

# Simply Service

For those interested in service relationships

May 2008



## Better Late than Never!

It has been awhile -- a great while, more than a year since an issue of Simply Service was out. As many of you know, I was very committed that articles reflect service on a daily basis from those that have experienced the joys and issues. Thank you to all of you that have kept in touch and reached out to ask about future issues, and offered to help. So we're going to try it again, with perhaps less ambition than monthly. Let's aim for quarterly, and hope for the best.

As always, I encourage each of you to participate by sharing even the simplest tip about how you enhance your service. It doesn't have to be a full-scale article, even small contributions add variety and value.

How do you manage your time? What is something you do that makes your life easier, or your Owner's life easier? From the Owner's, what are your perspectives about service, your preferences, your wish lists? Creative ideas are great, practical ideas even better.

I have missed this, and look forward to sharing and growing with each of you.

And why the picture? From my Alaska adventure last summer, the ripples remind me that every action has multiple ripples that go out into the world. I think that is a good focus with service.

With respect, in service,

## *BootPig*

[wmb.bootpig@gmail.com](mailto:wmb.bootpig@gmail.com)

To receive issues, send a blank email to:

[SimplyService-subscribe@yahooogroups.com](mailto:SimplyService-subscribe@yahooogroups.com)

### Please note:

This list is for posting the newsletter only. There is no other mail generated from the list, just one email a quarter (or whenever) that gives the new issue. Selecting "digest" in your preferences will cause yahoo to strip the .pdf attachment. Past issues are posted on the newsgroup.

## See you soon...

- Tribal Fire 2008 in Oklahoma City  
May 2 – 4, 2008
- Great Lakes Leather Alliance in Indianapolis, IN August 22-24, 2008  
<http://www.greatlakesleather.org>
- "Behind Closed Doors"  
Presented by Baja Arizona Leather in Tucson, AZ September 20, 2008  
[members.cox.net/bajaarizona/ather/home.htm](http://members.cox.net/bajaarizona/ather/home.htm)

*"I see where I am now with Sir, as a tensile state. I think this place is where you talk to long-term people that state quietly that release is not an option, or make professions of lifetime service. They are surrendered to the choice and have developed the strength and adaptability to move through the most complex circumstances."*

*BootPig*

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My thanks to porkchop for her epic contribution on the finer points of bedding. For those of you that don't know her, she is my partner in crime, serving Sir side by side with me. I am blessed to have her in my life (and I'm sure He finds it pretty cool too)!

### Welcome to Darren, a new contributor for this issue!

A member of the Toronto, Ontario BDSM community for almost 10 years and the property of a wonderful Owner for the last 4, Darren enjoys contributing to the education of others and finding new ways to learn and grow himself. He and his Owner Laura (aka Sir) have helped organize several events across Ontario and taught workshops on relationship dynamics and play techniques. They are the parents of two wonderful girls. Darren can be reached at [darren.infinity@gmail.com](mailto:darren.infinity@gmail.com).

## Is Slavery Real?

Darren

"You aren't really a slave" she said. "Slavery is illegal, you could truthfully walk away at any time, and no contract, slave or otherwise, is going to change that."

I've heard this argument a thousand times after I tell other submissive-type folks that I identify as a slave. And while true in a historical sense, I do feel every bit the slave.

When Sir and I first got together, I had done a lot of soul-searching after my last relationship with a Domme. Looked deep inside myself to find out what I truly wanted. In this last relationship, for example, she professed to want a submissive, but what I think she really was seeking was someone to boss around in the bedroom, someone to kneel beside her when she felt like it. And, unfortunately for us, I wasn't that guy.

What I really wanted, more than anything (and still want) is to be accountable to someone. Not to necessarily be micromanaged by my Owner, but to be given a guideline of expectations for my conduct. That I can be called to task on how I conduct myself in my day-to-day life is both invigorating and fulfilling for me.

