



## THE SPONGETOWELS® ULTIMATE STAIN BUSTING GUIDE!



Help! How do I get out...

## adhesives



**Clothing:** To remove the sticky residue left from tape or other labels, place fabric item in a plastic bag in the freezer for an hour or cover with a bag of ice. Gently pick and lift off as much gummy residue as you can without pulling at the weaves and damaging the fabric. Using a clean SpongeTowels® paper towel, blot (never rub) cooking oil, baby oil or eucalyptus oil to the stain and let sit for 10-15 minutes. Apply a few drops of undiluted clear dishwashing detergent to the stain, rinse and repeat until the stain is removed. Also, if the fabric permits, you can try a special adhesive remover such as Goo-Gone or Un-Du (test on an inconspicuous area first and if the fabric is not affected, proceed using on-pack directions).

**Carpets and upholstery:** To remove the sticky residue left from tape or other labels, cover the stain with dry ice or a plastic bag of ice for 10 minutes. Gently pick and lift off as much gummy residue as you can without pulling at the weaves and damaging the fabric. Using a clean SpongeTowels® paper towel, blot (never rub) cooking oil, baby oil or eucalyptus oil to the stain and let sit for 10-15 minutes. Apply a few drops of undiluted clear dishwashing detergent to the stain, rinse and repeat until the stain is removed. Also, if the fabric permits, you can try a special adhesive remover such as Goo-Gone or Un-Du (test on an inconspicuous area first and if the fabric is not affected, proceed using on-pack directions).

**Things to keep in mind:**

- WARNING! Always use caution and read labels carefully when handling adhesive remover chemicals.

Help! How do I get out...

## antiperspirant or deodorant



**Discolouration on Clothing:** Place the fabric on a pad of SpongeTowels® paper towels. Using a folded paper towel, blot (never rub) the back side of the stain with ammonia (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If the fabric is silk or wool or contains a blend of any of these fibres, dilute the ammonia with equal parts cold water.) Rinse thoroughly with cool water, then wash in the highest temperature water the fabric can tolerate. On non-washable fabrics apply a paste of sodium bicarbonate (baking soda) and cool water to the stain and let sit for 45 minutes. If the stain persists, have the item dry cleaned.

**White marks:** Place the fabric on a pad of SpongeTowels® paper towels and apply a paste of equal amounts sodium bicarbonate (baking soda), salt and a few drops of cold water to the stain. Place the paper towels and fabric in a plastic bag and let sit 45 minutes. Remove from bag and rinse thoroughly with cool water. Alternatively, use an (enzyme based) pre-soak or stain stick to treat the area, soak or leave on for 45 minutes. Wash in the highest temperature water the fabric can tolerate. If the stain is really built-up, gently work in (never rub) some glycerin before applying the paste, pre-soak or stain stick.

Help! How do I get out...

## antiperspirant or deodorant (con't)

Things to keep in mind:

- Avoid discolouration and stains by applying an underarm shield to protect your clothing.
- Heat can permanently set deodorant stains, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- WARNING! Always use caution and read labels carefully when handling ammonia.

Help! How do I get out...

## baby food (meals)



**White Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can and blot off any excess using a SpongeTowels® paper towel. Saturate the stain with lemon juice (test an inconspicuous area of the fabric first to ensure the lemon doesn't create another stain) and place the fabric in direct sunlight to dry. Wash as usual. If the stain is dry, soak in cool water overnight, before proceeding with the method outlined above.

**Coloured Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can and blot of any excess using a SpongeTowels® paper towel. Saturate the area with soda water or immerse in cool water. If the stain persists, apply a paste of unseasoned meat and cold water to the stain (not for use on wool or silk). Let sit 1 hour, rinse thoroughly and wash as usual. If the stain is dry, soak in cool water overnight, before proceeding with a method outlined above.

**Carpets and upholstery:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can and blot of any excess using a SpongeTowels® paper towel. Fold a paper towel sheet and blot with soda water several times. Let sit 1 hour and sponge with cold water until stain is lifted.

