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# Simplifying Ironing



*Save time and energy for the  
things you want to do*

**SOUTH DAKOTA STATE COLLEGE  
EXTENSION SERVICE**

**C. Larsen, Director  
Brookings, S. D.**

# SIMPLIFYING IRONING

by

Mary A. Covert

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Some of the factors which will help to simplify the hot, tedious job of ironing are: Selection of easily ironed fabrics, styles and finishes; careful removal of clothes from the line; correct dampening; well arranged and adjusted equipment and the elimination of unnecessary movements.

## Selection of Fabrics, Styles and Finishes

Materials which are easily ironed or require no ironing should be selected. Crepes, soisettes, soft fine weave prints, ginghams and linens belong to this class. Styles and finishes which do not require extra manipulation of the garments and heavy pressure of the iron do much to simplify the ironing job.

## Careful Removal of Clothes from the Line

The clothes basket set on a utility cart makes folding of the clothes at the line easy and simplifies the ironing process by keeping them free of unnecessary wrinkles. Clothes which are to be stored without ironing should be carefully folded and stacked in groups to avoid extra handling. Sheets, towels, work aprons, dresses, shirts, underwear, socks, stockings, and handkerchiefs for everyday use, may be included in these groups.

## Correct Dampening

Either too little or too much water used in dampening prolongs the ironing process. No data are available to help the homemaker gauge the amount needed for various fabrics. Warm water applied uniformly in a fine spray gives the best results.

Laundrymen are convinced that time spent in the careful preparation of clothes for ironing is time saving. Hems should be pulled straight. Flat pieces should be folded with hems together. The hem edges are then brought to the center fold. Like flat pieces are stacked together and dampened at one time by lifting the folds. Handkerchiefs are dampened as stacked. The hems on two opposite sides of the pile are then folded to the center. Hems, collars and cuffs are pulled straight and folded in before garments are rolled. Clothes which require a longer dampening period are dampened first and placed at the bottom of the basket.

## Placing and Adjustment of Ironing Equipment

A well padded and covered ironing board correctly adjusted to permit easy movement of the worker is an important energy saver. Ironing may be done efficiently while sitting if the board is properly adjusted. (See

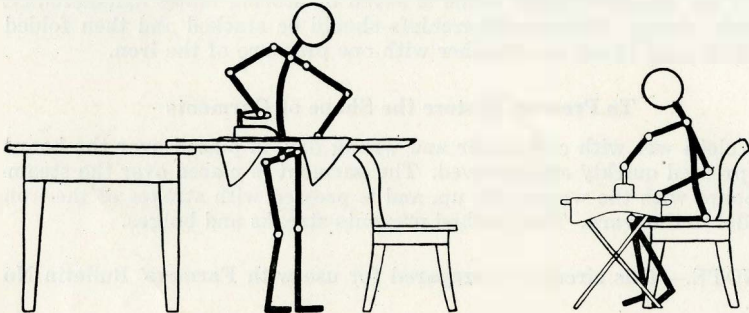
illustration.) A large piece of heavy asbestos is preferable to a metal iron stand as it requires only slight lifting of the iron.

A utility cart with removable rack (cover page) furnishes ample space close at hand for the clothes basket and ironed linen. When the ironing is finished it may be wheeled to the storage places.

A hanging rod for ironed garments is another ironing convenience. The one illustrated (cover page) is provided with a tape which prevents the garments from slipping off when the loaded rod is removed from the wall and carried to the closets.

### Ironing Protectors

A protector may be preferred to newspaper spread on the floor to keep the clothes clean while ironing. One can be easily made from three and a half yards of muslin. Wide hems are made at each end. The strip is centered over the board. The hemmed ends are brought to the edge of the board, front and back, pinned to place and stitched to form bags.



Standing is fatiguing

Sitting is more comfortable

TWL

G. Villwock

The protector illustrated on the cover page gives protection at the back only but it has the advantage of wire supports. The materials needed for making it are two pieces of No. 9 wire, each 15 inches long, four screw eyes and a strip of muslin one and a half yards long.

The pieces of wire are bent uniformly at each end, upward turns at one end, flat or sidewise turns at the other.

A screw eye is placed on the underside of the board one inch from the back edge and eight inches from the broad end. Another screw eye is placed one inch from the edge and 36 inches from the other screw eye. The wires are inserted in the screw eyes with the upward turned ends extending six inches beyond the board. The other ends of the wires are held in position by screw eyes placed at the bends.

### Ironing, Folding and Storing

Standard methods of ironing and folding are explained in Farmers' Bulletin No. 1497. Considerable time can be saved by folding only those things which must be folded for storage. Why waste time and energy fold-

ing shirts if closet space is available? A hanger will hold four or more with less mussing than they would receive if folded and stacked.

### Eliminate Waste Motions

Ironing methods should be studied to eliminate unnecessary movements. The broad end of the iron should be used to best advantage. It covers more surface, carries more weight and requires less frequent lifting of the iron.

The average person lifts the iron three or four times and uses about twenty motions while ironing a handkerchief. Only one lifting of the iron and ten separate motions are necessary.

The number of movements may be cut down by placing the pile of dampened handkerchiefs just left of the ironing spot. A handkerchief is lifted to place with left hand. The right hem edge is ironed first and without lifting the iron the process is continued around the handkerchief to starting point. The ironed handkerchiefs are piled without folding to the left of the dampened ones. Time is saved by storing ladies handkerchiefs without folding. Men's handkerchiefs should be stacked and then folded. The folds may be set in a number with one pressure of the iron.

### To Press or Restore the Shape of Garments

A cloth wet with cold water and wrung dry, is placed over the board. It is pressed quickly and removed. The garment is placed over the steaming board with the wrong side up, and is pressed with strokes of the iron, parallel to the warp. This method prevents streaks and bulges.

NOTE.—This circular is prepared for use with Farmers' Bulletin No. 1497.

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