

# Blast from the past

Cotswold company Mangle & Wringer launches natural cleaning remedies



**B**ack in 1934 quietly going about her business ‘below stairs’, young Bette Smith made a batch of soap in the way her mother had taught her years earlier.

Inspired to create something safe and more gentle than the laundry bars in the scullery, Bette went on to make a selection of cleaning pastes, natural stain bars, polishes and window cleaners that eschewed the harsher and more hazardous alternatives of the time.

To celebrate Bette’s innovation, Mangle & Wringer has launched a new range of cleaning products using the same simple, safe and effective remedies created all those years ago.

Handmade in the Cotswolds, in exactly the same way, each Mangle & Wringer product is non-toxic, free from fragrance and colour and uses only food grade ingredients. They all have, at their heart, Bette’s original recipe for cold processed soap.

Vanessa Willes, Founder of Mangle & Wringer said: “Lots of us still accept potentially harmful and unpleasant chemicals in our homes and we put up with the dangers they pose to our health and to the environment.



“I feel very lucky to have met Bette, she was inspirational and truly ahead of her time. She realised the importance of minimising hazardous chemicals in our lives and when she passed on her recipes I felt I had to recreate them.”

The Mangle & Wringer collection includes Kitchen Cleanser, Good for Glass, Spray and Go, Natural Bleach, Pure Laundry Powder and Bathroom Balm all of which have been developed using the recipes that date back over 70 years.

Vanessa continued: “I love these products because the ingredients are so simple. I firmly believe that we all have a right to know exactly what’s in every product we buy, whether it’s food or drink, skincare or cleaning products. The labels on most chemical cleaners are notoriously vague, but Mangle & Wringer lists all the ingredients clearly so that our customers can make the same choices with their cleaning products as they do with their foods.

“And because they are so safe you can happily leave them on your kitchen worktop to use when cooking, or put them next to your favourite body oil in the bathroom. If something is this good it’s somehow not a chore

## Dental practice introduces healthy mouth service

Illume dental practice are the first practitioners in Cheltenham to become members of The Mouth Cancer Screening Accreditation Scheme (MCSAS). The scheme, a brand new initiative from the Mouth Cancer Foundation, supports dental practices across the country that aim to increase public awareness of mouth cancer.

Mouth Cancer is a potentially fatal disease that affects the lives of approximately 8,000 Britons per year. The early warning signs and symptoms can be difficult to spot and are often mistaken for other ailments, such as mouth ulcers.

The MCSAS is based on three core principles: Improving early detection by dentists, reducing delays in access to diagnosis and treatment, and prevention by lifestyle changes. The combination of these principles aims to raise public awareness of mouth cancer, the causes and symptoms of the disease, and the role that dentists can play in early detection and improved oral health.

The MCSAS only accredits dental practices which are able to actively prove they regularly screen their patients for head and neck cancers, and where necessary, provide an effective referral service to a local specialist for those that require further investigation.

Owner, Tim Rumney confirms, “Here at Illume Dental Practice we believe the phrase ‘check-up’ suggests a quick cursory look into a patient’s mouth. We offer all current and new patients a Healthy Mouth Review as standard, leaving no leaf unturned when it comes to oral health. Mouth Cancer is a serious condition, where early detection is key to saving lives.”

to use it when you see it, which is exactly what Bette intended.” ■

For more information or to order Mangle & Wringer natural cleaning remedies visit [www.mangleandwringer.co.uk](http://www.mangleandwringer.co.uk) / Twitter @MangleWringer