

LESSON 6

CARE

12 - 18 Year Olds

PURPOSE

To learn how to care for clothing.

OBJECTIVES

Youth will be able to:

- determine water hardness.
- identify proper laundry techniques for various types of garments.
- observe the effects of bleach on different fabrics.
- practice removing stains on different fabrics.
- experience pressing different fabrics from light to heavy.
- experiment with liquid starch, spray starch and fabric finish.
- identify ways to properly store clothing.

LESSON TIME

1 hour

LEARNING ACTIVITIES

LAUNDRY SCAVENGER HUNT
LABEL ANALYSIS
IS YOUR WATER SOFT?
BLEACH EXPERIMENTS
STUBBORN STAINS
STIFFEN UP WITH SIZING
PRESSING POINTERS

ADVANCE PREPARATION

1. Read the BACKGROUND BASICS on Care.
2. Review activities and choose the appropriate one(s) to use.
3. Secure necessary materials, as described.

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Do

The following is suggested for using the activities in Lesson 6. Materials needed for each are listed within the activity.

- ◆ Have youth locate garments by care requirements in a LAUNDRY SCAVENGER HUNT.
- ◆ Do a LABEL ANALYSIS relating to care of specific garments.
- ◆ Test for water hardness in IS YOUR WATER SOFT?
- ◆ Compare oxygen and chlorine bleach on a variety of fabrics in BLEACH EXPERIMENTS.
- ◆ Practice removing stains that have been left in fabrics for different lengths of time in STUBBORN STAINS.
- ◆ Experiment with starch and fabric finishes in STIFFEN UP WITH SIZING.
- ◆ Experiment with different ironing temperatures on a variety of fabrics in PRESSING POINTERS.
- ◆ Play the game, *It's Your Choice*, to review how to properly store clothing in STORAGE SAVVY.

REFLECT

After completing the activities in this lesson, help youth reflect on what they have learned using these questions:

- ◆ What level of grains per gallon is considered very hard water?
over 10.5
- ◆ What are some common characteristics of textile items that require a hot wash?
heavy durable clothing, towels, diapers
- ◆ Which bleach is the most powerful?
chlorine
- ◆ What happens if a stain has set for a long time?
it is harder or impossible to remove
- ◆ What is the difference in pressing and ironing?
pressing is lifting and lowering the iron; ironing is gliding across the fabric

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- ◆ What determines whether to use starch or fabric finish?
the fiber content of the garment
- ◆ Why is it important to properly store clothing?
to prolong the life of the garment

APPLY

Help youth learn how to apply what they have learned in this lesson on care of clothing.

- ◆ Explain to someone else how water hardness can be tested.
- ◆ Sort laundry at home according to the instructions on the care label.
- ◆ Test color fastness of two fabrics to chlorine and oxygen bleach.
- ◆ Do a demonstration of one stain removal method.
- ◆ Read five care labels on garments with different fiber contents to see their recommendation for ironing.
- ◆ Share with one other person how to iron a shirt.
- ◆ Help a younger sibling or friend with their clothing storage.

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BACKGROUND BASICS -- Care

WATER

Minerals which cause hardness in water have a wide impact on your laundry. Clothes laundered in hard water may feel harsh and scratchy. The hardness minerals combine with some soils forming insoluble salts, making them difficult to remove. Soil on clothes can introduce even more hardness minerals into the wash water. Hard water neutralizes or ties up detergents and soaps. More soap and detergent are used when there is hard water and hard water does a poorer job of rinsing laundry, so clothes may become dingy looking.

Most groundwater is hard to very hard. The amount of hardness varies throughout the state. An approximate estimate of water hardness can be obtained by using tincture of green soap, available from most druggists. The number of drops of tincture of green soap needed to create 1 ounce of suds in the bottle gives you an approximate measure of water hardness. For example, if it takes 11 drops of soap to make one ounce of suds, the water sample contains 11 grains of hardness.

Water hardness classifications: Soft -- 0 to 3.5 gpg (grains per gallon); Moderate -- 3.6 to 7 gpg; Hard -- 7.1 to 10.5 gpg; Very Hard -- More than 10.5 gpg.

Check water hardness. If water is hard, use a water softener. If water is medium to hard, and you use a non phosphate detergent, use a water softener.

LAUNDRY TECHNIQUES

Doing the laundry today is physically easier, but there are many more decisions to make. Every year there are changes in fibers, fabrics, finishes and in the products used for doing the laundry. So the practices you used last year may need to be changed.

Read Labels

By law your clothes must identify fiber content, country of origin, and have permanent care labels. For best results, carefully follow the care label. This will prolong the life of your garment.

Pre-Wash Preparation

- ▶ Empty pockets
- ▶ Zip all zippers
- ▶ Turn down cuffs
- ▶ Unbutton buttons
- ▶ Hook all hook and eyes and hook and loop fasteners
- ▶ Detach unwashable trim or buttons
- ▶ Mend rips and tears
- ▶ Pre-treat stains or heavy soil
- ▶ Turn man-made fiber garments (such as polyester, rayon), knits, and napped (such as corduroy) garments wrong side out

Sorting

Careful sorting of clothes is essential if you want a clean, lint-free wash. Be sure to sort according to:

- ▶ Color -- wash whites with whites, light colors with light colors, dark colors with dark colors.
- ▶ Amount of soil -- wash lightly soiled with lightly soiled, heavily soiled with heavily soiled.
- ▶ Fabric type -- wash delicates with delicates, heavy sturdy with heavy sturdy.
- ▶ Tendency to lint -- wash lint givers (such as towels) with lint givers, and not with lint receivers (such as corduroys or dark colors).

Incorrect sorting creates washday problems that require more work and energy -- and sometimes the problems cannot be corrected.

Water Temperature

Check the care label on the garment for the recommended water temperature. The general rule still holds true that the hotter the water, the cleaner the clothes and the colder the water, the more difficult the cleaning job. However, hot, warm, and cold water all have a place in doing today's laundry. There are reasons why a specific water temperature has been recommended on your garment -- such as to prevent dye transfer or to prevent excessive wrinkling. Usually if doing a cold water wash you will need to use 1½ times the amount of detergent and lengthen the washing time.

Washer Option Selection

Select the available options on your washing machine, such as water temperature for wash and rinse; cycle, such as delicate or permanent press; and water level, such as small or normal. These decisions should be made on each load of clothes to be washed.

