

EASLER IRONING



**FOR
YOU**



EASIER IRONING FOR YOU

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Grateful acknowledgment is made to the Louisiana Agricultural Extension Service for the pictures on sprinkling and ironing shirts.

August 1952

Ext. Cir. No. 372

Published By

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., D. S. Weaver, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

Ironing Equipment and Tools

IRONING BOARDS

Good ironing equipment is important. You need first of all a *good ironing board* well padded and covered. If you need a new board, you should find out about several new kinds that are gaining in popularity.

The board for sitting or standing is designed similar to old type boards except it has more knee space. It can be adjusted to any height for standing or sitting. The sit down ironing board is designed for easy ironing while sitting in an ordinary straight chair.

Regardless of the type ironing board you have or plan to buy, you can do much of your ironing easier and faster on a wide 20-inch board. It is placed on your regular board. Such a board is not on the market, but it is easy to make at home. Use $\frac{3}{4}$ inch plywood. Cut the board 20 inches wide and the same length as the board on which it will be used, or 50 inches.

Four pieces of seven or eight inch quarter-round molding screwed on the underside of the wide board will keep the board firmly in place while ironing. To determine the location of the molding pieces, turn the folded ironing board, top down, onto the underside of the wide board and mark the places for the pieces: two near straight end of board and two on tapered end. Allow for the thickness of the pad and cover.

PADS AND COVERS

A *good pad* on the board is important. One can be made from a table silence cloth or several layers of an old blanket. It should be free from seams or ridges and thick enough to have some "give."

A *good cover* can be made from a good grade of unbleached muslin or firm, closely woven sacks—if sacks are large enough without piecing. There should be no seams in pad or cover. Ironing over seam ridges makes "shiny" streaks on the fabric and a nice job of ironing is almost impossible. Covers should be easy to remove for washing. A strong draw string in a hem is generally more satisfactory than elastic.

HAND IRONS

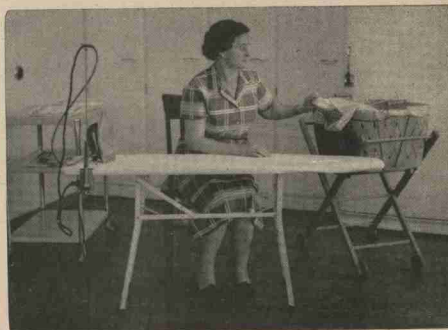
A *1,000 watt hand iron* with heat control is a wise choice for general ironing. A medium weight iron (3 to 4 lbs.) is less tiring than a heavy iron. On the market are irons that may be used as either a dry or steam iron, or regular irons with separate steam attachments.

ELECTRIC IRONERS

Electric ironers are of two types—rotary and flat plate. If you have an ironer and have learned how to use it correctly, you already have discovered the easiest way to iron. It does take practice (following manufacturer's directions) to learn how to use one for quick easy ironing.



Board for Sitting or Standing



Sit Down Ironing Board



Wide Ironing Board



A Sleeve Board



Laundry Cart With Basket



Other Equipment

A SLEEVE BOARD

One is excellent not only for sleeves where you don't want creases, but also for yokes in children's garments, blouses, etc. The one shown here has both sides usable and folds flat for easy storage.

CORDMINDER

A corminder is a valuable convenience when ironing. It keeps the iron cord off the work, prevents musing and wrinkling of ironed surfaces, means less reironing or "touching up," and it lengthens the life of the cord. There are several types of corminders on the market and they vary in price.

One of the newer types has its own extension cord and convenience outlet into which the iron plugs. One is shown in the pictures on page 1.

LAUNDRY CART WITH BASKET

You should have a sturdy laundry cart with a laundry basket. It is excellent for holding damp clothes at a convenient height near the ironing board and for many other step and energy saving uses in the work room and laundry center.

SPRINKLERS

Proper sprinkling means smoother, easier ironing. A new kind of sprinkler on the market is a plastic bottle with a spray top. It is light and easy to use—just squeeze the bottle and out comes a fine, even spray. If this new type sprinkler can't be found, the old type sprinkler top in a cork stopper fitted into a soft drink bottle is very satisfactory if the holes in sprinkler top are small so as to make a fine, even spray.

PLASTIC BAG OR PIECE OF PLASTIC

A plastic bag with a zipper opening is excellent for holding sprinkled clothes until they are uniformly damp and ready to iron. It prevents drying out. Dampened clothes wrapped in towels lose moisture, especially outer edges next to towel. A piece of plastic may be used in place of the plastic bag. It is much better than an absorbent towel but not quite as satisfactory as a plastic bag. These bags are available in different sizes and prices in most department stores.

PRESSING CLOTHS

Pressing cloths are needed: a medium or light weight cotton cloth for pressing silk, rayon, or other fabrics; a piece of light weight wool flannel to use between the pressing cloth and woolen fabric being pressed. This helps to prevent a hard, shiny finish on wool, and the wool is less apt to water spot. A good size for pressing cloths is 12 by 24 inches, or 14 by 28 inches.

PRESSING PADS AND MITTS

Pads and mitts are of great value in pressing darts, curved seams, shoulders and gathers.

WORK SURFACE

A table or work surface is needed for sorting clothes, removing stains, and sprinkling clothes. It is also time- and work-saving to place a table near your ironing board for holding flat work as it is ironed and folded. This might be a utility cart on wheels or a table on casters.

COMFORTABLE CHAIR OR STOOL

A kitchen chair or stool with good back support is needed for comfortable sitting to iron.

RACK OR HOOK

A rack with extending rods, placed within reach of ironing board is convenient while ironing garments to be hung as they are ironed. If your space will not allow such an arrangement, you can place a garment hook on the back of the nearest door.

HANGERS

Keep dress hangers ready for garments that need to be put on hangers as they are ironed.

SPONGE AND CLOTHES BRUSH

A sponge is handy for redampening clothes when ironing or pressing. A clothes brush is almost a necessity, especially for brushing woolens before pressing.

The Ironing Center

LOCATION

The place for your ironing center will depend on space available. Generally, the ideal place is in a utility or work room. Wherever you have your ironing center, it should:

1. Be away from paths of travel through the house.
2. Have good light—daylight and artificial.
3. Have good ventilation.
4. Have proper electric outlets conveniently located.
5. Include storage space for small equipment, tools and supplies.
6. Be cool in summer and warm in winter.

ARRANGEMENT OF EQUIPMENT AND TOOLS

Arrangement of your ironing center will vary with the space available, the location of the convenience outlet for plugging in the iron, and light for good seeing.

First, place your ironing board where you think it will work best. Then add a sturdy, comfortable, straight chair. Next, place the dampened clothes near one end of the ironing board (left hand end is preferable in most instances) up high enough to prevent bending for them. They may be placed in a laundry cart or on a small table the same height as the ironing board.

You will find it convenient also to have a small table near the other end (opposite damp clothes) of your ironing board for holding folded garments as you finish ironing each one. This saves time and



Garments on Garment Hook



Modern Ironing Center

trouble in getting up and down so much.

