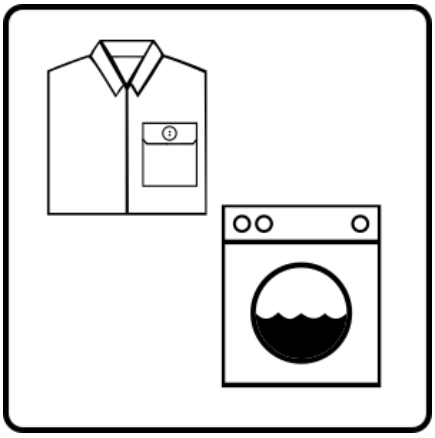
ADULT 101: PERSONAL AND HOME MANAGEMENT

CARING FOR YOUR CLOTHES: LOADS OF FUN FROM HAMPER TO DRAWER

OVERVIEW: Proper cleanliness and maintenance of clothing is important to one's appearance, health, and self-esteem. *Caring for Your Clothes* describes a step-by-step process to laundering and storing clothing. Specifics to the process can vary depending on the brand and age of washer or dryer used or laundering preferences (such as when to add detergent to the water or how to fold a towel). However, the general procedure should be consistent. Feel free to add other activities or discussions to this program such as stain removal or using a dry cleaner.

OPTIONAL PROGRAM TITLES AND PROGRAM DESCRIPTIONS:



Airing Out the Dirty Laundry
Come by the library and learn the proper way to wash and store your clothes. It will save you money and help your clothes last.

Clean-Up Your Act
Washing clothes is an activity of daily life. Come by the library and learn the proper way to take care of your clothes. It will save you money and help your clothes last.

Wash, Dry, Fold, Repeat
Washing clothes is an activity of daily life. Come by the library and learn laundry basics to maintain clean and fresh smelling clothes. It will save you money and help your clothes last.

This program will encourage teens to prepare for adulthood and entry into the workforce by forming and developing essential skills for daily living. Proper cleanliness and maintenance of clothing is important to one's appearance, health and self-esteem, attributes which are important for self-care and successful participation in the labor market. Please share this with teens.

PREP TIME: 5 - 10 minutes

PROGRAM TIME: 1 ¼ - 1 ½ hours

CLEAN-UP TIME: 10 - 15 minutes

STAFF REQUIRED: 1 librarian for small groups of 10 or less – add 1 Aide or Page for groups larger than 10

MATERIALS IN THE PIAB

- PIAB Instructions
- Clothing Care Label Guide (2)
- Socks
- Gloves
- Scarves
- Iron
- Ironing Board and/or Tabletop Ironing Board
- Drying Rack
- Mesh Laundry Bags
- Sheet Set
- T-Shirt
- Sweater
- Dress Shirt
- Silk Fabric
- Linen Fabric
- Cotton Fabric
- Polyester Fabric
- Jeans
- Skirt

ADDITIONAL SUPPLIES (NOT PROVIDED IN PIAB):

- Laptop (if available – a laptop may be requested from Teen Services or your Regional Office)
- Projector (may be requested from Teen Services or your Regional Office)

PROGRAM INSTRUCTRUCTIONS

1. Start the program by giving teens the Adult 101 Pre-program Survey.

2. *Let teens know that the purpose of this activity is to learn how to effectively clean and maintain clothing and other garments essential for daily living.*

3. Icebreaker (approximately 5 minutes)

   Laundry Trivia!

   Divide the teens into two or three groups. Give each group one of the following trivia questions to research on the Gale Virtual Research Library Database (photocopy and hand out page 3). No cheating by using Google. Use keywords "laundry," "housework" or "dry cleaning." Answers are on page 4 of this document.

   A. Historically, what has been the typical day of the week to do laundry? What did the process involve?

   B. In the early 1900, new laundry cleaning products were promoted as being gentle, but effective. Why…what new textile development occurred?

   C. In what country did the dry cleaning process begin? What century?

   D. What was the name of the first laundry cleaning product to be sold as flakes and not a bar of soap? When?

4. PowerPoint Presentation (10 - 15 minutes)
   This PowerPoint presentation is optional, but really useful! Use this for a formal presentation or keep it informal and use PowerPoint lecture notes as talking points without the slides. The PowerPoint and lecture notes are located on the USB provided with the Adult 101 Library Binder.

Laundry Trivia!

