

HOW OFTEN TO WASH

EVERY USE

T-shirts
Blouses
Tights
Wash cloths
Kitchen towels
Underwear
Socks
Swimwear

EVERY WEEK

Sheets
Pillowcases
Bath Mats

EVERY MONTH

Blankets
Mattress Pad
Pillow Liners
Bathrobe

EVERY 3 X'S

Jeans
Bath Towels
Bras
Sweaters
Pajamas
Dresses
Skirts
Aprons

EVERY 3 MONTHS

Shower curtain
Dust Ruffle
Throw rugs
Outerwear
comforter

STAIN TIPS

Grass - Vinegar
Blood - Hydrogen peroxide
Oil - Dish Soap
Coffee - Baking soda
Sweat - Lemon Juice
Lipstick - Baby wipes
Chocolate - Dish soap
Crayon - Baking soda
Ink - Dish soap or hairspray