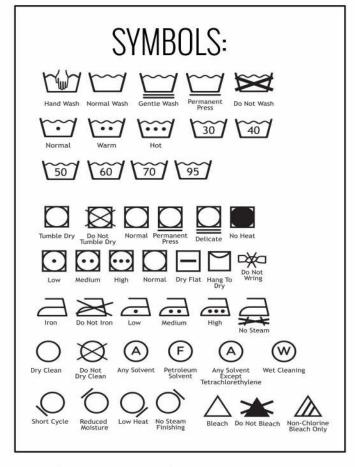
CHEAT SHEET



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 ODOR ELIMINATOR.

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.