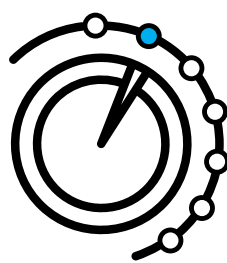
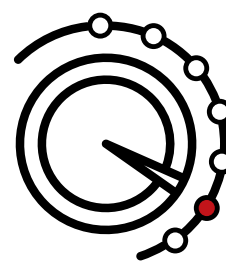


To extend the lifetime of your garments:  
Choose **cold water** setting, **wash them inside out**,  
use the washer's **gentle cycle** and avoid using the dryer.  
Instead, **lay your clothes** out to dry.



**COLD  
WATER**



**GENTLE  
CYCLE**

## ADVANTAGES AND DISADVANTAGES OF DIFFERENT FIBERS

### 100% COTTON



### POLY/COTTON



## SHRINKAGE

To prevent shrinkage, wash in cold water and avoid using the dryer.  
Instead, lay your garment out to dry.

## PILLING

To prevent pilling, avoid friction as much as possible during washing. Thus, wash your garments inside out and use the washer's gentle cycle. Furthermore, avoid using fabric softener for poly/cotton fibers.

## DISCOLOURATION

Choose **cold water** setting when washing your clothes, because it keeps the fibers closed, trapping the dye inside to prevent bleeding.

Pick up some commercial colour catchers. These dye magnets look like fabric softener sheets, but they're designed to catch loose dyes in the washer before they transfer to your clothes. Colour catcher sheets can be particularly helpful when you're dealing with **red** or **orange** dyes, because, these colours tend to be less stable.

Treat your fabrics with a colour fixative such as Retayne or Rit Dye Fixative. Dye fixatives reduce colour bleeding in fabrics. They are particularly popular in order to reduce bleeding between patches of fabric (Ex. Between a red appliqué and a white garment). However, be aware that they are not very effective on polyester materials.

