FIRST EDITIONS CO.

The Laundry *Book*

A care guide for laundry day



I How to use

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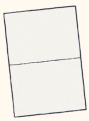
VIII Your subscription

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CHAPTER I

One sheet, *one load*

Pre-measured sheets instead of a heavy plastic jug: no pouring, no measuring cup, no sticky cap.



REGULAR LOAD

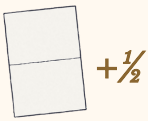
1 sheet



SMALL LOAD

½ sheet

Tear along the perforation



LARGE LOAD

1½ sheets

Or heavily soiled

Every box holds 40 sheets: 40 regular loads, or up to 80 small ones.

Before you wash

- Sort by color and fabric. Wash darks in cold water to keep their color.
- Empty pockets, close zippers and turn denim and prints inside out.

How to load



1. Put the sheet in the **empty drum** first.
2. Add your clothes on top, and leave them room to move.
3. Wash on any cycle, hot or cold. Sheets work in standard and HE machines, top- or front-loading.

> **Short or very cold cycle?** Tear the sheet in half and drop both halves in. Smaller pieces dissolve faster.

Washing by hand

Dissolve about a quarter of a sheet in a sink of water. Add your clothes, swish them through and let them soak for 10 minutes, then rinse until the water runs clear.

Keep sheets dry until you use them; they're made to dissolve in water. Like any detergent, keep them out of reach of children and pets.

CHAPTER II

Keep the cover. *Refill* the story.

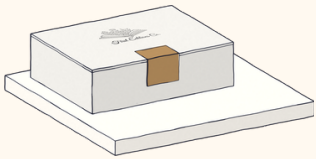
The hardcover stays on your shelf. Refills arrive in slim paper boxes: just the sheets, no bottle.



01

Shelve the hardcover

A keepsake box that lives on your laundry shelf.



02

Your refill arrives

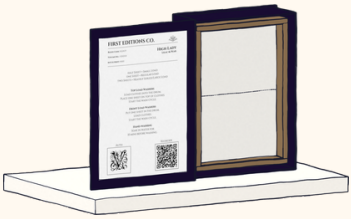
One slim kraft refill, snug in a white mailer.



03

Slide off the sleeve

The tray slides out of the notched end of its kraft sleeve.



04

Slip it inside

Open the hardcover, set the tray inside and close the cover.

When a box runs out, the next refill takes its place. The hardcover never leaves the shelf, and there's no plastic jug to throw away.

CHAPTER III

Reading the *care label*

Five shapes cover almost every label. The marks inside tell you how gently to go.



Dots mean heat: more dots, more heat. **Bars** underneath mean a gentler cycle. An **X** means don't.

Washing



Machine wash
Normal cycle



Cold
30 °C · 85 °F



Warm
40 °C · 105 °F



Hot
50 °C · 120 °F



Permanent press
Medium cycle



Delicate
Gentle cycle



Hand wash
By hand only



Do not wash

Some labels print the temperature in the tub instead of dots: 30, 40 or 60 (°C).

Bleaching



Any bleach
When needed



Non-chlorine only
Oxygen bleach



Do not bleach

With our sheets: anything that's machine- or hand-washable can go in, except wool and silk (see Chapter V). If the label says do not wash or dry clean only, leave it to a professional cleaner.

Drying, ironing & *cleaners*

Tumble drying



Tumble dry
Normal



Low heat



Medium heat



High heat



No heat
Air only



Do not tumble dry

Natural drying



Line dry
Hang to dry



Drip dry
Hang soaking wet



Dry flat
Lay it flat



Dry in shade
Out of the sun

European labels may show line dry as a single vertical line inside the square.

Ironing



Iron
Any heat



Low
110 °C



Medium
150 °C



High
200 °C



Do not iron

Professional care



Dry clean



P
Standard solvents



F
Gentle solvent only



W
Wet clean



Do not dry clean

CHAPTER IV

Stains, *solved*

Most stains come out if you catch them early and keep them away from heat.

Act fast, and blot. Rubbing spreads a stain and pushes it deeper.

Test first. Try any remover on an inside seam.

Rinse from the back with cold water, so the stain comes out, not through.

Check before drying. Dryer heat can set a stain for good.

