

# 18

## CARE AND MAINTENANCE OF CLOTHES

### 18.1 Introduction

We all know that the clothes we wear get dirty. They have to be washed, dried and ironed regularly for their longer life, a neat appearance and our personal cleanliness. It is important to take care of our clothes.

You also know that all fabrics are not washed or washed and finished in the same way. For some fabrics you use hot water, while others are washed only in cold water. Some are washed with detergents while others with mild soaps. Some are hung on the clothesline, others are dried flat on the ground and so on. This means, different fabrics have to be given different care while washing.

Let us find out what these methods are and how to take care of various types of fabrics.

### 18.2 Objectives

After reading this lesson you will be able to:

- state the need for taking care of clothes;
- explain the meaning of laundry;
- list and describe the basic steps of laundering;
- describe the procedures of removing different stains from different fabrics;
- elaborate different methods of washing and state their suitability to various fabrics in use;
- state different methods of storage of clothes.

### 18.3 Taking Care of Clothes

The first question we must answer is, why do we need to take care of clothes? Well, we all know that when we wear clothes they become dirty due to the dirt, grease, perspiration,

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etc. Clothes look ugly if those are allowed to remain on the fabric. They also tend to lose their strength and stains can get fixed on the fabric. The dry dirt can be easily shaken off the clothes, but greasy dirt requires a special treatment.

### 18.4 Meaning of Laundering

Most of us think that "laundering" means only washing of clothes. But actually it includes washing as well as proper drying and finishing.

**Laundering: Washing, drying and finishing of clothes.**

### 18.5 Steps in Laundering

When you wash clothes at home do you separate them according to:

- Coloured/white
- cotton/wool/silk
- less dirty/more dirty?

You probably do, as you know that all types of clothes can not be washed together. Some preparatory steps are done to make washing more methodical. They are as follows:

- i) Mending: Articles to be laundered are first examined carefully for any tears, missing or loose buttons, etc. They should be stitched. Can you say why?
- ii) Stain removal: If there are some stains or marks of discolouration other than the dirt present on the articles, they should be removed or they might spread, get fixed or stain other fabrics in washing.
- iii) Sorting: Articles to be washed should be sorted out on the basis of the fibre type i.e., cotton, woollens, silks and synthetics should be washed separately from coloured ones. Also, very dirty articles like dusters should be washed separately from cleaner clothes.
- vi) Soaking: Do you soak your clothes before washing? Why do you do it? Soaking helps to loosen the dirt from the fabrics, and this makes washing easier.

### INTEXT QUESTIONS 18.1

State whether the following statements are true or false.

- i) Dirty clothes are harmful for personal hygiene.
- ii) Laundering is the same as washing clothes.
- iii) Sorting of articles is done only on the basis of their fibre content.
- iv) Soaking articles in water loosens the dirt.
- v) Stains automatically get cleaned while washing clothes.

### 18.6 Stain Removal

Stains are marks other than dirt on clothes. For example, you may get a curry or pickle mark on your shirt while eating or an ink stain while writing, or a paint stain if you accidentally come in contact with a newly painted door. Such marks are called stains and if allowed to stay for long they make the clothes look ugly.

#### How to Identify a Stain

In order to decide which procedure to use for stain removal it is important to identify the

stain first. For this, one has to see the following:

- a) Colour: Every stain has a specific colour, for example, curry and pickle stains are yellow while coffee and tea stains are brown, grass stain is green.
- b) Smell: Some stains have a peculiar smell eg., stains of eggs or paints. These stains can be recognised by the smell.
- c) Feel: Some stains also change the feel of the fabric and can be recognised on that basis. For example paint or sugar syrup makes the fabric stiff to touch, whereas lipstick or shoepolish make the fabric feel slippery.

#### **DO AND SEE:**

Stain some fabrics with lipstick, nailpolish, ink, shoepolish, curry, pickle, milk, blood, etc. Reshuffle them and then try to identify them.

