



## FOLDING *A Shirt*

1. With the shirt front up, grasp the yoke with the left hand, and the tail of the right half with the right hand. Fold about half-way between the collar and the arm hole and the full length of the shirt. Bring the top edge of sleeve along this fold. Turn the fold and the sleeve back under the body of the shirt. Repeat on the right side of shirt.



2. With the left hand under the shirt, lift the shirt; with the right hand, bring the tail under the top.

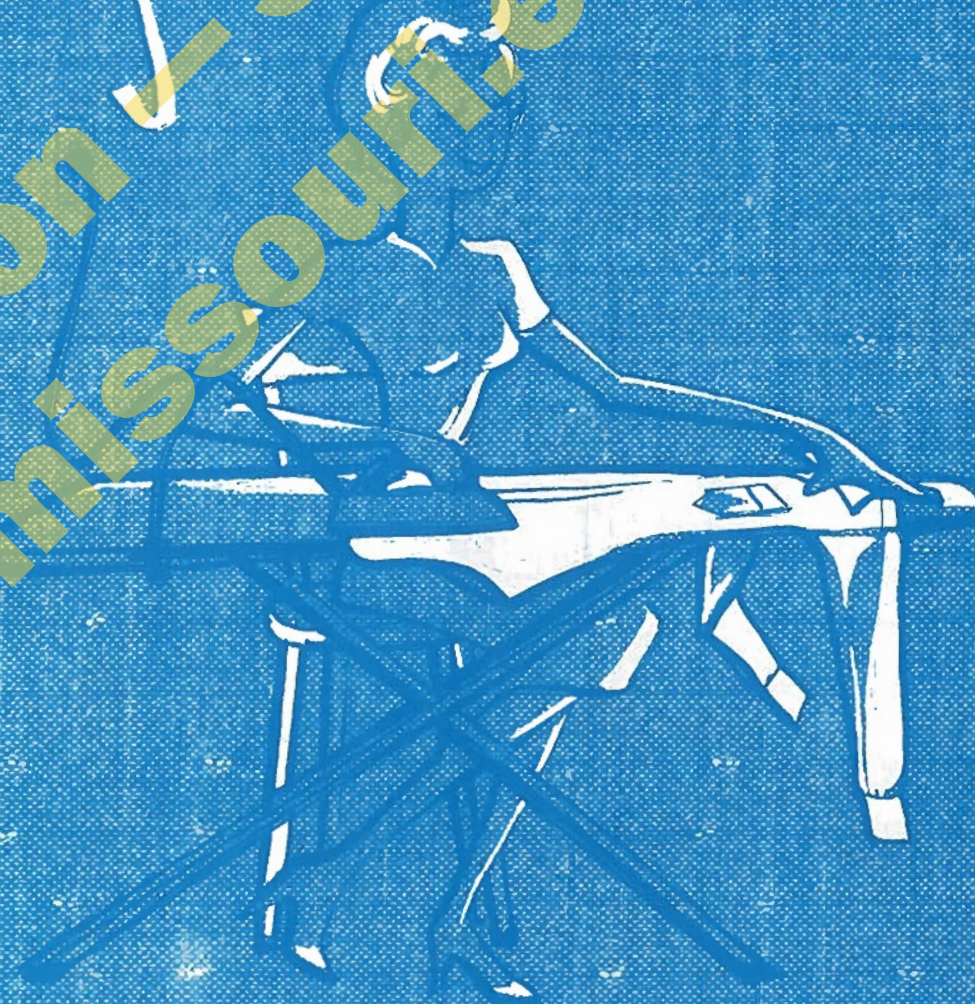


3. Leave about 6 inches of the tail to tuck under the yoke to hold the folded shirt in place. This process is easier than trying to pin the shirt together.

*If you prefer to hang ironed shirts on clothes hangers, remember that unless allowed to hang freely with plenty of space between, the shirts may have a somewhat wilted look by the time they are worn.*

# Guide to

## EASIER IRONING







## GUIDE TO *Easier Ironing*

By Glinda J. Leach and Louise Woodruff

Are you "too tired to think" after doing your ironing?



Or are you as gay as this homemaker who did some thinking and then her ironing? She doesn't get nearly as tired since she arranged a handy ironing center, adjusted her ironing board to the right height, and started using better ironing methods. When she's finished she has plenty of time for other things.

Ask yourself the following six questions to see if your ironing habits are as good as they might be.

### 1. *Can I leave out any part of the job?*

- Fold sheets, towels, socks, etc. and leave unironed.
- Sort underclothing, play clothes, and sleeping garments which do not need ironing. Look for this feature when buying.
- Study the pieces you iron to see if some strokes and turning can be eliminated.
- Guide iron only, don't bear down.

