

Independent Living

Franklin County DSS

HOW TO WASH AND DRY CLOTHES

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SPECIAL POINTS OF INTEREST:

- IL Class: Friday, June 27, 2008 from 11 to 2 at the Franklin Center: Personal Care and Stress Relief
- YAC: July in Radford
- IL Class: Friday, July 25, 2008 from 11 to 2 at the Franklin Center: Employment and Careers
- IL Class: Saturday, August 23, 2008 from 11 to 2 at the Franklin Center: Cleaning Up!

WWW.ehow.com

Things You'll Need:

Clothes Detergent A washing machine Or a bucket / sink A drier to dry the clothes, or somewhere to hang them

1—Collect all your dirty clothes from the bathroom floor, or wherever you keep them. Keep in mind that your socks may be in the [living room](#) or under your desk. Make sure you find everything.

2—Sort the clothes into piles. There are two important considerations here: what material your clothes are, and what color.

3—Read all the labels, and pick out the clothes that (a) cannot be washed (need to be taken to a dry cleaner), (b) all clothes that say delicate, or have other restrictions. These are commonly materials such as silk, wool, and certain synthetic fibers.

4—Remember delicates may

have to be washed by hand. This means using a sink or a bucket, and adding water (read labels to verify the temperature) and detergent. The water should feel slippery. Warning: remember to sort the colors (see point five below).

5—Sort the remaining clothes (generally materials such as cotton, linen, synthetic fibers) according to color. All whites should go with only whites (or very light colors if the item has been washed many times). Then put all the reds, pinks, and oranges in a separate pile (never keep this close to the white pile as you will be wearing pink shirts for a long time). Then, depending on how much more you have left, put the other colors together, possibly into a lighter (e.g. greys, yellows, light blues) and a darker pile (blacks, dark blues, browns, greens, purples).

6—Know that, each pile is



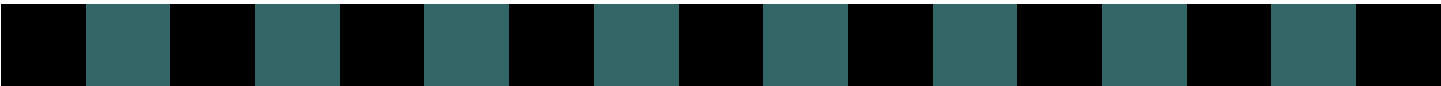
Have you ever washed your clothes?

its own load. It is recommended to start with the highest priority pile, usually the one with socks and underwear.

7—Put the first pile into the washer. Add detergent (the bottle/box should say how much you need).

8—Read all instructions on the washer carefully, and examine all the knobs to make sure you are washing the clothes the way you are planning to. Whites and underwear usually go on hot temperatures. Colored clothes and sheets usually go on warm or cold temperatures.

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WASHING AND DRYING CLOTHES CONTINUED



Don't turn your whites pink!

“If you're sharing an apartment or living with people you know, it sometimes helps to join in the washing. Doing laundry together saves time and money.”

9—Close the door and push the on button.

10—Come back when the washer is done and take the clothes out. Shake them gently, and either put into a dryer (remember to read the label) or hang them up to dry.

Tips and Warnings:

If you're sharing an apartment or living with people you know, it sometimes helps to join in the washing. This is especially the case with reds, as many people don't have a full load of red clothes in their wardrobe. Doing laundry together saves money and time, and lowers your impact on the environment. Fold as little as possible. Just stack your undies like pancakes. Over drying wears fabric out faster; try to leave a little moisture in (not too much though), it will dry before you get to using it anyway. Take the sheets off the bed, wash them and put them right back on. Less time will

be spent folding/storing. Guys- when you are low on dress socks, give what remains to Goodwill and buy like 30 pairs all same style of black. No more sorting or orphans. Go one step further and divide your dress sock drawer in two. Put clean socks in one side and draw from the other. When they are gone, reverse. This way you wear your socks evenly and can throw them all out at the same time and start over, hence less waste. Also- no folding, just throw them together like worms. The recommended detergent amounts are about twice what you need. Use half of what they recommend & your clothes will be just as clean and your detergent will last twice as long. Don't leave your clothes in your washer for more than 24 hours, they will get musty and moldy. If your dryer is near the shower, pull towels/clothes directly from the dryer if they are in there, hence less folding. Have

hooks in your closet for your favorite pants and shirts that you wear constantly, don't fold and store them, just hang them up. Landury ball does not contain harmful chemical element, such as phosphor and boron, etc. It's very use for wash cloth.

Always check the labels of your clothes. If you are ever unsure, wash on the lower temperature, or by hand, and don't spin the clothes. New clothes with bright colors may have to be washed by themselves for the first few times unless you have something in a very similar color. Blue Jeans should be inside out to retain their dark color. If you wash your tennis shoes, don't put them in the dryer, they will never be the same. Let them dry in the sun. Don't leave your clothes unattended at the laundromat. They do get stolen! Never wash and dry dark and light colored shirts together. Never put bleach on shirts that are not white.

AVERAGE COSTS FOR DOING LAUNDRY



Don't forget to factor in laundry costs to your monthly budget!

Laundromat: The national average is 25 cents per every eight minutes. As the prices increase with fuel costs, the costs are expected to increase to 25 cents per every five to seven minutes.

Some Laundromats charge

\$1.00 per washer load on up to \$2.00 per washer load and prices are similar for dryer use as well.

