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## Our Ironing : Extension Circular 11-09-2

Norma Dudley

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E.C. 11-09-2

March, 1951

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# OUR IRONING



EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U. S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR

C.1



# Our Ironing

Norma Dudley

Hi 4-H'ers!

We have something new for you. New because it's a new problem for you in your club work. However, I'm sure ironing isn't new to most of you.

Some 4-H'ers like to iron, some don't. Some like to go to basketball games, some don't. The more we know about the game or our work, the more we usually enjoy it.

This project is planned to help you to iron more easily. Even though ironing may not be your favorite pastime, see whether you can make it easier for yourself.

## Requirements for "Our Ironing":

1. Hang the family wash on the line four times or more.
2. Learn to dampen clothes and linens so they will be easier to iron.
3. Dampen and iron four times or more.
  - a. A luncheon cloth and napkins.
  - b. Two pillow cases.
  - c. One apron.
4. Line and cover a clothes basket.
  - a. Use a flat piece of plastic or oilcloth (glazed side up) to line the bottom and sides of the basket. The liner must completely cover the inside of the basket.

Or

  - b. Make a fitted liner of plastic or oilcloth.
5. Give a demonstration at a club meeting. Here are some suggestions:
  - a. Proper hanging of clothes on the line.
  - b. Make starch and show how to starch a garment.
  - c. Dampening clothes for ironing.

## Your Record Book

On page four of Form 11-01-2, are listed adjusted requirements for Learning to be a Homemaker member. "Our Ironing" is an additional substitute problem.

You will notice that problems II and V are required of all members. "Our Ironing" can be substituted for any two of the problems not required. For example, you, The Learning to be a Homemaker member, may do problem I, II, "Our Ironing" and V. Or you may choose "Our Ironing", II, IV and V.

To show this choice, make the following changes in your record book:

On page 4, add -- X 14 "Our Ironing".

On page 7, (a) In the summary of my project add: Clothes basket liner and cover.

(b) Record of home responsibilities or units of work, add a column in the right hand margin.

Weekly Cleaning	Weekly Ironing



### Those Brown Spots!

Good ironing depends a lot on the way we wash our clothes and prepare them for ironing. Our clothes and linens scorch more easily when:

1. Some of the soil has not been removed in washing.  
To help this wash and rinse your clothes thoroughly.
2. The soap, soap curd, or bleach has not been completely removed.  
The soap and bleach can be removed by a thorough rinsing.  
The soap curd, sometimes called a scum, can be prevented by using soft water plus soap; hard water plus a water softener and soap; or hard water plus a synthetic detergent. Old soap curd gives clothes and linens that tattle-tale grey look. It can be removed by treating the clothing and linens with certain water softeners that are sold as "water normalizers" or those that claim to make water like rain.
3. The articles are starched, especially if the starch is lumpy.

