



## HINTS FROM LINDA'S LAUNDRY ROOM

As a mother with two children, the one thing I don't have a lot of, is time. It's got to be easy! That is why I design clothing made from fabrics that perform best after regular wear and cleaning. I know because I've tested and worn most of them myself. Let me share with you nine things to consider in the care of your clothing. Put this up in your laundry room or copy it and give it to your friends, with my compliments.

*Linda*

1. **Check Care Instruction Tickets!** At Linda Lundström Inc. we test fabric to determine the best cleaning method and write it on the care instruction ticket of every garment. Because the ticket is small, we can't write everything we would like to. Hopefully, the points I have mentioned below will be useful too.
2. **Avoid Over-Cleaning!** Cleaning a whole garment just because there is a spot on the shoulder or makeup on the collar can take the "life" out of it. I use an assortment of spot removers, or cold water with a drop of dishwashing soap directly on the spot. The exception here is silk, as it tends to leave rings where areas are moistened. Most other fabrics can be beautifully spot cleaned.
3. **Watch That Heat!** The most destructive part of the cleaning process is the heat from the water, the dryer, the iron and its steam. Avoid excessive heat wherever possible! Fabrics are sensitive. Too much heat at any stage can cause shrinking, yellowing, static, weakening, limpness and fading of colours.
4. **Hand Washing!** I recommend hand washing for many garments to ensure the gentlest treatment possible. Delicate cycles on your washing machine or hand washing in a basin are both OK. The rule here is remove the spot first, then wash in cool or cold water. Rather than rub and scrub, it is better to let the garment soak for a while to let the stain fall out.
5. **Cold Water Washing!** I wash 90% of my clothing in cold or cool water. I use a phosphate free, biodegradable detergent with a bit of Borax in the water to boost the power of the detergent. Clean the spots off your garments first, then wash the overall garment in cold water. Knits or brushed fabrics can be turned inside out to reduce any pilling caused by the action of the washer.
6. **Hang Drying!** I rarely put things in the dryer. If it is a fabric that needs to be fluffed up, put it in for a few minutes. Take damp garments after washing, & hang them up. Do not let clothing sit wet in the machine as creases will set in. Letting a garment air-dry is the gentlest way of treating it. Use a collapsible wooden clothes horse for underwear and knits.
7. **Good Hangers Only Please!** I researched the best hangers for my designs. Please accept the Linda Lundström hanger with your purchase. It may have special "grips" at the shoulders for hanging knits so they don't stretch out. Never hang a garment on a wire hanger. It's essential to have the right hangers if you try more hang drying.
8. **The Miracle of Finger Pressing!** It's so simple! The seams on a garment pucker because the thread has contracted in the washing process. Take all the seams and firmly tug, then run your thumb along each seam to flatten it. Tug and smooth the edge of the collar and the facing, generally smoothing out the whole garment. It works beautifully when the garment is still damp. Hang it up, let it dry... You won't need your iron anymore!
9. **Dry Cleaning!** Be careful in choosing a dry cleaner. Take a garment that is on its last leg to see if the dry cleaner is capable of doing a good job, before you trust them with something you really cherish. Once you have found a dry cleaner that handles your clothing well you can request special treatment for a particular garment. For example, anything white or off white will often come back discoloured unless you request fresh fluids be used. Do not be afraid to speak up!