Conduct research on the Gale Virtual Research Library Database (no cheating by using Google). Hint: use keywords "laundry," "housework" or "dry cleaning."

1) Historically, what has been the typical day of the week to do laundry? What did the process involve?

2) In the early 1900, new laundry cleaning products were promoted as being gentle, but effective. Why…what new textile development occurred?

3) In what country did the dry cleaning process begin? What century?

4) What was the name of the first laundry cleaning product to be sold as flakes and not a bar of soap? When?

Laundry Trivia! – Icebreaker Solutions

1) Historically, what has been the typical day of the week to do laundry? What did the process involve in the late 1800s to early 1900s? **Monday. Haul water, build fire, clothes in water, scrub, rinse, wring, and hang.**

   Housework. (1997). In *American Eras* (Vol. 7, pp. 295-296). Detroit: Gale. Retrieved from http://link.galegroup.com/apps/doc/CX2536601455/GVRL?u=down54663&sid=GVRL&xid=2350672f

2) In the early 1900s, new laundry cleaning products were promoted as being gentle, but effective. Why? What new textile development occurred?

   "The idea that new types of gentle, but effective cleaning products were needed, coincided with the emergence of new fabrics, such as rayon (1910), acetate (1927), and more significantly, nylon (1939)."

   Gamman, L., & O'Mara, S. (2005). Laundry. In V. Steele (Ed.), *Encyclopedia of Clothing and Fashion* (Vol. 2, pp. 337-340). Detroit: Charles Scribner's Sons. Retrieved from http://link.galegroup.com/apps/doc/CX3427500358/GVRL?u=down54663&sid=GVRL&xid=8f6fff12

3) In what country did the dry cleaning process begin? What century? **France in the early 19th century.**

   Gamman, L., & O'Mara, S. (2005). Laundry. In V. Steele (Ed.), *Encyclopedia of Clothing and Fashion* (Vol. 2, pp. 337-340). Detroit: Charles Scribner's Sons. Retrieved from http://link.galegroup.com/apps/doc/CX3427500358/GVRL?u=down54663&sid=GVRL&xid=8f6fff12

   Udasin, I. (2004). Dry Cleaning. In R. M. Stapleton (Ed.), *Pollution A to Z* (Vol. 1, pp. 145-146). New York: Macmillan Reference USA. Retrieved from http://link.galegroup.com/apps/doc/CX3408100073/GVRL?u=down54663&sid=GVRL&xid=1685fda2

4) What was the name of the first laundry cleaning product to be sold as flakes and not a bar of soap? When? **In England, Persil (1906). In America, Lux (1906).**

   Gamman, L., & O'Mara, S. (2005). Laundry. In V. Steele (Ed.), *Encyclopedia of Clothing and Fashion* (Vol. 2, pp. 337-340). Detroit: Charles Scribner's Sons. Retrieved from http://link.galegroup.com/apps/doc/CX3427500358/GVRL?u=down54663&sid=GVRL&xid=8f6fff12

   Home Life. (2001). In J. S. Baughman, V. Bondi, R. Layman, T. McConnell, & V. Tompkins (Eds.), *American Decades* (Vol. 1). Detroit: Gale. Retrieved from http://link.galegroup.com/apps/doc/CX3468300171/GVRL?u=down54663&sid=GVRL&xid=1f565595

5. **Be sure to share the suggested titles** with the teens and make connections between the resource material and preparation for adulthood. Example, in the Gale Virtual Reference Library, note the Laundry section of the book "The Boarding School Survival Guide" by Emilee Bae for practical information in using shared laundry facilities.

6. **Activity Preparation**
   Librarians can choose from the following five activities. Activities can be done at specified points during the PowerPoint presentation or all at the end. Optionally, Activities #3, #4 and #5 can be done simultaneously by splitting the group of teens among three activity stations.

7. **Activity #1** (approximately 15 minutes)
   Sort it All Out

   Set the following items on a table side-by-side:

-Sheet Set	-Sweater	- Silk Fabric
-Scarves	-Dress Shirt	- Linen Fabric
-Gloves	-Jeans	- Cotton Fabric
-Socks	-Skirt	- Polyester Fabric
-T-Shirt		

   Teens can work individually or in groups. Hand each person or group a "Sorting It Out Worksheet" to complete based on items on the table (see page 7). Ask teens to examine items, look for tags, engage in discussion, etc. Be on hand to discuss other questions that may come up during the process. Discuss solutions to worksheet once teens are finished (suggested answers on page 8).