Add Products and Additives

Most laundry equipment manufacturers now recommend that you add laundry products and let the machine fill before adding the clothing.

LAUNDRY PRODUCTS

Selecting laundry products is one of the most confusing tasks an individual has in relation to the care of clothes. Equally confusing to many people is how to use them. Part of this confusion is caused by the number of laundry products on the market and part by advertising. Two other contributing factors are failure to read the package labels and failure to follow the directions given. It is important to know how to use and how much to use.

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Detergents

The most important laundry product is the detergent. They are designed to remove, emulsify, dissolve, and suspend soil in a washing solution. They tie up water hardness minerals. They come in two forms -- liquid or granular. They may be low or controlled sudsers or normal sudsers. Liquids are good to use with cold water and are handy for pre-treating spots and stains. Heavy duty detergents are designed to be used in a washing machine. Light duty detergents are formulated to be used for hand washing of fine, delicate fabrics and hosiery.

LAUNDRY ADDITIVES

There are several products on the market that are designed to assist with the cleaning and caring of washable clothing. Some are to be used with detergent. Others can be used alone.

Bleach

Bleach is a laundry additive. It is formulated to be used with detergent. The purposes of bleach are to clean better, help remove soil and stains by breaking up dirt through the process of oxidation, help remove the color from some soil and stains, help to clean bleach-safe colors and whiten whites, and serve as a deodorizer and a disinfectant agent.

There are two types of bleach: *chlorine* and *oxygen*. *Chlorine bleach* comes in liquid (the most popular) and dry form. Chlorine is the most powerful bleach. It cannot be used on all fibers and fabrics. Check your care label. Liquid chlorine bleach oxidizes soil and aids in its removal, acts as a disinfectant on both bacteria and viruses likely to be encountered in the home, and generally whitens fabrics. Bleaching action is faster in hot water than in cold water.

Oxygen bleach comes in both liquid and granular form. It is a milder bleach and is most effective when used regularly. Water temperature affects the bleaching rate of oxygen bleaches. Hot water accelerates the bleaching action. As water temperature decreases below 130 degrees F, exposure time must be increased substantially. It is safe for most colored washable fabrics. However, always follow your care label.

Color Removers

Color removers have the ability to remove most colors, if they have not been heat set. They can also help restore whiteness.

Disinfectants

Disinfectants are used to destroy bacteria and to reduce the spread of bacterial infections. Two disinfectants are chlorine bleach and pine oil.

Enzyme Pre-Soak

Enzyme pre-soaks have the ability to loosen fresh stains, so they are easier to remove. They are particularly effective in removing the protein ones, such as blood or baby formula. Using with chlorine bleach reduces the effectiveness of the pre-soak. Enzymes do not affect color, however, soaking and prolonged exposure to water can be factors in causing sensitive dyes to bleed or fade.

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Fabric Softeners

Fabric softeners are available in liquid, sheets, or as part of the detergent. Some are formulated to be used in the washer, some in the dryer. Follow directions for use. If overused they will cause textile items to be less absorbent. Purposes of fabric softeners are to soften fabrics, make fabrics fluffier and bulkier, reduce or decrease static cling, minimize wrinkling in dryer, make ironing easier, impart a fragrance, reduce drying time, and lubricate fabrics so they will shed water.

Pre-Wash Products

Pre-wash products are put onto the soil or stain just prior to placing the garment in the washing machine. They help remove tough oily stains. They do not remove all soils and stains. They can be used with bleach and other laundry additives.

Starches, Fabric Finishes and Sizings

Starches, fabric finishes, and sizings are used to restore body and crispness to fabrics, help keep fabrics fresher and cleaner longer, and make soil easier to remove. They coat the surface of the fabric and "catch" the dust and dirt. They add a finishing touch. Starch, available in dry, liquid or spray forms, is most effective on cotton or cotton-blend fabrics. Fabric finishes and sizings are formulated especially for man-made fabrics or blended fabrics with a high man-made fiber content. They are available in spray form.

Packaged Water Conditioners

The purposes of a water conditioner are to modify tap water to make it more efficient to use and to soften water. The best cleaning action takes place in soft water.

A laundry solution is made up of about 99.85% water, and .15% detergent. So, water is a very important ingredient. Most of Florida has very hard water (over 12 grains per gallon or 205.2 milligrams per liter). The northern half of Florida has hard water (9-12 grains per gallon or 153.9-305.2 milligrams per liter).

The two types of package water conditioners are non-precipitating and precipitating, however, these names are not on the labels.

Non-precipitating water conditioners:

- ▶ hold minerals in suspension.
- ▶ usually contain phosphates (phosphorus).
- ▶ tie up hardness minerals in the water and hold them in solution.
- ▶ keep water clear.
- ▶ may make the water feel slippery.
- ▶ do not harm fabric or skin.

Examples: Calgon, White Rain

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Precipitating water conditioners:

- ▶ combine with hardness minerals to form a visible, insoluble precipitate.
- ▶ make water cloudy.
- ▶ need to have the precipitate skimmed off before adding laundry. It can leave a deposit on fabrics or in the washing machine.
- ▶ may cling to fabrics and leave a deposit that makes fabrics stiff.

Examples: Arm and Hammer Washing Soda, Calgon

Remember to add water conditioner **before** adding laundry detergent or soap. Be sure it is dissolved and used in both wash and rinse cycles.

STAINS

Stain removal is one of the biggest problems in the care of clothing. Stains need to be treated and removed before laundering, since washing sometimes will "set" the stain. Be aware there are some stains that cannot be removed.

Today, it is important to extend the clothing dollar and to save on the use of energy. Learning to promptly and correctly remove stains will result in fewer garments that will need to be discarded.

In order to be successful in removing stains, you will need to follow these general points:

- ▶ Identify the stain.
- ▶ Identify fiber content of garment.
- ▶ Treat immediately (fresh stains are easier to remove).
- ▶ Test stain remover product on an inside seam, hem or facing. Be sure that it does not change the fabric's color or damage the fabric.
- ▶ Follow directions for using the stain remover.
- ▶ Blot or scrape off excess stain.
- ▶ Push stain out, not in.
- ▶ Work carefully.
- ▶ Never use hot water on an unknown stain.
- ▶ Take garment to your drycleaner if the stain is large or stubborn.
- ▶ Many stains can be removed through regular washing.

An important factor in being able to remove a stain is in knowing what the stain is.