Becoming owned wasn't something that we sat down and negotiated. Rather, Sir and I started out as two people looking to explore with each other and see where it went. In fact, when we first met, I identified more as a submissive (this is not a signal, by the way, for anyone to start debating the differences between slave and submissive. For these purposes, the only distinction that is important is the one I make for myself) than a slave, and even had an attitude similar to that quoted above. I was rather critical of the whole idea of being a slave, until one day I woke up and realized that the control and essence of our relationship did not fit my or Sir's definition of submission any more. It was not that I had "surpassed" submission or that my commitment to her was in any way more different or complete than those who identify as submissive, it was

simply different.

And here, I think, is the core of that difference. I don't think that it is so much that Sir bends my will to match hers. It feels more like her will bends **me**. That I often, and sometimes vocally disagree with her, is a given. That I am a strong, independent person, capable of making his own way is also. No, the crux of it is not that I am compelled to submit to her, it is that I am compelled to obey her. That her Ownership over me came gradually, through the building of trust and love, and now it is my will to become an instrument of her will. That my calling is to be her obedient slave, above all other duties.

So how does this relate to the beginning of this article? How can I call myself a slave, when the laws of the land give me the right to walk at any given moment, and rightly so? My agreement that all my money and possessions and right to privacy are hers would not be recognized by any court. But by living each day intent on being her slave, I can push those things aside and serve her to the best of my ability. I feel owned, I feel responsible to Sir, I feel that I owe her my service. By feeling that I am her slave, that I owe her an explanation, that I must answer when asked a question, I am forced to be communicative. And by feeling that there is no way out, it allows me to face the really tough times in our relationship rather than say "forget it, I'm outta here" as so many of us in this 50% divorce rate world do.

I've made my vows and I'm bound by them. Not because anyone or anything else says so, but because I say so. Because each day we take the steps and do the work necessary to bind me to her and her will.

## A special message from our family to IMsL 2007, Lauren

Lauren,

As you step down in May from a year of challenges and joys, and more travel than can be mentioned, we wanted to tell you Congratulations! You've worn the sash with pride and dignity and it has been our pleasure to have you call Phoenix home and to share in your friendship.

Going forward with your life, we hope you know that you've made many new friends that will enjoy you having a little more FREE TIME!

Welcome to the land of eccentric wuzzies...

Love,

WMB, pig and pork chop!

### *Helpful Hint:*

Apathy strikes the best of us. I don't care how experienced you are, sometimes a moment of, "Oh geez, what NOW!" hits. Occasionally, I'm so overwhelmed that I become paralyzed for a moment and can't think of the next best thing to do. Just set a timer for 5-10-15 minutes and do something, anything, that will get you moving.

Clean a mirror, dash off some correspondence, put the dishes to soak. Little steps add up to big ones and will take your mind off of more complex problems for a few minutes.

**Presto! Service reboot!**

## Technology and Service

Handy sites for managing the day-to-day demands of service, especially if you're combining your service with other roles such as parent, employee, student, or volunteer.

**Jott.com:** My personal favorite. Manage your task list online and send "jotts" via text, email or voice and have your task list updated immediately. Create contacts and groups to jott at once. "Jott Sir, Running late, stuck in traffic, will be home in 30". He'll receive a text and email notifying him of the message.

**Wakerupper.com:** Set phone calls to yourself for reminders at specific time. "6:00pm, pick up dry cleaning on the way home." At 6pm, you'll get a phone call with your specific message. You can also set calls to other people. "Sir/Ma'am, you wanted to call so-and-so this evening."

**Google:** and the whole toolbox for saving documents online – what about your user manuals for household appliances, schedules, important links.

**101 Cookbooks:** Specifically, their link for iPhones, though I think it would work with any web-enabled phone:

<http://www.101cookbooks.com/iphonerecipes/>

I can stand in a grocery store, look up a recipe, make sure I pick up what is needed and head home.

**Nirvino:** A mobile application for checking wine reviews and ratings from your mobile phone. Handy if you're the one elected to pick a wine out for a special occasion and no sommelier is handy.

Please send me your helpful links!

# Thinking Outside of the Box

BootPig

I do some of my introspection via my journal and have had some great conversations with friends through it lately. In response to a friend's question, "How do you think you can train someone to think outside of the box?"

In my usually non-pc manner, I think this is an excellent question. It sort of leads me into a favorite rant, that most "training" I see in M/s and other power exchange relationships just flies in the face of recognized theory on how training and development occurs, especially training designed to encourage creativity and innovation.

