EDUCATING RURAL WOMEN IN CLOTHING CARE PRACTICES

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TABLE OF CONTENTS

LIST OF TABLES

LIST OF FIGURES

APPENDICES

I. INTRODUCTION

India is predominately an agricultural and rural country. An overwhelming majority of her people live in the countryside. According to Dube (1961) 70 to 80 per cent of India's population live in villages.

From time immemorial, village has been a basic and an important unit in the organization of Indian Social Policy. In Indian villages, the majority of women continue to be homemakers whether or not they also have jobs. Over half of all women devote full time to homemaking. All most one third of the married women and many single women as well are both workers and homemakers.

A bulletin from women's Bureau (1958) States that practically all adult women in the population are making a contribution to the smooth running of the economy, either as job holders, homemakers or both. The significant contribution which women are making to the economic life of our country is a direct reflection of the raising number of women workers, their expanding job opportunities and their effective job performance.

Gandhiji was of the opinion that no country can advance faster than its women. Without the co-operation and utilization of the time and energy of women, the standard of living of a country can not be raised.

Bajpai (1962) feels that majority of our men and women in the rural areas are engaged in agriculture and they have no occupation for at least four months in the year. As a result they live on the border line of subsistance. If this condition is to be changed, it is essential that the villagers especially women are given training in some useful craft. Gandhiji too in his scheme of multisided village reconstruction attached great importance to the promotion of indigenous crafts like spinning, weaving, cutting and sewing of garments. Hillson (1960) states that the woman who can ply her needle skillfully is able to replace the families clothes when necessary. The problem of clothing management does not stop with the sewing of garments at home. It requires wise selection before sewing and proper care after sewing. Regardless of how many rupees one spends on clothing or how many outfits a person has, she will not appear well groomed until all items of her clothing are clean and free of the odour or stain of perspiration, says Devadas (1968).

According to Carson (1955) a well groomed girl who also cares for her own clothes properly finds herself at the top of the ladder in the admiration of her friends.

Woolman and Mcgowan (1947) are of the opinion that to be well dressed is not synonymous with extensive expenditure on new clothes or frequent change of dresses. A little time spent regularly on the care of garments and accessaries will contribute much to the well groomed appearance and also add to the life of the garment. Clothes give better service when cared for than when neglected.

A regular system of clothing care becomes a habit that saves both money and time. This is applicable especially in the case of rural families where the family income is very limited. Since most of our rural women still follow only beating method for washing clothes, an attempt has been made to teach the clothing care practices to a group of young girls in a nearby village. By doing so the investigator opines that she can help the villagers in stretching their clothing budget.

II. REVIEW OF LITERATURE

The literature collected for this study is reviewed under the following headings:

A. Status of the women in the Rural Society

B. Need for clothing care

C. Steps involved in clothing care

a. Brushing and airing

b. Mending

c. Stain Removal

d. Dry cleaning

e. Washing

f. Storage

A. Status of the women in the Rural Society:

Tamil Nadu is now one of the leading states in the field of women and child welfare. But the condition was entirely different when we look back say ten or fifteen years ago. According to Ramavatarlal (1967) a generation ago women's employment outside the home was looked upon with disfavour. She moved within the narrow sphere of her kitchen. Cooking, child bearing and rearing, cattering to the needs of relatives, in-laws and husband comprised her work and life activity.

To-day as Dayanand (1963) feels, social workers have worked their way in to the homes of the rural people, won their confidence and have created a social awakening. Women have been taught to realise their responsibilities as a wife, mother and citizen of her mother land. Our Government has also undertaken a number of projects to improve the status of both men and women in the villages. Community Development movement is one such effort undertaken by the Government says Mehta, (1963). Devadas (1963) states that it was launched on 2nd October, 1952. The main objective of this movement was to develop the community and the individuals in all aspects of their economic, and social life. These objectives are carried out by community organisations, which includes panchayat bodies, Co-operative Institutions, Voluntary Associations like formers organisations, Youth Clubs, Mathar Sangam and Radio listening groups, Ramavatarlal (1967). The efforts of all these organizations are directed towards improving the standard of living of the rural people and providing a basis for decent living. Deruz (1955) too feels that the work of all our organisations are aimed at developing the potential capacities which women can bring to projects designed to help nations in their path towards progress.

Though a number of attempts have been made by the government, it is the responsibility of the women to co-operate and help in carrying out the program successfully. Bhan (1960) feel that without the co-operation and utilisation ofthe time and energy of women, the standard of living of our country can not be raised. The mere ability to read and write is not enough for a rural woman. It is the responsibility of the home maker to feed, clothe and maintain the health of the family members.

Clothing is second among the fundamental necessities of man. Part of the womans skill in managing clothing needs lies in the proper care of clothes. Through proper care, it is possible to increase the durability of clothes. This inturn results in the saving of money available for family clothing.

Hence it is clear that if the standard of living of our women, especially of these living in the rural areas is to be improved, it is necessary that they are given training in clothing care aspects.

B. Need for clothing care

Clothingis an expression of the person, refeleting his personality, way of living and way of thinking says Chambers and Moulton (1961). According to Oerke (1957) clothes are a frame for ones personality. The importance

of clothing in maintaining a good physical condition does not receive the consideration it deserves. Rational clothing will aid not only in warding off many diseases but in bringing about the desired state of perfect health in order to maintain the body at its normal temperature. There are certain hygienic principles of general application which can guide all individuals in their choice of clothing. The principle object of clothing is the maintenance of a constant body temperature say, Woolman and Mcgowan (1947).

The care of ones wardrobe is as essential as the care of the person says Evans (1957). Cleaning, repairing and pressing are expensive services when done by professionals. But average individuals can perform some of these services for herself. The time and small amount of money involved certainly pay good dividents in pleasing appearance and personal satisfaction says Fitzimons (1961), Tate and Glisson (1953). According to Devadas (1958) no person can ever hope to look her best in soiled clothing. To derive maximum satisfaction from the money available for clothing, one must know how to select clothing, how to wear clothes properly and how to make them last longer through proper care.

Woolman and Mcgowan (1947) are of the opinion that clothes should not be allowed to remain dirty. Soiled clothes are the abodes for disease producing micro-organisms. If laundering is not done properly, one is liable to be infected from skin diseases. Proper care of a garment keeps it in a good condition and increases its life thus reduces money expenditure, Shultz (1948).

According to Hall (1965) we cannot expect fabrics of different fibers to last for ever. Each type of material has a limited life, if it is used without being specially protected from deterioration. This is mainly because each type of fiber cotton, linen, wool or what ever it may be, has some weakness and in every day wear it gradually succumbs to this. However, if in use we avoid exposing textile fibers longer than is necessary to these influences which are most harmful then their life can be prolonged. Thus the care of clothes, as we have understood it, is not to avoid their use but rather to avoid their ill use.

Oerke (1957) feels that the better care we give garments the better they will serve us. Regular care of clothing not only helps one to present a well groomed appearance every day, but it also increases the wearing quality of garments, helps to keep them in constant service and will provide money for other family members. Systematic care of the little thing each day is a habit which helps to cut down cleaning bills and remodelling costs.

C. Steps involved in Clothing Care:

To give clothes proper care daily, one will have to put them on correctly, wear them with consideration remove them carefully and put them away properly, Carson (1955). According to Potter and Corbman (1959) the term 'care' includes (1) Frequent brushing and airing of garments (2) Clean storage when not in use (3) Immediate mending when damaged by tearing (4) Stain removal before washing or further use (5) Intelligent choice of cleaning method-washing or dry cleaning (6) Frequent laundering when the fabric is washable (7) Proper laundering method for type of fabric and Proper pressing and ironing.

Latzke and Baxter (1949) feel that some fabrics because of the way in which they are made, soil more easily than others. Fibers that are soft in texture particularly those with a napped surface will gather soil more readily than those that are smooth and firm. Light coloured fabrics often show soil before those of dark colour. The word soil as related to clothing means more than dust and sooty grease that may collect on clothing even as it hangs in one's closet. It include perspiration and oil from skin, cosmetics, food stains, grease, grass stains, ink and pencil marks and stains of many other sorts. Garments must be maintained free of all these forms of soil if they are to give true satisfaction.