- ▶ Smell it and try to identify the odor.
- ▶ Look at its color and appearance.
- ▶ Feel it to check the texture.

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There is a standard procedure to use in removing those stains you can identify.

- ▶ Use a soft white cloth or white paper towel under the stain to serve as a blotter.
- ▶ Place right side of garment to blotter.
- ▶ Work on the wrong side of the stain to push it out.
- ▶ Sponge lightly with a clean, soft, white cloth.
- ▶ Frequently move to a clean area on the blotter.
- ▶ Work, with a gentle brushing motion, from the center outward.
- ▶ Work on a small area.

What can you do if you have a stain that you cannot identify? Sometimes you can remove this "unknown stain." Always be sure to carefully follow the directions for using stain removal products and test them on an inside seam or facing of the garment. Listed below are the steps to try:

1. Soak stain in cold water for at least half an hour.
2. Rub detergent (liquid or paste of granular) into stained area. Let stand at least half an hour. Rinse.
3. Launder, using bleach (if care label indicates garment can be bleached).
4. Soak in a pre-soak the recommended amount of time.
5. Use hottest water possible (check care label) and launder. Line dry garment.
6. If stain remains, sponge with stain remover. Rinse, launder.
7. As a last resort, try a color or rust remover.

After attempting to remove a stain, a "ring" may appear around the area. Light- and solid-colored and smooth fabrics "ring" most frequently. It is caused by:

- ▶ a residue from the stain.
- ▶ an accumulation of fabric finishes that move out as the solvent spreads along the yarns.

You can prevent the ring from forming by:

- ▶ using the stain remover sparingly
- ▶ frequently moving the garment to a dry, clean spot on the blotter.

If a ring appears, brush lightly from center out.

Have you ever had the experience of spots showing up on a garment after removing them from the dryer or from storage? The following are reasons for "invisible stains":

- ▶ When fruit juices, sugared coffee or tea, or soft drinks are spilled on a garment, they may dry and disappear. However, the sugar is in the fabric. Heat causes the sugars to become a yellowish/brownish stain. Remember to flush these spills quickly with cold water if the garment is washable.
- ▶ A greasy stain (like mayonnaise), particularly on a polyester garment when activated by heat, will appear much like a sugar stain (yellowish-brown).
- ▶ Pouring liquid detergent or fabric softener directly onto clothing without diluting.

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Some garments require drycleaning, as indicated on your care label.

- ▶ Always brush these garments after wearing.
- ▶ Remove wrinkles and freshen by hanging in the bathroom while you take a hot shower.
- ▶ Always tell your drycleaner about any stains. The drycleaner needs to know what the stain is and how you have tried to remove it.
- ▶ Sometimes drycleaners can remove stains that you cannot.

REMEMBER:

- ◆ Always follow product directions.
- ◆ Read care labels on garments.
- ◆ Treat stains immediately.
- ◆ Realize that some stains cannot be removed.

Some Common Stains -- Chart for Washable Fabrics

Ballpoint Pen: Apply prewash stain remover or sponge with drycleaning solvent or rubbing alcohol. Continue applying until bleeding stops. Repeat, if needed. Let dry. Rub with detergent and launder as usual using hottest water safe for fabric and bleach, if safe for garment. If a heavy, concentrated stain, take to your drycleaner.

Blood: Flush then soak in cool water. Rub with detergent or laundry bar soap. Launder as usual. If stain remains apply a few drops of household ammonia in one cup warm water. Rinse thoroughly. Let dry. Soaking in an enzyme presoak may also help.

Butter/Margarine: Scrape gently. Apply a prewash stain remover. Rub with detergent and launder with detergent and bleach, if safe for garment, and the hottest water recommended for fabric. On an old stain, sponge with drycleaning solvent. Flush with water. Let dry. Launder as usual.

Catsup: Gently scrape excess. Sponge or soak in cool water. Rub with detergent and launder with detergent and appropriate bleach in hottest water recommended for fabric.

Chewing Gum: Harden gummy residue with ice. Scrape gently. Let dry, then saturate with drycleaning solvent and pull off. Repeat, if needed. Let dry. Rub in heavy duty detergent and launder.

Chocolate: Sponge or flush with drycleaning solvent. Let air dry. Sponge or soak in cool water. Let dry. Rub with laundry bar soap. Treat with a prewash stain remover and launder as usual using bleach if safe for fabric.

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Coffee, Tea (Plain or with Sugar/Sweetener): Flush or soak in cool water. Rub with detergent and launder as usual.

Coffee, Tea (with Cream): Sponge with a drycleaning solvent. Air dry. Rub with detergent and launder.

Cosmetics (Oil Based): Sponge with drycleaning solvent or spray with a prewash stain remover. Air dry. Rub in detergent. Launder with appropriate bleach in hottest water recommended for fabric. If stain persists, drycleaning will often solve the problem.

Dye Transfer: Immediately flush with cool water. Rub with heavy duty detergent. Soak in detergent and appropriate bleach. Launder as usual. An enzyme presoak may help. On white items a color remover may be useful.

Felt Tip Pen: Apply prewash stain remover or flush with drycleaning solvent. Let dry. Rub with detergent. Rinse and repeat, if needed. Launder with detergent and appropriate bleach in hottest water recommended for fabric.

Grease, Oils: Apply a prewash stain remover. Rub with detergent and launder with detergent and bleach if safe for fabric, in the hottest water recommended for the fabric. If an old stain, sponge with drycleaning solvent. Flush with water. Let dry. Launder.

Mayonnaise/Salad Dressing: Scrape gently. Apply a prewash stain remover. Rub with detergent and launder with detergent and appropriate bleach in the hottest water recommended for fabric. If an old stain sponge with drycleaning solvent. Flush with water. Let dry. Launder.

Mustard: Gently scrape excess. Sponge or soak in cool water. Rub with detergent and launder with detergent and appropriate bleach in hottest water recommended for fabric.

Soft Drinks: Flush then soak in cool water. Rub in detergent. Launder with detergent and bleach, if safe for fabric, in hottest water recommended for fabric.

PRESSING POINTERS

Pressing helps to give a professional look to garments. Even the best hand or machine sewing fails to produce a good looking garment -- if you do not carefully press. The equipment and procedures used for pressing are determined by the shaping of the garment to the curves of the body and by the character of the fabric.