Things to keep in mind:

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- If the food/formula contains fruit or fruit juice, don't use soap until the stain is completely removed, otherwise it can permanently set the stain.
- Microwaving a lemon for 15 second will increase the amount of juice that can be squeezed out of the fruit!

Help! How do I get out...

## bleach



**Clothing:** Bleach stains need immediate attention! Stretch out the fabric in the sink and flush under a tap of cold water (stain side facing down). Blot the fabric with a clean SpongeTowels® paper towel and apply a paste of sodium bicarbonate (baking soda) and soda water to the stain. Rinse, repeat as needed and wash usual. If a colour change has occurred, a matching colour fabric-pen can help blend in the stain. Another option is to dye the fabric entirely.

**Carpets and upholstery:** Apply a paste of sodium bicarbonate (baking soda) and soda water to the stain. Vacuum once paste has dried. If a colour change has occurred, a matching colour fabric-pen can help blend in the stain. Another option is to dye the fabric entirely.

Things to keep in mind:

- WARNING! Always use caution and read labels carefully when handling bleach.

Help! How do I get out...

## blood



**Clothing:** Soak the stain in cold salt water. Replace the salt water solution as needed until it is clear. If the stain persists, re-soak in a solution of cold water and 1/4 cup (2 fl oz., or 4 tbsp, or 60 ml) of ammonia (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If the fabric is silk or wool or contains a blend of any of these fibres, dilute the ammonia with equal parts cold water). Rinse and wring out fabric, then apply a paste of unseasoned meat tenderizer (not for use on wool or silk) and cold water. Let sit for several hours and wash in cool water. As an alternative method for washable fabrics pour 3% hydrogen peroxide on the stain and flush (stain side down) with cold water, repeat as necessary. Wash in cool water.

**Carpet, upholstery, pillows and mattresses:** Remove as much as possible with a clean SpongeTowels® paper towel and then blot cold water and a small amount of carpet shampoo to the stained area. Continue to blot until stain is removed, then sponge with cool water to remove any remaining carpet shampoo.

**Things to keep in mind:**

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed. Don't use vinegar or other acids; they will set the bloodstain into the fabric permanently.
- BE SAFE! Always wear protective gloves before cleaning up blood that is not your own.
- WARNING! Always use caution and read labels carefully when handling ammonia or hydrogen peroxide.

Help! How do I get out...

## butter or margarine



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can. Fold a SpongeTowels® paper towel sheet and blot a small amount of laundry detergent into the stain and let sit for 30 minutes. Wash as usual. Alternatively, cover the stain with sodium bicarbonate (baking soda) and let sit for 30 minutes. Remove paste and wash as usual.

**Carpets and upholstery:** Cover the stain with sodium bicarbonate (baking soda). Let sit 6-8 hours and then vacuum.

**Things to keep in mind:**

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Bring dry-clean only fabrics to the dry-cleaners and remember to identify the grease stain. Don't use a pre-treat on dry-clean only fabrics.

Help! How do I get out...

## candy



**Clothing:** Soak in warm water with a few drops of vinegar and undiluted clear dishwashing detergent for 30 minutes. Rinse thoroughly and wash as usual.

**Carpets and upholstery:** With a clean paper towel, blot (never rub) warm water onto the stain. Apply undiluted clear dishwashing detergent or a few drops of vinegar to the stain, rinse and repeat until the stain is removed.

Help! How do I get out...

## candy (con't)

Things to keep in mind:

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.

Help! How do I get out...

## chocolate



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can. Flush under the tap (stain side down) thoroughly with cold water. Fold a SpongeTowels® paper towel sheet and blot a small amount of laundry detergent into the stain and let sit for 10 minutes. Now, soak the fabric in cool water for 30 minutes. If the stain persists, apply a paste of unseasoned meat tenderizer and cold water to the stain (not for use on wool or silk). Let sit 1 hour and rinse thoroughly. If the stain has been removed, wash as usual. If there is still residue, use a use an (enzyme based) pre-soak or stain stick to treat the area before laundering.

