

Advanced

Must know 3 out of 4

1. Knows how to use appropriate stain removal techniques for different types of stains

1. **Water** – Hot, cold, free, fresh and plentiful. Water will be your first line of defense. Rinse, blot, dab and repeat; water by itself can't do much damage.
2. **Vinegar** – Vinegar is a natural and effective stain remover. When using it on wool or polyester, use sparingly, and consider spot-testing in a hidden area first. (**Spot testing** means to use a small amount of the cleaner and see how it affects the fabric before using it on a larger more noticeable area.)
3. **Hydrogen Peroxide** – Great for removing blood or rust stains, hydrogen peroxide has a bleach effect without the destructive color change. It is color safe and also disinfects.
4. **Detergent / Stain Remover** – Use these to scrub out stains before you launder clothes normally. Stain removers have special enzymes to help release stubborn stains.
5. **Rubbing Alcohol** – Effective for removing inks, dyes and chemical-based stains.
6. **Dish Soap** – A mild and versatile solvent. Mixed with water, dish soap is effective on grease, condiments, and just about anything.
7. **Bleach** – Effective yet harsh, bleach is usually a last-resort option for removing stains from whites.
8. **Spray Technique** – Spray the stain with spot treatment you can purchase from the store. Spray the stain with the cleaner, wash the clothes and follow the directions. Purchase cleaner at local convenient store for \$3.00 to \$10.00.

Tricks to Remove Stains:

1. **Treat all stains as quickly as possible.**
2. After washing, air dry first. Before drying the garment in a dryer, make sure the stain is removed. Otherwise, the heat could set the stain.

If unsure of how to remove a stain try looking it up online to find steps and instructions on how to get rid of the stain.

Helpful Reference:

Types of Stains

Beer – 3, 7, 2

Berries – 14, 5, 7, 2, 3

Blood – 3, 8, 5, 2

Chocolate – 14, 7, 20, 4, 1

Coffee – 4, 7, 11, 6, 2

Cooking Oil – 18, 3, 7, 6, 1

Feces – 14, 4, 15, 1

Grass – 3, 8, 6, 2

Gum – 13, 14, 7

Ice Cream – 3, 7, 6, 2

Ink – 10, 6, 1

Juice – 3, 7, 19, 4, 1

Ketchup – 7, 12, 6, 2

Latex Paint – 3, 7, 2

Mayonnaise – 18, 7, 1

Mustard – 12, 7, 6, 2

Nail Polish – 17, 7, 1

Oil-Based Paint – 17, 7, 6, 1

Red Wine – 16, 4, 7, 1

Rust – 9, 11, 2

Sweat – 12, 5, 1

Vomit – 14, 3, 4, 15, 1

Water-Based Paint – 3, 7, 2

White Wine – 3, 7, 2

Removal Methods

1 Launder with hot water

2 Launder with cold water

3 Flush back side with cold water

4 Flush back side with hot water

5 Flush with hydrogen peroxide

6 Pretreat with stain remover

7 Blot with a clean rag and dish soap solution*

8 Rub the stain together with the fabric

9 Sprinkle with lemon juice and salt

10 Blot with rubbing alcohol

11 Air dry (in sun if possible)

12 Flush with vinegar

13 Freeze

14 Scrape off any excess stain material

15 Wash with chlorine bleach

16 Cover with salt

17 Flush with paint thinner or acetone

18 Sprinkle with cornstarch

19 Blot with diluted ammonia*

20 Dab with liquid laundry detergent

**Mix solutions according to the directions below*

Common Stain Removal Mixtures

Dish soap solution:

1 tablespoon dish soap, 10 ounces water

Vinegar solution:

1 cup white vinegar, 1 cup water

Ammonia solution:

1 cup ammonia, 1 cup water

Retrieved from: mollymaid.com

2. Knows how to sort laundry based on color and fabric

If unsure remember to check the tag!

Sorting Clothes by Color: Whites, Darks, Lights, Jeans & Delicates

Whites:

- White t-shirts, white underwear, white socks and other similar items fall into this category.
- This pile is for white sturdy cottons that can withstand normal wash on a warm or hot wash cycle.

Darks:

- Grays, blacks, navies, reds, dark purples and similar colors are sorted into this load.

Lights:

- More pastel-type colors such as pinks, lavenders, light blues, lights greens and yellows are placed in this pile of laundry.

