

## BATHROOM TISSUE IS ALL THE RAGE

### CANADIAN DESIGNERS FLAUNT COMPASSION



Tissue Couture models stalk the runway for breast cancer awareness.

By Sandy Caetano

Just in time for October Breast Cancer Awareness Month, Cashmere recently unveiled the White Cashmere Collection 2009: Fashion With Compassion.

This year's ambitious collection features Cashmere Bathroom Tis-

sue Couture from 15 top Canadian fashion designers, including Toronto's Greta Constantine, Vancouver's Carlie Wong, Montreal's Anastasia Lomonova and Calgary's Paul Hardy.

The collection will be displayed throughout October in The Bay's To-

ronto flagship store window at its Yonge Street location.

Twenty-five cents from each package of pink Cashmere bathroom tissue sold will go directly to the Canadian Breast Cancer Foundation.

Visit [www.cashmere.ca](http://www.cashmere.ca) for more information.

## EIGHT TIPS FOR GREEN AND CLEAN LAUNDRY

Did you know that the average household does up to 400 loads of laundry each year, consuming about 51,100 litres of water? Your washer and dryer can typically use more than 1,000 kilowatts of electricity each year.

The laundry room is a great place to start to save energy and cut water usage. Add these eight clean and green tips to your laundry list:

1. Shopping for a new washer or dryer? Look for a water-efficient front-load washing machine. Front-loading washers use about 40% less water per load and

50% less energy.

2. When possible, load the washing machine to capacity (Check your machine's load capacity). It could save the average family thousands of litres of water per month and lots of energy.

3. Use a super concentrated laundry detergent, which includes plant-based ingredients, works well in cold water, is biodegradable, and suitable for standard or high-efficiency machines.

4. Dry similar types of clothes together to save time and energy.

For example, lightweight synthetics will dry quickly and shorten cycle

times.

5. Use the timer program or the moisture sensor on your machine so you don't overdry clothes.

6. Ensure your dryer is working efficiently by cleaning the lint trap after every use, and periodically cleaning the dryer exhaust duct and the vent to the outside.

7. When you can, hang washing outside to dry in the sunshine, which can also help sanitize clothes.

8. When you can, wear clothes more than once. It's a win-win: Do less laundry, and save water and energy.

News Canada

## GETTING ACTIVE 101

Most of us would like to be more active and physically fit, but getting started can be tough. Sometimes you just need some inspiration.

Add movement to your day. Walk instead of drive. Take the stairs instead of the elevator. Join a local sports league, or try gardening.

Bring a buddy. Physical activity is always

more fun when you have someone to share it with. Bring a friend along for your daily jog.

Make it routine. Make a walk part of your day. Gather friends for a weekly pick-up game of soccer.

Build what works into your schedule.

Once you're active, spread the word.

News Canada

