1-1-1900

Singles - What You Ought to Know About Laundry

Jan Armstrong
Karrol Kitt

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Lifestyle Series


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Needless to say, doing your laundry isn’t what it used to be. It requires a lot of know-how about fibers, fabrics, finishes, and dyes. Following the recommended laundry procedures will help to insure the best results. So start right, proceed and end right—with clothes that look their cleanest.

**STAIN REMEDY**

**Beverage (alcoholic/soft drink)**
Soak in cold water, wash in warm sudsy water, rinse. Launder (A presoak product may be used for soaking)

**Blood**
Soak in cool water for 30 minutes. Work detergent, soap, or presoak product into the stain, rinse. Launder.

**Catsup/tomato sauce**
Soak in cold water for 30 minutes, then rinse. Or Wet stain with cool water, and rub in stain remover and let set for 10 minutes. Rinse. Launder.

**Chewing gum**
Rub stain with ice. Scrape off when hardened, using dull knife. Remove remaining stain with a grease solvent. Launder.

**Chocolate/chocolate syrup**
Soak in cool water for 30 minutes. Rub detergent, soap, or stain remover into stain; rinse; launder. Or Soak in warm water with enzyme-containing laundry product; launder.

**Coffee/tea**
Wet soiled area and rub with presoak product. Launder. Or Apply detergent (liquid or paste) and let set 30 minutes; launder.

**Collars/cuffs**
Wet soiled area and rub with presoak product. Launder. Or Apply detergent (liquid or paste) and let set 30 minutes; launder.

**Cosmetics**
Lipstick: Turn garment inside out and place stained area over absorbent towel. Pour grease solvent slowly through stained area until bleaching stops. Dry. Launder in hot water. Make-up: Pretreat with detergent and launder.

**Deodorants/ perspiration**
Wash in solution of detergent or soap, chlorine bleach, and hot water. Or Wet stained area, and cover with presoak product and scrub. Let stand for 10 minutes; launder.

**Eggs**
Soak in cold water for 30 minutes; launder. Or Presoak in cool water with enzyme-containing laundry product; launder.

**Fruit & berry**
Sponge stain immediately with cool water. If safe for fabric, pour boiling water through spot. Soap or detergent may be worked into the stained area. If stain remains, use the kind of bleach which is safe for fabric and finish. Or Soak in an enzyme-containing laundry product. Launder. If stain remains, use chlorine bleach. Rinse thoroughly.

**Grass**
Work detergent or soap into stain and rinse. If safe for fabric, moisten with lemon juice and salt, or a safe bleach for fabric. Dry in the sun; wash thoroughly. Or Soak, using an enzyme-containing laundry product. Wash in detergent. Bleach if necessary.

**Grease, oils**
With towel under stain, saturate grease area with grease solvent. Rub the stain lightly, letting the fluid loosen the stain. Rinse the substance through the fabric into the towel. Remove towel after stain is removed. Moisten with cleaning fluid cheesecloth and wipe lightly around the outside edges of the spotted area. Wipe toward the center to prevent a ring. Dry. Launder. Or For light grease stains, use a paste enzyme-containing pretreatment, then launder.

**Milk, cream, & ice cream**
Sponge or soak in cold water. Rub detergent or soap into the spot and launder. Sponge any greasy spots with a grease solvent. Or Soak in warm water with enzyme-containing product. Launder.

**Mud**
Let dry and then brush off as much as possible. Soak in cold water, then launder in hottest water safe for fabric. Work detergent into stain. Rinse. Prolonged soaking may be necessary. Or Cover wet stain with an enzyme-containing product and scrub. Let stand for 10 minutes; launder.

**Mustard**
Depending on the type of paint: Wash with water or sponge with solvent recommended as thinner on paint label or turpentine. Then rub with detergent or soap and launder. Treat stain as soon as possible before it dries for best results. Some stains may be impossible to remove. Wash immediately in solution of detergent and hot water; don’t let stain age. Bleach if necessary.

**Perfume/ cologne**
Sprinkle salt on the stain and moisten with lemon juice if safe for fabric. Dry in the sun and rinse. Repeat if necessary. Commercial rust and/or color removers may be used as directed on package.

**Paint**

Authors:
Jan Armstrong, Extension Specialist
Consumer Affairs/Education
Karrol Kitt, Graduate Student
Home Management and Family Economics

COOPERATIVE EXTENSION SERVICE
PURDUE UNIVERSITY
WEST LAFAYETTE, INDIANA
Washing clothes just simple anymore. Modern, special care fabrics, multi-gadgeted washers and dryers, a huge assortment of soaps, synthetic detergents (called detergents here), laundry additives and special laundry aids are a few things that boggle the mind. The one thing that has remained the same is dirt. It’s still as tough as ever to remove dirt and stains from fabrics.

