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The Garment Care Guide

SEVEN USEFUL SECTIONS PACKED WITH TIPS & IDEAS ON HOW TO CARE FOR YOUR CLOTHES

WASHING

**CARE
SYMBOLS**

**STAIN
REMOVAL**

HANGING

IRONING

**STYLE
ADVICE**

**SIMPLE
REPAIRS**

WELCOME

Welcome to the first Morphy Richards Garment Care Guide.

It's packed full of useful tips on how to get the best from your clothes, including easy-to-follow washing, drying and ironing steps.



How long will you spend ironing? - pg31

We've also slipped in a simple guide to Care Symbols and a handful of amusing facts to keep you smiling. Find out how long you're likely to spend ironing during your lifetime and try our quiz to find out what kind of ironer you really are. And believe us, there are all sorts out there!



It's fun and informative, so happy reading

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Is your washing as soft
as it could be?

All your garment
care questions
answered

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(and ironing!)



Chris Lever
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Washing

Washing isn't as easy as it looks – follow our seven-step plan for the perfect wash

1 Sort the wash by colour avoiding mixing coloured clothing with whites. Try to also sort by fabric type, keeping smooth garments away from those which might shed fibres, such as fleeces.

2 Choose the right detergent for the wash (eg: white, coloured, delicate etc)

3 Always use fabric conditioner. Not only does it make clothes smell nice, but it removes static, makes them easier to iron and reduces creasing.

4 Don't overload your machine. Clothes need space to move around in the water in order to be properly clean.

5 Refer to the garment labels and select the right wash and spin cycles, taking special care not to wash in overly hot water. By choosing the right wash cycle, you'll also ensure that your clothes get the correct level of agitation (the wash action of the machine, it moves backwards and forwards at different rates as well as spinning round!). Delicate fabrics are especially

susceptible to damage if you ignore the care label.

6 Try to avoid leaving garments sitting in the washing machine for too long once the wash is finished. Shake and hang on the line or tumble dry to avoid creasing.

7 Check and empty pockets for things like keys, tissues and money.



What happens when a garment is too delicate to be put in the machine?

Read its label carefully and if it says ‘hand wash only’, here’s what to do:

- 👉 Pre-treat all spots and stains according to care label instructions.
- 👉 Fill basin with hand warm water.
- 👉 Add mild hand washing or delicate detergent and mix thoroughly.
- 👉 Add clothes and allow them to soak.
- 👉 Squeeze suds gently through fabric. **DO NOT RUB.**
- 👉 Rinse several times without wringing or twisting.

USEFUL TIP:

Never iron clothing which has been stained.

Always wash first and then iron.

If you don’t, the heat of the iron could seal the stain in forever.



The washing is done, what's the best way

Well, depending on the garment's care label, you can tumble dry, hang on a line or dry flat. Here's what to do:

- If a garment can be tumble-dried, make sure you give it a good shake first as this helps to reduce wrinkling.
- When drying on the line, give clothes a good shake and hang using rust-proof pegs.
To avoid marks, place pegs in discreet places such as beneath armpits.
- If clothes have been hand washed and can't go through a spin cycle because they are too delicate, then you need to either dry them flat (often the case with woollies) or drip dry them on the line.

Follow the simple steps below:

- hang the garment on a rust-proof hanger without removing excess water
- blot with a towel. **DO NOT SQUEEZE OR WRING**
- fasten zips, buttons and other closures
- straighten collars and make sure garment hangs straight
- keep away from direct heat, including bright sunlight



to dry clothes?

Here's our handy check-list for avoiding problems with your wash:

- Follow care labels
- Avoid washing and drying at high temperatures
- Sort carefully by fabric and colour
- Choose the right detergent and conditioner
- Don't overload your machine
- Dry carefully using the most suitable method for the garment

USEFUL TIP: Always do up clasps on bras when washing. If not, they may catch on other delicates and cause damage. Alternatively, put all your delicates in a loosely tied pillowcase to protect them in the wash.

Tips on drying

Did you know?

- 1 • Clothes should be left in a dryer just long enough to remove wrinkles and moisture, any longer can actually 'set' wrinkles with heat.

- 2 • You should shake clothes before putting them in the dryer. Loose wrinkles are easier to dry than those wound tightly by the washing machine's spin cycle.

Care Symbols

The simplest way to understand care symbols is to think of them in five categories:

1. Washing
2. Ironing
3. Drying
4. Dry-Cleaning
5. Chlorine Bleaching



Take a look at our simple guide over the page

Care Symbols

This guide
will help to
demystify
clothes care
symbols for
you...

Washing

The first symbol on the care label is the familiar washing machine tub. This symbol advises of suitability for washing, temperature and level of agitation (agitation = wash action). See page 4).