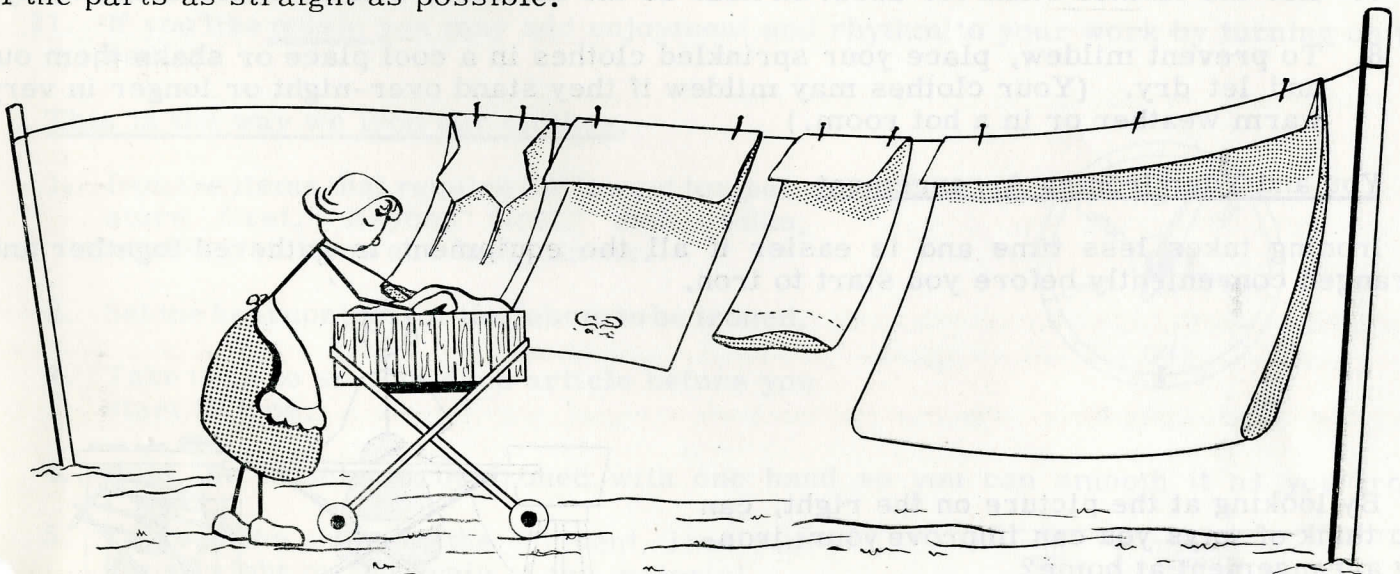
Various types of starch are available. Some require cooking and some do not. Follow the directions that are given with the starch you use.

Scorch may be removed by:

1. Washing the scorched part with water. Dry in the sun.
2. Bleaching white cottons or linens with hydrogen peroxide. Lay a white cotton cloth dampened with hydrogen peroxide on the scorched place. Cover with a clean, dry cloth and press with a medium-warm iron. Repeat if necessary. Rinse well.

### How's Your Line?

We can help to make our clothes easier to iron by the way we hang them on the line. How? Give the clothes a quick shake before you fasten them on the line. Hang the clothes and other articles straight and pin them at the strongest part. Illustrated below is the method of pinning which we suggest. Pin other articles in a similar way. Be sure to keep all the parts as straight as possible.



When taking down your clothes, fold them lightly to prevent extra wrinkles. Place the heavier articles in the bottom of the basket.



### Sprinkling of Clothes for Easier Ironing

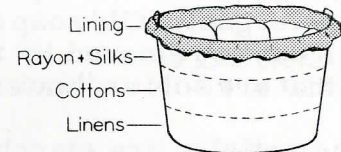
Smoothed sheets and tea towels may not need ironing. Or you may want to rough iron (iron without sprinkling) your sheet, pillowcases and pajamas. Otherwise, you will want to sprinkle them. We suggest this:

1. Line your basket.

A plastic fabric or oilcloth to help hold in the moisture. Have the lining large enough to cover the top or use another piece for the cover.

2. Dampen linens first, then cottons, silks, and rayons last.

An iron heats more quickly than it cools down. Therefore, it is well to iron the fabrics which need a lower temperature first. By sprinkling rayons last, they will be on top, ready to be ironed first.



3. Use a bottle with a sprinkler or a brush and a pan of water.
4. Sprinkle the clothes evenly with warm water.
5. Sprinkle your clothes according to the type of fabric and your speed in ironing. Some general rules are:

Starched clothes need more moisture than unstarched.

Heavy fabrics need more than lightweight fabrics.

Linen needs more than rayon.

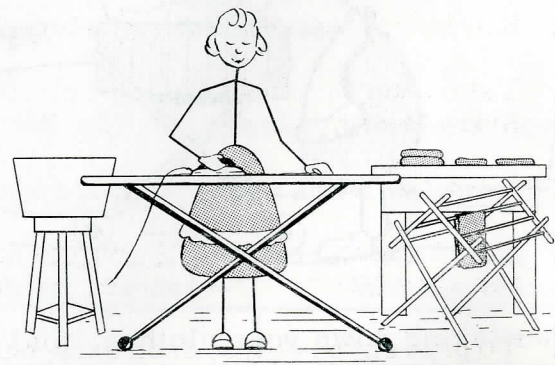
Experience will be your best guide in deciding the amount of moisture needed.