Coffee & tea

Flush from the back with cold water. Work in a drop of dish soap, rinse, then wash.

Red wine & berries

Blot, then flush with cold water. Soak in cold water with oxygen bleach if the label allows.

Blood

Cold water only; heat sets it. Soak a dried stain in cold water for 30 minutes, then wash.

Grass

Work in a drop of dish soap, rinse, then wash as warm as the label allows.

Grease & oil

Cover with cornstarch or baking soda for 15 minutes. Brush off, work in dish soap, then wash as warm as the label allows.

Sweat & deodorant

Soak for 30 minutes in a sink of cool water with ½ cup of white vinegar, then wash.

Ballpoint ink

Dab with rubbing alcohol on a cotton ball and blot with a clean cloth. Rinse, then wash.

Mud

Let it dry completely and brush off what you can. Work in dish soap, then wash.

> **Blood, egg, dairy and other protein stains:** our sheets contain protease, an enzyme that helps break them down in the wash.

Never mix chlorine bleach with vinegar or ammonia.

CHAPTER V

Delicates deserve *better*

A little extra care keeps lace, lingerie and fine knits in shape for years.

Wool and silk: use a wool-safe detergent

Our sheets contain protease, an enzyme that lifts protein stains. Wool and silk are protein fibers, so an enzyme can weaken them over time. Wash wool (including cashmere and alpaca) and silk with an **enzyme-free, wool-safe detergent**, or as the label says.

In the machine

- Wash delicates apart from heavy fabrics like denim; the friction can fray them.
- Zip small pieces into a mesh laundry bag.
- Choose the delicate or hand-wash cycle, cold water and **half a sheet**.

By hand

- Dissolve about a quarter of a sheet in a sink of cool water, then add the pieces.
- Swish gently, soak for 10 minutes and rinse until the water runs clear.
- Press the water out; never wring. Roll the piece in a dry towel to take out the rest.

Drying and storing

- Lay delicates flat on a clean towel to dry, away from direct sun, which can fade colors.
- If you use the dryer, choose the air-only or no-heat setting.
- Store them somewhere cool and dry. Use padded hangers for shaped pieces, and fold knits, since hanging stretches them.

CHAPTER VI

Dry smarter, *iron less*

Most shrinking and wrinkling happens in the dryer. A few habits prevent both.

Stop the shrink

Heat and tumbling make cotton, wool and linen fibers contract. Check the label for the tumble-dry square, choose low or medium heat, and air-dry anything you can't bear to lose.

Better dryer habits

- Shake each piece out before it goes in, and don't overload the drum.
- Add wool dryer balls to cut drying time and static.
- Clean the lint filter after every load; it's safer and saves energy.
- Take clothes out as soon as the cycle ends, and fold or hang them while they're warm.

Wrinkles without an iron

Shower steam

Hang the piece in the bathroom while you shower. The steam relaxes the fibers.

Damp towel press

Lay it flat, cover it with a damp towel, press and smooth, then let it air-dry.

Vinegar spritz

Mix one part white vinegar with three parts water. Mist lightly and let it dry. Test a hidden spot first.

Hair dryer

Hold it about 6 inches from the fabric and smooth the creases with warm air.

CHAPTER VII

Towels, linens *& activewear*

Stiff towels are usually build-up from hard water and detergent, not age.

Towels

- **Skip fabric softener.** It coats the fibers and makes towels less absorbent.
- **Reset stiff towels** every month or two: run a warm cycle with 1 cup of white vinegar, then a second cycle with ½ cup of baking soda.
- Shake towels out before drying, use low heat and add dryer balls.
- Let towels dry completely before you fold or pile them, to prevent mildew and odors.

Bed linens

Sheets and pillowcases	Every one to two weeks. Weekly if you sweat at night, have allergies, eat in bed or share it with pets.
Duvets and blankets	Every two to three months, more often with pets.

- Sensitive skin? Add an extra rinse.
- Dry linens completely before you make the bed. Low heat for longer works better than high heat for less time.

Activewear

- **Skip fabric softener here too.** It clogs the fibers that wick sweat away and traps odors.
- Wash it inside out in cold water, soon after you wear it.
- Hang it to dry or tumble on low; heat wears out stretch fibers.

CHAPTER VIII

Refills on *your schedule*

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