laundry
CHEAT SHEET

SYMBOLES:

- Hand Wash
- Normal Wash
- Gentle Wash
- Permanent Press
- Do Not Wash

- Normal
- Warm
- Hot
- 50
- 60
- 70
- 95

- Tumble Dry
- Do Not Tumble Dry
- Normal
- Permanent Press
- Delicate
- No Heat

- Low
- Medium
- High

- Iron
- Do Not Iron
- Low
- Medium
- High
- No Steam

- Dry Clean
- Do Not Dry Clean
- Any Solvent
- Petroleum Solvent
- Any Solvent Except Tetrachloroethylene
- Wet Cleaning

- Short Cycle
- Reduced Acetate
- Low Heat
- No Steam Finishing
- Bleach
- Do Not Bleach
- Non Chlorine Bleach Only

HOW TO GET OUT:

- BLOOD: Treat with hydrogen peroxide and baking soda, rinse with cold water.
- DARK DRINKS: Soak in vinegar and rinse in cold water.
- FOOD: Treat stain with dishwashing soap and water.
- GRASS: Treat stain with a mix of dish soap and hydrogen peroxide and rinse with cold water.
- GREASY OR OILY THINGS: Rub stain with baking soda and cold water and rinse.
- INK: Rub stain with hairspray or dishwashing soap.
- SMELLS: Use Febreze in wash or odor eliminator.
- SPIT UP, URINE OR VOMIT: Rinse with cold water and hydrogen peroxide and baking soda.
- SWEAT: Soak stain in lemon juice and water and let it dry, wash with one cup of hydrogen peroxide.

other things you should know...

* WHITES SHOULD BE WASHED IN HOT WATER, LIGHTS IN WARM WATER, AND DARKS AND JEANS IN COLD WATER.
* ALL STAINS SHOULD BE TREATED PRIOR TO WASHING.
* YOU CAN UNSHRINK CLOTHES BY SOAKING IN HAIR CONDITIONER AND WATER FOR 15-20 MINUTES AND GENTLY STRETCHING CLOTHING BACK OUT.
* JEANS AND HEAVY KNIT SWEATERS CAN BE WORN UP TO TEN TIMES IN BETWEEN WASHING! UNDERGARMENTS, SOCKS AND TSHIRTS SHOULD ONLY BE WORN ONCE.