SUITABILITY



Hand wash only



Do not wash



Machine Wash

TEMPERATURE



Wash at 40°C

AGITATION



Max



Med



Min

Dry-Cleaning

The dry-cleaning symbol is simply a circle with a letter inside. Don't worry about the letter, it's only of interest to your dry cleaner! As with the other symbols, if it's crossed out do not dry clean.

DRY CLEANING EXAMPLES



Do not dry clean

Drying

The square symbol on the care label shows the best way to dry your garment. Squares containing circles refer to tumble-drying, the other three square symbols refer to drying the garment naturally.

TUMBLE DRYING



Suitable



Low



High



Do not
tumble dry

NATURAL DRYING:



Drip dry



Line dry



Dry flat



Dry in shade

Chlorine Bleaching

Most household bleaches used for cleaning toilets, sinks and floors contain chlorine and can be used in a very dilute form on garments. Even then, you should only use diluted bleach if your garment's care label says that you can.

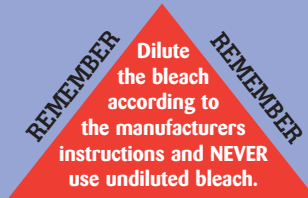
LOOK OUT FOR THESE SYMBOLS:



Chlorine Bleach



Do not bleach



Ironing

The ironing symbol is probably the easiest to understand. It's simply an iron containing dots which represent how hot you can have your iron.



Cool



Warm



Hot



Do not steam



Do not iron

Care Symbols

We recently conducted a survey on care symbols and asked over 2,000 of you to identify five symbols for us. One of them was made up, but did people guess correctly?

QUIZ

Now that you've read our **Care Symbol Section**, test your new found knowledge and see if you can identify these symbols yourself

Symbol 1: a) Normal wash
b) Tumble dry
c) Hand wash
d) Other
e) Not a real symbol
f) Don't know



Symbol 2: a) Do not dry clean
b) Hand wash
c) Drip dry
d) Other
e) Not a real symbol
f) Don't know



Symbol 3: a) Do not iron
b) Iron on low heat
c) Iron hot
d) Other
e) Not a real symbol
f) Don't know



Symbol 4: a) Do not machine wash
b) Do not dry clean
c) Do not tumble dry
d) Other
e) Not a real symbol
f) Don't know



Symbol 5: a) Hot wash
b) Dark clothes only
c) Hand wash
d) Other
e) Not a real symbol
f) Don't know



DID YOU GET THEM RIGHT? WE HOPE SO...

Answers are at the bottom of the page.

WE GOT SOME INTERESTING RESULTS FROM OUR SURVEY:

Symbol 1 was confused with normal wash by over one fifth of respondents - a fundamental mistake when it actually refers to drying!

Symbol 2 was unfamiliar to the majority of people with over half opting for 'Don't Know'. However, surprisingly it was still more widely recognised than symbol 4, a much more widely used instruction.

Symbol 3 was the only one recognised by more than half of those interviewed - an impressive 70% correctly identified it as an iron on a low heat. Maybe this shows that one singed garment is a lesson learnt!


Symbol 4 was the most alien - a measly 11% of people correctly identified it. Does this mean we are all spending more money than we need to on dry cleaning?

Symbol 5 confused most people and illustrated that there is a great deal of guess work involved when it comes to decoding care symbols! Only 25% of people realised it was a rogue symbol.

Did you know?

According to our survey the Scots are the most savvy about clothes care, beating the rest of the UK hands down!

Stain



If you've got something undesirable on your favourite top, follow our three-step cure:

1. Act Quickly
2. Know the Fabric
3. Know the Remedy

Removal

Stains are a part of everyday life, so don't get too worried about them. Just remember that the longer you leave a stain untreated (or unwashed), the worse it will get. This isn't an old wives' tale, by the way. It's a fact. Sunlight, heat and time all help trigger and strengthen the chemical reaction between the spilled substance and the fibre of your clothing.

1. Act Quickly:

NEVER leave a stain to set longer than it has to. Immediately blot or wipe the spill – don't rub. A quick rinse in cool water helps prevent most stains from setting on washable fabrics. For non-washables (such as dry-clean only garments), blot with a dry sponge. Don't rinse with water.

2. Know the Fabric:

Read your garment's care label to discover whether the fabric is bleachable or not – this usually only applies to whites. If the garment is coloured, bleach is likely to either mark the fabric or cause it to fade so we would not recommend bleaching.

USEFUL TIP:

If you get pollen from lillies on your clothes, **DON'T TRY TO RUB IT OFF!** With some sticky tape wound around your hand, gently lift the pollen off before washing the garment according to its care label.



Stain Removal

3. Know the Remedy:

There are no quick fixes when it comes to stains, so make sure you always have a pre-wash stain remover spray in your cupboard and then follow the steps below: (Don't use bleach on coloured fabrics, no matter how diluted).



