

# *An Easy Way to* **Iron a Cotton Shirt**

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## *An Easy Way to*

# **Iron a Cotton Shirt**

**A** COTTON SHIRT — whether man's, miss's, or boy's—is found in almost any ironing basket. Ironing this shirt is a job that is high on the homemaker's complaint list. This may be because present methods of ironing a shirt are time-consuming and lead to fatigue. Or, equipment may not be suitable for the kind of job you want to do. Efficient methods and adequate equipment are needed to make any job satisfying.

This circular presents a quick method for sprinkling, ironing, and folding a shirt, adapted

from material developed by Dr. Elaine Knowles Weaver while at Cornell University, Ithaca, New York. Once mastered, this method will speed up your ironing, will give you professional-looking results, and will make it possible for you to iron with less fatigue. Suggestions included can be applied to other garments. Ideas for energy-saving equipment are included. Use these suggestions to make ironing a job that can bring pleasure and satisfaction. You and your family will be proud of the shirt you have ironed.

## *The Ironing Equipment*

Sit-down ironing may be less tiring but many women do not sit down to iron because they lack suitable ironing equipment. A wide board also can be energy-saving, since a greater area can be ironed before the garment

is rearranged. This is particularly true of flat work and garments with large flat areas.

Various combinations of sit-down equipment and wide boards are shown in the following pictures.

**An adjustable board of this type can be used for sit-down ironing. It may also be set for various heights when standing. Notice that in this picture the board has been reversed so the wide section may be used to advantage when ironing the shirt.**

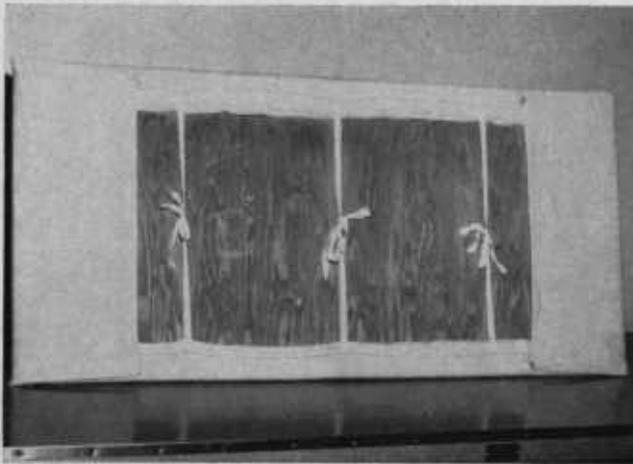




A wide board is an advantage because it gives a bigger work surface. It may be placed on a regular ironing board—at sit-down or standing height. In this picture the board is made of 1/2-inch plywood cut 22 inches by 48 inches. It has an aluminum foil steam barrier to protect the plywood. One-half inch padding was added, and the cover is of a heavy fabric that can be removed and washed.



A smaller wide board of plywood cut 22 inches by 40 inches may be placed on a card table. This gives a sit-down ironing surface that is a comfortable height for many women. A chair which gives good back support will help prevent fatigue. The chair and ironing surface should be the right height for you. There will be no strain on the neck, arms, or back while ironing, if you have found the correct height.



This picture shows the back of the wide board with detachable cover in place. Four gripper fasteners hold the corners flat. Tape ties have been used to pull the cover taut. Pocket drill, heavy muslin, or similar materials are available for the cover.

## *Washing and Starching the Shirt*

To be well ironed, the shirt must first be washed clean and starched to the wearer's liking. A lightly starched shirt will iron easily, will show soil less readily, will keep its neat appearance, and will be comfortable to wear. Heavier starching makes a garment more diffi-

cult to iron and less comfortable to wear.

There is a choice of starches on today's market—cold water, plastic, liquid, spray, and boiled starch. Some experimenting may be necessary to decide which is easiest and most satisfactory for you—at the price you wish to pay.

## *Sprinkling the Shirt*

The right amount of dampness can make the difference between easy and difficult ironing. When a shirt is too dry, it is hard to get the wrinkles out. When too damp, it takes much longer to iron and seams and bands may

pucker. It is best to err on the dry side if you want to make ironing easier.

In order that the shirt will be in a good position for ironing, follow this method of sprinkling:



**STEP 1.** Place shirt in this position—back side up. Smooth out wrinkles and sprinkle, using warm water. A slender bottle that is easy to grasp and is fitted with a sprinkler top will give even distribution of water.