The degree of satisfaction the wearer obtains from a garment is dependent upon the garment in a state of freshness with reasonable care. The maintanance of of a garment to a serviceable condition by launderin is determined not only by the fabric and the garment but also by the laundering methods used. Poor methods always shorten the life of a garment, good methods always lengthen it.

According to Henny and Byett (1961) the dirt which soils fabric is either loose dirt held on the fibers or fixed up by grease. The loose dirt can be removed by mechanical methods such as brushing and shaking or by the action of pedisis in steeping. The fixed dirt must have the grease removed from the fabric by means of absorption, solution or emulsification.

a) Brushing and airing:

Latzeke and Baxter (1959) are of the opinion that the frequent brushing of garments, especially those having napped surfaces, removes the kind of dirt that stores as dust. The accumulation of dust particles not only soils the fabric, even though the soil is not readily discernible, but eventually causes deterioration. To off set the absorption of perspiration in such garments, they should be frequently aired, out door if possible. If this is not possible, hang clothes for a time outside the closet in a well aired room, clothes hanging in a closet should always be buttoned and zippers should be closed.

b) Mending:

A torn fabric should be mended before further use, Potter and Corbman (1959). According toNance (1949) mending can be carried out by darning, patching or by the use of coagulants. While Darning new threads are substituted only one by one, to replace the weakened or worn-out parts.

Darning is the first aid when fabric begins to show signs of tear. Odhams states, that darning is used to strengthen and prevent thin places from forming holes and also to fill in small holes which are too tedious to patch and which should show very little when mended. It resembles weaving in principle.

Evon (1957) feels that a simple lengthwise or crosswise tear in any type of fabric is easily repaired by making rows of small running stitches at right angles to the tear. These stitches should be taken on the wrong side of the garment and should extend a sufficient distance beyond the tear in both directions and at the ends to reinforce the fabric.

Patching is replacing the worn out part by a piece of material or the removal of the worn part or changing its position to avoid further strain, Nance(1949). There are several kinds of patches named according to the

stitch used to hold them in place. The hemmed patch is the one best suited to the mending of cotton dresses. Calico patch is the one used for mending plain material. Flannel patch is the one used on woolen garments, Nance (1949). Leiton and Miller (1954) opine that the type of patch to be used will depend upon the kind of material, the type of garment and the location of the hole.

Nance (1949) states that coagulants like rubber and accetate of cellulose can also be used for mending. What ever may be the method used for mending, Shultz(1931) feel that one should never over look the value of mending as a means of extending the usefulness of objects and of preserving their good appearance. Careful mending often doubles the life of textile materials. Pollard et al (1964) suggest that one can keep clothes ready to wear by faithfully following a definite schedule of repair.

e) Stain removal:

Small spots appear on clothes no matter how careful we are. How ever it is a sign of carelessness, if one allow them to remain on any garment, Nickell and Dorsey (1960). It is advisable to remove spots as quickly as possible for some stains become permanent if they dry or penetrate deeply in to the fibres.

Stain removal requires a little knowledge of chemistry, atleast enough to know what type of cleansing agent and what cleansing method are most effective for the various types of stains, Lynch and Sams (1955). A clue to indentify the stains is usually provided by the appearance, smell, feel and colour of the discoloured portion.

Tate and Glisson (1963) are of the opinion that careful treatment is the best approach to a stain. Vigorous rubbing is often fatal to the cloth, its colour and its finish, Mellan and Mellan (1959). The Persil Home washing Bureau states that speed is essential in removing all stains. Moss (1968) states that all stains fall under one of the three distinct classifications, Absorbed, Built-up and compound.

Absorbed stains:

According to Moss (1968) are caused by staining agents which are thin in consistency and penetrate the fabric quite readily. Beverages of all types and medicines such as cough mixtures are a few causes of this type of stain.

Built up stains:

Are usually caused by liquids which are of such a consistency that they fail to penetrate the fabric and

lie on the surface. This type of stain class includes paint, distemper, tar, sealing wax, lacquers, glues and resinous compounds.

Compound stains:

These are a combination of the previous two groups as they both penetrate the fabric and also have built up residue on the surface of the materials. Blood stains are a good example of this type of stain.

The method of stain removal are designed in the following manner:

1. Lubrication
2. Solvent action
3. Mechanical action
4. Digestion and
5. Chemical action, Moss (1968)

Craig and Rush (1954) gives the following suggestions for stain removal (1) Fresh stains are more easily removed than old ones. Exposure to air, washing, ironing and other factors affect the character of the stain. Chemicals in some stains even destroy certain fibers.(2) The type of fabric determines the substance to be used in removing a stain. (3) Stains and spots are more quickly removed if the stain is removed from the wrong side.

Lynch and Sara (1955) feel that heat should never be used on an unknown stain. The heat will set the stain, making it more difficult to remove. If the stain is known to be of a non greasy nature, sponging with cold water may be all that is necessary. On the other hand, a greasy stain requires, the use of carbon tetrachloride or some other dry cleaner, such as benzene, turpentine Mellan and Mellan (1959). The further details of stain removal are given in Appendix II

d) Dry cleaning:

Dry cleaning can be defined in a general way as the cleaning of textiles in an organic solvent, Martin and Fulton (1958). The grease solvents such as petrol and benzene which are used for dry cleaning are volatile and most of these are lost in evaporation when used for dry cleaning in an open basin or a tub.

According to Martin and Fulton (1958), the most important characteristic of dry cleaning fluids in that they do not soften fibres as water does, nor do they cause wrinkling, shrinkage, pilling of woll fabrics or bleeding of dyestuff as cleansing in water does.

Harrison (1970) opines that Trichlore ethylene was the first commercial successful new inflammable dry cleaning solvent and has led to the introduction of dry

cleaning units in shops. Meterials to be dry cleaned require the same preparation as those to be washed. This includes mending all tears, removing buttons, pins and trimmings that cannot be dry cleaned, removing shoulder pads and belts, emptying out pockets, brushing the inside of cuffs and pockets and noting spots that need special treatment, Tate and Glisson (1963). Dry cleaning should be done out of doors taking care to avoid friction and proximity of fire. Gloves should not be put on the hands for cleaning with inflammable fluids.

Roberson and Hollen (1961) feel that dry cleaning is safer than washing. Dry cleaning neither changes nor alters colours but it takes the dirt, oil and grease out of silks, cotton and wool assisted by lacquers. One of the greatest advantage of dry cleaning is that it facilitates subsequent pressing of many types of garments that are exceedingly difficult and tedious to press after they have been washed in water, Martin and Fulton (1958).

c) Washing:

Washing is an activity that is both interesting and satisfying. It is also makes important contribution to the economic welfare of the family says Williams (1949). The object of washing is to free the fabric from impurities that affect the qualities or its appearance. American washer and ironer Manufacturer's Association (1949) states

that there are only three basic requirements for cleaning washable fabrics. These are water, soap and agitation or flexing of the fabric in the soapy water.

Water:

Jackman and Rogers (1954) feel that in washing, water is the chief cleansing agent since it loosens and carries away the dirt. Various substances, when added to the water greatly increase its effectiveness. The outstanding example of such a substance are soap, washing soda, borax and ammonia.

Brown (1955) states that water is the most important material used in laundering, not only because of the large quantity required but also because the success or failure of the washing process depends upon the 'suitability' of the water supply.

The most important impurities in water from the laundering point of view are compounds of calcium and magnesium and in certain cases compounds of Iron. The presence of these compounds causes the water to be 'hard' and hard water is not suitable for washing because the soap forms insoluble lime soaps which are precipatated in the form of a sticky insoluble paste or deposit. This reaction not only ' kills' the soap and renders it useless for washing but the sticky paste traps dirt and deposits it back on the fabric in the form of a black scum, Brown (1955).

There are mainly two types of hardness in water. Temporary hardness due to the presence of calcium or magnesium bicarbonates. It can be removed by heat without the use of chemicals, Says Jackman and Rogers (1954). The permanent hardness is due to calcium or magnesium sulphate or choloride. It can only be removed by distillation which is impracticable in the laundry or by the use of chemicals, Brown (1955).