**Carpets and upholstery:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can. Fold a SpongeTowels® paper towel sheet and blot with soda water several times. If the stain remains, sponge on a few drops of diluted clear dishwashing detergent and let sit 10-15 minutes. Continue to blot and repeat as needed. Rinse by sponging thoroughly with cool water.

Things to keep in mind:

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.

Help! How do I get out...

## coffee or tea (black)



**Clothing:** Flush immediately under the tap (stain side down) thoroughly with cold water. Fold a SpongeTowels® paper towel sheet and sponge on a few drops of undiluted clear dishwashing detergent into the stain and let sit for 10-15 minutes. Soak fabric in cool water for 30 minutes and wash as usual. Spot treat an old, set-in stain with glycerin for 45 minutes, then continue with instructions outlined above. For non-washable fabrics, point out the stain to the dry-cleaner as soon as possible.

**Carpets and upholstery:** Remove as much as possible with a clean SpongeTowels® paper towel and sponge on a solution of cold water and a small amount of carpet shampoo to the stained area. Once the stain has been lifted, rinse by sponging thoroughly with cool water to remove any remaining carpet shampoo.

Things to keep in mind:

- Treat immediately, fresh coffee stains are easier to remove.
- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Don't use soap, it can set the stain.

Help! How do I get out...

## coffee or tea (milk/cream)



**Clothing:** Flush immediately under the tap (stain side down) thoroughly with cold water. Fold a SpongeTowels® paper towel sheet and sponge on a few drops of undiluted clear dishwashing detergent into the stain and let sit for 10-15 minutes. Rinse the dishwashing detergent thoroughly and soak washable garments in a solution of cool water and unseasoned meat tenderizer to try to break the stain down (not for use on wool or silk). Rinse again and wash as usual. Spot treat an old, set-in stain with glycerin for 45 minutes, then continue with instructions outlined above. For non-washable fabrics (and wool or silk), point out the stain to the dry-cleaner as soon as possible.

**Carpets and upholstery:** Remove as much as possible with a clean SpongeTowels® paper towel. Sponge on a solution of cold water and a small amount of carpet shampoo to the stained area and once the stain has been lifted, rinse by sponging thoroughly with cool water to remove any remaining carpet shampoo.

**Things to keep in mind:**

- Treat immediately, fresh coffee stains are easier to remove.
- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Don't use soap, it can set the stain.

Help! How do I get out...

## egg



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can and blot of any excess using a SpongeTowels® paper towel. Saturate the area with soda water or immerse the stain in cool water if you can and let sit for 30 minutes. If the stain persists, apply a paste with unseasoned meat tenderizer and cold water to the stain (not for use on wool or silk). Let sit 1 hour and rinse thoroughly. Wash as usual. If the stain is dry, soak in cool water overnight and proceed with a method outlined above. For non-washable fabrics (and wool or silk), point out the stain to the dry-cleaner as soon as possible.

**Carpets and upholstery:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can. Fold a SpongeTowels® paper towel sheet and blot with soda water several times. Let sit 1 hour and sponge with cold water until stain is lifted.

**Things to keep in mind:**

- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.

Help! How do I get out...

## grass



**Clothing:** For washable fabrics, place the fabric on a pad of SpongeTowels® paper towels and using the folded corner of a paper towel, blot (never rub) the stain first with soda water then with rubbing alcohol (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance). If rubbing alcohol does not work for the fabric, you can cover the area with white paste (not gel) toothpaste instead). If the stain persists, sponge the area with undiluted white vinegar. Rinse thoroughly with cool water and wash as usual. As a last resort (remember to test an inconspicuous area of the fabric first for colourfastness and fabric tolerance), you can use bleach with hydrogen peroxide (dilute bleach, hydrogen peroxide and water 1:1:2). Let sit 1 hour, rinse thoroughly and wash as usual.

Help! How do I get out...