Here are three good rules to help you in making a final decision in regard to your ironing center:

1. *Have everything you need* (if possible) for your ironing center.
2. *Arrange it within arm's reach of where you are sitting when ironing.* Then you won't have to get up or do a lot of unnecessary stooping and stretching.
3. *Try out this possible arrangement until you find what seems to be the most convenient and satisfactory arrangement.* This may take a month or two of practice of the several different possible types of arrangements. It will take time and thought but you will find it many times worth the effort.

If it is not possible for you to have all of these desirable features (unless you build or remodel), there may be room for improvement if you will study your own ironing situation.

Attitudes and Habits

Ironing *methods* and *habits* vary with individuals and will also have a great deal to do with the problem of making the *total job* of ironing easier. We need to have open minds and a willingness to try new methods—and try long enough to give the new method a fair trial. It takes time and practice to learn a new skill regardless of what it is. If our minds are “set against” something before we try it enough to judge whether it is good or bad, chances are we will make

no effort to learn new improved methods or skills.

Let's be willing to *study, practice, practice and practice* until we do find easier ways, not only in ironing, but also in doing other housekeeping jobs. So, let's make up our minds that we can learn to *sit and iron*, and the battle is more than half won already. Studies have proved that our old methods of ironing, especially standing, makes it the most tiring of all housekeeping jobs. No wonder we dislike it!

Other Aids to Easier Ironing

WASHDAY METHODS TO SAVE IRONING

Extra care in wringing, and hanging clothes on the line will mean fewer wrinkles to iron out later.

Avoid *wringing* clothes too tightly. This causes deep wrinkles that are difficult to iron out and it takes more time. When using a wringer, put clothes through as straight as possible, folding lengthwise the pieces that are wider than the wringer. Prevent deep wrinkles or creases in heavy articles by loosening tension on rollers. Before hanging each garment or article on the clothes line, shake it enough to remove as many wrinkles as possible.

These procedures are largely a matter of practice and habit that pay off at ironing time.

Hang all garments by their strongest points:

Shirts and pajama tops: Hang with tail several inches over line. Pin at side seams and at center front to hold shirt front closed and to hold it straight.

Jackets and blouses: Dry on hangers. Some jackets may be hung by the hem but generally they have fewer wrinkles if hung on hangers to dry.

Dresses: Dry on rust proof hangers, or hang by shoulders at side seams with a clothes pin.

Skirts and pants: Hang by the waist band or use skirt or pants hangers. Pants dried on pants' stretchers need little or no ironing.

Towels and pillowcases: Hang about 1/3 over line.

Hang pillowcases with hem or open end down. Pin at both sides.

Sheets: Fold end hems together with right side out. Place hem edges about five inches over the line. Pin at each end and in the center to hold sheets straight. Straighten selvage edges with fingers.

Handkerchiefs and napkins: Hang three or four napkins together about three inches over the line. Hang, by corners, groups of handkerchiefs—six or eight in each group.

In removing from clothes line fold flat pieces (sheets, bedspreads, table clothes, etc.) as they are removed from the line and place them flat on the bottom of the laundry cart basket. This will prevent many wrinkles that won't have to be ironed out later.

FABRICS THAT NEED NO IRONING

Easier ironing actually begins with the buying of clothing and household fabrics. Much ironing can be eliminated by the selection and use of clothing and household fabrics that need little or no ironing. Cotton seersucker is an example with which we probably are most familiar. Fabrics of 100 per cent nylon need little or no ironing depending on quality, weight and workmanship. The same is true of the newer synthetic fabrics such as orlon and dacron. The amount of ironing time and energy saved generally would justify paying more for these fabrics if their costs were higher by comparison. Some may even cost less than fabrics that must be ironed.

Young mothers, especially, can save themselves much starching and ironing by using more jersey or knitwear, particularly for children's garments (T-shirts, underwear, sleeping garments, etc.). Knitwear has improved in quality and durability recently.

Turkish towels absorb water better and quicker when they are not ironed.



Hanging Clothes on Line

Ironing Methods

Sprinkling and folding are important parts of the new ironing method which can not be followed correctly unless the sprinkling and folding have been done correctly. See pictures on pages 5-7.

SPRINKLING AND FOLDING

Amount of moisture is important also. If clothes are properly sprinkled, only one or two strokes of the iron will be needed to get a smooth dry finish. Too little dampness makes it impossible to remove "dry" wrinkles; too much moisture takes too long to iron a garment dry. Use warm water for sprinkling. It goes into fabric quicker and more evenly.

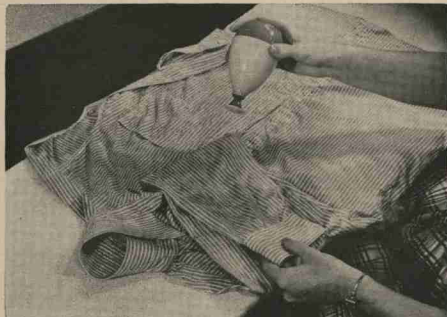
Roll sprinkled articles in loose, easy folds. Careless, tight rolling adds many extra wrinkles that

make for more and difficult ironing later. Moisture spreads more evenly if articles are loosely folded.

Place sprinkled articles in a plastic bag or roll them in a piece of plastic fabric. Let sprinkled clothes stand several hours or over night before ironing them. This allows moisture to spread evenly throughout fabric. Be careful in hot, humid weather. Mildew may develop if damp clothes are left too long at room temperature. If it is necessary to keep them longer than two or three hours, play safe and put them in the refrigerator. Cold, damp clothes actually iron smoother and nicer, especially starched pieces.

Do not depend on a steam iron to take the place of sprinkling starched clothes. It makes ironing slower.

Sprinkling Shirts and Shirt-type Blouses



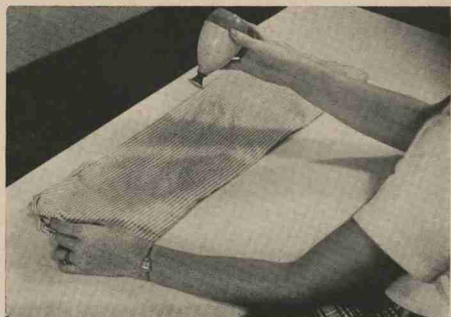
1. Smooth out, front side up collar left. Sprinkle front and sleeve. Fold right sleeve toward center then back with the cuff extended.



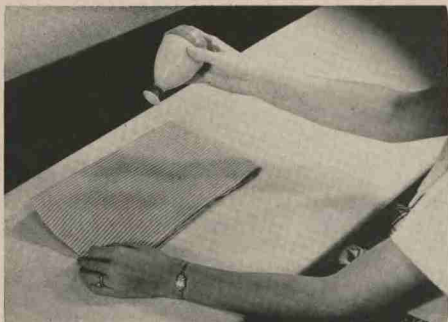
2. Sprinkle collar. Fold collar and yoke down over front. Sprinkle back of collar. If the collar is stiffly starched, it needs more dampness.