General guidelines that apply to all fabrics are to always check on a scrap of fabric the temperature, moisture, and pressure that can be used. When pressing fabric, press with the grain, press on the wrong side when possible, and press shaped pieces over a tailor's ham and flat pieces on a flat surface. Avoid seam imprints by not using too much pressure or by slipping strips of brown paper between the garment and the construction detail, such as a seam.

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Several items of pressing equipment can be used for a more professional look. A *pounder* (clapper) is a wooden block used to flatten seams and edges after steam has been added. A *needleboard* (velvaboard or heavy terry towel) is used when pressing napped or pile fabrics to prevent flattening them. Place the pile into the board, then press on wrong side. A *pressing cloth* is needed to protect the fabric and to prevent shine. A *sleeveboard or seam roll* is used when pressing sleeves. A *seam board and point presser* is used to press seams and to press points in collars and lapels. A *tailor's ham* is a padded cushion used for pressing shaped areas.

Some fabrics require special handling. Wool requires moist heat and protection of a press cloth; silks and man-made fibers (polyester, rayon, acetate, nylon, acrylic) are heat sensitive with acetate being the most heat sensitive; some rayons and silks will water spot; use tissue paper or press cloth on satin and satin-like fabrics to prevent a friction shine or marks of the iron; napped fabrics (corduroy or velvet) should be pressed on the wrong side with the nap into a needleboard/velvaboard/terry towels; synthetic suede and vinyl must be protected with a press cloth, since there are so many types of suede and vinyl, always carefully check on a scrap as to the temperature and moisture.

Good pressing should restore the original appearance or texture of the fabric, help to mold the fabric into rounded lines to fit the curves of the body, smooth out wrinkles or ripples and flatten seamlines, edges, or crease lines.

STORAGE OF CLOTHING

"A place for everything and everything in its place," is a well known phrase. If this is followed when storing clothing you will not misplace clothing and accessory items, you will be able to dress faster, you will save time, and you can easily see what you have in your closet and drawers.

Proper storage will keep your clothing investment in its best condition. Be sure the storage area is clean, neat, well-organized, and be sure clothing is clean before storing it.

Closets should be deep enough so that hangers do not touch the back wall and large enough so that garments are not crowded. The closet rod (at least one area) should be high enough for long garments.

A neat closet will be well organized with like garments (such as blouses/skirts/pants) hanging together and then grouped by color. Place all hangers going in the same direction. Think about adding a double bar to increase space for hanging skirts/pants and blouses/shirts.

At least twice a year carefully review your clothing and get rid of those garments and accessories you will not and do not wear.

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Preparing Garments For Storage

Garments must be clean before they are stored. If stored "dirty," many stains become permanent. Food stains which attract insects, or other substances (such as perfumes, deodorants), can cause fiber deterioration over time. Even if the garments were worn only once and have no visible soil, there probably will be invisible body oils.

Be sure garments are dry and stored in such a way as to maintain their shape. Store garments free of starch and fabric finish, since they attract insects and may turn white cotton, linen, and ramie yellow.

Never store garments in plastic since it prevents air circulation. This could encourage mildew growth and in hot temperatures could adhere to fabric. Use cloth garment bags or cover with an old white sheet. Clean boxes and cedar chests can also be used. Also, suitcases make a good storage area. By slipping garments into white pillowcases clothing will be easy to remove if you need to use the suitcase.

Preparing Storage Area

It is equally important that the storage area be clean, dry, dark, and cool. It should be free of dust to protect garments. Having a dry and cool area prevents rapid mildew growth. A dark area will prevent color fading. Store clothing in an accessible, controlled environment so you can monitor dampness.

Keep closets "fresh" with good ventilation so air can circulate freely. Avoid crowding your clothing. Drawers also need to be free of dust, lint, and dirt. Never use old newspapers or colored paper towels in drawers as you may have a dye transfer onto your clothing.

Line drawers to prevent spots or snags. Do not use gummed paper since this attracts insects. Arrange your drawer space so clothing and accessories can be seen easily. Separate the clothing according to use and stack it.

If storing clothing in drawers or on a shelf, fold so the "lines" won't show when being worn. Folding in white tissue paper will help reduce this line. If rolling, do not roll too tightly or too loosely, again using tissue paper can help.

Hints

- ◆ Use hangers that are sturdy enough to support the garment.
- ◆ Cover closet shelves with washable paper to cover rough edges and to make an easy cleanable surface.
- ◆ Place frequently worn garments where you can easily see or reach them.
- ◆ Store clothing together that is used together such as innerwear, shorts, and t-shirts.
- ◆ Store items close to the area where you will use them such as accessories near a mirror.

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- ◆ Air clothing after wearing, at least overnight, so some wrinkles can hang out and some odors and moisture can evaporate.
- ◆ Brush lightly napped and wool garments to remove lint and dust.
- ◆ Wrap fine, delicate garments in white tissue paper so they won't be snagged.
- ◆ Stuff wet shoes with paper and let them dry naturally.
- ◆ Be sure garments are dry before storing them.
- ◆ Rotate wearing garments and shoes.
- ◆ Before storing garments remove jewelry and empty the pockets.
- ◆ Carefully check for spots, stains, and any needed repairs. Correct before storing.
- ◆ When you remove clothing, hang it up, smooth it out on the bed, or drape it on a chair until it has aired.
- ◆ Steam (in a shower or with a steamer) wool and silk to deodorize the garment and remove wrinkles.
- ◆ Use rounded plastic hangers to prevent shoulder ridges.
- ◆ Always use a shaped hanger for jackets and coats to maintain their shape, and leave them unbuttoned.
- ◆ Carefully center other garments on hangers and fasten them. Remove belts.
- ◆ Air garments from a drycleaner before putting them in storage.
- ◆ Store knits wrong side out to prevent snags.
- ◆ Store shoes on a shoe tree or stuff them with paper or an old sock (after being aired) and place them in a labeled box.
- ◆ Untie knots, such as in a tie.
- ◆ Tuck white tissue paper into a "stitched" bow or puffy sleeves to maintain shape.
- ◆ Clip waistbands of skirts to hangers; do not use fabric loops.
- ◆ Fold any garments that might be stretched out-of-shape by hanging.
- ◆ Stuff handbags with tissue paper to maintain shape. Wrap them with tissue paper or slip them into an old pillowcase to protect them from dust.
- ◆ If folding, do not fold the same way each time.
- ◆ Big drawers can be divided with fabric-covered cardboard dividers or boxes.
- ◆ Use small boxes to separate small items such as jewelry, gloves, and hankies.
- ◆ Hang scarves over a hanger.
- ◆ Roll socks and hose.
- ◆ Purchase a tie or belt rack -- one that hangs or one that goes on back of the door.
- ◆ Leave closet door slightly ajar so air can circulate.

