



APPAREL AND TEXTILES

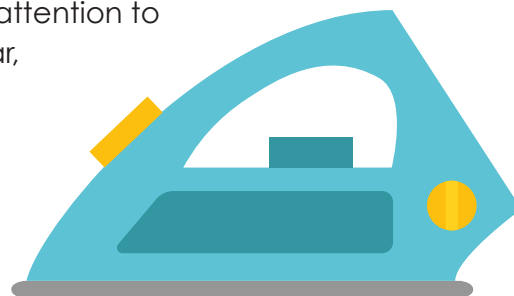
Clothing Care & Repair

LOOK SHARP: How to Properly Iron a Button Down Shirt

Crisp, wrinkle-free shirts elevate your appearance and show attention to detail. Whether it's for work, a formal event, or everyday wear, learning how to iron a shirt properly is a must.

YOU WILL NEED:

- Clean, slightly damp shirt
- Iron and ironing board
- Starch (optional)
- Spray bottle with water (optional)
- Hanger



STEP-BY-STEP INSTRUCTIONS:

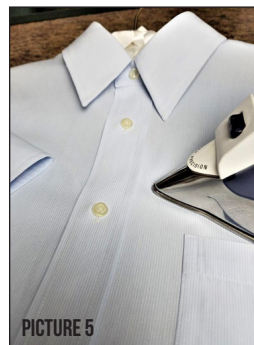
1. **Set the Iron Temperature:** Check the shirt's care label. Use the appropriate setting (usually "Cotton" for dress shirts). Allow the iron to heat fully.
2. **Start with the Collar:** Lay the collar flat and iron the underside from the points inward. Flip and repeat on the outside. (picture 1)
3. **Move to the Cuffs:** Unbutton and lay one cuff flat. Iron the inside, then the outside. Repeat on the other cuff. (picture 2)
4. **Iron the Sleeves:** Lay the sleeve flat with seams aligned. Start at the shoulder and move toward the cuff. Flip and repeat. Avoid creases unless you prefer a defined edge. (picture 3)
5. **Do the Yoke (Shoulders):** Place one shoulder over the narrow end of the board. Iron from the center outward. Repeat on the other side. (picture 4)



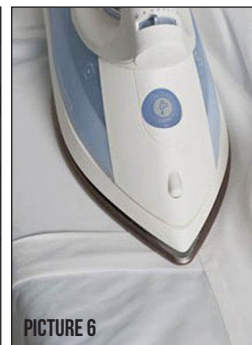
6. **Front Panels:** Start with the button side. Work around the buttons, using the tip of the iron. Repeat on the other side. Then start at the shoulder and work down the fabric. (picture 5)
7. **Back Panel:** Lay the shirt flat and iron from the bottom hem up. Smooth out any wrinkles as you go. (picture 6)
8. **Hang Immediately:** Place the shirt on a hanger right after ironing to keep it wrinkle-free.

EXTRA TIPS:

- ☐ Iron shirts while slightly damp
- ☐ Use distilled water to avoid mineral buildup
- ☐ Always check the care label



PICTURE 5



PICTURE 6

ADD STRUCTURE: Mastering Shirt Starching

Why Use Starch? Starch helps keep shirts looking crisp, resist wrinkles, and maintain shape throughout the day — perfect for professional or formal wear.

TYPES OF STARCH:

- Aerosol Spray Starch – Convenient and easy to control
- Liquid Starch – For soaking or heavy-duty results
- DIY Starch – Mix 1 tablespoon cornstarch with 2 cups water in a spray bottle

HOW TO APPLY STARCH WHILE IRONING:

1. **Prep the Shirt:** Ensure the shirt is clean and slightly damp or mist it lightly with water.
2. **Lay Shirt on Ironing Board:** Work on one section at a time.
3. **Spray Starch Lightly:** Hold spray bottle 6–10 inches away. Mist lightly — avoid soaking.
4. **Let It Sit for a Few Seconds:** Allow starch to penetrate the fabric for better results.
5. **Iron as Usual:** Use smooth, even strokes. The heat will set the starch and create a crisp finish.
6. **Repeat for Each Section:** Apply starch and iron each part: collar, cuffs, sleeves, body.
7. **Hang Immediately:** Avoid folding until completely cool and dry.

EXTRA TIPS:

- ☐ For a soft finish, use less starch
- ☐ Avoid starch on delicate fabrics like silk or synthetics
- ☐ Clean your iron regularly to prevent starch buildup



A WELL-IRONED, PROPERLY STARCHED SHIRT SPEAKS VOLUMES. TAKE A FEW EXTRA MINUTES TO LOOK YOUR BEST EVERY DAY.

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References: Oregon State University Extension, (1966). An Easy Way to Iron a Cotton Shirt. Retrieved from file:///C:/Users/kcleek/Downloads/ECNO579.pdf
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