   Alternate Activity #1 (approximately 10 minutes): Use the following signs at the end of these instructions (pages 9 – 13): "Machine Wash - Cold Water" "Machine Wash - Hot Water" "Machine Wash – Hot Water - Bleach" "Hand Wash" "Dry Clean." Each sign represents a load of clothes. Place signs on the floor spaced apart. Have teens sort the clothing and fabric pieces into the proper load (stack item behind the sign). Discuss with teens if there should be two separate "Machine Wash – Cold Water" loads based on colors or fabric weight. Are there new items that should be washed alone first because the colors may run?

8. **Activity #2** (approximately 15 minutes)
   Divide group into teams and play Laundry Jeopardy! at http://jeopardylabs.com/play/2018-08-07-111 (Jeopardy Labs Laundry Procedures). The librarian serves as game show host. Select the number of teams playing and click "Start." Have a member on a team to select a category and money amount on the board and answer the question. Keep score by toggling scoreboard at the bottom of the screen. Then go to the other team and repeat the process. Everyone should get at least one turn answering questions. The team with the most points wins.

9. Activity #3 (approximately 5 minutes)
   Pair up!

   Mix socks and gloves together and dump them in the middle of the table. Have teens pair the items together. Note: there are left-handed and right-handed gloves.

10. Activity #4 (approximately 10 minutes)
    Have students work individually or in pairs to fold the sheets.

11. Activity #5 (approximately 15 minutes)
    Assist teens in ironing the dress shirt, jeans, t-shirt and/or fabric squares.

12. Pass out Adult 101 Post-program Survey to teens.

Sorting It All Out

Item	Machine Wash, Hand Wash or Dry Clean	Add Bleach?	Wash Cycle: Delicate, Permanent Press or Cotton/Regular	Wash Temperature: Hot, Warm or Cold	Hang or Fold?	Ironing Needed ? If yes, what setting: Nylon, Silk, Wool, Cotton or Linen?
Socks						
Gloves						
Scarf						
Jeans						
Sweater						
T-Shirt						
Polyester Square						
Cotton Square						
Linen Square						
Silk Square						
Skirt						
Dress Shirt						
Sheets						

(Activity #1)

Sorting It All Out – (Suggested Solutions)

Item	Machine Wash, Hand Wash or Dry Clean	Add Chlorine Bleach?	Wash Cycle: Delicate, Permanent Press or Cotton/Regular	Wash Temperature: Hot, Warm or Cold	Hang or Fold?	Ironing Needed ? If yes, what setting: Nylon, Silk, Wool, Cotton or Linen?
Socks	Machine	N	Cotton	Color-cold; White-hot	Fold	N/A
Gloves	Machine	N	Permanent Press	Warm	Fold	N/A
Scarf	Hand Wash	N	N/A	Cold	Either	Nylon
Jeans	Machine	N	Cotton (I/O)	Cold	Either	Cotton
Sweater	Machine	N	Delicate (I/O)	Cold	Fold	N/A
T-Shirt	Machine	N	Cotton	Warm	Fold	See tag
Polyester Square	Machine	N	Permanent Press	Warm	Hang	Nylon
Cotton Square	Machine	N	Cotton	Cold	Depends (PJs-fold, dress- hang)	Cotton
Linen Square	HW or DC	N	N/A	Cold	Hang	Cotton
Silk Square	HW or DC	N	N/A	Cold	Hang	Delicate
Skirt	Dry Clean	N	N/A	N/A	Hang	N/A
Dress Shirt	Machine	N	Cotton	Cold	Hang	See tag
Sheets	Machine	N	Cotton	Hot	Fold	N/A

*Use bleach for white clothes that are very soiled (underwear, socks, solid white t-shirts, etc.)
I/O – inside out

(Activity #1)

Machine Wash - Cold Water

(Alternate Activity #1)

Machine Wash – Hot Water

(Alternate Activity #1)

Machine Wash – Hot Water Bleach

(Alternate Activity #1)

Hand Wash

(Alternate Activity #1)

Dry Clean

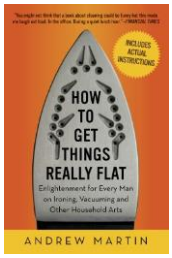
(Alternate Activity #1)

SUGGESTED TITLES

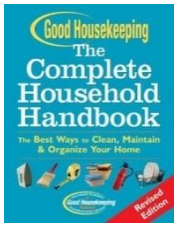
Nonfiction

648 SHEPARD
Express Housekeeping: How to Speed Clean, Lighten The Laundry Load, Cleaning Tricks & Tips by Anna Shepard
ISBN: 9780756671778
Offers advice and routines to speed clean every room in the house as well as tips for cleaning up after children and pets.