Heavy Material:

- All items with denim (jean) material are washed together in this load as well as dark towels, sweaters, sweatshirts, etc.

Delicates:

- This category includes several types of clothing – lingerie, pantyhose, washable silks, and any clothing you'd like to keep from the harsh agitation of the washer.



Sorting Clothes by Fabric: Heavy and Light Clothes

Remember: If unsure remember to check the tag!

The weight of the garment should be considered as well!

Heavy: Can go through a rougher wash and dry because the material is durable.
Takes a longer time to dry

- Example: heavy cotton pants, sweatshirts, jeans

Light: Needs a lighter setting so the material does not tear or rip. Doesn't need to be in the dryer for that long because it will dry quicker.

- Example: thin t-shirts, khaki pants, blouses

Note:

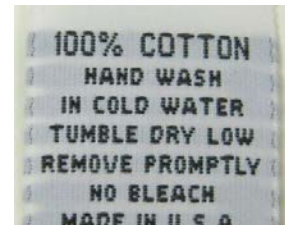
- While sorting clothes, look for items that require stain removal attention. Place those items in a different pile so you will be able to remove the stain before you put the clothes back in the sorting category they belong in. Check and Treat!!!
- Remember to check the pockets before putting them in the wash to make sure you didn't leave anything in them.
- Turn t-shirts with writing or prints/designs on them inside out, this will protect the label from peeling off the shirt.
- Make sure all the socks are not crumpled up before washing them for the most efficient wash.

3. Knows how to read clothing labels to determine method of cleaning: hand wash, dry-clean, machine wash, hang dry

- **Hand wash:** wash clothes by hand rather than using a machine
- **Dry-clean:** cleaning process for clothing using a chemical solvent other than water. It is used to clean fabrics that break down in water, and delicate fabrics that cannot withstand the rough and tumble of a washing machine and clothes dryer. This can get expensive!
- **Machine wash:** wash clothes in washing machine by adding laundry detergent which is sold in liquid or powder form to the wash water
- **Hang dry:** Clothing can be hung on drying rack or a clothesline — a length of rope strung inside or outside on which one can hang clothes in the open air or sun until they are dry.

Hand wash:

1. **Read label** like this one to see if needs to be hand washed (look for hand wash symbol)
2. **Clean sink** so it is not dirty when hand washing
3. Water should always be **cold**
4. Mix cold water with one teaspoon with **liquid detergent**
 - a. Always add water & detergent before the clothes to the sink
5. Soak for five minutes & swish in water
6. Drain the water out of the clothing (**do not wring it!**) & fill sink with clean cold water
7. Repeat steps until there is no more suds and soap
8. Towel off and dry



Dry-cleaning:

- For clothes that are dry clean only, the circle has a letter 'P' inside it or a symbol that it cannot be hand washed.
- Take to local dry cleaners to clean clothing for you.
- Ask for price before leaving the item for service to determine if it is worth the cost.



Machine Washing:

1. Look at label. Depicted as a bucket filled with water, the Wash Symbol tells you-what temperature or machine setting you should use to wash the item of clothing.
2. Select appropriate water temperature and spin
3. Put detergent into machine
4. Put dirty clothes in machine
5. Begin cycle



Hang Dry:

- When an item is marked as ‘Do Not Tumble Dry’ with a cross through the drying symbol, leave this garment to drip-dry on a drying rack or outside on your washing line rather than putting it in the dryer.



Clothing Safe to Iron:

Ironing Instructions According To Fabric			TEMP	STEAM
Natural Fibers	Cotton (denim, muslin, calico, chintz): Iron on high heat while still damp. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric. Use steam and spray if necessary.			
	Linens: Iron while still damp on the wrong side using high heat. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric.			
	Wool (cashmere, flannel): Use a pressing cloth and iron on the wrong side of the fabric on medium heat.			
	Silk: Use a medium heat setting and dry iron silk on the wrong side of the fabric. To press a silk tie, lay it on top of a pressing cloth right-side facing down, then press.			
Synthetic Fibers	Polyester: Iron while still damp, pre-moisten it with a spray bottle, or use the spray button on your iron to dampen the fabric. Use low or medium heat.			
	Nylon: Use low heat and dry iron without steam. Use spray if necessary.			
	Acetate: Using low heat, dry iron without steam on the wrong side of the fabric.			
	Acrylic: With the iron on low heat, dry iron without steam on the wrong side of the fabric. Use spray if necessary.			