Adult learning theory matters in how people will transfer knowledge, and while I believe many Owners/Masters/Tops have the best of intentions, their intentions do not always translate to quality training. People say that Masters and slaves require work to excel in their roles -- well so do trainers. Just because you decide to train does not mean you actually have the skill to train.

There are slaves labeled "untrainable" that simply haven't had someone that knew what they were doing training them. Barking orders, rote assignments, and cookie cutter practices do not expand on abilities, nor does a pouncing punishment "gotcha" mentality that creates phobias about anything less than perfection and absolutely rules out expansive thought and action. I'd submit that these practices detract from actually determining areas of potential and limit the performance of the service person. I'm not talking about a level of formal protocol that requires rigid compliance, but an overall learning environment that suggests, "don't think, just do". Long-term service will in fact, require thought, a great deal of it on occasion. I think, through ignorance, people create slaves that they can't respect and can't rely on without being willing to admit that they trained them into mediocrity.

Business models have come to recognize that creativity and innovation in the workforce are critical to growth and there are certain steps that have to be taken to encourage a creative and innovative environment where associates perform at their highest potential, not just merely

meet expectations. I think a good deal of rote training results in dispassionate service with no energy. Meek beings quietly waiting for a command but unable to really assess a situation and provide service as needed, or able to add innovative touches to escalate the quality.

One of the factors involved in development of creativity and innovation is the use of non-programmed decision making. Programmed decision making is *When x happens, do y*. A lot of BDSM training seems to fall into this realm, "When I get home, you present in the foyer" or, "When I want a drink, you order coffee." Nice, and immediate and certainly removes stressful elements of speculation but does not allow for development of behaviors in multiple circumstances. Creating an environment where non-programmed decision making becomes the model allows for more functionality. Maybe throwing out some potential situations WITHOUT a directive and asking, how would you handle that? What is an alternate reaction? What could happen that would change that outcome? These questions will teach them to think on the fly, outside of the box, and with a focus on outcomes.

Sometimes the decisions made may be construed as "wrong" -- that's one of the factors in creativity and innovation - failure must be allowable, even welcome as a necessary part of the process. Sticky notes are an example of this - the glue, was a failure as a long-term adhesive, but look what came out of it. I think if owners encourage non-programmed decision making and accept that failure is a part of developing full potential rather than an excuse to punish the spirit out of someone, you'd see amazing ideas, forms of service, and elegance come out of those in service.

Looking forward to your additional thoughts as I geek on this....

## Do you know...

Ok, I give up. Our house has old linoleum in the kitchen, foyer and baths. I've managed to strip it down, but now I need some product recommendation for restoring shine. Since there are a bunch of you on this list, I'm asking here.....

Send me an email with your suggestions to [wmb.bootpig@gmail.com](mailto:wmb.bootpig@gmail.com)

And Thanks in Advance!

## The Little Things We Realize...

In a recent conversation via my journal, pork chop had a comment that was at once off-the-cuff, but also served as a good reminder of how we can lose sight of our priorities:

"She and I are soooooo task list focused that the little things tend to fall through the cracks or are buried under higher priority things...

Maybe we should add "mindfulness" to our to-do lists. At the top."

Until our next issue, may your service be peaceful, mindful, joyful, and just plain FULL!

### *Wine Recommendation:*

*On a recent trip, I was fortunate enough to sample a Washington state wine that I loved, so sharing it here with you.*

*Robert Karl 2005 Claret*  
<http://www.robertkarl.com>

"The 2005 Columbia Valley Claret (red wine) is a blend of 50% Cabernet Sauvignon, 20% Merlot, 10% Cabernet Franc, 10% Petit Verdot, and 10% Malbec. The fruit was sourced from our estate vines at Gunselman Bench, Andrews Horse Heaven Ranch, McKinley Springs and Phinny Hill vineyards. It was aged in 70% French oak and 30% American oak for 23 months, 50% of the oak was new. The ideal consumption is 2 to 5 years from release date, but this wine will develop for another 5-7 years. The alcohol by volume is 14.0%. This wine was bottled August 7, 2007."