**STEP 2.** Fold shirt as you sprinkle. First place top third of shirt back over sleeves, sprinkle newly exposed section to assure even dampness.

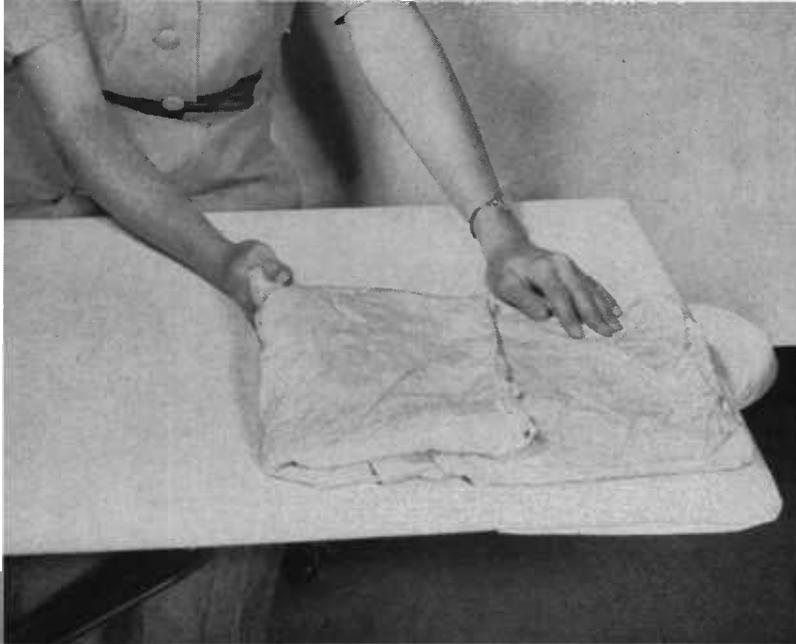


**STEP 3.** Next fold up bottom third of shirt, and sprinkle as needed. A total of 35 to 40 "shakes" for the entire shirt will give ample dampness.



**STEP 4.** Now fold shirt twice away from you, adding water as needed. Put shirt in a plastic bag and let it stand 2 or 3 hours before ironing.