Stains can be put in following categories and similar methods can be adopted to remove stains from each group:

1. Vegetable stains-like curry, tea, coffee
2. Animal stains-like milk, blood
3. Grease stains-like pickle, curry, shoe polish, etc.
4. Mineral stains-like rust
5. Grass stain
6. Miscellaneous stains-dyes

#### **Precautions While Removing Stains**

Stains should be removed very carefully. If some general precautions are not observed, there might be a damage to the fabric itself. So whenever you have to remove a stain, do the following:

1. As far as possible, remove the stain when it is fresh.
2. Find out whether the stained fabric is cotton, wool, silk or synthetic.
3. Try to identify the stain.
4. For unknown stains, start the stain removal with a simple process and then move on to a complex one.
5. Chemicals used should not damage the fabric.
6. For delicate and/or coloured fabrics try out the chemical on a small portion of the fabric first. In case the fabric is damaged do not use it.
7. Repeated use of a milder reagent is better than a one-time use of a strong reagent.
8. Wash all fabrics with soapy solution at the end to remove all traces of chemical from it.
9. Dry fabrics in the sun as sunlight acts as a natural bleach.

Stains	White Cottons	Coloured Cottons	Silk and Woollens	Synthetics/nylons Polyester, acrylic
Tea	<i>Fresh</i>			
Coffee	Pour boiling water on the stain.	Soak in warm water and borax (2 cups of water + 1/2 teaspoon of borax).	Same as for coloured cottons.	same as for coloured cottons
	<i>Old</i>			
	Dip the stain in glycerine.	Same as for white cottons.	Pour hydrogen peroxide solution and gently rub to remove the stain.	Dip in warmwater and a few drops of sodium perborate till the stain is removed.
Blood	<i>Fresh</i>			
Egg	Wash with cold water and soap.	Same as for white cottons.	Same as for white cottons.	Same as for white cottons.
Meat	<i>Old</i>			
	Wash with salt water (2-tablespoons of salt + 1/2 bucket of water).	Same as for white cottons.	Same was for white cottons.	Same as for white cottons.
Butter, Ghee,	<i>Fresh</i>			
Oil, Curry	Wash with hot water and soap.	Same as for cottons.	Wash with warm water and soap.	Same as for silk and woollen
	<i>Old</i>			
	Make a paste of soap and water and apply it on stain. Leave in sunlight until it is removed.	Same as for white cottons but leave in shade not in sunlight.	Same as for white coloured cottons, but use a mild soap.	Same as for silk and wool.

**Note:** When stain is fresh, apply talcum powder on it and leave it for a few hours. Brush off powder. This helps to remove the stain and can be used for all fabrics.

<b>Paint, Shoe polish, Nail polish Lipstick, Ball Pen</b>	<i>Fresh</i> Scrape out all excess stain. Rub gently with spirit or kerosene.	Same as for white cottons.	Same as for White cottons.	Same as for white cotton.
	<i>Old</i> Repeat the above method two or three times.	Same as for white cottons.	Same as for white cottons.	Same as for white cottons.
<b>Grass</b>	<i>Fresh</i> Wash with soap and water.	Same as for white cottons.	Same as for white cottons.	Same as for white cottons.
	<i>Old</i> Dip the stained portion in methylated spirit.	Same as for white cottons	Same as for white cottons.	Same as for white cottons.
	<i>Fresh</i> Wash with cold water and soap.	Same as for white cottons.	Same as for white cottons.	Same as for white. cottons
	<i>Old</i> a) Soak in sour butter milk (lassi) for some time.	Same as for white cottons except do not leave in sun, put it in shade.	Same as for coloured cottons.	Same as for white cottons.
	b) Apply lime juice and salt and leave in the sun.			
<b>Betel leaf (paan)</b>	<i>Fresh</i> Apply a paste of onions and leave in sunlight.	Same as for white cottons but leave in shade.	Same as for coloured cottons.	Same as for coloured cottons.

*Old*

Repeat above method two or three times.

Same as for white cottons.

Same as for white cottons.

Same as for white cottons.

Mehndi

*Fresh*

Dip in warm milk for half an hour.

Same as for white cottons.

Same as for white cottons.

Same as for white cottons.

*Old*

Repeat the above 2 or 3 times.

Same as for white cottons.

Same as for white cottons.

Same as for white cottons.

**Remember:** It is important to wash the fabric well after the stain is removed so that all the chemicals used are completely removed.

### INTEXT QUESTIONS 18.2

1. Fill in the blanks :

- i) A stain is an \_\_\_\_\_ mark.
- ii) A stain is best removed when it is still \_\_\_\_\_.
- iii) A stain can be recognised by its \_\_\_\_\_ and \_\_\_\_\_.
- iv) Several applications of a \_\_\_\_\_ chemical are better than one of a \_\_\_\_\_ chemical.
- v) Do not use the chemical if the test shows \_\_\_\_\_ to the fabric.

