

**Ideal Carpet  
Cleaning**

43 Elvaston Ave  
Ottawa K2G 3Y1

613-228-8343  
[idealcarpets.ca](http://idealcarpets.ca)

# Healthy Home News

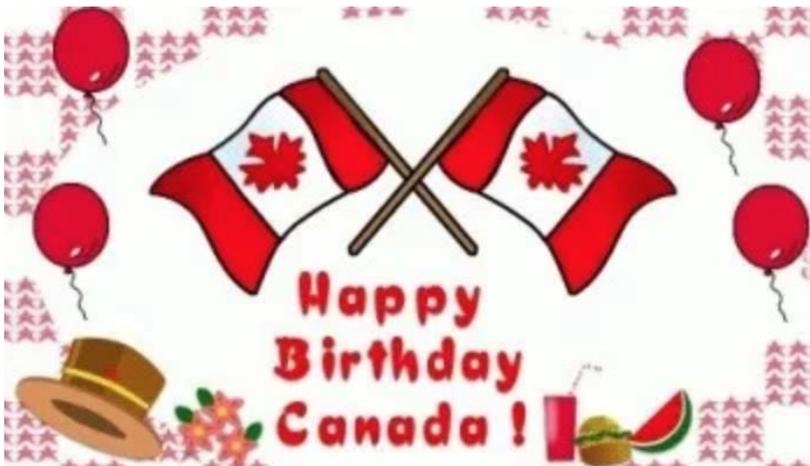
*"Secrets For Living A Healthy, Wealthy & Happy Life..."*

## Canada Day is July 1<sup>st</sup>

Canada Day (formerly Dominion Day) is Canada's national day, a federal statutory holiday celebrating the anniversary of the July 1, 1867 enactment of the British North America Act, which united two British colonies and a province of the British Empire into a single country called Canada. Canada Day observances take place throughout Canada as well as internationally.

Frequently referred to as Canada's Birthday, the occasion marks the joining of the British North American colonies of Nova Scotia, New Brunswick, and the Province of Canada into a federation of four provinces on July 1, 1867. Although Canada is regarded as having become a kingdom in its own right on that date, the British Parliament kept limited rights of political control over the new country that were shed by stages over the years until the last vestiges were surrendered in 1982 when the Constitution Act patriated the Canadian constitution.

Most communities across Canada will host organized celebrations for Canada Day, usually outdoor public events, such as parades, carnivals, festivals, barbecues, air and maritime shows, fireworks and free musical concerts, as well as citizenship ceremonies for new citizens.



Check us out on Facebook at

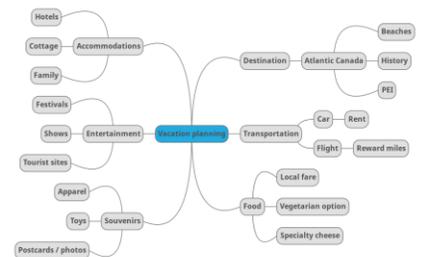
<https://www.facebook.com/IdealCarpetCleaningON>



**An Amazing Website  
to Visit This Month:**

## MindMup

A [mind map](#) is a visual tool for organizing information and brainstorming ideas. Mind maps are easy to create on paper but, of course, now there are computer-based ways of creating them.



Mindmup is a web-based app for creating mind maps to help write down thoughts, flesh out plans, and plot out the relationships between different pieces of information.

[www.mindmup.com](http://www.mindmup.com)

## Get Inspired

A LITTLE  
PROGRESS  
EACH DAY  
ADDS UP  
TO BIG RESULTS

### Outstanding Client of the Month!

#### Meet Ann Pippy

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business... You could be my next **Client of the Month!**

### See Insert This Issue...



"Is it time for your cleaning?"

(see coloured insert)

## Health Corner

### How to Improve Air Quality in Your Home...

More often in summer than winter, homes seem to acquire a stagnant odor. You may begin to think, "This place smells like dirt." Fortunately, boosting air quality can be easy and inexpensive. Here's how to do it:

Begin by cleaning away dust in often-missed places such as ceiling fans, baseboards, and moldings. Then have the ductwork of your heating and air-conditioning system cleaned. Though professionals will do a better job, just placing the vacuum cleaner hose into various ducts can draw out a great deal of dust.

Use furnace vent filters. Lift up your vents and put the filters in place. The air goes through the filter before it comes out. It traps the dust. For a more serious problem, consider an in-line air-purification system. The unit will pay off in the form of clean air for years to come.

Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming indoors. Opening windows and doors, operating window or attic fans, when the weather permits, or running a window air conditioner with the vent control open increases the outdoor ventilation rate.

And, last but not least, your carpet is the biggest filter in your home, and needs to be cleaned regularly. Give us a call and we'll help improve the quality of the air in your home right away by cleaning your carpet.

## Quote for July...

*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."*

**-Nelson Mandela**

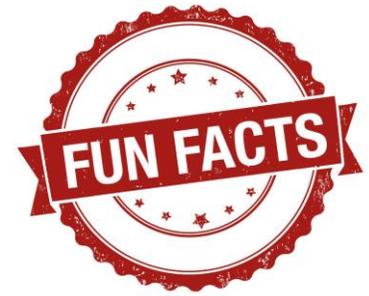
## Let's Hear it For Ice Cream!



*“I scream, you scream, we all scream for ice cream.”*

There is perhaps more ice cream eaten in July than any other month. Here are some interesting facts to get you in the mood.

- Vanilla is the most popular flavor by far, accounting for between 20 to 30 percent of yearly sales worldwide. Chocolate comes in a distant second, with about 10 percent annually. The rest of the top 5 is butter pecan, strawberry and mint chocolate chip.
- One of the major ingredients in ice cream is air. Without it, the stuff would be as hard as a rock.
- Among the most unusual flavors of ice cream ever manufactured are avocado, garlic, azuki bean, jalapeno and pumpkin.
- According to the *Guinness Book of World Records*, the biggest ice cream sundae in the world was made in Alberta Canada in 1988, weighing in at nearly 55,000 pounds. The same year, a baking company and a sheet-metal firm in Dubuque Iowa teamed up to produce the world's largest ice cream sandwich, which tipped the scales at nearly 2,500 pounds. And in 1999, Baskin Robbins created an ice cream cake at a beach hotel in the United Arab Emirates that weighed just under 9,000 pounds.



## Vacuum Cleaners?

Around the turn of the century, women used vacuum cleaners to dry their hair! Early vacuum cleaners sucked air in through the front and blew it out the back, so the ladies would attach the vacuum hose to the rear of the machine and aim it at their wet heads. The first true hair dryer was developed in the early 1920s in Germany. Made of nickel or chrome-plated steel with a wooden handle, it was large, heavy, and unwieldy.



## Thanks for All the Kind Words!

The 2 gentlemen who came to clean were very polite and did a wonderful job.

-- Ann Pippy, Ottawa