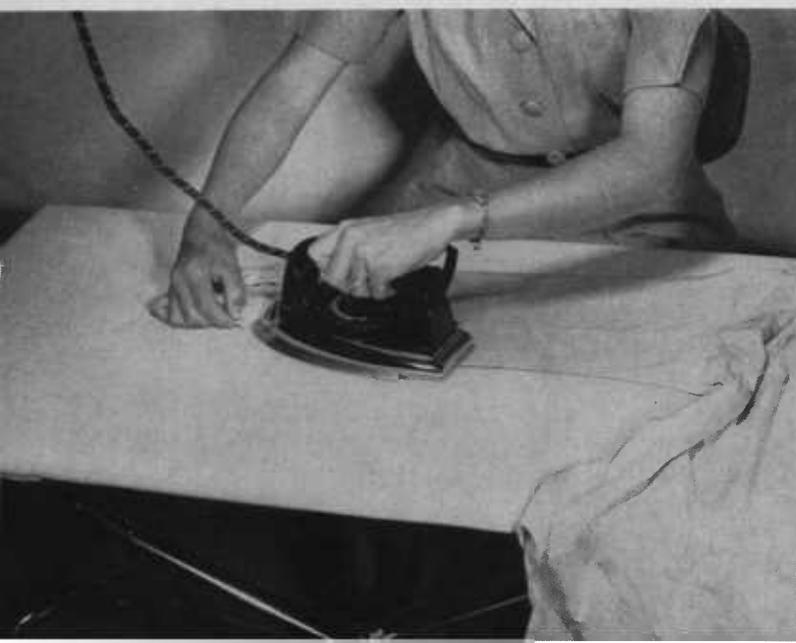
# *Ironing*



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



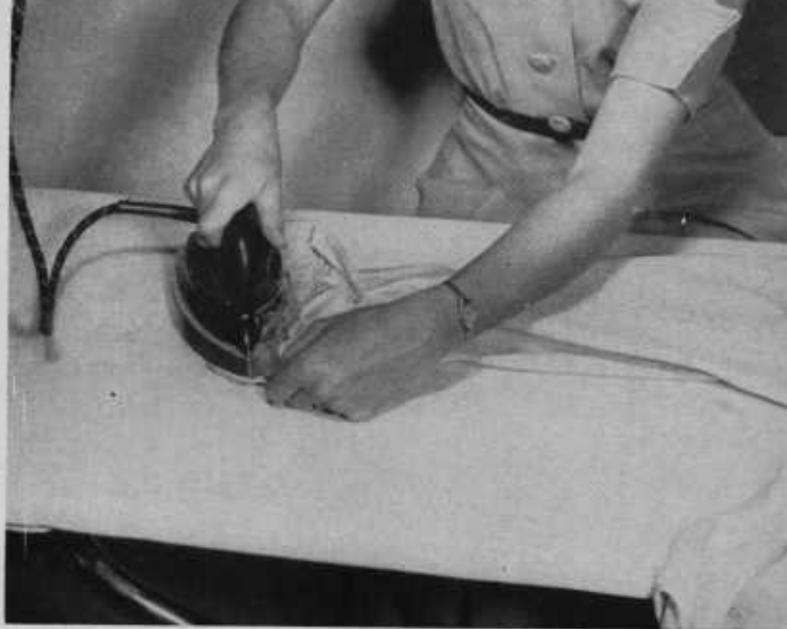
**STEP 2.** With both hands, pick up the left sleeve by the underarm seam and place in position to iron with the placket side up. Smooth the wrinkles toward the shoulder and the cuff. Begin ironing in the center of the sleeve, moving toward the shoulder. Bring edge of iron up over armscye seam to remove dampness.



**STEP 3.** Without lifting the iron, shift it to the left hand and iron into the cuff. Use the free right hand to smooth the fabric ahead of the iron. Move the iron slowly, and stretch and dry all seams well as you go.

# *the Shirt*

**STEP 4.** Shift the iron back to the right hand and iron the inside of the cuff. Leave shirt in same position but turn the sleeve over and iron the other side, finishing with the top of the cuff.



**STEP.** Leaving the shirt in the same position, iron the back of the collar and the neck band. Move iron slowly to remove moisture. "Press down" with the iron as little as possible. Let the heat of the iron do the job.



**STEP 6.** To avoid extra handling as you move the shirt, cross your arms and grasp shirt at shoulder seams. Flip the shirt over, dropping it into position to iron the right sleeve. The left sleeve, now ironed, will hang free over the end of the board and away from the rest of the dampened shirt. Iron the right sleeve in the same manner as you did the left.





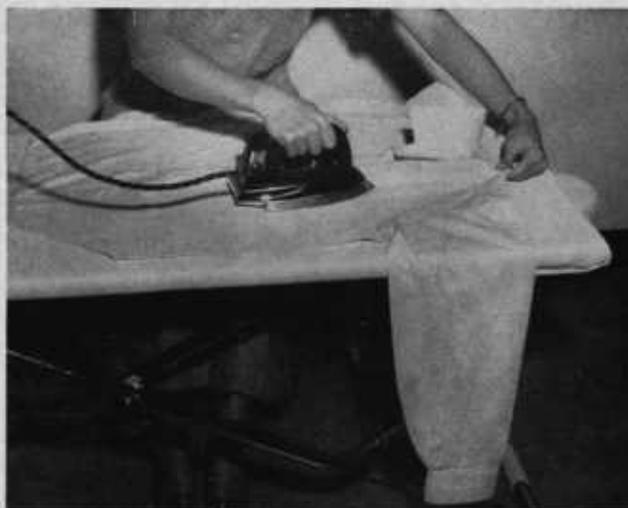
**STEP 7.** Now iron the top of the collar and neck band. Make sure that the collar and band are dry and have a finished look.

**STEP 8.** With the shirt in the same position, move the collar forward, and place a fold across the back of the shirt at the yoke seam. Iron the yoke of the shirt, and bring iron across the shoulder seam onto the shirt front. It is best to change the position of the yoke fold from time to time, since constant creasing may cause wear on the fabric.