Blood – Rinse the garment thoroughly in cold water, then spray with a pre-wash stain remover and leave for 20 minutes. If the stain persists, apply stain remover again and soak for several hours. Wash thoroughly according to care label.



Chocolate – Scrape off as much as you can then spray with a pre-wash stain remover. Let it sit for a couple of minutes and then rub the stain gently with a liquid detergent before washing.



Coffee & Tea – Soak in warm water and rub gently on stain with liquid detergent before washing according to care label. Use diluted bleach only as a last resort for these stains and then only on whites.



Wine – Blot away as much as you can and spray with a pre-wash stain remover. Soak the garment for around 30 minutes in cold water before washing according to care label.



ap



Grease – Scrape off as much as possible then sprinkle with talcum powder. Let it sit for 20 minutes, then brush off powder and spray mark with pre-wash stain remover. Leave for a few minutes, then rub gently with liquid detergent before washing.



Mud – Let the mud dry and then scrape off as much as you can. Rinse with cold water, then rub with liquid detergent and more water. Finally, wash according to care label.



Baby vomit – Blot or scrape away the excess and soak in cool water. Rub gently with a few drops of liquid detergent and rinse thoroughly. Wash according to care label.



Chewing Gum – Rub with an ice cube to harden, then scrape off with a blunt knife. Use dry-cleaning fluid to remove what's left.

Remember to thoroughly wash garments after stain treatment according to their care labels.

USEFUL TIP: If your child or baby has a comfort blanket and it gets stained regularly, be a bit sneaky and buy two identical ones. That way, one can always be washed and ready for use and your little angel will never know the difference!



The New 'Iron Age'

Did you know

that around 17% of men
do their own ironing?*

With more women working and a shift in priorities taking place, men - it seems - are catching on to the idea of ironing. And they're taking it seriously too, spending over £50 on top-of-the-range models.


Some even want to know the amount of steam produced in grams per minute and talk in terms of 'turbo', 'precision' and 'specifications'.

Whilst all this is great news for women and iron manufacturers, let's not forget one thing, chaps,... ironing is never going to be a substitute for your high performance car.

* The Bath Chronicle 07/06/2005



Hanging



Using the right hanger will help your clothes stay looking their best

Most of us wear only 20% of the clothes in our wardrobes and simply throw the rest to the back or under the bed.

A lot of the time, our wardrobes are so full that we can't even see what we've got. Why not spend a few hours pulling everything out of yours and start again.

We've got some top hanging tips over the page...

USEFUL TIP: Be ruthless and throw out the things you're never going to wear again. Then wash the rest, dry and iron them and set about re-inventing your wardrobe...

HANGING TIPS AND IDEAS...

➤ Hang bulky items like coats and jackets on thick plastic hangers as they require more support to their shoulders than other clothes.

➤ Fold and store t-shirts and knitwear in drawers. Don't cram too many in as this will cause lasting creases in those at the bottom.

➤ Shirts and dresses definitely need to be hung up but try to avoid using metal hangers as they can distort the shape of the shoulders. Plastic ones are far better.

➤ Jeans and thick trousers like cords can be folded in a drawer. But other trousers should be hung by their waistband or turn-ups using a clamp-style hanger.



➤ If you only have normal hangers for trousers, make sure they have a cuff of cardboard around them, or roll something soft like a tea towel around the hard edge to avoid unsightly fold marks at the thighs.

The best storage container for clothes you don't wear often is a clean, unused suitcase.

➤ If you are packing clothes away for a while, it's worth investing in some acid-free tissue paper to line the case and prevent moisture build-up.

➤ Avoid using plastic bag to store or hang clothes in.

USEFUL TIP:

When packing clothes for holidays, be ruthless! Take three tops for every one bottom and never pack more than three pairs of shoes.



Hanging TIPS AND IDEAS...

➤ **Fasten all buttons and zips on your clothes before hanging in your wardrobe. They'll keep their shape much better.**

.....

➤ **One space saving tip for drawers is to roll socks and non-delicate underwear rather than leaving them flat or folding.**

.....

➤ **Avoid mothballs if there are children in the house, as they can be harmful if eaten. To keep your clothes smelling fresh, try lavender sprigs or wrapped potpourri instead.**

.....

➤ **For long-term storage of heirlooms, such as wedding dresses, make sure the garments are cleaned professionally. Be sure to remove any plastic bags before packing carefully in tissue paper.**

USEFUL TIP:

Avoid hanging or storing clothes in bright sunlight as this can cause discolouration and bleaching.

Did you know?

Trainers...

Several brands of white trainers can go in the washing machine.

(Remember to check on the packaging when you buy a new pair).