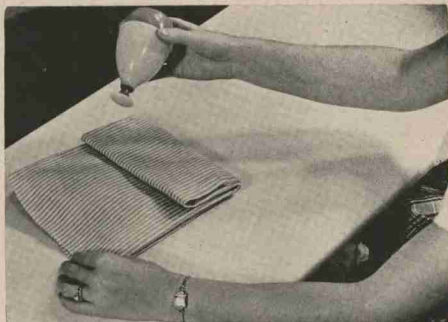
3. Sprinkle and fold in the left sleeve the same as the right sleeve, except in opposite direction, and on top of the collar.



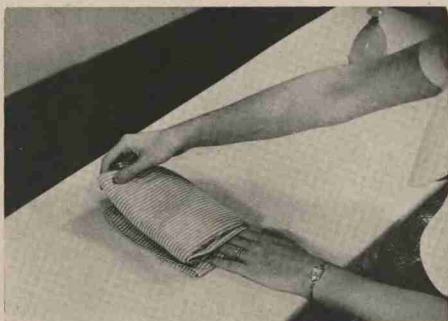
4. Fold the half of the shirt nearest to you over the other half, folding away from you. Then you sprinkle this half of the folded shirt.



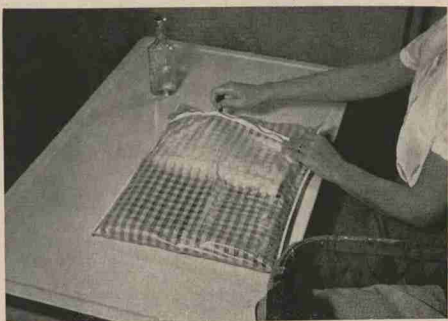
5. Pick up the tail end and fold in half to your left. Allow the tail to extend two inches over the other end. Sprinkle.



6. Now roll the folded shirt into three loose folds, folding from the right to the left and sprinkling the shirt as you fold.

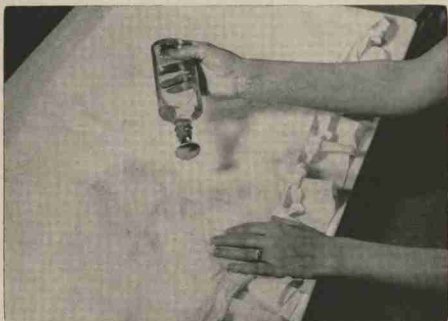


7. Sprinkling and folding are now finished and the folded shirt is ready to go into the plastic bag.



8. Sprinkled shirt has been placed in plastic bag with other sprinkled shirts, ready for ironing.

Sprinkling Ruffled Curtains



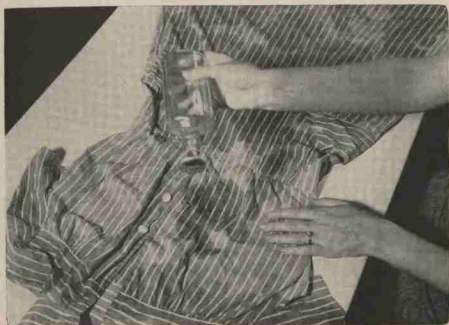
1. Fold lengthwise in half. Sprinkle. If very sheer, sprinkle three or four at once.



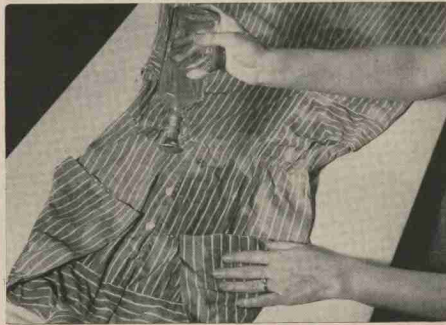
2. Fold lengthwise, then roll loosely with ruffles folded in so they will keep damp.

Sprinkling Women's Housedresses

(Also girls' dresses and housecoats)



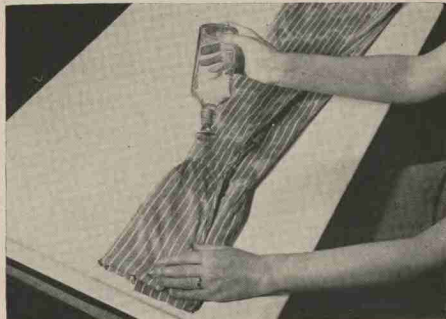
1. Smooth out flat with the front side up. Then sprinkle the front and collar.



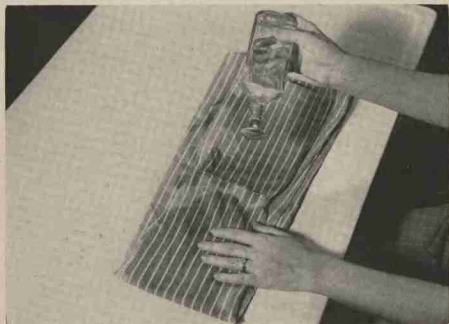
2. Turn the sleeves in toward the center and sprinkle the back of the sleeves.



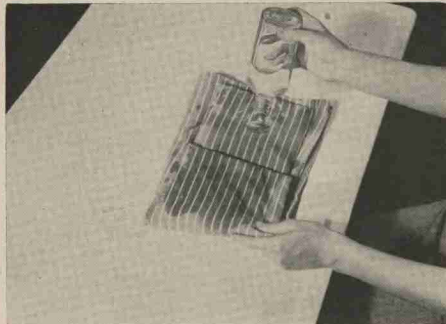
3. Turn collar down over dress front and sprinkle back of collar and yoke.



4. Sprinkle while folding toward center, one side then the other.



5. Pick up left end and fold in half toward hem. Then sprinkle.

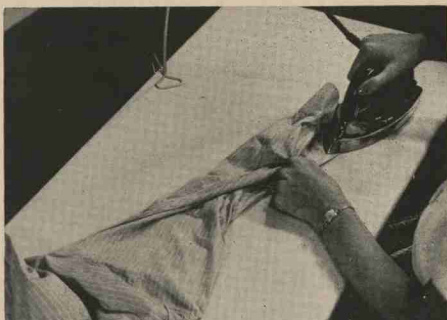


6. Continue to fold loosely toward hemline, sprinkling as you go.

Ironing Shirts—Shirt-Type Blouses and Pajama Tops



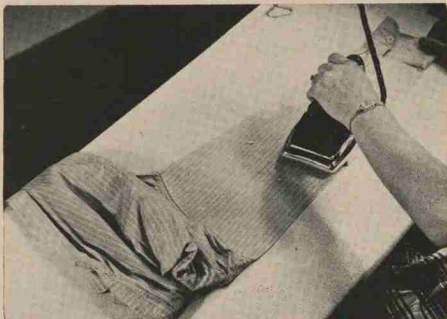
1. Place the shirt on wide board, left center, tail toward you, cuffs to left. Then grasp the tail in the right hand and unroll over the far side.



2. Pull out the left sleeve. Iron the placket next to you, then the inside cuff. Next iron the placket at the other end of the cuff.



