

## Cleaner Dishrags

I used to use a single dish washcloth per week in the kitchen before tossing it into the laundry. Experts argue over whether dishrags accumulate bacteria as quickly as kitchen sponges. No matter which one accumulates bacteria more quickly, dishrags actually do accumulate bacteria at a fairly high rate. The best way to deal with this is to change the dishrag each night after you finish wiping down the kitchen. A pack of 6 dishrags at the store is only a couple of dollars - not a high investment for something that will keep your kitchen cleaner and will not noticeably increase your laundry. While you're at it, be sure to change out your dish towel every day, too. ~smile~



### About The Author

Marie Rice is the founder and editor of [PartOfTheWhole.com](http://PartOfTheWhole.com) - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!

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