of spring that a lot of people avoid if possible: spring cleaning.

Yes, it's time to dust out the cobwebs, clean your closets, beat your rugs, and clear the air in anticipation of the warm weather.

Now a lot of people may look on the activity of cleaning as painful, but Mrs. Meyer (aka Thelma A. Meyer), who has her own line of cleaning products, written a book called "Mrs. Meyer's Clean Home: No-Nonsense Advice That Will Inspire You to Clean Like the Dickens" is here to tell us how easy and fun cleaning can be. A mother of nine, she's no stranger to constant cleansing, and it's an activity she actually enjoys. She has some terrific cleaning tips you might not know, using household items you probably already have.

She offered lots of tips on *The Early Show* on Friday, April 3, 2009:

To read an excerpt of the book, go here:

http://www.amazon.com/Mrs-Meyers-Clean-Home-No-Nonsense/dp/0446544590/ref=sr_1_2?ie=UTF8&s=books&qid=1238694049&sr=8-2#reader

Some of her tips:

Cleaning is not something a lot of people enjoy doing. No one wants their house to look dirty, but scrubbing from floor to ceiling isn't all that fun. But author of Mrs. Meyer's Clean Home is here to tell you that keeping your house spic and span can give you a kick. And she should know. As the mother of nine children, she has a ton of experience keeping everything in it's place.

Thelma Meyer is a self made woman. Through years of exploring cleaning recipes and techniques she released her own namesake cleaning products and they have sold very well. To follow up on that success she has released Mrs. Meyers Clean Home: No-Nonsense Advice that will Inspire Your To Clean Like the Dickens. It's a book chocked full of tips on how you can create a clear cleaning schedule for yourself, and a ton of tips on how to clean everything from your laptop to your ceiling fan. She also has recipes of cleaning solutions that you can make at home, using ingredients as simple as peroxide, baking powder, and fresh lemons.

How can you make cleaning fun? Thelma tells us that the most important aspect of keeping it fun is to not be overwhelmed by it. Make sure you space out your cleaning, so that you don't get overwhelmed by the sheer enormity of it. Thelma used to do it like this-Monday was laundry day, Tuesday was ironing and mending day, Wednesday was bedrooms and home office cleaning, Thursday was shopping day, Friday she tackled cleaning the living room, and Saturday she handled the bathrooms and kitchens. And on Sunday, Thelma made it a point to take the day off and rest. She insists that this kept cleaning as a fun thing to do, and not an overwhelming obligation.

Thelma also talks a lot about making your own cleaning solutions with household products. For instance, just by grinding some lemon rinds in the garbage disposal you can get rid of smelly sink stink. Thelma is going to show us some of her lesser known tips so that you can clean like a pro.

TIP 1-You can use newspaper to clean a mirror

Mirrors tend to get dirty. They get stained with water, or hair spray or toothpaste. To wash them is really simple. Just fill a spray bottle with club soda, spray and wipe clean with some balled up newspaper. Newspaper works very well with reflective glass. If you want to defog your bathroom mirror, simply smear the glass with shaving cream and wipe, or use your hairdryer, holding it up to the mirror for two to three minutes.

TIP 2-You can use newspaper to absorb moisture and odor in sneakers

Newspaper does a nice job of absorbing moisture in sneakers and other casual shoes. Simply ball up and stuff inside after using.

TIP 3-You can use fabric softener in a lot of places

To make sneakers smell good, you can line the bottom with fabric softener. Also, try stacking fabric softener amongst your towels in the linen closet. It will keep them soft and smelling fresh. Skip using the fabric softener in the dryer cycle-the chemicals in fabri9c softener will stiffen the bristles.

TIP 4-Removing pet hair from pillows

When you have pets, removing their constant shed hair can be a pain. If you want to take the pet hair off your furniture it's very simple. Get yourself a pair of rubber cleaning gloves and dampen. Then place your hands inside the glove and wipe the pillow in long strokes to remove the hair.

TIP 5-Using recycled soap bits as detergent

Thelma tells us to stop throwing away those little pieces of soap. She takes hers and stores them in a plastic jug in the jug under the sink with a little bit of water. She then places all of that in a pan on the stove with a little water, heating bit by bit stirring, until the soap melts. You can then use that melted down soap in the washing machine to tackle greasy stains on denim.