2. For removing each of the following stains, choose the most appropriate method out of the four given:

- i) Old tea stain on a white cotton fabric
  - a) Use salt water
  - b) Soak in glycerine
  - c) Soak in lime juice
  - d) Pour boiling water
- ii) Old blood stain on a coloured cotton fabric
  - a) Use salt water
  - b) Soak in glycerine
  - c) Soak in hot water
  - d) Wash with hot water and soap
- iii) Lipstick stain
  - a) use salt water
  - b) Soak in glycerine

- c) Soak in methylated spirit
  - d) Wash with hot water and soap
- iv) Rust stain
- a) Use salt water
  - b) Use lime juice and salt
  - c) Soak in methylated spirit
  - d) Wash with soap and cold water
- v) Fresh butter stain on silk
- a) Wash with cold water
  - b) Wash with cold water and soap
  - c) Apply salt and leave in the sun
  - d) Wash with warm water and soap
- vi) Nail polish stain on a polyester fabric
- a) Soak in methylated spirit
  - b) Soak in warm water
  - c) Soak in cold water
  - d) Soak in warm water and soap.
- vii) Fresh ink stain on a woollen fabric
- a) Wash with cold water and soap
  - b) Wash with boiling water and soap
  - c) Use salt and lime juice
  - d) Soak in methylated spirit

### 18.7 Methods of Washing

After you have mended the clothes, removed the stains, sorted and steeped the clothes, the actual washing starts. You know that some portions like cuffs and collars need extra rubbing because they become more dirty.

Properties of fibres should be kept in mind while laundering them. Do you remember that cotton becomes stronger when wet while rayon loses its strength? That is why one can wash cottons by rubbing while rayons have to be treated gently. Also, wool and silk need special care as woollens lose shape in water and silk loses strength.

Thus, while selecting the method of washing two main factors need to be considered.

- i) How dirty is the fabric and
- ii) What kind of fabric it is i.e. cotton, silk, wool, rayon, nylon and so on.

Laundering is generally done by:

- i) Friction washing
- ii) Suction
- iii) Kneading and squeezing
- iv) Washing by machines.

Let us now discuss these methods in detail.

**(I) FRICTION WASHING**

This method is suitable for washing strong fabrics like cotton. Friction can be applied as follows :

- a) By hand: This means rubbing vigorously with the hand. It is suitable for cleaning very soiled small articles like small garments, handkerchief, etc. It is economical in the use of soap.
- b) With a plastic scrubbing brush: with a scrubbing brush friction is applied by placing the dirty article flat on a hard surface. It is suitable for very soiled household articles made of strong fabric for example dusters.
- c) Beating with a stick: Large articles like bed sheets, etc., are washed by this method.

**(II) SUCTION WASHING**

This method is used for articles like towels, etc. which are heavy and have a pile weave on which a brush can not be used.

The article is placed in soap solution in a tub and the suction washer is pressed down on it and lifted repeatedly. The vacuum created by pressing loosens the dirt particles.

**(III) WASHING BY KNEADING AND SQUEEZING**

This method is used for delicate fabrics like silk, woollens, rayon, etc. This method does not damage the fabric or change its shape as only gentle rubbing with hands is applied.

**(IV) WASHING BY MACHINES**

Washing machine is a labour saving device especially useful for large institutions. Now a days it is being used at home also. The washing time varies with types of fabrics and amount of soiling. Woollens take less time than cottons to get cleaned. The instructions with the machine should be read carefully before using it.

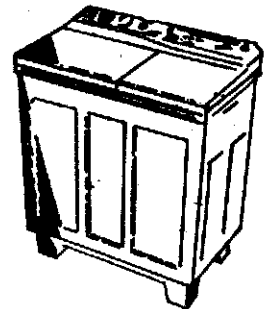
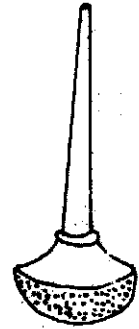
The detailed producer of laundering specific fabrics is given in a chart on the following page

**18.8 Storage of textiles**

Till now we have taken proper care in keeping our clothes clean but it is not sufficient. If we don't store these clothes properly, they can get damaged by insects or cloth moths.