3. With the left hand, turn the cuff over and iron the outside of the cuff. Then turn the cuff back into the original position.



4. Iron back of sleeve, starting on the underside seam side. Iron toward the shoulder, then (iron in left hand) iron back toward cuff



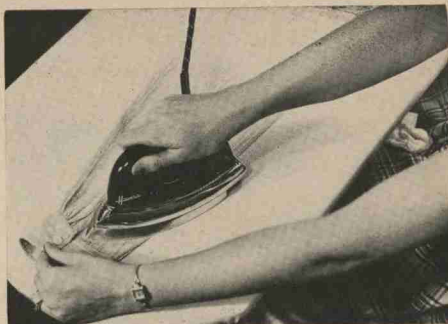
5. Move the shirt to the right. Pull out the collar directly in front. Iron the back of the collar and the band. Stretch firmly as you iron.



6. Move the shirt further to the right and pull out the right sleeve. Iron the cuff first (same as the other cuff), using the left hand.



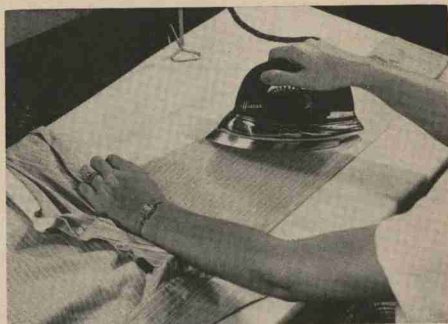
7. Iron the plackets (as you did on the other cuff), turn cuff with the right hand and iron the right side. Then turn the cuff back.



8. Iron the back of the left sleeve, first ironing the half beginning at the underarm seam. Then iron the other half that is nearest to you.



9. Cross the arms and grasp the collar points or the shoulder seams at the sleeves. Then turn shirt over as you uncross the arms—the Z turn.



10. Right sleeve top is now in position for ironing. The cuff is already ironed. Iron this side of the sleeve the same as the other (No. 4).



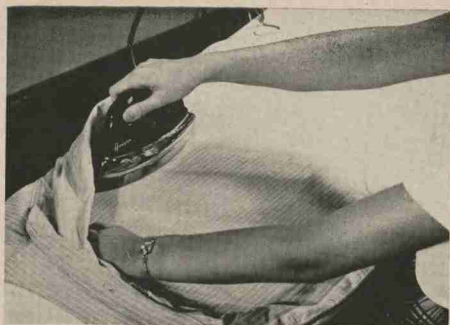
11. Smooth out the collar, and iron the collar and the band. Stretch firmly as you iron to insure a smooth finish with no wrinkles in the shirt.



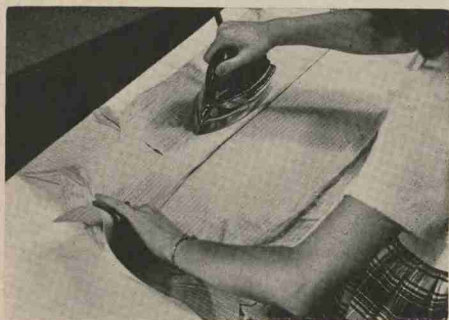
12. Move the shirt toward you and smooth out the yoke (and back underneath) into ironing position as shown here. Then iron the yoke.



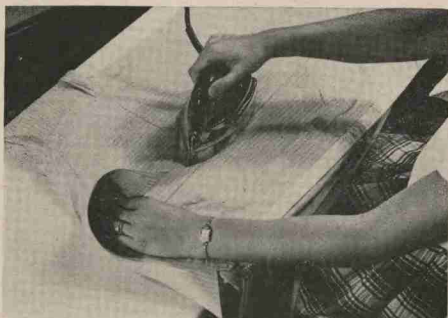
13. Move the shirt to the right and smooth the left sleeve into proper position. Iron this side as you did the other side of the shirt. (See No. 8).



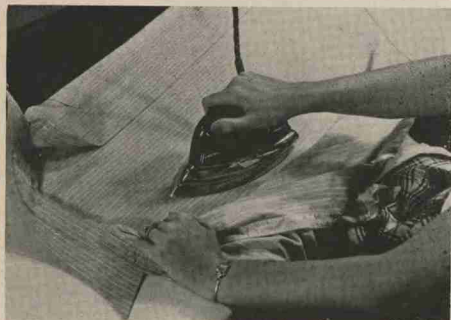
14. Grasp shoulder seams and turn the shirt to the position shown in the picture. Iron left half of the inside back, beginning at underarm seam.



15. Bring the left front into place, and turn the buttonhole band back. Then iron the underside. Avoid ironing a crease along the fold.



16. Iron the entire left front of shirt. When you are ironing the buttonhole band, hold the band tight to insure a smooth finish on the shirt.



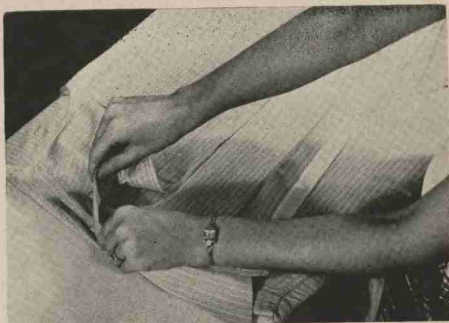
17. Move the ironed half away from you until the right half is in the ironing position. Then iron right half of the inside back as shown.



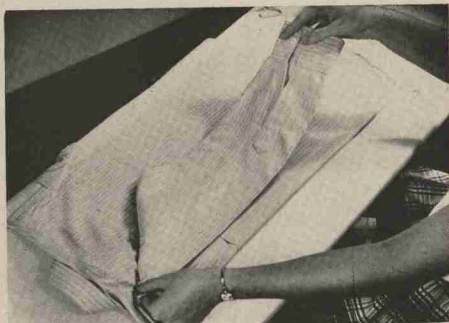
18. Bring the right front into place, turn back the button band and iron lightly over the buttons, holding the band tight with your left hand.



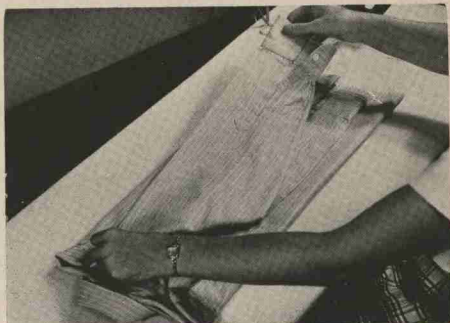
19. Turn the button band back into place and iron the right front. This completes the ironing process and the shirt is now ready to fold.



20. Crease the collar down with the thumb and fingers, because ironing weakens the fabric. Then button the collar and the 3rd and 6th buttons.