Don't forget to take the laces out and add them to the wash loose to ensure their whole length is cleaned.



White clothing near your face (such as a white scarf or brilliant white t-shirt) reflects light onto your skin and can take years off you! So if you're feeling a bit dejected, slip on something clean and white.

Beware of black though – it does just the opposite!

Ironing

Ironing is one of those things you either love or hate! Unfortunately, for most of us, it's a sad fact of life – we have to iron at some point.

If you're one of the 30% of people in the UK who hate ironing (so called **RED** ironers), there is help at hand. No, we're not talking about sending your clothes out to a professional ironer! Just get to know your iron a bit better – it's that simple.

Every iron has a selection of features and it could just be that you're not using yours to its best advantage.

Over the next few pages, we'll give you some useful advice on ironing and explain a bit more about **RED**, **AMBER** and **GREEN** ironers.

To find out what category you are - check out our quiz on page 28.



- Here's a few top tips on the features to look out for on new irons...

WATER TANK:

Larger tanks let you iron for longer without having to refill. (Great if you just want to get the job done, or actually like ironing!).

Smaller tanks are lighter to use.

SAFETY SHUT-OFF:

Your iron switches off automatically if left unattended. Gives peace of mind, what-ever kind of ironer you are.

SHOT OF STEAM:

Smooths out the most difficult creases in the toughest of fibres.

NO-DRIP SYSTEM:

Prevents stains caused by water dripping or spitting.

CORD LENGTH:

Look for a power cord that lets you move easily around the ironing board, especially if you like ironing in front of the TV!

- Use as many of your irons features as possible... they are all there to make ironing easier!

SECTION 5

Did you know that where you live in the country should effect the way you treat your iron...

Parts of the UK are known as 'hard water areas'. You probably already know if you live in one but you can easily check on the map shown here. Water in these areas is perfectly safe to drink but can cause appliances such as washing machines, irons and kettles to become 'furred' with use.

If you live in a hard water area, make sure that your iron has an anti-scale system. We advise you to use filtered water and this will prevent limescale build-up so your iron will last for longer and maintain optimum performance.

Map of UK areas of **hard** and **soft** water



Hard water can contain a high level of calcium, magnesium, and other minerals. It can reduce the cleansing power of soap and produces scale in hot water pipes and appliances.




Soft water contains little or no calcium or magnesium salts, or water from which scale forming impurities have been removed or reduced.


Wherever you live in the UK, it's important to take care of your iron.

If you don't, you'll just make ironing harder!

Care Tips:

 Clean your soleplate (that's the hot plate on the base of the iron) regularly with a damp cloth when the iron has cooled down.

 Use the jet clean facility to keep the water valve, steam chamber and steam vents clear of lint and loose mineral deposits.

 If your iron comes with a replacement anti-scale cartridge, lots of steam generators and steam stations do, Morphy Richards suggest you change the cartridge according to the table below. Remember the map on the other page only serves as a rough guide to water hardness/softness in the UK. It's always best to contact your waterboard to be sure.

Filter Changing Advice

Water Hardness	Soft/Medium	Hard
Refill every	3-6 months	1 ¹ / ₂ months

Based on ironing for an average of 2 hours a week

USEFUL TIP: A light scorch mark on white cotton caused by an iron can often be removed by putting a small dot of detergent on the mark and leaving it to bleach in the sun.

For top tips on how to iron the perfect shirt, check out the 'Question & Answers' on pages 44 & 45.



What type ironer

Surprisingly, everyone who irons falls broadly into one of three categories

According to our own research, you're either a **'RED'**, **'AMBER'** or **'GREEN'** ironer

RED: ironers really don't like the task at all! As a result, they're pretty bad at it and whiz through it as quickly as possible. They only iron what they need to, and usually at the very last moment. Often young and single, RED ironers set the iron to one setting – high – and leave it there, regardless of what they're ironing!

AMBER: ironers are a lot more in tune with the job. They often share the task with others in the household and manage to get through quite a pile each week, sometimes ironing ahead. AMBER ironers find ironing easy but don't want to spend all day at it. They love irons which make the job quicker and hassle free.

GREEN: ironers can't get enough of it! Or simply have a huge amount to iron each week as they usually live in larger households with children. GREEN ironers want to look neat and tidy and are the only category who regularly iron their bed linen. Most ironers in this group are older and female and often iron in front of the TV.

of are you?

Answer the questions below to find out if you're a **RED**, **AMBER** or **GREEN** ironer...

