

LAUNDRY CHEAT SHEET

COFFEE, TEA, SODA OR WINE

Coffee or Tea: Rinse out and apply liquid laundry soap or detergent.

Soda: Blot with vinegar, dish soap and water mixture.

Wine: Blot with vinegar and rubbing alcohol mixture.

FOOD

Soak in dishwashing liquid and water. May also try proteases ground up to make a paste. Rub on stain and sit for 20 min.

MUD

Soak in laundry detergent and warm water. Wash with vinegar or hydrogen peroxide if stain remains.

INK OR PAINT

Rub with dishwashing liquid and rinse. Rub with hairspray and rinse.

Rub with rubbing alcohol and rinse. Rub with nail polish remover and rinse. Use color safe bleach.

GREASE, OIL OR LIPSTICK

Rub baking soda and water on the stain. Rinse. Soak in vinegar and scrub with liquid dishwashing soap. Use alcohol to clean up lipstick.

BLOOD, URINE, VOMIT OR FECES

Rinse in cold water. Apply hydrogen peroxide to the stain.

Can also use dishwashing liquid.

SWEAT

Scrub with mixture of one part lemon juice and one part water and then dry in the sun. Soak in one part hydrogen peroxide and one part water for 1 hour. Wash with one cup hydrogen peroxide.

GRASS

Use one part water with two parts hydrogen peroxide. Scrub and rinse.

TEMPS

Whites: Wash Hot/Dry Low **Lights:** Wash Warm/Dry Low

Darks: Wash Cold/Dry Low