21. Turn the shirt over, front side down, and fold the left side in and the sleeve down.



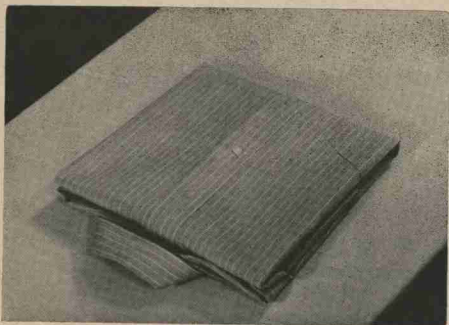
22. Fold the right side in and fold the sleeve down the same as you did the left sleeve.



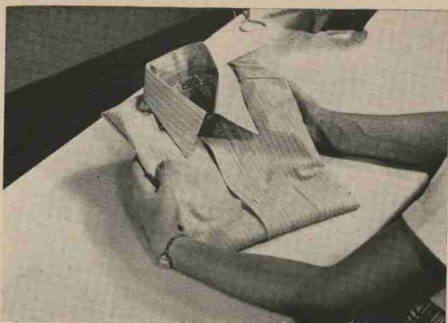
23. Next fold up the lower third of the shirt.



24. Then fold the shirt again toward the collar.



25. Here you see the folding of the shirt finished.

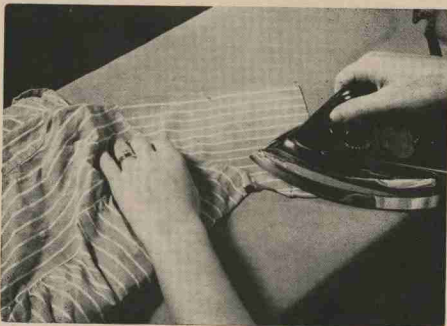


26. The shirt is now ready for wearing or storing.

Ironing Women's House Dresses



1. Place the dress with the skirt over the far side of the board. Then smooth out the right sleeve.



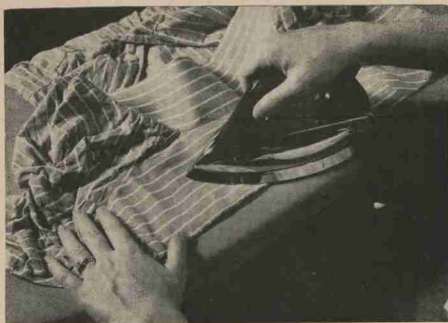
2. Turn the sleeve over, away from you, and iron the back side of the right sleeve of the dress.



3. Turn the sleeve back and iron the front side of the right sleeve.



4. Smooth out the collar and iron the top while you are stretching.



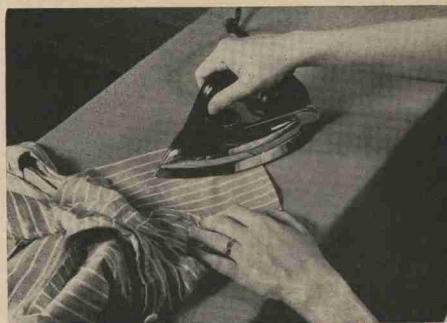
5. Smooth out yoke on the board and iron.



6. Grasp the shoulder and make a Z turn.



7. Smooth out the left sleeve and iron back of it.



8. Turn the sleeve over and iron front side of it.



9. Bring the collar into ironing position and iron the back of the collar.



10. Turn the dress and iron the left yoke. Turn again and iron right yoke.



11. Turn and place dress as shown. Iron left front waist well into the yoke and shoulder gathers.



12. Shift iron to left hand. Iron into waist gathers, Turn back button band and iron, then right side.



13. Iron the left half of the inside back the same as you did the left front. Handle already ironed front carefully to prevent "mussing" it.



14. Arrange the right side. Then turn back the bottomhole band, iron, replace and iron the right front and inside back same as left side.



15. Slide the dress over the end of the ironing board and iron the skirt, all the time turning the skirt away from you as you are ironing.

House dresses that are open down the front are somewhat easier to iron than those that are not open. Ironing procedure is practically the same except the skirt opens out flat. Procedure will vary some with cut and construction of a dress.

Study these new methods of ironing and see how they apply to any garment with as little "turning and handling" as possible, with a minimum of "touching up" after ironing is finished.

Ironing Children's Dresses



1. Reach the left hand through the neck to the sleeve cuff and bring the cuff up to shoulder seam, forming a double ruffle or puff sleeve.



2. Iron all around the top half of the right sleeve, going well into shoulder fullness. Turn over and iron the underside of the right sleeve.



3. Iron right collar and then iron front shoulder sections before turning.



4. Z turn dress. Left sleeve is in position to iron. Iron left collar.



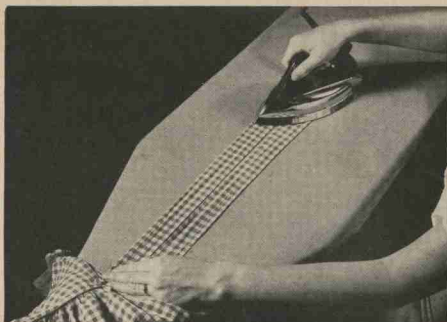
5. With dress over end of board, iron from hem to waist. Stretch to prevent puckers.



6. Start ironing the skirt and bodice at center back. Turn back button band and iron.



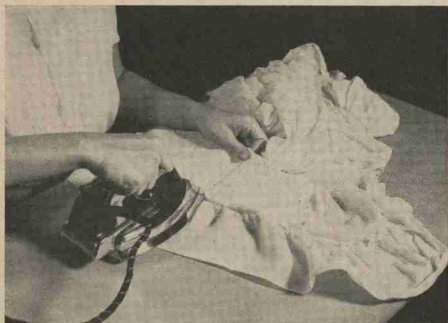
7. Iron the skirt and bodice as you go. By ironing this way you will finish the dress with only one turning around the board.



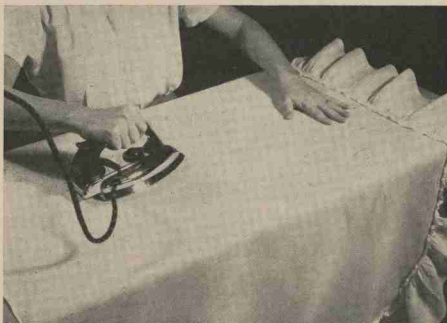
8. Take dress off the board, place ties together, iron both in one stroke. Turn, iron the other side. Hang the finished dress.

Ironing Ruffled Organdie Curtains

(Or ruffled curtains that can't be put on stretchers)



1. Iron the ruffles first. Keep the body of the curtain folded in when possible. Thin fabrics dry out fast, especially in hot, dry weather.



2. Iron body, moving ironed section away from you into loose folds on clean paper on the floor. Place on bed or table until hung. Don't fold.

Home Work After Demonstrations

for Home Demonstration women, 4-H Club girls, and
others attending Extension Service ironing
demonstrations

1. Check ironing center and make list of improvements you need.
2. Put in as many of these improvements as possible this year.
3. Get any additional equipment and supplies that are needed to make your ironing easier.
4. Be sure to have (make or buy) good pads and covers for your ironing boards.
5. Make every effort to learn to *sit and iron!* (If you haven't already.)
6. Practice new methods of sprinkling and ironing until it "comes natural" or until you can do it without having to stop and think about it.

