

Preventing Stains

- Spray a stain remover on collars, cuffs, the fronts of shirts and pants, and all areas that are easily affected by sweat.
- Wash clothes after you wear them, and use a stain removal agent. This way, you can avoid most permanent stains.
- To prevent colors like red from running and staining other items, wash new clothes separately, and add a cup of white vinegar to the water. The vinegar sets the color. It also keeps the white cuffs and collar of a red shirt from turning pink.
- Wash all dark-colored outfits together. This way, clothes won't change color.