A washer and dryer range from \$250 and up to purchase one for your home. You then have to pay for the

water and electric used by the machines.

There are also the costs for detergent, fabric softener, and bleach.

HOW TO HANDWASH CLOTHES

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Some articles of clothing require hand washing. Even if the label doesn't call for hand washing, your garments will last longer if they're not constantly subjected to the rigors of the washing machine. Here are a few ways to get your clothes clean with hand washing.

Things You'll Need: Liquid Fabric Softeners, Clothes Dryers, Clothespins, Detergents, Laundry Baskets, Liquid Bleach.

1—Plug a sink, and add about 1/4 cup detergent.

2—Fill the sink with [hot water](#) - as hot as you can

comfortably put your hands in. Leave room for the clothing.

3—If you're washing whites and want to bleach them, now's the time to add about 1/4 cup bleach to the water.

4—Put your clothing in the water and get it thoroughly wet and soapy. If it's stained, you may want to let it soak for a while.

5—Knead the clothing with your hands in the water for a few minutes, much as you would knead bread.

6—Unplug the sink, drain and start the water running. Rinse your clothing until the water runs clear, not soapy.

7—Wring out and hang to

dry, or place clothing in the [dryer](#).

Tips and Warnings:

Wash items of similar colors together; separate dark clothes from white or light-colored clothes.

Pretreat heavy stains with laundry detergent or stain remover.

If you are using bleach, be sure to wear rubber gloves while washing clothes, and be careful not to get bleach water in your eyes.

Some fabrics and garments require gentle, cold-water washing and mild detergent; check the labels on your clothes for specific directions.



Don't forget that some clothes can't be put in the washer or dryer!

HOW TO CLEAN YOUR BEDROOM OR DORMROOM

Www.ehow.com

Tired of looking at that messy and cluttered room? Follow these easy steps to clean that room - a must do chore among all of us.

Things You'll Need: Garbage bag(s), Laundry basket, Vacuum cleaner, Glass cleaner, Washcloths, Time and patience.

1—Put everything on the floor. Yes everything. Things out of the toybox, off the bookcase, from under the [bed](#), the closet, the nightstand, off the dressers, even the storage bin. Everything!

2—Slowly go through this

heap of junk and throw away anything you don't use, wear, need, or want. Throw it away if it is broken. Try to get rid of most of the junk. Be open minded!

3—Put everything back in on the [bookcase](#), in the storage bin (only if you need it), in the closet, or under the bed. Put them away neatly! If you find something that belongs in another room, put it in the laundry basket for later delivery. Try to not have anything on your dresser or nightstand as it makes the room look much neater.

4—Dust everything off with the window cleaner. Try to

scrape up most of that gunk off the windows and off of your [nightstand](#), dresser, or bookcase. Even wipe down the walls and the light switch plate.

5—Vacuum the floor.

6—Make the bed. It will make the room look so much neater!

7—Deliver the items in the laundry basket where the belong elsewhere in the house!

8—Stand back and take a look at the room! So much cleaner! Repeat any step when needed

Keep in good mind that the cleaner the room, the more happy you and others will be!



Be patient! Cleaning must not be rushed or it is slop-

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[www.franklincountyva.org/
independent_living.htm](http://www.franklincountyva.org/independent_living.htm)



Www.oldrecipebook.com

PIZZA POCKETS

Brown some ground beef, drain, and add a bit of pizza sauce or catsup to make it stick together.

Using 2 packages of refrigerator biscuits, roll flat 2 biscuits at a time to make 4 inch circles. Add a heaping tablespoon of ground beef mixture, add some cheese. Pick up the 4 edges and bring towards center. pinch all ends together. Lay upside down on a cookie sheet. Brown in a hot oven at 400 degrees, cool then eat. 1 pkg biscuits makes 5 pizza pockets. Clean up your mess.

QUICK BREAD STICKS

1 can biscuits
Garlic, onion, or any prepared herb

Cut biscuits into quarters. Roll each quarter into "sticks" Roll into onion, garlic or herbs. Bake at 350 for 8 to 10 minutes or until done.

Recipe from 1998 church cookbook

FAMILY MATTERS QUIZ WHAT WOULD YOU DO? BY AMERICAN GIRL

1. Your sister always barges into your room without knocking. It's annoying!

What Would You Do?

- A. Set some rules—now: Every time my sisters barged into my room, I made them give me ten cents. Soon I had a pretty big profit and they started knocking.
- B. Talk it out: Explain how you feel. If she still does not respect your privacy, then call a family meeting and find a way to fix the problem.
- C. Let it go: She most likely

wants to hang out with you, so instead of getting mad at her, hang out with her.

2. You and Mom haven't been getting along lately. You seem to fight about everything! You'd really like to talk to her about growing up, but you can barely talk about the weather without having an argument.

What Would You Do?

- A. Write her a note: My mm and I write to each other in a journal. If I have a question that I feel awkward asking in person, or if I want to apologize for getting into an argument, I

write to her in the journal that we share.

- B. Have a heart-to-heart talk: Sit down with your mom and say, "Mom, things have been really tense. I want to be able to talk to you, but we always fight." Hopefully, you'll be able to talk it through.
- C. Don't sweat the small stuff: Remind yourself not to get so mad over little things, and that way you won't get into so many arguments.

More to come next month!



Are you mostly A's, B's, or C's?
More questions next month!