Clothes last longer if they are properly stored. Make the best use of the space you have. Remember: how you store your clothing will determine the condition of your clothing when you want to wear it again.

OBJECTIVES: You will be able to:

- identify where to find laundry information on garment.
- identify proper laundry techniques for various types of garments.
- recognize that there are many different care labels.

LIFE SKILLS:

- Acquiring, analyzing and using information
- Working with groups

MATERIALS: LAUNDRY HUNT Clue Cards

Pens or pencils

Items needed:

- 3 garments that can be washed in cold water
- 3 garments that can be washed in hot water
- 3 garments that can be washed in any temperature of water
- 2 garments that must be dried flat
- 2 garments that can be washed in warm water
- 2 garments that require drycleaning
- 1 garment that must be washed by hand
- 1 garment that requires a delicate wash
- 1 garment that should not be placed in the dryer
- 1 garment that should be turned wrong side out
- 1 garment that is not colorfast (must be washed alone)

Flip chart and markers or chalkboard and chalk

LAUNDRY HUNT Workbook Activity pages 27-28

TIME: 30 minutes**SETTING:** A comfortable room.**ADVANCED PREPARATION:**

Place garments in a laundry basket or pile them on the middle of a table. Cut out LAUNDRY HUNT Clue Cards. Write each category of the Scavenger Hunt on the flip chart or the chalkboard so you can record the characteristics of the items collected in each category.

INTRODUCTION

Today's ready-to-wear clothing must have a permanent label indicating how to properly care for it to keep it looking good. How often do you check care labels when sorting the laundry? Are you aware of the many different instructions that are given? So you can become more aware and be better informed, we are going on a Laundry Hunt to find garments that require different care methods.

Do

FUN with a "LAUNDRY SCAVENGER HUNT!"

- ◆ Divide youth into four groups. Give each group their Laundry Hunt Clue Cards.
- ◆ Instruct them to find the garments listed on their clue cards in the pile of laundry.

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Activity 1: Laundry Scavenger Hunt

- ◆ After each group finds garments for all of their cards, have them sit in their group, read each item on their cards, and record on flipchart/chalkboard the characteristics of each garment.
- ◆ At each different type, discuss the laundry technique needed to keep the garment in good condition.
- ◆ Discuss why different care procedures are required for different garments.

REFLECT

- ◆ What are some common characteristics of items that require a cold wash?
bright colors, items that are not heavily soiled, items that are delicate
- ◆ What are some common characteristics of items that require a hot wash?
heavy durable clothing, towels, diapers
- ◆ What are some common characteristics of items that require a warm wash?
permanent press clothing
- ◆ What are some common characteristics of items that must be washed by hand?
delicate clothing, sweaters
- ◆ What are some common characteristics of items that require drycleaning?
garments made of wool, silk, tailored jackets
- ◆ What are some common characteristics of items that require a delicate wash?
washable silks
- ◆ What are some common characteristics of items that should not be placed in the dryer?
bathing suits, sneakers, painted garments
- ◆ Where do you find the instructions for washing an item?
the care label which must be permanently attached
- ◆ Why is it important to pay special attention to laundry specifications?
because it is very easy to ruin items if they are not washed properly; if washed correctly, they will last longer and look nicer
- ◆ What did you learn from this activity?

APPLY

- ◆ Sort your laundry at home according to the instructions on the care label. Is that normally how you washed your clothing? See if the instructions on the label would lead you to wash two items together that should not be washed together.
- ◆ Share with one other person what you learned.

LAUNDRY HUNT CLUE CARDS
TEAM 1

ONE GARMENT
THAT CAN BE WASHED
IN COLD WATER

ONE GARMENT THAT
CAN BE WASHED
IN ANY TEMPERATURE

ONE GARMENT THAT
REQUIRES A DELICATE WASH

ONE GARMENT
THAT CAN BE
WASHED IN HOT WATER

ONE GARMENT
THAT CAN BE
WASHED IN WARM WATER



LAUNDRY HUNT CLUE CARDS

TEAM 2

ONE GARMENT
THAT CAN BE WASHED
IN COLD WATER

ONE GARMENT
THAT CAN BE
WASHED IN HOT WATER

ONE GARMENT THAT
MUST BE DRIED FLAT

ONE GARMENT
THAT REQUIRES
DRYCLEANING

ONE GARMENT
THAT SHOULD NOT
BE DRIED IN THE DRYER



LAUNDRY HUNT CLUE CARDS
TEAM 3

ONE GARMENT
THAT CAN BE WASHED
IN COLD WATER

ONE GARMENT THAT
CAN BE WASHED
IN ANY TEMPERATURE

ONE GARMENT THAT
MUST BE DRIED FLAT

ONE GARMENT
THAT REQUIRES
DRYCLEANING

ONE GARMENT
THAT SHOULD BE
TURNED WRONG SIDE OUT

LAUNDRY HUNT CLUE CARDS
TEAM 4

ONE GARMENT
THAT CAN BE
WASHED IN HOT WATER

ONE GARMENT THAT
CAN BE WASHED
IN ANY TEMPERATURE

ONE GARMENT THAT
CAN BE WASHED
IN WARM WATER

ONE GARMENT
THAT MUST BE
WASHED BY HAND

ONE GARMENT
THAT IS
NOT COLORFAST



OBJECTIVES: For Youth to:

- become more aware of looking for and carefully reading labels on clothing.
- learn the characteristics of fibers most frequently used in clothing and their relationship to care.

LIFE SKILLS: ○ Acquiring, analyzing and using information
○ Decision-making skills**MATERIALS:** Copies of FIBER CHARACTERISTICS Reference from Lesson 3, Activity 6
Copies of CAREful DECISIONS Activity sheets (optional)
CAREful DECISIONS Workbook Activity pages 29-30
Pencils**TIME:** 30 Minutes**SETTING:** A comfortable room with tables and chairs.**ADVANCE PREPARATION:**

NOTE: Actual shirts and blouses could be borrowed from a local store (need all hangtags and packaging, if possible.).

