



Fresh as a Daisy Laundry Stain-Removal Chart



Tips for Stain and Detergent Residue Removal

1. Always spot-test for color-fastness.
2. Use alkaline products, such as washing soda, baking soda, and borax for protein-based stains.
3. Use acid products, such as vinegar, and cream of tartar, for alkaline stains (grass, minerals).
4. Glycerin is excellent for softening older stains before washing. (Find it at the drug store.)
5. Warm or cool water is the safest for stain removal. Hot water and heat can set stains. If stain remains after washing, do not put item in dryer. The heat will set the stain. Rather, try again to remove stain.
6. Add 1/4 cup white distilled vinegar to the rinse water to remove alkaline residues from detergent (do not use on rayon).
7. Add 10 drops of lavender oil to rinse water for a lovely lingering fragrance.
8. Be careful with lemon juice and vinegar on colors. It can change the color of some dyes. Test on a small inconspicuous spot first.



Laundering Cloth Diapers

1. Soak diapers in a covered pail with water and 1 cup borax.
2. Do not let diapers sit more than one day.
3. After washing diapers, add 1 cup white distilled vinegar to the rinse water to remove all detergent residue.

Lavender Linen Water

- 1 teaspoon (100 drops) lavender essential oil
- 5-10 drops peppermint, spearmint or rosemary essential oil (optional)
- 2 ounces 80+ proof vodka
- Bottle with tight-fitting lid
- 24 ounces distilled water
- Spray bottle



To make: Pour the essential oils and vodka into the bottle. Tighten the lid and shake until the oils are suspended throughout. Mix with the distilled water. Pour into the spray bottle to use. **To use:** Shake well before each use. Sweeten linens by lightly spraying on clean sheets when making bed. **Shelf-life:** indefinite.

Fabric Softener and Fragrance

Fabric softener sheets, like Bounce, etc. emit five different toxic chemicals, most of which cause acute respiratory tract irritation and inflammation. Use the following formula for a safer and gentler way to soften and sweeten clothing.

- 1/2 cup baking soda
- few drops of essential oil of your choice
- small clean rag or paper towel



To soften fabric: Add baking soda to final rinse water.

To fragrance fabrics in the dryer: Place several drops of lavender, peppermint, rose or rosemary essential oil on a rag or paper towel; add to dryer with clothing.