



Laundrying Guide for Beginners

Getting Started

Preparing the load is the most important step. Empty pockets; remove pins, belts with buckles and other hard items; close zippers, snaps and hooks; take off any other accessories that are not washable; tie strings and sashes so that they won't get tangled up, or remove them and hand-wash separately.

Sort the load in different piles since you'll wash the items differently. Sort by fabric and weight (cottons, knits, delicate items), by color (white, light colors that won't run, dark or bright colors that may run), by how dirty they are (very dirty, normally dirty, less dirty), and lint givers (bedspreads, towels) from lint takers (corduroy, permanent press, synthetic fabrics).

Using the Washer

Choose the proper cycle.

- Permanent press: warm or hot water (whites and very dirty clothes need hot water), cold rinse, permanent press cycle, and 4 to 12 minutes wash time.
- Regular and sturdy fabrics: hot water (for whites or very dirty items), warm (for most loads) or cold (for dark or bright colors that may run), cold rinse, normal/regular or heavy wash cycle, and 4 to 14 minutes wash time.
- Delicates and knits: warm or cold water (bright or dark colors will need cold), cold rinse, gentle or delicate wash cycle, and 2 to 8 minutes wash time.

Add detergent and other laundry aids to get your clothes clean – normally, about ½ to 1 cup for average loads. But washers are different, and laundry aids vary in their use. So, read directions on both the

washer and detergent. Always measure bleach carefully and use liquid fabric softeners only in a deep rinse.

Clean filter, if needed, and start washing machine.

Load the washer after the tub has filled and agitated for a minute or two. Drop clothes in loosely. Don't pack or wrap items around the agitator. Put both large and small items together in each load to maintain balance. Items should move easily through the water.

Using the Dryer

Load the dryer with the same loads you sorted for the washer. Do not overload because this causes wrinkling and long drying times. Clean the lint screen often. Be careful with plastic and rubber items – use only the air or fluff setting for these.

Choose a dryer cycle to complement your fabrics. Permanent press has a cool-down period to reduce wrinkling; regular or normal has heat settings for fast drying of heavy fabrics.

Use control settings and charts to determine drying time since damp items will wrinkle and possibly mildew. Avoid over-drying because it uses more energy than needed.

When dryer stops, take everything out. Hang or fold items immediately to reduce wrinkling.