Let us list a few precautions in order to save our expensive clothes:

1. Empty out pockets and brush the garments thoroughly in order to free them from dust.
2. Always sun and air the garments which have been worn before storing.
3. Don't let garments become too dirty before laundering or dry cleaning.
4. Do not store any damp clothes as moisture causes mildew. You must have seen that clothes have changed colour when taken out from closets and this is the reason for it.
5. All textiles should be protected from insects. This can be done by using repellents like tobacco, dried neem, camphor, moth balls, etc., as you all do at home. Woollens can be packed in newspapers as the moth dislikes printer's ink. Boxes may be lined and covered with paper. Even dried leaves, sandal wood dust, dry eucalyptus leaves are good as long as the odour lasts.



# Laundering Specific Fabrics

Cotton	Soaking	Washing	Rinsing	Stiffening	Blueing	Drying
	<p>Soaking helps to loosen the dirt. Soak whites and very dirty clothes separately.</p> <ul style="list-style-type: none"> <li>● Use sufficient water for soaking.</li> <li>● Use warm to hot water for dirty articles.</li> <li>● Do not put too many clothes together.</li> <li>● Soak only for an hour or two and not overnight.</li> <li>● Do not soak coloured clothes at all, as colour gets affected.</li> </ul>	<ul style="list-style-type: none"> <li>● Use warm to hot water for very dirty and white articles.</li> <li>● Use cold water for coloured clothes.</li> <li>● Use friction method.</li> <li>● Rub hard with hand or brush at very dirty areas. Avoid very hard brush as it may damage the fabric.</li> <li>● For embroidered cottons wrap a cloth around the brush and then apply friction on the fabric. This makes brush action milder.</li> </ul>	<ul style="list-style-type: none"> <li>● After washing rinse the articles thoroughly, i.e., put the articles in water as many times as necessary to remove the soap completely.</li> <li>● Use cold water for rinsing.</li> </ul>	<p>Starch is used as a stiffening agent for cottons. All cottons except undergarments and close fitting garments like blouse are stiffened. Starched cottons appear smooth, shining and fresh. They do not get dirty easily.</p> <p>To starch, add some of the starch paste in a basin of water and mix well.</p> <ul style="list-style-type: none"> <li>● Open the article, wet it in water and then dip it in the starch solution.</li> <li>● Squeeze the article well and hang it in sun to dry.</li> </ul> <p>For heavily starched articles do not squeeze them hard.</p>	<p>Blueing is done only for white articles. You must have seen that white clothes tend to look yellow, so blueing is done to make them look white again.</p> <p>To blue - A teaspoon or so of the washing blue is tied in a thin cloth. In liquid form, add few drops of it to water. Stir the water well in both cases. Open the article and dip it in blue solution. Then squeeze and dry in the sun.</p> <p>Note: If articles are to be starched &amp; blueed, then blue can be added to the starch solution itself. If the article gets over blueed dip it in plain water with a few drops of vinegar or lime juice then extra blue gets removed.</p>	<ul style="list-style-type: none"> <li>● Hang the clothes by the strongest point near the line</li> <li>● Whites are dried in sun.</li> <li>● Coloured articles are dried in shade.</li> <li>● Heavy coloured clothes can be dried in sun but with wrong side facing out</li> </ul> <p>Note-Pick up the articles drying in sun as soon as they are dry as over exposure to sun can weaken the fabric &amp; cause yellowness.</p>
Silks	<ul style="list-style-type: none"> <li>● Do not soak as they lose strength when wet.</li> <li>● Use mild liquid soap or reetha nut solution in a tub of water and make a lot of lather.</li> </ul>	<ul style="list-style-type: none"> <li>● Use luke warm water as it helps to remove dirty easily. Do not use hot water.</li> <li>● Use light pressure for washing.</li> </ul>	<ul style="list-style-type: none"> <li>● Rinse out all soap in cold running water. Do not squeeze hard.</li> <li>● Add a few drops of vinegar or lime juice in the last rinse. This adds lustre to the fabric.</li> </ul>	<ul style="list-style-type: none"> <li>● Add gum water along with vinegar in the last rinse.</li> </ul>		<ul style="list-style-type: none"> <li>● Small articles can be rolled in a hand towel to remove excess water and ironed at once.</li> <li>● Large articles like sarees may be placed on the clothes line in the shade, till all the excess water is removed. Do not dry completely before ironing.</li> </ul>
Woolens	<p>Do not soak.</p> <p><i>Important:</i> Before washing place the article on a paper spread on a flat surface and draw its outline.</p>	<ul style="list-style-type: none"> <li>● Use mild liquid soap or reetha-nut solution in a tub of water and make lot of lather.</li> </ul> <p>Note: Do not use reetha-nuts for whites.</p> <ul style="list-style-type: none"> <li>● Use luke warm water as it helps in removing dirty easily. Do not use hot water.</li> <li>● Use light pressure for washing.</li> </ul>	<ul style="list-style-type: none"> <li>● Rinse out soap in cold running water</li> <li>● Do not squeeze hard</li> </ul>			<ul style="list-style-type: none"> <li>● Place article back on the paper on flat surface and pull it into the shape of the original outline drawn.</li> <li>● Leave on flat surface, in shade, to dry.</li> <li>● Steam press if the article requires ironing. Place wet cloth on the dried woollen article and press it with a hot iron on top.</li> </ul>
Synthetics Nylon Polyester Acrylics.		<ul style="list-style-type: none"> <li>● Use lukewarm or cold water. Hot water is not used as these get damaged by high temperature. They melt easily and can lose their shape when exposed to heat.</li> <li>● Use any good soap.</li> <li>● Use light pressure and light rubbing while washing.</li> </ul>	<ul style="list-style-type: none"> <li>● Rinse well in cold running water to remove soap completely. To avoid wrinkles do not squeeze.</li> </ul>			<ul style="list-style-type: none"> <li>● Dry preferably on a hanger to maintain the original shape.</li> <li>● When dry, iron only if necessary, with a warm iron and not a hot one as synthetics get damaged at high temperature.</li> </ul>

