

## WHY WE HAVE TO MAKE AN IRONING ?

**Ironing** is the use of an iron to remove wrinkles from fabric. The heating is commonly done to a temperature of 180–220 °Celsius, depending on the fabric. Ironing works by loosening the bonds between the long-chain polymer molecules in the fibers of the material. While the molecules are hot, the fibers are straightened by the weight of the iron, and they hold their new shape as they cool. Some fabrics, such as cotton, require the addition of water to loosen the intermolecular bonds. Many modern fabrics (developed in or after the mid-twentieth century) are advertised as needing little or no ironing. Permanent press clothing was developed to reduce the ironing necessary by combining wrinkle-resistant polyester with cotton.

## IRONING

Before you start ironing you need to be aware of few points as following.

Firstly, you need to check the tag. It should say if it can be ironed and also tell you what setting to use on the iron.

Set the iron on the right setting. Plug it in and let it sit upright. Wait until it heats up. Many irons have a little light that will light up to show the iron is heating up and ready to start. It will go out when the iron has reached the right temperature.

Organize your clothes. If you're ironing more than one garment and they require different settings, organize the garments so that you start with the coolest setting first and work your way up. It's much faster to heat up the iron than to wait for it to cool off, and if it's not cool enough you could ruin the fabric.

Put the piece of clothing on the ironing board. Put it wrong side out (so that the side that touches the iron is the same side that touches your body). If the fabric is cotton or silky rayon, put the right side out instead.

Always keep the iron moving; never let it sit still over any part of the garment. If there's a stubborn wrinkle that refuses to iron out, spray some water on it and iron over with steam. Begin at the big areas and finish with the corners. Once you iron a section, move the garment away from you. If you move it towards you, it may wrinkle as you lean over it and possibly push it against the ironing board.

- Acrylic knits - since they can warp when wet and warm, let the fabric cool and dry completely before moving it.
- Corduroy - hold the iron just above the garment so that the steam thoroughly penetrates the fabric, then smooth it along the ribs with your palm.
- Pleats - hold them in place with paper clips (just be careful that the clips don't snag or damage the fabric).
- Sleeves - use a sleeve board; insert the sleeve board in the sleeve so that you can iron it without creases; if you don't have a sleeve board, roll up a towel and put it snugly inside the sleeve, then iron. However, you do not need to use a sleeve board; just place the wrist button side facing upward and iron around the buttons.

## Shirts

Ironing shirts is quicker and easier than you might think.. It should only take an average of three minutes to properly iron a shirt, and that's doing it the right way.

- It's best to start with the sleeves, since they'll be just fine hanging off the sides of the ironing board while you finish the rest of the shirt. Doing it the other way around, and leaving the sleeves for last, will end up causing wrinkles in other parts of the shirt that you've already ironed.
- Open the cuffs.. This is something that many ironing newcomers get wrong all the time, but it's not just easier to open the cuffs and lay them flat, but it lets you do a better job ironing the whole sleeve, too.
- When doing the collar of the shirt, make sure you open it up and lay it flat. Just like the cuffs, people tend to think that this is opposite of what they should do, since they're used to seeing the collar in the *down* position at all times.
- Afterwards, let the shirt hang for a few minutes to fully cool down. Ironing heats the fabric to a very high relative temperature, and the "flatness" actually sets in during the cooldown phase, so wearing it immediately could negate some of the hard work you just put into ironing it in the first place.

## Pants

There's a reason people say "press" instead of "iron" for pants. Even though you'll still be using an iron, it's gentle pressure and steam that are going to do the work, not so much the motion and heat of the iron itself.

- If you've lost your main crease, finding it again is easy. Just lay the pants flat on the ironing board, and line up the seams of the leg to match. The crease is as far from those seams as the fabric goes.
- The crease should go all the way up the leg, stopping at about six inches below the waist. If there are pleats, then the crease can go all the way to the pleat. *Always* set the front crease first.
- If you've pressed in a crease, the pants should hang by the waistband for at least an hour or two to set. If you don't put creases in your pants, don't worry about it! Just give them a few minutes to cool.