INTRODUCTION

You've learned in earlier activities that the fiber content of a fabric gives you a good prediction concerning its performance and care. It is something you should always look for when purchasing a garment. Next, you should look at how to care for the garment. Care is directly related to fiber content. Today, we are going to analyze labels and determine the "best" buy of various clothing items incorporating care characteristics into our decision-making.

Do

Make "CAREful DECISIONS!"

- ◆ Review characteristics of fibers most frequently used in apparel by using the FIBER CHARACTERISTICS REFERENCE GUIDE from Lesson 3, Activity 6.
- ◆ Divide into groups of 2, 3 or 4 youth. Hand each group a copy of one of the CAREful DECISIONS Activity sheets or have them refer to their workbook copies on pages 29-30.
- ◆ Have each group complete the activity sheet by determining their purchase decision.

REFLECT

Share your decision with the group.

- ◆ What differences of opinion existed among the groups? Why?
- ◆ What characteristics do you look for when purchasing your clothing?
- ◆ Do you often look at the care instructions prior to purchasing clothing?
- ◆ How did the cost affect your decision? Which garments would require more time for care?
- ◆ What is the relationship between fiber content and care?

APPLY

- ◆ What did you learn from this activity?
- ◆ Look at three of your clothing items and analyze the fiber content, fabric and care requirements.
- ◆ Go to a store and analyze three labels of the same type of clothing item.
- ◆ Share what you have learned with one other person.

CAREful DECISIONS

John and Ellen have decided to purchase a blouse for their mother for Mother's Day. After shopping in three stores they have found three blouses which they like and which they think she will like. Now they need to decide which blouse is the best buy.

BLOUSE #1

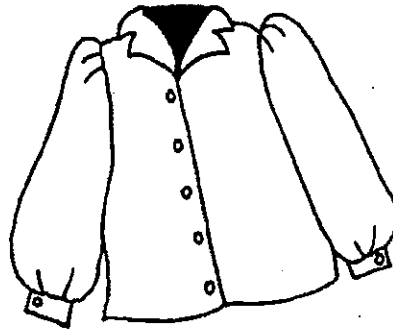
100% Cotton Gauze
Machine or Hand Wash, Cool
Hang to Dry
Made in India
RN687
\$23.00

BLOUSE #2

65% Polyester/35% Cotton Broadcloth
Machine Wash, Warm
Tumble Dry
Warm Iron, if necessary
Made in U.S.A.
RN7893
\$20.00

BLOUSE #3

100% Washable Silk Broadcloth
Hand Wash, Cool
Hang to Dry
Medium Iron
Made in China
RN5432
\$22.00



Which one would you choose? _____

What characteristics influenced your decision?

STUBBORN STAINS RECORDING SHEET

FABRIC: _____

STAIN: _____

CONDITION OF STAIN	PRODUCTS USED	WATER TEMP. USED	OBSERVATIONS
#1 DRIED IN DRYER			
#2 ONE WEEK OLD			
#3 OVERNIGHT			
#4 JUST HAPPENED			
CONTROL (Attach samples)	#1	#2	#3
			#4

- OBJECTIVES:** Youth will be able to:
- identify proper ironing techniques or fabric finish.
 - iron a long-sleeved shirt with collar and cuffs using starch.
 - experiment with liquid starch, spray starch and fabric finish.
- LIFE SKILLS:**
- Acquiring, analyzing and using information
 - Working with groups
- MATERIALS:**
- Ironing boards
 - Irons
 - Six clean, wrinkled shirts
 - Liquid starch
 - Spray starch
 - Fabric finish
 - Examples of scorched and glazed fabric
 - Copies of "STIFFEN UP WITH SIZING" Activity Sheet for each participant
 - Copies of "HOW TO IRON A SHIRT" for each participant.
- TIME:** 45 minutes
- SETTING:** A large room to accommodate multiple ironing boards and irons.
- ADVANCE PREPARATION:**
- Prepare the garments using liquid starch (one very stiff, one less stiff) following directions.
 - Prepare two garments by leaving damp.

INTRODUCTION

Did you know that starch or fabric sizing helps prevent soiling **and** gives garments a new look. Ironing makes our clothing look crisp and new. It is a good habit to have so we can look our best. But, which to use -- liquid starch, spray starch, fabric finish -- that is the question? Let's find the answer in our experiment today.

Do

Experiment with "STIFFEN UP WITH SIZING!"

- ◆ Discuss how you prepared the garments (liquid starch and dampening).
- ◆ Divide into six groups and give instructions to iron garments as follows:
 - #1 Liquid starch -- stiff
 - #2 Liquid starch -- less stiff
 - #3 Damp garment -- spray starch
 - #4 Dry garment -- spray starch
 - #5 Damp garment -- fabric finish
 - #6 Dry garment -- fabric finish
- ◆ Instruct them to read and follow product's description for use. Use on garment.

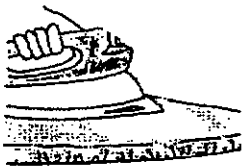
- ◆ Show examples of scorched and glazed fabrics. Discuss importance of using correct temperature settings.
- ◆ Review safety procedures when pressing or ironing. Iron garment using the correct temperature setting for fiber content.
- ◆ Record observations and, as a group, compare results.

REFLECT

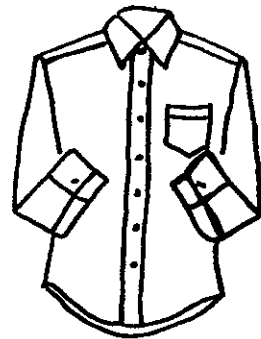
- ◆ What did you learn from this activity?
- ◆ How did you determine which temperature setting to use?
read garment label to find fiber content
- ◆ What causes scorching?
too hot a temperature
- ◆ What causes glazing?
pressing too hard and too long
- ◆ What determines whether to use starch or fabric finish?
fiber content
- ◆ What determines how "stiff" to starch a garment?
your preference
- ◆ What is the purpose of starch and fabric finish?
to help repel soil and to give a garment a "crisp" fresh look
- ◆ What did you think about the order of ironing a shirt? How did this method compare to what you've done before? Would you use it again?

APPLY

- ◆ Which product would you use in the future? For what garments?
- ◆ What other garments from your wardrobe need ironing frequently? Do you know how to iron them? Discuss the methods you use.
- ◆ Practice ironing at home.
- ◆ Share with one other person how to iron a shirt.