6. Fold your clothes as you sprinkle them. This prevents unnecessary wrinkles. (Do not crumple or wad them into a ball).
7. Let the clothes stand for about an hour so the moisture will be distributed evenly.
8. To prevent mildew, place your sprinkled clothes in a cool place or shake them out and let dry. (Your clothes may mildew if they stand over-night or longer in very warm weather or in a hot room.)

### You and Your Ironing Arrangement

Ironing takes less time and is easier if all the equipment is gathered together and arranged conveniently before you start to iron.

By looking at the picture on the right, can you think of ways you can improve your ironing arrangement at home?



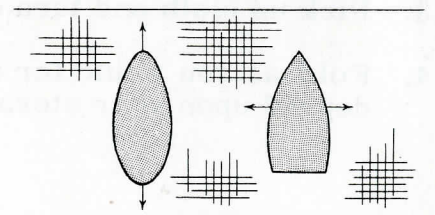
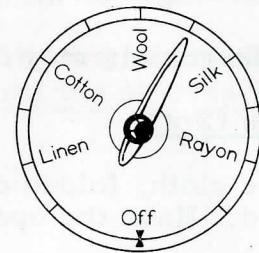
Here are a few tips - see if you can use them.

1. The ironing board should be a comfortable height so that your posture is good. You will be less tired if you do not have to stoop over a low board, or reach up to a high one.
2. Sitting to iron may be comfortable if you can put your knees beneath the board and your feet flat on the floor or on a foot rest. Sitting down to iron will probably be easier if your chair is on casters. Try it sometime.
3. A wide board reduces handling of flat pieces. This applies to sheets, tablecloths, pajamas, etc.
4. When you select an iron, choose one that has a thermostatic control. You may also want one that is light weight and has button grooves. A flexible ironing cord six to eight feet long will help.
5. A square of asbestos to set the iron on when it is not in use is convenient and prevents much lifting.
6. Have dampened clothes at a convenient height either by putting the clothes basket on a chair or by putting clothes in a basket on wheels.
7. Have a clothes rack or table within arms reach for ironed clothes.
8. Have a sponge or cloth in a small pan of water within arms reach in case you need extra moisture while ironing.
9. If necessary, spread wrapping paper or a plastic cloth on the floor to protect the "dangles".
10. Have a turkish towel handy for ironing embroidered articles.
11. If you like music you may add enjoyment and rhythm to your work by turning on the radio.



This is the way we iron our clothes.

1. Iron the items that require the lowest temperature first. Rayons first, then silks, woolens, cottons and last, linens.
2. Set the heat control for the fabric to be ironed.
3. Take time to smooth each article before you start to iron.
4. Hold the article to be ironed with one hand so you can smooth it as you iron.
5. To keep the shape of the garment, iron with the straight or the grain of the material.
6. To prevent puckers, iron each part until it is dry--especially the collars, cuffs, hems and seams. You may need to hold them straight as you iron them dry.





7. Iron collars, cuffs, hems, facings or any double thickness first on the wrong side, then on the right side. This will eliminate retouching the right side later on.
8. The order of ironing parts of a dress, blouse, etc., vary according to the style. Generally, iron first the small parts which dangle from the ironing board. This would include collars, cuffs, attached shoulder pads, sleeves, ties and ruffles. Iron the waist and the skirt last so that they will be less wrinkled.
9. Develop the habit of using long, smooth strokes whenever possible.
10. Shift your work away from you as you move it around the board to avoid mussing.
11. To make embroidered work and raised designs stand out, iron with the right side down on a turkish towel or padded surface.
12. Avoid ironing elastic parts of garments, such as the elastic in a bra.
13. Be sure all linens are thoroughly dry before putting them away.

Now, let's apply the above principles to a few of our linens and articles of clothing.

These directions may seem complicated to you, but as you do them step-by-step in actual ironing they will become easier.