- 1) **Do you iron your bed linen?**
a) Never b) Occasionally c) Nearly always
- 2) **Do you iron clothes just before wearing them?**
a) Always b) Sometimes c) Very rarely
- 3) **Do you watch TV in the living room while ironing?**
a) Very rarely b) Occasionally c) Nearly always
- 4) **Do you like ironing?**
a) I really dislike ironing b) I don't mind ironing c) I really like ironing
- 5) **How much are you most likely to spend on a new iron?**
a) No more than £20 b) Between £20 - £30 c) More than £30
- 6) **If you decide to replace your iron what would be the reason?**
a) To replace a broken one b) Find one thats easier to use c) Find a better model/more features

RESULTS: If you've answered mostly 'a', then you're a **RED** ironer; mostly 'b' makes you an **AMBER** ironer; and mostly 'c' means you're a **GREEN** ironer.



Know your Iron

The boxes below show different types of irons along with their benefits.



STEAM/SPRAY/SHOT IRONS

Simple on-board controls set the temperature, give extra control and flexibility with a shot of steam for tough creases, and a water spray to dampen dry garments.

Benefits:

- Simple to use for everyday ironing
- Fast heat up, so no waiting around
- Compact and easy to store.



STEAM STATION

These have a large, easy-fill water tank that is separate to the iron. Not to be confused with steam generators (below), the steam station pumps cold, filtered water into the iron.

Benefits:

- In use, the iron is up to 33% lighter than an ordinary iron, allowing easier ironing without tiring
- Large tank gives up to three times as much ironing on one tank – up to two hours
- Easy-fill design and fast heat-up for extra convenience.



STEAM GENERATORS – COLD FILL

These feature a separate, large cold water tank that feeds the powerful boiler unit on demand. The ultimate in convenient ironing.

Benefits:

- Incredibly fast heat-up – ready to use in under two mins
- Easy-fill tank with the option to fill at any time
- Large cold water tank for longer ironing duration
- Replaceable anti-scale cartridges to prolong your iron's life.



STEAM GENERATORS – BOILER

With a pressurised chamber that produces steam at an intense, controllable rate, steam generator boilers give the best results in the fastest time.

Benefits:

- Precise, high pressure steam for consistent easy ironing
- Powerful steam for excellent crease removal
- Safety cap prevents accidental opening under pressure.

Get to know your Iron and it will make life easier for you!

Did you know?

The average woman spends 30* minutes per week ironing. That's a hefty 26 hours during a year, and a whopping 67 days (just over 2 months!) during an average lifetime.**

How long will you spend ironing in your lifetime?

Complete our simple table below for the answer (you'll need a calculator):

How long do you iron for?	Example:	Your Total:
Minutes each week	30 mins each week	
Multiply by the 52 weeks in the year	1,560 mins each year	
Divide by the 60 minutes in each hour	26 hours each year	
Multiply by 62 yrs for women or 57 yrs for men ***	1,612 hours over lifetime	
Divide by the 24 hours in a day	67 days over lifetime	

* Average figure from Morphy Richards research.

** Based on female ironing between the ages of 18-80 years. 80 is the approximate average life expectancy of females according to government figures.

*** Based on female ironing between the ages of 18-80 years and male ironing between the ages of 18-75 years. Approx. average life expectancies according to the government are 80 years for women and 75 years for men.

Style Advice



What the experts say:

Tips from
Rachel Wisbey,
Deputy
Fashion Editor
at Woman
magazine

- **Men & Women:** Always check yourself in the mirror before you leave the house, there's nothing worse than labels sticking out, skirt or trouser hem lines adrift or deodorant marks showing - it will blow the look you are trying to achieve.
- **Women:** Peep-toe shoes are great for evening but remember tights with the seam showing at the toe are a no-no! if you must wear them then choose seamless ones, but bare painted toes are best.
- **Men & Women:** Fitted clothes give more structure and a sharper outline to a bigger frame. Even if you're worried about your weight, avoid big, baggy clothes as they add volume.

Men: No matter how short on socks you are, avoid wearing white ones with anything other than trainers. They look terrible with formal shoes. And if you're wearing sandals, definitely don't wear socks at all!

Men & Women: A quick way to relieve wrinkles in clothes before a special occasion is to hang them in the bathroom and take a hot shower. The steam really works wonders. Once you're clean, hang the garments in a dry room for as long as possible before putting them on.

- **Women:** If you're pear shaped, stick to patterns on your top half and plains on your bottom. If you have a bigger bust, choose v-neck or scoop tops to give the appearance of a longer neck.

• **Men & Women:** Try to avoid wearing newly ironed garments as they pick up creases very easily. If you can, you should iron clothes at least an hour before putting them on or alternatively get all your ironing done the day before.

- **Men:** To get a really crisp shirt, take it out of the washer and put it into a plastic bag in the fridge for an hour before ironing. Ironing will be much easier and you'll get a more professional finish.
- **Women:** Beware of fake tan! Not only can too much make your skin look orange against white clothing, but it can also cause horrible stains on all types of garments. Apply well in advance of a big day!