Retail: Approximately \$20.00/bottle



# porkchop's rules of bedding: inside info from a retail whore



porkchop (previously known as marg\_it- the redneckese pronunciation of her given name, Margaret) is an anal retentive retail professional who stumbled upon the path of service when joining Whipmaster Bob Clark's household in January 2006. She and her little dog Lola relocated from Atlanta in May of that year in order to join the family in the Phoenix area.

From trailer park kid to design student to professional adult, dingy dives to chic environments, pushy independent bottom to being in service, she is always eager for new experiences, knowledge and understanding. With a fondness for irreverent juxtaposition of stereotypes and love of getting dirty, it's not uncommon to find her on a great DIY adventure wielding power tools in high femme mode.

She can be reached at [wmb.porkchop@gmail.com](mailto:wmb.porkchop@gmail.com)

I've banged my head against this foreign concept called "service". It's a simple concept... yet so elusive in all its hard to define, subjective glory. When I moved to Arizona to join Sir's household, the first things off the truck and placed in the house were the things I need for a comfortable night's sleep. (They were stunned by the quantity of stuff.) I shared my product knowledge during the reconstruction process and upon seeing the finished product, I was declared the house's princess of textiles. With that, I discovered the first concrete example of a way I can be of service.

It was suggested I submit what we jokingly refer to as the 'epic bedding manifesto' as a service topic. When I considered the adage "we spend approximately 1/3 of our lives in bed", I realized this is one way I can positively impact a significant portion of the Owner's life (and *everyone* knows: when the Owner's happy, everybody's happy!)

Bedding can be broken down into these basic components:

1. Foundation (mattress and box set)
2. Utility (pads, pillows, down/down alternative comforters)
3. Textiles (sheets and pillow cases)
4. Top of bed (quilts, coverlets, bedspreads, comforters, duvet covers, shams, bed skirts, decorative pillows)

## **ONE: Start with a good foundation**

The mattress set is the most important investment you'll make in creating the perfect bed. You'll be amazed at how much better you feel after a good night's sleep on the perfect mattress for you.

- Buy the best quality mattress and box set you can afford. (Don't think those advertised \$99 matt/box sets are a bargain. They. Are. Garbage.) While quality mattress sets cost more up-front, they'll last 10-15 years. Don't be paranoid and think a sales professional is merely trying to "up sell" you; manufacturers offer "spiffs" based on sales of a several items in addition to the commission a sales

associate makes from your purchase.

- Take the time to *really* talk to a bedding specialist. They're a wealth of information and vendor-trained about the specific products they offer for sale. Be honest about your sleeping habits, any physical problems (chronic pain, etc) and lie on the sample beds exactly as you do when sleeping (side, back, or stomach). If you like a firm bed, exactly how firm is "firm" to you? Testing firmness levels from different vendors is the best way to find the mattress that's *just right*.
- When a sales associate recommends the low profile box spring, heed the advice. Mattresses are HUGE now. Furniture stores get several standard height box returns after the customer received their new bedding only to find the bed much too high with a standard box.

## **TWO: Utility**

### **Mattress Pads: protection and comfort**

A good quality mattress pad will protect your mattress investment from soil and help extend its life, smooth out any high/low points caused by heavily quilted mattress surfaces and even provide an added layer of comfort. Thickness, content and construction dictate price. While a heavily padded, high thread count (threads per square inch) pad will cost more, it will last longer, be more comfortable and better protect your mattress.

- You'll need to know the depth of your mattress in order to select the right mattress pad. There are three basic depths: standard, deep, and extra deep. Mattress pad depths vary to allow for differences in measurements from different mattress manufacturers.
- Know what type construction you want: "topper" pads cover the top of the mattress only and are the least secure, "wrap" type pads are quilted on both top and sides, "fitted" pads (constructed similarly to a fitted sheet) are quilted on the top only, "guaranteed to fit" pads have expandable sides to allow for greater mattress depths.

### **Featherbeds, Fiberbeds, and Memory Foam Mattress Toppers: another layer of comfort!**

Featherbeds provide another layer of comfort by relieving pressure points and adding warmth while wicking away moisture.