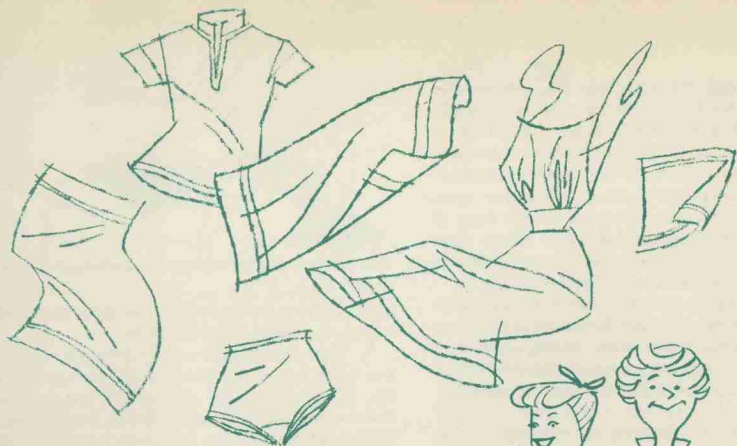
Why Stand Up...



When You Can Sit Down

Save yourself at least $\frac{1}{4}$ the energy it takes to stand up and iron. Tests have proved that a number of homemakers can save as much as 35 per cent energy by sitting down to iron. You'll also save time in your ironing.

So why stand up to iron when this new sitting-down method that has been developed through scientific research studies can make hand ironing so much easier for you.



Teen Age Laundry Talk



Mother and Daughter Team Up On Washday

Good laundering techniques and good grooming go hand-in-hand. The way your clothes are washed and ironed has much to do with the way they look—and thus the way you look. You want to look neat, fresh and clean—that “spic and span” appearance.

You also want to help your mother, who has many, many jobs to do every day. By helping with the family washing, you not only lighten mother's work, but also you learn some of the management

problems in keeping your entire family's clothes clean. You develop better habits of cleanliness and have a better opportunity to learn about and keep up with the new and better ways of laundering.

Washing Your Own Clothes

Many of your color-fast garments such as dresses, blouses, skirts, slippers and pajamas, can be put with the family wash and washed in the washing machine.

Such things as dainty underwear, hose and sweaters need to be washed by hand.

UNDERWEAR

Wash underwear in good suds of mild soap or synthetic detergent and lukewarm water. Squeeze

the suds through the garment—don't rub— especially rayons which are weak when wet. Wash through two suds if necessary to get them clean.

Roll three times in lukewarm water if you use soap in washing them. If you use a "syndet," (synthetic detergent) rinse at least one time. Laundry research experts have found that if clothes are not rinsed at all some soiled wash water remains in the clothes and causes them to look dingy and gray after a few washings.

Roll rayon, nylon and other synthetic garments in towels for a few minutes before hanging them on the line. Do not wring them; it may weaken or break the fabric and the seams. Shake out wrinkles and hang on a line so that hems will hang evenly when dry.

Most nylons and dacrons do not have to be ironed. Knitted garments should not be ironed; ironing stretches them out of shape. Iron rayon, synthetics and blends with a warm (not hot) iron before they are completely dry.

STOCKING AND SOCKS

Practically everyone's feet perspire and perspiration rots hose if not washed out immediately. Whether your hose and socks are made of cotton, rayon or nylon, they should be washed after each wearing. This makes them last longer and helps them to hold their original shape better and to fit legs and feet more snugly without wrinkling. It has another important value in that it helps to prevent objectionable odors.

Cotton socks can be soaked and put in with the family wash. This includes white and pastel colored ones if they are color-fast.

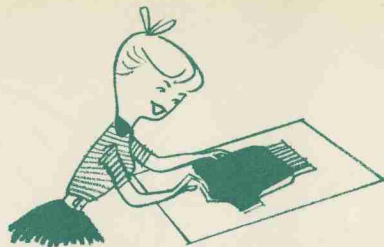
Dark colors should never be washed with white or light ones. Each color should be washed separately the first time to determine whether or not it "bleeds" into the water. Wash and rinse socks well, stretch into shape, and clothes pin them to the line by the toes. Hang colored socks in the shade; sun will fade them.

Mend holes and runs in hose before washing them. Squeeze through warm suds water using a mild soap or detergent. Rinse all soap out carefully. Roll them in a towel to remove as much water as possible. Pull or shake them into shape and hang over a rod to dry. Be sure the rod is smooth so that your stocking won't get "picked" or "snagged."

SWEATERS

Wash sweaters before they are heavily soiled. Some sweaters stretch out of shape when washed, and on some little balls form—called "pilling." Before washing sweaters, do the following:

1. Write down measurements or trace an out-



line of the sweater on clean cardboard or heavy paper.

2. Remove fancy buttons, ornaments or trimmings as well as shoulder pads.

3. Turn wrong side out to help prevent "pilling." Do not soak sweaters. Wash quickly and gently squeezing suds through. Work suds into soiled spots with fingers. Rinse thoroughly in lukewarm water. Do not rub hard or twist. Squeeze out as much water as possible. Roll carefully in Turkish towel for eight or 10 minutes. Unroll, place on traced outline and work sweater back into original shape. Place it in shade to dry—not in hot sun or near fire. When dry, pockets and any ribbon bindings may need a little pressing (use press cloth and an iron not too hot). Replace any buttons and trims that may have been removed before washing.

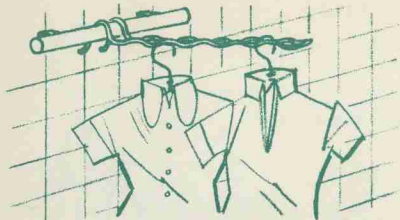
HANDKERCHIEFS

Soak your handkerchiefs in lukewarm suds water for 20 to 30 minutes. Then wring them out and wash them in hot suds water, or put them in a loose mesh bag in the washing machine, unless you had a cold when you used your handkerchiefs. If you had a cold when you used them, wash them by hand, then be sure to boil them 5 to 10 minutes. Rinse thoroughly.

Laundering "Wash 'n Wear" or Drip-dry Garments

Garments made of the new synthetic fibers or the treated natural fibers (like resin-treated cotton) are designed for easy care. They keep a neat appearance during repeated washings, can be washed and dried quickly and need little or no ironing if properly constructed.

Most of these new "wash 'n wear" fabrics can be washed in the washing machine and spin-dried with shorter washing and drying time. Follow manufacturer's recommendations. Laundering instructions should come with each garment. If garment is to be drip-dried, remove it from wash (automatic) at end of final rinse cycle. If using conventional wringer-type washer, lift garment (after washing) from one tub to the other.



Never squeeze or wring the garment. This makes wrinkles. Lift garment from final rinse water, place on rust-proof hanger, smooth out collar, cuffs, seams, etc., and hang to drip dry. Garments with delicate lace trims should be put into a mesh bag to put through washer. This will prevent damage and make them last longer.

