



Pathfinder Honour: Trainer's Notes Laundering



Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. (*On SPD Honour Website but Leader's level access is required*)

Additional Reference Material

'Spotless' by Shannon Lush and Jennifer Flemming, published by ABC Books, Australia

Acknowledgements

Special thanks to compiled the material on:

http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Laundering

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Before You Start

The requirements for this honour were downloaded from the General Conference website. We are thankful for, and acknowledge Wikibooks as a most useful source for these notes. See http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Laundering

We recognise the cultural diversity of our people in the South Pacific Division and the different climatic zones in which we live – from the tropics to places which have ice, snow and frost in winter. These factors influence the type of clothing worn and different laundering techniques.

We believe that the wisest approach to this honour is to present the ‘broad picture’.

You may find requirements that are of little relevance to you current laundering needs. Given the way we ‘run to and fro’ these days, we ask you to persevere and give your students a good general knowledge of the subject. We rely on your common sense and judgement.

REQUIREMENT 1: Why is it important to read the labels in garments before laundering them?

The labels often include the manufacturer's recommended washing instructions as well as the types of material the garment is made from. Instructions often include:

- Wash temperature
- Rinse temperature
- Ironing temperature, and sometimes ironing method (such as "on the reverse side," or "through a cloth").
- If the article is only suited for dry cleaning
- Drying method (tumble dry, drip dry, lay flat, etc)

What care should be given when the label specifies?

We recommend you refer to your washing machine / clothes drier instruction book for the following. Our recommendations are of a general nature only.

- a. **Permanent Press**
Requires a ‘gentle’ wash in warm water, a cold water rise and a ‘slow, short’ spinning cycle.
- b. **Drip dry or line dry**
To be safe, usually hand-wash and hang up to dry. Do not spin or wring out.
- c. **Wash and wear**
General means that it is easy to care for. Just wash as per normal preferences.

REQUIREMENT 2. What is the proper way to prepare clothes for washing?

Remove all items from all pockets, zip up any zippers, fasten snaps and cover Velcro. Also tie any strings back so they won't get tangled in the agitator or with other garments. Remove any pins, your name tag, and the "scribe" or "captain" tag from your Pathfinder uniform before washing it. Brush off any caked-on dirt. Turn permanent press and garments with silk screened patterns (such as your field uniform) inside-out. This will help the permanent press items from gathering lint, and it will protect the silk screening from wear.

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Place small items (such as a toddler's socks) and hosiery in a mesh bag before putting them in the washing machine. This will prevent small items from being flushed out with the rinse water, and it will help prevent runs in hosiery.

Separate your laundry into like items:

- Whites from colours
- Colour-fast from colours that may run
- Durables from delicates
- Very dirty from lightly soiled
- Lint givers (towels, sheets, flannels) from lint takers (corduroy, permanent press)

Wash these types separately, because each type of load listed above needs different settings on the washing machine. Finally, pretreat any stains with a stain remover.

REQUIREMENT 3. What types of clothes should be washed in hot, warm & cold water?

The following is to be used as a guide. Due to environmental considerations and the advances in washing powder technology, there is a trend in warmer climates to use cold water or warm water for all washing

HOT	WARM	COLD
Permanent Press	Permanent Press	Bright Colors
Whites	Whites	Dark Colors
Very dirty clothing	Delicates	Delicates/Knits

REQUIREMENT 4: What precaution should be used when using chlorine bleach?

What are the advantages of powdered oxygen bleach? Why should chlorine bleach and ammonia never be mixed?

Precautions: Bleach is a powerful chemical. It can burn your skin, and it can dissolve cloth. Do not get it on your skin; if you get it on your skin, wash it off right away. If you spill it on your clothing, rinse immediately. If too much bleach is used on cloth, the cloth will disintegrate. Bleach will remove dye, so it must not be used on anything other than white cloth.

Powdered Oxygen Bleach: The greatest advantage offered by powdered oxygen bleach is that it removes stains without the use of toxic chemicals. For some stains, it works even better than chlorine bleach. It brightens fabrics and can be used on upholstery and carpet. It is non-toxic to humans and animals, and it breaks down into environmentally friendly components when the oxygen is released (the release of oxygen is what removes stains).

Mixing Bleach and Ammonia: Bleach and ammonia should NEVER be mixed because doing so causes a chemical reaction that releases poisonous gases. The primary gas released is chlorine gas which was used as a chemical warfare agent during World War I. Chlorine gas is highly toxic. Other gases that can be released include nitrogen trichloride (which can explode in your face), and hydrazine (a component of rocket fuel).

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REQUIREMENT 5: What precautions should be taken when using fabric softeners?

Liquid fabric softeners leave an invisible residue on the garments which prevents static cling, softens the fabric, and imparts a light fragrance. It should only be used in the rinse cycle when no soap is present in the water, because it will react with soap and leaving a sticky, visible residue which resembles lint. If your washing machine has a fabric softener dispenser use it and the fabric softener will be added at the right time in the cycle. Otherwise, you must add it yourself at the beginning of the rinse cycle. Be careful to not pour it directly on clothing, but rather into the water.

