

Local news

LAUNDRY TIPS

Alternatives for cleaning clothes void of detergents

Although last week I disclosed my dislike for laundry day, I do find it to be one of the most rewarding household duties—eco-friendly speaking.

I had an overwhelming response to my last column regarding this loathed task, so I guess most of you either share my distaste for the task or are just eager to seek out environmentally friendly alternatives.

I want to thank my readers for contacting me with such interesting comments and questions regarding laundry day, even though you have rendered me unable to run and hide from my laundry fears.

So, without further adieu, I'd like to share some of your excellent eco-friendly laundry woes and comments.

I was so happy to receive an e-mail from a very interested reader who is involved with the British Columbia Sustainable Energy Chapter.

Energy is such an important issue when it comes to laundry, and we can change that.

My reader pointed out that Canadians are among the world's leaders in energy consumption.

Our usage has soared considerably over the past



NATALIA MORFY

Eco-friendly lifestyles

two decades, while other areas with greater population growth have managed to level off their usage.

We can start conserving energy in the laundry room.

My reader suggested hanging laundry to dry—I know it is unusually frigid at present, but get creative indoors.

Use railings, door hooks, shower railings, chairs, clothes rack and others.

Clothes will last longer, energy will be saved and you can eliminate those nasty dryer sheets discussed last week.

Another reader wrote in asking, "What kind of re-

usable dryer sheets are available and where can I get them?"

Last week I mentioned that re-usable dryer sheets are a great alternative to perfumed disposable ones. Re-usable dryer sheets leave your clothes soft, static free and if you choose to add essential oils—sweetly fragranced.

They are available at hardware stores and are called Natura Static Free Reusable Dryer Sheets and are good for 500 loads.

I received another e-mail from a reader wanting to know what kinds of natural disinfectants can be used in the wash loads to get even the most soiled of clothing clean, and if baking soda should be used as a substitute for laundry detergent.

To disinfect clothing add some tea tree oil drops to your wash load and if also washing whites, adding three per cent hydrogen peroxide is a great germ fighter and non-toxic bleach.

For the really dirty laundry, fill a basin with hot water, baking soda and vinegar to get stains out. Let the mixture sit for a half an hour, rinse and put the clothing through the normal wash cycle.

Energy is such an important issue when it comes to laundry... Canadians are among the world's leaders in energy consumption.

Also, the contents of a digestive enzyme pill are great for getting out grass and mud stains.

Mix enzyme pill powder with water to make a paste and let it sit on the stain, then scrub and rinse.

As for baking soda, it can be an additive to your laundry load, but will save you from using the full amount of laundry soap normally required.

A half cup of baking soda should be sufficient for a large load.

If you'd like to substitute washing soda for baking soda, these are some things that you should be aware of.

Baking soda has a pH of 8.1 and washing soda has a pH of 11, rendering it more acidic than baking soda and therefore better at getting out tougher stains.

Because of these stronger effects, some people do prefer washing soda.

However, baking soda allows clothing to last longer and is better for the environment.

Once again, we've tackled the laundry. Next week, I will investigate the world of washing machines and dryers, en-

ergy star ratings, and the related ways to save water and energy.

You too can have your household questions answered—or, if you have some great healthy household hints that you'd like to share, e-mail me at service@innaculateinteriors.ca. I would love to hear from you.

Natalia Morfy is an advocate for eco-friendly living, working through her business, Innaculate Interiors Eco-Friendly Cleaning, 808-7774. www.innaculateinteriors.ca