Wash white with white (especially white nylon which absorbs color quickly), light-colored with light-colored, and dark with dark. Always use warm or cold water for colored garments.

See your home agent for more information on drip-dry laundering. It is so new that all of us are still learning how best to wash and dry these new fabrics.

Ways You Can Help with the Family Laundry

COLLECT DIRTY CLOTHES AND TAKE TO THE WASH PLACE

Where are dirty clothes kept until washday? Does each family member have a clothes bag into which he or she puts dirty clothes as they are taken off? Or, is there a clothes hamper in the bathroom, back hall or other definite place where each member puts his or her dirty clothes? Or, does "Mom" have to run all over the house every washday and "gather up" the laundry.



A part of your laundry work could be to work out with the family an improved way of keeping soiled clothes so that they will be "easy to collect" on washday.

SORT CLOTHES

Divide clothes into "piles" or washer loads. This generally should be done about as follows:

1. Slightly soiled white and color-fast articles.
2. Sleeping garments, underwear, and hand and bath towels.
3. Colored cottons and linens.
4. Very dirty work clothes.
5. White silks, rayons, and synthetic fabrics.
6. Colored silks, rayons, and synthetic fabrics.
7. Fine fabrics and articles to be washed by hand.

If you are uncertain about how to sort properly, get your mother's or home agent's advice. During the sorting, remove pins and ornaments, clean out pockets, and close zippers to prevent damage to the zippers and to the washing machine.

PUT CLOTHES TO SOAK

Soaking makes washing easier if clothes are soaked in warm suds no longer than 20 to 30 minutes just before washing. Clothes may reabsorb dirt from dirty soak water if allowed to remain in it too long. Anything that might fade should not be soaked.

HELP DO THE WASHING

If washday comes when you are not in school, you can work with your mother and learn how (if you haven't already) to:

1. Arrange laundry equipment to save time, stoops, steps, and lifting.
2. Solve a hard water problem—if water is hard.
3. Determine how much soap or synthetic detergent to use in washing machine.
4. Operate washing machine correctly, following manufacturer's direction.
5. Rinse clothes properly. (See "Underwear" section, page 2.)
6. Make and use starch correctly.

For information on these laundry problems, see your home economics agent, club leader, and your mother. From your home agent get a copy of each of the leaflets: *Modern Laundry Methods*, *Laundry Labor Savers*, *Permanent-type Clothes Line*.

HANG CLOTHES ON LINE

Hang all garments by their strongest points.

SHIRTS AND PAJAMA TOPS—Hang with tail several inches over line. Pin at side seams and at center front to hold shirt front closed and to dry it straight.

JACKETS AND BLOUSES—Dry on rust-proof hangers. Some jackets may be hung by the hem but generally they have fewer wrinkles if hung on hangers to dry.

DRESSES—Dry on rust-proof hangers, or hang by shoulders at side seams with a clothes pin.

SKIRTS AND PANTS—Hang by the waist band or use skirt or pants hangers. Pants dried on pants stretchers need little or no ironing.

TOWELS AND PILLOWCASES—Hang about one-third over line. Hang pillowcases with hem or open end down. Pin at both sides.

SHEETS—Fold end hems together with right side down. Place hem edges about five inches over the line. Pin at each end and in the center to hold sheets straight. Straighten selvage edges with fingers.

HANDKERCHIEFS AND NAPKINS—Hang three or four napkins together about three inches over the line. Hang, by corners, groups of handkerchiefs—six or eight in each group.

In removing from clothes line, fold flat pieces (sheets, bedspreads, table cloths, etc.) as they are removed from the line and place them flat on the laundry cart basket. This will prevent many wrinkles that won't have to be ironed out later.

Fold and place together clothes that do not require ironing such as towels, knitted underwear and wash cloths. A small table or a large box on which to work can make this job easier. Put into laundry basket the clothes to be sprinkled for ironing.



Home Laundry Activity Requirements

JUNIOR CLUB MEMBERS

1. Help your mother do family wash four times.
2. Wash own socks and underwear for two months.
3. Write a story of your experiences in learning how to wash clothes properly, and how it has helped you and your family.

SENIOR CLUB MEMBERS

1. Help your mother do family wash eight times.
2. Wash, iron, and press your own clothes for two

months.

3. Take clothes from clothes line six times and fold them ready for ironing.
4. Help your mother with ideas and plans for at least one needed improvement in your laundry center. For this get a copy of "Laundry Labor Savers" from your home agent or club leader.
5. Write a story of your experiences with laundry problems and what the results have meant to you and your family.

Prepared by
Mamie Whisnant, Extension Home Management Specialist

Published by THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. N. C. Agricultural Extension Service, D. S. Weaver, Director. State College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 & June 30, 1914.

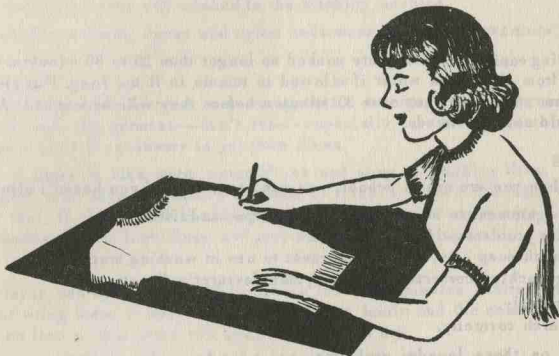
February, 1960

(Revised) Club Series No. 74

THIS IS THE WAY WE WASH

(A 4-H Publication)

by
Mamie Whisnant
Extension Specialist in Home Management



The way your clothes are washed and ironed has much to do with the way they look and thus the way you look. You want to look neat, fresh and clean—that ‘spic and span’ look.

You also want to help your mother who has many, many jobs to do every day. By helping with the family washing, you not only lighten the load of your mother, but also you learn some of the management problems in keeping your entire family’s clothes clean. You develop better habits of cleanliness and you have a better opportunity to learn about and keep up with the new and better ways of laundering.

Ways You Can Help With The Family Laundry

1. Collect dirty clothes and take them to the wash place.

Where are they kept until washday? Does each family member have a clothes bag into which he or she puts dirty clothes as they are taken off? Or, is there a clothes hamper in the bathroom, back hall, or one definite place, into which each member puts his or her dirty clothes? Or, does “Mom” have to run all over the house every washday morning and “gather up” the laundry?

A part of your laundry work could be to work out with the family an improved way of keeping soiled clothes so that they will be “easy to collect” on washday.

2. Sort Clothes

Divide into “piles” or washer loads. This generally should be done about as follows:

- (1) Slightly soiled white and color—fast articles.
- (2) Sleeping garments, underwear, and hand and bath towels.
- (3) Colored cottons and linens.
- (4) Very dirty work clothes.
- (5) White silks, rayons, nylons, etc.
- (6) Colored silks, rayons, nylons, etc.
- (7) Fine fabrics and articles to be washed by hand:
hose, sweaters, laces, gloves, etc.

If you are uncertain about how to sort properly, get your mother's advice.