### 2. *Can I combine parts of the job?*

- Sort clothes as you hang them on the line.
- Straighten collars, cuffs, etc. when hanging up garments.
- Take clothes that do not need ironing out of dryer as soon as drying cycle is completed. This avoids unnecessary wrinkles.
- Remove clothes from line or dryer and fold for ironing while still damp.
- Group articles together which should be ironed at same temperature.

### 3. *Do I keep things within easy reach?*

- Place clothes to be ironed on hamper or chair to your right (left if you are left handed) near the ironing board.
- Place table or clothes rack on your other side near ironing board.

### 4. *Do I use both hands as much as possible?*

- Transfer the iron from one hand to the other.
- Straighten the garment with one hand while the other is guiding the iron.

### 5. *Do I sit to do the job?*

- It's easy to sit and iron!
- Use an adjustable ironing board with knee room. Adjust it so that the top clears your lap by one to three inches. Whether you sit or stand to iron, you will want to adjust the board high enough so that you can keep an upright posture, and low enough so there is no strain on your arm or shoulder.
- Choose a comfortable chair with a back and a height which will allow feet to rest on the floor. If your ironing board is not adjustable to sitting height, a stool with a well constructed back for support and a rung for resting the feet can be used. Posture chairs are excellent. Castors on chair or ironing board are helpful.

### 6. *Do I use the best tools?*

- Keep iron in good condition.
- Use a well padded and ventilated board.
- A cord-minder holds iron cord away from work.
- An attachable board for added width helps make ironing easy. It is excellent for shirts and other garments opening down the front, curtains, table and bed linens, and skirts. The board should be 20 inches wide and 60 inches long and made of heavy plywood or white pine. It should be well padded and covered. Fasten four wooden cleats and buttons on the underside of the board to hold it firmly to your regular board.

## *Before* YOU IRON A SHIRT

In order for a shirt to be just right for ironing, it should be properly folded as you sprinkle it. The amount of dampness depends on your preference. However, too much dampness lengthens the ironing period. Warm water shortens the time required for clothes to stand before ironing.

1. Spread the shirt flat. Sprinkle the front and sleeves.
2. Turn the collar and yoke down over the front about one third of the length of the shirt. Sprinkle the collar.
3. Fold the shirt again so that the tail is on the underside. Fold lightly. Tight rolling tends to deepen wrinkles.





# An Easy Way To Iron A Shirt

Based on Research by Dr. Elaine Knowles Weaver



**1.** Place the folded, dampened shirt at the left end of the board. As it is unfolded, the shirt will be front side up, the tail will fall over the far side, and the collar will be toward you.

**7.** Iron the back of the collar and band. No folding is necessary, but if desired, the collar may be turned and pressed at this point.

**2.** Pick up right sleeve by cuff and shoulder and turn it placket side up. Start ironing in center of sleeve toward the shoulder. Shift iron to left hand when ironing into the cuff. With iron in right hand, iron inside of cuff. Turn sleeve over and iron other side.

**8.** Grasp left shoulder of shirt with left hand, right shoulder with right hand. Place shirt lengthwise on board so inside of back is up. Iron inside of left of back and yoke. Be sure to press underarm seams dry.

**3.** Iron the top of the collar and band. Iron enough to dry the collar and band and to give a desirable finish.

**9.** Fold the unironed left front over the ironed back and iron it. (For extra speed on work shirts, step 8 can be eliminated and the front and back can be ironed at the same time—if the fabric is not too damp.)







**4.** With shirt in the same position, fold yoke across back; iron. To prevent ironing a crease in the shirt back, let the back fall over the edge of the board as you iron the yoke.

**5.** To avoid excessive handling, make a Z turn by crossing the arms. Flip the shirt over with the back up, the right sleeve hanging free over the left end of the board. Left sleeve will fall into position for ironing.

**6.** Iron left sleeve in same way as the right. Careful pressing to dry all seams will prevent puckering. Shifting the iron to the left hand when ironing into fullness of cuff saves twisting your body or moving the shirt.

The shirt has been turned  $2\frac{1}{4}$  times with a slight additional move when ironing the back. There has been little handling or opportunity to wrinkle the shirt. It is now in position to fold. Button the collar and the third and fifth buttons.

**10.** When ironing the buttonhole band, place the iron at the bottom of the band, grasp the top of the band with left hand, pull firmly, and press hard. Iron as dry as possible.

**11.** If the facing under the buttonhole is wrinkled or extra pressing is needed, turn the band over the ironed front, stretch and press. If any indentations are made on the already ironed front, merely slide the iron over it.

**12.** Move the shirt slightly away from you so the right side covers the board. Iron inside the back, turn front over the back, and iron as in steps 9, 10, and 11.