- **Women:** If you intend to wear a white skirt or trousers, make sure they are lined or buy a nude slip or underwear. White fabric often becomes see-through when the sun shines and you don't want to flash more than a smile to passers-by!
- **Men & Women:** Many modern garments, especially shirts, contain something called Spandex. This makes them stretchy and comfortable to wear but they can be difficult to iron. Be careful when ironing that you don't pull them out of shape as the heat of the iron can cause the fabric to stay permanently stretched.
- **Men & Women:** As you get older, your skin and hair get paler so choose softer shades for your clothes and try to avoid patterns and bold colours as they can make you look washed out.

Style
Advice


Style Advice

What the experts say:

Tips from Amy Collis, an Office Angels representative

- 1** **Men & Women:** As recruitment consultants we know a bit about the importance of creating the right first impression. Never forget that job interviews can be very daunting, but if you're well prepared and look the part then you'll feel far more confident.
- 2** It's vital to make a good first impression - deep breathing before the interview will help to calm your nerves and a well pressed outfit will give your confidence a boost. Speak clearly and slowly when introducing yourself and establish eye contact.
- 3** With more and more companies having a dress down policy, you may be tempted to dress down for your interview, however this really isn't a good idea. The safest look for both men and women at interviews is a suit - you want to appear professional and keen to impress.
- 4** Make sure you feel comfortable in what you're wearing - the last thing you want is to be worried about your appearance during the interview.





Are you really ready
for your interview?

Did you know?

The most expensive dress in the world was sold by Christie's Auction House in 1999. Worn by Marilyn Monroe when she sang 'Happy Birthday Mr President' to President Kennedy at Madison Square Garden in 1962, it fetched a whopping \$1,150,000 equivalent to £700,000

Simple Repairs

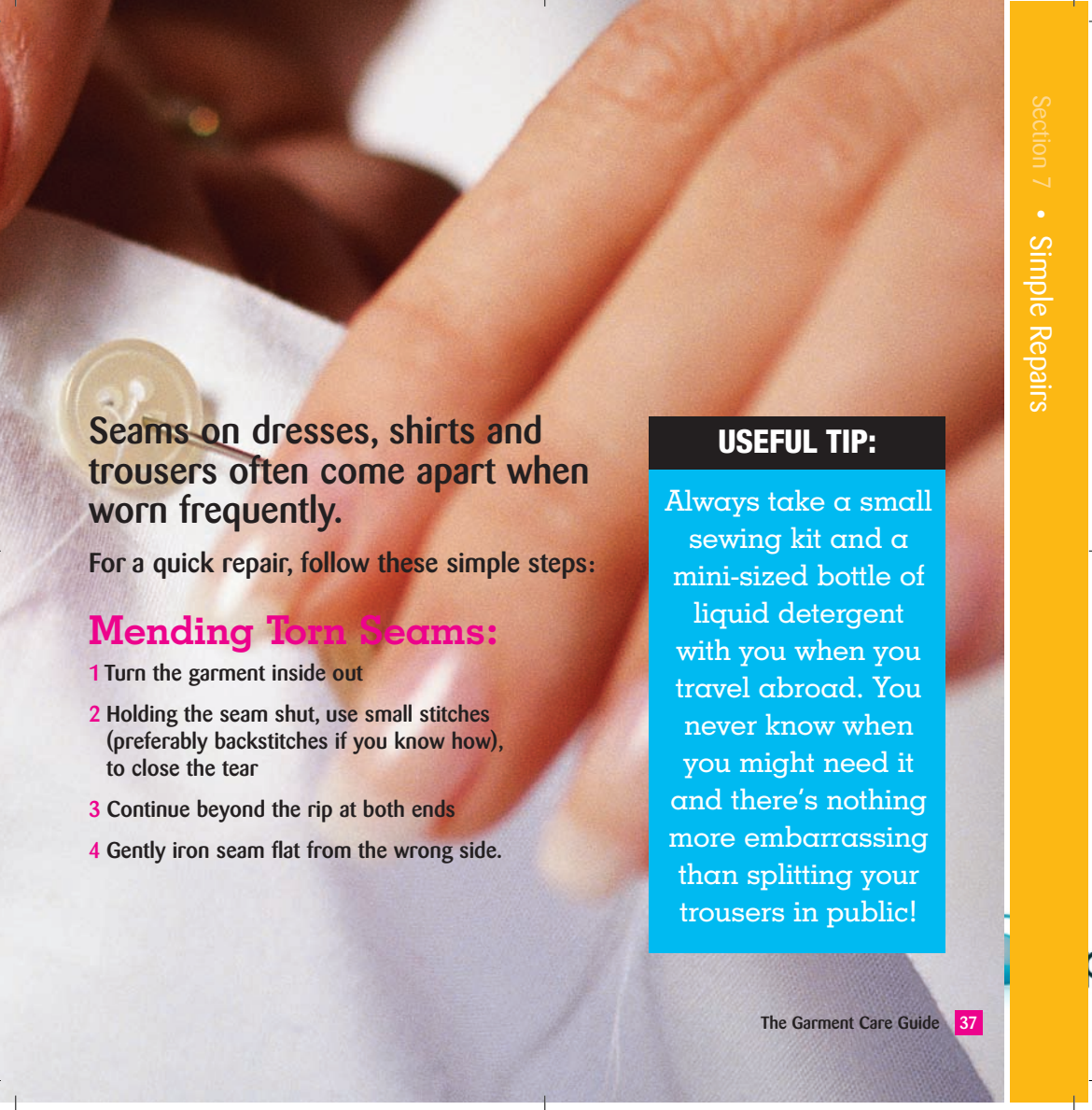
No matter how much care you take of your clothes during washing, drying and ironing, wear and tear is inevitable

