1938

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Recommended Citation
Abbott, Marian (1938) "This Is the Way We Wash Our Clothes," The Iowa Homemaker: Vol. 18 : No. 3 , Article 11.
Available at: http://lib.dr.iastate.edu/homemaker/vol18/iss3/11

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“This Is the Way We Wash Our Clothes”

by Marian Abbott

GRANTED, everything cannot be washed, but because washing is both economical and convenient, laundering is the most important method of caring for clothing. If you are not certain of an article’s launderability, try this: Cut a small square of the material from the underside of the belt or hem or from the seam and soak it in lukewarm water for a few minutes. If it does not fade or shrink noticeably in plain water, it will probably be safe in soap and water. But be sure that your soap is mild and that your water is lukewarm. If after putting a few drops of water on your wrist, it feels only wet and not hot or cold, you may safely trust your sheerest hose to it.

To obtain the most suds run the water on the flakes in the bowl. To get the most benefit from these suds, squeeze them through the article, never scrub or rub. Two sudsings are better than one. But don’t be content until you have rinsed three times. When all is soaped and rinsed, squeeze but do not twist the article. Then roll it in a towel to remove the excess water.

Sheer things can be ironed immediately with a warm iron, but heavier things should dry a few minutes first (but never in the sun). To test the iron run it over the board cover several times and then feel the cover. If it is not uncomfortably hot the iron is sufficiently heated. To play safe, however, test the iron at regular intervals while using it.

In washing out your silks and synthetics follow the general rules already given. In ironing them use a warm but not hot iron on the wrong side of the article, being certain to stroke along the grain of the material. If it is necessary to iron trimmings on the right side, cover the fabric with a piece of white tissue paper or a clean white cloth.

When washing your woolen sweaters or socks, again follow the general rules. Knit garments will have to be reshaped or blocked either by easing them back to their original measurements or by drying them on a frame. In either case lay the garment out flat on a towel.

Wash gloves on your hands. When they are nearly dry, knead them between your fingers until they are the same soft gloves you had originally.

Wash foundation garments with a soft brush. Excess water may be removed by rolling the article in a towel and squeezing gently. For drying lay the garment out flat on a towel.

For the silk hose that you wash out every night follow the simple tips given above. Roll the hose in a towel to extract the excess moisture, and dry by hanging away from excess heat.

If you stick to the rules, effective laundering will no longer be a matter of luck.

THE old adage “Sugar and Spice and everything nice—that’s what little girls are made of” has been contradicted by a survey of ascertaining the chemical content of a woman’s body. The results are that there is enough salt to season 25 chickens, about 10 gallons of water, sufficient fat to make 10 bars of soap, iron enough to make a good sized nail, glutens enough for making five pounds of glue, and oddly enough with all “their sweetness” only a quarter pound of sugar.