



Get Pressed Dry Cleaning News

October 2016



Moths:

Storing sweaters for fall and winter wear is a common practice. In order to ensure that your sweater is in perfect condition when you pull it out of seasonal storage, here are a few tips for you:

- First, always make certain that you clean your sweaters BEFORE you put them into storage.
- You can use the old standby, mothballs, but only if you want your kids and grandkids referring to you as "Grandma Mothballs".
- Other choices include storing in cedar chests, or by making sachets out of 2 ounces each of dried rosemary, mint, 1 ounce dried thyme and ginseng, and 8 ounces cloves. Weavers use this combination to protect their wools.

Caring for Sweaters

You just couldn't resist that beautiful sweater, and the label assured you that you could machine wash it. They were right, you could wash it. What they didn't tell you is that washing it that way would result in a pilled appearance. Fortunately there are small devices, electric shavers that can take off the pills from your sweater and help to restore its original appearance.

What is better is to take care of your sweater the way it needs in order to retain its color, shape, and integrity. As with all garments, inspect the garment care tag. If it recommends dry cleaning, then please do this. Garment manufacturers know their fibers, and following their recommendations will retain the original state of the sweater.

If your sweater is machine washable, then wash them carefully, using the gentlest cycle and coolest water temperature. To avoid pilling, turn the garment inside out. Sweaters are especially prone to stretching when they are wet and improper handling while wet will ruin the shape of your sweater. To avoid pilling, you should hand wash.

Any sweater made from wool, whether sheep, goat, or alpaca should always be hand washed in cool water to avoid the risk of shrinking. Use a liquid soap specially made for wool or sweaters. Fill the sink with cool water and mix the soap into the water before you put the sweater into the water. Push the sweater gently under water with your fingertips. Soak for 20 minutes. Drain and rinse once or twice. Once rinsed, gently squeeze the water out of the sweater, roll in a large dry towel to remove most of the water from the sweater.

Once you have removed the water, you'll need to "block" the sweater. This means you will want to shape the sweater back to its original size and shape on a flat surface and leave it there until it is completely dry.

Because of a sweater's tendency to stretch, you should never, ever hang sweaters in the closet. They need to be stored folded in a drawer or on a shelf. Keep out of the sun while storing to avoid fading of color.



\$10 Leaves For Referring Your Neighbor!!
Recommend your neighbor; she'll get \$10 in
FREE dry cleaning and so will you!

Raking Leaves

One of my favorite fall activities is raking leaves. However, as I share this passion with others I find that they're not quite as enthusiastic about this as I am. Perhaps if you realize what a powerhouse decomposing leaves are for your garden, you'll once again enjoy this activity!

The thing is, you'll need to compost those leaves. Easier done than said, really! You can either purchase a composter from your home and garden center, or build one. Then, when your leaves begin to fall, run over them with the lawn mower to cut them down in size. If you have a mower that bags, even better, you won't have to rake! Composted leaves will:

- Hold soil moisture to protect against drought
- Fertilize your garden with micro-nutrients
- Balance the pH of your soil
- Retain soil nutrients in your garden that would otherwise be lost due to water washout.

The next time you rake, think of the benefits for your garden!

Bacteria vs. Virus

Cold and flu season are quickly approaching. All cold and flu are caused by viruses, and can be quite difficult to treat. Because they are viruses, antibiotics don't work on them. Bacterial infections are easier to treat than viral infections for a few reasons:

- Viruses live by becoming part of the cells that they penetrate, making it difficult to kill viruses without killing cells.
- Bacteria lives on their own, targeting them with medication is much easier.
- Bacteria can be beneficial to the body. We have many types of bacteria that do not hurt us and many types that actually help us.
- The only way to fight viral infections is through vaccinations because it keeps the virus from invading the cells in your body in the first place.

When the time comes to get your flu shot, try to be the first in line. This vaccination prevents the actual flu virus from invading your cells and setting up a serious disease.

Packed Pumpkins

Have you ever tried to bake a casserole inside a pumpkin? This is a terrific way to use pumpkin, which is incredibly healthy, and make a festive meal during the month of October. You can make your traditional casserole, pour it into a pumpkin that has been cleaned and will fit into your oven. Bake as you normally would, perhaps adding an additional 20 minutes to make sure the pumpkin is completely cooked as well. Serve hot directly from the pumpkin, scraping some of that beta-carotene packed orange pumpkin alongside your usual casserole. Do this in smaller pumpkins for a kid-sized treat. Just make sure that your pumpkin will sit upright. If it tips a bit, cut off just a small portion on the bottom to help stabilize it. This is an all-time favorite meal in my family.



“O, it's then the time a feller is a-feelin' at his best,
With the risin' sun to greet him from a night of peaceful rest,
As he leaves the house, bareheaded, and goes out to feed the stock,
When the frost is on the punkin and the fodder's in the shock.”

~James Whitcomb Riley

The Kids Are Off To School!

The summer is gone—back to work. Get all your dry cleaning in order. Check to see if the moths eat any of your garments. If so, we can repair them. To prevent the moths, clean your garments before the winter comes.

This month's quotes:

"Enjoy everything that happens in your life, but never make your happiness or success dependent on an attachment to any person, place, or thing." -Dr. Wayne Dyer

"Doing the best at this moment puts you in the best place for the next moment." -Oprah Winfrey

"They always say time changes things, but you actually have to change them yourself." -Andy Warhol

"Everything that irritates us about others can lead us to an understanding of ourselves." -Carl Jung

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