According to Holt (1960) washing soda is used to soften hard water. Borax acts as a water softener in the same way as soda. Ammonia is also an alkaline substance which can be used for softening water.

According to Dantyagi (1964) soft water may be described as water in which soap lathers freely, and it is soft because it is pure. Soap becomes a softening agent whenever washing is carried out in hard water. Hess (1958) states that the softeners commonly used in homes are washing soda, borax and trisodium phosphate.

Washing agents:

A washing agent is any cleaning agent or solvent which aids in the removal of soil. The detergent commonly used in laundering are soap, reetanut and synthetic detergents says Devadas (1968). According to Hawkins (1960), detergent is a compound which has the ability to

remove soil and emulsify, dissolve or hold it in suspension in a laundry solution. King (1961) feels that the choice of a detergent for a particular household job is determined by the nature of the dirt to be removed and the surface of fabric of which the article is made.

For many years, soap has been the accepted cleansing agent. Soap is the product of the action of an alkali on fat. The fat can be either from plant or animal source, Craig and Rush (1954).

According to Henny and Byett (1961) the type of soap available for laundry work are (1) Neutral soap which are fairly high priced, white soaps of good quality, containing no free alkali (2) soap flakes obtained by passing the Moulton soap over water cooled rollers, from which it is removed in the form of flakes, later to be dried in hot chambers (3) Household soaps generally of a pale colour, readily soluble in water and possess good cleaning powers(4) Disinfectant soap having 4 per cent of cresole incorporated in them when manufactured. (5) Soap powders consisting of an intimate moisture of soap and alkalies. The hardness of water, the amount of dirt, the amount of fabric and the type of fabric will affect the quantity of soap needed.

About two thirds of all families live in areas where the water is moderately or very hard. Therefore in these areas synthetic detergents or syndets have gained in popularity over soap. Synthetic detergents are often called "Syndets", Williamson. Syndets are chemically quite different from soaps. Their active ingredient is made from coal tar derivatives or fats and oils by a some what more complex chemical process than that used in making soap, Ehrenkranz and Inman (1958).

As Craig and Rush (1954) feel, syndets have a number of good points (1) They do not create curds or scum (2) They do not contain free alkali, which often causes bleeding (3) They never leave a rancid odour if rinsing is complete (4) They produce suds in water at all temperatures (5) They never harm fabrics.

Thorough rinsing is very essential, no matter whether soap or syndets are used for washing. If rinsing is not complete, fabrics will soon become dull or yellow or the soap may react with certain type of zippers made of copper and aluminium.

Laundry equipment:

The provision of the best possible equipment for carrying out laundry work results in maximum effieiency at a minimum cost of time and labour and in the long run of money, say Lancaster (1957). The equipment required for

laundry process include a sink with draining board, a tin or galvanized iron boiler, tub and buckets, enamal bouls and basins, scrubbing brush and scrubbing board, Deulkar (1957).

According to Needham and Strong (1970) a bamboo or other rust resistant frame or rack for clothes to be placed, wooden sticks to stir and lift the clothes out of the water, spoons for mixing starch and blue, a wringer, an ironing board, clothes line and clothes pegs are the other items needed for the laundry process. As regards the laundry area Lancarter (1957) suggest that good light and a stream of fresh air are necessary for a good laundry area.

Bleaching :

Bleaching means the process of removing colouring matter from fabrics. Bleaches are termed stain removers but in reality they merely remove the colour from the stain, so that the substance, though not removed is invisible says Hess, (1958).

Bleaches are helpful when used as an aid for retaining or restoring whiteness to fabrics and also for removing stains that are not removed by ordinary washing procedures, Ehrenkranz and Inman (1958).

Wingate (1949) opines that the object. ofcourse is to whiten the cotton and linen which are greyish brown in colour when they leave the loom. According to Holt (1960) Fabrics are bleached by either natural means or by the use of chemicals.

All bleaches could be classified in to two main heads namely oxidizing and reducing Bleaches, Henny and Byett (1961). Oxidising bleaches provide oxygen which combines with the stain to form a colourless compound. All fibers are readily affected by oxidation. So an oxidising bleach must be in contact with a fabric only until the stain is removed. Longer contact will cause tendering. Sunlight, moist air, sodium hypochlorate, hydrogen peroxide, sodium perborate, potassium per manganate are example of oxidising bleaches.

Reducing bleaches change the stain to a colourless substance generally by the removal of oxygen. The oxygen of the air may tend to cause a return of the colouring matter in the stain. Sodium hydrosulphite is an example of this kind says Henny and Byett (1961).

The correct rate of intensity of bleaching is essential so as to avoid damage to the fabric, says Moss (1968). In bleaching garments, sufficient time must be allowed for the chemicals to react. The bleach should be chosen according to the type of fabric. Chlorine

bleaches should not be used on silk or wool or some resin treated fabrics, Tate and Glisson (1953).

As regards the method of Bleaching Evans and Menowan (1947) suggest that the cloth may be bleached in the piece by boiling and spreading in the grass both process being repeated until the degree of whiteness desired is obtained.

Blueing:

Blueing is a process which tends to make clothes look whiter than they are, Peet and Thye (1965). If the colour of the new piece of washable white material is compared with that of similar material which has been in use for some time a distinct difference is noticeable in the worn one. Although just washed, it may look more yellow and discoloured.

According to Jackman and Rogers (1954) one or more conditions such as (1) Chemical changes in the fiber itself due to the action of the atmosphere on washing material (2) Contact of the garment with the skin (3) Heavy Soiling and infrequent washing (4) In correct washing such as the use of hard water, lack of rinsing, boiling in dirty water; boiling strongly in alkaline solution (5) Lack of outdoor drying and (6) Frequent use of irons which are too hot may cause this discolouration in fabrics.

Some of these conditions can be avoided only by frequent bleaching which in domestic work is troublesome

and undesirable and it is therefore often found necessary to disguise this discoloured appearance by blueing.

Blue is obtained from chemical, vegetable and mineral sources and in the form of powder, liquid, balls and cubes. The colour varies according to the sources from violet to blue or from greenish blue to bluish green. They also differ in their solubility. There are two main types of blues, one being solube in water and the other insoluble. The soluble ones are dyes and consequently act by dyeing the fabrics, Jackman and Rogers (1954). The insoluble ones are very fine powders, the particle of which coat the surface of the material. Soluble blue are ultramarine blue and Prussian Blues. Insoluble blues are coaltar dyes, Methyl Violet and Methylene blue.

Blueing:

For household use a reliable solid blue is the most convenient and satisfactory. About a teaspoon of blue should be tied loosely in a piece of muslin to prevent the escape of large pieces in to the water. The blue bag is squeezed under cold water until the required depth of colour is obtained. The usual tint for white work being such that when scooped up in the hand the liquid appears sky blue. The articles to be blued should be well rinsed, opened out, and blued one at a

time in a quantity of blue water which is ample to float them and then wrung immediately. This procedure ensures evenness of tint. Over blueing with ultramerine may be corrected by soaking the article for 5-20 minutes in a weak solution of acid, Deulkar (1967).

Starching:

A certain amount of Stiffness in the washed clothes give them a smooth glossy surface, which is resistant to dirt and dust. The stiffness however must not change the pliability of the garment too much. This is ensured by using only such starch solution as can penetrate the fabric. The purpose of starching is to give fabric an attractive finish. Starch coats the fibres of the fabric and thus helps to repel dirt and stains, American Washer and Ironer Association(1946).

According to Craig and Rush (1954) Starches are obtained from natural as well as artifical sources. Starches like Maize, Tapioca, Potato and Bran water are obtained from natural sources, They are made by green plants through the combined action of carbondioxide and water in the presence of sunshine. It is stored by the plants in roots, tubers and seeds to serve as food for the young shoot during its early development. These storage parts of the plants are crushed and

treated with water so that the insoluble starch grains could be extracted, Henny and Byett (1961). Gum arabic accacia and gelatin are obtained from artificial sources.

