

FACT SHEET

Revised 20,000-1-13-70
new - Home Mgt. Specialist

L-853

Focusing On Clean Clothes . . .

IRONING



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Ironing and Folding Clothes

Few people really enjoy ironing. But you can do some things to make it easier.

*Some things may not need ironing if you:

- Hang articles straight and far enough over line to avoid "dog-ears" effect.
- Straighten hems and edges with fingers before drying.
- Use pants stretchers for pants, slacks and overalls.
- As you take clothes off the line, fold to avoid adding wrinkles.
- Remove from dryer when slightly moist, fold at once.

- Smooth out wrinkles with your hands while you fold clean towels, sheets, t-shirts, shorts and socks.
- Fold laundry on a firm table or shelf. Well-folded items will give you a neater storage on shelves and in drawers.
- Iron no articles that can be used without it.

*Sort ironing so you can iron the clothes first that take the coolest temperature. Turn the temperature up as you come to clothes that need more heat. For example, Dacron and triacetate should be ironed at very low temperatures so they won't melt. Cotton and linen need a hotter iron.

*Remove from dryer at proper dampness for ironing - fold, wrap in plastic for ironing.

*Sprinkle clothes with warm water instead of cold.

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*Use a sprinkler instead of your hand—sprinkler spreads water more evenly.

*Fold sprinkled clothes loosely to avoid wrinkles.

*Cover or wrap sprinkled clothes in a plastic bag or cloth to keep them damp.

*Let sprinkled clothes stand at least half an hour.

*Iron small areas first—such as collars, cuffs, and sleeves, then iron the large areas.

- Iron each part thoroughly dry before going on to another part of the garment.
- Use long, slow, smooth, curved motions instead of short, jerky motions.
- Iron garments with grain of fabrics.
- Iron dark garments on wrong side to prevent shine. Use a press cloth to “touch-up” collars, pockets, cuffs and trimmings.
- Turn buttons, snaps, zippers and the right side of embroidery toward the padding.

*If you have a large amount of ironing, stand to iron for a while, then sit for awhile.

A good iron and ironing board will help make ironing easier.

Your Ironing Board

You can choose one made of metal or wood.

Choose an ironing board that you can adjust in height so you can either stand or sit comfortably.

OR

Make your own from a smooth, flat, clean board. It should be wide enough (12 to 14 inches) so you can iron a large area at a time. It should be long enough so you can iron the length of a skirt or pair of pants.



Shape one end like this so it will be easier to iron sleeves and other shaped areas.

Prop a homemade board at a comfortable height. Be sure it is steady. A hot iron can burn you if it falls.

Padding on your board will help make ironing easier and smoother. Use at least two thicknesses of padding. You can buy padding or make it out of old towels, blankets of other soft material.

Fasten the padding in place with a clean washable cover. You can buy a cover or make one from an old sheet.

Your Iron

You may choose a dry iron, a steam iron or a spray iron. A steam iron or spray iron can also be used as a dry iron. They will save you time and work.

See that the handle of the iron is comfortable to your hand. The weight should be easy for you to use. About 3 pounds is good for most people.

Buy one that says “approved by Underwriters’ Laboratories, Inc.” This means the wiring is safe.

Take Care of Your Iron

• Read the instruction book. It will tell you many special things you need to know about your iron.

• Keep the bottom of the iron clean. When barely warm wipe it off with a damp cloth. If starch sticks on the bottom, rub the iron lightly over waxed paper while it is still warm. If the iron is stained, soap pads may be used. Clean it carefully so you don’t scratch it.

• Turn the iron to “off” and unplug it when you are finished ironing or if you have to stop before you are through.

• Let it cool before you put it away. Wrap the cord loosely around the handle to store it. Stand it up to store it.

For Steam and Spray Irons

• Use distilled water or strained rainwater only. Your iron will stop up and not be able to steam or spray if tap water is used.

• Pour the water out of it when you are finished ironing.

Using Your Iron

• It is better to use the iron too cool than to melt or scorch the clothes.

• When you iron slowly, set the iron temperature lower than when you iron fast.

• Some fabrics water-spot. Test a hidden area. If it spots, don’t spray-iron it.