During the sorting, remove pins and ornaments, clean out pockets, and close zippers to prevent damage to the zippers and to the washing machine wringer rollers.

3. Put Clothes to Soak

Soaking makes washing easier, if clothes are soaked no longer than 20 to 30 minutes. Clothes may re-absorb dirt from dirty soak water if allowed to remain in it too long. Put clothes to soak in a tub of warm suds water not over 30 minutes before they will be washed. Anything that might fade should not be soaked.

4. Help Do the Washing

It washday comes when you are not in school, you can learn how (if you haven't already) to:

- (1) Arrange laundry equipment to save time, stoops, steps, and lifting.
- (2) Solve a hard water problem—if water is hard.
- (3) Determine how much soap or synthetic detergent to use in washing machine.
- (4) Operate washing machine correctly, following manufacturer's directions.
- (5) Rinse clothes properly.
- (6) Make and use starch correctly.

For information on these laundry problems, see your home demonstration agent, club leader, and your mother. From your home agent get a copy of the leaflet "Modern Laundry Methods." Also ask her how you can get a copy of a new booklet entitled "Right on the Line." It is full of good, up-to-date information on present-day laundry problems and methods.

(7) Hang clothes on line.

HANG all garments by their strongest points:

SHIRTS AND PAJAMA TOPS: Hang with tail several inches over line. Pin at side seams and at center front to hold shirt front closed and to dry it straight.

JACKETS AND BLOUSES: Dry on hangers. Some jackets may be hung by the hem but generally they have fewer wrinkles if hung on hangers to dry.

DRESSES: Dry on rust proof hangers, or hang by shoulders at side seams with a clothes pin.

SKIRTS AND PANTS: Hang by the waist band or use skirt or pants hangers. Pants dried on pants stretchers need little or no ironing.

TOWELS AND PILLOWCASES: Hang about 1/3 over line. Hang pillowcases with hem or open end down. Pin at both sides.

SHEETS: Fold end hems together with right side out. Place hem edges about five inches over the line. Pin at each end and in the center to hold sheets straight. Straighten selvage edges with fingers.

HANDKERCHIEFS AND NAPKINS: Hang three or four napkins together about three inches over the line. Hang, by corners, groups of handkerchiefs—six or eight in each group.

- (8) In removing from clothes line, fold flat pieces (sheets, bedspreads, table cloths, etc.) as they are removed from the line and place them flat on the bottom of the laundry cart basket. This will prevent many wrinkles that won't have to be ironed out later.

Fold and place together clothes that do not require ironing such as towels, knitted underwear, and washcloths. A small table or a large box on which to work can make this job easier. Pack clothes to be sprinkled in a basket.

WASHING YOUR OWN CLOTHES

Your cotton, color-fast garments such as dresses, blouses, skirts, slips, and pajamas can be put with the family wash and washed in the washing machine.

Such things as dainty rayon and nylon underwear, hose, and sweaters need to be washed by hand.

1. Underwear

Wash in good suds of mild soap or synthetic detergent and luke warm water. Squeeze the suds through the garment—don't rub—especially rayons which are weak when wet. Wash through 2 suds if necessary to get them clean.

Rinse 3 times in luke warm water if you use soap in washing them. If you use a synthetic detergent that says no rinsing necessary, rinse one time. Laundry research experts have found that, if clothes are not rinsed at all, some soiled wash water remains in the clothes and causes them to look dingy and gray after a few washings.

Roll rayon and nylon garments in towels for a few minutes before hanging them on the line. Do not wring them; it may weaken or break the fabric and the seams. Shake out wrinkles and hang on line so that hems will hang evenly when dry.

Most nylons do not have to be ironed. Knitted garments should not be ironed; ironing stretches them out of shape. Iron rayon with a warm (not hot) iron before it is completely dry.

2. Stockings and Socks

Practically every person's feet perspire and perspiration rots hose and socks if it isn't washed out immediately. Whether your stockings and socks are made of cotton, rayon, or nylon, they should be washed after each wearing. This not only makes them last longer, but it also helps them to hold their original shape better and to fit legs and feet more snugly without wrinkling. It has another important value in that it helps to prevent objectionable odors. One can't be fresh and dainty unless clothing and the body are clean and free from perspiration.

Cotton socks can be soaked and put in the washer with the family wash. This will include white and pastel colored ones if they are color fast. Dark colors should never be washed with white or light socks or clothes. Each color should be washed separately the first time to be sure whether or not clothes "bleed" into the water. Wash them and rinse well, stretch into shape, and clothes pin them to the clothes line by the toes. Hang colored socks in the shade; sun will fade them.

Mend holes and runs in rayon and nylon stockings before washing them. Squeeze them through warm suds water using a mild soap or detergent. Rinse all soap out carefully. Roll them in a towel to remove as much water as possible. Pull or shake them into shape and hang over a rod to dry. Be sure the rod is smooth so that your stocking won't get "picked" or "snagged."

3. Sweaters

Sweaters (especially those loosely knitted) stretch out of shape when they are washed. Before washing your new sweater, write down the measurements. It would be better still to trace a pattern of it on a piece of clean white card board, poster paper, or heavy wrapping paper. With this you can bring the sweater back into its original shape as it dries. Or, you can buy a sweater stretcher. It is not too expensive and it is worth its cost if you have sweaters to wash regularly.

Strong soap, too cold or too hot water, and hard rubbing and twisting will cause woollens to become hard and matted. Therefore, use a mild soap and luke warm water for washing your woolen sweaters. Repeat if one quick sudsing does not get it clean. Rinse also in lukewarm water at least 3 times or until soap is removed—at least one time if you are using a non-rinse synthetic detergent. Place sweater on a Turkish towel, smooth out big wrinkles, and roll it gently in the towel to take out excess water.

Unroll sweater and put it on sweater stretcher (if you have one). If you don't have a sweater stretcher, lay sweater on the traced pattern and, if necessary pin in place on the cardboard pattern. Place it in shade to dry—never in the sun or near fire. When dry, pockets and any ribbon bindings may need a little pressing (using press cloth and an iron not too hot).

4. Handkerchiefs

Soak your handkerchiefs in lukewarm suds water for 20 to 30 minutes. Then wring them out and wash them in hot suds water, or put them in a loose mesh bag and put them in the washing machine, unless you had a cold when you used your handkerchiefs. If you had a cold when you used them, wash them by hand, then be sure to boil them 5 to 10 minutes. Rinse thoroughly.

HOME LAUNDRY ACTIVITY

Junior Club Members

1. Help your mother do the family wash 3 times.
2. Wash your own socks and underwear for 3 months.
3. Keep a record of all laundry work you do.

Senior Club Members

1. Help your mother do the family wash 6 times.
2. Wash, iron and press your own clothes for a period of 2 months.
3. Takes clothes from the line 4 times and fold them for ironing.
4. Help your mother with ideas and plans for at least one improvement (if needed) in the arrangement of your laundry equipment or your methods of doing the family wash.
5. Keep a record of all laundry work you do.

Club Series No. 74

April 1953