In the last few years clothes have come alive with color. Many cleaning bills have nose-dived, and ironing piles have shrunk. The new fabrics don’t take up as much time as they once did, but they do take something else. Your thinking and know-how.

With the added convenience of these new easy-care fabrics, you also have certain problems. Some fabrics tend to absorb oil and grease. Perspiration and other odors may also cling to them. Some fabrics need hot water for the best wash, others cool. Some require a long wash period, others a short one. Should you use gentle or regular agitation? What dryer setting is best? Thinking is definitely needed to do today’s laundry.

**Everything you need to know about doing laundry**

Many laundry problems won’t happen if you follow recommended procedures. But when problems do occur, you can sometimes do something about them. Remember, though, when you start out right, you help to insure chances of ending up right.

Begin your laundry by reading and understanding the labels of the items you are washing. They give specific washing instructions and fiber and fabric content. Next, follow the steps outlined here.

1. **Check out clothes** This is the time to close hooks and zippers and mend the tears and rips. You also need to check pockets for tissues and treasures, and to shake dirt from cuffs. Another wise move is to turn knits inside out to reduce the chances of surface wear and snagging. Permanent press garments with pleats or creases should also be turned to reduce wear at the creased edges. Closures with snaps or buttons should be left open to prevent stress on fabric and buttonholes.

2. **Sorting** When you sort clothes, you sort away problems. You can sort by color, by temperature and washer cycle, by fabric, and by degree of soiling. When sorting by color, you separate whites and pastels from colors. This helps to prevent the white or light colored garments from taking on a colored cast from dark garments.

3. **Pretreat stains** Stains can be permanently set by washing, so do pretreat them. The key to successful stain removal is to treat the stain as soon as possible. Three techniques can be used to remove stains and soils.

   - The direct application method involves rubbing a stain remover into the stain; this can be a liquid or a paste made from a powder stain remover. Let this stand for about 10 minutes, then wash. If you use an oil-based stain remover, rub it in, and then wash, not waiting the 10 minutes. Always look at the package directions for the exact technique the manufacturer recommends.
   - A presoak stain remover may take from 15 minutes to as much as overnight soaking. Depending on the nature of the stain, warm or cool water should be used. Again, consult the manufacturer’s directions for the amount of presoak product to use and the recommended length of time for soaking. You can presoak in the washer or in a pail, whichever is handy for you.
   - Another method of removing stains is to prevash 3 minutes with a laundry product in warm water; these then launder as you normally would. This technique may be used for heavily soiled items such as soiled collars and cuffs, sheets and pillowcases, or work clothes.

   The method of stain removal depends on the severity of the stain, the type of stain and soil, and the age of the stain. Listed here are some of the more common stains and how to outsmart them.

4. **Load the washer & wash** In loading the washer, remember not to “chock” it. Items should be put in the washer loosely so they can move freely during agitation. To get them their cleanest, clothes need room to move. Overloading not only reduces cleaning efficiency; it also can cause excessive wear on both clothes and washer motor.

Cleaning ingredients are then added to the washload. Set the dials for the proper wash, including the correct temperature of water to be used and the proper agitation. Determining the correct amount of detergent or soap to use will be based on: (1) the kind of soil; (2) the amount of soil; (3) the type of items to be washed; (4) the size of the load; (5) the water conditions of your area; and (6) the amount of water used in the wash load.

Along with the soap or detergent you may want to add a fabric soften to soften clothes and to reduce static electricity. Some fabric softeners can now be added to the wash cycle instead of during the rinse cycle. To be sure, check with the directions on the soften container.

5. **Drying the clothes** Most items can be dried in a dryer; however, check the item labels to be sure. Rules for the dryer are:
   - Never overload the dryer. This makes the machine work harder; clothes take longer to dry, and they may be more inclined to wrinkle.
   - Dry items of similar weight and construction together to avoid overdrying of some items and underdrying of others, as when bath towels and lingerie are dried together.
   - Clean the lint filter after every load.

After the clothes are dried, they should be removed from the dryer immediately to prevent the setting of wrinkles. To minimize the need for ironing or "touching up," hang the hung items and fold the fold items as they are removed from the dryer. Observing these precautions can reduce the amounts of time and effort you need to keep clothes looking presentable.