## grass (con't)

Things to keep in mind:

- Alkalis can set the stain, so don't use alkaline detergent, ammonia or degreasers.
- If the fabric is silk or wool or contains a blend of any these fibres, don't use rubbing alcohol. Point out the stain to the dry-cleaner as soon as possible.
- Dilute rubbing alcohol 3:1 with water for acetate fabrics
- WARNING! Always use caution and read labels carefully when handling alcohol, bleach and hydrogen peroxide.

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## ink (blue/black ballpoint)



**Clothing:** For washable fabrics, place the fabric on a pad of SpongeTowels® paper towels and using the folded corner of a paper towel, blot (never rub) the stain with rubbing alcohol (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If rubbing alcohol does not work for the fabric, you can sponge the area with milk instead). Blot excess and repeat. Apply a few drops of undiluted clear dishwashing detergent, let sit for 10 minutes and wash as usual. On non-washable fabrics, point out the stain to the dry-cleaner as soon as possible.

**Carpets and upholstery:** Blot (never rub) with soda water or cold water using the folded corner of a SpongeTowels® paper towel. Blot excess and repeat as needed. If the stain remains, sponge on a few drops of diluted clear dishwashing detergent and let sit 10-15 minutes. Again, blot excess and repeat as needed. Rinse thoroughly with cool water.

Things to keep in mind:

- Treat immediately, fresh ink stains are easier to remove.
- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Don't use soap, it can set the stain.
- WARNING! Always use caution and read labels carefully when handling alcohol.

Help! How do I get out...

## lipstick



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off any pieces. For washable fabrics, place the fabric on a pad of SpongeTowels® paper towels and using the folded corner of a paper towel, blot (never rub) the stain with vegetable oil or mineral oil and let sit for 30 minutes. Using a clean paper towel, sponge the area with ammonia (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If the fabric is silk or wool or contains a blend of any of these fibres, dilute the ammonia with equal parts cold water). To remove any excess oil, sponge on a few drops of undiluted clear dishwashing detergent, let sit 10-15 minutes and wash as usual.

**Carpets and upholstery:** Using a blunt edge (i.e. butter knife), gently scrape off any pieces. Blot (never rub) the stain with vegetable oil or mineral oil using the folded corner of a paper towel to saturate the stain and let sit for 30 minutes. Using a clean paper towel, sponge the area with ammonia (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If the fabric is silk or wool or contains a blend of any of these fibres, dilute the ammonia with equal parts cold water). To remove any excess oil, sponge

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## lipstick (con't)

on a few drops of undiluted clear dishwashing detergent and let sit 10-15 minutes. Rinse by sponging thoroughly with cool water.

Things to keep in mind:

- Work from the edges of the stain inwards, to avoid spreading the stain even further.
- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Avoid using water or water-based solvents which can spread and set the stain.
- WARNING! Always use caution and read labels carefully when handling ammonia.
- Bring dry-clean only fabrics to the dry-cleaners and remember to identify the lipstick stain. Don't use a pre-treat on dry-clean only fabrics.

Help! How do I get out...

## milk or cream



**Clothing:** For washable fabrics, blot (never rub) the stain with soda water or cold water using the folded corner of a SpongeTowels® paper towel to saturate the stain. For a larger stain, flush immediately under the tap (stain side down) thoroughly with cold water. Apply a pre-treat stain stick and wash in cool water. If the stain persists, soak garments in a solution of cool water and unseasoned meat tenderizer to try to break the stain down (not for use on wool or silk). Rinse again and wash as usual. For non-washable fabrics (and wool or silk), point out the stain to the dry-cleaner as soon as possible.

**Carpets and upholstery:** Remove as much as possible with a clean SpongeTowels® paper towel and sponge on a solution of cold water and a small amount of carpet shampoo to the stained area. Once the stain has been lifted, rinse by sponging thoroughly with cool water to remove any remaining carpet shampoo.

Things to keep in mind:

- Treat immediately, fresh milk or cream stains are easier to remove.
- Heat can permanently set the stain, so don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Bring dry-clean only fabrics to the dry-cleaners and remember to identify the milk or cream stain. Don't use a pre-treat on dry-clean only fabrics.

Help! How do I get out...