All starch grains rupture on the application of heat and moisture and form a colloidal solution. Therefore in the preparation of the solution with hot water, care should be taken to use the water at boiling point. This bursts the outer covering of the granules which then gelatinise and give the starch the jelly like appearance. But a starch solution can be made with cold water also and used when extra stiffness is desired in a garment. The method of preparation of Starch is given in Appendix. III.

Ironing:

For the sake of personal appearance clothing should be worn neatly pressed or ironed and not wrinkled, crushed or crumpled. According to the American Home Economics Association (1959) ironing is the process of smoothening out wrinkles or removing moisture by heat, pressure and friction often with application of moisture or steam. Bane (1958) defines Ironing as a process by which the iron is pushed along the fabric in the direction of the length wise or crosswise threads.

Johnston (1965) opines that irons have come a long way from the sad iron heated on a coal range to the modern electric one and from heat judged by the sizzle produced when a moistened finger touched a hot iron, to the setting of a temperature control.

According to Dantyagi (1964) some of the irons in general use are charcoal, flat, small and polishing irons which are heated by sources of heat external to the iron. The electric irons include plain irons, Thermostatically controlled irons, Flexless irons, steam and, Electric ironers.

According to Latzke and Baxter (1959) the following suggestions outline good ironing procedure - (1) The clothes must be well dampened. (2) The ironing board should be smooth well padded and tightly covered with a piece of cotton cloth, (3) The iron should be clean. (4) In Ironing it is best to iron first that part which is least likely to muss easily while the garment is being finished than those parts which are not likely to wrinkle. (5) When ironing coloured clothes, iron should not be too hot, as heat will injure the colour (6) Garments should be placed on hangers and permitted to hand untill thoroughly dry.

It is advisable to find out the correct ironing temperature for fabrics. Too hot an iron will cause a

fabric to become scorched. In Thomson and Rea's (1949) view good results when ironing are dependent upon other factors in addition to the temperature such as the pressure or weight employed and the shape and size of the ironing surface.

f. Storage:

A well planned clothes closet simplifies clothing care says Oerke (1957). Before one organizes a satisfactory routine for the care of clothing, he should provide adequate space for it. This includes closet, shelves and drawer space. Thomson and Rea (1940) feel that there is nothing like having a place for every thing and keeping everything in place.

Lewis et al (1950) are of the opinion that the ideal house plan includes pleanty of well ventilated clothes closet with sufficient space and should be tall enough to provide hanging space for full length garments as well as shelves for hat boxes and miscellaneous articles. If the space is crowded the dresses will become crushed and wrinkled. Before storing, all garments must be brushed briskly. When taking them off the dresses and blouses should be turned inside out and hung in air before placing them in the closet.

According to Evan (1957), Latzke and Baxter (1959) dresses should be placed on hangers, those of perishable materials covered with dress covers. Clothes not worn during the season should be stored away to make room for clothing in current use and to preserve their freshness and safety. This is particularly true in the case of wool garments and accessaries.

Lynch and Sara (1955) King (1951) are of the opinion that it is best to use a wooden or plastic hanger. For delicate fabrics it is well to use a hanger that is completely padded says Wingo (1953). Much loss occurs in the home because of the destruction of wool and silk fabrics, by the cloth moth. The damage is done by the larva which develops from the moth egg, says Latzke and Baxter (1969). This could be overcome by regular sunning and airing, Potter and Corbman (1959). Another method of moth prevention is the use of an effective moth repellent such as paradichloro benzine or Naphthalene sprayed liberally in the drawers or chests. Evans (1957) suggests that camphor, cedar and tar can also be used as insecticides.

III. EXPERIMENTAL PROCEDURE

The experimental procedure for this study consisted of the following steps:

A. Conducting survey to find out the clothing care practices prevailing in the rural area.

B. Organising and conducting classes to teach improved methods of clothing care.

C. Evaluation of the classes.

A. Conducting Survey to Collect Information Regarding Clothing Care Practices:

For conducting survey regarding the clothing care practices of the rural families the following steps were taken:

1. Selection of the village.
2. Selection of the sample.
3. Conducting survey.
4. Analysis of the data.

1. Selection of the Village:

Samichettipalayam, a village in Periyanaicken-palayam block was selected for the study. Easy accessibility to the investigator and co-operation extended by the villagers were the main reasons for the selection of the above mentioned village.

2. Selection of samples:

Twenty five girls under the age group of 15 to 20 years were selected as samples for the study because they were already members in the youth club. They were found to be comparitively free in the household.

3. Conducting survey:

The method selected for conducting survey was interview. Interview has been defined as a systematic method by which a person enters more or less imaginatively into the inner life of a comparitive stranger. Rangaswamy (1959). By the method the investigator can clarify all the doubts of the people and get more accurate information.

With the idea of collecting information regarding family background, educational status, and clothing care practices, an interview schedule was carefully evolved by the investigator. It is given in Appendix I

4. Analysis of the data:

The data collected are discussed under the following headings:

1. Educational level of the sample.
2. Family income and expenditure on clothing.
3. Clothing care practices.

a. Educational level of the sample:

While 50 per cent of the members had studied up to VIIIth standard, 30 per cent studied up to V standard and the remaining 20 per cent of them were uneducated.

b. The family income and expenditure on clothing are presented in Table I.

TABLE I

FAMILY INCOME AND EXPENDITURE ON CLOTHING

S. No.	Income per year (range in Rs.)	Percentage of members stating	Annual expenditure on clothing (range in Rs)	Percentage of members stating
1.	Below 1200	7	100 - 200	80
2.	1200 -3000	82	above 200	20
3.	3000 -6000	7		
4.	above 6000	4		

From table I it is clear that out of the 50 families surveyed 82 per cent of them belonged to the income group of Rs. 1200-3000. Only few families (four per cent) earned above Rs. 6000 per year.

As regards expenditure on clothing, 80 per cent spent Rs. 100-200 per year. The rest spent above Rs. 200 on clothing.

C. Clothing care practices:

While 86 per cent of the members washed all their garments at home, 14 per cent washed only few articles at home. Just 12 per cent of them got all their clothes washed by dhobi. All of them followed beating method for washing clothes at home. For washing silk and synthetic fabrics, kneading and squeezing method was followed by 50 per cent of them.

. Dry cleaning:

Just 12 per cent of the members gave their clothes mainly silk for dry cleaning. The amount spent ranged from Rs. 5 to 15 per month.

. Washing agents used:

The term washing agents include detergents, stain removers, bleachers, blues and starches used in the laundry field.

The washing agents used by the members are presented in Table II.

TABLE II

WASHING AGENTS USED

S. No.	Washing Agents		Percentage of members stating
1.	Detergents:		
	Bar Soap	..	75
	Cakes	..	35
	Surf	..	10
	O.K. Chips	..	7
2.	Stain remover:		
	Kerosine	..	42
3.	Bleaches:		
	Washing soda	..	74
	Tinopal	..	42
4.	Blues:		
	Ultramarine	..	100
5.	Starches:		
	Rice	..	62

As Table II reveals, bar soap was used by 75 per cent of the members. Surf and O.K. chips were used by 10 and 7 per cent respectively. All the members seemed to have problems in removing grease stain. 42 per cent of them used kerosine to remove the same. The others had no idea regarding stain removal. Bed spreads and pillow cases were the items bleached by the members

twice a month. Washing soda was the common bleaching agent used by 74 per cent of the members. 42 per cent of them used Tinopal regularly in the last rinsing water. For brightening white clothes all of them used ultramarine blue. Rice starch was used by 62 per cent of the members for stiffening their clothes.

. Drying:

All the members followed out door drying for white cotton clothes and indoor for coloured ones. Shade was preferred for drying synthetic materials.

. Ironing:

Among those who ironed their clothes at home, 34 per cent had coal iron, four per cent had non-automatic electric iron. Items like sarees, blouses, shirts and pants were ironed by them.

. Storage:

The equipment used for storing clothes are given in Table III.

