



## Inspire confidence and trust: Image makes the difference

### Keeping it clean

It happens to us all. Some avoid wearing a white jacket or dress because red wine, no doubt, will find you. The same for mustard and those new white jeans, grass stains and your sneakers. "Why even bother with a white shirt," one client commented, "I'll only be plagued with those yellow underarm stains or the shirt will turn grey after a few washes."

Don't let stains keep you away from light colours, delicate fabrics and the "difficult to wash." There are some age-old remedies that can restore clothing if you act quickly--and without hot water and heat.

Some general tips:

- Lemon juice (1/2 cup in the washer rinse cycle) brightens whites
- Vinegar (1/2 cup in rinse cycle) eliminates perspiration odour
- Sponge away grass stains with rubbing alcohol
- A dryer sheet stuck inside sneakers freshens them up
- Red wine: for "dry clean only" don't pre-treat, just get to the cleaners. For washable fabrics, soak up wine with a dry paper towel then blot with a clean sponge soaked in equal parts laundry detergent and hydrogen peroxide (for delicate fabrics, use less of the latter)

For yellow underarm stains on white cotton shirts, try these:

- Make a paste of baking soda and water, put on stain for 1 hour, then wash in cold water OR
- Pre-treat with hydrogen peroxide (e.g. Oxyclean) then wash in cold water OR
- Spray with a 50/50 mixture of vinegar and water. Let sit, then wash in cold water

Another solution is to spray with 50/50 vodka and water, but depending on the cost of the garment, you may find a better use for the vodka.

Part of looking good is wearing clothes that are clean and well maintained. If you really can't avoid dripping the salsa sauce, spaghetti or soup, consider patterned fabrics when you're at events that involve eating and save the whites for indoor, 'non food' events.

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