If allergies are a concern, look for hypoallergenic featherbeds\* (the feathers have been cleaned in a process to lessen impurities and dust), synthetic fiberbeds, or "memory" (visco-elastic) foam which responds to body temperature, conforms to the body and relieves pressure points.

- Pay attention to construction. Baffling (or baffle-box construction) will prevent feathers and down from shifting (creating flat spots) and provide better insulation.
- A high thread count (200 minimum) cover will delay loose feathers and help in keeping allergy irritating impurities out.

### **Down (and down-alternative) comforters: That's COMFY!**

Down comforters can provide light weight comfort regardless of the season. They provide warmth during cooler months, but also "breathe" and allow ventilation during warmer weather. Light to medium weight down comforters are a good choice for year-round comfort in moderate climates. Allergy sufferers might prefer, hypoallergenic down\* (cleaned in a process to lessen impurities and dust) or synthetic down products are available on the market. Price points vary based on down quality and construction. Bear in mind a duvet cover is essential (and an additional expense) for protecting down comforters.

- Dimensions vary by vendor- know the minimum dimension you need for coverage of your

bed and check the product's measurements. For example, a King down comforter may be too short for a California King bed.

- The higher the fill power (measured in cubic inches) the larger the down clusters and warmer the comforter will be. Light weight comforters are generally 500-550, medium 550-600, and heavy weight 600+. Down comforters are also measured in ounces: the higher the ounce weight, the heavier the comforter.
- Baffle box construction (sewn- in fabric "walls") is necessary for preventing the down from shifting, clumping and the creation of bare spots inside the comforter. (Not all down comforters are constructed this way, so be sure to look for it.)
- A high thread count cover will help prevent lost feathers and better protect the contents from soil, thus prolonging the life of the product.
- Warranties vary widely by vendor (one year to lifetime) and are good clues concerning the quality of the product- make note of them.

### **Pillows: another vital part of getting a good night's sleep**

Pillows are available in two basic types natural (feather, down, or both) and synthetic (polyester or visco-elastic foam), three levels of firmness (soft, medium and firm) and four sizes (standard 20"x26", queen 20"x30", king 20"x36" and euro 26"x26"). Prices vary by fill- from inexpensive polyester to the most expensive down.

- How do you sleep? Soft pillows are recommended for stomach sleepers, medium for back sleepers, and firm for side sleepers.
- Buy high thread count (200 minimum) pillow protectors (in addition to cases) will extend the life of your pillows and keep out impurities.

### **THREE: Textiles**

Textiles consist of sheets and pillow cases. The materials from which sheets are made vary from the least expensive polyester-cotton blends, to top grade 100% Egyptian cotton, to luxurious honest to goodness linen. Sheets are available in many sizes (twin, twin XL, full, queen, king and California King), depths to accommodate mattresses (standard, deep, extra deep) and an amazing array of colors and styles. A good rule of thumb for purchasing sheets is to buy three sets and extra cases (perhaps even an additional fitted sheet along with cases, these show the most wear): one for the bed, one for the laundry and one for the linen closet. This will extend the life of your sheets and make laundry day a little less hectic! Speaking of laundry day... be sure to read the manufacturer's care instructions. Will you love those items just as much once you discover they're dry clean only?

Some criteria to consider when selecting sheets:

- Thread Count: The higher the number, the softer and more durable the sheet. Consider 250 minimum.
- Content: cotton/polyester blend sheets are least expensive, hardly wrinkle, but don't "breathe" or absorb moisture.
- Content: 100% cotton sheets are graded by fiber length (staple). The longer the staple, the higher the quality. Supima (highest quality US product) and Egyptian cotton are both above average grades. Cotton weaves: standard- one thread over/one under, sateen (softest)- four threads over/one under, or pinpoint (most durable)- two threads over/one under.
- Content: linen (flax or hemp) sheets are a specialty item not commonly found in department stores. The fibrous weave is a good insulator, absorbs moisture and finely



textured unlike the smoother cotton weaves (which can be pro or con, depending on personal preference).

#### **FOUR: Top of bed**

Components and descriptions:

**Comforter:** A layer of polyester or down fill stitched inside fabric.

**Quilt or coverlet:** A lighter weight layer of cotton or polyester stitched between two layers of fabric. A coverlet may be woven (quilted) or knit (like a blanket).