REQUIREMENT 6. What points are to be considered in selecting a washing machine, ironing machine, dryer, iron? How should these laundry implements be cared for?

The primary concern when selecting a washing machine or a dryer is financial. Remember that the initial cost of the appliance is only a part of its operating cost though. Buying an energy efficient appliance - even if it is more expensive - can save you a lot of money in the long run.

Another factor to consider is the amount of laundry you intend to do with the appliances. If you are going to do laundry for a family of six, you will need a larger machine than if you are going to do laundry for a family of two.

When selecting an iron, look for features that enhance safety. Many irons today will shut themselves off automatically if left idling for too long.

Wipe down your appliances regularly, and use appliance touch-up paint to repair any chips in the finish. An untreated chip will lead to rust which can destroy your appliance. Also be sure to clean out the lint trap of your dryer between every load, and clean the exhaust duct regularly. Lint build-up in the exhaust duct is a fire hazard.

Do not iron over silkscreen designs, as this will melt the paint on the garment and stick to the iron. This residue is extremely difficult to remove from an iron, and if left there, will transfer to any other garments you use it on.

REQUIREMENT 7. How are woollen and wool-like garments laundered?

Soak the garment in cold water for about 15 minutes. You can use shampoo instead of detergent, or you can use detergent specially formulated for wool. You can then change the water and soak the garment in clean water for another 15 minutes, or you can put it in a washing machine. If you decide to put it in a washing machine, make sure to select a setting that will not agitate the load. Also, be sure to use cold water.

Do not wring the wool out, and do not hang it up to dry. You can roll it in a dry towel, or just lay it flat to dry, but be careful to not stress the fabric while it is wet, or it may become misshapen.

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REQUIREMENT 8. Know how to remove stains: ink, fruit, rust, grass, cocoa, grease, blood, chewing gum. Why must stains be removed before laundering?

Ink: Place a paper towel under the stain and then spray the stain with hairspray. Hairspray breaks up many type of ink, and you will want the paper towel there to catch the ink and not allow it to stain another part of the garment. Hairspray may discolour the fabric though, so test in an inconspicuous place first.

Fruit: Try to remove the stain before it dries by rinsing it in cold water. Otherwise, soak white garments in a chlorinated bleach solution. For coloured garments, treat with sodium percarbonate or a warm borax solution.

Grape fruit: Blot the stain first to remove any juice that's still there. Then lightly dab the stain with cold water.

Rust: Sprinkle the stain with salt and rub it in. Then wet it with lemon juice and place it in the sun. Keep the stain moistened with lemon juice until the stain disappears.

Grass: If the garment is white, you may soak it in a solution of chlorinated bleach, then rinse and launder. Otherwise, apply methylate alcohol (wood alcohol) to the stain, rinse in warm water, and then wash.

Grease: Scrape away as much of the grease as you can. Rub petroleum jelly into the stain, and then wash with a laundry powder or liquid detergent. You can also try a spot removing product.

Blood: If the blood is fresh, wipe it up with a sponge soaked in cool, salted water. Then rinse with clear water. If the blood is dried, use diluted hydrogen peroxide (one part peroxide, nine parts water).

Chewing gum: Scrape off as much as possible first. This is easier if you cool the gum down with ice cubes first, as that makes the gum brittle rather than gummy. If the item is washable, apply a little kerosene or dry cleaning fluid and rinse it off. You may have to repeat this several times.

Crayons: Place the stained item in the freezer and leave it there until the crayon freezes. You can then literally break the crayon stain out of the garment. If there is any residue left after this, place the item on a paper towel or a blotter. Then place a second paper towel (or blotter) on top of the item. Apply a warm iron. This will melt the crayon, and the paper towels should soak up the stain. Change the paper towels as often as is necessary.

Why must stains be removed before laundering?

Putting a stained garment in a washing machine or dryer will set the stain, making it even more difficult to remove. Always remove stains before laundering.

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REQUIREMENT 9. Why is it important to remove garments from dryer immediately when the cycle is completed?

When a garment is still hot from the dryer, hanging it immediately will prevent it from getting wrinkled. If you forget to remove the garments from the dryer and wrinkles set, try throwing a damp washcloth into the dryer with the clothing and run the dryer for a few minutes. This may reduce the wrinkling.

REQUIREMENT 10. What type of materials should be dried only on the lowest heat settings of a dryer?

Some items should not be dried in a dryer at all. Particularly, any item containing foam rubber should not be placed in a dryer except on a no-heat setting, as it can easily burst into flame.

Knits and delicates (such as silk and nylon) should only be dried on the lowest heat settings.

REQUIREMENT 11. Show a blouse or shirt that you have ironed and folded, or show a skirt and coat that you have pressed.

REQUIREMENT 12. Properly launder and fold clothes for your family for at least one week.