648.5 SIMPLE
Simple Cleaning Wisdom: 450 Easy Shortcuts for a Fresh & Tidy Home
ISBN: 9781618372499
Hundreds of tricks and tips for taking care of everything from grease stains to kitchen odors, laundry mishaps, and carpet catastrophes will help you clean faster, simplify big jobs, and accomplish more in less time.



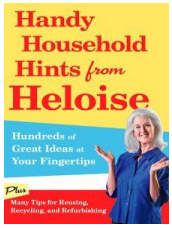
648 MARTIN
How to Get Things Really Flat by Andrew Martin
ISBN: 9781615190027
The author recounts his own journey from helpless, befuddled male to enthusiastic helper-outer, showing us along the way that such seemingly complicated tasks as doing the laundry or vacuuming can easily be mastered if men simply apply themselves.



640
The Complete Household Handbook: The Best Ways to Clean, Maintain & Organize Your Home by Good Housekeeping
For more than 100 years, the professionals at The Good Housekeeping Research Institute have helped readers keep their homes in top shape. This book offers the best home advice available, on everything from cleaning a floor to fixing a leaky gutter.

E-Books

ONLINE RESOURCE (OverDrive)
Simple Cleaning Wisdom: 450 Easy Shortcuts for a Fresh & Tidy Home by Good Housekeeping
ISBN: 9781618372499
Hundreds of tricks and tips for taking care of everything from grease stains to kitchen odors, laundry mishaps, and carpet catastrophes will help you clean faster, simplify big jobs, and accomplish more in less time.



ONLINE RESOURCE (OverDrive)

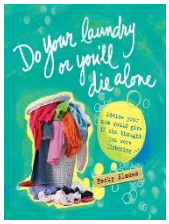
Handy Household Hints from Heloise by Heloise

Discover Heloise's most creative ideas and tips for cleaning up, making repairs, getting organized, taking care of yourself, coping with nuisances, and keeping house. Filled with up-to-the-minute hints, you'll turn to this handbook whenever you've burnt the rice, stained your shirt, or splattered paint on your hands.

ONLINE RESOURCE (OverDrive)

Cleaning Magic by Joey Green

Joey Green tackles household chores with his pantry full of cleaning power. Green's easy and effortless tips and tricks show how to scrub, deodorize, shine, and remove stains with products already in the house. While Green's suggestions may sound implausible, they are, in fact, highly effective.



ONLINE RESOURCE (OverDrive)

Do Your Laundry or You'll Die Alone by Becky Blades

No matter how hard they try, parents never have time to teach their children everything they need to know before they leave home. Luckily, Becky Blades has compiled the best tidbits of advice into one thought-provoking, conversation-starting book.

Database

Gale Virtual Reference Library:

- The Boarding School Survival Guide by Emilee Bae (chapter on Dorm Living: Roommates, Laundry, Communal Bathrooms, and More).
- Life and Career Skills Series Vol. 3.: Health and Wellness edited by Miranda Herbert Ferrara and Michele P. LaMeau (chapter on Clothing, Bedding, Towels, and Personal Items).
- Healthy Living - Vol. 1: Nutrition, Physical Fitness and Exercise, Personal Care and Hygiene, Personal Growth and Development, Sexuality edited by Elizabeth P. Manar (chapter on Personal Care and Hygiene).

Online Course

Universal Class - Housekeeping 101

REFERENCE

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eHowArtsAndCrafts. "The Right Way to Hang Clothes on a Hanger: No-Sew Crafts." *YouTube*, uploaded by October 10, 2013, https://www.youtube.com/watch?v=9fh9pcgpGvE. Accessed 6 August 2018.

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U.S. Fire Administration. (2018, June 20). *Clothes Dryer Fire Safety Outreach Materials.* Retrieved 7 August 2018 from https://www.usfa.fema.gov/prevention/outreach/clothes_dryers.html

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