TABLE III

EQUIPMENT USED FOR STORING

S. No.	Equipment	Percentage of members stating
1.	Steel trunk	60
2.	Clothing line	40
3.	Wooden box	30
4.	Leather suitcase	24
5.	Built in cupboard	10
6.	Almerah	4

As Table III reveals a variety of equipment were used by the members for storage purpose. Among them steel trunk was used by 60 per cent of the members. 40 per cent used clothing line. Wooden box and leather suit case were used by 30 an 24 per cent respectively.

Insecticides used:

Naphthalene balls seemed to be in common use. It was used by 84 per cent of the members.

Mending:

All the members mended and reused their torn clothes. Darning was known to 92 per cent. They had no idea about patch work.

B. Organising and conducting classes to teach improved methods of clothing care:

The steps followed for organising and conducting classes included the following:

1. Selection of the place
2. Selection of topics
3. Conducting classes by selecting suitable methods

1. Selection of the place:

With the help of the Panchayat President and Gram Sevika, a building near the village water tank was selected for conducting classes. Since this building was at the center of the village, everybody found it convenient to attend.

2. Selectionof topics:

Keeping the interest of the members in mind, the following topics were selected for teaching.

Classification of textile fibres - Natural and Synthetics. Their manufacture, Properties and uses. Blends and their importance.

Care of textile fabrics:

Principles of Laundering - Laundry Equipment - Washing of cotton, silk, wool and Nylon garments, Hardness of water - Method of softening - stain removal - ironing procedure - mending.

Washing agents:

Soaps and Detergents - Stain removers - Bleaches Starches - Blues - Irons - Insecticides.

3. Conducting classes by selecting suitable methods:

The method followed for teaching included Demonstration, display and Lecture cum discussion. According to Dale and Webster (1952) demonstration is a public showing, emphasizing the merits, utility and efficiency of an article or product. Ramakrishna (1955) and Kinder (1950) consider demonstration as a process or tool which helps to communicate new ideas, methods and techniques to a group. Different methods of washing to suit materials like cotton, silk, wool and synthetics, stain removal and mending were demonstrated to the group in two batches.

The need for following the specific washing method and its advantages were explained by the investigator side by side. The participants were given chances to try the same for themselves, Figure 3 shows two girls trying the kneading and squeezing method.

In order to introduce the different washing agents and equipment available in the market, a display was arranged by the investigator. As East (1952) defines,

FIGURE-1.

DISPLAY OF SOAPS AND DETERGENTS.

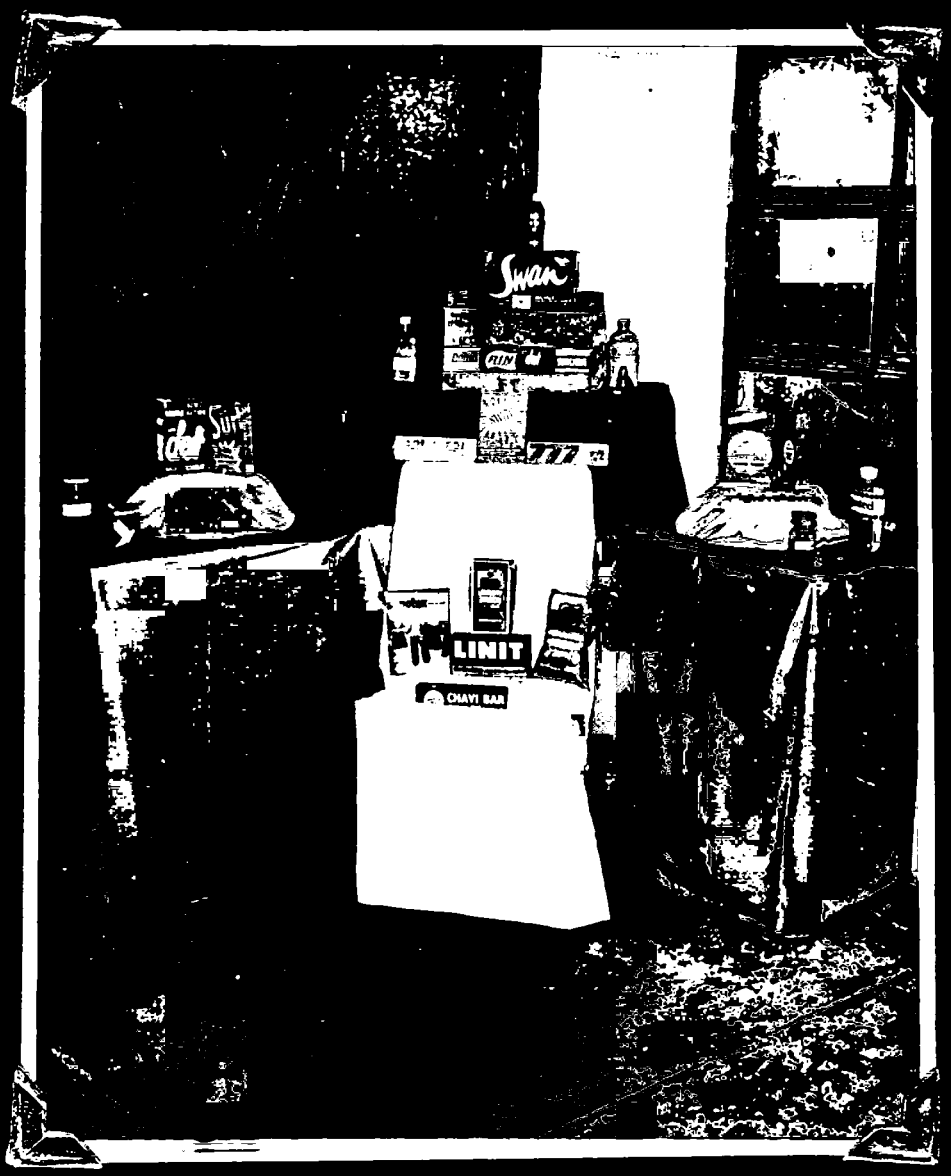


FIG. 2

DIAGRAM OF LAUNDRY EQUIPMENT.

display is a careful arrangement of materials for others to see. It can turn ideas into words. Figure 2 shows the display arranged by the investigator which included the following:

Detergents:

Reetanut, Chikakai, Sway, Det, Dip, Lux, Surf, Rose dust, Lidet, Wuldet, Foma, Genteel, Sapotex and O.K. chips.

Bleaches:

Borax, hydrogen peroxide, javelle water, sodium perborate and Tinopal.

Blues:

Ultramerine, Robin blue and maxim.

Commercial Starches:

Swan and Dip.

Irons:

Coal iron, automatic and Non automatic iron and ironing board.

Insecticides:

Naphthalene Balls and Flower dust

Washing equipment: (Figure 2)

Plastic and wooden scrubbing board, boiler, tub, buckets, enamel bowl, suction washer and a hand washing machine.

FIGURE - 3.

SCRUBBING METHOD OF WASHING.

While giving lecture regarding classification and manufacture of textile fibres, the investigator showed them a sample of each kind of material and explained how fabrics were obtained from fibres. Keeping the interest of the members in mind, more impertance was given to properties like strength, durability, comfort, effect of moth, mildew and care required. The participants took an active part in the discussion.

C. Evaluation of the classes:

The following steps were followed for evaluating the effectiveness of the classes conducted by the investigator.

1. Selection of the sample
2. Framing the schedule
3. Actual evaluation
4. Conducting competition

1. Selection of the sample:

As a basis for selecting samples for evaluation purpose, an attendance register was maintained and the regularity of attendance of the members were checked. Members having 50 per cent attendance were selected as samples for the evaluation

2. Framing the schedule:

In order to find out the amount of knowledge gained by the members by attending the classes, a seperate interview schedule which calls for information in the following aspects were evolved.

Removal of hardness in water,

Detergents available in the market,

Advantages of using detergents over soap,

Method of washing silk and nylon,

Precautions to be taken in washing wool,

Stain removal,

Dry cleaning,

Causes of mildew formation.

Storage of clothes and need for indoor and outdoor drying.

3. Actual evaluation:

Using the schedule framed as stated above, each member was called seperately and interviewed carefully. The answers given by them were consolidated and analysed.

