

Helping Hands' Nifty News and Notes  
Winter, 2010

Portland's Premiere Clean Home Resource!

*Helping Hands*

www.helpinghandscentral.com

503-351-5716



**Helping Hands Just For You  
A Clean Sweep:**

*Your favorite scissors are here. Somewhere. If not stashed in the kitchen junk drawer, try the ceramic cache pot near the stove. Nothing?*

*Sounds like you're the perfect candidate for our "Clean Sweep" project. Let us help tackle that kitchen disarray. We'll go through your drawers, cabinets, and pantry and find your favorite shears as well as get rid of those plastic containers with no lids, expired dry goods, and three of the five 1/2-cup measuring cups you have cluttering up the place. Then, we'll organize and clean **every** inch of the*



**The Annual  
Mug-a-Thon**

*Time to get rid of those mismatched mugs.*

*(Do you really need another smiley face?)*

*Why not donate your extras to give your cupboard more room?*

*We'll take them to Blanchet House and put them to good use serving the homeless. The more mugs, the merry--and whoever donates the most, gets a prize!*

~

*Ok--to up the ante, china cups will do, too!*

**The Top Ten List  
for 2009:**

*new space we've created (as well as donate or recycle those other items--after your "Ok.") Call or email Debrah for pricing and scheduling.*

## ***The Helping Hands List***



## **Our Favorite Appliance Repair**

**Business:** Appliance & Refrigeration Hospital

**Specialty:** Home repair on over 50 brands of appliances

**Address:** 3003 N.E Alberta Street

**City/State:** Portland, OR 97211

**Phone:** (503) 221-0041; Toll Free: (888) 281-0041

**Web site:** [www.appliancehospital.com](http://www.appliancehospital.com);  
email: [arh@appliancehospital.com](mailto:arh@appliancehospital.com)

**Coverage area:** Portland, Vancouver, Salem, Longview and Bend

**Services:** In-home appliance repair and service. Check out their Web site if you're interested in specific manufacturers or service tips for each appliance in your home.

**Why we recommend:** *Several clients have recommended this service to us because of their care and service to the customers as well as the appliances. Family owned and*

## **The Toothbrush**

Our annual staff party yielded these top ten uses for a toothbrush: the best cleaning tool known to man



(Our favorites?  
8 & 6)

10. Window sills
9. Refrigerator seals
8. Dog nails
7. Cabinet corners
6. Teeth!
5. Faucets
4. Pots & pans
3. Shower track
2. Stove top-corners
1. Toilet seat bolts.

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*operated since 1947, the company has a fine reputation and many on its service team have worked over 15 years in the industry. Since it's authorized to work on over 50 brands, you'll be hard pressed to find another company with more experience. Comments to us range from, "I've had the same fellow--Greg--for 12 years. He knows every machine and what it takes to make it tick! He's also aware of his time and your dollar, so he gets right to it.*

## ***Helping Hands in the Kitchen***



### **Iceberg Wedges with King Pelican Dressing**

We have nothing against a mesclun salad anointed with the designer dressing of the day. But every once in a while, serve us something real and rugged, something with bite and geometry. Give us an iceberg wedge capped with garlicky Thousand Island dressing. Now all that's missing is a thick slab of sirloin steak and a mountain of garlic mashed potatoes.

Serves 4

#### Dressing

2 medium garlic cloves, minced  
1/2 cup mayonnaise  
1/2 cup sour cream  
1/4 cup Heinz chili sauce  
1 tablespoon chutney sauce or pureed chutney, such as Major Grey's  
1 tablespoon fresh lemon juice  
1/8 teaspoon cayenne pepper  
1/3 cup pimiento-stuffed green olives, chopped  
Pinch of freshly ground pepper, or more to taste

1 head iceberg lettuce, cored

To make the dressing: In a medium bowl, mix together the garlic, mayonnaise, sour cream, chili sauce, chutney, lemon juice, and cayenne until blended. Stir in the olives and pepper. Taste and adjust the seasonings. Cover and chill for 3 hours to blend the flavors.

To prepare the lettuce: Cut the lettuce head in half, beginning at the cored end. Cut each half into 2 wedges. Place each wedge on a salad plate, spoon about 3 tablespoons of dressing over each wedge, and serve.



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