**Blanket:** Usually a woven covering layered between the top sheet and bed cover for warmth. Wool, down or electric blankets are great for cold weather while lighter weight fabrics such as cotton, acrylic and fleece are better for warmer climates.

**Duvet cover:** Removable protective cover for down comforters can be used to give any comforter a fresh new look.

**Bedspread:** The simplest top of bed solution is more generous and lighter weight than comforters; bedspreads cover the entire bed (mattress, box spring and pillows).

**Shams:** Coordinating shams help in achieving a finished bed. Shams are typically available in standard (20"x26"), king (20"x36") and European (26"x26") sizes.

**Bed skirt (dust ruffle):** Hides the box spring/under bed area. Typical "drop" is 14"-15", but longer lengths can be found. The ruffle is classic, but bed skirts can also be tailored/straight for a more contemporary look.

**Decorative pillows:** The final detail in bedding coordinates come in several sizes and styles. Square, breakfast or boudoir, neck roll or bolster, and tambourine or round are a few common decorative pillow types.

#### **Putting it all together: Making a bed you'll never want to leave**

This is the fun part- where you get to express your own personal style. We've already touched on the components to make your bed feel good; now we'll make it look good!

In my happy little world, beds are beautifully coordinated, luxurious things. This can be achieved by layering several coordinating prints, colors and textures, or a combination. (Even a clean, monochromatic "hotel" look can be sumptuously decadent through the use of contrasting textures: smooth woven fabrics, knits, velvet, satin, quilted surfaces, etc.)

1. [With mattress removed] Cover the box springs with a bed skirt (two can be layered for a more luxurious look, or a second fitted sheet for a clean contemporary look). I prefer the bed skirt to either perfectly match the fitted sheet or coverlet/blanket/quilt- NEVER the comforter/duvet cover. This creates visual interest without making the bed appear too massive.
2. Place the mattress on top of box springs and cover with mattress pad.
3. Place the featherbed in its cover on top of the mattress and pad. (I prefer the featherbed to live under the fitted sheet, but it's also acceptable to place it on top of the fitted sheet. I do not find the featherbed to be aesthetically pleasing and think it detracts from the composition, so under the sheet it goes!)
4. Cover mattress (and covered featherbed) with fitted sheet. Smooth sheet over mattress surface, pull taut and tuck any extra fabric under mattress. Flat sheets may be used as a bottom sheet via good hospital corners (see sources and additional info below), but why bother?! That's what fitted sheets are for!
5. Flip the flat sheet over the mattress with "face" (finished or patterned side) down, making sure the widest hem is at the top edge (head) of the bed, there are equal amounts on

- two sides, and extra length at foot end.
6. Flip blanket/quilt/coverlet over flat sheet and mattress, following same steps as with flat sheet.
  7. Fold flat sheet and blanket back 1'-2' at the head of bed, then tuck blanket and flat sheet between the mattress and box spring, smooth and pull taut as you go. Create vertical folds at corners for tidy "hospital" corners and tuck blanket and flat sheet at foot of bed, again smooth and pull taut. (See step 3 for links to hospital corner how-to). Bunched bumps and creases are uncomfortable and unsightly- don't let them happen!
  8. Flip comforter over mattress, flat sheet and blanket, making sure top is even with top edge of bed and there are equal amounts on sides and foot. Tuck bottom edge into footboard, then fold top edge down toward foot and back up again exposing top 1/3 of the bed. (Side edges may be tucked into rails for a neat, tidy appearance- just don't forget those hospital corners!)
  9. Place pillows in cases (under-case pillows go in a pillow cover first!) and shams, making sure pillow corners fill the corners of cases and shams. (A handy trick I use to prevent battling my way into the cover/case/sham is to fold the pillow in half length-wise before sliding it inside its intended covering.) I prefer a minimum of six pillows on a queen sized bed (two queen pillows in cases, two in shams and two euros in shams) or seven pillows on a king (two king pillows in cases, two in shams, and three euros in shams). Euros always go to the back, but shams can be layered toward the back or front to your taste, lay them flat and stack or standing/resting against the wall or headboard (or a combination of both to create visual interest).
  10. Add two or three decorative pillows to enhance the composition and complete the look.