## IRONING CLOTHES WITH ZIPPER

Close the zip.

Press the inner side of fabric with the edge of iron.

Open the zip and iron around the cloth.

## **TIPS FOR IRONING**

### **HEAT AND STEAM**

You can adopt the heat and steam to create better results.

### **DECREASING WRINKLES**

Once the clothes have been ironed completely, they need to hang to “cure,” as it’s called in the business. (Wow. So professional.) The shirt may still be a little damp, and that’s okay. Let it hang until it’s completely dry, being sure to button the top collar button to help the collar keep its shape.

## **GENERAL IRONING ISSUES**

Sort clothes according to temperature, working from coolest to hottest. Iron silks and synthetics on low to medium heat (approximately 350°F), wool on medium to high, and cotton and linens at high temperatures (400°F to 425°F). Since the right temperature is critical, let the iron sit for a few minutes after you have adjusted the controls.

2. Hang up or fold your garments immediately after ironing them.
3. Never use circular strokes — you can stretch the fabric. Iron lengthwise and eliminate wrinkles by blasting the area with steam.
4. When ironing large items, such as a tablecloth or curtains, set up two chairs next to the ironing board and fold the piece carefully onto the chairs as you work on it. You could also iron large items on a tabletop padded with a towel, provided that the table won’t be harmed by the steam or hot temperatures.
5. Iron sensitive fabrics with a pressing cloth — a clean cotton cloth, handkerchief, or napkin. Iron fabrics inside out to protect them from becoming singed or shiny.
6. Press pleats starting from the bottom, working from the inside of the pleat to the outside. Set pleats with a shot of steam.
7. Let clothes sit for a few hours after you’re finished ironing to allow the creases to set.

## **IRONING TIME SAVERS**

- Do your ironing in the bedroom. You'll be able to use the bed to sort your laundry, and you'll have hangers close at hand in the closet.
- Cut your ironing time by putting a piece of aluminum foil under the ironing board cover. The foil will reflect heat so you're actually ironing from both sides at once.
- Progress from articles or garments needing the lowest temperature to those requiring the highest.

- For a perfect fit, place your ironing board cover on the board while it's still damp, and let it dry in place.
- To avoid creases, place a rolled up towel in a sleeve before ironing.
- To prevent wrinkles, keep moving freshly ironed surfaces away from you.
- To prevent collars, cuffs, and hems from puckering, iron them on the wrong side first.
- Iron double-thickness fabric on the inside first, then on the outside.
- Acrylic knits can stretch out of shape if moved when wet and warm. Press each section dry, and let it cool completely before moving it on the ironing board.
- When pressing badly wrinkled corduroy, hold the iron just above the garment and steam the fabric thoroughly. While the corduroy is still damp, quickly smooth it along the ribs with your palm.
- Revive the nap of velvet or corduroy by pressing it right side down on a piece of the same fabric.
- If you don't have a sleeve board, insert a rolled-up towel in sleeves so they can be pressed without leaving creases. Or make your own sleeve board from a cardboard tube covered with soft fabric.
- Quick spray starch can be made at home by slowly adding 1 tablespoon cornstarch to 2 cups water. Stir until the starch is dissolved, and pour the blend into a clean spray bottle. Spray fabrics lightly when ironing.
- Restore a shiny look to chintz by ironing the fabric right side down on waxed paper.
- To keep from giving your wash-and-wear garments a sheen when you do touch-up ironing, turn the clothing inside out and iron the wrong side.
- To remove wrinkles from a tie, insert a piece of cardboard cut to fit its inside. Cover the tie with cheesecloth, and press lightly with a steam iron.
- To avoid flattening embroidery or eyelets when ironing, iron them facedown on a thick towel.
- Hold pleats in place with paper clips when ironing. Be careful that the clips don't snag the fabric -- particularly if it has a loose weave.