It's worth investing in a small sewing kit (the kind you can get in most supermarkets) to prepare yourself for the inevitable basic repairs. We've listed a few simple repair methods below to help you keep your clothes looking their best:

Buttons:

- 1 If a button has been pulled off, check to see if the fabric is ripped
- 2 If so, you'll need to tack a small piece of hem tape (or any other scrap of light fabric) onto the back of the fabric first
- 3 Then sew the old button back on, stitching through the added layer of hem tape. This should make it much more secure.

USEFUL TIP: If the button has to take an extra-heavy strain, place a small flat button (a spare shirt button would be ideal) on the wrong side and sew through it as you re-attach the old button to the front.



Seams on dresses, shirts and trousers often come apart when worn frequently.

For a quick repair, follow these simple steps:

Mending Torn Seams:

- 1 Turn the garment inside out
- 2 Holding the seam shut, use small stitches (preferably backstitches if you know how), to close the tear
- 3 Continue beyond the rip at both ends
- 4 Gently iron seam flat from the wrong side.

USEFUL TIP:

Always take a small sewing kit and a mini-sized bottle of liquid detergent with you when you travel abroad. You never know when you might need it and there's nothing more embarrassing than splitting your trousers in public!

Simple Repairs

Repairing Broken Zips:

Often when a zip breaks there is nothing that can be done about it – except having it replaced completely, or throwing the garment away. However, on a few occasions, it is possible to do an emergency repair. If the zip has slipped out of the teeth on one side only, try the following:

USEFUL TIP:

If the hem on your trousers or skirt come down when you are out & about, stick it in place with double sided tape.

- 1 Pull the runner down to the bottom, on the side that's still holding the teeth.
- 2 About 6mm up from the bottom, make a small cut between the two teeth on the side that's broken.
- 3 Gently ease the runner up past the cut in the tape and work the teeth above the cut into the runner.
- 4 When you've got the runner back on the teeth on both sides, pull it to the top.
- 5 With a strong thread (or doubled up) stitch several times over and over the teeth just above the cut. This backs a new bottom stop and should hold for some time if you're careful when unzipping.

Did you know?

- 1 • **A mesh ironing board** is much better than a solid one, especially if you do a lot of ironing. This is because a mesh board allows the heat and steam to penetrate through your clothes. A solid one prevents the heat from circulating and tends to hold on to the moisture which can make clothes much more damp than you want.

- 2 • **The scented strips** of fabric you can buy as softeners for tumble drying are also fantastic at polishing shoes. They're also pretty good at stopping static cling on clothing and nylons, even when you're wearing them! So carry a pack with you in your bag if you're prone to flyaway hair – it might help!

Questions & Answers

QUESTION:

I've ruined many items of clothing over the years by ironing them badly. The last thing was a favourite pair of black trousers which now look all shiny. Where did I go wrong?

ANSWER:

This is such a common problem and we've all done it at some stage. Luckily, the answer is very easy. In future, make sure that you iron any dark garments from the wrong side (ie: turn them inside out). This prevents the fabric from becoming 'shiny'.

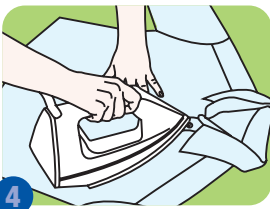
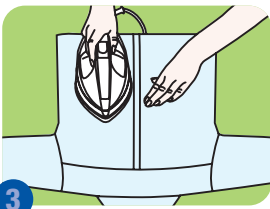
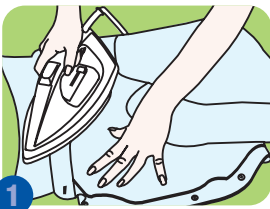


QUESTION:

I always have trouble ironing shirts. Is there a special way of doing it?