Practice Worksheet

Which would you put in the dryer?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you bring to the dry cleaners?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you hang dry?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you hand wash?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Answer Worksheet

Which would you put in the dryer?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you bring to the dry cleaners?



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Which would you hang dry?



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Which would you hand wash?



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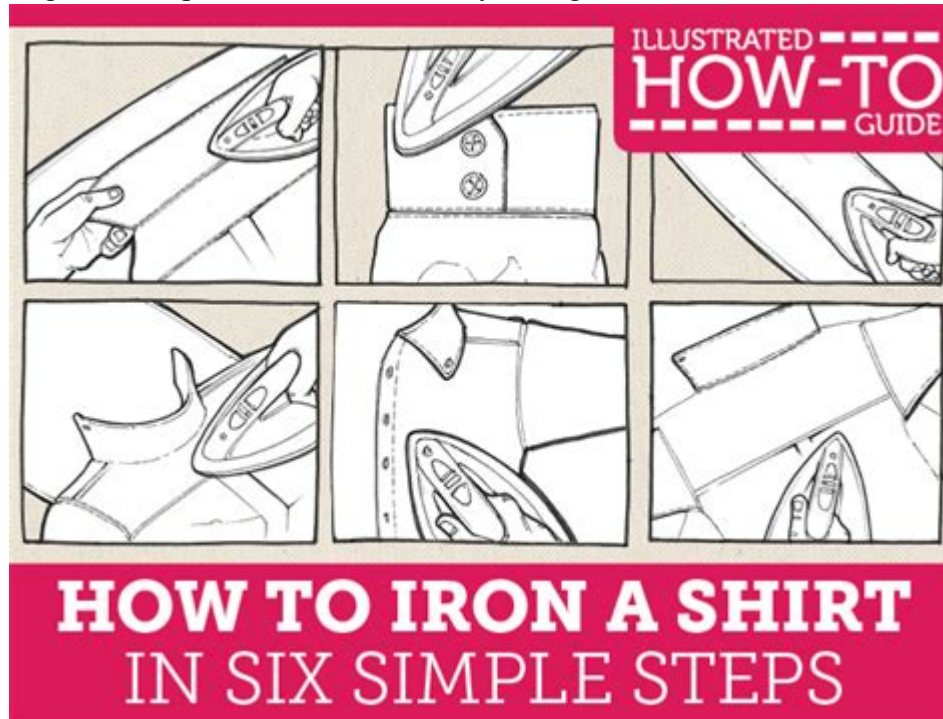
D. Gym Shorts

4. Knows how to iron clothes

Be aware of your surroundings; don't leave a hot iron unattended if there are **children or mobile pets** in the area. **Unplug the iron once you are finished** using it and keep it out of reach of children and pets, as it may take time to cool.

Shirts:

- Ironing shirts is quicker and easier than you might think.



For more information: www.archetypes.com

Pants:

- Use gentle pressure and steam that are going to do the work, not so much the motion and heat of the iron itself.
- Lay the pants flat on the ironing board, and line up the seams of the leg to match. The crease is as far from those seams as the fabric goes.
- Move iron up and down pant legs until wrinkles are gone.



Where to Iron:

- Use an ironing board.
- Use a flat surface if you don't have an ironing board.
- Place a towel down on the flat surface so you don't damage the floors or furniture from the heat of the iron.
- Do not use a bed as a place to iron.



Ironing Without an Iron:

Use the Shower: Hang your clothes up directly outside the shower curtain or door while running hot water is actually a very easy way to get rid of most of the wrinkles in your clothing.

Water Spritzing: Using a spray bottle is already a trick used during ironing to help get steam deeper into fabric, but if you don't have an iron around and need to get rid of some serious wrinkles, just using the water itself can help you out immensely. The best way to do something like this would be to also make use of something flat and heavy, like a phone book. Spray some water on the wrinkled area, rub it in gently, and try to flatten it by pressing the book down over it on a flat table. Don't hold it too long, though, or you may be causing a whole new set of wrinkles nearby.

Use the Dryer: If you've got a good half hour to spare, you can spray heavy amounts of water on the wrinkled item, and throw it in the dryer. The trick here is to pull it out of the dryer while it's still hot—then either put it on or hang it up immediately. Nearly all the wrinkles can be taken out of a single item this way. Make sure to shake out clothing after drying and hang to avoid wrinkles.