HOW TO IRON A SHIRT



1. Place sleeve flat and iron cuff.
2. Fold at sleeve seam and iron sleeve on one side. Flip over and iron other side. Repeat for other sleeve.
3. Pull shoulder over end of board. Iron. Repeat for other side.
4. Iron front openings on wrong side.
5. Place one front of shirt on board and iron.
6. Put back of shirt on board. Iron.
7. Place other side of front of shirt on board and iron.
8. Place collar right side down and iron. Turn collar over and iron.
9. Hang on hanger, buttoning top button.

STIFFEN UP WITH SIZING

GROUP # _____

PRODUCT USED: _____

Garment: Wet or Dry
 Stiff or Less Stiff (Circle which one)

OBSERVATIONS:

PRODUCT: _____

Ease of Use:

Quality:

Ironing Shirt Method:

What would you do differently the next time you iron a shirt?

What did you like or not like about the sizing product you used?



LESSON 6: CARE

Activity 7: Pressing Pointers

OBJECTIVES:	Youth will be able to: <ul style="list-style-type: none">○ choose which temperature and moisture to use in pressing special fabrics.○ evaluate and use pressing techniques and pressing equipment.○ have experience in pressing different fabrics.
LIFE SKILLS:	<ul style="list-style-type: none">○ Acquiring, analyzing and using information○ Working with groups
MATERIALS:	<div>Irons</div> <div>Ironing boards</div> <div>Pressing equipment:</div> <div>Press cloth</div> <div>Tailor's ham</div> <div>Pounder</div> <div>Seam board</div> <div>Needle board/velvaboard/heavy terrycloth towel</div> <div>Sleeve board or sleeve roll</div> <div>Water</div> <div>Fabrics -</div> <div>Acetate satin</div> <div>Corduroy</div> <div>Rayon crepe</div> <div>Sheer nylon</div> <div>Rayon velvet</div> <div>Synthetic suede or vinyl</div> <div>Wool flannel</div> <div>Cotton broadcloth</div> <div>Copies of the PRESSING POINTERS RESULTS Chart</div>
TIME:	30 minutes
SETTING:	A large room for multiple ironing stations, if needed.
ADVANCED PREPARATION:	<div>Prepare 4 sets of each fabric, making darts and seams and have two plain in two pieces.</div> <div>Make copies of PRESSING POINTERS RESULTS Chart.</div>

INTRODUCTION

How to press different types of fabrics can be confusing! Have you ever had too hot a temperature melt your fabric -- or dripping water leave a stain? Today, you will have the opportunity to learn how to press some fabrics that require special care in pressing.

Do

Gain skills with these "PRESSING POINTERS!"

- ◆ Review how to use pressing equipment, stressing importance of safety when using a hot iron.
- ◆ Divide into four groups, giving each group the two fabrics to compare the following:
 - #1 - Press using a dry iron setting
 - #2 - Press using a steam iron setting
 - #3 - Press using a wet press cloth
 - #4 - Press anyway you want to

LESSON 6: CARE

Activity 7: Pressing Pointers

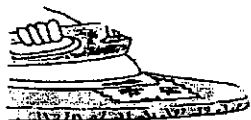
- ◆ Press seam open on each fabric. Record results.
- ◆ Press dart on each fabric. Record results.
- ◆ Press fabric using hot temperature on each fabric. Record results.
- ◆ Press fabric using correct temperature. Record the temperature used. Record results.
- ◆ Bring group back together to compare results and decide the best method for each fabric.

REFLECT

- ◆ What is the difference in pressing and ironing?
pressing is lifting and lowering the iron; ironing is gliding
- ◆ What special pressing equipment did you use?
- ◆ What is the purpose of a tailor's ham?
to press curved areas of a garment to maintain a curved shape
- ◆ Which fiber was most heat sensitive?
acetate
- ◆ How do you determine how to press a fabric?
check correct iron temperature setting; test on an inconspicuous seam or fabric scrap
- ◆ How do you determine what temperature to use on a garment you purchased?
read the care label
- ◆ What did you learn from this activity?
- ◆ What new pressing technique did you learn?

APPLY

- ◆ Explain to at least one other person the purpose of a tailor's ham and sleeve roll.
- ◆ Read five care labels on garments with different fiber contents to see what they recommend concerning ironing.
- ◆ Visit a drycleaners to learn how garments are drycleaned.



PRESSING POINTERS RESULTS

WHAT HAPPENED				
FABRIC	SEAM WRONG SIDE, THEN RIGHT SIDE	DART WRONG SIDE ONLY	HOT	CORRECT
ACETATE SATIN				
RAYON CREPE				
RAYON VELVET				
WOOL FLANNEL				
CORDUROY				
SHEER NYLON				
SYNTHETIC SUEDE OR VINYL				
COTTON BROADCLOTH				



OBJECTIVES:	Youth will: <ul style="list-style-type: none">○ become aware of why storing clothing and accessories properly is important.○ identify ways to properly store clothing.○ feel more confident about storing clothing and accessories.
LIFE SKILLS:	<ul style="list-style-type: none">○ Acquiring, analyzing and using information○ Working with groups
MATERIALS:	Copies of NOT SO SAVVY STORAGE CASE STUDIES for each group Copies of STORAGE SAVVY scoreboard for each youth Copies of NOT SO SAVVY WHAT'S YOUR STORAGE HABITS for each youth Pencils IT'S YOUR CHOICE Game Board IT'S YOUR CHOICE Game Cards Markers -- different colors of buttons, or candy. Die Flipchart/chalkboard
TIME:	30 minutes
ADVANCED PREPARATION:	Prepare game board and cards.

INTRODUCTION

"A place for everything and everything in its place," is a well known phrase. How well do you match up in the care of your clothing and accessories? If this is followed when storing clothing and accessory items, you will not misplace items, you will be able to see what you have, and as a result keep your clothing investment in its best condition. Remember: How you store your clothing will determine the condition of your clothing when you want to wear it again. So now is the time for you to take control of your clothing storage.

Do

Check your "STORAGE SAVVY!"

- ◆ Divide into groups of 3-4. Hand each group a copy of the NOT SO SAVVY CASE STUDIES.
- ◆ Have each group make a list of improper storage in each of the case studies.
- ◆ Share lists by writing on flip chart to see if each group found the same items.
- ◆ Add to list the proper method(s) of storage.
- ◆ Review principles of clothing storage with NOT SO SAVVY - WHAT'S YOUR STORAGE HABITS? reference handout.

