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EASY WAY to iron a shirt



To prepare for ironing, dampen garments evenly with warm water. Experiment to find the dampness you like best. So that the shirt will be in a good position for ironing:

1. Spread the shirt flat on a work surface. Smooth out as many wrinkles as possible. Sprinkle the front and the sleeves.
2. Turn the collar and yoke down over the front about one-third the length of the shirt. Sprinkle the collar. Little moisture is needed on the yoke since it absorbs moisture from the collar.
3. Fold the shirt so the tail is underneath. Note the position of the shirt when unrolling it for ironing, as in Step 1. Fold it lightly. Tight rolling tends to deepen the wrinkles.

A well padded, wide ironing board is more satisfactory for shirts than a narrow one, because less handling is needed. By reversing the ordinary ironing board and using the wide end, the additional width can speed up the work.

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Ironing a Shirt



Step 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 side, and the collar will be toward you. No flipping or shaking is necessary.



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



Step 3. Without moving the shirt, iron the top of the collar and band. Iron enough to get the collar and band dry and to give a polished finish.



Step 4. With shirt in same position, fold yoke across back; iron. Do not always fold at seam; constant creasing may cause fabric to break.



Step 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, and the left sleeve will fall into position for ironing.



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



Step 7. Without moving the shirt, 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.



Step 8. Grasp the left shoulder of the shirt with the left hand and the right shoulder with the right hand; give a $\frac{1}{4}$ turn placing it lengthwise on the board. Iron the inside of the left of the back and yoke. Stretch and press dry the underarm seams.



Step 9. Fold the unironed left front over the ironed back, smooth 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 material is not too damp.)



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



Step 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.



Step 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 press as in steps 9, 10, and 11. Iron between buttons.

The shirt has been turned only 2¼ times with a slight additional move when ironing the back. Thus, 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.

Folding the Shirt

Some women prefer to hang ironed shirts on clothes hangers until they are worn. Unless allowed to hang freely with plenty of space between, the shirts may have a somewhat wilted look by the time they are worn. This is especially true in warm, damp weather.



Method 1.—A. 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 armhole 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 hand side of the shirt.



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

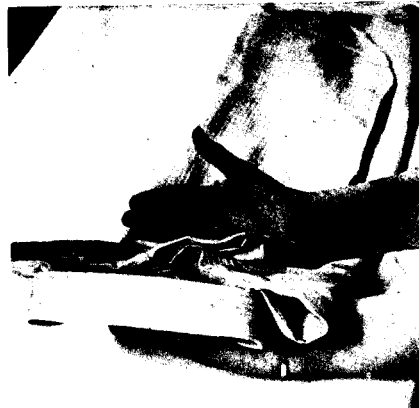


C. Leave about 6 inches of the tail to tuck under the yoke, to hold the folded shirt in place. This process is easier than trying to pin the shirt together.

Folding—Method 2. Here is an easy method for folding the shirt small enough to pack into a traveling bag or store in a small chest of drawers:



A. Turn the shirt over with back up, fold the right sleeve across the back to bring the cuff to the left arm hole. Fold the left sleeve across the right sleeve the same way. Fold the sides over the back, creasing them at shoulder about half-way between collar and arm band.



B. With the right hand placed about $\frac{1}{3}$ of the shirt length below the collar, fold the front over the back, and tuck the shirt tail under the collar between the folds as with the first method.



The Completed Shirt

**Prepared by Irene Crouch, Home Management Specialist.
Photos and material from Ohio State University.**

Extension Service, North Dakota State University of Agriculture and Applied Science, and U. S. Department of Agriculture cooperating. A. H. Schulz, Acting Director, Fargo, North Dakota. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.