### **Caring for your bedding investment**

#### Care for mattresses:

- Make sure mattress and box spring set is well supported. It's not uncommon for these items to shift off the frame which causes stress leading to deterioration. King or Queen sized beds also need a strong center support to prevent sagging.
- Turn the mattress end-for-end once every month (or two) and flip every six months or so (unless, of course, you own a "no-flip" mattress).
- Mattresses may be vacuumed with an upholstery attachment as needed to reduce dust. (A removable, washable mattress pad will lessen the need for vacuuming.)
- The mattress surface can be spot cleaned as needed with upholstery shampoo or a mixture of mild detergent and warm water. Apply only to soiled area with a well wrung sponge (avoid getting interior padding wet) and allow to dry completely before making the bed.

#### Some general advice for laundry day to extend the life of your textiles:

- As mentioned previously, have additional sheet sets (I suggest 3- one for the bed, one for laundry, one in the linen closet). Regularly "rotating" your sheets will prevent heavy wear and extend the life of your sheets.
- Change and sheets weekly, following the label concerning care. Generally, sheets can be washed on the gentle cycle in cold water with ½ the usual load amount of detergent (unless they're heavily soiled). Do NOT use bleach. Don't over dry

- textiles- remove when dry and fold immediately to avoid wrinkling.
- Mattress pads, comforter/duvet and quilts may be laundered as needed (once a month or less).
  - Wash pillows every six months (even down pillows!) with gentle detergent on the gentle cycle. Dry down pillows thoroughly on low heat over several hours to prevent mold from forming. (Add a tennis ball to the dryer to help fluff the down pillows. Yes it will be noisy, but it really does work.)
  - Featherbeds and down comforters should only be cleaned every three to five years in order to protect the natural oils in the feathers which create that fluffy "loft". These items are too bulky for most household machines and may be washed in a large capacity front loading machines at a laundromat (following laundering advice for down pillows) or professionally cleaned. Removable featherbed and duvet covers may be washed as needed, generally following sheet care instructions unless otherwise directed by manufacturer.

#### **Sources and additional info:**

\*I've been informed by an allergy suffering friend that hypo-allergenic products on the market typically aren't sufficient in meeting the needs of someone allergic to dust or feathers. A couple of sites offering a variety of specialty products for allergy sufferers:

<http://www.natlallergy.com/cat/100/healthy-bedding-for-allergy-sufferers.html>

<http://www.allergyguarddirect.com/>

Bed, Bath and Beyond Shopping Guides:

[http://www.bedbathandbeyond.com/shopguide.asp?order\\_num=-1](http://www.bedbathandbeyond.com/shopguide.asp?order_num=-1)

Macys.com Bedding Basics Shopping Guide:

[http://www1.macys.com/catalog/index.ognc?CategoryID=32504&PageID=32504\\*1\\*24\\*-1\\*-1&kw=Buying%20Guide&LinkType=EverGreen](http://www1.macys.com/catalog/index.ognc?CategoryID=32504&PageID=32504*1*24*-1*-1&kw=Buying%20Guide&LinkType=EverGreen)

Memory Foam Buyer's Guide: <http://www.healthyfoundations.com/memoryfoam.html>

How to make a bed:

<http://www.wikihow.com/Make-up-a-Bed-Neatly>

<http://housekeeping.about.com/od/bedrooms/ht/makebed.htm>

Hospital Corners:

[http://www.marthastewart.com/portal/site/mslo/menuitem.3a0656639de62ad593598e10d373a0a0/?vgnnextoid=ae7ef1355daf4110VgnVCM1000003d370a0aRCRD&autonomy\\_kw=hospital%20corners&rsc=header\\_1](http://www.marthastewart.com/portal/site/mslo/menuitem.3a0656639de62ad593598e10d373a0a0/?vgnnextoid=ae7ef1355daf4110VgnVCM1000003d370a0aRCRD&autonomy_kw=hospital%20corners&rsc=header_1)

<http://www.wikihow.com/Make-a-Hospital-Corner>

Organic linens: <http://www.rawganique.com/hemp-flax-linens-sheets-organic.htm>

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