4. Conducting competition:

As a part of the evaluation, a competition was conducted on 15-2-'73. During that time, the members were asked to identify and remove stains from the sample

given to them. Three most common stains namely paint, oil and coffee were selected. The members were provided with a number of stain removing agents and they were asked to choose the correct reagent for the particular stain and remove the same. Girls who were able to identify and remove all the three stains correctly were selected for the award of prizes.

In the same way the members were asked to mend a torn material neatly. They were provided with needle and thread. The mended samples were evaluated by a group of five judges and the well finished three samples were selected for the award of prizes.

IV. RESULTS AND DISCUSSION

The results of the study were discussed under the following headings.

A. Percentage of attendance

B. Evaluation of the amount of knowledge gained by the members by attending the classes

C. Conducting competitions

A. Percentage of Attendance:

From the attendance register maintained by the investigator, the percentage of attendance of each member was found out and is depicted in Table IV.

TABLE IV

PERCENTAGE OF ATTENDANCE

S.No.	No. of days(in percentage)	Number of members
1.	100	7
2.	90-99	5
3.	80-89	-
4.	70-79	6
5.	60-69	4
6.	50-59	3

As table IV shows, only seven out of the 25 members were present through out. There were six members in the percentage range of 70-79. The percentage of attendance of five members ranged from 90 to 99. For the rest it was below 50 per cent.

B. Evaluation of the amount of knowledge gained by the members by attending the classes:

With the idea of finding out the knowledge gained by the members by attending the classes, a survey was conducted after the completion of the classes. The information collected are discussed below:

Hardness of water:

All the members were aware of the fact that hard water could not give free and ready lather with soap and hence they felt that the hardness must be removed and all of them stated that it could be removed by boiling or by the addition of washing soda.

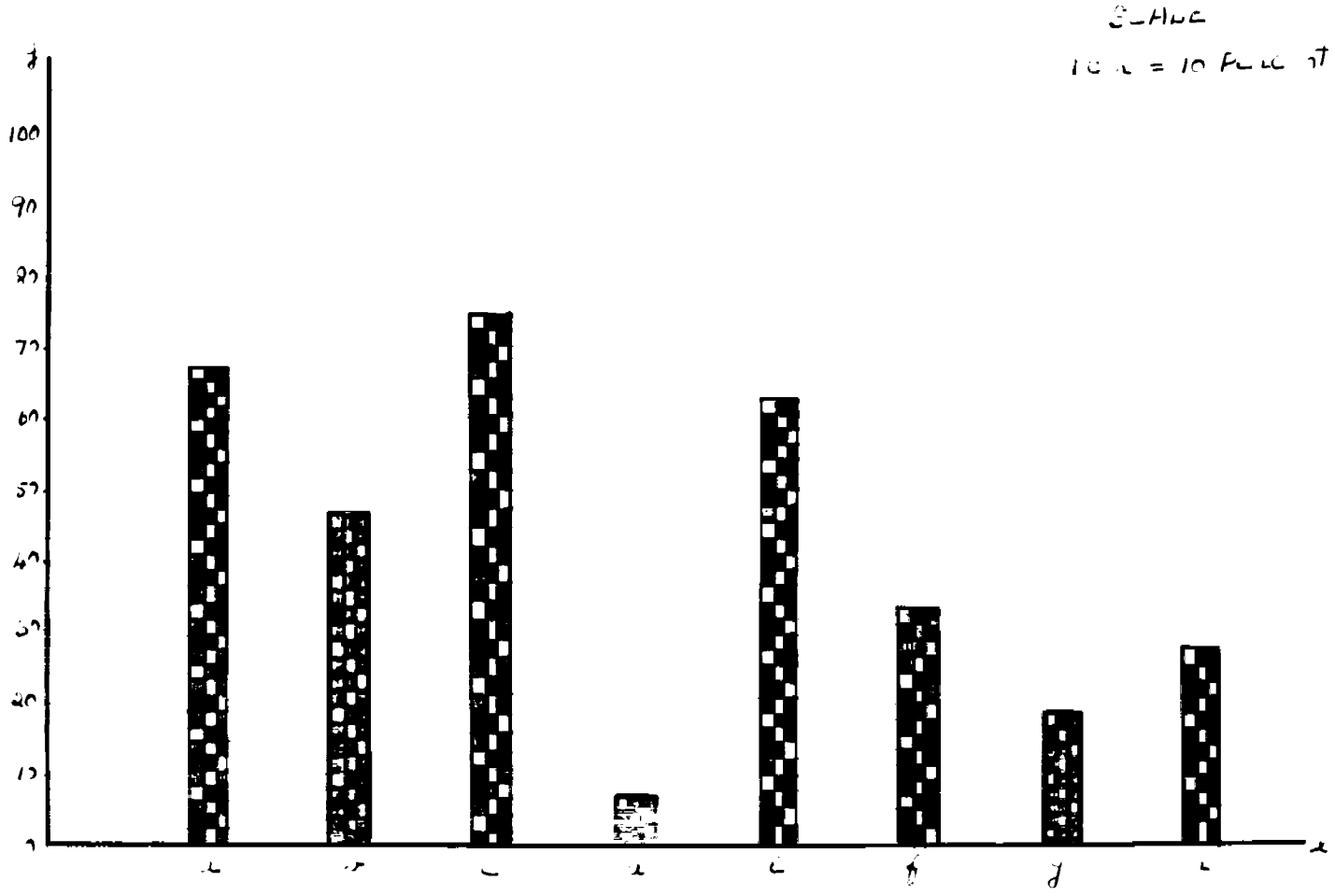
Detergents:

The name of detergents as listed out by the members are presented in Table V and Figure 4.

FIGURE-4

AVAILABLE DETERGENTS

(AS STATED BY THE HOUSEWIVES)



KEY:-

a. [illegible]

b. [illegible]

c. [illegible]

d. [illegible]

e. [illegible]

f. [illegible]

g. [illegible]

h. [illegible]

ox → Type of detergents.

oy → Percentage of housewives stated.

TABLE V

DETERGENTS AVAILABLE IN THE MARKET

Name of the detergents	Number of members stating (in percentage)
Sway	76
Surf	68
Wuldet	64
Det	48
Rose dust	32
Genteel	28
Foma	20
Lidet	8

From table V it is evident that more than 50 per cent were familiar with the availability of detergents like Sway, Surf and Wuldet. Det seemed to be knew to 48 per cent of the members. Only eight per cent know that lidet was available in the market.

By comparing the information presented in Table V with that of the preliminary survey conducted by the investigator to gather information regarding the clothing care practices, it could be concluded that the members who were aware of only bar soaps had become

familier with a variety of other detergents available in the market. This reveals the knowledge the members had gained by attending the classes.

The advantages of using detergents over soap as viewed by the members are presented in Table VI.

TABLE VI

ADVANTAGES OF USING DETERGENTS OVER SOAP

Advantages	Number of members stating(in percentage)
Forms lather even in hard water	100
Easy to apply and time is saved	80
Any material can be washed without fear	52
Durability and colour fastness of material are increased	36

Table VI reveals the fact that detergents have more advantages over soap. All most all the members felt that detergents were not affected by hardness of water. Hence they could form ready lather even in hard water. 80 per cent of the members were of the opinion that detergents were easy to apply and also the washing time could be shortened. 52 per cent of the members stated that any material could be washed with a detergent

without the fear of weakening the material. 36 per cent seemed to be sure that detergents could add to the durability and colour fastness of the material.

The fact that the members who were unaware of the existence of detergents had learnt the advantages of using detergents over soap reveals the willingness of the members to accept changes in their usual practice.

Method of washing silk and nylon:

The method of washing silk and nylon as opined by the members are presented in table VII.

TABLE VII

METHOD OF WASHING SILK AND NYLON

Methods of washing preferred	(Percentage of members stating) Materials	
	Silk	Nylon
Kneading and squeezing	100	80
Scrubbing	40	--
Suction washing	--	60

From Table VII it is clear that kneading and squeezing method was preferred by all most all the members for washing silk and by 80 per cent for washing nylon. Next to kneading and squeezing, scrubbing method

was considered good for washing silk by 40 per cent of the members. 60 per cent opined that Suction washing was best for washing Nylon. None of them preferred scrubbing for washing Nylon.