- ◆ Play IT'S YOUR CHOICE.

Rules:

Roll die, draw card, follow instructions on card.

Good Choice cards, move forward 1 space; Poor Choice cards move back 1 space.

Continue playing until someone finishes at the "closet."

REFLECT

- ◆ What did you learn from these activities?
- ◆ How did you feel about doing the activity, NOT SO SAVVY - WHAT'S YOUR STORAGE HABITS?
- ◆ Why is it important to properly store clothing?
to prolong life of garment.
- ◆ What are some characteristics of improperly stored clothing?
wrinkled, stretched out-of-shape, shoulder line from hanger.
- ◆ What are some poor habits of clothing storage?
leaving on floor or hanging on doorknob.
- ◆ Why should you store only clean clothes?
if stored "dirty," many stains become permanent and food stains could attract insects; other substances, like perfumes and deodorants, over time can cause fiber deterioration.

APPLY

- ◆ Evaluate your clothing and accessories storage and make changes to improve.
- ◆ Hand each youth a copy of NOT SO SAVVY - WHAT'S YOUR STORAGE HABITS for a self-evaluation of their storage practices.
- ◆ Keep personal clothing properly stored for a week (or longer).
- ◆ Write a news article on proper storage of clothing.
- ◆ Help a younger sibling or friend with their clothing storage.

CAREful DECISIONS

Carlos and Isabel have decided to purchase a shirt for their father for Father's Day. After shopping in three stores they have found three shirts they like and which they think their father will like. Now they need to decide which shirt is the best buy.

SHIRT #1

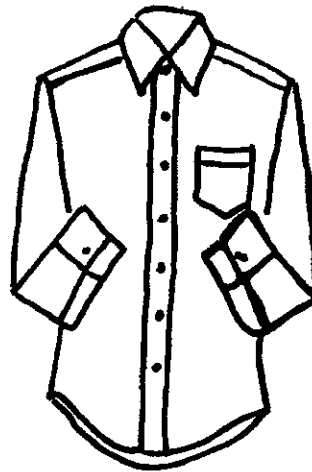
100% Cotton Broadcloth
Wrinkle-Free
Machine Wash, Warm
No Bleach
Tumble Dry
Medium Iron, if needed
Made in Hong Kong
RN3666
\$45.00

SHIRT #2

50% Polyester/50% Cotton Oxford Cloth
Machine Wash, Warm
Tumble Dry
Warm Iron, if needed
Made in U.S.A.
RN6275
\$35.00

SHIRT #3

100% Rayon Broadcloth
Machine or Hand Wash, Cool
Tumble Dry, Low
Hang to Dry
Warm Iron
Made in Taiwan
RN3220
\$30.00



Which one would you choose? _____

What characteristics influenced your decision?



CAREful DECISIONS--- ANALYSIS

Blouse	Cost	Fiber Content & Fabric	Care	Which characteristics of care influenced your decision?	Which would you buy?
#1					
#2					
#3					
Shirt	Cost	Fiber Content & Fabric	Care	Which characteristics of care influenced your decision?	Which would you buy? Why?
#1					
#2					
#3					



OBJECTIVES:	Youth will be able to: <ul style="list-style-type: none"> ○ determine water softness. ○ identify the problems hard water causes in the laundry. ○ list ways to solve water hardness.
LIFE SKILLS:	<ul style="list-style-type: none"> ○ Acquiring, analyzing and using information ○ Working with groups
MATERIALS:	<p>Warm water and cold water</p> <p>3 oz. (90 milliliter) medicine bottles or small baby jars for each group</p> <p>1 oz. (30 milliliter) tincture of green soap (from pharmacy)</p> <p>Medicine droppers for each group</p> <p>Clothing that has been damaged because of water hardness, if possible</p> <p>Copies of WATER HARDNESS TABLE for each group</p> <p>Picture of a permanent water softening unit</p> <p>Examples of precipitating and nonprecipitating softeners</p> <p>Distilled water</p> <p>OPTION: If participants live in different areas around the county, have them bring water samples to test and compare.</p>
TIME:	45 minutes
SETTING:	A comfortable room with tables and chairs with access to hot and cold water.
ADVANCE PREPARATION:	Make kits of supplies for each group.

INTRODUCTION

Did you know that hard water can cause clothes to become dingy? Also, fabrics feel stiff and you may have white or gray streaks on colored fabrics. Hard water neutralizes or ties up soaps and detergents so they do a poor job of cleaning and rinsing. The harder the water is, the more problems will be encountered using it. More softening will be required. Let's find out how hard our water is.

Do

Determine "IS YOUR WATER SOFT?"

- ◆ Show a garment that has been washed in very hard water. Let them feel it.
- ◆ Divide into groups of 2, 3, or 4 and give each group a water hardness testing kit which includes:
 - √ clear medicine bottle or small baby jar
 - √ medicine dropper
 - √ a copy of the WATER HARDNESS TABLE

- ◆ Have one person from the group measure two tablespoons of warm water into the jar. Another person puts some tincture of green soap in the medicine dropper.
- ◆ Add one drop of soap to the water. Put lid on bottle and shake hard.
- ◆ Continue adding one drop of soap (keeping count of the number of drops) until you have one inch of suds that will hold.
- ◆ Repeat the process using cold water.
- ◆ Repeat the process using distilled water.
- ◆ Have the groups check the WATER HARDNESS TABLE to determine water hardness.
- ◆ Discuss any differences they noted in using warm or cold water or distilled water.
- ◆ Share picture of a water softening unit and examples of products (precipitating and nonprecipitating softener) that can be used at home.

REFLECT

- ◆ What are some effects of hard water on clothing?
stiff, harsh, become dingy
- ◆ What happens to soap in hard water?
forms a curd that settles on clothing
- ◆ What level of grains per gallon is considered very hard water?
over 10.5
- ◆ What differences did you see between using warm and cold water?
- ◆ What differences did you see in using distilled water?

APPLY

- ◆ Check the water hardness of water in your neighborhood.
- ◆ Demonstrate to someone else how water hardness can be tested.
- ◆ Share with another person how to make water softer.

WATER HARDNESS TABLE

DEGREE OF HARDNESS	GRAINS PER GALLON
Soft	0 to 3.5
Moderate	3.6 to 7
Hard	7.1 to 10.5
Very Hard	More than 10.5