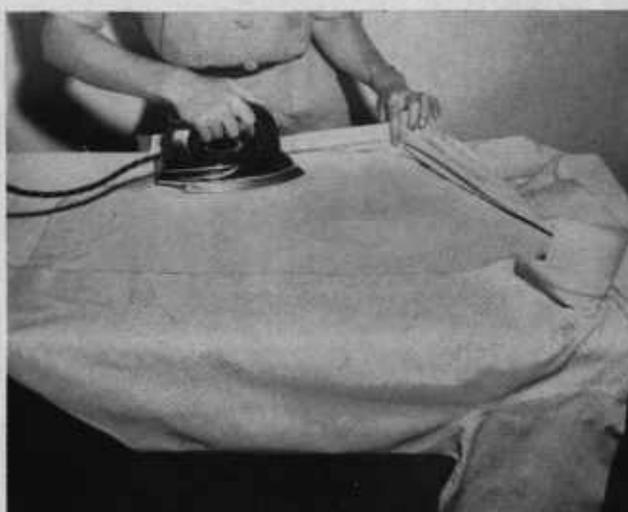
**STEP 9.** Now give the shirt a one-quarter turn, placing it lengthwise on the board with the front up and the collar to the left. The left side seam of the shirt should be parallel to the far side of the board. Iron the inside of the left back and yoke. Move the iron slowly, doing a finished job as you go.

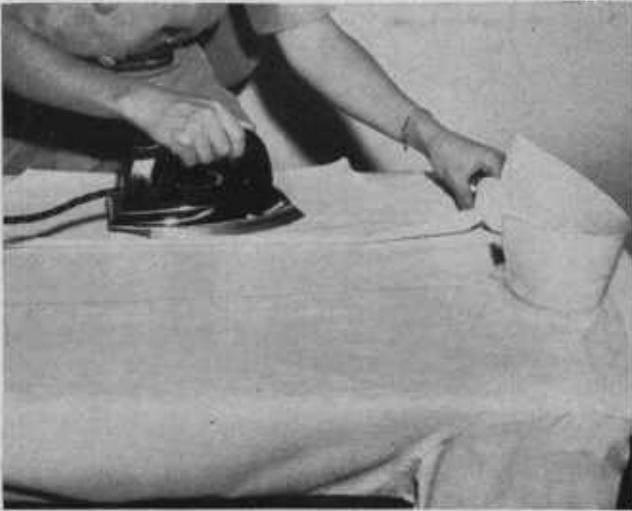
**STEP 10.** Bring the left front of the shirt up over the ironed back. Iron the front of the shirt while it is in this position. Include the buttonhole band.



**STEP 11.** Turn buttonhole band back on the ironed front of the shirt and press on the wrong side. Do not press in fold. Move band back into position and retouch the front if necessary.

**STEP 12.** Shift shirt away from you placing right half in position for ironing. When a regular width board is used, two moves may be necessary to complete the back of the shirt. Iron the right half of the shirt, first back and then front.



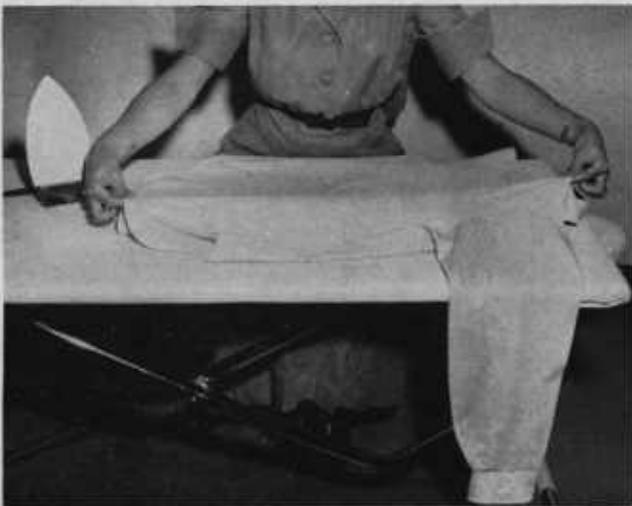


**STEP 13.** Turn the button band over onto the ironed right half of the shirt, and press it on the wrong side. Place back in position and touch up the shirt front if necessary. Pay particular attention to removing all dampness from the front band on the shirt. This is the part that shows.