75 per cent of the members suggested Reeta nut for washing silk. As regards nylon, they did not specify any particular detergent because they felt that any kind of detergent could be used for nylon.

As regards the precaution to be taken in washing wool, all of them felt that application of friction should be avoided. Since there was every possibility of wool shrinking while washing, all the members suggested that outline of the garment must be taken first before washing. After washing, the washed garment must be placed over the outline and stretched at the necessary places to make it size and shape match the previous outline. In addition they stated that the woolen garments must never be allowed to hang when wet.

The suggestions given by the members regarding the method of washing silk, wool and nylon reveals the great improvement in the clothing care practices of the members. The willingness of the members to give up the usual method of beating clothes, reveals the change in the attitude of the members as a result of attending the classes.

The views of the members regarding stain removal are given in table VIII.

TABLE VIII

REMOVAL OF STAINS FROM COTTON MATERIAL

Stain	Removing Agent	Number of members stating (in percentage)
Grease	Kerosine	72
	Petrol	60
Ink	Lime	80
	Warm Soapy water	48
Food stain	Warm soapy water	100

As shown in table VIII kerosine and Petrol were suggested for removing grease stain by 72 and 60 per cent of the members respectively. 80 per cent stated that lime could be used for removing ink stain. 48 per cent felt that ink stain could be removed by warm soapy water. All of them felt that food stain had to be removed by using only warm soapy water.

The meaning of the term dry cleaning as stated by the members are shown in table IX.

TABLE IX

DRY CLEANING

S. No.	Definition as stated by the members	Percentage of members stating
1.	Petrol wash	60
2.	Washing clothes without using water	20
3.	A method of removing oil and grease stains	20

As table IX reveals, 60 per cent of the members considered dry cleaning as a method of washing using Petrol. According to 20 per cent of the members it was a method of washing clothes with out the use of water. The remaining 20 per cent felt that, it was a method preferred for removing oil and grease stains.

The reasons for preferring dry cleaning and type of material for which it was preferred are given in Table X and XI.

TABLE X

REASONS FOR PREFERRING DRY CLEANING

S. No.	Reasons	No. of members stating (in percentage)
1.	Shrinkage of material can be prevented	70
2.	No possibility of colour running	65
3.	Grease and oil stains could be removed	60
4.	Original appearance can be preserved	35
5.	A safe method of washing especially silk materials	15

From table X it is evident that 70 per cent of the members preferred dry cleaning because there was no possibility of the material shrinking or felting. Since water was not used 65 per cent felt that colour could not run from the material. In other words they were sure that materials dry cleaned were colour fast. According to 60 per cent, dry cleaning was preferred for removing grease and oil stains from the material. 35 per cent were of the opinion that by dry cleaning the original appearance could be preserved. The rest considered dry cleaning as a safe method for washing silk.

TABLE XI

MATERIALS TO BE DRY CLEANED

S. No.	Materials	Percentage of members stating
1.	Synthetics	80
2.	Silk	72
3.	Wool	78
4.	Fine varieties of cotton	35

It is clear from table XI that 80 and 72 per cent preferred dry cleaning for synthetics and silk respectively. While 68 per cent suggested dry cleaning for wool, only 35 per cent preferred it for fine varieties of cotton.

All the members were aware of the fact that Tinopal was added for brightening white clothes. They also knew that cotton materials if left in a damp condition for a long time would give way for the growth of mildew which could be identified by the formation of black spots on the material. They felt that the black spots could be removed by the use of potassium permanganate.

The methods suggested by the members for storing articles like woolen jersey, silk sari and terylene shirt are given in table XII.

TABLE XII

STORAGE OF CLOTHES

Articles	Method	No. of members stating in percentage
Woollen Jersey and silk sari	Wrap in news paper and spread Napthalene Balls in the container	80
	Airing before storing	90
Terylene shirt	Pocket must be turned inside out and hung in air before placing in the closet. The shirt must be placed on hangers	80

From table XII it is evident that woollen and silk garments must be wrapped in Newspaper and stored with Naphthalene balls as stated by 80 per cent of the members. 90 per cent felt that airing must be done before storing. As regard Terylene shirt, 80 per cent suggested that pocket must be turned inside out and hung in air before storing. Allowing the garments to hang was considered to be more valuable when compared to that of folding and keeping. By doing so, they felt that the shape of the garment could be retained and also the garment would be free from wrinkles.

All the members preferred out door drying for white cotton meterials and indoor for coloured cotton materials, silk and synthetics. When the reason was asked, they stated that cotton could withstand the effect of sunlight where as the other materials would get weakned by the direct sun light. In addition, the colour too might get faded.

Conducting competition:

From the odour and visual inspection, 60 per cent of the members were able to identify the stain caused by paint. All of them removed the stain by using petrol and soapy water.

All the members were able to identify the oil stain on the material. Fifty eight per cent were able to remove it using ash. The others found it difficult to remove. As regards coffee stain, 75 per cent identified it correctly and all of them removed it with the help of soapy water. The three girls who were able to identify and also remove all the three stains using the correct reagents were given prizes.

Only 50 per cent of the members took part in the competition regarding mending. All of them tried their level best to mend the torn piece given to them by patching. As per the evaluation of the judges, the well finished three samples were selected for the award of prizes.

The above two competitions show the practical knowledge the members have gained in the field of stain removal and mending.

V. SUMMARY AND CONCLUSION

The aim of the study was to teach clothing care practices to a group of 25 young girls in Samichetti-Palayam village in Periyanaickenpalayam block. The survey conducted by the investigator before starting the classes revealed the fact that they were aware of only soaps and beating method of washing clothes. They were ignorant of the existence of fibres like rubber, asbestos, glass and metal. They had no idea regarding the washing of wool, the different washing methods and mending.

With the idea of imparting knowledge regarding clothing care aspects, 12 classes were taken by the investigator. The method followed for teaching included, lecture cum discussion, demonstration and display. An attendance register was maintained to check the regularity of attendance of the members.

A survey was conducted for the second time after the completion of the classes to find out the amount of knowledge gained by them by attending the classes. The evaluation of the same revealed the fact that most of them had become familier with the variety of detergents available in the market namely: sway, det, lux, sapotex,

Lidet, Wuldet, Foma and Dip. They also learnt that wool would felt if subjected to heat and friction. They were very sure of the reagents to be used for the various types of stains, and also about dry cleaning.

As a part of the evaluation, a competition was conducted by the investigator. The members were provided with samples stained with paint, oil and coffee. They were asked to identify and remove the same using suitable reagent. In the same way they were provided with a piece of torn fabric and were asked to mend it neatly.

Three girls who could identify and remove all the three stains and those who could do the minding neatly were selected for the award of prizes.

Through the above evaluation, the investigator was able to understand the complete change in the attitude of the members after attending the classes. Previously the members were aware of only beating method of washing clothes. But later due to the knowledge they gained by attending the classes, they were able to follow different methods of washing to suit different fabrics and also specific method of removing stains storing clothes and mending.

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APPENDICES

APPENDIX I

INTERVIEW SCHEDULE TO ELICIT INFORMATION REGARDING CLOTHING CARE PRACTICES OF RURAL WOMEN

S.No.:

Date :

Name of the Investigator:

Name of the Homemaker:

Address:

Type of family: Nuclear ☐ Joint ☐

Monthly income: Rs.

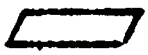
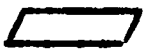
Family Background:

S. No.	Members in the family	Age	Educational status	Occupation	Income

I. How much do you spend on clothing per year?

II. Do you wash your clothes at home or

a. Give it to dhoby?

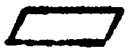
Washing at home  Giving to dhobi 

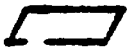
b. If you wash at home give the following details:

Method of washing	Article	Reasons
Beating		
Hand friction		
Friction by use of a brush		
Friction by use of rubbing board		
Friction with a suction washer		
Kneading and squeezing		
Washing by machine		
Any other		

III.a. What type of water do you use for

Laundering purpose?

Soft water 

Hard water 

b) If you use hard water, How do you soften the same? and give reasons?