## mud



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off any pieces. Allow the mud to dry completely before removing it, then shake or brush it off. If the stain persists, cut a potato so that it has a squared tip (no peel), gently rub it over the stain and rinse with cold water. If there is still a stain, sponge on rubbing alcohol (dilute 1:1 with water for acetate fabrics) or diluted white vinegar for colourfast fabrics (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance. If rubbing alcohol or white vinegar does not work for the fabric, bring the item to the dry cleaner). Wash as usual.

**Carpets, upholstery or floors:** Using a blunt edge (i.e. butter knife), gently scrape off any pieces. Cover the stain with sodium bicarbonate (baking soda). Allow the mud to dry completely, brush off and vacuum. If

Help! How do I get out...

## mud (con't)

the stain persists, sponge on a few drops of diluted clear dishwashing detergent and let sit 10-15 minutes, then rinse by sponging thoroughly with cool water.

Things to keep in mind:

- Remember to allow the mud to dry completely before removing it.
- Heat can permanently set the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Red mud stains should be treated as a rust stain.
- WARNING! Always use caution and read labels carefully when handling alcohol.

Help! How do I get out...

## perfume or cologne



**Clothing:** For washable fabrics, blot (never rub) the stain with soda water or cold water using the folded corner of a SpongeTowels® paper towel to saturate the stain. If the stain remains, sponge on a few drops of undiluted clear dishwashing detergent and let sit 10-15 minutes, then rinse thoroughly with cool water. If there is still a stain, sponge on diluted white vinegar (1:1 with water), then cool water. Once the stain is completely removed, wash as usual. For non-washable fabrics, blot with cold water or soda water using the folded corner of a SpongeTowels® paper towel and point out the stain to the dry-cleaner.

**Carpets and upholstery:** Blot (never rub) with soda water or cold water using the folded corner of a SpongeTowels® paper towel and rinse by sponging thoroughly with cool water. If the stain remains, sponge on a few drops of diluted clear dishwashing detergent and let sit 10-15 minutes. Again, rinse by sponging thoroughly with cool water.

Things to keep in mind:

- Treat immediately while the stain is still wet! Perfumes and colognes will oxidize and turn brown with age.
- Heat will oxidize the stain, don't use hot water, tumble dry, blow dry or iron until the stain is completely removed.
- Don't use soap, it can set the stain.

Help! How do I get out...

## rust



**Clothing:** Place the fabric on a pad of SpongeTowels® paper towels and cover the stain in salt and lemon juice (test an inconspicuous area of the fabric first to ensure the lemon doesn't create another stain. Instead of salt and lemon juice you can sponge the area with undiluted white vinegar). Place the fabric in direct sunlight to dry. Rinse with the hottest water the fabric can tolerate and wash as usual. Alternatively, cover the rust stain with cream of tartar and soak the affected area in hot water for 30 minutes and wash as usual.

**Carpets and upholstery:** Use a commercial rust remover (test an inconspicuous area of the fabric first for colourfastness and fabric tolerance).

**Cast iron:** Rub steel wool over the rusted area and wash with warm soapy water on a SpongeTowels® paper towel. Rinse well and dry thoroughly using clean paper towels.

Help! How do I get out...

## rust (con't)

Things to keep in mind:

- Don't use chlorine bleach, it can set the stain.
- Microwaving a lemon for 15 second will increase the amount of juice that can be squeezed out of the fruit!
- WARNING! Commercial rust removers are extremely dangerous and must be handled with care. Wear protective gloves and read all caution and safety labels carefully. Some fabrics cannot tolerate a commercial rust remover, read application directions carefully first.

Help! How do I get out...

## toothpaste



**Clothing:** Using a blunt edge (i.e. butter knife), gently scrape off as much as you can. Flush under the tap (stain side down) thoroughly with cold water. If the stain persists, add a drop of undiluted clear dishwashing detergent and gently blot the fabric with a clean SpongeTowels® paper towel. Rinse thoroughly and blow-dry the area.

Things to keep in mind:

- Don't use soap, it can set the stain.