#### Luncheon Napkins

1. Smooth the luncheon napkin wrong side up on the board. (If there is a design in one corner, place it face down in the lower left-hand corner.)
2. Iron the lower half -- remembering to iron with the grain.
3. Fold down the upper half almost to the lower edge of the ironed part. Fold with your left hand while you still hold the iron in your right.
4. Iron this part.
5. Fold left to right and just a little beyond the right edge. Only the top corner should be showing. Iron.
6. Handkerchiefs may be ironed this same way.

#### Luncheon Cloths

1. Place cloth, folded on lengthwise grain with the wrong sides together, on the board. Have the open edges to your right and the fold to your left. Smooth.
2. Iron from the open edge toward the fold, pressing in the crease at the fold. Move ironed portion away from you as you work.
3. Pick up cloth and turn over. Iron this side as you did the under side.
4. Fold as you would for accordion pleats. Do not press. The number of pleats will depend upon your storage place.

### Large Table Napkins

1. Lay the napkin wrong side up on the board. Have one selvage on your right and one on your left. Smooth and iron from selvage to selvage.
2. Fold down upper half and iron.
3. Fold again, bringing the folded edge to the hem. Iron.
4. Fold right to left and iron.
5. Fold again and iron.
6. Turn over and iron the other side. If there is a monogram on the napkin, iron around it - not over it.

This method makes a square napkin.

### Pillowcases

1. Place the pillowcase on the board with the hem on the left. Smooth out wrinkles and iron. Fold the upper side over one-third and iron from the closed end to the hem. This will keep closed end free of wrinkles.
2. Fold the side nearest to you over the part already ironed. Iron.
3. Fold the closed end to the open end and iron.
4. Turn over and iron the other side.

### Blouses and Dresses

1. If the shoulder pads are attached, iron them on both sides until dry.
2. Iron the front of the sleeve, then the back. You may want to avoid a crease down the center. Be sure to iron the armhole seam.
3. Iron the collar on the wrong side, then on the right. Be sure it is dry.
4. Place the blouse or the waist part over the tapered end of the board. Iron. Continue shifting the waist or blouse away from you as you iron.
5. If a dress, shift the garment so the front of the skirt is on the board. Iron lengthwise with the grain, and continue shifting away from you until the skirt is finished.
6. Place on hanger.

### Skirts

1. Iron the inside of the skirt band.
2. Iron the right side of the band; be sure to iron it dry.
3. Slip the skirt over the small end of the board.



4. Iron with long strokes on the grain of the fabric, from the hemline to the waistband. If the skirt is gathered, nose the point of the iron well into the folds of the gathers. Avoid making wrinkles.
5. Iron the portion covering the width of the board, then shift the skirt away from you on the board.
6. Remember to iron until dry. This means the seams, the gathers, and the hemline. Do not iron the hem crosswise.
7. Place the skirt on a hanger.

### Slips

You may have both cotton and rayon slips and bras in your ironing. If you are ironing rayon, be sure your iron is set for rayon. A "too hot" iron will melt the rayon.

1. Place both straps on the board and iron them together.
2. Slide the slip over the end of the board.
3. Iron with the grain of the fabric.
4. Feed the slip away from you as you iron.

### A Word About Your Iron

1. Connect your iron to a wall convenience outlet. (Do not connect to a light socket because a light cord is not heavy enough to be used safely with an iron.)
2. Always disconnect your iron when you leave the room.
3. Let your iron cool in an upright position before putting it away.
4. Wrap the cord around the iron after it cools.
5. Remove starch from the soleplate of the iron by one of the following methods. (Be sure to disconnect your iron first and give it time to cool.)
  - a. Rub the iron over wax paper which has been sprinkled with salt.
  - b. Wipe off the soleplate with a damp, soapy cloth. Take care that none of the moisture gets into the iron.
  - c. Wipe off the soleplate with ammonia and whiting.

### References:

- E. C. 11-220 - "Ironing the Easy Way", by Mary R. Elliott (Includes ironing a shirt).  
USDA 1474 - "Stain Removal" bulletin.