Method	Reason
By boiling	
By distillation	
With caustic soda	
With ammonia	
With borax	

IV. What are the different type of soaps and detergents that you use for laundering?

Soap	Reasons
Sunlight soap	
Surian mark soap	
501 bar soap	
Sarvodaya	
Detergents	
Rin	
Dip	
Surf	
Sway	
Magic	
Cauvery soap flakes	
Solvent soap	

Soap Substitutes:

Reeta Nut

Shikakai

V. a) Do you bleach your clothes at home?

Yes ☐ No ☐

b) If yes, give the details of the bleach?

Bleaching agent	Articles bleached	Reasons

VI. a) Do you use blue for your clothes?

Yes ☐ No ☐

b. If yes, state the type of blue that you use and the reasons for the same.

Type of blue	Reasons
Ultramarine blue	
Prussian blue	
Indigo	
Aniline blue	
Any other	

VII. Do you use Tinopal in addition to blues? State the reasons for the same

Yes ☐ No ☐ Reasons

VIII. a) Do you use starch for your clothes?

Yes ☐ No ☐

b) If yes, give the details of the starch that you use?

Type of starch	Method of using	Article starched
Rice starch		
Wheat starch		
Maize starch		
Potato starch		
Corn starch		

c. Are you aware of the commercially available starches?

Yes ☐ No ☐

d. If yes, mention the names

IX. How much do you spend on detergents per month?

Soaps, detergents

Blues

Starch

Whitening agents

X. Stain Removal:

What are the common stains that you come across and how do you remove the same?

Stains	Removing agent	Method of removing
Ink		
Blood		
Rust		
Food		
Animal		

contd.

Stains	Removing agent	Method of removing
Vegetable		
Boot polish		
Dye		
Lead pencil		
Lip stick		
Medicine		
Mildew		
Mineral		
Orange juice		
Paint		
Perfume		
Persipiration		
Turmeric and Kumkum		
Varnish		
Unknown stains		

XI. Drying:

List the garments that you dry inside and outside the house.

Garments	Indoor drying	Outdoor drying
Cotton and linen:		
Coloured		
White		
Silk :		
Coloured		
White		
Wool:		
Synthetics:		
Nylon		
Terylene		
Terricot		
Any other		

XIII. a) Do you give your clothes for dry cleaning:

Yes ☐ No ☐

b) If yes, give the details:

Article	Reasons	Charge

XIII. Among the following, which do you use for drying clothes?

Clothing cords ☐

Drying rack ☐

A fold up rack ☐

A heated drying cabinet ☐

Any other ☐

XIV. a) Do you iron clothes at home?

Yes ☐ No ☐

b. If yes, state the name of the iron that you use, and give reasons for the same

Coal Iron	Electric Iron		Reason
	Automatic	Non-automatic	

c. Do you have a seperate ironing board?

Yes ☐ No ☐

d. If no, How do you manage?

e. What are the garments that you iron at home and give reasons for the same

Garments	Reasons

XV. How do you store your clothes?

Devices	Washed clothes	Ironed clothes
Built in cup-board		
Almerah		
Steel trunk		
Leather suit case		
Basket		
Wooden box		
Clothing line		

XVII. Do you use insecticides for storing clothes?

Naphthalene balls

Flower dust

Neem leaves

Any other

XVIII. a) How do you treat the torn or worn out clothes?

Remodel

Mend and Reuse

Throw it off

Any other

b) If you mend your clothes, specify the method that you follow:

Darning		Patching	
By hand	By machine		

APPENDIX II

STAIN REMOVAL

S.No.	Stain	Method of removing	Author	Year
1.	Rain spot	Wet out the garment in warm water	Hess	1953
2.	Grass	Wet out the garment in warm water containing little soap and soluable oil. Use hydrogen peroxide in addition	Hess	1953
3.	Fruit and wine	Use warm soapy water	Hess	1953
4.	Metallic residues	Use warm Oxalic acid	Hess	1953
5.	Grease - on washable material	Use boiling soapy water and soda	Jackman and Rogers	1954
6.	Non washable material	Use petrol or benzene	Jackman and Rogers	1954
7.	Perspiration	Sponge with vinegar and rinse in water	Persil Home washing Bureau	—
8.	Varnish	Treat wish turpentine	Persil Home washing bureau	
9.	Blood	Sponge with luke warm water	Hess	1958

S.No.	Stain	Method of removing	Author	Year
10.	Coffee and tea	Pour boiling water from a height of 2 or 3 feet, then wash in soapy water. If a trace of stain remains dry in the sun or bleach with hydrogen peroxide and sodium perborate	Hess	1958
11.	Egg	Scrape away as much of the stain as possible with a blunt knife, sponge with cold water. Never use hot water	Hess	1958
12.	Ink	If the stain is wet, spread corn meals, salt, french chalk, corn starch, or talcum powder on the stain to prevent spreading. If dried, paste the absorbet with 1 part water and 1 part alcohol and apply again	Hess	1958
13.	Paint	Use turpentine or paraffin and then wash out	Holt	1960
14.	Tar	Soften the tar using oil or grease wash with hot water and soap	Holt	1960

APPENDIX XII

PREPARATION OF STARCH

As stated by Durga Deulkar (1967) Henny and Byett (1961)

A. Boiling Water Starch:

Requirements	Method	Use
1 Table spoon starch 2 table spoon cold water 1 point boiling water ½ tea spoon borax ½ tea spoon wax.	Mix the starch to a smooth paste with cold water in a basin. Add borax and wax. Pour over the boiling water quickly. Stirring all the time till a colour change takes place which shows that the starch grains have burst and a colloidal solution has been formed. This is the full strength starch. It should be diluted immediately by adding to it an equal volume of cold water. If it is allowed to remain without dilution, it will form a solid lump as it cools.	The starch must be dried well in the fabric. Then the fabrics are damped evenly before ironing to get good results.

B. Cold water starch:

Requirements	Method	Use
1 table spoon of starch 1 table spoon of boiling water ½ tea spoon of borax ½ tea spoon of wax.	Place the starch in a basin. Dissolve the borax and wax in boiling water and add to it the starch in the basin. Then add the cold water and stir the mixture. Strain through a muslin, cover and leave it for half an hour before use. This allows the starch grains to soften. Stir thoroughly before use.	The article to be cold water starched must be dry. Knead and squeeze the dry article in the starch mixture squeeze out. Rub off the surface starch grains with a wet muslin Iron immediately. It is important to have a clean hot iron and also to use quick movement of the iron. This starch gives an extra degree of stiff effect and so is used for thin muslin articles, collars, cuffs shirt fronts, frills etc.

The strengths of the starch used depends upon two factors:

1. The thickness of the fabric
2. The stiffness required in the article.

C. Strength of starch for Different Articles:

Full strength of standard starch	Cold water	Article (Cotton and linen)
1 part	1 part	Caps and hats
1 part	2-3 parts	Table mats, cotton dupattas, cuffs, tray cloths damask, table cloth.
1 part	4 parts	Thin curtains, table napkins blouses, salwars
1 part	5 parts	Thick curtain, thin blouses, aprons
1 part	6 parts	Blouses, Saries

APPENDIX IV

INTERVIEW SCHEDULE TO ELICIT INFORMATION REGARDING THE KNOWLEDGE GAINED BY ATTENDING THE CLASSES

1. That is meant by hardness of water?
   How will you remove the same?

2. List out the detergents that you have learnt other than soap?

3. What are the advantages of using detergents over soap?

4. Which method do you prefer for washing silk and nylon garments?

5. What are the precautions to be taken in washing woolen garments?

6. How will you remove the following stains?

   a. Grease on silk

   b. Ink mark on a cotton shirt

   c. Food stain on cotton

7. What do you mean by dry cleaning?

8. Why and for what type of material do you prefer dry cleaning?

9. What is the use of using Tinopal?

10. a. What will happen if a cotton sari is left in a damp condition for a long time?

b. How will you meet the consequences?

11. How will you store the following articles?

a. Woolen Jersey

b. Silk Sari

c. Terylene shirt

12. For what type of material do you prefer indoor and outdoor drying?