Now, you all are equally competent to increase the life span of your clothes, Whenever you wear and change your clothes remember what is required so as to avoid further problems.

### INTEXT QUESTIONS 18.3

1. Fill in the blanks using the most appropriate words from those given in brackets:

- i) Clothes must be \_\_\_\_\_ before washing.  
(dried, mended, ironed, starched)
  - ii) \_\_\_\_\_ articles should not be soaked before washing.  
(coloured, white, dirty, small)
  - iii) Soaking of clothes helps to \_\_\_\_\_ dirt.  
(increase, decrease, loosen, prevent)
  - iv) Starching is done to give cotton clothes a \_\_\_\_\_ look.  
(dull, shining, rough, yellow)
  - v) \_\_\_\_\_ should not be starched.  
(table linen, sarees, kameez, undergarments)
  - vi) Coloured cotton articles should be dried in the \_\_\_\_\_.  
(sun, shade, daylight, night)
  - vii) Overexposure to sunlight makes fabric \_\_\_\_\_.  
(bright, dull, blue, yellow)
  - viii) Ironing should not be done directly on the \_\_\_\_\_.  
(collars, cuffs, sleeves, buttons).
  - ix) When cotton articles are stored wet, they develop \_\_\_\_\_.  
(dullness, brightness, mildew, smoothness)
2. State whether the following statements are true or false. Correct the false statements.
- i) Mild liquid soaps should be used for washing silks
  - ii) Cold water should be used while washing woollens.
  - iii) A few drops of vinegar may be added in the final rinse for silks.
  - iv) Silks are stiffened with starch.
  - v) Woollens should not be steam pressed.
  - vi) Silks lose their shape while washing.
  - vii) Woollens are hung on the clothes line and dried.
  - viii) Synthetics are squeezed and dried.
  - ix) Synthetics are ironed, if necessary, with a warm iron.
  - x) Cashmilon should be treated like woollens while laundering.

### 18.9 Dry Cleaning

This is another method of taking care of clothes. You all must have heard at home that "this is an expensive saree, so it should be dry cleaned". In *Dry-cleaning*, instead of ordinary washing, the dirt is removed by a solvent action and grease absorbents. The advantage of using these solvents is that they do not penetrate the fabric as water does in

ordinary washing. These have no effect on the colour of the fabric, the material does not shrink, loose shape or finish as is frequently the case in *wet* cleaning.

Woolens, as you remember, do not get dirty quickly hence do not need to be washed as frequently as other fabrics. Hence, what they really require is "spot cleaning". You can do the *Spot Cleaning* at home. Dirty spots get fixed to the fabric with grease. If you remove grease the spot is gone. Use grease absorbent or solvents. Some of these are:

*Absorbents*: French Chalk, Fuller's earth, moong powder, besan, magnesium carbonate, etc. are used for removing spots from all kind of materials.