ANSWER:

Shirts are one of the hardest things to iron, so you're not alone. The key is to start with a slightly damp garment and then start ironing at the top of the shirt and work your way down. This stops you from creasing the bits you've already done.



- 1 Iron the collar first and then the yoke, the bit along the shoulders.
- 2 Iron the sleeves from the bottom seam to the crease, making it nice and crisp.
- 3 Next iron the back of the shirt.
- 4 Finish with the two front panels.

QUESTION:

I iron several shirts a week to wear to work. I've mastered the art of ironing them, but they never stay crease-free for long. Is there anything I can do?

ANSWER:

All you need to do is use a squirt of starch to achieve the perfect crisp finish. Starch will give your shirts a more professionally finished look and should help keep them crease-free for longer. But be careful – it can stick to the sole-plate of the iron and burn, so iron quickly!



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QUESTION: I never use the steam setting on my iron as I'm scared of ruining my clothes. When should steam be used?

See
page 10 for
Care Symbol
Advice

ANSWER: Firstly, if you're cautious about using steam, read the manufacturer's information which came with your iron (if you still have it). Then, put water in your iron (don't overfill) and do a few 'test runs' on a pillow case or tea towel. This way, you'll become familiar with what your steam settings do and how it feels when you're holding the iron. Most steam irons provide both a spray and a shot of water/steam, so try out both. All garments iron better when they are slightly damp, so if yours are already dry, use the water spray to dampen them. In general terms, you can use steam whenever you're ironing non-delicate garments or household items.

QUESTION: I recently melted a synthetic fabric onto my iron and had to throw it away. Was there any way I could have cleaned the iron?

ANSWER: Yes. Strangely, the worst thing to do in this situation is to turn the iron off. If you do this, the melted fibres will cool down and stick permanently to the soleplate. Instead, keep the iron on and use a piece of thick card or brown paper to scrape off the melted bits of fabric. **BE VERY CAREFUL NOT TO BURN YOURSELF.** Then let the iron cool down a bit and rub the plate with a damp cloth whilst it's still warm. To get the sole-plate really smooth again, use an iron cleaner solution which can be bought at most supermarkets.

QUESTION: I always dry my washing on the line but have noticed that my dark clothes are losing their colour. What should I do?

ANSWER: This is a common problem and easily solved. Simply hang them inside out on the line instead. This doesn't stop the sun from fading the colour of your clothes, but at least it won't be on show when you're wearing them.

QUESTION: My perfume leaves an ugly stain around white necklines. How can I stop this happening?

ANSWER: This can be a real problem and, unfortunately, there's no cure. The chemicals used in most perfumes will cause staining to clothes, most noticeably on light colours and whites. The best thing to do is not wear perfume on the days you're in white, or just dab a bit behind each ear, avoiding the neckline of your clothes.



QUESTION: How can I clean the inside of my washing machine?

ANSWER: You're right to want to keep the inside of your machine as clean as possible as this will keep it performing efficiently. To remove mineral deposits and other sediments, fill the washer with warm water and 1/2 gallon (approx 4 1/2 litres) of white vinegar. Run a complete wash cycle but without any clothes and your machine will be ready to use again normally. The vinegar will not leave a smell behind. **Be sure NOT TO USE normal brown vinegar as it can cause staining.**



QUESTION:

What's the best way to iron sheets?

ANSWER: Sheets are always a bit tricky. Try putting the ironing board near to a table and as you iron, slide the sheet on to the table in gentle folds to prevent creasing.

QUESTION:

When I iron the sleeves on my dress, I always get a crease line which I don't want. How can avoid this?

ANSWER: This is a very common problem. Of course, with shirts, everyone likes a nice crisp crease on the sleeves but it can be a problem with other garments. Try rolling up a towel and putting it inside your dress sleeves to keep their shape as you iron. This should prevent a crease from forming. If your sleeves are short and puffed, pop a small cushion inside or a smaller cloth, such as a tea-towel.

QUESTION: How can I stop my clothes from pilling?

ANSWER: In short, you can't. Pilling is the formation of tiny balls of fabric on the surface of the garments and is the result of abrasion during normal wear and use.

However, you can treat your clothes after pilling has occurred if you are very careful. To do so, turn the garment inside out and wash on a slow, gentle cycle.

Spin according to the garment's care label and then take it from the machine and turn to the right side. Pull the fabric taut over a curved surface such as the arm of a chair, and very gently cut the pills off with a sharp pair of scissors. BUT be careful not to cut into the fabric itself.



The Garment Care Guide

This guide is designed to help you make the most of your clothes, but it can't cover every eventuality. If you are in any doubt about how best to treat your clothes follow the guidance on the garment care label, or consult your clothing or washing machine manufacturer.

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Part No - RN40725GCG REV2



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