

## Laundry Take Home Resource Sheet FCS-Grove

### Getting Ready to do the Laundry

Care Labels are on clothing to help you know how to take care of them. It tells you what to do and what not to do such as: hand wash, dry clean, do not bleach, dry flat.

SPOTS AND STAINS. Try to treat spots and stains immediately.

The longer the stains are left on the clothes, the harder they are to remove.

Washing and drying clothes before pre-treating may make the stain permanent. Special treatment of stains before washing is known as pre-treating.

How you pre-treat a stain depends on the type of fabric and the type of stain.

Here are some ways of pretreating stains:

- a. SOAKING. Soak in cold water for a few hours or overnight.
- b. STAIN REMOVING PRODUCTS. Most contain enzymes to work on stains. Examples: Spray & Wash, Oxi-Clean, Shout, etc.
- c. APPLYING DETERGENT PASTE. Mix a little water with a dry detergent to make a paste, then rub into the stain. Soak and rinse out. Repeat if needed.
- d. BLEACHING. There are two types of bleach: chlorine or oxygen. Chlorine bleach is the strongest type. It must be diluted with water before using or it may eat holes in the clothes, or remove the color from clothes - it's safe only on whites! To dilute, use 1/2 cup bleach with ONE gallon of water. Soak 5-10 minutes, then wash.  
Oxygen bleach is safe to use on most colored clothing. Follow directions on the bottle. Most brands require clothes to be totally wet before applying. Soak, and wash.

### TREATMENTS FOR SPECIFIC STAINS.

- a. CHOCOLATE. Soak in cold water rub detergent past on stain and wash in hot water.
- b. GRASS. Rub in detergent paste. May have to bleach if fabric permits.
- c. GREASE. Scrape off. Apply rubbing alcohol and wash immediately in hot water.
- d. SOFT DRINKS. Run cold water over stain and wash immediately
- e. BLOOD. Soak immediately in cold water.
- f. GUM. Harden gum by rubbing with ice. Scrape off excess with a dull knife and wash.

- g. BALL POINT INK: Spray with aerosol hairspray and wash immediately.
- h. LIPSTICK: Rub in detergent paste. Wash in hottest water safe for garment.

### THINGS TO DO BEFORE PUTTING CLOTHES IN THE WASHING MACHINE.

1. POCKETS should be empty (gum, candy, tissues can stick pockets together).
2. STAINS should be pretreated to prevent them from setting.
3. BUTTONS should be sewn on if loose.
4. ZIPPERS should be closed or they can snag other clothing.
5. MEND tears or rips so they don't get larger during laundering.
6. SORT clothes by similar colors, fabric type, and degree of dirtiness.
7. COLORS. Do you know how to turn your white dress shirt pink? Wash them with a red shirt! So... sort your clothes by similar colors to prevent darker clothes from bleeding onto lights or whites.

a. LIGHT COLORS. Use warm water.

b. DARK COLORS. Use cold water.

c. WHITES. Use hot water.

EXTRA PILES. Sometimes you need extra piles.

- ❖ EXTRA DIRTY. Sometimes these clothes need to be soaked before washing.
- ❖ DELICATE FABRICS. Clothes that could snag or tear easily.
- ❖ COLD WATER ONLY. Clothes that may shrink if washed in hot water such as 100% cotton.
- ❖ DRY CLEAN ONLY. Some clothes cannot be washed (100% Wool, silk, or linen). Read the labels.

### USING THE WASHING MACHINE

DIFFERENT MACHINES. Each model of machine operates a little bit differently from the others. At home check with your parents or machine manual for operating instructions. Machines in Laundromats and apartments usually have instructions on the top, front, or lid.

ADDING DETERGENT. Check the washer's direction to see when the detergent should be added. In some machines you put the detergent in before the clothes and water and in others you put it in after the machine is filled with water Look on the box or bottle of detergent for the amount for a load. If you have soft clothes or soft water you will use a little less.

**FILLING THE WASHER WITH CLOTHES.** Fill the water only  $\frac{3}{4}$  full of clothes. Never pack the machine tightly. If a machine is overloaded clothes will not get clean. Load the machine evenly or you will end up with a dancing machine that is unbalanced. Keep whites and colored clothes in separate loads and check pockets.

**SELECTING THE WASH CYCLE.** There are usually 3 cycles on a machine: delicate, regular, and permanent press. Think about the clothes you are washing when you select the correct cycle.

- a. **DELICATE CYCLE.** Use to wash clothes gently.-for delicate lace or clothes that could snag or tear easily.
- b. **REGULAR CYCLE.** The machine washes, rinses and spins at high speed.- fine for sturdy clothes.
- c. **PERMANENT PRESS CYCLE.** The machine washes rinses and spins at medium speed which cuts down on wrinkles. Use with clothes you don't want to iron.

**SELECTING THE WATER TEMPERATURE.** You have a choice of hot, warm, or cold water.

- a. **HOT.** Hot water is often used when washing white clothes. It will give the best cleaning, but also can make cloth shrink or fade or bleed. Be careful what you put in hot water!
- b. **WARM OR COLD WATER.** Most clothes can be washed in warm or cold water. Always use warm for light colored and cold water for dark or brightly colored clothes (red and navy) and for clothes that will shrink (100% cotton).

**REMOVING CLOTHES FROM WASHER.** When the machine has stopped remove the clothes from the washer immediately. If you are washing a dark colored load or the load that contains an article of clothing that could "bleed" you could end up with a colored spot on another lighter colored article of clothing if they lay against one another for very long.

## **USING THE DRYER**

**NOT ALL CLOTHING CAN BE DRIED IN THE DRYER!**

**CHECK THE LINT TRAP** all the dryers have a lint trap. They will be located in various places on different machines Be sure to find the lint trap on your machine

before using the dryer. The lint trap should be emptied after each load of clothes to ensure efficient drying. When lint traps are full it takes much longer for a load of clothes to dry and there is a risk the lint will catch fire.

**LOAD THE DRYER.** Be sure everything that was in the washer can be put in the dryer. Check the label. Does it say "tumble dry"? Shake out the clothes so they aren't in a tight ball. They will dry faster and come out with fewer wrinkles.

**SET THE DRYER TIME.** Dry your clothes for the least amount of time necessary. Over-drying is hard on clothes, creates more wrinkles, causes shrinkage, and uses more energy.

**REMOVE THE CLOTHES.** Remove the clothes from the dryer immediately. This will help prevent wrinkles. Fold or hang the clothes while they are still warm for wrinkle- free clothes.

**IRONING.** If you are going to iron the clothes remove them from the dryer while they are still damp.

## **SAVING ENERGY AND MONEY.**

**AMOUNT OF WATER.** Choose the correct amount of water for your load of wash. It's wasteful the fill the washer tub full of water if you are doing a small load. Choose the appropriate amount of water to match the load size.

**WATER TEMPERATURE.** Don't wash clothes in hot water when warm or cold will do. Hot water takes more energy.

**LARGE LOADS.** It's more economical to do a large load of clothes then to do several small loads. If you are doing a small load of clothes check to see if anyone else in the family has some clothes they'd like washed at the same time.

**DRYING TIME.** Don't try to dry clothes any longer than you have to. Do all the drying at once so the dryer doesn't have to heat up between loads. Empty the lint trap after every load.