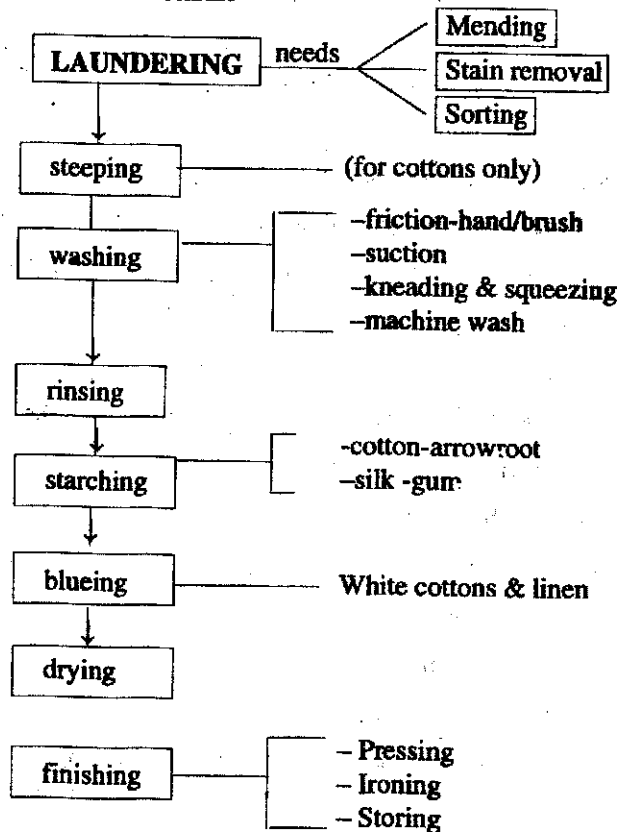
*Grease solvents*: White petrol, benzene, carbontetrachloride, etc.

### INTEXT QUESTIONS 18.4

State whether the following statements are True or False :

1. In dry cleaning dirt is removed by the action of Grease Absorbents and Solvents.
2. Wet cleaning does not affect colour.
3. French chalk is a grease absorbent.
4. White petrol is a solvent.
5. Spot cleaning can be done at home.

### 18.10 What Have You Learnt



### 18.11 Terminal Exercise

1. What does the word "laundering" mean?
2. Why is it important to launder clothes?
3. List the two main methods of laundering and their suitability to fabrics.
4. What is a stain? How would you identify a stain?
5. What are the general precautions to be taken for removing stains?
6. How will you remove the following stains from a silk fabric?
  - i) Coffee
  - ii) Nail Polish
  - iii) Blue ink
  - iv) Grass
  - v) Paan (Betel leaf)
7. List the three basic steps to be followed for laundering any kind of fabric.
8. How will you wash a cotton garment? What precautions will you take and why?
9. Point out the differences in washing the following:
  - i) Silk and wool
  - ii) Wool and cashmilon
  - iii) White and coloured cottons.
10. Answer the following questions:
  - i) Why should very dirty cotton fabrics be soaked?
  - ii) Why is light pressure used for washing silk?
  - iii) Why is vinegar added in the final rinse for silks?
  - iv) Why should woollens be dried on a flat surface?
  - vi) Why should you not use a hot iron for ironing nylon?

### 18.12. Answers to Intext Questions

- 18.1 (i) True (ii) False (iii) True (iv) True (v) False
- 18.2 1. (i) unwanted (ii) fresh (iii) colour, smell, feel  
 (iv) mild, strong (v) damage.
2. (i) b (ii) a (iii) c (v) b (vi) d (vii) a
- 18.3 1. (i) mended (ii) coloured (iii) loosen (iv) shining  
 (v) undergarments (vi) shade (vii) yellow  
 (viii) buttons (ix) mildew
2. (i) True (ii) True (iii) True.  
 (iv) False; \_\_\_\_\_ with gum  
 (v) False; \_\_\_\_\_ should be \_\_\_\_\_  
 (vi) False: Woollens are dried on a flat surface.

vii) False; To avoid wrinkles, synthetics are not squeezed.

ix) True

x) False: Cashmilon is acrylic and should be treated as a synthetic fabric while laundering

18.4 (i) True (ii) False (iii) True (iv) True (v) True.

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