

LAUNDRY

Tips & Tricks

Women of Gold Practical Training

Proverbs 31:13

“She looks for wool and flax and works with her hands in delight.”

“IT’S JUST LAUNDRY, RIGHT?”

Have you ever thought about how something as simple as laundry can be a God-given opportunity to practice godly character? Each load washed can be an opportunity to cultivate heart attitudes such as joyful diligence, cheerful service, and wise stewardship of our time and belongings.



As we seek to grow in diligence and stewardship, we can also develop our practical skills, which allow us to approach everyday responsibilities thoughtfully rather than reactively. This helps free up time and energy for other important areas of life, such as serving others, building relationships, and investing in your church community.



Make the most of laundry day with these practical tips to help you care for your clothes, avoid common laundry mistakes, and save time!



Pre-Treat Stains

As soon as possible after staining, blot with a napkin to remove as much of the stain as possible. Before the item goes into the washer, pre-treat according to the type of stain:

OIL AND GREASE STAINS

Scrub gently with liquid dish soap and warm water, then let sit for 30 minutes.

BLOOD AND BODY FLUIDS

Rinse the stain under cold water, then apply 3% hydrogen peroxide. Let sit for 15 minutes, then rinse with cold water.

INKS, COFFEE, AND DYES

Dab the stain with rubbing alcohol using a paper towel. Let sit for 15 minutes, then rinse with cold water.



- Alternatively, use a general stain remover such as OxiClean and follow use instructions.
- Check any stain treatment on an inconspicuous spot before using it to make sure it doesn't lift clothing dye or leave a mark.
- If a stain remains after washing, don't run it through the dryer as this will set the stain.

More tips on the back! ↗

We hope this resource encourages you to see that even ordinary tasks like laundry are exciting opportunities to glorify God in our hearts and reflect His love to others in all that we do! **For more helpful resources for Christian women, please scan this QR code here!**





Sort clothes by type:

PREVENTING WEAR

- Separate heavier fabrics from lighter fabrics.
- Mismatched fabric weights (e.g., heavy coats with light clothing) may cause weight imbalance in the machine, adding to wear and tear.

PREVENTING DYE OR SOIL TRANSFER

- Colors and whites: While modern dyes and detergents exhibit less color transfer than in the past, it is recommended to separate colors to keep whites bright and colors unfaded.
- Heavily soiled clothing: Prevent transferring dirt or grime to other clothes by washing heavily soiled clothing separately.
- New clothing: Separately wash new clothes, as they are often loaded with excess dye that can easily bleed and stain other clothing.

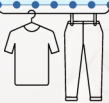
PREVENTING ISSUES DUE TO DIFFERENT CARE INSTRUCTIONS

- Separate clothes by the wash duration, spin speed, agitation, and water temperature needed for different items, as indicated on the care instructions.
- If your laundry pile is too small to separate into different loads, wash on a cold-water cycle with a gentle detergent to avoid colors mixing or damaging more delicate fabrics.



Use the laundry machine correctly:

- Don't overload your machine—this may prevent clothes from being cleaned properly or potentially damage your clothes and the machine.
- Turn clothes with zippers, Velcro, beads, or other intricate details inside out to prevent damage to other clothes.
- Remove clothes from the washer promptly to prevent the growth of mold or mildew.
- After you finish washing, leave the machine door open slightly to allow it to dry. Use a clean towel to wipe the machine dry to help prevent mildew.



Put clothes away promptly:

- Promptly put clothes away after drying to prevent wrinkles.
- When to fold: Fold clothes to prevent stretching. E.g., knits, sweaters, t-shirts, activewear.
- When to hang: Hang clothes to prevent wrinkles and maintain their shape. E.g., structured items like blouses and blazers, delicate fabrics, dress pants.



Time-saving tips:

- Check the care instructions before buying new clothes.
 - Think about whether you have the capacity to care for clothes that are hand-wash or dry-clean only.
 - Certain fabrics wrinkle more easily—consider buying clothes with wrinkle-free fabrics if you don't have time to iron, steam, and upkeep clothes.
- Schedule laundry times: Whether it's a few times a month, weekly, or daily, having a plan and routine for when you do laundry can help keep the task manageable.
- Use mesh laundry bags to pre-sort small laundry items like socks or baby clothes.