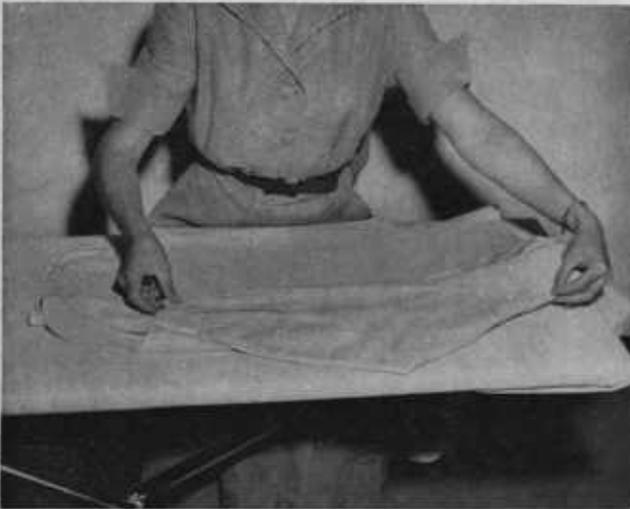
**STEP 14.** Turn the collar into position by folding. Button the top, third, and fifth buttons. The shirt is ready to be folded or hung on a hanger. Notice that the shirt has been turned  $1\frac{1}{4}$  times and moved only slightly. Little handling, and moving an ironed section away from the dampened shirt as finished, means few wasted motions—quick ironing.



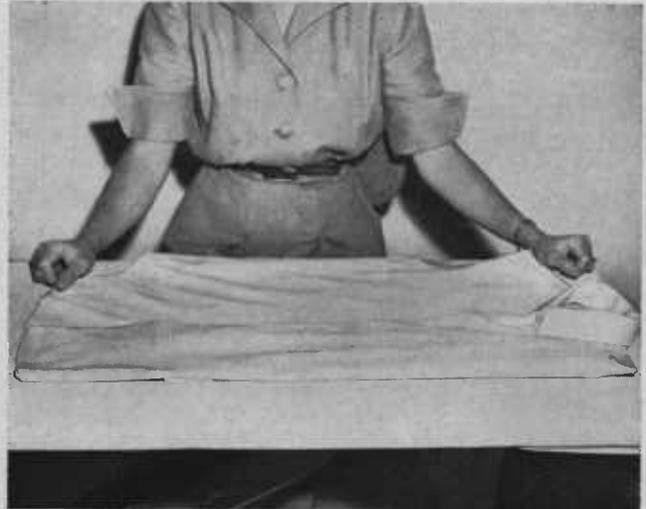
## *Folding the Shirt*



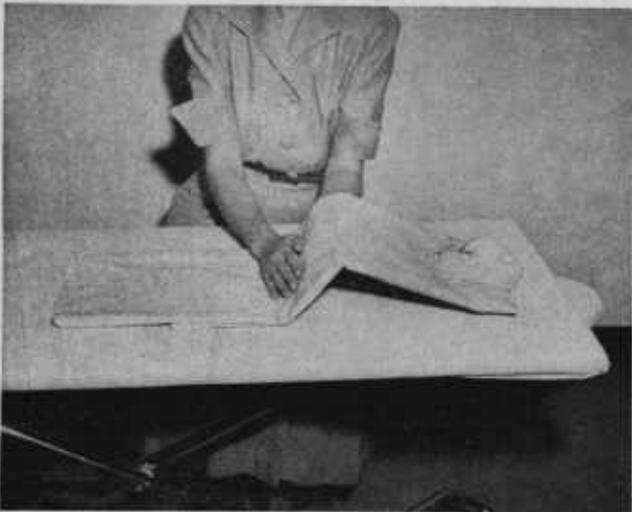
**STEP 1.** Start with the shirt in the same position as it was when you finished ironing. With the left hand, grasp the left shoulder seam and fold halfway between the collar and the arm seam. With the right hand, grasp the tail of the shirt in the same relative position. Fold the shirt at this point, laying the fold the full length of the shirt.



**STEP 2.** Grasp the left sleeve at the shoulder seam and the cuff. Place the sleeve on top of the fold with the top sleeve fold parallel with the shirt fold.



**STEP 3.** Raise the sleeve and left half of the shirt slightly. Tuck the sleeve and folded section of shirt under shirt front. Repeat this process for the right half of the shirt.



**STEP 4.** Place the left hand under the shirt at about the center section. Lift the shirt, and with the right hand bring the tail of the shirt up under the collar and yoke.

**STEP 5.** Fold tail of shirt over cuffs, and tuck under the folded ends of the yoke. This will hold the shirt in place. The finished shirt is ready to place on a shelf, in a drawer, or in a suitcase for travel.



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