

FASHION, SHOPPING & CARE™

The 3-Minute Newsletter for Men, Women & Teens

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CLOTHING CARE ... with Steve

FASHION & STYLE ... with Kate



Stain School & Care: Spring Cleaning 2

Household Items

Ok, we know that drapes should be vacuumed regularly and cleaned at least every two years, and furniture covers should be cleaned at the *first* sign of soil or stains. It's time to examine Bedding, one of the most misunderstood parts of the home!

Bedding

Bedspreads, quilts, duvets and pillow shams need attention and inspection, regularly, under *bright* light. Bedding is often tied into color schemes, so if one piece gets soiled or stained, the whole ensemble can be compromised. Like clothing, bedding touches our skin. We have oils on our hands and face, make up, perspiration on our body ...



- ▶ Many people eat and drink in bed: some of us actually "do our nails" in bed.
- ▶ Spills from drink and food can cause nasty stains and yellow discoloration. When water is used to "rinse out" spots, rings usually form because stains could not be completely flushed through the fabric.
- ▶ Each time we pull the spread back, we deposit soil and oil onto the fabric. If the spread touches our face, we get make up and body oils on it.
- ▶ Pillow covers and shams become stained with hair products, hair dye — from a recent visit to the salon — and oils.
- ▶ Tugging on bedspreads and blankets can cause loose seams, holes and tears.

What Can We Do?

Inspect items often, clean at the first sight of soil, point out stains to our drycleaner, refrain from using water on stains, and try to buy fabrics that can be drycleaned and washed. ☺

Steve Boorstein is an author, clothier, drycleaner & radio personality

Building a Wardrobe: Flatter YourSELF

Sunglasses and Sun-Less Tanning

Last issue, we showed you four different "head shapes" and the best sunglasses for those shapes. The Clothing Doctor was interviewed by Real Simple last week about Sun-Less Tanning creams and sprays, and I'd like to share some interesting facts with you ...

Sun-Less Tanning

First of all, you still have to use sun block, in addition to the tanning creams, gels and sprays. Look for "quick drying" tanning products such as Loreal, and always let them dry before dressing. If they rub off or spill onto your clothing, refrain from using water and stain removers on "dryclean-only" clothing and get them to your cleaner ASAP. If you are going to wash them at home, use Oxiclean's Laundry Stain Remover.

Style

Even though large-framed glasses are "in" at the moment, don't be fooled into wearing them if they look silly on your face. Here are two more head shapes to consider. Thanks!

Small-sized face
- Small frames
don't overpower!



Oval-shaped face
- considered the
"perfect" face
shape you can
wear almost any-
thing!



Kate Rice Jones styles clothing for TV and private clients. Appearing in more than 400 style segments, she's worked with TV Guide, USA Network and Lifetime's Head 2 Toe. Kate delivers style solutions.

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